Legislative internships still available

By Kathryn Paul

Although the legislative session begins on January 12, HCC students still have a unique opportunity to take part in the legislative process.

Taking part in the legislative process is an activity sponsored by Sen. Eleanor Smith, the legislative liaison to HCC. Students who wish to learn more about government by observing a legislative session can now register to participate.

By Laurel Brown

The legislative session begins revisions to the registration processes. It is necessary for students to register by the deadline to be eligible for a change and will be processed by the registrar's office.

Senator Smith asked for comments from students, advisors, and counselors on changes to the registration process.

The revised registration forms will be available by Feb. 18. Forms can be submitted to the registrar's office.

Any comments can be submitted to the registrar, the student government, and the Committee on Legislative Internships.

Participants are also eligible to earn academic credit.

HCC Automotive Program awarded five GM motors

By Gerri LaMarche

General Motors Corp. gave HCC an unexpected Christmas gift in the form of five new Buick V8 engines for the auto mechanics training course.

The award was made possible through a $60,000 grant from the State Board for Community College Education. The money will allow students to receive hands-on experience in working with engines and overall engine design.

The engines are designed to teach students about fuel injection systems and overall engine design.

Participant Scott Johnston is the first participant to receive the motors. He will use the motors to study for the week, then submit a report on their use.

Each participant will be familiar with the motors during their stay and will have the opportunity to visit the state Supreme Court and state Legislature.

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Dental clinic at HCC may reopen

By Scott Hove

The Highline Community College dental clinic closed last August for the first time in its 10-year history.

"Over the past two years, the clinic has had a remarkably difficult time locating hygienists to perform the essential functions of teeth cleaning," said Carol Cologerau, department coordinator for the Dental Assistant Program.

Without a hygienist, it would be impossible for the clinic to provide complete, well-rounded dental care, Cologerau explained. To avoid this predicament, the department decided it would be in the best interest of its patients to temporarily close the clinic, she added.

Blood tests offered

By Gerri LaMarche

Highline Community College Health Services is offering the Wellness program for all employees, students, and families on February 11 and 12 in Bldg. 6 from 7:30 to 11 a.m. both days.

Each participant in the volunteer health screening program will receive a confidential chemical analysis of the small blood sample taken from them.

"The blood sample test takes about 5 minutes for each person and results will be reviewed by a physician and returned to the participant's resident within one week," said Mary Lou Holland, health services director for HCC.

The health screening consists of more than 30 tests that are helpful in detecting hidden diseases such as diabetes, heart disease risks, kidney, liver, and thyroid diseases.

Holland said, "The blood samples help participants with early detection, and the results can be taken to a private physician if any results indicate abnormalities.

Costs for the tests are minimal with the blood chemical test only $15; blood chemical with high density level cholesterol is $20; and blood chemical, HDL, Cholesterol and blood count is $25.

"Participants need to make an appointment before testing, and it is recommended that no food or drink be consumed 8 to 12 hours prior to the blood test," Holland said because eating may affect some of the test results.

Appointments may be made by calling ext. 206 or by dropping in to Health Services, located on the lower level of Bldg. 6.

Awardees named

By Darrell Baskin

HCC Academic Achievement Scholarship recipients for Winter Quarter 1987 were recently named. They are:

- Jennifer Babcock
- Kathleen Ronyan
- Karen Spurgeon
- Nhung Thongh Dinh
- John Stewart
- Dawnell Harrison
- James Thayer
- James T. Iwamoto
- Joel M. VanNist
- Steven M. Lindbergh
- Geraldine G. Volter
- Kara Munyon
- Feida Pui Ling Yu

They are:

- Alamelu Ramanathan
- Fkeida hi Ling Yu
- Kara Munyon
- Karen Spurgeon
- Dawnell Harrison
- Steven M. Lindbergh
- Geraldine G. Volter
- Alamele Ramanathan

Arcturus deadline

By Amy Tsuruta

Arcturus, the creative arts magazine of Highline Community College, has been a part of the campus nearly seven years. Inaugurated by the Humanities Division, Arcturus contains poetry, stories, essays, drawings and photographs created by HCC students. Michael J. Smith, the magazine's adviser for the quarter, said photos and artwork are needed and must be submitted by Feb. 6. for inclusion in the Winter Quarter issue.

By Amy Tsuruta

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Smith needs well composed black and white photographs and artwork of any size that have good contrast. Photos and artwork are also needed for the spring edition of the magazine, and all written submissions must be typed. Submissions for the spring edition must be turned in no later than the second week of Spring Quarter for publication.

The Arcturus is distributed throughout the campus and can be found in the same locations as the Thunderword.
Alumni group planned at HCC

By Darel Baskin

One of the many issues currently before the Highline College Student Union is the forming of an alumni association. The association is in the preliminary planning stages with input and support being sought throughout the campus.

medical news

Calcium controversy

An American researcher, E. Lawrence Rigg, disputes the advice given to the public in 1984 by the National Institute of Health regarding calcium intake by women.

The NIH advised Americans to swallow at least one gram of calcium per day to prevent bone degeneration, known as osteoporosis.

Rigg, a researcher at the Mayo Clinic, said there is plenty of evidence that calcium supplements won't build up bones or prevent them from losing mass. He said the NIH ignored this evidence.

Michel Kleerekoper, chief of bone and mineral research at the Henry Ford Hospital in Detroit, is also concerned about the false impression given to women that extra calcium can stop bone loss later in life.

The article further stated that some scientists have gone so far as to charge that some drug companies and physicians are defrauding the American public regarding the NIH's recommended calcium dosage.

But not everyone disagrees with the NIH report. Robert Heaney, of Creighton University in Omaha, is one of the scientists who asserts that calcium gives partial protection against bone loss in aging women. Heaney claims it will help all women, but some will benefit by the mineral.

"Just because you're retaining a high calcium balance," said Richard Mazess, of the University of Wisconsin, "doesn't mean you're putting it in a bank." However, Mazess admits that Heaney's studies on increased calcium supplements can show higher levels of calcium in the body.

Numerous health studies have shown that all people lose some bone density as they age, no matter how much calcium they consume.

Nonetheless, calcium is important during childhood and adolescence when bone building occurs, but in later life calcium may not keep a person from suffering from bone loss.

CLASSIFIEDS

FOR SALE

FOR SALE Philco console 21" color tv. Needs minor repair work, excellent Colonial cabinet. Asking $30.00 824-0819.

FOR SALE: IBM typewriter, 284-8153, message before 6 p.m.

FOR SALE Baby crib, white wooden with mattress and springs, both sides drop. Firms $30.00 824-0819.

FOR SALE Brand new never used blue suitcase largest size, $30.00 824-0819.

WANTED

WANTED: Reliable person to push student in wheelchair to classes, daily.

From Blvd. 18 to Blvd. 10 at 9 a.m. From Blvd. 10 to Blvd. 26 at 11 a.m. From Blvd. 26 to cafeteria at noon. Short hours great satisfaction. Call Carol Fenner, ext. 451.

WANTED: English Tutor for pronunciation and grammar. 1-2 hours per week, rates and hours negotiable. Tom Chai, 556-2034 (days), 228-1873 (even).

WANTED: Car P.O.O. eastside near Redmond border, close to Redmond, Kirkland, and Bellevue. Contact W. Walker 882-1085.
Americans need more cultural awareness

By Teresa Adamski

America is a land formed by immigration. However, only about two percent of today's population were born outside of the United States. New immigrants try to adapt to American culture very quickly. They often learn English while forgetting their native languages, which they no longer use.

Name changes among immigrants were at one time common so they would be accepted easier. Their children went to schools which didn't provide study programs of their native languages.

In fact, America is one of the countries which doesn't pay too much attention to other nations' languages. Americans, especially American businesses must face the fact that there aren't a sufficient number of Americans who can speak languages other than English.

On the contrary, many European and Middle Eastern countries provide study of foreign languages for their children very early in school. This study continues through the college level. For example, in Sweden, candidates for universities must have 9 years of English and 6 years of French or German. In Austria they have similar requirements.

The income per person in Switzerland is 40 percent higher than in America. It is also higher in Sweden, Denmark and West Germany. Perhaps this is because the knowledge of foreign languages is more universal in those countries.

America's large corporations have difficulties establishing sales agents in countries where they sell their products. Dealing with a deficit in trade exports, maybe Americans should consider more extensive training in foreign languages.

In Japan there are about 1000 American agents, only a few of which speak Japanese. However, in New York City alone, there are 10,000 Japanese agents who fluently speak English. The question is, which of these countries will sell more of their goods?

Reagan rant redundant

By Tom Clark, Matt Eagent and Robert Antonelli

On Tuesday, Jan. 27 President Reagan delivered his annual State of the Union address. This event is the one time each year when the president has the undivided attention of the entire Congress and the nation.

Reagan needed this prime national air time to rebuild confidence in his administration as a result of the problems created by the Iran-Contra scandal. Reagan opened with his comments on the Iran-Contra controversy. He declared the affair a major regret.

"I assume full responsibility," he said, "I do not believe it was wrong...". The goals were worthy but we did not achieve what we wished and serious mistakes were made," he continued.

The Iran-Contra affair, the most serious issue to confront the Reagan administration to date, was treated ineffectively. The country expected answers, but was disappointed with the response provided by the president. The speech failed to alleviate public concern regarding the controversy. Reagan won't be able to continue with his presidency until the issue is resolved.

Reagan addressed other important issues, such as foreign affairs the trade deficit, welfare reform, and school prayer. He asked Congress to "vote out a defense and budget that says 'yes' to protecting the country."

The continued military buildup of the Soviet Union was cited as a reason for increased foreign aid to other countries, including Afghanistan and Latin America.

It is inappropriate of the president to request more money for foreign military aid while already embroiled in a sea of controversy regarding the Iran-Contra scandal. Congress should not supply the president with additional money for those purposes until he satisfies the public that he will use those funds in a responsible manner.

In the absence of political credibility Reagan made a verbal threat to apply duress to manipulate the newly elected Democrat controlled Congress. "I will veto any effort that undermines our negotiating leverage," Reagan threatened Congress.

Without the popular support of the public Reagan must rely on the inherent authority vested in his office to carry through his policies.

Among Reagan's other priorities is the trade issue. By stating he was "opposed as ever to protectionism," he will always threaten on trade that is fair and free.

Government will do everything possible to promote America's ability to compete, he said. "...we must act as individuals in a quest for excellence that will be the stimulus for new proposals or billions in new funding," he said.

Contradicting himself by calling for government action, and then passing the burden to the public in the same breath, the result is an unclear picture of the president's position on an important issue.

Declaring the deficit "outrageous," he called upon Congress to pass a constitutional amendment that mandates a balanced budget. He said, "States, cities and the families of America balance their budgets. Why can't we?" The call for a constitutional amendment to balance the budget is nothing new, it has been repeated to date from a variety of sources, but it is not a practical solution.

The chance of success for this type of amendment is minimal, but it is a real issue. Reagan's call is a diversion from the real issue.

Reagan can't commence his military buildup and achieve a balanced budget. Fiscal reform cannot be forced by constitutional or other artificial means. Government must resist temptation to overspend.

On the topic of drugs Reagan said, "Let us redouble our personal efforts to provide for every child a safe and drug free environment.

The overall picture left by Reagan's State of the Union address was muddled and unsatisfactory. Questions were left unanswered and the tone of the speech was said.

The tone left by the speech was bleak.

In the opening of his state of the Union address he said, "I stand on the shoulders of giants, men whose words were etched in the soul of freedom." But he merely generated so much hot air.
**SALSA!**

The quarterly Showcase of Talent program is scheduled at Highline Community College in the Artists-Lecture Center at 8 p.m. Saturday, January 31.

The featured group is Sabor, a vibrant instrumental combo special-izing in Latin jazz and cross-cultural elements of Caribbean, North and South American, and European styles. The group "opens doors to new and unique ethnic musical experiences."

Sabor is a small instrumental ensemble based in Seattle. Performers are Gary Strouchno—rhythm and percussion; Ernesto Pediang—and percussion; Barney Brazaitis—bass and percussion; Larry Bartleau, timbales and percussion; Sammy Gascot, bongos and congas; and the leader, Fred Hordy, keyboard specialist.

The outstanding ensemble has performed at Bumbershoot, at King TV, Jazz Alley, and at most nearby colleges and universities. The program is coordinated by Highline College music instructor Gordon McNeil. Tickets for the program will be sold at the door, at $3 for adults and $1 for those 13 and under.

**PHOTO EXHIBIT!**

The photo exhibit "Faces of Free Nicaragua" is on display now through Friday, Feb. 13 on the 4th floor of the HCC library.

"Faces of Free Nicaragua" was developed by the Seattle-Managua Sister City Association, a non-profit volunteer citizens organization devoted to building people-to-people ties between Seattle and Managua. All photos are the work of professional photographer Dan Bothell, who has travelled to Nicaragua with the Association on two occasions.

**MIMES!**

The Highline College Events Board presents the Seattle Mime Theatre on Thursday, February 5 at 7:30 p.m. in the Artists-Lecture Center, Bldg. 7.

Acclaimed by London's Daily Telegraph for their sense of fantasy and infectious humor, Seattle's resident Mime company brings mime into the modern arena. Their performing mastery satisfies both the devotee of mime and the lover of vital contemporary theatre.

Seattle Mime Theatre leaps the boundaries of classical mime to produce a totally new and erotic theatrical event. An evening with Seattle Mime Theatre captivates the audience with the image of illusion, touches them with provocative and penetrating comment, and introduces them to characters both familiar and exotic.

Admission is $3 for students and seniors, and $5 for the general public. Tickets are available in advance at the HCC bookstore, or at the door the night of the performance. This performance is funded in part by the King County Arts Commission.
By Matt Eeqtet

On Wednesday, Nov. 1SP

Seczttle Times reporter Terry McPermott &a-

cribed his recent visit
to Vietnam for Jack Jau

"Vietnam: The War  Year."

McDennott, who served as a reconnaissance

ar

i
downtown Hanoi dis-

ade because of the

roductB, explained

h&~.;i

... played .
gas manufactured
in Vietnam, but

me little kids wearing New York

.. . . . . . . , ,
hats in the North and the

Immigration SeMce

into

the US. only for

families.

... is so popular, it is kept under

thievery of the commodity.

beer fasted

"as he

There were few motoriz

said, 'I'm an American,' he

wanted money."

The population of the country has doubled

in the past 20 years, increasing the

population to 60

million. The average annual

per capita income

is equivalent
to $150 (US.).

Vietnamese currency was "worthleee," said

McDemott, adding that the official exchange

rate of Vietnamese dams
to American dollars

W~S 15

"This

allowed

us

buy things for only pen-

nies," he told the class.

Even with an active seafood export industry,

McDemott explained, the economy is still poor.

Soviet aid boosts the economy, despite the fact
the Soviets aren't officially

recognized

by the

government. Nonetheless, in 1985, the Soviet
Union tripled its aid
to

Vietnam.

The Vietnamese people struggle
to reunite their divided nation

The dnest example of courage

Jamb

witneeeed

was

in the 1,C.U.

"There was a man that had a hole in

hie back two inches deep and the
diameter of a baaeball," said Jacobs.

"He would go around the wad giv-
in

ing food and whatever help he could

to men who couldn't walk," added

Jamb.

A helicopter pilot told Jacobs that

the North Vietnamese had placed a

price on American women's heads.

With all the chaos, nurses still had
deal with other pressurea directly

related to their job, For instance, one

nurse worked for aeveral hours

trying

to

save five soldiem who had

been wounded by a sniper. The nurse

could not save any of the five. Later

aition and the excellent skills of the

staffhdd the unit's mortality rabat

two percent, &e added.

In Vietnam, there were no safe

amas, said Jacobs. There

wasn't any

duce

not to bomb hospitals.

She said it wasn't uncommon
to

me

snipem or Vietcong plant explosives

on the grounds. Some hospitals we-

hit frequently, often

causing

major

damage.

about their troubles and fears,

explained Jacobs.

Today some women who served in

Vietnam

still

carry

guilt and suffer

depression

- a result of the

killing, said Jacob.

Although women played an important role

in the Vietnam War, their

part

didn't

seem important enough
to the government to

them

any

reearch,

mid Jacobs. Research

about Agent0orangefjmild to include

anything about women, Cams of

cancer, mcrcarriage, infertility, and

birth defects were never recorded,
said Jacobs

Although the government didn't

include women

in most government

studies,

they did give them recogni-

tion

in

the form of the Women's

Memorial Statue and the Manorial

in

Waehington D.C.
Arts and Entertainment

Anthology of cartoon shorts continues through the weekend

By Ellen Dahl

The Animation Celebration, currently playing at the Neptune, contains something for all tastes in short animation, with an emphasis on the humorous.

The format is similar to that of the 19th Tournée of Animation also at the Neptune in the past year, and to the annual Festival of Animation program at the UW every April.

Most of the selections in the 90-minute film were chosen from the Los Angeles International Animation Celebration short animated film contest. The Celebration contains several European and Russian short films and computer animation pieces.

"Get a Job" is Chuck Zuber's tribute to classic Hollywood cartoons. The tape includes a 10-minute Canadian film recently made during or after the seat-belt hype. It concerns a married couple who hire a Safety Dog to watch out for their toddler. The kid gets into every predictable dangerous situation, and the dog's terror who knows it's made of clay and "Broke Down Film," a spoof of the problems one encounters in old bottle films, such as vertical lines, graininess and jamming. Some special surprises are also included. The Richard Williams commercials, one for mouthwash and another for Long Life Beer, are amusing, especially the one for Long Life Beer showing 5 ways a cat can die (not offensive at all to cat lovers). A preview of the upcoming Claymation festival is shown, along with the clay-animation raisin commercial with the raisin singing "I Heard It Through The Grapevine." The ad was on network TV last fall. The Claymation screening will include the Domino's Pizza ad with the "Noid."

Animation Celebration runs through Sunday, Feb. 1 at the Neptune, 45th and Broadway in the U-district. 5:45, 7:30 and 9:15 p.m. nightly, with Saturday and Sunday matinees at 2:15 and 4 p.m. Tickets are now $4 and it's a good idea to get there one half-hour early or more. At 5:15 Saturday night, the line from the door was stretched around the corner and 100 feet down the block.

Bellingham's Stinkbugs most original Northwest force

By Ellen Dahl

Stinkbugs Raise A Stink cassette Afiord Star Records

I know very little about this band, but a friend loaned me their tape over Christmas vacation, saying they were from Bellingham and are trying to get as much promotion as possible. The 90-minute tape (they can't afford to make records) has some of the most interesting and original music and noise I've heard in quite a while. It's a "an introduction to the Bug doctrine," a compilation of material from previous albums.

The very first thing one hears on the tape is some technopop pulses and a guy yelling "Raise a STINK!" They continue with lyrics including every rhyme for that phrase they can think of, including "rat fink" and other amusing things. The words may very well have been ad-libbed.

Some of the music on the tape is rhythmic electronic sounds, some of it's industrial (a form of alternative music that's basically noise with a beat), some of it's like the Residents (a weird band) and some of it is almost ordinary pop. They do a jazz-like number, a country-like number, punk, and a tune with ordinary singing combined with noise in the background. And if one ever forgets who he's listening to, they remind the listener every once in awhile.

According to one of the three inserts that came with the tape in a Ziploc sandwich bag, the band has eleven albums out including this one, all 60 to 90 minutes, all recorded from 1983-85, and two upcoming releases.
Kate Bush, the British songbird with the winning vocal cords, has spoken, this time to reveal The Whole Story, the name of her new 12-song compilation album. The record signifies the essence of her work stretching over the time period 1978-85, although a couple of staves have found their way there as well.

Her songs are all small dramas where she views reality from the soul's perspective. With her unique voice as an instrument, she Home life into the lyrics and creates the loaded intensity of "Breathing," from the 1980 album Never for Ever. She conveys passion in "Wuthering Heights," which is delivered to the listener in a kind of prehistoric dialect. "The Dreaming," from that album, is a fascinatingly worded song with a more spiritual undertone, which she has been known to perform at least once or twice. It is a song of the same name, and it simply doesn't happen very often with a band that's been around for 23 years. They tend to run out of ideas and/or become more commercial. Much of the rest of the album sounds like their 70's material—punchy, catchy rock 'n' roll. Parts of the title song have their music-hall effects they've used in the past, alternating with tight, hard-driving rock.

Kate Bush's whole musical story is Only as they are evoked and the scene it set fascinated me. When I read the lyrics now I feel that she could have reached the spot that 's another delicate that story," on the new album. It reminds me of their last 70's hits such as "Rock and Roll Fantasy," it's well-executed, fresh, and not slick at all. This simply doesn't happen very often with a band that's been around for 23 years. They tend to run out of ideas and/or become more commercial. Much of the rest of the album

New Kate Bush best-of LP uneven but worthwhile

By Charlotta Due

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Sports

Women hoopsters sizzle with win streak

By Jeff Heneley

When you're hot, you're hot! Highline's 1986-87 Women's basketball team is on a roll with six consecutive league match victories as of their win over Olympic, Jan. 24.

Under the guidance of Head Coach Dale Bolinger and his assistant, Kelly Orphan, the T-bird women have come off a sizzling pre-season finish to dominate the league with one loss and to slightly blunder their 6-1 record. Results of HCC's Jan. 28 game at Everett were not available in time for publication. However, Highline defeated Everett once, already.

Edmonds has been the only team to defeat Highline this season, when they did so in overtime during the T-bird's first league match of the year, Jan. 3.

The Thunderbird women hoopers will challenge Bellevue Community College for the second time in '87, Saturday, Jan. 31. Highline defeated HCC in a tough contest Jan. 14, but will have to play well to repeat the year's results. Bellevue will be looking to even the score and will have the home court advantage. This time Coach Bolinger does not anticipate the home crowd factor to affect the outcome of the game, though.

Bellevue is ranked fourth in the conference ratings, and has an 11-12 game winning streak going before HCC topped them in their first contest, according to Bolinger.

Bellevue, Highline and Edmonds were in a three-way tie for first place in the league after HCC's win over Skagit Valley, Jan. 21. Highline has been victorious in at least one of its two games played since then.

The Olympic Rangers rode to campus Jan. 24 to face another loss, only ten days after falling to HCC on their own territory. Highline led through nearly all the first half before slipping down by a few points. The T-birds were able to regain a one-point lead before the first half ended.

Wasting no time, the Thunderbirds quickly pulled a 20-point lead in the second half. For a brief time, neither team seemed able to put the ball through the hoop, and HCC's comfortable lead lasted to the final score, 69-48.

Coach Bolinger expressed some concern with the women T-birds' shooting performance during the first half before slipping down by a few points. The T-birds have led to Portland College on Jan. 16.

The women's basketball team will appear only twice more in the Pavilion, this year. These games will be Feb. 7 against Skagit Valley, and Feb. 11 with Edmonds.

Last fall, Bolinger said the team was to face one of its toughest pre-season schedules in the program's recent history. This presented a tough learning atmosphere for the team.

Chris Foster looks for the hoop as an opponent hovers overhead.

Swimmers splash to victory over Evergreen

The T-birds traveled to Portland for the Pacific Lutheran University Invitational on Dec. 5 and 6. This meet included some top schools in both the NAIA: Pacific Lutheran University (ranked third in the nation a year ago), the University of Puget Sound (ranked fifth in the nation a year ago), and Central Washington University.

The Thunderbird men placed ninth in the meet and the women placed 11th. Despite the seemingly low finishes, Coach Mitchell Orphan was pleased.

"We had a tremendous number of best times swimming against some of the top NAIA schools in the country," Orphan said.

The meet was difficult because younger Thunderbirds were swimming against teams of four year olds. Orphan explained the swimmers on these teams tend to be bigger, stronger and more mature (23-24 years old) and better able to handle the rigors of intercollegiate competition.

Highline's most recent match was with the University of Oregon, Jan. 24. Orphan anticipated, "if we swim well we'll have a good chance."

Oregon has two powerful swimmers with Chris Simpson, a backstroker, and Rex Watkins, a versatile all-around swimmer.

The strategy Orphan planned for Highline was to essentials-concede victories to these swimmers, then take advantage of the drop-off in events such as the 500M freestyle, 200 butterfly and the backstroke events all strengths for Highline. This meet was one of only three HCC home meets this season.

Regarding his team's performance to date, Orphan is pleased, yet he feels there is room for improvement.

"The kids are coming along well, and they have a good attitude, but there are five or six really good swimmers on campus who could really help us if they came out."

Orphan attributed heavy school work and "burnout" as some of the possible reasons these swimmers would not turn out for the team.

By John Batinovich

Fulfilling Head Coach Matt Orphan's speculation, the HCC men and women swim teams splashed to easy victories over Evergreen State College on Jan. 16.

"EMM should be pretty strong against Evergreen. We beat Portland Community College and PCC beat Evergreen, so we all beat them," Orphan stated optimistically prior to the meet.

Chris Cushing and Michelle McConnell swam to three victories apiece, with Cushing turning in a sparkling 1:54.5 finish in the 200 meter freestyle and McConnell turning in a sharp 1:12.03 in the 100 meter individual medley. The meet's over all final score was 147-97 in favor of HCC.

Jan. 10 saw the Thunderbirds pitced against eight other teams in the Lewis & Clark Relay Championships in Portland, Ore.

"We swam very well down there. It was a tough meet," Orphan declared. Competing against three of the top teams in the National Association of Intercollegiate Athletics league, both the men and women placed fourth in the meet.

The Thunderbirds had taken on Portland College the prior evening. Led by Trevor Kanno and Leigh Norton, the T-birds cruised to easy victories. The men's team won by a score of 60-48. The women won 50-35.

Kanno bettered his previous time in the 500M freestyle with a time of 22.5. Kanno was inactive as a swimmer during the previous two seasons.

Norton bettered her times in both the 100Butterfly with a sparkling 1:12.3 and the 500M freestyle with a personal best time of 6:21.8.

The strategy Orphan planned for Highline was to essentially concede victories to these top swimmers, then take advantage of the drop-off in events such as the 500M freestyle, 200 butterfly and the backstroke events all strengths for Highline. This meet was one of only three HCC home meets this season.

Regarding his team's performance to date, Orphan is pleased, yet he feels there is room for improvement.

"The kids are coming along well, and they have a good attitude, but there are five or six really good swimmers on campus who could really help us if they came out."

Orphan attributed heavy school work and "burnout" as some of the possible reasons these swimmers would not turn out for the team.
Men's B-ball 3-1 after close loss

By Todd McDonald

In a classic matchup between two unbeaten teams in the Northern region, the Bellevue Helmsmen defeated the Highline Thunderbirds Men's Basketball team, 77-73 in a crucial men's basketball game at Highline Jan. 14.

Both teams came into the game with identical records of 3-0 in league play and were trying to keep pace with undefeated Skagit Valley, whom HCC coach Fred Harrison picked as his pre-season favorite.

The T-Bird's offense with its ability to control the defensive boards early in the game enabled them to slow down Bellevue's high powered offense and jump out to a six point lead. Led by Tom Betti, who scored eight of his team-high 21 points in the first half, the T-Birds led 39-33 at half-time.

Bellevue took control of the tempo early in the second half when they began to run the ball up and down the court, moving to a six point lead 50-44.

Costly turnovers by Bellevue and key plays by the T-Birds kept the game close, though.

A Brian Dersch basket following three offensive rebounds by Highline and a nifty baseline move by Greg Sparling, moved the T-Birds within one, 67-66, with three minutes left in the contest.

After a Bellevue turnover, Highline had an opportunity to take its first lead of the second half but could not capitalize as Highline turned the ball back over to Bellevue.

With a 74-71 lead and the ball, Bellevue had a chance to ice the game when HCC's Matt Grant stole the ball and went coast to coast and scored a clutch basket to cut the gap to one, with 47 seconds left.

Two Bellevue free throws upped the score to 76-73 after Sparling picked up his fifth personal foul. Highline then attempted a game-tying three point shot, but it was not to be as the ball missed the hoop.

The game ended on a last-second free-throw to make the final score 77-73.

Fine performances were turned in by Betti (18 points and nine rebounds) and Sparling (14 points and 11 boards). Also noted was an outstanding night of shooting by John Jones who scored 13 points including three 3-pointers.

During the month of December, the Thunderbirds played 13 pre-season games, winning only four. They started out their regular season play with a 61-59 win over Centralia. Highline then lost its next three games before beating Blue Mountain 84-81, aided by a 31 point performance from Greg Sparling.

In a losing effort against Tacoma, Jones buried five of seven three-pointers enroute to a 24 point showing. Highline lost 67-60.

Other wins were a 61-49 blowout over Centralia, and a 79-60 drubbing of Lower Columbia.

Before going into regular season play, Coach Harrison made one major change in the team's offensive strategy, that being slowing the offense down. According to him, better shot selection has been the key to Highline's success in league play thus far.

In a victory over Edmonds, four players scored in double figures led by Betti's 26 point effort over the heads of defenders.

With 3:21 left in the game, the T-Birds blew out Shoreline 61-46 with good solid defense and an all around strong performance by the whole team.

Bill Hart's 22 points led in an overall 79-50 win over Olympic. All five starters scored in double figures as Highline rolled off its third straight league win, 87-85.

Consistent play by Hart, Sparling and Betti has been the key to Highline's success, said Harrison who has an optimistic outlook for the rest of the season and hopes to make the playoffs.

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