



**Robert McFarland to retire.
Search for replacement
begun. See page 3 for stories.**

Legislative Update

**Two bills that would waive non-
resident tuition fees**
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HCC

Thunderword

Volume 26 Number 11

Serving Highline Community College with Excellence

Friday, April 24, 1987

Referendum would create WACCS office in Olympia.

By Robert Antonelli
General Manager

As HCC students register for summer and fall quarters, they may be asked to vote on a referendum sponsored by the Washington Association of Community College Students, which would add a tuition assessment of 50 cents per quarter, per student, to fund a WACCS central information center and to create an expense allowance and raise the stipend of the student-legislative liaison in Olympia.

Originally, a special election was scheduled early in May for students to vote on the referendum, but, his method of student consensus was discarded by the HCSU executive council because polling at registration would give broader representation of student opinion. The student senate approved the recommendations of the executive council on April 21.

If the referendum passes, the assessment would be attached Winter quarter of 1988, since the official vote-counting process would occur during Fall quarter. Students who do not wish to contribute would be able to obtain a refund through submittal of a written request to WACCS.

Referendum enjoys campus-wide support

So far, the referendum enjoys the support of the Highline Community Student Union and Student Senate. No real vocal opposition exists yet against the measure, rather, contrary opinion is focused in the form of questions surrounding management of

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Miss Federal Way Finalist

HCC Fashion Marketing student, Lisa Quast, will compete against 11 other contestants for the title of Miss Federal Way on May 2. The title-winner has the potential to advance to the Miss America Pageant in Atlantic City.

Photo by Bill Stevenson

Part-time faculty budget \$100,000 in arrears

By Mike Hooker

The part-time faculty budget is \$100,000 in arrears and needs to be corrected before the end of the biennium which ends on June 30 of this year, according to an HCC accounting administrator.

The instructional cabinet confronted the \$100,000 shortage when they discussed the part-time faculty budget March 30.

The reason cited by Robert McFarland, dean of instruction, for the shortfall in the part-time faculty budget, was overspending to hire more faculty to attract more students.

The enrollments in fall and winter of last year were lower than expected, he said.

"The school's enrollment has to fall within the allocation band, or money will be lost," McFarland explained.

The allocation band is a formula created by the state that determines the amount of funds a college receives, and is based on the number of enrolled students.

The state allocation for HCC is more than 99 percent of the school's more than \$12 million annual source of funds, according to the 1986-87 college budget report. The report shows the part-time faculty portion of those funds is just over \$1 million.

The funds that were overspent for part-time faculty have to be located and transferred from other areas, said Alicia Tseng, college budget analyst.

The main areas that money was taken from, she said, are: nonessential supplies; unused faculty benefits; and unused utility allocation funds.

Although it appears the supply fund cutback has not had any serious effects on campus yet, David Brown, machining instructor at HCC for the past 15 years, said, "The main problem I could see is if any equipment breaks down, it would not be repaired until after June 30. I saw it

Reciprocity likely to continue

By Loral Johnston

Existing reciprocity agreements with higher education institutions in other states will likely continue if either House Bill 1097 or Senate Bill 5821 are given legislative approval during the current session in Olympia which ends April 26.

So far, the bills have been amended to extend the authority vested in the Higher Education Coordinating Board to make reciprocal agreements with institutions in other states beyond January of 1987.

According to a program research analyst for the Higher Education Committee, approval of one bill or the other is likely.

The bills, which authorize reciprocity tuition agreements with four-year schools, will also allow community colleges to continue participation in the program. The reciprocity program allows Washington state residents to pay resident tuition rates at agreement schools in the United States and in the province of British Columbia, Canada, rather than the higher nonresident fees normally levied on out-of-state students. Students from those states, and the province of BC, are granted the same privilege in Washington.

According to the HEC Board's *Report on Higher Education Reciprocity Programs*, dated Jan. 8, 1987, all agree-

ments with colleges in other states are individually designed to be financially balanced within established parameters.

For example, reciprocity opportunities exist with the University of British Columbia, Victoria, and Simon Fraser University, said Jackie Johnson, senior policy analyst for the HEC Board. Those agreements are based on student-to-student ratios.

At present, there are 90 Washington state students enrolled in the BC universities, and 90 BC residents are enrolled in Washington state higher education institutions.

In contrast to BC, other agreements are based on tuition and fees, rather than student ratio. In example, tuition rates are lowered for reciprocity students at the University of Oregon, Oregon State University, and Portland State University, she said.

Community colleges also participate in the reciprocity program, but haven't been mandated by law to do so.

A recent amendment to one of the two bills to continue the reciprocity agreements would have prohibited the HEC Board from entering reciprocity agreements with Idaho institutions if that state continued to require Washington state residents who travel through Idaho in the regular course of their jobs to pay Idaho state income tax.

Reciprocity

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Budget

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Legislative Update

Deaf student non-resident tuition bill

By Leah Martin

If an amendment to Senate Bill 5678 is passed during this legislative session, it will limit the number of non-resident tuition waivers deaf students may receive from the state, and may adversely affect federal funding for participating schools.

Designers of the unamended bill propose to increase enrollment of non-resident deaf students to keep \$500,000 of annual federal funding. Such federal funding is used for testing, and to provide interpreters for deaf students, and community colleges must compete regionally for the funding.

Non-resident tuition rates are currently \$2,055 higher than resident tuition fees.

The bill primarily affects North, South, and Seattle Central community colleges.

The House passed the bill April 17 without the amendment and is now back in the Senate where legislators must either approve or disapprove the change.

If the amendment is disapproved it will be sent to the House for re-negotiation.

A legislative staff member said, colleges don't like the amendment because of the possible adverse effects on federal funding of non-resident deaf students. Without the amendment, the bill could be adopted without limiting the number of waivers the state could grant.

Community colleges are allowed use one fourth of 3 percent of the total tuition collected each year to help finance the tuition of non-resident deaf students. The remaining monies are used to off-set tuition costs of low-income resident students, except those involved in intercollegiate sports.

The bill allows community college boards of trustees to waive non-resident fees for students involved in the regional education program for deaf students, as long as federal funding of the program continues.

British Columbia reciprocity bill

Continued from page 1

Rep. Jim West, R-Spokane, said he struck the amendment from the Senate bill even though he didn't like the idea of having Washington state residents pay Idaho state income taxes.

The revenue department in Idaho insists on levying the state tax on people traveling through the state in the course of their regular job duties, such as those who work on railroad repair crews.

West said he struck that amendment because he didn't want to make a political statement to Idaho at the expense of students. He said such a move would have penalized Idaho and Washington state students by taking away the opportunity to attend agreement schools at resident rates.

According to HEC's analyst, Johnson, the reciprocity program particularly benefits students who live or work in areas where the closest educational facility is across the state or provincial border. It can also help those graduate students get into specialized programs not offered at other state institutions.

Students who wish to participate may have to wait to get into the reciprocity program at the school of their choice, said Johnson.

She recommends interested students get details from the admissions office of the school they plan to attend.

Currently, the deadline for applications for fall 1987 in British Columbia schools is April 30.

Resident immigration bill

By Colleen Terrey

Under a bill nearing approval by the Senate for concurrence with House amendments, immigrant aliens may be perceived as Washington state residents for tuition rate purposes after they have completed the required year of residency.

The bill affects immigrants who qualify under the new federal immigration reform law. The bill allows immigrants to have their non-residency, higher education fees waived after they have completed the required year of residency in the state. Without the bill, these new immigrants would have been permanently treated as non-residents.

Previously passed by both houses of the Legislature and signed by Speaker of the House, Wayne Ehlers, the bill is on its way for adoption. Governor Booth Gardner had twenty days to sign the proposal after its acceptance from the houses on April 13, and if approved, will become effective 90 days after session closes on April 26.

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Robert McFarland is retiring from his position as Dean of Instruction

Dean of Instruction to retire

By D. Michael Foote

Robert W. McFarland, Ph.D., will be retiring as Dean of Instruction on June 30. McFarland has held the position since 1976.

McFarland came to Highline in 1966, after receiving his doctorate in educational administration from Washington State University. His first position here was as a counselor and psychology instructor, and within a year was appointed registrar and director of admissions.

In 1970 he became the assistant dean of academic programs.

Before coming to Highline, McFarland held various positions in several Washington high schools including principal at Garfield High in Seattle.

McFarland helped lead Highline through its growth period which peaked in 1981 when there were more than 11,000 full and part time students.

"I was most pleased with the quality of people that I worked with at Highline," McFarland said. "People at Highline work together effectively and create an atmosphere that is conducive to individual growth."

"I am most pleased with new program development, specifically, the Senior Citizen Program and the Community Integration Program," McFarland added.

"The last several years," he explained, "have been disappointing to me because of the increase of student costs and budgetary cutbacks. I prefer adding programs to cutting back."

McFarland predicted tight money will continue to be a problem as educational costs continue to be shifted to students.

After retiring, McFarland plans to take a European travel vacation and devote time to his family and hobbies.

Committee seeks new Dean

By D. Michael Foote

Highline Community College is looking for one good man, or woman.

A screening committee has been chosen to find a replacement for Robert W. McFarland, Dean of Instruction, who is retiring in June. So far, the search has gone national with advertisements in the Chronicle of Higher Education. The emphasis of the campaign, however, will be in the northwest.

Ed Command, vice president of HCC heads the committee, and expects over 90 applicants for the position.

The committee, which was hand-picked by Dr. Shirley Gordon, president of HCC, includes one member from each faculty division, and an alternate. Committee members were chosen from within each division and recommend to Gordon to sit on the committee.

Gordon chooses to sit on the selection committee are: Dr. Buchan from social sciences; Gina Erickson, Sciences; Irene Lewsley, nursing and first aid; Dr. Spoerl, humanities; and Geraldine Tremaine, business. The alternate is Sharon Pratt, fashion merchandising.

Command and Phil Swanberg, dean of students, represent the administration on the committee. The screening committee will recommend no less than three, and not more than five candidates to Gordon who will make the final selection, said Command.

"All members of the committee will have equal say, and the candidates will be chosen by a consensus of the committee," Command explained.

The committee will be looking for the most qualified applicant from those that apply.

The dean of instruction is responsible to the college president for the overall leadership and management of the instructional program. As a member of the president's staff, the dean shares institution-wide responsibilities with the vice-president and the dean of students.

The dean, with assistance of those under the his or her supervision, manages an instructional budget of approximately \$7 million, and promotes both teaching and program excellence about 130 full time, and 300 part time quarterly faculty.

Heier explained, the reports on chapters activities ranged from tutoring learning disabled children, to cleaning up designated roads in their area.

The goal for the coming academic year is to strengthen regional chapters, start new ones, and increase membership in existing chapters.

One of the most exciting projects of the year, McConkey said, will occur May 2, on the HCC campus, when Pi Sigma chapter will host the first meeting in which all Washington state chapters attend.

At the meeting, members will discuss, modify and ratify a new state-level constitution.

The topic for the Fall quarter colloquy and seminar will be announced at a reception, May 13, in the HCC library. Local high school art students will be the guests of honor at the reception, along with their teachers and principals. Works of art by these students will be on display.

Some of the specific duties are to provide leadership that sustains and promotes quality instruction, supervise the selection of instructional faculty and other instructional staff, coordinate and supervise the work of the division chairpeople, instructional directors, and the associate dean to form an effective and efficient instructional team.

The new dean will also have to share institution-wide responsibilities with the vice-president and the dean of students to achieve college goals, and to serve as the chief executive officer, when required.

To qualify for the position an applicant must have a master's degree, although a doctorate is preferred. Also required is a minimum of three years of successful administrative experience in higher education at the division chair level, and demonstrated ability to communicate effectively orally and in writing.

Command said he will be looking for someone with "an open management style to provide the leadership which is necessary."

Phil Swanberg said he hopes to find someone with "strong leadership, coupled with an ability to give students the best educational experience with the resources available."

He also added he would also like the candidate to have "a high pride level to enhance the off-campus businesses, labor unions, and other educational facilities around the area."

Erickson said the committee was chosen according to the terms of the salary agreement of the college, and believes that "Dr. Gordon did select a diversity of faculty and in that way has tried to ensure that the multifaceted nature of the college is reflected."

Erickson added that her personal preference is to find someone, "who is truly dedicated to quality education and demonstrates educational leadership so that Highline can continue to move forward into the coming decades."

Lewsley said she would like to see "the best candidate of all those that apply be chosen," and added she is "certain that the candidate would appreciate the necessary balance between the vocational and academic offerings of the college."

A student art competition will also open at that time. Original work, created by high school students, which is based on the new PTK theme, will be eligible for entry. The prize for first place is a \$50 savings bond, to be awarded in the fall.

Membership in PTK for spring quarter is open until Monday, April 27. Those graduating in June who wish to join PTK must do so before graduation. Membership is open to students with a minimum 3.5 GPA and carrying 10 credits, or completed 30 credits. For more information, see the secretary in Bldg. 5.

Pi Sigma chapter meetings are held every Thursday, at noon, on campus in the conference room of the student government offices located on the second floor of Bldg. 8. New members are encouraged to attend to help plan the colloquy and seminar.

PTK elects president

By Connie Gunnarson

Rick Johnson of Centralia College, Centralia, Wash. was elected national president of Phi Theta Kappa at the national convention in Dallas, Texas, held April 2-5.

The national 1987-1988 honors study topic was adopted and will focus on celebrating the 200th anniversary of the U.S. Constitution. The topic chosen is: "The U.S. Constitution: Assuring Continuity through Controversy."

"I am honored to be on the board of directors for the Phi Theta Kappa National Honor Society," said Dr. Shirley Gordon, president of Highline Community College, and PTK's newest board member.

Gordon attended a panel discussion where members from various professions presented views on the constitutionality of specific rights. Gordon was so enthusiastic, she has ordered several books to assist her in her commitment to personally get involved with the study topic.

"I was so impressed with the professionalism and quality of the panel," said Gordon. "It is that quality of PTK that I am counting on to help make my dream come true."

That dream, she explained, is to elevate the associate of arts degree at Highline into the epitome of A.A. degrees in the state; a respected degree that is immediately accepted by any four year institution in the state.

Gordon, along with Joan Fedor, local chapter advisor, and six HCC students attended the national convention.

Those representing HCC's Pi Sigma chapter were: Lori McConkey, chapter president, LouAnna Valentine, vice-president, Phil Hier, treasurer, Greg LaVielle, Ann Lidzbarski and Linda Warmuth.

"No one leaves a convention without saying 'I wish I had been involved in this earlier'," said Fedor. "It is at a convention where the excitement is at its peak. There is no other convention that offers the excitement, level of energy, or the chance to be proud of your college and its students as the PTK convention."

"The wide range of individuals from all over the country was what impressed me the most," said Valentine. "Most people think honor students can be easily stereotyped or put into a pigeon hole. I didn't meet anyone that could be pigeon-holed."

Several of HCC's delegates served on the PTK constitution committee, which determines if changes to the national constitution, that governs local PTK chapters, are needed.

Delegates didn't spend all their time attending forums and committee meetings, however. Nightly dancing and programmed entertainment by a number of Texas colleges, where students had the opportunity to network with new friends and old, was another highlight of the convention.

"In one of our free time slots, we looked over the year books of some of the other chapters, and I was really inspired," said Heier. "It was amazing to see how active most of the chapters are. PTK is a quiet, but strong and growing force on their campuses and communities."

Referendum

Continued from page 1

the funds and changes in the dynamics of how WACCS functions as a result of these new monies.

Supporters of the referendum are well organized and documented.

"Community College students need that voice. We have to have somebody to speak up for student needs," said Ginnie Hansen, Director of Public Relations for WACCS, of a legislative liaison. "The financial aid dollar is drying up and tuition has increased approximately 300 percent since 1979."

WACCS is a community college, student-advocacy group with 18 member colleges throughout Washington state. Each of these member-schools has two representatives to the organization and one alternate. Lisa-Marie Fahner is the official representative for HCC, and alternates are appointed on an ad hoc basis. The students of nine of these colleges must pass the referendum in order for it to be enacted. So far, only Clark Community College has passed the referendum.

Furthermore, the eight remaining schools, necessary for the referendum's passage, must do so before January of 1989 because of a sunset clause written into the original proposal. WACCS personnel on campus hope to have this deadline extended by at least six months.

WACCS has approached the State Board of Community College Education with a request that they manage the funds, should the referendum pass. According to sources on campus, however, the Board's involvement has gone no further than the discussion stage.

\$140,000 in potential assessments

According to *The Report On Issues Facing Community College Students And The Referendum*, an outline of the organization, its achievements, goals and two one-year budget proposals published by WACCS, the 18 colleges, combined, have the potential to generate \$140,930 in assessments to fund the operation.

The budget for the first year of operation is broken into two, nine-school groups, each with a separate breakdown of spending.

The first group, comprised of the student population of the state's nine smallest community colleges, could generate an assessment total of \$39,730 with the second group, comprised of the state's nine largest community colleges, generating a projected total of \$101,730.

The second-year budget, based on the populations of the 18 schools passing the referendum is rounded to total \$140,000.

All of the proposed budgets include an itemized breakdown of funding dispersal. The areas are: stipends, office rental and maintenance, public information, travel, total funding for the legislative liaison, five percent for administrative costs and a one-time start-up budget.

budget

Continued from page 1

coming and bought all my supplies in September."

Requests for supplies must be signed by the division coordinator, the division chairman, and until

further notice, the dean of instruction. "Divisions have been very good about cutting back on expenditures," said McFarland.

Several campus instructors, who didn't want to be identified, remarked that they haven't made any supply requests because, "they wouldn't go through anyway."

In the past, a WACCS member has been selected to live in Olympia during the legislative session and act as the liaison. Currently, Noel Wilks, a Skagit Valley Community College student, is stationed there. He testifies before the Legislature on issues and legislation which are of specific concern to community college students.

Wilks receives only a \$100 per month stipend from WACCS to cover his room, board and all other expenses while he lives in Olympia. Similarly, WACCS members who travel to meetings throughout the state, or to Olympia to address student concerns, receive a small allowance for mileage and \$25 per night for lodging, but pay for meals, lodging costs over \$25 and all other expenses out of pocket.

"Right now we're seen as lean and mean," said Hansen, echoing the general perception of WACCS members by legislators and others around the state. "None of us are making any money off of our involvement in this, but we've accomplished a lot for students enrolled in community colleges in this state."

"This is one of the best things that can happen for community college students," said Lisa-Marie Fahner, WACCS representative for HCC and one of the most enthusiastic supporters of the referendum on campus.

Fahner has gained the reputation as an innovative and dedicated force on campus through her achievements as the college's WACCS representative, and on the executive council of Highline Community Student Union.

"She's definitely our number one idea person in student government right now," said Bruce Mackintosh, Coordinator of Student Activities. "We (at HCSU) have a tough time finding people who are willing to dedicate their time and energy, or even have the time to donate. Lisa has brought a lot of new energy to her position on the executive board."

Under the proposed budgets, the legislative liaison would receive a total of \$3,000 dollars to cover these expenses plus a stipend of \$1,800 over the four-month period the state legislature is in session. A total of \$8,400 and \$14,600, respectively, from each of the proposed budgets would be disbursed in the form of stipends to the state president, director of public relations, vice-president of finance, vice-president of rules and the legislative liaison.

WACCS has achieved much on small budget

Even without the advantage of this central office and attractive stipends, WACCS has accomplished a list of achievement enviable by any group of activists with similar, and sometimes more, resources.

For example, WACCS members participated in the initiation and drafting of the state community college child-care bill and helped to raise \$300 million for state-wide capital improvements at community colleges without raising tuition.

WACCS has also campaigned for better handicap access on community college campuses. According to a survey conducted at the Higher Education Institute at UCLA, 8 percent of all college freshmen have some form of disability.

WACCS has also worked toward reinstating financial aid funds slashed in the budget-cutting sprees of the early 1980's as well as for standardization of credit-transfer policies.

"I have found students have incredible weight when speaking to the Legislature," said Hansen.

Teacher salary increases important

According to Hansen, WACCS also understands the wisdom increasing teacher's salaries in order to keep pace with inflation and on parity with comparable professions.

Hansen said the issue of faculty salary increases had aroused a lot of debate when it was first introduced to the membership of WACCS.

"When you have faculty pay raises, you also have tuition increases," said Hansen, "But if you don't pay your faculty enough, you can't attract the best teachers."

WACCS resolved the debate by supporting the pay increases.

Can WACCS remain lean and mean?

This potential new-found wealth could act as a 'bulker' to WACCS's 'lean and mean' reputation. Perhaps the 'legitimacy' an established budget adds to an organization act as a buoyant force against 'the incredible weight' of impromptu student testimony in the legislature, suggests Mackintosh.

"I'm not opposed to the referendum," Mackintosh said, "but I've tried to point out what changes are going to occur. If the referendum passes the nature of WACCS is going to change...sometimes very unprofessional people can be very effective in influencing the legislature."

Mackintosh said, however, that passage of the referendum could also be very beneficial. According to him and Hansen, creation of a central office would benefit students by allowing them to access records and other information directly. As the system stands, people who need information must first track down the WACCS representative (most likely Hansen) who has the records they need.

Mackintosh also said that a professional approach is not necessarily a detriment.

"They will have a more professional staff representing them," Mackintosh said, "the coordinating efforts will be facilitated much easier with the central office and information will flow in a much smoother manner."

Whatever the outcome of the voting, both on campus and throughout the state, Hansen and Fahner say they plan to continue campaigning in the interest of community college students.

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For Appointment

News Briefs

YMCA holds waste collection

The Metro Center YMCA will be sponsoring a household hazardous waste collection on May 30.

The collection will be for dangerous items such as chlorine, oil, and any other household chemicals.

For more information please contact Richard Conlin or Sherrie Zahner at 382-5013.

HCC Trustees approve tenure

The Highline Community College Board of Trustees voted at a March meeting to approve tenure for the following instructors:

Garth Allsop
Linda Baker
Anna Leonard

Dana Bosley
Jacqueline Krutz

Tri Nguyen
Kathleen Oberg

Approved probationers include:

Larry Blades
Kathleen Higley

Robert Rigdon
Sandra Smith

M. Ann Spiers
Carol Stams

Richard Vysocky

Cabinet approves fee increase

An Instructional Cabinet meeting in March approved an increase in additional fees for the following classes:

Legal 215 from \$7.50 to \$20.00.
Computer Fee .. from \$7.50 to \$20.00.
Library 135 from \$7.50 to \$20.00.

The Cabinet meeting also proposed changes in fees for a majority of the Interior Design classes which will be reviewed in the next meeting.

Questions concerning the proposed increases in the Interior Design department please contact Garth Allsop at ext. 457.

March of Dimes Walk America rain or shine

The March of Dimes Walk America is sponsoring a 30 kilometer Team Walk on Saturday, April 25. Registration is between 7:30 a.m. and 9:30 a.m., at the Seattle Center House, Food Circus.

Walkers are required to get pledges for each kilometer they complete. The walk starts at Seattle Center at Thomas and Mercer Street, and travels a route to and around Green Lake in Northeast Seattle.

This year's theme for the annual event is "Rain or Shine, You'll have a Great Time!" Gordon A. Nygard, Team Walk chairman promised, "As with last year, many corporate sponsored checkpoints will provide refreshments, give-aways, prizes, and enthusiastic volunteers."

Groups and individuals participating in Team Walk must acquire a sponsor sheet from Team Walk Captains at their school, business, or organization. Complete and mail the postcard attached to the sponsor sheet prior to the date of the walk.

Although, many walkers will complete the route around Gas Works park, the Burke Gilman Trail to Greenlake by 2 p.m., Walk America officially ends at 5 p.m.

For more information, and to acquire a sponsor package, contact the March of Dimes at 624-1373.

Childrens Fair on campus

The Parent Cooperative Preschool, Parent Advisory Council and the Parent Education Department will be sponsoring a Children's Fair on April 25, from 10 a.m. to 3 p.m. in Bldg. 23.

Activities include woodworking, which a wooden toy maker will be showing kids how to make toys, face-painting, fish pond, science exhibits, arts, and crafts.

There will also be a magic show in Bldg. 7 at 11:30 and 2:15. The magician will be Will Stedman.

Snacks and balloons will also be available for the children.

For any questions about the fair please call Jackie Krutz at ext. 461.

Journalism club will meet

Sigma Delta Chi will hold its organizational meeting on April 29 at noon in the Thunderword office.

Election of officers will be held and plans for inviting speakers will be made as well as visiting various media outlets.

The purpose of the organization is to promote professionalism in journalism.

Anyone with an interest in the media or journalism may attend.

Maxim-Young Modeling contest

The Maxim Young-Adult Nightclub is searching for models in conjunction with modeling agencies for international markets.

The Maxim is sponsoring a contest for a model in which the winner receives round trip air fare to Tokyo, Japan; a two month modeling contract in Tokyo, with World Top Inc. with guaranteed living expenses while in Tokyo.

When the winning model returns she receives round trip air fare to Los Angeles and an escorted audition with the top five modeling agencies in Los Angeles; Eastwest, Privilege, Fontain, the Agency and Nina Blanchard.

Prizes are also awarded for semi-finalists and for "most promising" categories. For more information contact the Maxim at 564-0213.

Job hunters seminar

An orientation for job hunters will be held on April 16, 30, May 14, 28 or June 4, from 1-3 p.m. in Bldg. 22, Room 204.

There is no fee for participation, but it is a one time only orientation session on the job search resources available in the community and through Highline Community College resource center.

Women's support group at HCC

A support group for women will be held on April 17, 24, May 1, 8, 15, 22, 29, and June 5.

The support group will be counseled by Akemi Matsumoto for no fee and will be held in Bldg. 22, Room 204, Fridays, 10:30 to noon.

The group is for women who are going through changes in their lives; divorce, marriage, emotional problems, and would like support. Membership is open for all women anytime.

Highline Community College
The HCC Thunderword
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Editorials and Comment

HCC Thunderword

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Matt Esget News Editor
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Todd McDonald Sports Editor
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WACCS referendum favorable

The Washington Association of Community Colleges Education for HCC has created a favorable referendum to collect 50 from every student by tacking on the additional cost to the cost of tuition.

This increase in tuition is minimal for each student, yet it would allow WACCS to have direct access to the Legislators.

It is distressing to the *Thunderword* that WACCS has not had the opportunity or financial means before now to have an office in Olympia with a lobbyist and also have general record-keeping ability.

The vote for the referendum will be taken during the summer for registration for fall quarter and decided during winter quarter.

This referendum should be passed by the student body to allow WACCS to continue to help HCC and other community colleges with improvements for the students and faculty.

McFarland to retire

The retirement of Dean of Instruction, Robert McFarland, which will occur on June 30 will be a loss to the faculty and the student body.

McFarland has served on the administration since 1970 and moved up to Dean of Instruction in 1976.

He has helped this administration through its growth period and McFarland has also assisted this newspaper with assistance.

The search committee created by Dr. Shirley Gordon, president of HCC, will have the difficult task of replacing an asset such as McFarland, the *Thunderword* wishes McFarland and the search committee luck.

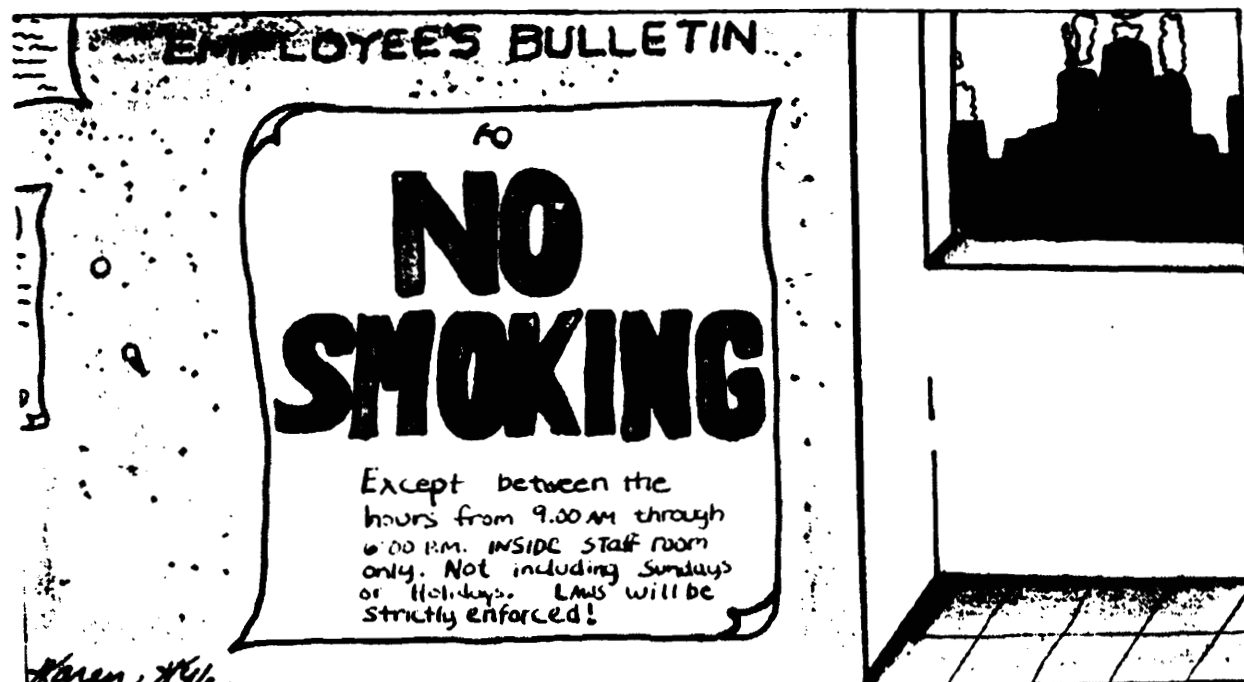
Condoms soon available

The decision to sell condoms on campus was made at an Instructional Cabinet meeting and will become available to students before summer quarter begins.

Men will have a choice of three types of condoms while the women will have only one choice.

The sale of condoms at HCC is a responsible and mature response to prevent sexually transmitted diseases.

The administration had begun the idea to prevent the fatal disease AIDS from becoming a problem on campus.



Waste must be controlled

By Loral Johnson

Waste so dangerous they buried it deep below the city and threw away the key, was a line recently broadcast by the popular computer-generated television personality, Max Headroom, as part of his weekly show.

Although the television show is set a few hundred years in the future, the problem of hazardous

lems that aren't covered by federal ecology laws.

Meanwhile, the major oil companies are trying to remove petroleum and petroleum products from the bill. A major aircraft manufacturer in the state and the pulp and paper industry, are also working to remove provisions in the act which would help local governments cope with the wastes as well as provide a pro-

render these inorganic wastes harmless at this time. How can such products be handled until a process is discovered? Launch it into the sun where it will vaporize harmlessly? Think of the costs and hazards involved in that simple solution!

The current bill was obviously doomed, either because of a refusal to fund by private sector or the government. No one wants to

There may be as many as 2,250 underground storage tanks leaking at Hanford.

waste storage and disposal already exists on our doorsteps.

There are 158 known problem sites in the state, and 400 potential problems sites. Furthermore, there are another 350 to 750 sites on the Hanford reservation alone, which contain hazardous wastes.

Even with a very conservative estimate, says Rep. Jolene Unsoeld, D-Thurston County, there may be as many as 2,250 underground storage tanks leaking at Hanford.

Meanwhile, as all of these poisons brew close-by, the hazardous waste clean-up bill, brought to Washington's legislative committee on ecology and parks, died while in surgery on the committee table, and now awaits

gram to avoid creation of future hazardous waste sites.

It should be noted that, at some sites, petroleum and petroleum-derived products often comprise the bulk of hazardous wastes.

The intent of the bill, says Unsoeld, is to hold the parties responsible for dumping hazardous wastes, for their clean-up. The measure would give those businesses and individuals more certainty about what is expected of them. The bill also includes important incentives to encourage responsible steps for voluntary cleanup plans.

The sites must be cleaned up, but let's look at the dilemma logically. If it took 50 years to create

take responsibility, or be accountable, for the problem that was either created over a long period of time by "others," or the companies themselves, before clean-up was mandated.

The bottom line for polluters is that there is no direct financial return on the cleanup investment. Meanwhile, it is the duty of the government to ensure the public safety. However, industry is also responsible for consumer safety;

without consumers the companies wouldn't exist.

The fact is, whether it be private sector or government, money will come out of the pockets of the

The bottom line for polluters is: there is no direct financial return on the cleanup investment.

dissection. Resurrection of H.B. 434 by the committee is unlikely.

The controversy isn't new, it's just closer to home. Industry is urging the government shoulder the burden of waste-site cleanup from them which would place the financial responsibility, ultimately upon on the taxpayer's shoulders.

The state Department of Ecology estimates that a potential of 650,000 people have been impacted by these wastes, so far. Many of the state's priority sites aren't eligible to receive cleanup monies from the federal Superfund, however, because they involve pesticides and petroleum-related prob-

the waste problem, it will probably take another 50 years to clean it up, regardless of who funds the project.

Companies have found places to dispose of unwanted chemical by-products since modern mass chemical manufacturing began. Most of these chemicals are inorganic, meaning they will not breakdown naturally and become harmless elements.

However, there weren't any regulations or guidelines for disposal of toxic wastes until the early 1970s.

Furthermore, there are no known processes to artificially

public, consumer and taxpayer, to fund the cleanup.

If the only benefit seen by corporations is public safety, wouldn't corporate heads, their families, and company employees, also be members of the benefiting public?

The longer we wait for action, the worse the problem becomes. As the environment and wildlife deteriorate, it is clear that people are next link in the food chain to be affected by the 'sins of the past'.

So, let's get down to it. Stop squabbling over who's accountable or responsible and get cleanup underway.

Arts and Entertainment

Women to celebrate women

By Jeanne Bartlemay

Workshops, resource booths, music, comedy and a dinner featuring sociologist Pepper Schwartz as the keynote speaker are highlights of Celebrating Women, a symposium organized by the Women's Programs Office, to be held here on campus Friday, May 1 from 1 to 9:30 p.m.

A wide range of topics such as financial planning, self confidence, therapeutic massage, and the female stress syndrome are examples of over 48 workshops conducted by local professionals.

Tickets for the dinner are \$5; entertainment and workshops are free.

"You'd normally pay at least \$200 for a seminar of this calibre," Julie Burr, program coordinator, stated.

Entertainment includes comedienne Peggy Platt, winner of the 1985 Seattle Stand Up Comedy Competition, and

Ginny Reilly, singer, songwriter and guitarist from the local-based singing duo, Reilly and Maloney.

Schwartz will discuss "Changing Issues Between Men and Women." Schwartz is a professor of sociology at the University of Washington, a popular lecturer, and co-author of the best-seller American Couples.

Burr is one of many who has been working on the project since February. She said she has been delighted by college and community support for the project.

According to Burr, the project is working because so many people are helping with behind-the-scenes details, not just donating their time and energy to giving workshops.

The campus is also providing low-cost daycare and free parking for the event.

Last year's tickets for the dinner and keynote speaker were sold out two

weeks before the symposium, and because of seating restrictions an estimated 200 people were turned away.

To make childcare arrangements call Joyce Riley, coordinator of the Childcare Development Center, at 878-3710, ext. 224.

For more information or reservations call the Women's Program Office at 878-3710, ext. 340.

Musical audition

Auditions for *The Boys From Syracuse*, will be held May 7, 2 p.m.-6:30 p.m. in the Lyric Theatre, Bldg. 4, Room 122. Auditioners must bring a song with sheet music and a short monologue. Accompanist is provided. Cast must register and pay fees for summer quarter (5-15 credits depending on role). *The Boys from Syracuse* based on the novel by George Abbot will open the theatres tenth season on June 12 and will play until June 27.



Lonny Kaneko

Kaneko reads his poetry

By Charlotta Due

April 29, HCC English instructor and poet Lonny Kaneko will read from his book *Coming Home From Camp*. The reading, held at the Elliot Bay Book Company, is one in a series of spring readings initiated by the bookstore including well-known authors Walker Percy, Mary Mackey and John Nichols.

Coming Home From Camp is a collection of poems describing Kaneko's experiences in a WW II Japanese-American internment camp from 1942-1945 and his life after release.

The poems, filled with memories of affliction, are surrealistic or dreamlike narratives. One of the dreamlike poems Kaneko will read is *Beast of the Heart* which describes, in the form of memories, the ominous emotions that come to his mind when he falls asleep late at night in camp.

Kaneko held readings earlier at Peninsula college in Port Angeles and Washington State University in Pullman. At his latest reading February 23 at the University of Washington, he read poetry together with Paula Jones and Anne Spiers, also HCC faculty poets.

The Elliot Bay Book Store, situated near Pioneer Square, 101 South Main St. Seattle, is an interesting place for dedicated readers. The overwhelming amount of books, magazines, art posters and cards are displayed in the many rooms and corners of the old house. The wooden floors and the old-fashioned cafe with brick walls in the basement give a cosy atmosphere to the place.

Calendar

Tuesday, April 28

Pool Tournament—Double Elimination, Gamesroom, Bldg. 8. Time: noon-3 p.m. Trophies awarded for 1st, 2nd, and 3rd places. For more information, call 878-3710, ext. 537.

Wednesday April 29—Thursday, April 30

All-Campus Blood Drive, Plaza near Bldg. 8. Times: 9 a.m.-12:30 p.m. Goal: 90 donors.

Wednesday, May 6

Brown Bag Concert Series: Eric Tingstad, Contemporary Guitarist. Artist-Lecture Center, Bldg. 7, Time: noon-1 p.m.

Thursday, May 7

Poetry Reading: HCC Faculty Poets, Artist-Lecture Center, Bldg. 7, Time: noon-1 p.m.

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Arts and Entertainment

Lisa Quast Federal Way finalist

By Johna Strader

Lisa Quast, 20, a sophomore majoring in fashion marketing at HCC, was chosen as one of 12 semi-finalists to compete for the title of Miss Federal Way on May 2, at 7 p.m., in the Deca-

teur High School auditorium.

Quast is no stranger to beauty pageants or competition. At age 16, Quast earned the title of first runner up in the Washington State Miss T.E.E.N. pageant and won the talent division.



She went on to win the title of Washington State Cinderella Girl and the Washington State Collegiate Miss Cinderella pageants. She also placed in the top eight at the International Cinderella Pageant, held in Miami, last summer.

Besides her involvement in beauty pageants, she maintains a 4.0 grade-point average and is a member of Phi Theta Kappa, a national honor society.

Quast keeps a hectic schedule, usually getting to sleep around 1 a.m., and rising by 5 in the morning. However, Quast still finds time to keep in shape by bodybuilding, and won the title of Puyallup Women's Bench Press Champion when she powerlifted 160 pounds.

She says that during the course of the beauty pageant, however, she must keep an eye on her physique to ensure that she doesn't gain sheer muscle, but rather maintain a good all-over body tone.

The contest is not based solely on physique, contestants are judged in four categories: interview, evening gown, swim suit, and talent.

"The judges aren't looking for how beautiful your choice of gown is, or how your body looks in a swim suit," she explained. "Although they do take that into consideration.

"What makes a bigger impression,"

she said, "is your attitude. They look for poise, how comfortable you are, your ability to act natural and your overall excitement."

If Quast is successful, and earns the title of Miss Federal Way, she will compete for the Miss Washington title. Winning that competition would entitle her to compete in the Miss America Pageant, held in Atlantic City, New Jersey, later this year.

She noted the Miss America contest is largely dependent on talent, with the judges making 50 percent of their choices based on that element.

Quast plans to perform a jazz acrobatic routine to the music from the movie *For Your Eyes Only* as her selection in the talent portion of the contest.

Whether or not she earns titles in beauty contests, Quast will finish her associate of applied science degree in June. She has been accepted by the Evergreen State College, and will work toward a bachelors of science in business administration. From there her dream is to attend Harvard law school and major in corporate law.

But for now, she will concentrate her energy on the pageant in order to ensure a top performance in the contest which could place her on the first rung of the ladder in the climb toward earning the title of Miss America.

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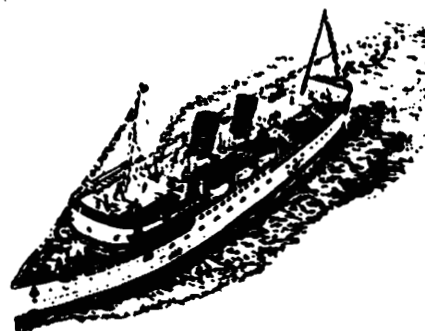
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For more information call 878-3710, ext. 535.

Arts and Entertainment

Relationships revealed in *Partners*

By D. Michael Foote

Maggie Scarf, author of *Unfinished Business* has written another blockbuster. Her latest offering, *Intimate Partners* is an in-depth study of why relationships fail and various ways to help partners in intimate relationships find ways to be successful in them.

Using the case study method, Scarf adroitly shows how some very common personality traits can lead to severe problems in relationships. The basis for the book is sound. The sources that Scarf uses are numerous and well footnoted. She explains clearly and succinctly how unresolved conflicts from our childhood seek resolution in intimate relationships in our adult life.

Through the use of six couples and a dramatization of their problems, the author carefully depicts some of the basic trouble spots confronting many couples at some time during their relationship.

She shows how changing partners usually exacerbates the problem, because people tend to choose the same kind of person repeatedly.

Scarf also stresses a person can relate to another in a meaningful way, only after working through their own ambivalent feelings and internal conflicts.

Scarf alternates throughout the book from the case studies to psychological commentary. Through the intermix of case study and narrative, the author manages to avoid the boring atmosphere that haunts other psychological treatises. This technique keeps the book from getting dry and Scarf's writing style makes the content understandable and interesting. While the subject may be considered intellectual by some, the style and personality of change, even though most of the relationships studied fail on one level or another. The author does an excellent job of providing a logical and convincing approach to the subject.

Along with the aforementioned intermix, the author has some exercises for those who would approach the book from a practical level. These exercises, designed to be done with one's partner, are simple and direct. The results expected and what the exercise is designed to accomplish make for interesting and enjoyable reading as well as being helpful from a practical standpoint. Scarf shows how conditions might be changed in relationships to make the situation better for the partners and provides readers with concrete methods of dealing with problems in their own relationships.



While covering the typical problems most of us will experience to a greater or lesser degree in our own intimate relationships, the book attempts to keep a very positive attitude on the possibility of change and even though most of the relationships studied fail on one level or another the author does an excellent job of providing a logical and convincing approach to the subject.

The book, while accessible to a wide audience because of its style and ease of comprehension, is well documented and could in fact be used quite successfully as a text in a class studying relationships.

Although written with a broad audience in mind, the book is required reading for anyone in the fields of counseling or psychotherapy because

of its scope and understanding of a variety of personal and relational problems. It is complete, and has an accurate analysis of components and solutions to the problems.

Anyone who has wondered why their relationship isn't as good when first entered, or wants to find out more about the attitudes and behavior of themselves, or their mates, shouldn't be disappointed.

The book should be required for those in or contemplating entry into an intimate relationship.

Briefs....

Saturday—Monday, May 23—25

Three-day trip to Victoria B.C.—For HCC students and other interested parties. The cost \$7 per person includes passage on the cruise ship Princess Marguerite and two nights lodging at the Embassy Motor Inn-based on four people to a room. Moped rentals for transportation in Victoria may be available. A non-refundable deposit is required in full before the May 8 registration deadline. Sign up at the Student Lounge Info. Desk, Bldg. 8, For more information contact Lauralee Minter at Student Lounge desk or call 878-3710 Ext. 537.

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Sports

HCC student athletes

Lancaster, Brown: athletes who excel

By Colleen Terrey

Heather Lancaster of the Highline Thunderbird women's softball team has been pitching the team ahead toward the Northwest Athletic Association of Community College championships. As the sole pitcher for the HCC team, she has helped lead the team to an enviable 7-1 start this season.

Lancaster, a Kirkland native, is in the prime of her second year on the Thunderbird team. She has been familiar with a glove and ball since the age of 10 and has remained active in baseball throughout her educational career. Lancaster began in a Kirkland little league before she graduated to a senior league. She began pitching when she was 12, and has continued to fire a ball into the catcher's mit.

At 16 she ended her senior league career and became active on the slow pitch team at Juanita High School. Determined to stay on the ballfield after her high school years, Lancaster joined the Lake Washington Sports Clinic team. She spent that summer participating on the Clinic's team with players from Juanita, Lake Washington and Redmond.

Lancaster was "discovered" that summer by Highline's women's softball Coach Kevin Johnson. Johnson observed her talents and offered her a pitching position with the Thunderbirds on a scholarship at Highline for the 1985-86 school year. While completing her second year at Highline with the team, Lancaster is also involved with the legal program here at HCC. She feels "very lucky" to be on scholarship at HCC, especially since the college offers a legal assistant program where she can build her professional career. Lancaster invisions possibly working as a para legal in a prestigious Seattle firm within the next five years.

Although a career is important to her future, Lancaster prefers her pitching career to be in the driver's seat for the present. She believes the HCC women's softball team is beginning to make a name for itself.



Photo by Bill Stevenson

T-Bird's pitcher, Heather Lancaster.

"I just hope that this year will be our year to do something for Highline. It is only our second year (with a women's softball team), and we need to get it out that we have a softball team, that Highline has a softball program. We always need people and we want to do well this year," she stated.

The team has indeed done well thus far. The members were informed April 16 that they were in first place and headed for the championships as their biggest rival, Green River Community College, lost two games which placed them behind the Thunderbirds.

"We will do well as long as we have no more injuries," Lancaster stated.

As for her own accomplishments, she stated "I believe that my pitches have improved on speed and I've been working on different types of pitches. You need to use a lot of different pitches because once a team has played you, they get used to your style—so you have to change."

Lancaster's teammates and assistant coach all agree that Lancaster's flexibility with pitching styles has increased since last season. Lancaster's coaches have claimed her to be an enthusiastic player and note her improved speed and flexibility.

Lancaster has been the team's only pitcher, which has caused her to tire occasionally during the second game of a double-header.

As this is her last year in the NWAACC, Lancaster is looking for a memorable finish, but in any event she maintains, "whatever happens, happens."



Photo by Robert Antonelli

Track star Henry Brown.

By Colleen Terrey

"With a little determination and dedication, he has the potential to go professional," said Men's Track Coach Don McConnaughey about Henry Brown, one of the HCC track team's most prominent members.

This is Brown's first season with the Thunderbirds, but he is already leaping toward his place in the record books.

Brown, a record-breaker at Lindberg High School in Renton, began his athletic career with the Thunderbird track team during the indoor season, which began in December.

These winter workouts acted as a precursor for spring, and Brown has excelled in both seasons.

He has been involved in track and field since age 11. His first experience was on the Summer Kent Parks and Recreation team. He competed in the 100 and 200 meter sprints, and participated in the 400 meter relay. This is also when he began his long jumping career.

As a contestant in the ARCO Jessie Owens Games in Los Angeles that same summer, Brown took first place in the long jump with a record-setting distance of 16'1".

Brown continued his career throughout junior high and began high school at Kentwood where he competed in the same events.

His sophomore year was the first time he was introduced to the triple jump, but lost interest because of improper instruction. He continued in the hurdles and long jump, and was an alternate for state in his junior year.

Once again, the season brought him to the state meet where he competed in

hurdles, and the long jump, and took third in the triple jump.

In his senior year, Brown beat the Lindberg High School records in the long jump and triple jump with distances of 23'6" and 49'11", respectively.

The summer following his graduation in 1986, the athlete surpassed even these records at the Junior Olympics with distances of 25' in the long jump, and 51' in the triple.

Brown received the Outstanding Athlete Award, and a trophy, for his superior performance sweeping his familiar events at the High School Indoor Track and Field competition at the University of Washington in February of 1986.

He also participated in the Golden West meet—a competition between the top eight seniors of each track and field event—which was held at the University of Sacramento, Calif.

Brown received an invitation to the 1988 Olympic trials, and according to Coach McConnaughey, he could be in a position for taking this step to the professionals—if he makes more of a commitment to his work.

He declined another invitation to the International Sports Exchange because of foreign relations tensions.

A football player, too, Brown began that avenue early by playing in the pee wee leagues. Over the years, he has played a plethora of positions, including running back, receiver, safety and cornerback.

A strong believer in the "self," he tells people to "strive for your goal, and believe in what you do."

Brown coaches many of his teammates and said "teammates should help each other out."

He shows enthusiasm in his attitude toward helping others polish their skills.

McConnaughey remarked, "Henry really works well with others. I think that he would make a good teacher or coach."

His talents aren't confined to the athletic field, either. Brown sang in the jazz choir in junior high and high school, as well, and once sang the National Anthem to open a Tacoma Stars soccer game.

Brown hopes, one day, to compete in the Olympics.



Photo by Barry Wong/Seattle Times

Track Coach Mike White at the start of the Emerald City Marathon. White placed sixth in the men's open

Coach places in marathon

Mike White, Highline Community College's assistant track coach, ran in the Emerald City Marathon April 12.

White was in third place about the 15 mile mark, and was battling with Dennis Rinde at the 17 mile mark, for third and fourth place positions.

At the finish of the race, White, of Tacoma, placed sixth with a time of

2:29:03.

First place finisher was Doug Kurtis of Northville, Mich., 2:17:33; second place, Dennis Rinde, Sun Valley, Calif., 2:19:03; Third place, Doug Nelson, Colorado Springs, Colo., 2:19:33; fourth place, Matt Cato, Portland, Ore., 2:21:10; and Kevin Matthews, fifth place, Bellevue, Wash. 2:24:55.

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Sports

Softballers hang on to first place



Georgene Murphy waits for the perfect pitch.

Photo by Jeff Hensley

By Todd McDonald

The women's softball team still remains in a tie for first place with the Green River Gators despite two losses to them last Tuesday.

Green river swept the T-Bird women

in the double-header with scores of 5-4 and 4-0, but still remain in a two-way tie for first place with Green River.

The T-Birds arrived with a perfect 4-0 league record, against a tough Green River team who only have two losses. The Gators needed a sweep to move

into a first place tie, and they came out swinging.

From the first pitch the Gators were all over Highline pitcher Heather Lancaster. A walk, and two consecutive singles loaded the bases for the Gators. The next batter slammed a Lancaster

pitch for a ground rule double to deep center field, scoring two runs.

The next Gator at bat drilled a line drive toward second baseman Bonnie Rempfer, who proceeded to make a diving catch and turn a double play. A strike out by Lancaster ended the inning.

In the bottom of the second the T-Birds struck for three runs. Georgene Murphy led off with an infield single. An error committed by the Gators allowed Bonnie Vorwerk reach first base and advance the runner. Merry Waddel reached base on another Gator error that scored Murphy. A double by Val Rech brought in Vorwerk and Waddel and put the T-Birds in front, 3-2.

In the fifth inning, errors plagued the Highline squad as the Gators scored two more runs, to pull ahead 4-3.

In the bottom of the seventh Lancaster helped her own cause by slapping a single into right field. Carra Bidden answered the when she hit a single into center field, which placed HCC runners on first and second with no outs.

Heather Reiley then drove the ball to deep center. Her play would have ended the game, but a great catch by a Gator center-fielder saved the game.

Cari Petty followed up with an RBI double to score Lancaster, but it wasn't enough: the Gators held on to a 5-4 win.

In game two the T-Bird women were shut-out 4-0 through a fine

SPORTS COMMENT

Sweet Crunchy Granola

By Todd McDonald

Things to do today:

: Sleep in (why not?)

: See what is on the tube (probably nothing)

: Wash car (whats the use?)

Sound familiar? Well, dont fear because spring time is definitely here. What exactly does spring mean? "It's the season after winter and the season before summer." that's my stock answer whenever someone asks me that question. But it's also time to start thinking about how we'll look in our bathing suits this summer. It's the time of year when people start running, lifting weights or getting in a quick game of tennis. For what? Good health: are you kidding? The opposite gender. Hey, but what a motivational force!

Spring is the perfect season for getting into shape. There are so many different activities a person can enjoy during the spring.

If you have the patience you can go out golfing. One thing to remember however, is to always use a golf bag. I know from past experience. I was banned from a golf course because I threw the clubs down the course one at a time. It might have been out of sheer frustration, I don't know. I did have a golf bag when I started though.

Maybe you like to do things at a faster pace. If you have a bike, hit the open roads. I bet you wouldn't run out of roads to ride either. Personally my car always seems to get me

from point A to point B just fine (depending on the day).

They always say that tennis is the game of love. Spring is known as the season of love, so why not a quick set of tennis? A match made in heaven. I'm a person who believes in getting into the swing of things. So when I swing the racket, I swing for the fences. Needless to say I don't play much tennis. I guess no one thinks it's funny having to chase tennis balls all over the parking lot. If their not your tennis balls; you don't have to chase them down.

Another springtime activity you can do is spin the disc. No, not your records. Frisbee, you know "like wow man." If you can find someone who doesn't know how to throw a frisbee, you can be in shape in no time. Your best bet however, is a dog that knows how to fetch.

"Go fetch Spot, and be careful not to scratch the frisbee." Truly a man's best friend.

What about America's game? All you need is a baseball, a bat and seventeen more people. Trying to find seventeen more people is like the Mariner's trying to find the winning combination. It'll never happen. "Hey, what about your little brother, has he learned to walk yet?" You resort to almost anybody, just to play some baseball. Playing baseball without 18 people means that you have to run twice as hard. Who needs it?

Aerobics are another fine way to get into shape. Have you ever seen those

twenty minute workouts on TV? I watch them all the time. I even tried to do the exercises once, but I gave up because I couldn't figure out how to put my leg over my head. I still watch them though, it kind of makes me feel like I'm doing my part to get into shape. If aerobics is the strengthening of the cardiovascular system, then watching those girls lead the exercise is definitely the way for me. I can feel my heartbeat step up a notch every time I watch. People always how I stay in such good shape. "Sitting on the couch with a beer in my hand." A true armchair quarterback.

You see there are lots of ways you can fit into that summer time swim-

wear. You can even enjoy the fine spring weather that Seattle has to offer while getting into shape. Spring is a season to enjoy yourself, so go out and find something for you.

Now your weekend things to do list can look like this!

: Tennis (if I can find someone to play)

: Baseball (with any luck)

: Shopping for new bathing suit (only five more pounds)

In case your wondering, I didn't forget about running. It just makes me tired thinking about it. Well, before I run out of breath, I want to say Good Luck!

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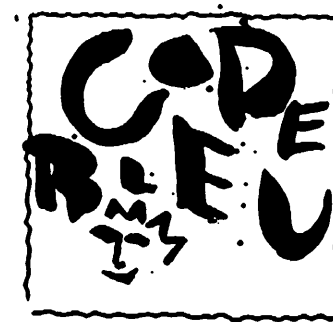
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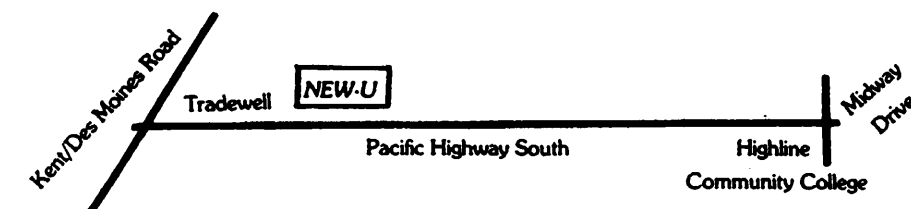
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