

Citizens make noise over jets

by JULIE HALME

The noise from jet traffic is more than a nuisance in Highline Community College classrooms; it is "diminishing the quality of life" for Sea-tac residents, according to Bill Holstine, leader of an organization that calls itself Sea-tac Threat.

"The noise problem threatens property values," he explained, "to say nothing of the health-related problems such as stress and hearing loss."

Holstine and his group of concerned citizens are making their own noise in public meetings, political lobbying, and legal moves to "motivate action" from the Port of Seattle. They want the port to step up acquisition of noise-affected property and offer sound-proofing insulation to homes outside of the "red zone", or acquisition area.

Although most pilots follow Federal Aviation Administration "noise abatement" procedures in the air, "quietness cells" in airplanes will not be mandatory as long as the airlines lobby successfully against them, said Holstine. The Congress decree of 1979 has been postponed until 1985 because of the airlines' financial woes.

HCC has taken its own measures to remedy the noise problem, according to Vice President Ed Command.

"When we built the new buildings (23, 25, and 26), we were cognizant of the problem. The buildings have a minimum amount of windows, 3/4" glazed glass, utilities on top of the building and sound-baffles such as the balconies on the library. Air-conditioning was installed, eliminating the need for windows to be opened," he said.

According to Command, the college recently requested \$10,000 of funding to study the noise issue at HCC, but the legislature turned it down.

"Our first priority is the energy problem," he stressed, in reference to building renovation. "If we can solve both problems (energy and noise) together, great!"

Jet noise at HCC poses little threat to health, assured Mary Lou Holland, R.N., health services coordinator, who stated that "there might be some bad effects if we were exposed to it hour after hour, like workers in a factory...the health problem is negligible, but the noise is inconvenient for teachers."

Biology instructor Robert Wright agreed.

"We at Highline are in no danger (of hearing loss), but there's a possibility of physiological damage from frustration, leading to ulcers, particularly for an instructor trying to lead a class."

"I'm more bothered by the noise from the heaters," admitted English Instructor Dick Olson.

Student Opinion Varies

"What are you going to do about it?" shrugged student Pat Enfield. "Whatever astute individuals selected this



Although the planes don't fly this low over campus this airplane superimposed over Highline's library illustrates how close they sometimes sound.

site for the college knew what they were doing and I'm sure they got the right price for it."

"It doesn't bother me, I'm used to the noise," observed student Susan Jensen, conceding that, "the only time I notice it is when the teacher is talking and has to stop...but that doesn't bother me either!"

Suit Provides Funding

Schools, businesses, and homes nearer to the airport are more severely affected by jet noise. A suit filed against the Port of Seattle citing "inverse condemnation" for problems stemming from airplane noise, was a victory for the Highline School District. It was settled out of court in 1979, according to Jim Jennings, Highline School's director of facilities. The funds were used to help remodel Mt. Rainier High and Pacific Middle Schools.

"To sound-proof the buildings we reduced the number of openings," explained Jennings. "This was actually done by constructing another wall outside of the existing wall. Insulation and ceiling covering were added, along with new ventilation."

Jennings said that when sound tests were done prior to the lawsuit, readings showed 80 decibels and above when a plane passed over. "Speech interference level" is reached at 60-65 decibels.

A recent lawsuit filed by the Hapsburg Kennel and Aviary, located north of the airport, did not succeed in gaining port funds.

"For one thing, it's a business," explained Ed Parks, Port community relations manager. "A kennel is pretty noisy itself" and a location near the airport would be more ideal than in a quiet neighborhood.

Churchgoers at Boulevard Park Presbyterian Church, 1822 S. 128th St., are accustomed to overhead jets interrupting the sermon each Sunday, but "the noise is very annoying to guest speakers and first-time visitors," observed Associate Pastor Tom Horton.

"If it turns people away, we're concerned about it," he said, noting that a church appointee is currently determining costs and procedures to sound-proof the building.

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Seattle forum introduces cancer treatment

by KEVIN KANE and TERRY PILANT

Is the medical world ready for a new cancer "cure"?

On April 16 and 17, one was presented to the public in Seattle by an American research scientist who now operates a research facility in Freeport, Commonwealth of the Bahamas.

Lawrence Burton PhD., who gave the presentation at the Best Western Executive Inn, shies away from the term "cure." He prefers to call his discoveries a treatment or therapy to help control the spread of cancer within the body.

The treatment, which is called Immuno-

Augmentative Therapy, aids the body's natural immune system fight cancer cells when they develop.

Understanding Cancer

It is better understood with a little knowledge of cancer and the presently accepted forms of cancer treatments.

Cancer cells are misshapen, abnormal cells that do not follow the slow reproductive process that normal cells follow, but rather have a rapid and uncontrolled growth. When they start this uncontrolled growth they invade neighboring tissues and can break away into the bloodstream or lymph system to spread through the

entire body, attacking many vital organs.

When this growth goes unchecked, the cancer is often fatal.

Dr. Burton believes that all human beings develop cancer cells quite regularly, but that our natural immune system controls the growth of cells by destroying the cancer before it has a chance to develop. This is the basis for his treatment.

The current medical community uses only three traditional forms of treatment: surgery, chemotherapy (drug treatment), and radiation.

Dr. Burton states that surgery can be helpful in controlling cancer in that it removes large masses of cancerous tissue

and reduces the amount of cancer that the immune system has to overcome.

However, he states that chemotherapy and radiation actually do more harm than good because the side effect to either treatment is that it also destroys the body's immune system along with any cancer. They also cause much discomfort to the patient in the form of nausea, vomiting, and skin and hair loss.

"Chemotherapy is good on some lymphomas and one kind of breast cancer," said Burton. "I hate to tell, but it's good on skin cancer and that's it. All the rest is experimental."

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highline headlines

T-Word alumnus makes good

Rice appreciates community colleges



Norm Rice

by BARBARA THOMPSON

Seattle City Councilman Norman B. Rice flunked out of a university — and that's why he appreciates community colleges.

"I believe community colleges are good avenues to be used," said Rice.

The City Councilman is a former Highline Community College student.

Born in Denver, Rice attended the University of Colorado. But as Rice stated in HCC's Twentieth Commencement Address, he "flunked out."

"...I decided that there were other pursuits besides academics to explore in Boulder, and I took advantage of them all."

For the next six years Rice worked a number of odd jobs. Rice said it was working for IBM that finally imprinted the need for professionalism accompanied by a degree of higher education.

At 26, Rice became a student at Highline. He studied journalism, political science and drama.

Rice chose HCC mainly because it attracted students from abroad, not just the urban extreme.

Rice also appreciated the quality of professionalism in the instructors.

Though Rice did not receive a degree

from Highline, he said he felt his focus on life began here. For Rice, HCC offered a realistic challenge, one which he was able to build a strong future on, and it provided a much needed transition period.

Rice then attended the University of Washington. By 1974 he had earned a Bachelor of Arts degree in Communications and a Master's in Public Administration.

Now almost 40, Rice has a very strong background offering support to his aspirations.

In 1971 Rice was successful in broadcast journalism. He worked for KIXI and for KOMO as a news assistant and editor.

To be more involved with people and their problems Rice joined the Seattle Urban League as assistant director and media action project monitor.

"I'm a purist. Electric journalism was not as in depth as I wanted," said Rice.

In December 1978 Rice was elected to finish the unexpired term of Phyllis Lamphere with the Seattle City Council.

In December 1979, Rice was re-elected to a four-year term.

Aside from his responsibilities as a city councilman, Rice is very responsive to supporting community colleges.

As one of the featured speakers at the March 23 Community College Day rally in Olympia, Rice said, "Today our community as a whole recognized that education is the key to a lasting economic renaissance — and yet our educational institutions are threatened."

"If tuition costs are raised and budgets cut...denial of education makes for a condition which will take decades to overcome," stated Rice.

Rice said in the March 23 address that he is not afraid to act. If a tax increase is needed he is willing to fight for "a return to sensibility."

Rice understands people are looking for relief, and they see the government taking more taxes first.

"They never see what piece they're getting from the deal."

Bill Massey, Municipal League of Seattle and King County Executive Director has said Rice is campaigning for the position of Seattle's mayor.

To this Rice laughed, "I've been very quiet. My goal right now is to be re-elected as a city councilman. But yes, I think I have something good to offer — I am interested."

Workshop combats people's fear of future

by EVA SOBUL

The Highline Counseling Office is interested in holding two workshops in futurism. The two workshops, "Futurism Skills," and "Work in the Future" would be led by Akemi Matsumoto, a counselor here at Highline.

Matsumoto spent last year at the University of Washington, where she did independent studies in futurism. She feels that futurism is an important topic for college students, just as important as history or current events.

"Futurism is a study of the present, and if we understand that, we can understand what's happening in the future. That way the future doesn't take us by surprise and we can understand it," said

Matsumoto. Her original reason for studying futurism was that she felt "really scared about the talk of electronics."

Matsumoto feels that futurism studies can help combat the fear about the future many people may have. She believes that this fear makes them try to get back to what used to be, which of course, is impossible.

"What do you do? is a big question that people ask each other now," says Matsumoto. "That's going to have to change. There will be a high unemployment rate and the whole definition of work may change. The Industrial Era made us think that work should be 8 or more hours a day, and this isn't necessarily true. There will need to be a refocusing of work attitudes."

Other topics that would be covered would be: a look at what kind of jobs will be available in the future, changes in corporate power structure, and the workers' changing responsibilities.

The first workshop she plans, "Work in the Future," deals with the end of the Industrial Era and the coming of the Technological Era.

The second workshop, "Futurism Skills," involves futurism as it effects individuals.

This workshop deals with teaching people new personal level skills that can help them create their futures. Also included will be stress management skills.

"An example of this," says Matsumoto, "is thinking of multiple alternatives to a problem instead of the either-or approach."

Also to be taught will be fantasy skills, which Matsumoto hopes will help students create creative options for themselves.

Matsumoto thinks both workshops will be important to students, so that whatever happens they can do things in their own lives to make them feel powerful about determining their future.

Matsumoto can only hold the workshops if enough students show interest. Any students wanting to participate in either of these workshops should inquire at the Counseling Office in Bldg. 6.

Child's Fair

Group battles child 'sexploitation'

by DOUG SIPPY

A non-profit organization known as Society's League Against Molestation (SLAM), will be making a presentation on campus at the Child's Fair tomorrow. Included will be a list of updated goals for the group's battle against the sexual exploitation of children.

SLAM was founded in 1980 after the death penalty conviction of Theodore Frank for the brutal torture and murder of two and one-half-year-old Amy Sue Seitz.

According to Cynthia Shepard, a High-

line employee and volunteer member of SLAM, establishing more realistic penalties for sexual molesters is among the higher priorities of SLAM.

"A sexual abuser should be entitled to a mental treatment but not in lieu of a prison sentence."

"Right now everything is geared toward protecting the offender," she said.

Shepard suggested that the reason the laws have fallen short is because the crime has been treated as a mental illness. The American Psychiatric Association claims

that there is no mental disease which causes child molestation.

"A sexual abuser should be entitled to mental treatment but not in lieu of a prison sentence," said Shepard.

Profile of the Offender

Literature printed by the group maintains that a molester can be from many different ages or backgrounds. The molester is usually male and 75 percent of the time the offender is known to the child and/or the family.

According to the literature, many offenders are good with children and may even work or be involved in activities that expose them to children; such as teaching or coaching little league. Many of the relationships are incestuous but only about 10 percent involve violence.

Although SLAM has made much progress in getting penalties stiffened, Shepard claims that there are still examples of severe injustice.

She cited a recent example in which an offender had molested a child for two-and-a-half years. Shortly after he was sentenced with a minimum of 18 months in prison he was released on probation after only four months. Members of the group protested the decision and the man was sent back to prison.

According to Shepard, sexual molesters cannot be cured and for this reason it is important that offenders not be released hastily.

"Sexual abuse can be treated like alcoholism but anyone claiming that they were a molester but are not bothered by tendencies anymore is a liar."

Shepard said that although SLAM's lobbying efforts have been met with promising response there are other groups that have hindered their progress. An interest group called the Rene Gunyon Society, for example, is a legitimate organization that is in favor of removing the minimum age

"...anyone claiming that they were a molester but are not bothered by the tendencies anymore is a liar."

of sexual consent stipulation entirely. Their motto is: "Sex by age eight or it's too late."

In addition to lobbying for stricter penalties for sexual offenders SLAM is active in communicating to the public what they, as citizens, can do to fight molestation. Included in the Saturday presentation will be free pamphlets on how to deal with children who have been sexually molested. Tips on how the children can deter harassment from a molester will also be available.

Orders for caps, gowns being taken

by KAREN BELONGIA

According to Highline Graduation Evaluator Betty Steiner, graduating sophomores who plan on participating in commencement should reserve their cap and gown as soon as possible.

"The cap and gown is included in the \$10 fee that the student paid when (he/she) applied for graduation," she said.

Steiner also mentioned that the Bookstore will receive one shipment of caps and gowns so students need to place their order to ensure themselves of receiving the proper size.

Students planning on graduating this Spring or Summer Quarter should have already applied for graduation.

Even though students are encouraged to participate in commencement, it is not required. However, students need to apply for graduation to receive their degree(s) regardless of whether the student goes through commencement or not.

"Applications were due March 15 but those who haven't turned one in must do so immediately," Steiner said, explaining that the student's credits must be evaluated to determine the student's eligibility for a degree.

Highline's 21st commencement exercises are slated for June 9 in the Pavilion.

Seattle forum introduces cancer treatment

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Immune System as Possible Answer

Dr. Burton said he believes the key to controlling cancer is to aid the immune system fight the disease just as it does other diseases and viruses.

According to Burton, the immune system is made up of four factors. These are the tumor complement, tumor antibody, a blocking protein, and a deblocking protein.

The tumor complement is produced when a cancer cell develops. The tumor complement in turn activates the production of the tumor antibody which then kills the cancer cells.

When a cancer cell is destroyed it releases waste substances which must be cleansed through the liver.

If this process of destroying cells and cleansing the waste by the liver becomes too rapid, there is the chance of developing a malfunction of the liver.

To control the rate at which the antibodies destroy cells and prevent a breakdown of the liver, the immune system produces a blocking protein, which is by the way, also produced by the cancer cells themselves.

When the growth of the cancer becomes very rapid, the body produces too much of this blocking protein, which causes the immune system to produce the deblocking protein in order to control the production of the blocking protein.

It is the delicate balance between these four factors that keep most cancers from developing into a major problem.

However, if there is an imbalance, Dr. Burton and his staff will take a blood test, and using computer data will determine which of the four factors is out of balance.

Then that factor which is out of balance is reproduced into a serum for a series of injections which are administered by

the patient himself, very much like that of a diabetic receiving insulin injections.

New Stateside Research Center

A suburb of Oklahoma City will be the site of a new stateside center to carry on Dr. Burton's cancer research.

The Oklahoma center, as well as Dr. Burton's discoveries in understanding cancer, has received severe criticisms in the past few years from the established medical community.

"In 1977 we helped one out of five people (in the Bahamas center)," said Burton. "A group from Stanford came down and said, 'well your results are no better than chemotherapy and radiation. Except you have none of the latent side effects.'"

Burton continued, "It's not a clinical project or therapy, and it's not for everyone. For myself it's been a dream, a wonderful dream, and a wonderful accomplishment."

According to Burton's data, the success rate of the treatment has been outstanding.

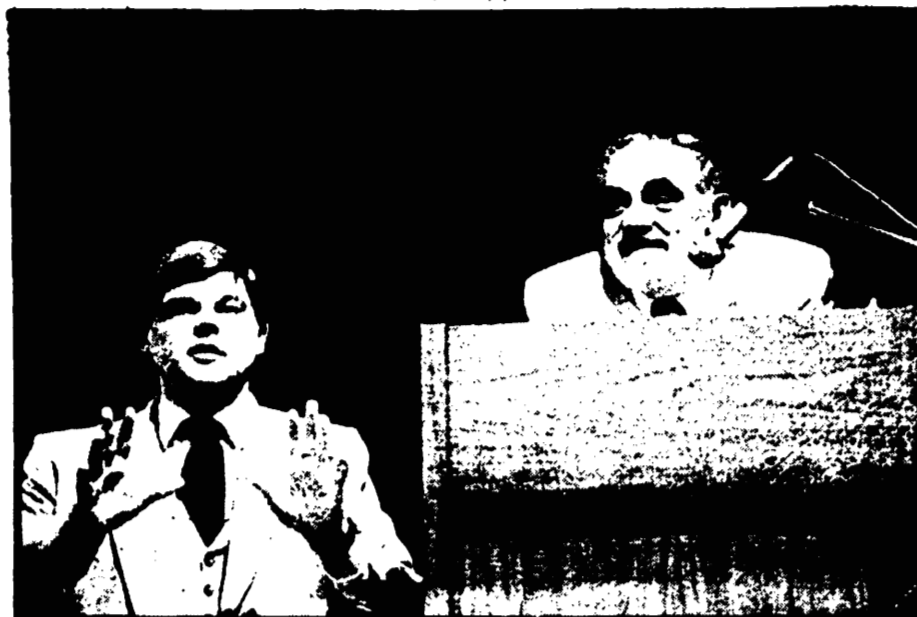
"We now have enough patients who have been successful, and our greatest advertisement is a successful patient. When they go home it usually sprouts a few more patients."

Burton Won't Sacrifice Lives

For Dr. Burton's cancer treatment to be accepted by the established medical community, he explained, "It would mean taking 50 bad patients and giving 25 of them pure water or what have you. At the end of that if there's a significant difference (between survival or death) then you have your proof."

"That's like committing the 25 patients treated with water to death."

"So I told them, 'when you come I'll



Dr. Lawrence Burton (r) and patient Jerry Lampe (l) answer questions regarding cancer treatment.

photo by KEVIN KANE

give you the gun, you shoot them and we'll get the experiment under way."

"I've never permitted that and I still will not. That's one of the things I still have control over, one thing Oklahoma will never do."

Hubert Humphrey was potential patient

There was a time when Dr. Burton nearly had the opportunity to treat the late Sen. Hubert Humphrey.

"In August of '77, Dr. Yagoda called me and asked me to take a patient of his," he recalled, "Hubert Humphrey."

"I asked the doctor if he would sign a statement which stated that Hubert Humphrey was terminal, has received all of the orthodox therapy, and that they could not expect any improvement."

Dr. Burman, of the American Cancer Society called Dr. Burton in September of the same year to also ask if he would take Humphrey as a patient. Burton stated that neither of the doctors would sign the statement.

"The statement protected my patients," he emphasized. "I couldn't care less what they (medical community) think of me."

Burton was leery of the motives of Humphrey's physicians.

"If he improved, it would be, 'my God, it was from the latent effects of the therapy he had before.' If he died then it's, 'The damn quack treated him while we still had something else,'" he said.

Anyone interested in Dr. Burton's Immuno-Augmentative therapy should contact his information office in Kansas at 1-800-IAT-HELP. This number is toll-free.

Highline instructor gets global experience

by SUE BREKHUS

Business Instructor Frank Albin had the opportunity to visit Belgium during an International Trade Convention.

Albin was on the mailing list after being involved with Pacific Northwest International Intercultural Education Consortium who sent him a brochure.

The purpose of the convention was to have someone on the business faculty informed about international trading. Albin added, "Washington State is highly involved in international trade."

The program focused on a program which is trying to encourage international and global awareness. This was the main idea behind all the seminars and the convention itself.

Albin and approximately twenty other people attended the seminar after signing up and being accepted.



Frank Albin

Flying for his first time to New York City, Albin made his connection to Brussels, Belgium to begin his journey. The lectures began on March 21 and ended on the 26th. His first stop was at the headquarters of the European Common Market to attend a seminar.

Subjects discussed at the seminar included: political problems of European unification and external enlargement with the EEC (European Economic Community).

According to Albin, the Schuman plan was also discussed. Robert Schuman was the father of the European Common Market. In 1950 France and Germany formed the European Steel and Coal Community to work toward peace as opposed to war. Six nations belonged to this community: Belgium, France, West Germany, Italy, Luxembourg and the Netherlands.

The day after the European Common Market seminars Albin visited Brugge, Belgium where he stayed the next four days attending lectures. Albin visited the College of Europe. A school for graduate students for common market nations

(which are the six nations mentioned earlier). Topics included everything from defense problems of Europe to interdependence of national community institutions to finally United States/European Relations.

The European College was founded after World War II to provide graduate students with specialized areas in Administration, Economics and Law. Afterwards the student receives Master of Advanced

European Studies Degree. The students must both speak and write English and French to be a part of the school.

Cobblestone streets originated in Brugge, and cover most of the city. Albin described the city square as being filled

with flowers, food and people. According to Albin, Brugge is almost a ditto to Seattle's Public Market, but it is much cleaner. He added Brugge is also considered the Venice of the north because of its many canals.

Albin was invited to stay his last night in the director's Flemish home that was over three hundred years old. "My wife and I received a cozy atmosphere with home hospitality," said Albin.

Albin also had time to go sightseeing in Brussels, the first city he visited. Albin commented that he was only five minutes away from everything. Brussels was the

sight of the Worlds Fair in 1958 and is also the capital of Belgium. Belgium is famous for chocolate and lace, said Albin.

Also attending the seminar were people from New York, Florida, Texas and three people from Washington State. One of the three people from Washington State was Dr. Ann Kelleher from PLU, who is the coordinator of the Pacific Northwest International Intercultural Education Consortium.

Albin has been teaching business classes on Highline campus since it opened the doors in 1964 and he plans to continue teaching in the future.

Campus crime on rise

by PAM SCHWANDER

Suzy leaves her purse on a cafeteria table while buying a pop. She returns to find her purse and the \$50 inside missing.

Suzy is a fictitious Highline student, but the crime committed occurs frequently on campus according to Jack Chapman, Highline's Campus Security Director.

"Keep property with you at all times," Chapman advised Highline students.

Chapman urged students to report crimes and anyone acting suspicious around the parking lot.

"The campus security department will do very little about minor crimes without having a witness available."

During the car hour will also help prevent the theft of items in the car.

Chapman said that the most common crime is the theft of a car.

Major crimes which occurred during the 1983 spring and winter quarters:

- theft of video camera and recorder in classroom
- theft of microwave in classroom
- theft of six wallets/purses (one purse contained \$1,000)
- vandalism: window broken in classroom
- fighting in the parking lot
- two cars parked off campus were broken into
- attempt to set bulletin board on fire
- theft of men's watch in library
- theft of jacket, jogging suit and P.E. bag in locker room
- theft of two speakers in parking lot
- theft of two tennis rackets and tennis in student service bldg. and gymnasium

Statistics show crime is increasing on campus. Chapman said that the most common crime is the theft of a car.

Mixed ingredients result in T-word

The *Thunderword* "recipe" is one that includes different ingredients for the different tastes of Highline.

To find out what some of these tastes were, a poll of approximately 150 students and faculty was taken.

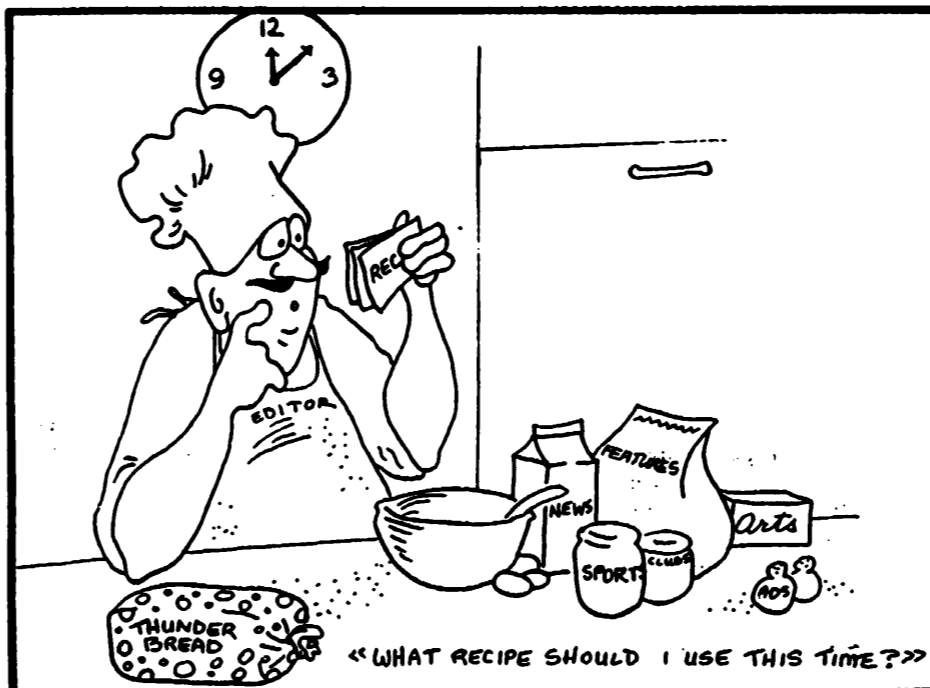
The staff of the *T-word* tries to print stories and photos that will suit these varied interests. However, we have certain guidelines, structures, and stipulations that we must stick to that many readers aren't aware of.

We are listening to those comments which say that we need more variety within these sections and are trying to do something about it.

Other people requested that we put more personals in the newspaper. The number of personals we have depends entirely on the readers. In order to have more personals printed, we need to have more coming in.

There were quite a few readers who said they felt the *Thunderword* was filled with too many budget, Board of Trustees and other hard news type stories. Our first responsibility is to keep Highline's faculty, staff, and students informed as to changes that may affect them.

We are, however, attempting to write



the hard news stories so the average reader can better relate to them. We also try to offset those harder news stories with features on students and instructors; human interest type stories.

Limited time and a limited budget keep us from doing many of the things we'd like and that readers requested.

For example, since we only come out every two weeks, it is very difficult for

us to review concerts without the review becoming outdated news. This is also what keeps us from running biorhythms and horoscopes, besides the fact that we don't have the funds necessary to subscribe to the service that provides them.

As for color pictures, they require an expensive multi-color process that not very many community colleges can afford, if any.

One thing readers should keep in mind is that the *Thunderword* is not the *Seattle Times*. We don't really have the knowledge to deal with world issues and would rather not pretend that we do. This is why we strive to keep our stories campus-related, an area with which we can deal more intelligently.

There were, however, many suggestions which we'll remember and try to incorporate into future *Thunderword* issues, such as more pictures of students, more stories about lectures on campus, students features, music reviews, etc.

Any opinions readers may have can be shared in the form of a letter to the editor. This is also the avenue to take when suggesting students for features or interesting story ideas.

after thoughts

Student gambles in plea to governor

Editor's note: This is a regularly featured column written by a Thunderword staff member.

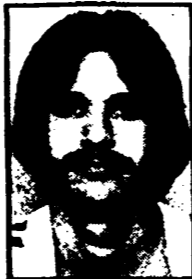
by TERRY PILANT

There has been a lot of controversy recently surrounding a liberalized gambling bill going through the state legislature.

Senate Bill 3114, would eliminate a requirement that card-rooms and businesses with punchboards and pull-tabs maintain an equal balance between gambling revenue and food and drink sales.

The original purpose of this requirement was to make gambling just an incentive for businesses. Now it appears that businesses will have the option of being in the business of gambling alone.

There has also been quite a furor over supposed clandestine meetings between State Gambling Commission staff director Keith Kisor and a lobbyist for the gambling industry for the alleged purpose of railroading this bill through congress.



There has been talk that this will be the first step toward Las Vegas style casino gambling and that it will pose a law-enforcement problem because, gambling always attracts organized crime right?

No matter what side one takes on this specific issue, we should all be encouraged to write our legislators to let them know how we feel.

However, I decided to take it one step further and go straight to the top. What follows is my open letter to Governor John Spellman.

To the Honorable Governor John Spellman:

When or if Senate Bill 3114 comes across your desk, please don't sign it. Because if it goes through, taverns and other establishments that already have legalized gambling of one form or another, won't have to match their food and drink revenue with their gambling revenue.

They will be able to make as much money as they want on gambling alone. They will then want to expand and add new games.

That means pretty soon we will have casinos all over the place!

"COME ON BABY, SEVEN OR ELEVEN!"

Sorry, I got a bit carried away.

Well Governor, I'm pleading with you, you've got to protect us from ourselves.

With full blown casino gambling, it will make the lottery look like peanuts. Mothers and fathers will be leaving their kids at home to fend for themselves while they go out and put the food money in those one-armed bandits!

"YEAH, THREE CHERRIES!"

Excuse me, I'm starting to hyperventilate.

And you're right about the law-enforcement problem. If we have all those casinos, it's going to be just like Las Vegas. All those organized crime figures walking the streets in trench coats carrying violin cases will make everyone nervous.

It will attract prostitution, drug traffic, and all those other so-called victimless crimes. (God knows you can't find them now.)

And what's worse, it might even attract (OH NO, HELP US!) Wayne Newton. I don't think I'll be able to live

with that. (I'll take the Beach Boys any day of the week.)

But what really makes my skin crawl is that more gambling will attract all sorts of unseemly tourists, bringing in all of their dirty money into the state, spending it on anything and everything. (Of course the unemployment problem might disperse somewhat but, it'll be a small price to pay.)

I know that we've had horse racing, cardtables, pull-tabs, bingo parlors, and now the lottery for some time now and there haven't been any major problems, but it will be different this time, I know it will.

With all those casinos just sitting there, available, I'll go crazy, I just know it!

Gamblers anonymous will have a field day, and there will be mental health clinics springing up all over the place.

So Governor, if you know what's good for the state you'll veto this bill.

Please, you've got to, I've got five bucks riding on it.

Sincerely,
"Terry the Greek"

Thunderword

Highline Community College

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We welcome all letters, news, and criticism from the campus population. Letters should be kept to a 250 word maximum. Longer letters will be subject to editing.

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Dave Abrahamson, Sandy Ashcraft, Bettina Binder, Sheila Boswell, Susan Brekus, Ann Doll, Annette Eberle, Janice Ede, Diane Emerson, Mike Goodman, Julie Halme, Sheila Hanson, Janice Harmon, Holly Hautala, Kerri Hescok, Cheryl Homestead, Kevin Kane, Susan McCaffrey, Duncan McDonald, Robin Pallett, Andy Schauer, Karen Scott, Pam Schwander, Annette Sens, Gary Serrett, Eva Sobul, Cheryl Temple, Barb Thompson, Tracey Thompson, Michelle Wetzler.

Phototypesetter

Kathy Perkins

Advisors

Jillanne Crane, Cary Ordway, Mark Morris

Kilowatt costs overpower consumers

Editor's note: This is a regularly featured column written by a Thunderword staff member.

The media has blitzed us at every turn with all this talk about WPPSS, the Washington Public Power Supply System, or, more aptly . . . Whoops!



Right about now I'm feeling a little like that guy in the movie, Network. "I'm mad as hell and I'm not going to take it anymore."

Like a good citizen and loyal power consumer, I took advantage of the no-interest energy loan offered by Puget Power and had storm windows and additional insulation installed in my house. I then sat back and relaxed,

believing all the hype about how this improvement was going to save us mass quantities of money in future years. That was two years ago.

Yesterday I wrote a check to Puget Power for \$150. This was for two-months worth of "conserved energy." I was, quite frankly, a bit pressed to come up with that much money all in one shot. I don't know many people who wouldn't be.

This is the second bill this year I have received for such a large amount. I can only assume that the cause is the afore-mentioned WPPSS. This burns me up. (pardon the pun)

We are a frugal family of three. We don't have a lot of handy dandy appliances. We live pretty simply. And we do make an effort to turn off lights and keep the heat to a minimum. In fact, we aren't even home that much to use that much power!

Even good old Puget Power attested to that fact by including on the bill our kilowatt usage for last year. According to them, we used 210 less kilowatts, or 4 percent less than last year. In addition to this there was a note to the effect that we received a credit \$9.88 "energy cost adjustment."

I shudder to think what the bill might have been had we not conserved and received this credit.

What's a person to do? Sure, we could buy one of those wood-burning stoves to heat the house, maybe even heat the water with it. But what do we do for electricity? Seems like Puget Power has a pretty good corner on the market around these parts.

Does inflation explain it all? How come you hear and read about us selling "excess power" to California and to Canada? With my bare bones knowl-

edge of economics, even I know that when you have a surplus the price is supposed to go down. So why hasn't it?

Well, obviously I don't have all the answers. And, most probably, we will continue to be soaked every two months. I can only think about all those senior citizens and other people on fixed incomes who have an even harder time stretching the almighty dollar trying to pay these ungodly prices for the luxury of heat and lights.

And so, I offer this advice to Puget Power: How about conserving some of our money for us? Now that's real conservation I'm sure we all could live with. Maybe then we wouldn't all be "blowing off steam" about the energy situation.

Or, better yet, maybe someone somewhere could figure out a way to harness all that steam and make us some power of our own.

hcsu

Spring elections

Council plans events

Editor's note: This is a regularly featured column written by a Highline College Student Union Council member.

by NEAL ALLEN

For those exceptional students who are interested in directing the course of the HCSU over the coming academic year, the general spring elections for HCSU office will be held on the 19th and 20th of May. Voting will take place in the Cafeteria and applications are available in the Student Activities Office (8-210).

However, you must have a fair amount of time to devote to Council activities, and be enthusiastic about being on the Council.

Registration for Summer and Fall Quarters will begin shortly. To aid students in getting the classes that will fit their particular schedule of needs,



the HCSU has prepared a class information sheet that each instructor is now completing. These forms will be available for student to examine in the counseling area upstairs in Bldg. 6, as they are returned by the instructors.

The forms list information such as how much homework to expect and what the class grading criteria will be. Although the forms were filled out by the instructors teaching the classes listed on them, if you have any questions about the class it would be best to see that instructor personally because this is really just a prediction of how they will be teaching the class based upon how they have done it in the past.

Don't forget! Tonight is the Muscular Dystrophy Association benefit dance in the cafeteria. Four bands will be present at the dance. The dance will begin at 6 p.m. for the pledge dancers, and will be open to the public sometime after 8 p.m. This entitles the pledge dancers to get some dancing in undisturbed. The dance is scheduled to be over at 2 a.m. Admission for the general public will be \$3.00 at the door.

Hope to see you there!

mailbox

Speak up for free press

Dear Editor,

Last month, March 16, was the birthday of James Madison, fourth president of the United States and principal author of the Bill of Rights to the U.S. Constitution.

Some two centuries after that history-making authorship, a recent Gallup poll says 37 percent of Americans apparently reject a view held so dear that the original states would not accept a constitution without it. More than a third of Americans feel current limits on the press aren't harsh enough.

Harsh limits on speech or the press were a way of life for the American colonials. Free of their British governors, they wanted also to be free to say what they wished, print what they wished, and gather with whomever they wished.

Madison's Bill of Rights begins by insisting upon freedom of speech of the press, and of assembly. The First Amendment guaranteed those rights to all Americans.

Now, after nearly 200 years, a Gallup poll shows three out of four Americans don't even know what the First Amendment is.

That's reason enough that national broadcast and print media, organizations, including the Society of Professional Journalists/Sigma Delta Chi Western Washington Chapter-Seattle, have declared Madison's birthday as Freedom of Information Day, a time for all Americans to reflect the importance of the First Amendment to all of us.

It is a time to compare our historic insistence on open government with the secrecy and censorship of many governments abroad.

It is a time to remember that our rights as Americans to receive information about our government preserves our democracy.

The First Amendment is not a special privilege for reporters. It is a guarantee for all of us, of the right to know, unfettered by government interference.

Speak up for it loudly and often.

Cliff Rowe, Chairman
Don J. Smith, Member

lecture notes

Former 'chocoholic' regains individuality

This is a regularly featured column written by a Highline faculty member. Column will be welcomed from any faculty member and should be kept to a 300-word maximum.

by BEVERLY BAUM

Chocolate is big these days. A mild chocolate addiction is considered harmless, even a lovable condition. It's easy to get in touch with the chocolate craze because buttons, stickers, calendars, even chocolate food are plentiful.

Even I claimed to be a "chocoholic." I wore a button once which said, "things are worse, send chocolate." Now, turning down offers of chocolate cake, brownies, candy bars is my routine. I never did crave chocolate...just went along with the trend. It seemed harmless enough. Eventually, I reminded myself to pay attention to what I really wanted to eat. I remembered that each time I accept a group decision about my own behavior, I lose a tiny morsel of my individuality.



Other ways to give up my power (my self) are to neglect to express an opinion when I would rather be liked than respected, to say yes when I'd rather say no, to let a racist or sexist joke go by without expressing my protest, to accept group opinions without checking to see if they match my beliefs. Slowly, these all add up. If I don't daily have practice sticking up for myself, I may not be able to use my will to make an important decision on my own behalf.

In an assertiveness training class, I learned about personal rights and personal power in making decisions. Of several good books available on assertiveness, I especially recommend *When I Say No I Feel Guilty* by Manuel Smith.

Most mornings, a brief meditation puts me in touch with my inner self. I sit quietly, breath deeply and rhythmically, focusing inward and creating visualizations of situations I anticipate that will arise during the day. I see them as I want them to be. Then, during the day, I may return to my inner images and deal with problems, including assertive ones, as needed.

I'm happy to report that I have no problems with sticking up for caramel now. Craving pralines, brown sugar and chess pie is usual with me. Anyone for a caramel apple button?

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Journalism/Mass Media program

Cooperative spirit constructs T-Word

by DUNCAN MCDONALD



Many Highline students read the *Thunderword* each quarter, yet few know of the hard work and dedication that go into making this nationally recognized publication.

"The most unique element of our staff, is the great sense of teamwork that it possesses," said Julianne Crane, journalism/mass media advisor.

"We don't have any 'star reporters' on our staff, but we are very consistent as a team," added Crane.

That element of consistency paid off once again this year, when the *Thunderword* again won the National Collegiate Press Association's "All-American" rating.

"Many college publications have won this rating once or twice, but the *Thunderword* has won it fifteen times," Crane said. "This is evidence of the consistency that we strive for."

This rating is given for excellence in five separate categories including writing, editing, design and photography.

Historically Speaking

Ironically, the *Thunderword*, which is known for its great teamwork, was started in 1962 by just one student named Sherry LaCombe.

LaCombe put together a one-page mimeographed newsletter entitled *The Mascot*, and one year later, Highline decided to hire a full-time advisor, Betty Strehlau.

A contest to "name the paper" produced the title of the *Thunderword*, and several years later the hyphen was dropped to give it the *Thunderword* title.

Crane, who has been at Highline since 1980, said that her role as T-Word advisor is "to provide a productive environment for students, make sure the publication has a stable budget, and to act as a buffer between students and administration."

"But my role is not to produce," said Crane. "This is where our determined staff comes in."

The staff (which includes reporters, editors, and photographers) produces the *Thunderword* once every two weeks, so they're kept busy all quarter long.

"Perhaps the most challenging part of newspaper production is knowing that your work is always cut out for you," said Christine Valdez, this quarter's T-Word managing editor.

"We finish up one issue, and we're right in the middle of the next. If we stop producing, then the goal of consistency can't be accomplished," she added.

The job of the editors, is to take care of their particular sections which include news, arts and entertainment, sports, focus, advertising and photography.

The first task an editor must face each issue, is assigning stories to staff reporters which pertain to their section.

"When students are assigned stories, they are given an angle with which to approach it and a deadline for completion of the article," said Valdez. "We also try to give them contacts for interviews."

After gathering as much information as possible on the topic, the reporter must set up an interview with their key source(s), usually faculty or administration advisors.

Following the interview, the reporter takes his/her



photo by NEAL ALLEN

Focus editor Joni Carney and reporter Duncan McDonald straighten copy on a light table.

notes and organizes them in order to write a rough draft of the story.

After the rough draft is initially edited by the reporter it goes to the section editor for further editing.

Computer Editing

Then the reporter utilizes the newest tool in the newsroom, the Video Display Terminal or V.D.T., a word processor which enables the reporter and editor to do further on-the-spot editing if needed.

The student enters the story into the V.D.T., and then telecommunicates it to Kathy Perkins, Highline's typesetter.

"The V.D.T. helps me immensely," said Perkins. "When I was typing copy for the paper before, it would take me anywhere from seventeen to twenty-three hours, and now it only takes about fourteen."

"The main reason for this deduction in labor is that the copy has less spelling errors, and is much more legible when it comes over my terminal."

Perkins added that the hours spent typing will decrease even more, once the staff is more familiarized with the V.D.T.

Crane agreed that the V.D.T. is very helpful in the newsroom, but she said she felt that more than one terminal is needed.

"The V.D.T. is a very exciting element for our newsroom, but things get kind of hectic with only one terminal," Crane said. "The computer helps us to reach for more of a professional atmosphere in our newsroom."

Along with the addition of the computer, the whole newsroom was rearranged last summer, in order to gain an even greater sense of professionalism.

"I made a lot of changes in the newsroom this past summer," said Crane. "I tried to arrange it as close to a professional atmosphere as possible."

Crane explained that "the new arrangement seems to be helping a lot with laying out the paper."

Layout Process

The layout begins once all of the stories (now called galleys) ads and photos have been gathered together.

"This is where the editors must be the most dedicated," said Valdez.

The editors line their galleys and photos on "dummy sheets," which according to Valdez is the toughest part.

"There are a lot of rules you must follow when laying out a page," said Valdez. "Different rules apply to different publications, but the big no-nos are pretty much the same."

After all the galleys and photos are on the page, the rest of the staff aids in straightening copy, writing headlines, lining photos, and typing up corrections.

When it appears that the dummy sheets are flawless, they are sent to Valley Newspapers for the offset printing process.

On the following day when the paper comes out, the staff critiques it, discussing the pros and cons of that particular edition.

Crane and Cary Ordway (part time instructor and advisor) are at every critique to give their professional opinions about each section of the paper.

"The paper has improved a lot this year, but still cannot be on a totally professional level, because it's not supposed to be," Ordway said, explaining how the T-Word's layout and design compares with professional publications.

"In comparison with other college-level papers though, the *Thunderword* is very competitive," he added.

After the critique, editors immediately assign reporters new stories, and the cycle continues once again.

The editors change each quarter, in order to give each willing student a chance at an "on the job" training program.

The *Thunderword* is published each quarter in the academic year, and being a staff member on the paper is a must for anyone wishing to earn a degree in the Journalism/Mass Media occupational program.

"There are definite traits that a newswriter should possess," said Crane. "Besides having good grammar, and being a good speller, the student should be fair, honest, accurate, and dependable."

"Every person has bias, but honesty and fairness are two elements which usually overcome it," she added.

Anyone wishing more information on joining the *Thunderword* staff can contact Crane in Bldg. 18, or in Bldg. 10, room 105.

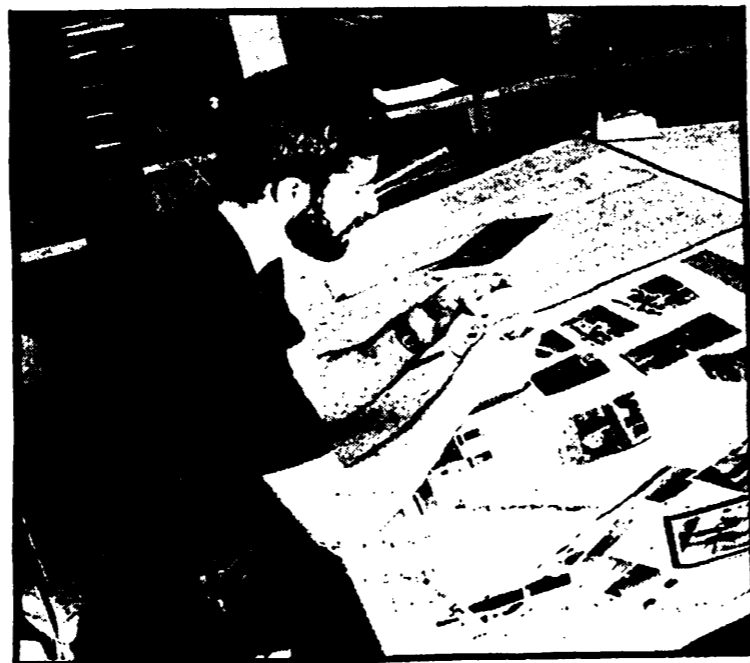


photo by CHRISTINE VALDEZ

Photo editor Neal Allen sizes up photos for the "centerfold."

Newspaper nabs award

The American Scholastic Press Association awarded the *Thunderword* newspaper "First Place" and "Best Front Page," in a national competition against other college newspapers.

"I read the judges comments, and they really gave us a fair review," said Journalism Instructor Cary Ordway.

To rate a first place award a publication had to score more than 850 points, the *Thunderword* scored 910 points out of a possible 1000. The paper was judged on its design and overall appearance.

The judges commented on the good quality of the pictures, and congratulated the staff photographers.

"We've been concentrating on our graphics for a year, and we're very pleased it's coming together," said Journalism Advisor, Julianne Crane.

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People in the streets

What have you learned from being on the staff of the Thunderword?

News Editor



Caroline Bleakley

Probably the amount of work, the great amount of work and time that is put in to produce a newspaper. It's really like a job but, you can't go home and forget all about it.

Sports Editors



Trish Armstrong

There are a variety of different people and different attitudes you have to learn to deal with. Also, that this job has a lot of responsibility and takes a lot of extra hours.

Ted Ulmer

I've really learned the importance of self motivation, and the importance of teamwork. It's helped me with my independence and helped me get my work in on time.

Arts and Entertainment Editor



Kevin Kerr

I've learned to appreciate people more than anything. Everyone on the staff is an individual, but when they all work together, it's almost artistic.

Focus Editor



Joni Carnay

You have to be accurate with your writing when you work on the paper. Teamwork is crucial to the production of the paper. Teamwork is extremely important in life in general.

Managing Editor

Christine Valdez

How to trust people and depend on them, and that they are responsible enough to get their work in.



Advertising



Art Christopherson

Being the advertising manager is helping me develop my selling skills. In the future I hope to work in the advertising field so, being on the staff is really helping me.

Photo Editors



John Brown

That there's a lot of running around to do. I have to take pictures of people. But, that's just part of the job, it deals with fast moving situations.



Neal Allen

I'm amazed at the similarities of the interests of people in particular programs on campus. Even though they have totally different backgrounds, collectively as a group in any particular program, their interests are quite similar.

Production Editors



Karen Belongia

I've learned to work with people in a variety of situations. Like when we're laying out the paper, there's a lot of confusion and screaming. I've learned to adjust to the change from calm to riot.



Jo Anne Foster

How to interact and work well with other students. I never have had to work with other people, where school work was concerned.

Copy Editors



Al Rooks

To work as a group. To work in cooperation with everybody. To make the paper flow together and run smoothly.



Anne Dowell

That there are no primadonnas on the staff. There's a lot of team work and cooperation. It's like pieces of a puzzle and if people don't do their job the puzzle will have a lot of missing pieces.

Journalism/Mass Media program

Program teaches reporting for future

by PAM SCHWANDER



Mix dedication, a creative imagination, and deadline pressures and one will get a student enrolled in Highline's Journalism/Mass Media program.

Students have a variety of educational paths from which to choose. One option is earning an A.A.S. (Associate of Applied Science) degree in Journalism/M.M. To obtain a Journalism/M.M. A.A.S. one must complete 90 approved credits. Students should plan classes with an advisor using the Journalism/M.M. pamphlet as a guideline.

"The A.A.S. degree is an occupational program meaning — in theory — once you take these classes you can get an entry level position in the business," said Julianne Crane, Journalism/M.M. program director.

Highline student Anne Dowell is working towards an A.A.S. in Journalism.

Although she plans to graduate this June, Dowell has already found a job with "Adventure Northwest Magazine" writing her own column called "Reader's Choice."

"I'll stay at the magazine unless I find I can't make it financially and then I'll probably look into radio stations," Dowell said.

Another option the program offers is transferring to a four-year institution. Students get an A.A. (Associate of Arts) degree with Journalism classes dominating in elective choices.

"Know the college you're going into," advised Crane, "Talk with their program heads and find out what they will accept for credits."

Highline student Joni Carnay is a print journalism major who plans to transfer to

a four-year college. After obtaining a four-year degree Carnay plans to start her career with newspapers and graduate to television. She feels her classes at Highline will help her in the future.

"Highline has an excellent Journalism program and you get to experience lots of the true-to-life situations," Carnay said.

Students can also get both A.A. and A.A.S. degree if they work closely with their advisors according to Crane. Students do not have to be Journalism majors to be involved with the program.

"Part of the strength of the program is our classes can be used in numerous occupations," Crane said.

Highline student Kevin Kerr is a Creative Writing major involved with the Journalism/M.M. program.

Kerr will edit the company newsletter for his father after finishing his education.

His long range goal, however, is to write a book.

Kerr said he enjoys the students involved with the journalism program and describes them as being the "most involved group on campus."

As well as newspaper writing, students can become involved in television production and photojournalism classes.

According to Crane, the program is not totally dedicated to newspaper writing, it also deals with mass media communications.

Highline student Eyde Breakey is taking advantage of the television production classes at Highline. After getting a four year degree in Communications, Breakey foresees a future in television.

She said she enjoys her classes and their qualities. "I'm down at KOMO a lot and I've learned a lot at the (Highline) studio. It's really close to the real thing," Breakey said.

Author named paper



Treana Elliott
by JANICE HARMON



Back in 1962 when Highline Community College shared a campus with Glacier High School, a young woman named Treana Elliott named the college newspaper the *Thunderword*.

Highline had initiated a contest in order to name the newspaper. Being a student of general studies at that time, Elliott entered. "I just wanted to correlate the name of

the newspaper with the name of the (Thunderbirds) team," reasoned Elliott. It was the only name Elliott entered.

In 1979 Elliott was diagnosed as having breast cancer. Refusing to submit to a rather routinely advised procedure, mastectomy, Elliott studied alternatives to treatment of breast cancer.

"The experience was very traumatic," recalled Elliott.

Elliott spent hours researching cancer and found her alternative: radiation.

She began treatment at Group Health Cooperative in Seattle and was one of the first 10 patients to be treated with radiation therapy there.

"My medical experience with cancer gave me the opportunity to write a book on it," related Elliott.

Elliott currently has a book to her credit entitled *Cancer: My Way*. Her publisher is Highline instructor Ron Engstrom.

The book is a personal account of Elliott's experience and research information she learned.

She has lectured on the subject of breast cancer to over 100 audiences within a five state area.

Now Elliott, the mother of two children, Erika and Dustin, resides in Des Moines. Her days are primarily occupied with working at Pro-Electronics in Seattle as an Office Manager.

"I like my job. It's a comfortable position," said Elliott.

Former T-Word staffer broadcasting for KING

by EVA SOBUL



KING Radio personality Tony Miner is a former Highline Community College student and *Thunderword* staff member.

Miner became interested in communications during the seventh grade when he worked on the school newspaper. He continued working in journalism through junior high and high school but fell in love with radio in the ninth grade. He said he sees his job as afternoon news host for KING Radio as a good blend of journalism and broadcasting.

After high school Miner went to Highline for one year. He switched to Green River because it had a radio station. He then transferred to Washington State



Tony Miner

University and received a degree in Communications.

The summer after college graduation Miner sent out demo tapes to as many stations as he could and landed a job as news director in the Dalles, Oregon.

"It paid \$600 a month," said Miner. "And I thought I was set for life. As it turned out I only stayed for six months."

Upon leaving the Dalles, Miner moved to Bellingham and then to Yakima. He worked as news coordinator at these stations also. After five years he went to KIRO, where he worked for three years. He switched to KING when the station adopted an all news format and has worked there for the last six months.

"I can't believe I get paid for what I do," said Miner. "I just love my job."

Miner said he felt his experience in smaller stations gave him an advantage over other applicants in a very competitive field.

"Of course," he said, "It's always important to keep sight of your goals and to follow them through."

He said he felt that keeping one's foot in the door is also important. According to Miner, making contact with those already in the industry and keeping those contacts can make the difference between getting the job or being unemployed.

Future shutterbugs learn trade

by TERRY PILANT



No journalism program or college newspaper staff is complete without its photojournalism department. And that includes Highline's *Thunderword*.

The photography courses that are being conducted Spring Quarter are Journalism 105, News Photography, and Journalism 205, Photojournalism.

According to Photojournalism Instructor Mark Morris, Jrnl. 105 is mainly an introduction to news photography which covers some history and how to cover spot news, features, sports and photo essays.

Jrnl. 205 concentrates mainly on production of photo essays, which includes the class project of the quarter, the Tolo photomazine insert. This will be in the final Spring Quarter edition of the *Thunderword*, which is slated for May 27.

Morris, who also works for Valley Publishing in Kent as a staff photographer, is in his second quarter as a photo instructor. He taught Jrnl. 105 during Fall Quarter.

He explained that he became interested in photography at a fairly young age.

"I was interested in photography in junior high," he said. "When I was in high school and college I taught myself photography by reading books and going in the darkroom and making mistakes."

In addition to his four years at Valley Publishing he has done some design and graphic work with a new travel publication, *Adventure Northwest Magazine*.

According to Morris, past Tolos have been nothing more than expanded centerfolds. However, that's not what they're doing this year.

"We're going to break with tradition and make the Tolo a 'news magazine,'" said Morris.

He also stated that the Tolo will consist of about two to three pages with specific stories that emphasize Highline College.

Morris mentioned that no other community college or university in the area that he knows of has produced this sort of photomazine. He plans to use a style similar to Pacific Magazine in the *Seattle Times* Sunday editions.

"This is a unique opportunity for students in the photojournalism program," he said.

One of the stories to expect will be about the diving program held at Redondo Beach.

"We want to show it to readers as if they went down there themselves for two or three days," said Morris.


The students involved in production of the Tolo seem to be excited to be a part of it.

Gary Serett, who will be doing a story on the Faculty-Student art exhibit scheduled in May in the Library, has been involved in past Tolos.

"I'm really looking forward to it this year," he said. "In the past it was more of a job because of having to meet a deadline. Now it's more of a classroom environment."

Joyce Younts is writing the story to go along with the photos about a housewife with seven children who is returning to college. Younts is pleased to be a part of the Tolo production.

"It's something we can get our teeth into," she said. "It's a real challenge."



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Highline welcomes new television show

by CHERYL TEMPLE



Highline students and faculty will be able to receive information about the campus via a TV news magazine format to be telecast by Mass Media classes.

Tom Tschirhart and Julianne Crane are advisors for the production of the news telecast. The students working on the broadcast have to take both Radio-TV Newswriting and the Television News Production class.

Student produced programs will be telecast on Fridays and repeated on Mondays until the end of Spring Quarter.

The first show, which is to be aired today, will include information recapping the Health Kick, a feature on the jazz band, a sports feature, and possibly information regarding the student activities and services survey.

Julianne Crane, executive producer of the show, said, "This is a great opportunity for students because it is as close to commercial TV as far as responsibility is concerned. There are less than a handful of colleges in Washington offering these classes."

The two classes meet on Tuesdays and Thursdays for two hours per day, which means the classes have to be very organized to keep up with production schedule.

The students come up with the majority of programming ideas during class.

Barbara Thompson, who specializes in field reporting for remotes, said, "The class is a real challenge. It got me interested in TV field reporting. Before, I was interested in news writing as a foreign correspondent."

Karen Belongia, who is associate producer for the show, said, "I've been involved in print, and TV gives me a new angle in journalism. There is no time for delayed press runs, and there can be no errors in broadcasting. It will take us the first couple of shows to be really organized, because

prior to our first show, everyone had different ideas about the show."

Anne Dowell is the producer, Russ Hart is the director, with Caroline Bleakley and Ted Ulmer as anchors of the first show. The remainder of the class will act as reporters, crew and writers.

Crane said, "Four-year colleges have contacted Highline for help in their TV classes, and I think that says a lot for our program."

Shows will be telecast at 11:00, 12:00 and 1:00 in the Student Services and Student Center Buildings on Fridays until the end of the quarter. Repeat shows will be at the same times on the following Mondays.

Program director has varied background

by BETTINA BINDER



Julianne Crane did not know as she was growing up that she wanted to be a journalist. Her mother and grandparents were newspaper reporters, but they never encouraged her to go into the business.

It was not until college that she became interested in journalism. Eventually she got a bachelors in Journalism, and a masters in Mass Communication from the University of Texas.

Crane then moved to San Diego and worked in promotion and public relations.

To gain experience in news writing and reporting Crane wrote for community newspapers and radio stations on a freelance basis.

It was on one such freelance assignment in 1973 that she became the first female journalist to cover the San Diego Padres and be admitted to the previously all male domain — The Press Box.

"I didn't know what to expect before I went into that Press Box. My heart was really pumping. What I found was

just a bunch of average, ordinary looking guys," said Crane.

"Covering sports was a turning point in my life, especially being the first woman to receive full credentials with the Padres. I was no longer just a reporter, I was representing ALL women reporters. It was on the Padres baseball field that I became assertive."

"The five years that I covered sports I wrote about everything from tennis to motocross. It was a fun job and often exciting," said Crane.

After those five years in San Diego, Crane's dreams of living in the mountains and working full time in reporting took her to Aspen, Colorado.

In Colorado, she worked for both the Roaring Fork Valley Journal and an Aspen radio station, KSNO.

She covered a wide range of assignments including the city council and police beats. While in Aspen, she reported on one of the Ted Bundy trials.

"He has incredible eyes. They almost stare through a person. He tries to intimidate people by staring straight at them. I've been known to stare down a cat, so it was an interesting match," said Crane.

After Colorado, Crane made a move

to Washington, D.C., as a freelance correspondent. She obtained her Hill credentials and covered Congress for media outlets in California and Colorado.

In 1979 Crane made another career change and signed on as a broadcasting instructor at the University of Nebraska.

"My resume needed some stability. So I decided with such a checkered background, teaching college might look good."

"Teaching was positive for me, but after one winter in the midwest, I decided to try the Pacific Northwest."

"Having had so many jobs, I knew it was best to go to a place with a job to look for a job. So, I got hired on as a camp counselor at Camp Sealth on Vashon."

"While I was there I looked around, applied for a teaching position at Highline, and was fortunate enough to be hired."

Crane became program director of the Journalism/Mass Media program last year when Betty Strehlau retired. She continues to work freelance to keep up-to-date on changes in the industry.

"Journalism is a competitive field," said Crane, "but it also offers options. My career path looks like a broken field run. But I've always had a job."



Journalism Program Director Julianne Crane has a "checkered background" which includes being the first woman to be admitted to the previously all-male domain...The Padres press box.

Television instructor provides "practical education"

by ANNE DOWELL



Six years ago, Tom Tschirhart walked off the University of Washington campus, dreaming of his name rolling across the big screen in the end credits.

A year later, after making the rounds searching for a job, he found himself at Highline as language lab director. He had been hoping for a job in broadcasting.

About eight months later Tschirhart (pronounced sheerheart) became Media Services Operator for the newly built television studio on the library's sixth floor.

Tschirhart said he was surprised when he got the position. "What I expected to get was something like camera operator," he said. "I didn't expect to be in charge of the thing."

Like so many students going into broadcasting, he had left school with high hopes only to find the market much tougher to enter than expected.

Tschirhart graduated from Mercer Island High School in 1972. "I was one of THOSE," he said, raising his eyebrows and laughing. From there he went straight to the U. His major was originally special education.

He added, with a wink, "which is good training for dealing with a lot of the students I have in 190," referring to his beginning television production class.

After feeling a lot of frustration in his studies in special education, Tschirhart

switched to communications, entering the Radio and Television Production sequence at the U. He admitted that he didn't have a realistic understanding of what special education was.

Tschirhart has been interested in filmmaking since high school. "I couldn't afford to go to some of the better film schools like USC or UCLA," he said.

Two Jobs

His job title now is Media Producer. He explained that it really involves two jobs. One consists of producing documentaries and instructional tapes for instructors and occasionally for community service organizations.

The other job is teaching television production on different levels from beginning to intermediate.

"I enjoy dealing with the students and the teaching the most," he admitted. "I enjoy seeing them create things, starting at the beginning of the class with that extremely nervous look that they all have and finally, toward the end, seeing that they've grown that much during the quarter."

He expressed pride in the fact that his students are able to come up with ideas on their own and translate those ideas into a project.

Tschirhart said he felt that sometimes there is a tendency for some schools to

teach only television theory and history and to turn out students who know too little of the technical side of television production.

"I'd like to see the television and journalism programs grow and become responsive to the needs that I think are out there," said Tschirhart.

He remarked, "Just coming here I have learned so much in the studio that I never learned at the University."

Practical Education

He stressed that he wants to provide a "practical education" for his students.

"Sometimes I see students who have the desire to go into it but are not willing to put the work in," he said, adding that he finds that very frustrating.

He explained that there are opportunities in broadcasting in various fields. "Cable TV is really expanding," he said.

Other opportunities might be in educational institutions or in industry, making training films or taping seminars.

He offered some advice to students interested in broadcasting: "Number one, that they are really serious about going into this field, that it's not something they feel is just glamorous, or is going to be easy," he asserted. "Because the competition is SO fierce. It can be so frustrating trying to break into it, especially in the Seattle market, that you have to be pretty dedicated to the idea."



SCANLINES

Scanlines is the student-produced news magazine taped and broadcast on campus. The production is the work of students in the Journalism/Mass Media program.



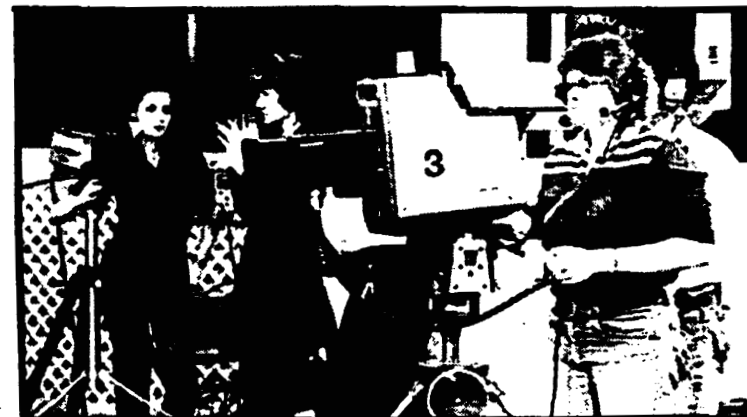
Scanlines crew prepare to tape the broadcast. From left: Director Russ Hart, Technical Director Bob Donatelli, Reporter Trish Armstrong, Audio Engineer Jay Lewandowski, and Video Technician Mike Luckenbach.



Assistant Director Jo Anne Foster and Director Russ Hart revise the scripts while anchorpersons Ted Ulmer and Caroline Bleakley prepare for rehearsal.



Producer Anne Dowell lines up a shot as Cameraman Gary Serrett and Floor Director Karen Scott look on.



Graphic camera operator Edye Breakey listens to Executive Producer Julianne Crane while Floor Director Karen Scott waits to give cues.



Camera operator Lisa Elijah.

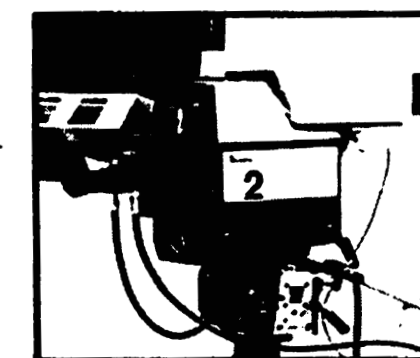


The view of the switchboard as seen by the Technical Director.



Video Technician Mike Luckenbach is amazed at what the switchboard can do.

photos by John Brown





Students enjoyed the sunshine and the guitar music of Chris Proctor at an outdoor concert earlier this month. The concert was presented by the HCC Special Programs Board and featured the music of folk guitarists, Bill Man, Jim McGinnis and classical guitarist Claus Lenzin as well as Proctor. Proctor is currently on a westcoast tour of colleges promoting his new album, *Runoff*. The Special Programs Board welcomes suggestions on activities students would like to see on campus. They are located on the 2nd floor of Bldg. 8.

Lyric sells summer fare

by MICHELE WETZLER

The Lyric Theatre and Conservatory is a Highline Community College based organization for those involved in the theatre arts.

The atmosphere of the theatre is unique, in that professional artists work closely with and advise students enrolled in the conservatory.

High Spirits and *Orpheus Descending* have been chosen as the two plays for the 1983 Lyric Summer Season.

The lighthearted musical, *High Spirits*, will be presented June 15 through July 2, and revolves around an Englishman

whose dead wife reappears when his second marriage experiences difficulty.

Beginning July 13 and running until July 30 is the late Tennessee Williams' *Orpheus Descending*. It reveals two people whose lives do not fit with the world in which they live.

Tickets for this summer's fare will be available at the Highline Bookstore and the Student Services Office starting May 1. Prices are \$5.50 for general admission and \$4.50 for students and senior citizens. Season tickets and group discounts are available, and tickets may also be purchased at the door before performances.

For further information, contact the Lyric Theatre at their office, ext. 341, or at the theatre, ext. 279. Ticket reservations can be made by dialing 433-8588.

CAPSULES

Spring Break ★½

Ho hum, it's another beach party, complete with a Ft. Lauderdale beach, plenty of sunshine, muscle-bound beach bums and hordes of bikini clad (and unclad) females. The only thing that *Spring Break* doesn't have is a storyline. The two main characters, Adam and Norman (Perry Lang and David Knell, respectively) have come all the way from Kansas to enjoy one week in the sun, only to find they have to share the last hotel room in Ft. Lauderdale with two very hip brothers from New York (Paul Land and Steve Bassett). After deciding there's no other choice, the four settle in for a week of beer guzzling, endless cruising, and wet T-shirt contests (male and female).

There is only an occasional spark of humor, most involving Norman and his search for the girl of his dreams (Jayne Mode). Finally they meet...over a video game (kids these days!). Things go from bad to worse when Norman goes out to get a couple of Cokes and can't remember her room number when he tries to go back. But the rest of the movie revolves mainly around the finer points of party life and how tight of outfits they can fit Corinne Alphen (a former Penthouse Pet) into. The attempts at drama, however, are obnoxious and trite, and serve to only prolong the inevitable — everyone goes home.

Lone Wolf McQuade ★★

If you've seen Chuck Norris in any of his previous films, you will be surprised

Have a 'jazzy' Mother's Day

by KEVIN KANE

The Uptown Lowdown Jazz Band will soon be performing on campus along with Highline's own, HCC Jazz Ensemble.

A free mini-festival will be the showcase and Mother's Day will be the occasion.

"We play a style of jazz called the West Coast Revival," said Steven Joseph, a member of Uptown Lowdown.

West Coast Revival got its start back in the 40's in San Francisco with Lu Watters and the Turk and Murphy Jazz Band, added Joseph.

The eight musicians in Uptown Lowdown all live in the Seattle area. They attend several jazz festivals around the country each year.

Last year they traveled all the way to Japan for a performance.

In addition to their Mother's Day performance at Highline, Uptown Lowdown will appear at The TerriVic Jazz Party in Victoria, B.C., from April 29 through May 1.

The HCC Jazz Ensemble, directed by Ed Fish, attended a festival in Pasco on the weekend of April 16.

In the past the HCC band has played for several high schools but haven't attended many jazz festivals. Now they are scheduling several appearances.

After the Mother's Day Festival, the ensemble from Highline will play in Bremerton on May 18.

The Special Events Committee is sponsoring the Mother's Day Jazz Festival and invites the public to attend. The performance will begin at 2:30 P.M. on May 8, in the Artist-Lecture Center.

Highline Happenings

★★★★★★★★★★

South of the border...

Cinco de Mayo, a celebration of the Mexican liberation from French rule, will be sponsored by the Multicultural services on May 5. The festivities begin at 11:00 a.m., with a pinata breaking at 11:30 and a Tex-Mex band performing from 12:00 to 1:00 p.m. in the Artists-Lecture Center.

'If your M & M's glow...

A discussion on the socio-logical perspectives on the residents living near nuclear power plants will be lead by Paul Loeb on May 4 at noon in the Artists-Lecture Center.

Dance the night away...

Super Dance '83 will be sponsored by The Muscular Dystrophy Association and Highline Community College Friday, April 29 from 6:00 p.m. to 2:00 a.m. Live music and door prizes are part of the excitement throughout the evening. Everyone is invited to attend.

Donations gladly accepted...

The Third Annual Campus Blood Drive sponsored by Puget Sound Blood Center will be held all day May 2 in front of Building 8. Staff and students are encouraged to donate, in hopes of topping last year's 73-unit donation. Hours are from 9:00 a.m. to 3:00 p.m.

Poet at the podium...

Nelson Bentley, a well-known Northwest area poet, will be visiting Highline on Tuesday, May 3. He will be appearing in the Artists-Lecture Center (Bldg. 7) at noon and will present readings of his poetry from several of his anthologies, including *Sea Lion Caves*, *A Day at North Cove*, *Iron Man of the Hoh*, *Snoqualmie Falls Apocalypse*, and his latest works in the soon-to-be-published *Alice Pigeonfriend*. Bentley is presently a professor in poetry and literature at the University of Washington.

Last chance for free money...

The deadline for Highline's Academic Scholarship applications is May 9. There will be 15 scholarships awarded to students with records of outstanding academic achievement. The only eligibility requirement is that you must be a full time student at Highline for next Fall quarter, 1983. The scholarship is a complete tuition waiver for one quarter. Forms are available from Dr. Joan Fedor (ext. 433), or from the secretary in building 5, Faculty B.

★★★★★★★★★★

VIEW/REVIEW

Bad Boys★★★½ The Outsiders★★

by DOUG SIPPY and KEVIN KERR

Chicago tough is different than Tulsa "tuff."

Set in the teenage wasteland of the mean streets and hostile reformatories of Chicago, *Bad Boys* suggests there is little hope for the hardened adolescent criminals it portrays.

The Outsiders, on the other hand, presents a "wholesome breed" of thugs, who aren't bad at all; they're just looking for a way to belong. From the beginning the gangs are split into the 'Northend greasers' and the 'Southend rich kids', but the film revolves around one youth's attempt to cross the lines and prove that they're all the same.

Once the premise for the sense of mutual contempt is set, the movie tries to show that the greasers are *nice*—one even appreciates sunsets and Robert Frost poetry. This only serves to weaken the characters, making them "sickeningly sweet teddy bears" instead of the roughnecked juvenile-delinquents that everyone expects.

Even Matt Dillon as Dallas, the only real tough guy in all of Tulsa, can't escape showing an emotional side when helping Ponyboy and Johnny (Ralph Macchio) rescue a group of children from a burning church, or when Johnny dies from his injuries in the fire. His final moment of

glory is offering himself as a "human sacrifice" by shooting it out with the police using an unloaded gun.

In sharp contrast, Sean Penn, as the homicidal Mick O'Brien in *Bad Boys*, does carry a loaded gun, and uses it, too, in a shoot-out with a sawed-off shotgun-wielding gang over a suitcase of drugs. But it is his get-away driving and subsequent accident that land him in a youth correctional center.

The unfortunate victim of the car crash was an eight year old boy who just happened to be the kid brother of a rival Hispanic gang leader. While the "noble" kids of the Outsiders risked their lives to demonstrate their concern for helpless children, *Bad Boys* has its own version of the "noble humanitarian." Poco (Esai Morales), gripped by his brother's demise, decides to even the score in the name of revenge by brutally raping Penn's girlfriend. But this is only a key for Poco to get into the correctional center and have a chance at Penn himself.

Despite his first appearances as a cold-blooded purse-snatcher, Penn becomes a champion once the tables are turned; as a victim he gains the support from not only his counselor but the audience as well.

The only glimmer that is seen for Penn, finally, is his desire to return to his girl back home. He has to suppress his animalistic impulses in lieu of shortening his prison time, but he can't escape being drawn into a final, dicey duel for his life.

The storyline in *Bad Boys* is secondary, though, to the sheer intensity and violence of its characters, but while the Outsiders tries to be serious about its intentions, it can't help causing embarrassment every time its "made-for-TV" dialogue triggers a reflexive smile. The thought of such melodrama as Ponyboy expaining to Cherry (Diane Lane) how the sunset is the same at the Northend as it is at the Southend is more superficial than sentimental.

The *Bad Boys* may never become good guys, but the Outsiders could never make it on the 'inside.'

Kinski is 'Exposed' by fiddling terrorist

Exposed, starring Nastassia Kinski, Rudolph Nureyev, and Harvey Keitel, is playing at the Town theatre. Rated R. ★ ★ ★ (★)

by KEVIN KERR

James Toback is the only American director in film today who writes all of his own material from his own life or imagination. With this in mind, Toback confides that his latest film, *Exposed*, is a bit different from the rest—it's a difficult film.

"I'm asking a lot of the audience, there's no question about it," Toback admitted in a recent interview during his Seattle stop on the promotional tour for *Exposed* last month. "But I find more and more at least parts of the American audience are ready to go for slightly different and difficult films. Probably because mainstream American movies have been so atrocious."

"I'm billing it (*Exposed*) as a 'star movie'. I want to let the audience come in thinking it's a mainstream film and then they'll discover it's a personal film; let them find it's an unusual film."

Toback is basing his hunch on the increased popularity of European films in recent years, plus the drawing power of Nastassia Kinski, who plays the feature role of a talented college-aged girl, Elizabeth Carlson, who is trying to find what she wants to do with her life.

Carlson leaves school and her roommate, who happens to be her literature professor (played by Toback), in Paris and goes to New York to play the piano or dance. Although she ends up taking a job as a waitress, a fashion photographer "discovers" her, and Carlson becomes an overnight success as a front-cover model. But as the audience begins to get settled into the seemingly pleasant success story, Toback "jerks" them out of that and plunges the film into the world of political terrorism.

"The transition between the modeling and the terrorism is a little 'tough'," agreed Toback, "but my own life has been lead along similar, radical, disjointed lines." It becomes a matter of treating life non-chalantly, more realistically, he explained. "There are no big signs pointing out the highlights; life isn't like that. I tell it as though it had that same non-chalance, without build-up, without announcement, without underlining. It's precisely not building it up and not commenting on it and letting it happen as it does in life."

"Of the four or five themes introduced (in *Exposed*), I finally went with the *romantic longing* that I felt was the one, particularly because of Kinski's nature, that had to be forced, had to be pushed." Toback is "selling the film on Kinski, totally on her, because the best audience for it is the college age audience, especially females 18-22." This follows because the movie is about a young woman of the same age who has some very interesting experiences while growing up.

Not many college girls have a renowned concert violinist following them around New York, quoting poetry to them while walking the sidewalks. But Rudolph Nureyev, as Daniel Jelline, puts on a very mysterious, compelling performance as the artist who finally takes Kinski to his studio apartment and seduces her with his violin, quite literally.

It is at this point that the movie charges into the high explosive world of international terrorism, for Kinski's beau not only bends his violin with a bow, but he is also bent on killing a leading terrorist figure who was responsible for his elderly mother's death in a bomb raid on a French restaurant. And Nureyev wants Kinski to be his



Nastassia Kinski (right) as Elizabeth Carlson, college student turned fashion model, explains to her professor and roommate, (played by James Toback) why she's leaving school and him for New York City in *Exposed*.

Thunderword file photo

connection, for the terrorist, Rivas (Harvey Keitel), has a team composed mostly of women.

And so it's into the world of the underground and the clandestine for Kinski. She meets one of the female gang members, Bridgit (Marion Varella), and finds her to be very personable, and it is through her that she finally gets to meet Rivas. Keitel portrays the ruthless, slightly unhinged leader with a bold, flagrant style, and almost overwhelms Kinski at their first meeting. But it is the gripping scene when the suspicious Rivas knives one of his top gang members (Peter Clementi) while sitting in the back seat of a car with Kinski next to him that really drives home the hostility of his character. After dumping the body unceremoniously in the mud, Keitel turns to the dumbfounded girl while wiping the blood from the knife and his hand and says, simply, "Did you think I was all talk?"

Exposed thrives on its heavy Continental accent, from the opening shot of a foggy Paris morning to the explosive climax on the banks of the Seine. New York plays only an establishing role once Kinski meets Nureyev. Unfortunately, once the dust has cleared in the end, and Kinski is left all alone, the viewer must ask what, if anything, the movie has accomplished. Despite the splendid acting by all three of the main characters, Toback finally does expect too much of his audience; the finale was predicta-

ble fifteen minutes before it happened, and Toback, for some reason, chose to end the film with such a traditional shoot-out, it comes off as trite instead of carrying the impact of tying everything together.

The scenes with Toback himself were stilted, too, perhaps because he is the only minor character that comes across as a typical, loud-mouth American, appearing offensively crass when opposite the more fluid and yet fiery Kinski, and definitely inept in comparison to Nureyev's sheer manner of grace. This fact alone sets the movie back a notch because the audience does not have the advantage of having a two hour explanation of Toback's ideals before having to deal with partially realized intentions. These appear muddled at best because of his desire to preserve personality while sacrificing clarity and forcefulness.

In his attempt to portray a "contemporary woman's experience", Toback tries to reach beyond the characters' believability and winds up leaving a confused young girl stranded in the middle of the wreckage of her newly acquired identity. *Exposed* has a message hidden beneath the balky lines and mismatched pacing, and it is only the performance of the actors, especially Kinski, that keeps the film from going under. If one feels a part of the American audience inclined to sit through a "different and difficult" movie, *Exposed* is a definite candidate.

NW Designers exhibit crafts



"Tying Back the Hands of Time" by Cheryl Lee Gwin.

by GARY SERRETT

A collection by the Northwest Designer Craftsmen is now on display at the Southwest King County Art Museum.

The collection features crafts of all media, including ceramics, glass, metal, wood, and paper which range from traditional to experimental. Jewelry by HCC faculty member, Hellyn Pawula is among the work being exhibited.

The Northwest Designer Craftsmen is a organization founded in 1954. They are professional craftsmen and women from Washington, Oregon, Idaho, Montana, and Alaska who promote excellence in crafts through sponsorships of exhibits, educational programs, and contributions to art activities and other organizations.

This is the first time their work has been shown at the Southwest King County Art Museum, which is located on the campus library's 5th floor. The exhibit will continue until May 20th.

ART

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Women rip Shoreline: vie for league title

by TED ULMER

Highline Community College's womens' tennis team raised their overall season record to 5-4, whipping Shoreline, 9-0, last Tuesday.

The victory also gave them a league record of 3-1, being behind only Skagit Valley in the race for the league championship.

HCC dominated the match from start to finish and allowed the feeble Shoreline team only three total games.

Starting out with only six players, Shoreline was saddled with injury to two of their top players and moved every one up a notch.

"Shoreline had some unfortunate problems. They were down to six players and got two more injuries," Coach Joanne Slosser said.

This caused them to forfeit three matches. Forfeit winners were Heidi Jacobson and Gloria Kase, the number five and six singles players respectively, and the third doubles team of Mary Lowndes and Jacobson.

Number-one singles player Ande Field continued her winning ways and recorded a convincing 6-0, 6-2 triumph.

Second singles player Lisa Livermore embarrassed her opponent with a 6-0, 6-0 thrashing, as did number-three player Lowndes and fourth-slotted Kathy Ruston.

"They did as well as you could expect. They stayed in there and played and never quit," Slosser said.

Finishing off the sweep was the top doubles combo of Field and Julie Preiser who won decisively, 6-0, 6-1, the second-slotted team of Ruston and Livermore, shut out their opponents 6-0, 6-0.

The T-Birds will face their toughest competition of the tomorrow when they face Green River. The Gators have been the state champions for the past several years and boast a line-up that is rumored to be their strongest ever.

"We expect a real tough match. They're real strong and our players are anxious to play them," Slosser asserted.

Match time is noon on Highline's tennis courts.

With the heavy burden of injuries and illness, the T-birds left Skagit Valley April 21 with a mark in the loss column. The final count was 7-2.

"It was quite unexpected. We had injuries and illnesses with three of four people. It took quite a toll," said Slosser, dismayed. "It wasn't a great day," she continued. "I was really surprised as I saw this thing progressing."

The ball got rolling in Skagit's direction after HCC's ace-singles player, Field, defaulted during her match due to illness.

Slosser hinted at the possibility of this adversely affecting the team since Highline could produce only two wins out of the eight remaining matches.

"Things didn't go well," Slosser explained. "Most of my people felt they weren't playing well."

Highline hosted powerful Tacoma Community College in a make-up match played Apr. 18 and unfortunately wound up being victims in a not-as-bad-as-it-sounds 9-0 match score.

Though the final outcome was identical to the last time the two teams met, this time the individual match scores were much-improved.

One month ago, Tacoma took four matches by 6-1, 6-0 scores, whereas this time the lowest Highline score was 1-6, 2-6, as number three singles player Lowndes fell to a very competitive opponent.

"We did improve," commented Slosser. "The home-court advantage helped, as it always does, and so did our strategy."

Since Tacoma is a good serve-and-volley team, Highline's strategy was simple and well-defined: keep them in the backcourt and away from the net.

The strategy almost paid off for Field, who narrowly lost her number one singles match in three sets, 5-7, 6-4, 5-7. This was the same opponent who took her in straight sets last time.

The same story applies for second singles player Livermore. She also pushed her opponent to three sets before dropping

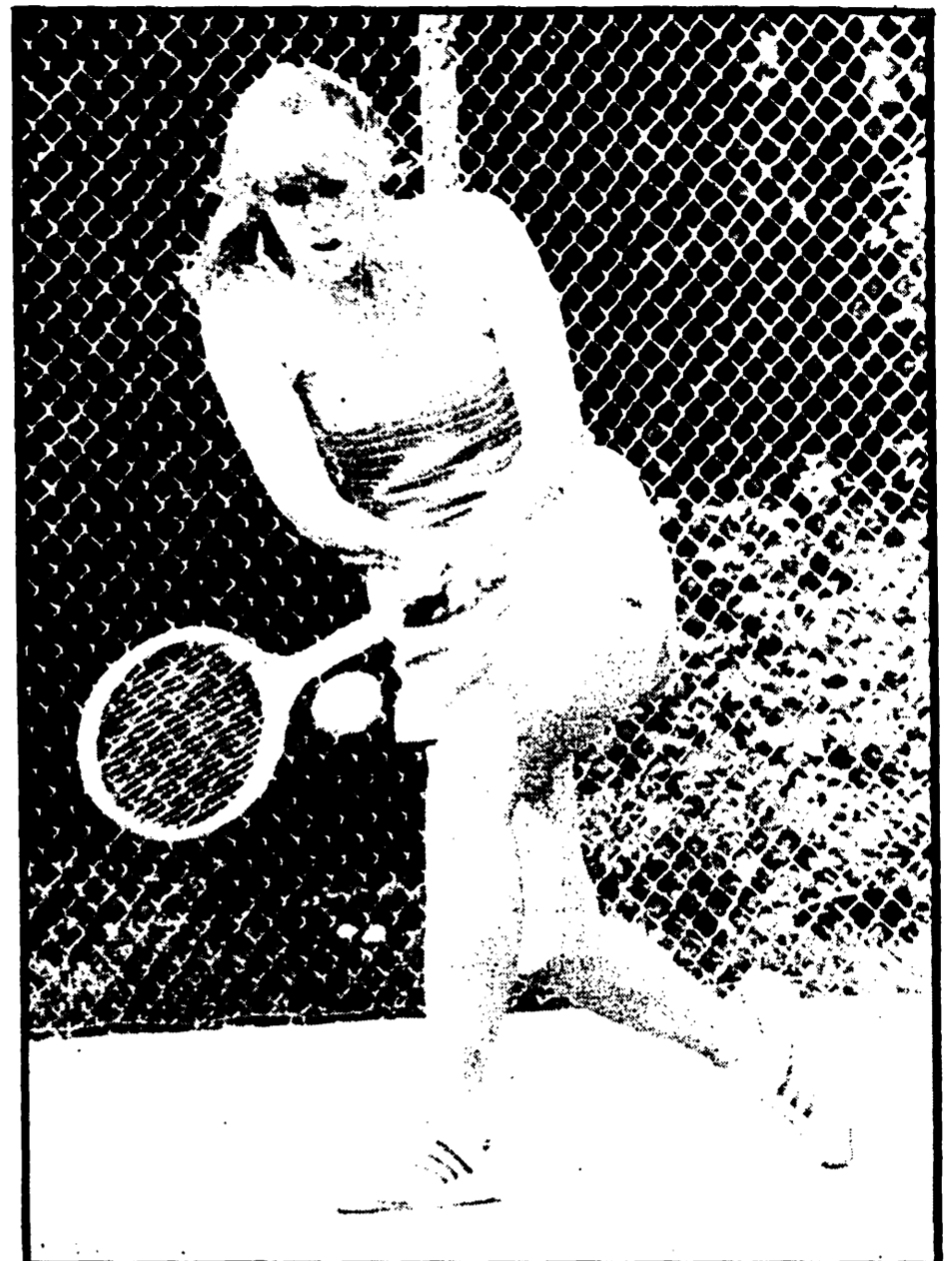


photo by GARY SERRETT

Ande Field demonstrates her two-handed back hand.

a tough 3-6, 6-3, 1-6 decision.

Slosser mentioned one thing, though, that could have helped the team even more — use of the lob.

"We didn't use lobs like I had hoped, but overall, I felt good about it (the match) and the kids felt good about it. Tacoma has a very, very fine team," she declared.

Netter's performances impressed Johnson

by DUNCAN McDONALD

Highline's mens' netters had another hard fought match on Apr. 26 when they were downed by Green River 6-3.

Steve Walters, Greg Scott, and Steve Katayama all had victories in singles.

Coach Dave Johnson was very impressed with the team's overall performance.

"We gave them a real good scare," he said. "Green River is as good as any team in the state."

Johnson was very pleased with the play of Walters, who defeated Mark Kovacevich (rumored as the state's number-one seed) by a score of 4-6, 7-6, 6-3.

"Steve had played Kovacevich many times in high school and college, and had never beaten him," he said.

Johnson said that stamina seemed to be the problem in the doubles portion of the match where the T-birds couldn't salvage a victory.

But he noted that Thong Nguyen and Scott Bender showed a lot of promise in their number-three doubles match, which they lost in three sets 3-6, 6-3, 2-6.

"We just seemed to run out of gas in the rest of our doubles matches," he commented. "But we got good performances in all of our first four singles matches."

Scott won his match in three sets 6-2, 2-6, 6-1, and Katayama won in straight sets 6-4, 6-2.

Roy Merca lost a real battle in three sets 6-1, 2-6, 3-6. Merca played another definite state contender in Cookie Ledesma.

Johnson was pleased with Scott and Katayama's victories.

"Greg and Steve (Katayama) needed victories to put them into better seed positions for the upcoming state tournament," Johnson explained.

The tournament will be held in Yakima on May 13 and 14. Johnson hopes that the entire team will peak then.

HCC 4, BCC 5

On Apr. 22, the T-birds displayed a fine effort, as they lost to Bellevue at Robinswood Tennis Club by a match score of 5-4.

In the singles portion of the match, Walters, Scott, and Katayama each posted victories.

Walters made an impressive comeback to win in three sets, 6-7, 7-5, 7-5. Scott also won in three sets 3-6, 6-3, 6-4. Katayama won in straight sets, 6-4, 6-3.

In the doubles portion, the team of Walters and Merca posted the only victory, winning 7-6, 6-1.

The next match for the netters will be today at Clark C.C. They will play the University of Puget Sound in a non-league match on Monday at Highline's home courts at 2 p.m.

Johnson was very pleased with the effort of the team. "The last time we played Bellevue, we lost 8-1," he said. "I have seen a great deal of improvement since then."

Johnson was especially pleased with the performances of his winning singles players (Walters, Scott, and Katayama). He noted that "it is very difficult to win on Bellevue's home courts."

On Apr. 15, the T-birds swept a double-header, defeating Spokane in the first match, 8-1, and Centralia later that day, 9-0.

"Spokane was the state champion last year, but they lost a lot of talent to graduation," Johnson said.

In both duals, the singles team won every match in straight sets.

In the Spokane match, Walters, Merca, and Scott all posted important victories for the singles team.

In the Centralia sweep, Merca posted a 6-0, 6-0 shutout. Scott, Katayama, Nguyen, and Bender also posted victories by decisive margins.

"The season so far doesn't mean a thing," said Johnson. "Since the state tournament is what it's all about, we'll concentrate on that," he added.

Johnson also asserted, "A good seed in the tournament would be nice, so we'll try to perform well in our remaining matches."

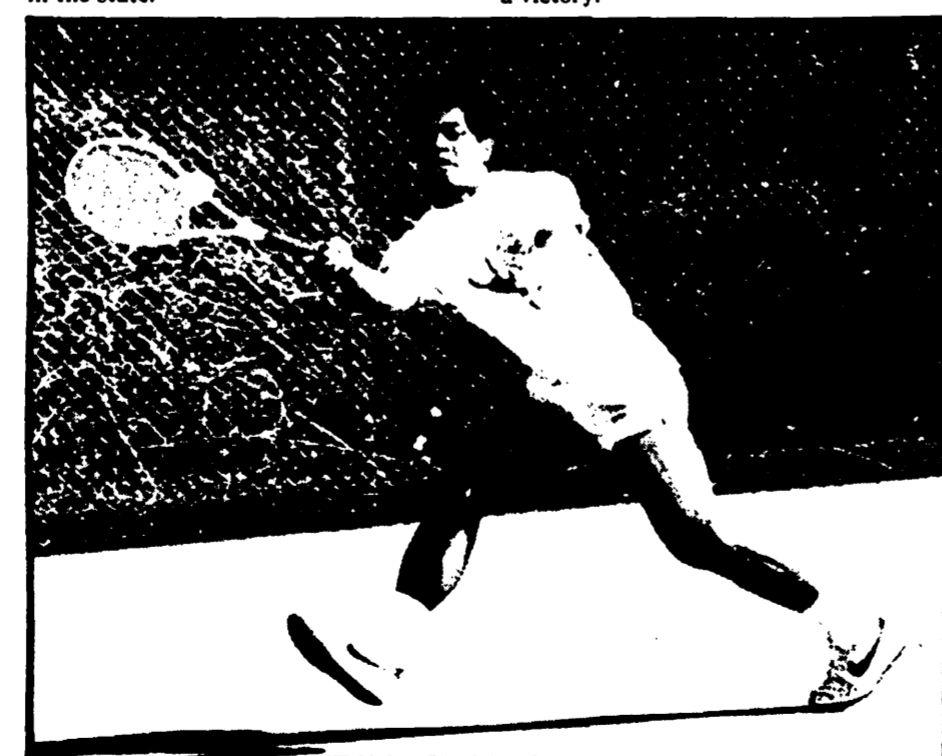


photo by GARY SERRETT

Roy Merca stretches for a return.

Intent of letters: athlete plays, we'll pay

by TRISH ARMSTRONG

For some competitive athletes those endless hours of workout, fatigue, physical injuries, and total dedication for continuous months may be worth the effort. Not only for good health but for a college education.

Highline Community College is one of many colleges that furnishes tuition scholarships to athletes for their contributions to the athletic program.

Athletes in volleyball, basketball, cross country, track and tennis have a number of men and women competing in return for getting some or a majority of their tuition paid for.

According to Don McConaughy, athletic director at Highline, the athletic program is allotted funds from the student body to offer potential athletes tuition funds for participating in a specific sport.

At this time, as much as \$150 a quarter can be awarded in scholarship money.

Award money is divided among each varsity sport. The maximum number of scholarship aid is eight full-year rides for both men and women's basketball as well as volleyball. Track and cross country divide 10 among them, and men and women's tennis equally share six full-year awards. Since swimming is a non-conference sport, those athletes are not eligible for tuition awards.

Coaches have the option to distribute

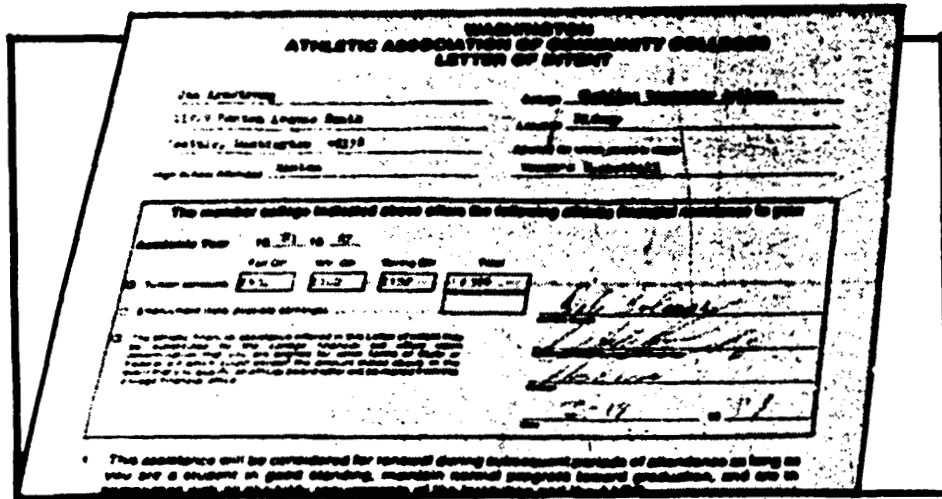


Photo by NEAL ALLEN

those funds as needed. Some athletes are given partial aid while others may have the full three-quarter aid. With this option, it allows more distribution of funds among prospects and present team members who haven't been awarded the full scholarship amount.

McConaughy notes that awards are renewable to the athlete only if they remain academically eligible, and don't quit the sport involved.

"We've never taken away money that we have promised, but we have awarded money to team members not already receiving full aid," McConaughy said. He also stated that the program is very cautious

about over-committing, offering too much money to athletes.

Awarding of scholarships is done every year. Letters of Intent are sent out to prospects offering aid to attend Highline and participate in a sport.

The document puts the athlete and coach in agreement of what has been awarded. Under the rules of the North West Athletic Association of Community Colleges, once the Letters of Intent have been signed by the prospects it binds them to Highline. They cannot participate on any other NWACC varsity team. They do, however, have the choice to participate on a four-year college team.

According to Dale Bolinger, head coach for the women's basketball team, two new players have signed with Highline: Michelle Potthoff, a 5'7" point-guard, transferring from Seattle Pacific and Therese Theofilis, a 5'11" forward from Kennedy High School.

Returning players Shelly Wetzler, Cheryl Homestead, Pam Lynch and Brenda Opland will be receiving scholarship funds.

Head coach Fred Harrison for the men's basketball team has signed on Glenn Tinned, Garfield's Most Valuable Player for the State AAA Tournament.

Carl Vance, Mike Redmond, and John Kosloski will also be a part of the scholarship list.

With the track season running until late spring, Coach Chuck Czubin has one Letter of Intent applicant, Mark Holme of Centralia. Czubin said that there may be other prospects after the season is over.

Laundry Walker, Barth Merrill, Dave Syring, and Randy Wastradowski will be returning next year on track scholarships.

Volleyball Coach John Littleman has signed two women from Renton High School, Cheryl Chatham and Brenda Stuart. Marie Schleg from Evergreen, and Marti Williams from Kentridge have also signed on for next year's team.

Presently there are a number of student athletes attending Highline who are using their scholarship awards.

Home-standing tracksters nipped by Gators



Laundry Walker breaks the tape first in the 100 meter run.

photo by GARY SERRETT

by SHEILA M. HANSON

Going into the final event of last Saturday's meet, the score between Highline and Green River was dead even.

In the mile relay GRCC came from behind in the last lap to break the tape ahead of HCC, leaving GRCC Gators victorious in the Highline Invitational meet.

Highline's Randy Wastradowski, Mike Michaels, Laundry Walker and Barth Merrill combined to run a time of 3:26.1.

But Green River's time of 3:26.7 allowed them to walk away with a total of 71 points to HCC's 69, also scoring in the meet were Yakima with 33 points and Tacoma with 9.

The Gators outnumbered the T-birds 25 to 15, forcing HCC's quality to surpass their lack of quantity.

"It's always a super meet when it comes down to the mile relay," Coach Chuck Czubin said excitedly.

He was especially happy with the performances turned in by Walker. He long

jumped 22'11 1/2" to win that event as well as placing first in the triple jump and the 220. He added a second-place finish in the 100-meter dash.

Other impressive efforts came from Todd Francisco. The conference-leading high jumper leaped 6'8" and placed second in the javelin.

Vance Freeman won the discus with a toss of 138'3". This qualified him for the conference meet. He also won the javelin and placed fourth in the shot put.

Scoring in the distance events were Todd Henry, who wound up second in the three-mile run, and Michaels with a fourth-place effort in the mile and a third-place finish in the 880.

Nick Andrade qualified for the conference meet in the 100-meter dash with a time of 11.27, good for third place.

Wastradowski finished third in the high jump and fourth in the 220. David Syring got second place in the shot put. First place finishes went to the 440 relay team and Merrill in the 400-meter run.

Some Highline tracksters found themselves competing in four or five events according to Czubin.

"The meet moved right along, not allowing much recovery time between events," he said.

Czubin said it was a fun meet, especially for the coaches. "This is the way track meets used to be run," he commented.

Tomorrow the tracksters will travel to Tacoma for the Tacoma Invitational Meet.

There was plenty of competition on hand but Highline's track team didn't fare too well as they traveled to Gresham, Oregon for the Mt. Hood Relays Apr. 16.

The competition came from community colleges throughout Washington and Oregon as well as some unattached competitors. However, Thunderbird Coach Chuck Czubin was not happy with his team's outcome of the meet.

"We didn't perform as well as we had hoped," Czubin said. Yet he did point to outstanding performances from Laundry Walker in the long jump and the sprint medley relay team.

Walter's effort, a season best jump of 22'7", was good for fourth place. Czubin noted that Walker's jump places him third overall in the state this year.

The sprint medley team placed fourth also with a time of 3:33. Walker and Randy Wastadowski each ran 200 meters, Barth Merrill logged 400 meters and Mike Michaels ran 800 meters for the anchor leg.

Wastradowski improved his 200 meter time by four-tenths of a second and Michaels clipped four seconds from his previous best 800 meter time.

Also scoring for HCC was Pam Lynch with a shot put effort of 38'7", which placed her sixth. Walker also placed seventh in the triple jump with a leap of 44'10". He was forced to complete just three preliminary jumps and scratch from the finals due to leg trouble.

P.E. classes moved south

by CHERYL HOMESTEAD

The Federal Way Athletic Club is the new location for some Highline Community College Physical Education courses.

Previously, Sportsworld was the site for Fred Harrison's Racquetball and Nautilus classes. However, Sportsworld closed its athletic complex and decided to rent their courts only on an hourly basis.

As a result, Harrison has had to relocate. "We're very fortunate and happy about the new place," he stated about the Federal Way Athletic Club.

The new facility has nine racquetball courts and a free-weight and nautilus training room for Highline students.

continued on page 16



photo by JOHN BROWN

McConnaughey recognized as 'top bird'

by RICK HELD

Although traditional sports have been successful, budget dollars limit the addition of new school supported sports.

As Highline's Athletic Director, Don McConnaughey is "responsible to the administration and president of Highline College for the smooth working of the athletic programs."

According to McConnaughey, the budget problem lies in the fact that there has been no increase in money allotted for athletics for the last four years. Considering inflation, the net result is a 10 percent cut in funds for each of those four years.

Each sport has its own fund raising efforts, yet combined with the budget they still cannot afford to send qualifying individuals to national competitions. Highline does belong to a state conference which cuts down on traveling expenses to division and state competitions.

McConnaughey is a native of Arkansas, and coached football, basketball, and track for a year at the University of Central Arkansas. He left Arkansas for a football and track coaching job in Amarillo, Texas.

During his seven years in Amarillo, McConnaughey coached under such names as Bum Phillips, current head coach of the New Orleans Saints. He said he welcomed the opportunity to be introduced to the late Paul "Bear" Bryant, legendary coach of the Alabama Crimson Tide. When Bryant



Athletic Director Don McConnaughey

photo by NEAL ALLEN

came with Phillips to Dallas, McConnaughey was able to meet and talk with Bryant a couple of times.

"I think that he has contributed more to football coaching, and coaching in general, than any other person in the United States," he said affectionately.

Bryant's retirement at the end of the 1982-83 college season prompted McConnaughey to write a letter of admiration and gratitude for his contribution to the

institution of football. A hand-signed reply from Bryant was received on Jan. 25 and hangs modestly from a tack on McConnaughey's office wall.

McConnaughey came to the Seattle area because of Highline and the beautiful northwest surroundings. He did some teaching at Highline High School, and became the first track coach for HCC in the spring of 1962. He became full-time athletic director on campus in 1964.

As athletic director, McConnaughey has experience with sports and the talent that some individuals possess.

"I respect athletes for the different things they do that require excellent ability," McConnaughey stated, "the finesse of a relay runner, the muscular development of a high or long jumper, or the timing and throwing accuracy of a third baseman."

Presently, McConnaughey's wife is english department chairperson at Highline High School.

The McConnaugheys have three sons. One is a substitute teacher for the Highline school district and is Highline High School's football coach, another played professional football for the New Orleans Saints and the New York Jets, he currently plays for the New Jersey Generals of the United States Football League.

The oldest son defied the sports career mold, but with style. He is the News Director of KXFD, a radio news station in Boise, Idaho.

McConnaughey coached the HCC track team until 1979, and is now quite busy with the planning and supervision of sports facilities and programs. The special quality of his style is not only that he is concerned that students are provided with a good athletic program, but he appreciates the diversity of skills it takes to be competitive.

Athletic Club Public splash is dried up at pool

continued from page 15

A \$40 extra fee is charged for these special classes because such good facilities are used. According to Jane Snyder, a racquetball student, "Not only do I have access to the courts but also to the other facilities at the club."

In addition to having some Spring Quarter classes, a summer program has been planned by the club. For \$100, any high school or college student with a student body card is eligible for a full-membership during the months of June, July and August.

For more information concerning the Federal Way Athletic Club's summer program, contact Jerry Henderson at 941-5991.

by DIANE EMERSON

Highline Community College's 252-thousand-gallon swimming pool has not been open to the public for the last 10 years. Because of the excessive costs involved in upkeep for the public, chances are that it will remain closed.

When first opened 16 years ago, it was the only public pool available in the general area for enjoyment. The pool was in use for six years by the public until neighboring areas built their own pools.

With the addition of new pools in Federal Way, at Mount Rainier High School and South Seattle Community College, the number of patrons at HCC's pool

decreased, causing the pool to be closed to the public for lack of incoming funds.

According to Milt Orphan, aquatics instructor at Highline, when the pool was open for public use, it was not given the respect it deserved. Graffiti was found on the walls of the locker rooms, and the facilities were not properly cared for by its patrons. This fact, along with the expense, helped to bring forth the decision to cancel public swimming.

Orphan added, "It's doubtful if we'll ever open it again for public use. There's just no demand for it."

The pool is open to the students, staff and faculty of Highline from 9:00 a.m. to 2:00 p.m. Monday through Thursday, and 11:00 a.m. to 2:00 p.m. Fridays during Spring Quarter. Winter and Fall Quarter hours are extended until 3:30 p.m., since the swim team does not practice during those months.

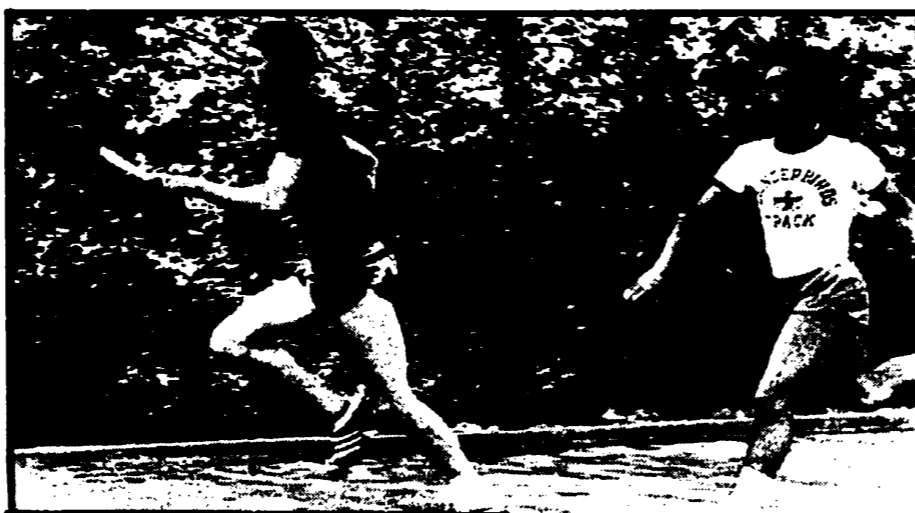


photo by GARY SERRETT

Barth Merrill receives the handoff from Nick Anrade during an afternoon practice.

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page 16 Thunderword April 29, 1983

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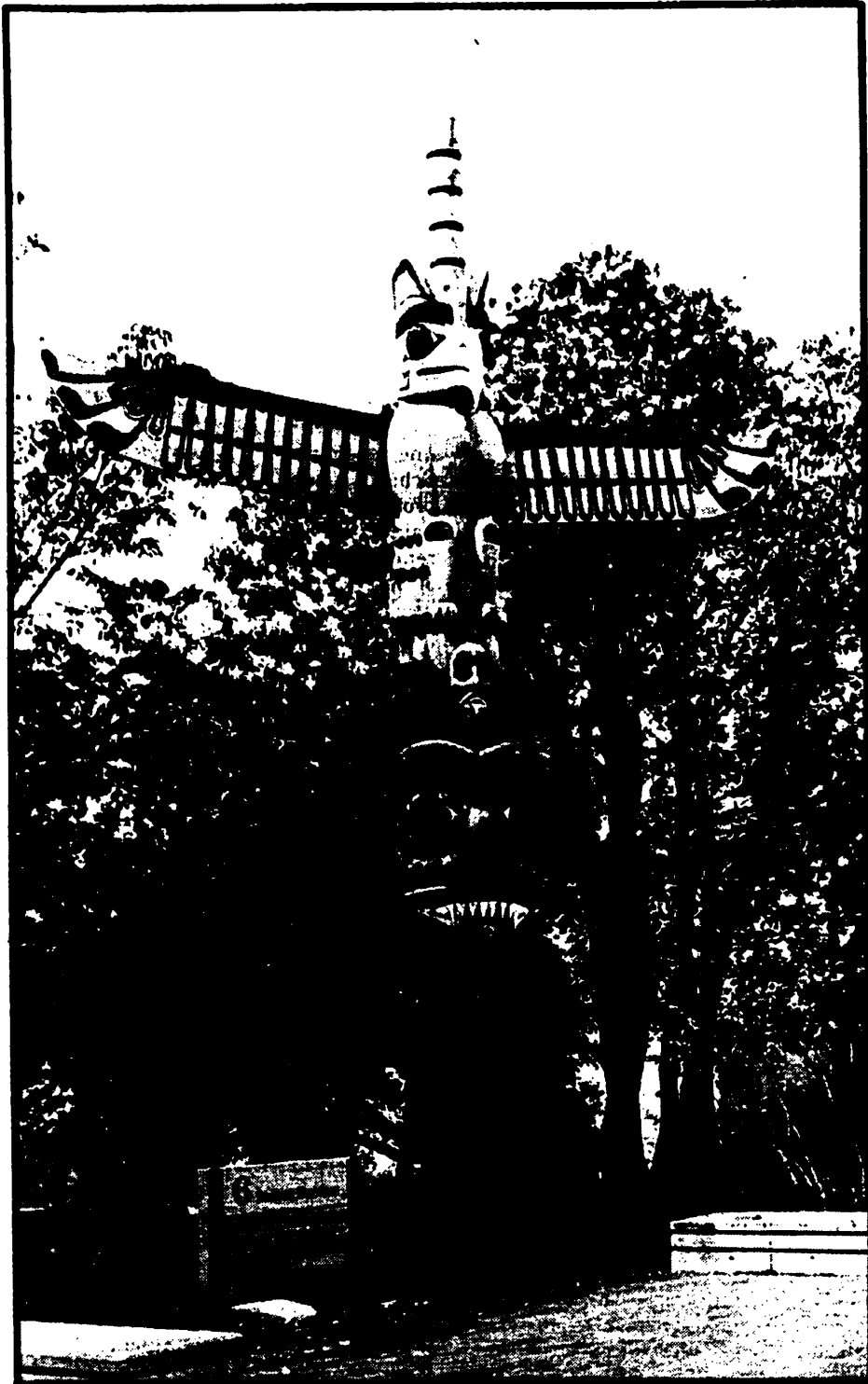
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History backs up totem pole Computer assists in job quest



Totem pole in front of Bldg. 6.

photo by WARREN PAQUETTE

by DAVE ABRAHAMSON

In the winter of 1979, Robin Young, a former Highline student, was hired to carve two totem poles. When his first pole was finished it was erected in front of Bldg. 7, where it stands today. He then began carving his second pole.

Funds ran out before Young could finish the second pole. In fact, he had barely gotten started. At this point Jim Ploegman, current maintenance mechanic and teacher of night classes at Highline, volunteered to take the job.

With the help of eight work-study students Ploegman began to carve the log with chainsaws. Weyerhaeuser donated the log to the school. An elbow adz, D-adz and a crooked knife were used to make more precise cuts. Finally, the pole was hand finished and painted. Ploegman chose a paint that would give the pole an old weathered look.

Ploegman then had to select the site where the pole would be placed. He chose the area right in front of Bldg. 6 because, according to Ploegman, it would be one of the first things a student would see when they entered on campus.

Having selected the site it was then time to erect the pole. First an eight-foot hole had to be dug. Then a road crane was brought in to place a metal I-beam in the hole.

The college paid only the installation price of \$800 for the pole. The value of the pole has been estimated at \$700 per foot by Ploegman.

Three figures appear on the pole: a thunderbird on top, a humanized bear, with its paw on the side of its face, in the center, and a Grizzly bear with a frog in his mouth on the bottom of the pole.

"I used figures that I like from different poles. I wanted to chose big, noticeable figures. The figures do not tell a story, because the stories are owned by the Indian tribes, and I would not use any of their stories out of respect for the Indians," Ploegman stated.

According to Ploegman, the students who worked on the pole with him received good practical training in wood carving.

Computer assists in job quest

by SHEILA BOSWELL

Volumes of occupational handbooks and directories are available at the Washington Occupational Information Service (WOIS) center, to be used for career research. The center, tucked into a cubby-hole upstairs in Bldg. 6, is open for use by both students and the community.

The computer terminal is the focal point of the center, and its system is relied on for information. Denise Eglet, one of three attendants who take turns working at the center said, "I find if they are coming back for a third or fourth time they use the books, but mostly they use the computer."

According to Eglet the terminal is "on line" with a central computer at Evergreen State College in Olympia. Into that computer is programmed current information concerning occupations in the state of Washington.

When a student asks questions about an occupation the computer answers with a summary of the purpose and duties of a chosen occupation. It then lists component occupations, tells about advancement opportunities, working conditions, and wages as well as hiring practices, and current employment in the field. It also projects the outlook for future employment, covers personal characteristics which can be helpful, tells how to prepare for the occupation and lists additional sources of information.

An appointment is necessary to use the computer terminal. At the time the appointment is made the attendant at the center will give two booklets to the student that should be reviewed before using the terminal.

One booklet entitled "Quest" contains questions which the computer will ask in order to match the student's interests, abilities, preferences and temperament to some occupations he or she might like to explore.

The other booklet, "The WOIS Handbook" is an index of the occupations, educational programs and different schools which the computer is able to give information about.

At the time of the appointment the attendant will be there to assist in the use of the computer and to provide a printout of the information researched.

Computer time is limited to one hour at a time, but Eglet said that return visits are welcome.

Campus news update

Financial Aid

Students who plan to apply for financial aid for the 83-84 school year should make inquiries at the Financial Aid Office as soon as possible.

Applications made on or before May 1 will receive first consideration for funds.

Phi Theta Kappa

Applications for membership to Phi Theta Kappa are due by May 9. Phi Theta Kappa, Highline's Honor Society, is open to full-time students holding 3.2 GPA.

Applications are available from Dr. Joan Fedor, Honors Coordinator, in Bldg. 5, Room 205.

Loan Workshops

Students considering application for a Guaranteed Student Loan might be interested in the following workshops. Emphasis will be on assisting applicants in completing the loan application correctly and understanding the procedures involved.

Workshops are May 10, 1-2 p.m. and May 12, 12-1 p.m. in the Gold Room of Bldg. 4.

Ameslan may transfer

by JONI CARNAY

At press time there is a possibility that the University of Washington will be accepting Highline's American Sign Language (Ameslan) courses as a substitute for two years of foreign language.

Highline Counselor Ted Treanor commented on April 18, "It looks good but we won't get the official word until next week."

As of now, Seattle Central Community College and Shoreline Community College were the only two colleges offering Ameslan courses accepted by the U of W.

Treanor recognized this and immediately informed the U. of W admissions that Highline also offers three courses in Ameslan. The courses are Rehab 125, Manual Communication I; Rehab 126, Manual Communication II; and Rehab 128, Advanced Manual Communication.

According to a March 1983 UW newsletter *Memo from Admissions*, on Feb. 1, the Faculty Council of Academic Standards voted to allow Ameslan to be accepted for purposes of admission. (Previously there had been all "no" votes).

The newsletter states that since Ameslan is used by the deaf community of the United States it is considered to be a natural language, instead of being derived from a spoken language.

The UW Office of Admissions will immediately begin accepting Ameslan as a foreign language.

The new policy states that Ameslan will be accepted to satisfy the foreign language requirement for undergraduate admission.

This policy does not apply to other forms of signing, computer languages, or other codes or sign systems since they are not considered natural languages.



Fingerprinting

Highline's Administration of Justice department will be fingerprinting day care children in an attempt to help law enforcement officials identify missing children. Here, student Dave Engle fingerprints Patricia Bian during a free session held Wednesday at Mirror Lake Elementary School.

photo by NEAL ALLEN

Workshops help test anxiety sufferers



by JO ANNE FOSLER

Students who prepare well for a test, sit down to take it, and wonder if they are in the wrong room, are experiencing test anxiety, according to Psychology Instructor George Donovan.

He said that anxiety causes a strictly physical response. "The body goes into a panic. The respiration increases, the digestion system closes down, blood pressure rises, the heart pounds more rapidly and high human brain functions, such as memory, are temporarily disrupted.

"With test anxiety all of the information might be there but it can't be retrieved because the body is in an emergency state."

He continued saying that anxiety used to be considered to be psychological or emotional but is now considered to be a learning or physiological problem.

Stevens explained that anxiety is a state of arousal in the body and since the mind and the body cannot be separated, the body plays a large part in it.

Relief of anxiety can come from doing relaxation exercises and familiar activities, according to Stevens. He added that the process of biofeedback is helpful.

Biofeedback is the use of electronic instrumentation to mirror ongoing bodily functions of which one is not normally aware and which can be modified through practice.

The four-part workshop will conclude in May and will be offered again in the fall. For information pertaining to the workshop, contact the counseling office.

"Ultimately, students should be able to walk into the test situation, take two deep breaths, and remember all that they have learned."

Citizens make noise over jets

Continued from page 1

Citizens Want Action

Sea-Tac Threat is impatient with the port, whose 1976 Sea-Tac Plan to acquire noise-affected property by 1979 and to implement housing insulation by 1978 has not seen fruition. An updated plan called the Sea-Tac Noise Remedy Program is near completion, according to Parks, who calls it "less expensive and more timely."

"The port is long on plans and short on action," responded Holstine. "They've played a pacification game." He accused the port being more concerned about its image than the noise issue.

But Parks denied that the port has been "buying time" or stalling the implementation of noise remedies. "It takes money and it takes time," he insisted, adding that the 1976 Sea-Tac Plan has used "guesstimates" that had proved unrealistic.

"Costs were then estimated at \$15 million. We've spent or have committed to spend \$56.8 million already," said Parks, citing inflation and housing market problems as reasons for the delay in port action. Of all the airports in the U.S., he stated, Sea-Tac is the fore-runner in noise remedies, spending half as much as the others combined.

Holstine says the port's claim to be the leader in noise remedy program is "simply not true."

In the past seven years, the port has spent about \$38 million to purchase about 685 homes in noise-impacted areas, he said, noting that during roughly the same period of time, operators of Los Angeles International Airport have spent about \$125 million for the purchase of about 2,000 homes.

"Are we comparing apples to apples?" protested Joe Sims, Port manager of planning and research. "That purchasing was not all noise-related, some of it will be used for expansion." Parks agreed, saying "of our size, we've spent the most."

Public Invited

Parks acknowledged that concerned citizens aren't interested in the port comparisons to other airports. He encourages them to attend public meetings at 7:30 p.m. on May 10 at Riverton Heights Elementary, May 11 at Des Moines City Hall, or May 12 at Highline High School's Cafetorium. The meetings will be sponsored by the port

to "initiate the public on what is being done, then they'll break up in little groups and make laundry lists of things to be investigated."

Sea-Tac Threat holds its meetings on the first Wednesday of each month at former Glacier High School at 7:30 p.m.

Sims sympathized with the impatient members of Sea-Tac Threat, saying "They're upset, they want action."

Holstine said his organization is tired of port promises, and has retained an attorney while a class-action suit is being investigated.

Calling the threat of litigation "a sign of frustration," and "an expensive way of dealing with this problem," Parks encouraged concerned citizens to consider the port's up-dated program, stressing that "we have to be

creative in how we try to remedy this problem...hopefully our new plans can be more productive and more timely (than litigation).

"We need public involvement," Parks concluded.

Spring can bring depression for some

by CHRISTINE VALDEZ

In nature, spring is a period of transition between winter and summer. During this time, physical changes occur in the human body which may cause spring depression in some people.

Some people suffer so deeply that they see suicide as their only way out. This results in a surprising fact: May is the month with the highest number of suicides.

Spring depression, therefore, has become an area of interest for many researchers. Consequently, many physical changes have been found which might be correlated with a person's depression.

According to Dr. Stirling Larsen, counselor and psychology instructor at Highline, the biological clock and the effects of light on behavior are two possible causes.

In every person's body is a kind of biological clock or circadian rhythm. "Circa" and "dian" are latin for "about" and "the day." This describes the increase and decrease in the rhythmic pattern of body temperature, respiration and heart rate throughout each day.

Chronobiologists who study this rhythm have discovered that there are also circannual rhythms that correspond to the seasons. Therefore, it is possible that some people are at the lowest point in their cycle during spring.

"Spring is a transition in their biological rhythm," Larsen said.

For instance, two seasonal metabolic phases take place in humans during fall

and spring. In spring, the body switches from a phase when it stores fats to another in which the body uses its stored fat. Researchers feel this dramatic metabolic change could affect a person's mood.

Another possible theory involves the pineal gland at the base of the brain which responds to light versus darkness.

Results from research conducted in 1980 by Drs. Monk and Aplin found that when an hour is lost during daylight savings time, moodiness, accident-prone behavior, and loss of alertness occurs in just about everyone for about a week.

The fact that the migratory habits of birds are very much influenced by light was also cited by Larsen. "We now have reason to believe," he said, "that longer day hours might affect humans."

There people might find themselves feeling lethargic, losing their appetite, sleeping more, experiencing light headedness or feeling as if they have nothing to look forward to.

According to Mary Lou Holland, R.N., M.A., Family Nurse Practitioner, these symptoms can result from a number of common physical ailments such as sinus problems or allergies.

"Things like headaches and sinuses that drag on for a long time can discourage students and make them depressed," she said. Especially when they see their friends out in the sun enjoying themselves."

Some doctors have said the change in external temperatures might alter internal temperature functions, changing a person's mood.



Student unwinds in the sun after tough class.

photo by NEAL ALLEN

In order to release excess heat during warm weather, the blood vessels in the skin dilate and more blood is needed to fill the vessels. To manufacture the extra corpuscles the body must draw liquid from other areas.

This process can cause thinning of the blood and a decreasing concentration of oxygen carrying red blood cells which can result in fatigue or lethargy.

George Donovan, psychology instructor, added, "Old-timers seemed to recog-

nize the biological change in summer. They believed the blood becomes weak in winter so they took a mixture of sulfur and molasses in spring to build it back up again."

Heredity may also be involved according to Lowell Weitkamp, University of Rochester, and Harvey Stancer, University of Toronto.

In November of 1981 they discovered that there are genes that may pass on the inclination to develop major depression in response to environmental factors.

classifieds

AUTOS FOR SALE

'71 DODGE CHALLENGER, needs oil pump and front bumper. AM-FM stereo tape player, etc. \$350. Call Sue at MCC. ext. 264.
'88 PLYMOUTH VALIANT, 6 cyl., 3 speed column shift. Good condition, great buy at \$500. Call RJ between 5:30 and 8:00 p.m. at 824-5240.

FANTASTIC '84 NOVA, 4-door wagon. Daytona blue, all new V-8 Turbo Hydro, running gear, stereo and much more. See to believe, \$2,200. Call 878-2655.

'73 SUPER BEETLE, excellent condition, AM-FM cassette stereo, Riviera mags, new radials, brakes, extras. \$2,350. Call Jeff at 824-1070 or 623-4074.

'66 BUICK SPECIAL, V-6, good condition, low miles, very reliable. \$800. Call 854-3144.

'71 VOLKS. SUPER BEETLE, Exc. cond., great buy. Just rebuilt engine, 3,500 miles. \$1,600 or best offer. Call 248-1955.

'78 CAPRI, in good condition. Perfect 2nd car. \$1,600 or best serious offer. Call Howard at 243-4176.

'72 CHEVELLE, headlight assemblies, \$15 for both, or \$10 each. Great condition, complete. Call 833-1606.

RARE '70 CHALLENGER RT. Special Edition, Stock 383 Magnum engine, Automatic-slap stick, Stock Posi 8-3/4", Power steering and brakes, custom interior done in diamond tuck with overhead console, also a console between bucket seats. Newly painted, with a new padded white vinyl top. Vehicle has stock tach, clock, rear window defogger, tinted windows, factory mags with nearly new tires. Excellent condition throughout—must sell soon. \$3500. or best offer. Call Chris at 878-5547 or 878-4629.

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BLONDE ROCK MAPLE BED, full size, looks great!! \$35 delivered. Also, 8-flt Clarinet, \$50. Call 722-2072.

ATTENTION MATH 113 STUDENTS! Floppy disks available at \$2.50 each. Leave a message if interested, 432-9432.

POWERHOUSE GYM MEMBER-SHIP. One full year, \$225. A \$325 value, save \$100. Call 242-1776.

UNDERGARMENTS, one year old never been washed, Fruit of the Loom underwear. Sizes 28-30. Great for ladies with underwear fetish, also makes terrific wash cloths. While supplies last. Available in Bldg. 10 Room 103 at 11:00 a.m. Be there, or be clean. Ask for Frank.

WESTERN FIELD, 03-06, 6-shot bolt action rifle, like new. \$175. Also, Glenfield (marlin) model 20 .22 bolt action rifle, 7-shot clip. \$80. Ask for Mark, 244-0783.

TAPE? Are there any tools left out there with 8-track tape players? Lots of rock tapes available at low introductory prices. Call 878-8336.

17 CU. FT. FREEZER, \$50. Contact Mark at 523-3213.

HOME STEREO, with turn table, cassette, 8-track, speakers. Needs work. Call 228-4948.

YEAR OLD SOFA SLEEPER, good condition, Hoover upright vacuum cleaner, like new set of Encyclopedias, and a pair of ski boots size 10 1/2, hardly used. Everything is reasonably priced. Call Terry at 243-4410.

BEADED EARRINGS made to order in any style. Beads, abalone, porcupine quills, etc. Call Janice at 824-8085.

HOME MADE GO-CART, one disc brake, good running condition. Needs two new tires. \$150 or offer. Ask for Brent at 854-3237.

BOOKS, "Man Watching for Nonverbal Communication." Call 243-8997. Ask for Karen.

BLACK AND WHITE TELEVISION Older 21-inch console, works. \$25. Call Julianne Crane, ext. 291 or 498.

EMPLOYMENT

Jobs listed as of 4-20-83

DELIVERY DRIVER, #596, delivery company looking for a person to drive, 1) The Kitsap peninsula area, 2) Sea-Tac area north to Everett. Must have good driving record. Flex days. Min. plus salary, 20-25 hrs.

RECEPTIONIST, #605, flight school needs receptionist to do light typing, dispatching aircraft, prefers someone with light aircraft knowledge, and a pleasant phone voice. This company is also a charter service. Days vary, afternoons, weekend, eves. \$5.00 hr. 20 hrs. a week.

DAY CAMP COUNSELOR, #607, Must be 18 years old, have high school degree or equivalent, have multi-media, first aid experience. Must have experience in four of the following: nature crafts, sports & swimming activities, Group & individual activities. \$147/wk. Daytime hrs.

GENERAL OFFICE HELP, Filing, accounting, typing experience, required. 4 hrs. per day, 3 days per week, \$4-5 salary.

PHONE ORDER, recreation equipment store needs persons to work in mail order department. Will be taking phone orders. Will be some training. Must have legible handwriting. 2 shifts: 7:00 a.m.-3:00 p.m. or 3:30-6:00 p.m. \$4.15 salary. Flex days.

CASHIER, Convenience store needs person to wait on gas and grocery customers, do stocking and some cleaning. Must be 21. Experience preferred. 12 midnight to 8:00 a.m. \$4.00 salary, except training. Friday, Saturday, Sunday.

LAYOUT ARTIST, Newspaper needs person to work as advertising and commercial printing layout artist. 90-day probation period after which person will receive medical and dental benefits. Prefer graduate or person who will be graduating this spring. Willing to make arrangements for student who will be graduating in spring. 8:00 a.m. to 5:00, or 9:00 a.m. to 6:00 p.m. \$4.50/hour.

ORDER ENTRY CLERK, Company needs clerk to work on IBM system 34 with keyboard and 10 key. Must know CRT, type 80 wpm, and know 10 key. Prefer 1 year experience as order clerk. Medical/dental benefits provided. 8:00 a.m. to 5:00 p.m. \$700-\$800 DOE. M-F.

SECRETARY, needed with shorthand experience, word processing, and working with a Xerox 860, AB Dick. This job service has employers who need people with those skills. Hours varied. DOE.

NEED A HOUSEKEEPER? Full-time student desires job in Kent area. Will live in or out. Call 255-2282.

See the Job Placement Office for details, Room 6-216 or 878-3710 ext. 381.

Jobs are for students or previous students only.

FOR RENT

3/4 TON PICK-UP, with a bad engine. Must be between '69-'72. Call Pam or Bob at 831-5530.

WALNUT COFFEE TABLE, and two end tables, used and cheap. Call Cheryl, at 246-1869.

WANTED

APT. FOR RENT. Young or old desiring clean, 2 bedroom apt. just five min. from Highline. Contact Rick or Tracy at 878-1673.

ATTENTION! All you big-wig big-time airline executives. Time to hire the one employee who could put your company in the money. Call now before your competition beats you to it. Call Bob at 824-7851.

RECORDS, the social distortion Album Collection, call Keith. 941-8231.

FREEZER, fairly new, large upright. Must be in good working condition. Call 874-2657.

ROOMMATE needed to share lg. house in Federal Way, near beach. 4 bedrooms, 3 bath and all utilities. \$150. month. 838-9896

HOUSE FOR SALE

TWO BEDROOM, clean, \$275 per mo. \$100 damage deposit, kids ok, large yard, garden spot, call after 2 p.m. or eves. at 843-6563.

2,400 SQ. FOOT TRI-LEVEL, near golf course. Available now, by builder. Three years old, on quiet cul-de-sac, three large bedrooms, 2 1/2 baths, plus utility room. Formal dining, oak cabinetry, tile entry. Cedar and shake exterior, garage, double wall construction, thermal windows. Finished throughout. \$120,000. Located at 32426 29th ave. SW. or call 952-3385.

FREE

KITTENS, cute, fluffy, assorted colors. 6 weeks old. Call 255-2282. Will be on campus in the Print Shop, Bldg. 16, Friday, April 29.

COMPLETE CHROME, for bed on a '66 El Camino. Other asst. parts. Free, free, free, call Kevin at 838-5895.

KITTENS, available June 1st. Free. Parentage questionable, mother was indiscriminate. Call 839-6297, after 4 p.m.

PERSONALS

Cindy, "The Tubs" a day will keep the blues away! Blue Eyes. Boomer, Don't even think you will ever get a goal past me! But keep trying. Hooter.

MOM AND DAD, This quarter has been crazy. Promise to write more soon. Love you very much. You Number Three Daughter.

JO, Get yourself a good dog and give up on that fella who says he's your friend. A dog won't steal your money. Don't get mad, get even. And let God have mercy on his soul. Love, Sis.

SILLY GOOSE, I'm looking forward to summer and you. I hope you've bought something more than bacon and eggs. Love, Spammey.

BILLY CLYDE, don't worry there's more fish in the sea than Jo. MO, be free!!

MA & PA, Thanks for being patient. Whammo.

"R", There is always something there to remind me (of you). Aloha! Love, "T".

STRAIGHT LEGS, "Z" remember to bend your knees. Otherwise, you will be moonbaling every shot. Don't be afraid to show off your technique! Until your next lesson turn sideways and WTTB! Yours truly, your "TC"

GARFIELD'S FAITHFUL COMPANION Thanks for the surprise visit after work a couple of weeks ago. You really brightened up what was actually a long and exhausting day. The movie was grotesquely funny but then Python will be Python, right? See ya later. Another Garfield Fan.

COMPUTER WHIZ I'm sure glad my 1-year evaluation is over. That's one less thing for me to worry about. I can't believe the quarter is half over...now I wish it would be June so I can relax — no more school! See ya tomorrow. Reinstated Cars/Trucks Dealer.

MONEYHANDLER, I thoroughly enjoy our meeting of the minds. They're always so intellectually stimulating...especially when we have lots to rap about. As for (yawn) math, it bores me to death. I can't wait 'til school's over! See ya tomorrow. Reinstated Cars/Trucks Dealer.

MY BUDDY AND HER BUDDY Only 3 more days! Congrats, congrats. The quarter's almost over so you'll be able to see more of each other. But then, it really shouldn't make that much difference considering he comes home every weekend (almost). Well, congrats again. Your buddy.

KAPE AND SWILL, Oh "you-two". Happy (early) anniversary! Hope you'll always be as happy (moreso in some respects) as you are now. Chrissel.

MUTANT, I think you're on the verge of discovering the best pool-playing, soccer player that ever lived. Okay, maybe I'm exaggerating a little. At least I have the best coach. Just-call-me-Minnesota Pale.

JOE & GAIL, I hope to give you more shocking surprises over the summer. Watch out! Beware!! Keep me posted for up coming parties your family is going to this summer. See you soon. Your magical, predictable, mysterious, and admirable person you know. Love always, M.G.

JEFF, Well, I guess you made it through last Wednesday night without dying. We're not going to miss Def Leppard the next time they (rock and) roll around, too bad Billy will though. Christine.

MARILYN, congratulations on your dental check-up. Way to go, no cavities! B.M.

T.P. & D.M., Thanks for all your help! Angel.

J.B., Highline's not the same. I miss seeing your beautiful eyes and everything else. Love, S.H.

MOM & DAD, thanks for always being the greatest parents. I love you. Jana.

JOM, Good job Ms. Focus, bravo! From someone who knows where you're coming from.

TOOTS, looking forward to an exciting weekend! Love ya, Kath.

KATHY NOT-HER-REAL-NAME SMITH, thanks for everything you've done for me. You've saved my sanity on more than one occasion, (what's left of it anyway). Remember, I'm always here. Chrissel.

NAY, don't get married too soon, we still have to be roommates. Besides I can't afford a wedding present.

HEY HOLLY!! What happened to all of those movies we were to see? This is your last chance. Call me or else!! You have my number and I'm in the book. Chellie.

BABES, thank you so much for inviting me to Linfield College Sigma Kappa Phi Spring formal as your special date. These memories of us will be cherished for a life time. I love and miss you so much. Love, R.R. Coke.

B.P.S. When I receive the bill for cleaning your wall, phone, comforter and sheets? What a night! Too bad all I remember is waking up in your roommate's bed. A.E.

A.E. you never woke up in my roommate's bed!!

FIEND I, one year's finally here and we made it! Piece of cake! Fiend II.

STEVEN, Day 4 of Doo Dah Land's 50th season is approaching fast. I have a feeling that the remaining 127 days will whiz by as well. You better be right about this season being destined to be our lucky one 'cuz I was somewhat disappointed last year. Keep up the good work in your classes. Take care. A Fellow Racing Handicapper.

SUM — "Next year" is finally here. Considering how good this last one was, this year promises to be 7 times as good. Happy Anniversary. Love, Jeff.

MY NICK, Hurry up and finish with school over yonder. Be done with it and come home! Can't wait till summer!!! Love always, Melinda.

G.T. Thanks for letting me know how you feel. You have made me very happy. I feel the same way too. I love you babe, J.B.

LORI, meet us after hours. Place and time to be determined later, or Broomell finds out. Signed, Loving Friend.

T-WORD STAFF, and in the face of adversity, we shall persevere (with a little help from a VDT, later hours and an extreme understanding typesetter.) Just think of the stories you'll have to tell your grandchildren. Christine.

CARL V. Your body is so weak, all that you can lift is an ounce. From the men's basketball team.

18:00 FINANCIAL ACCOUNTING STUDENTS, keep doing those T-accounts, you have the technology.

BUM I, thank you for the greatest year I've had so far. Whatever I did to deserve this must have been really good. Happy anniversary. Love, Bum II (You know why.)

BILL, I hope we can get together and have another party, together! I thought your birthday was the best. Take it easy. Hope to see you down at Longacres over the summer. Take care always, your friend, M.G.

ROB, that was fun exploring. Let's map our new domain sometime soon. See you at TFT! Helen.

KAREN, What's it like being sane again, well, relatively sane. Look out for the avocado before someone makes guacamole out of him. Just kidding, thanks for all your help and I hope you're happy. Christine.

T-SABE, Thankx for putting up with all of the little ones. Your terrific! Love you, Karen.

SILV, Thanks for making life fun with you. "Brown Eyes"

LOVE YA LOTS, Happy Birthday to you. See you on the seventh and will pirty it up at the Salmon House. Kisses, Granny.

T.S. I thought we had a good thing started, I think we should have let things go their own way. Sorry you missed good times in Portland. Missing your company.

DAVE B. You are the sexiest keyboard player I know. Want to get to know you better 'cause I'm crazy on you. Need to schedule a "gig" with you soon. A fan.

WHEE! Thanks for helping me out this quarter. You're someone very special and I'll always love you. Your mate.

calendar

Mon	Tues	Wed	Thurs	Fri
<p>*Men's Tennis vs. University of Puget Sound, 2 p.m.</p> <p>*Blood Drive, bldg. 8 plaza, 9-3 p.m.</p>	<p>2</p> <p>*Women's Tennis vs. Bellevue, 2 p.m.</p> <p>*Nelson Bentley, Post, Artist, Lecture Center, noon</p>	<p>3</p> <p>Men's Tennis at Centralia, 2 p.m.</p> <p>*Paul Loeb, "Nuclear Culture," bldg. 7, noon</p>	<p>4</p> <p>*Men's Tennis vs. Valima Valley, 2 p.m.</p> <p>*Men's Tennis vs. Skagit Valley, 2 p.m.</p> <p>*Dust to Dawn Festival</p>	<p>5</p> <p>*Men's Tennis vs. University of Puget Sound, 2 p.m.</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

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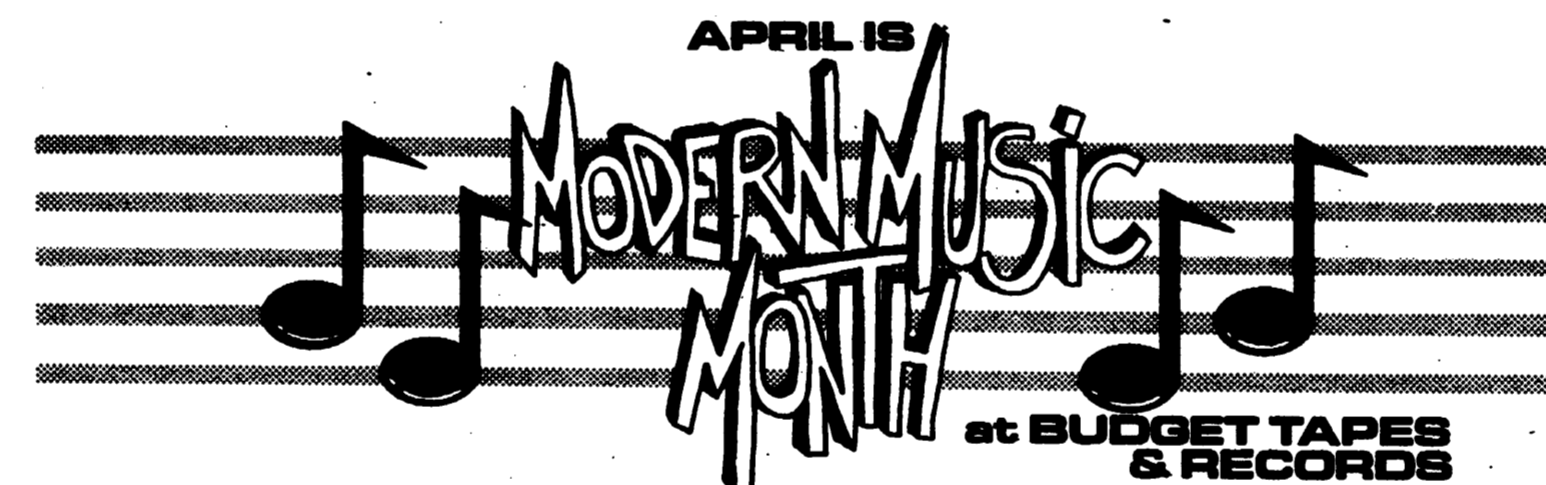
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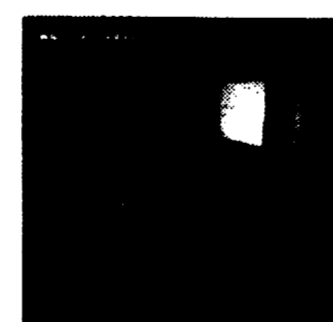
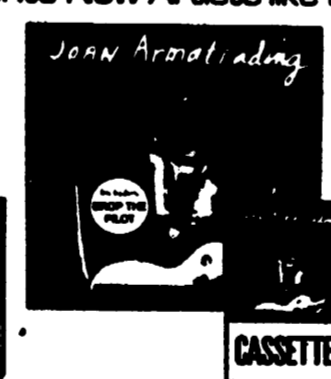
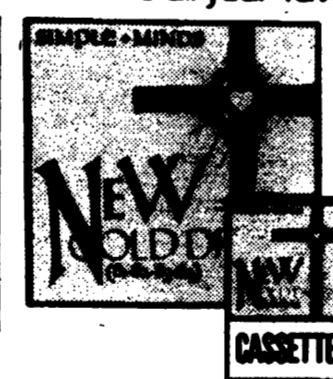
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