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Volume 28 Number 9

Serving Highline Community College with Excellence

Friday, February 24, 1989

More changes in grading at Highline

Karla Olson
Staff Reporter

Faculty and students could see a change in grading policies at Highline Community College in the near future. Owen Cargol, dean of instruction, has made a proposal to the Instruction Cabinet to change and clarify some of the policies.

The basic reason for these changes is to clarify when a student should receive a certain grade.

Some of the changes to be made which will affect students the most are incompletes, audits and withdrawals.

Incompletes - the current policy on incompletes makes it possible for a student to ask for an incomplete anytime during the

quarter, and the course work can be completed within one year of receiving the "I" grade.

This proposal is to "clear up some ambiguities about what the intent of an incomplete is," said Cargol. "The incomplete is designed for a student to make up one or two things he might not have been able to complete because of extraordinary circumstances."

The proposed change for incompletes means a student could only receive an "I" after the withdrawal date and before the final exam. In addition, a student must be doing passing work (2.0) in the class.

The proposal reads: "After receiving the 'I' the student must complete the course requirements

by the tenth class day of the next quarter the student is enrolled at HCC."

Audits - currently a student enrolled in an audit course must attend 50 percent of the class sessions but does not participate in the class discussions or laboratory work. If the student does not meet the attendance requirement a grade of "Z" is entered on the transcript.

The proposed change would give students the option of 'audit' or 'non-credit'. In the 'audit' the attendance requirement is the same, but failure to meet the attendance requirement will result in no entry being made on the student's transcript.

For a 'non-credit' class the student is required to attend 50

percent of the class sessions and has the right to participate fully in all course activities. However, no graded evaluations will be done by the instructor on tests, term papers, and other class activities. If the attendance requirement is not met, no entry will be made on the student's transcript.

Withdrawal - at this time a student can withdraw from a class on or before the 15th instructional day of the quarter, except summer quarter, if he is doing passing work. The student will receive a "W" on the transcript.

The proposed change would provide for the possibility of two grades: a "W" or a "WF." The "W" would usually be initiated by the student. If the student is doing

passing work he could officially withdraw from the course on the 16th instructional day of the quarter through the last day to withdraw.

A "WF" could either be a student-initiated withdrawal or an instructor-initiated drop for poor attendance. This can occur from the 16th instructional day through the last day to withdraw if the student is currently failing the class or has not attended enough to pass.

Neither the "W" nor the "WF" would be computed in the grade average calculations.

The Instruction Cabinet is reviewing this proposal now, and Dr. Shirley Gordon, president of the college, will make the final decision if the cabinet approves.

Intern-ing the dead

Carol Nelson
Staff Reporter

In today's competitive job market one of the greatest concerns among college students can be the frustration of finding a job in their field of study. According to Michael Sisson, Highline Community College student, a good approach to finding that job is through a student internship program.

A program on the value of student internships presented by Sisson and Mike Anderson, representative of the Dotson Institute, was presented at a recent student Data Processing Management Association.

Sisson, a student enrolled in the Computer Information Systems program, is a student intern with the Dotson Institute, the largest software applications training company in the Puget Sound area.

"If you can try it, do it. You have nothing to lose," said Sisson, a firm believer in the intern program.

Anderson, Sisson's supervisor, was on hand to speak about the value of the program from the employer's perspective.

"Jobs out there are numerous and widespread. This internship will prepare you. I'm always looking for applications," said Anderson, who listed a desire to learn and good judgement as the two basic qualifications for a good intern. He pointed out working hours can be bad, so he looks for an applicant with the ability to be at the job anytime.

"Internships don't come looking for you," said Sisson. "You need to get out and look for con-

tacts." Sisson listed the DPMA Association, teachers, the Job Placement Center and the Cooperative Education Office as good places to begin looking for an intern program. Sisson was approached by Carol Stams, CIS instructor, who encouraged him to apply for the position.

Sisson felt several considerations should be made before a student decides to accept an internship.

The first consideration is money. Most intern programs provide only a small salary, and some don't pay at all. Besides money, students need to consider their work load. If students are attending classes in addition to working, there may be times when they will miss class.

Although an intern program may not be for everyone, Sisson feels there are two big benefits: the ability to make contacts and work experience.

Contacts within the industry are very important. He cautions students to be realistic. Don't expect to get a job at the end of the program. However, the contacts made through the program can provide valuable job leads later.

Sisson said work experience is what companies are looking for and an intern program provides that. "I've learned more through working than school," said Sisson.

According to Stams, the CIS program has more requests for interns than it can provide. Stams won't recommend students for an internship until they've completed CIS classes 150 and 180. She said she looks for certain levels of maturity in her students before they're ready for such a program.

New trustees appointed

Kari Fritzing
Staff Reporter

Two new Highline Community College's Board of Trustee board members were appointed this month by Governor Booth Gardner. They are Gerald S. Robinson, who was appointed on Feb. 7, 1989, and Tom Nixon, appointed on Feb. 8, 1989.

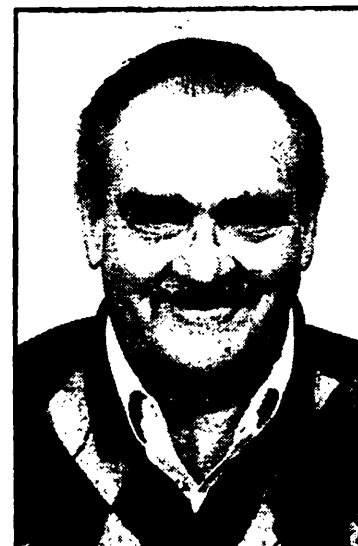
The board works with HCC to set policies which affect or set cost, rules and regulations and campus changes. Above all, the trustees play an important part in tenure, a policy which grants staff, faculty and administration to serve their jobs for an indefinite period of time. They can only be discharged by adequate cause and due process.

Robinson, 68, from Portland, OR, is the founder and publisher of the community newspapers and currently owns and works at the Highline Times Newspaper.

I've lived in the Highline area for the last 40 years.

---Gerald Robinson

"I've lived in the Highline area for the last 40 years. I have raised a family and have a job, and I think when someone lives in a community for that long, they should do something for their community in return. Hopefully I can help run the school, and the school can benefit from me," said Robinson.



Gerald Robinson



Tom Nixon

From the Highline area, Nixon, 42, is Vice President and Regional Manager at Puget Sound National Bank. Nixon received his Associate in Arts Degree in 1966 from HCC and furthered his education with a bachelor's degree at the University of Washington. In 1984, he graduated from the Pacific Coast Banking School at the UW. According to Nixon, he is a good example of why HCC is important because it promised him

the necessary maturity and skills to prepare him for a four-year school; and without HCC, he would not have received his bachelor's degree.

The five Board of Trustee members meet the third Thursday of each month and attend other seminars and meetings to discuss projects and policies. They are

paid no salary although are given travel and other expenses for each board meeting attended.

Usually newly-appointed trustees serve five-year terms, but Robinson is filling in for Elizabeth Metz, who left the board due to health reasons; and Nixon is taking over for Margery Guthrie because her husband was transferred to Long Island. Both Metz and Guthrie resigned on Nov. 10, 1988.

Long-term goals for HCC are important to both new members. According to Robinson, his plans for future goals are to meet the challenge of change. Nixon's plans are to continue serving a wider variety of students - those in need of specific vocational skills and those that want to go on to four-year schools.

News

Leakey to speak at Paramount

Carol Nelson
Staff Reporter

Richard Leakey, world renowned anthropologist, author and director of the National Museums of Kenya, presented a lecture, Feb. 15 at the Washington Center for the Performing Arts in Olympia.

The lecture, "The Origins of Humankind" was a part of the South Puget Sound Community College's Artist and Lecture Series. Leakey is currently on a west coast lecture circuit.

Leakey is the son of Dr. Lewis S. B. Leakey, anthropologist, and Mary Leakey, archaeologist. The family is often referred to as the royal family of anthropology, responsible for many expeditions and important discoveries which have changed the study of anthropology from the study of bones into an exciting science that has pieced together the life of early man and his evolution.

Lewis Leakey proposed the idea that man did not descend from one straight branch on the family tree. Prior to 1972, it was the accepted idea among anthropologists that man had successively evolved from

Australopithecus, Homo habilis, Homo erectus, and finally, Homo sapiens. Lewis Leakey believed that other hominids co-existed with Australopithecus.

It was Richard Leakey, in 1972, through the discovery of skull fragments found around Lake Turkana, Kenya, that provided the evidence that his father's theory was correct. The skull was called "1470" and was estimated to be approximately 2.2 million years old.

Leakey provided a thought-provoking, informative presentation with a slide show geared to a general audience. He began the program on the theory of evolution and the discovery of evidence that has changed that theory into scientific fact.

The house lights were dimmed and his slide show began with an explanation on why East Africa is the "cradle of mankind." He gave a logical, well-structured progression of subtopics touching on species adaptation, fossil discoveries, and lastly, modern man's place in the world today. He then allowed time for questions from the audience.

In a press conference before his lecture he spoke about his current



World-renowned anthropologist Richard Leakey lecture at the Paramount tomorrow.

work and what he sees in man's future.

On the topic of future discoveries, he commented, "The work is going on and we are always look-

ing for new things. We never announce major advances in our work except through Nature. We will be making an announcement later this year. But, obviously, I can't say

more than that."

He said that the age of hominids is the central issue in trying to document origin. There are no fossilized remains that can be, with certainty, assigned to the hominids earlier than five to five-and-a-half million years.

He feels the field of anthropology is very strong. "The difficulty is that paleoanthropology or physical anthropology doesn't have many jobs in it. But, there is a very broad interest in the answers," said Leakey.

Leakey said he views environmental issues, not nuclear issues, as the biggest threat to man's future. He feels one of the biggest threats to humans, besides the destruction of our environment, is that of disease. Bacteria becoming resistant to antibiotics, through our misuse and new viruses, could possibly cause epidemics that would be difficult to hold back. "Evolution continues even though we may not be present," he said.

Leakey is scheduled to speak in Seattle at the Paramount Theater, Feb. 25, from 7 to 9 p.m. Tickets are available at all Ticket Master outlets by calling 628-0888.

AIDS class offers answers

Paula McWilliams
Staff Reporter

With the rampant onslaught of acquired immune deficiency syndrome (AIDS) in our society, educational facilities, including Highline Community College, have deemed it necessary to institute programs which educate students about the virus and emphasize prevention.

Psychology 292, a two-credit course on AIDS taught by Bob Baugher, was introduced at HCC this quarter. A similar course was offered at North Seattle Community College last year when Tom Kerns, a philosophy instructor, managed to get his idea off the ground and into the classroom. Baugher, with his efforts, and assistance from Kerns, was able to do the same at HCC.

Baugher, who has a doctorate in social and health psychology, also

teaches courses on death and life and on human relations. His interest in death issues is what motivated him to teach about AIDS. Baugher feels that there is a definite need to educate people in the area of AIDS.

Noting the continuous search for updated information regarding the epidemic, Baugher commented, "I am more afraid about teaching this class than I am of getting AIDS."

The course, which originally had six enrolled students for the first week, now has 29 students. "The students that come out of my class can be good spokespeople for educating others about AIDS," says Baugher. He hopes to reach not only 30 or 90 people but 150 people.

Deb (who didn't want to use her last name), 38, a HCC student interested in social work and death issues, feels that any class which can save your life is worth taking. "No one wants to admit that this is

a heterosexual disease," Deb says. She also feels that "Denial in capital letters" along with an unwillingness to communicate about AIDS are two contributing factors which make educating the public about the virus difficult.

Lois Dick, a guest speaker to the AIDS class, says the two topics in society that are never discussed are sex and death. With the AIDS issue, you are dealing with both, she says.

Another student, Susan Hansen, feels that the AIDS class is valuable but hard to go out and share with others. She views the topics to be graphic and "sometimes gross," because she is hearing things she has never heard before.

"A lot of people feel that AIDS is God's way of punishing gay people and IV drug users. I don't agree with gays but that's their choice. How can God punish a little baby?" She asks.

The class curriculum consists

of lecture, handouts, videotapes, and guest speakers. The textbook used for the course is titled Confronting AIDS and is written by the Institute of Medicine. The students are required to complete a series of mini-projects, one of which includes an exercise where the students have to interview a minimum of three people and complete a survey analysis on their results. The project's goal is to discover how knowledgeable participants outside the class are regarding AIDS facts.

Topics addressed in this course include: The Disease Aids, History of Aids, Attitudes, Understanding Risks, Controversies, The Individual with Aids, The Special Grief of Aids, and The Future of Aids.

A number of students feel that because of the workload, the class should have been offered as a five-credit course. Kim Cowperthwaite agrees but says the credits don't

really matter to her because she still learns the same. Cowperthwaite, a political science student took Psychology 292 to learn more about AIDS. Working in a dental office has caused her to become more conscientious about the AIDS epidemic from the viewpoint of the medical field. "For myself, I have no fear," says Cowperthwaite, although she knows someone in a high-risk group who has experienced the panic of being tested for AIDS.

As far as the future is concerned, several students agree that the situation will get worse before it gets better. Cowperthwaite agrees adding, "The thing that really hit me are the numbers projected for 1991." There are different ideas for the measures to be taken to detour the disease.

Deb believes "the cure is prevention." For Cowperthwaite, sexual abstinence is the solution.

Thunder Bits

Two videos relating to foreign languages will be shown. Thursday, Mar. 2, 12-1 p.m. in area A, 6th floor of the library. Everyone is welcome to view The World says "Welcome" and Foreign Languages in Careers. Members of the Foreign Language department will be present to answer questions.

A three-quarter scholarship is being provided in creative writing by the Music and Art Foundation of Seattle for the 1989-90 school year. The recipient must be an American citizen, a Washington resident, and be 21 or younger. Application deadline is April 4. For more information, contact Lanny Kaneko or Ann Spiers at 878-3710.

Monday, Feb. 27, R.I.P.? The Cold War 1945-1989? At the University of Washington, 2:30-4:30 p.m. Call 543-4852.

Monday, Mar. 13, history of gay and lesbian people in the NW presented by the Gay and Lesbian Heritage Alliance. Keystone Congregational Church, 5019 Keystone Place North,

Seattle. For more info, call 282-5004.

Monday, Feb. 27, Blue Monday Lunchtime Express Concert, Belinda Bowler - Soft Rock/Folk Artist, at 11 a.m.-1 p.m. Building 8.

Saturday, Feb. 25, "Origins of Mankind" presentation by Richard Leakey. Paramount Theatre, 7-9 p.m., \$18-\$16,

and \$14. Call 443-6674. Tuesday, Feb. 28, Women's Programs Free Brown Bag Series "Parents Are Forever: The Parenting Act." 12 noon-1 p.m. Building 4, Gold Room.

Wednesday, Mar. 1, Double Elimination Pool Tournament. Entry Fee: \$5, sign up by 2 p.m. Tuesday, Feb. 28, cash prizes awarded.

News

Computer security?

Fantasies and realities probed

Bryan Smith
Senior Reporter

Think the current laws governing computers are adequate? Feel your data and even your telephone conversations are really private? In reality, none of it is, according to Lance Bowman of U.S. West Communications.

Bowman spoke at the Highline chapter's Data Processing Management Association computer security seminar earlier this month. He spoke on the "Fantasy and Reality" of computer security.

Current laws do not really protect anyone with any type of computer system, whether they are just a small company or a large corporation with massive mainframe computers.

Law enforcement officials are not of much help either. The fact is that there are many more violent crimes to be concerned about, Bowman said.

"According to the FBI, the average take in a bank robbery is about \$4,000. The average take in a computer heist is \$400,000," Bowman stated.

Only 12 percent of the offenders are reported. Bowman said this is due to the fact law enforcement officials are unconcerned and are naive, inadequate laws, and embarrassed companies. Out of the 12 percent only 18% are prosecuted. There have been just 75 cases prosecuted in the past eight years.

Bowman went on to say that many companies sell their services

on the basis of trust — your records, money, etc., are safe with them. But that is not always true.

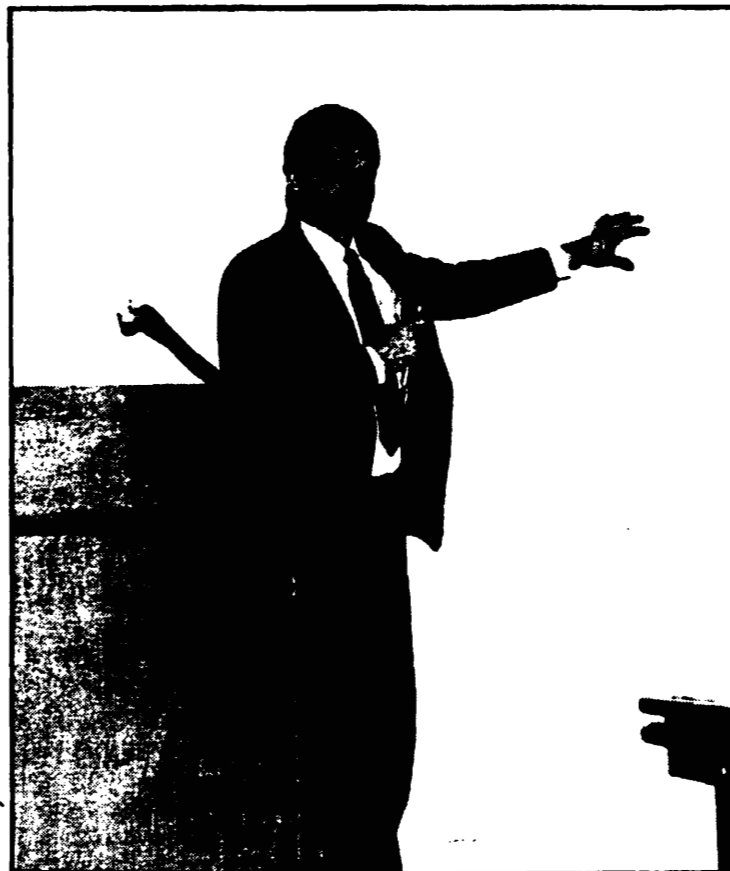
Translating computer facts and terminology to computer illiterate judges and juries aids the criminal in escaping a stronger penalty. The courts have a attitude of why used their valuable, limited resources to try and prosecute a case to a judge who just won't understand. Ninety percent of the persons prosecuted end up pleading to a lesser charge such as a misdemeanor. Yet estimated financial losses range between \$3 - \$5 billion yearly.

With the divestiture of the phone companies, gateways have been opened, Bowman continued. Every hacker in the world takes advantage of them. The telecommunication networks are like Swiss cheese waiting for access. Phone networks are being used illegally at a loss of \$500 million to a 1 billion a year.

Bowman gave a litany of facts: hackers range in age from 13 to 65. Most are young white males; there are very few women and other ethnic groups represented. In the computer underground hackers exist without any bias against other races of people. They judge each other by knowledge and attitudes.

Hackers are quick to use anything to their advantage, such as company phone books, data sheets, carbon paper. Some have disguised themselves as delivery persons in order to get near a company's computers, pick up identification numbers and passwords.

Hackers even use radio scanners to pick up information and credit



Bryan Smith / Thunderword
Lance Bowman explains the fiction & fact of computer security.

card numbers. These scanners pick up conversations on the ship-to-shore frequencies and cellular phones.

In order to emphasize his message, Bowman showed a video which gives suggestions about how to secure company privacy. Since someone inside your company might be a hacker, it is best to keep your password to yourself, according to the video. Many companies will terminate you for

sharing your password. You also must check all of your routines at least twice. If you forget to log off your terminal or leave notes lying around, you could be asking for trouble. Sometimes the incompetent will aid the criminal in his task.

One hacker who had been arrested said, "Once a Hacker has the necessary account all he has to do is call in, say to a bank's telex, use the bank's codes to transfer

funds to a savings account, and then walk in and withdraw the cash." It's been done many times. Even your credit reports are sometimes not safe from hackers.

The video stressed that teenage hackers cost companies millions and they are always looking for ways to get in. Even papers you bring home in your briefcase can be of some use to your teenager. There are six warning signs to look for in a teenage hacker. (1) Excessive time spent with the computer. (2) Many posted notes around his computer. (3) Hours spent on the phone with the computer. (4) Staying up late hours, using the computer and phone. (5) Drop in grades or a lack of attention to school work. (6) Mysterious packages arriving in the mail.

Bowman stated High tech crime is getting to a point where it pays to be a thief. "Criminals are now trading in their guns for computers since the chances of being caught are small. The FBI says that 1 in 20,000 are ever caught."

True hackers play on the illiteracy of law enforcement officials and company ignorance, Bowman stressed. Most companies are unaware of their vulnerabilities management will only react to profit or crisis, not to security, since there is no profit in it.

Bowman emphasized you need to take computer security seriously. Don't continue to think your data is really safe, otherwise you are just doing business in a fantasy world.

Death solved

**Jon VanGesen &
Lisa Naud**
Staff Reporters

A human skull was found in a wooded area near North Bend Saturday, March 2, 1975. Homicide Detective Robert Keppel of the King County Police said the area where the skull was found was "rough terrain" with "no trail at all" leading to the search area near Taylor Mountain. Three days later the skull was identified as that of Brenda Carol Ball, 22, of Burien. Ball, a part-time student at Highline Community College, disappeared from the Flame Tavern on June 1, 1974, now the Bull Pen II Tavern in Burien.

The remains of Ball, the third such discovery, was found without any clothing or jewelry. This strengthened the assumption that sexual assault was involved in the deaths of the three women that had been discovered. A young man identified only as "Ted" was being sought in connection with the disappearances.

Theodore Robert Bundy was the child of a Christian family in Tacoma. He graduated from the University of Washington in 1972. Afterward, Bundy enrolled in the University of Puget Sound Law School, dropping out a year later.

The nightmare began in February of 1974 when a UW student disappeared. Ball disappeared four months later, and the "Ted Murders" began. The trail of terror led through Washington, Oregon, Idaho, Utah, and ended in Florida. While in custody in 1977, Bundy escaped twice and killed again. In February of 1980, Bundy was sentenced to death for the murder of 12-year-old Kimberly Leach of Lake City, Florida. On Jan. 21, 1989, a U.S. District Court judge denied Bundy's final appeal.

In the last days before his death Bundy met with Keppel and confessed to committing more than 20 murders. For many, he had been the prime suspect. For some murders about which authorities

were puzzled, the case could now be closed. Bundy confessed to killing Ball and 10 other women in Washington State. However, before he confessed authorities only suspected him of eight murders in Washington.

"I feel relieved that he (Bundy) confessed, but there was no doubt in my mind that he was the one all along," said Rosemary Arnaud, mother of Ball.

Hours before his death, Bundy met with Dr. James Dobson. Bundy said, "I am responsible" and "I deserve the most extreme punishment." Jan. 24, 1989, at 7:16 a.m. EST, Ted Bundy died in Florida's electric chair.

Classmates remembered a fellow student, who was also a Bundy victim, at a memorial service at Lakes High School in Tacoma, the weekend after her murderer's sentence was carried out by the state of Florida. As one of the victim's father said, "It's finally over."

Pet anti-freeze

Diana Baumgart
Senior Reporter

Even though dogs and cats have a nice fur coat for warmth, they need protection during this freezing weather. Let them stay outside a short time as possible. Just like us, they were not prepared for the cold spell.

If your pet has to stay outside for long or short periods of time, make sure they have a place to get out of the cold for some of the time (dog house or any covered shelter). If this is packed with hay or worn blankets it will help them keep in their body heat. If at all possible let your pets come in at night when the temperature drops, or be sure they do have some enclosed or sheltered place when the chill factor rises.

Dr. Darrel Kraft of Sno-Wood Veterinary Clinic recommends checking paws daily for cracks. If paw's are cracking put a moisturizing cream on them just as a human would. Make sure animals get plenty of water, if not this could lead to colic. Warm water is important and easier to drink. It does need to be changed every three or

four hours since you can't keep it from freezing. Dehydration and hydrothermia are possible problems. This year we are seeing frost bite in some animals."

It is important to remember that larger pets, horses, cows, goats and lambs may need their hoofs cleaned out. Ice and snow can harden in the hoofs, causing the loss of body heat and deformed hoofs. Make sure all icicles are groomed out of the mane and tail. If at all possible cover the animals with a padded blanket, and them to a protected area out of the chilling wind.

With the freezing there is the need for water and food for the wild birds (seeds and suet). Suet is an added bonus that helps the wild birds keep their body heat up. Also peanut butter and seed can be mixed for an outside food. Animals need to take in 40% more food to maintain normal activities during the winter cold.

One major killer of pets and wild animals during winter is spilled antifreeze. We urge you to be careful of leaks and spillage. Pets are attracted to it because of the sweet smell and taste. Beware, it is poisonous and acts rapidly.

News

Health linked to not Stressing out

Piaget Kerrigan
Staff Columnist

How long does it normally take you to get to school? Half an hour?

How do you feel arriving at 8:30 a.m. instead of 8 a.m. because you followed a long line of red brake lights all the way to school? A traffic jam is one example of a stressful situation. By the time you reach your final destination, you're ready to strike the first person who looks at you wrong. Your body is tense, hands rolled up into a fist, teeth clenched, and your heart beat has doubled since you left your home. How does your body react when you realize you have a test in psychology and you forgot to study?

Stress is a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.

There are many factors which can bring on stress. School, work, family life and friends are a few. When the adrenaline shoots through the blood stream, muscles tense and breathing becomes shallow. This can be triggered not only by a true crisis but also by small daily events such as missing the morning bus.

The more we have to deal with stress, the greater the chance our emotions will take a physical toll. Stress itself won't cause diseases but it can bring on chemical changes in the immune system and be the start of a host of other illness, including allergies and ulcers.



Psychosomatic illness, meaning an illness brought on through emotional stress, can create diseases or illnesses to occur in your body. Such illnesses could include the common cold or the flu.

Certain body parts are more vulnerable than others. "They're like time bombs and if you're under pressure, they could become trouble spots," says Jerry L. Dickey, D.O., chairman of the Department of Osteopathic Medicine in Missouri.

Things which trigger stress are called "stressors." Financial problems, sickness, unemployment and rebellious children are examples of stressors.

There are a number of ways to control and/or reduce stress. One way is time management. Nanci and Randi Alcorin, authors of "Women Under Stress," suggest getting your life in order and doing the least desirable things first. Use the divide and conquer theory. An example would be housework. Divide up the duties into sections and conquer one section at a time.

Other suggestions for stress reduction are to set priorities, ask for help when needed, avoid destructive behavior such as over eating, drinking or spending money. Offset pressures with activities that bring you pleasure, such as painting, dancing or singing. You should try to make time for quiet relaxation as well as the above tips, according to Esther M. Orioli, Dennis T. Jaffe, and Cynthia D. Scott.

Your diet has a great deal to do with stress as well. If you cut back on sugars and eat more complex carbohydrates, such as vegetables and grains, your body will function more properly and the stress will be reduced. Other foods to concentrate on are more foods with fiber, such as apples, raisins, prunes, whole wheat, brown rice, oats,

barley, corn, and even popcorn. Try to cut back on red meats and eat more poultry and fish.

Besides diet, exercise plays an important role. Regular aerobic exercise changes the metabolic rate of our bodies. The result is that we burn more calories not just when we exercise but all day, even when we sleep.

According to the Alcorin sisters, "Exercise improves the coping ability, releases tension, reduces pent up emotions, decreases depression and improves disposition."

The Alcorins say that you should exercise three to four times a week for 20 to 30 minutes each time. Some great aerobic exercises include running or jogging, brisk walking, swimming, bicycling, cross country skiing, rowing machines, continuous calisthenics, or aerobic dancing.

Susan Seliger, author of "Ways To Reduce Stress," suggests this 10-second stress fix:

1. Place your thumb and index finger together in the okay sign. Squeeze hard for two seconds, as if you were sending all the tension into your fingers.
2. Continue to squeeze your fingers, roll your eyes upward as you inhale deeply for two seconds.
3. Hold your breath; let your lids close while still looking upward. Continue looking up even though your eyes may flutter slightly.
4. Now exhale slowly (take four seconds) allowing your fingers and eyes to relax. As you exhale, listen to the whooshing sound of your breath and silently repeat to yourself such words as "aah, peace." You should feel all the tension leave your body.

Another stress reduction technique goes

as follows:

1. Sit down and take a deep breath, slowly inhaling through the nose and exhaling the air through the mouth.
2. Shake your head from side to side in a "no" motion and up and down in a "yes" motion. "This loosens up your train of thought," says Maryellyn Duane, Ph.D.
3. Take a few more deep breaths as you did before. At the same time, quiet your mind by saying to yourself, "relax" or "be calm" or other words that work for you.
4. Now resume what you were doing, trying to approach the activity in a calmer, more objective way.

There are other steps to better coping with stress you might also try. Rethink your attitude towards life's inevitable emergencies such as traffic jams. "View as a challenge, try to control adrenaline flow," says Dr. Kenneth Greenspan, director of center for stress and pain related disorders at Columbus-Presbyterian Medical Center in New York.

Paul Brucker, M.D., says to uncover your hidden stress. "Analyze your daily life." You can realize other stressful situations by analyzing everything you do.

Be patient, exercise regularly, keep a sense of balance, approach home or work life in a realistic way, build yourself a support system with someone you can easily talk to and experiment with different relaxation techniques.

Of course there are hundreds of other ways to reduce stress, including techniques such as meditation, massage, self-hypnosis and relaxation. Every person has stress of some kind going on in their lives. Analyze your life, figure out what is causing you stress, and find a technique that works best for you.

Programers fear Government regulation

Bryan Smith
Staff Columnist

Programers fear Government Regulation.

Sometime soon, the computer-programing industry may face some difficult decisions about free spirits and fatal bugs.

Computers are beginning to make life and death decisions while relatively little consumer safety protection is afforded their users. In hospitals, computer software directs the flow of chemicals into a patient's bloodstream; it tells brain surgeons where to cut and directs potentially lethal beams of



radiation used in cancer therapy. Software flies airplanes, guides missiles, runs trains and even governs the acceleration and braking of many new automobiles.

As the list of computer software operated devices grows so does the list of related accidents. Last year two patients in a Canadian hospital were killed due to a software "bug" that helped a radiation machine zap its victims with up to 100 times the normal radiation dosage, cooking their flesh; this according to federal documents and reports in the medical press.

Alarmed by several serious accidents, a number of scientists are beginning to say that increased government regulation of computer programers, who write instructions executed by computers, has become necessary and inevitable. Many computer software specialists are opposed to regula-

tion, claiming it will stifle their creativity. The way to get quality is not to regulate but to manage. Some want the choice. Employers don't want to be forced to hire a person just because he has a license. In Washington, D.C., the House Science and Technology Committee is taking a preliminary look at how to increase the safety of computer software. A few government agencies have already begun to tighten control on medical computer software.

Last year two patients in a Canadian hospital were killed due to a software "bug."

The House committee is discussing work which will include a decision of gov-

ernment licensing of programers who write any software that might put human life in jeopardy.

One computer science professor noted there are many people going into programming who have no real background. All they have to do is buy a PC, read a few books, practice a bit, and then hang out a sign. The thought of people doing this is downright scary. Although some of the best programers I know don't have a degree, they have been programming for at least a decade and know what they are doing.

This is not a narrow issue. The Institute of Electrical and Electronics Engineers committee has formed to study software safety. There is a perception that there is a problem and that very few people are doing anything about solving it.

< End of Transmission >

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News

Ask Uncle Larry

Cheap answer to security woes

Larry Snyder
Staff Columnist

Dear Uncle Larry:

I am seeking a cost-effective alternative to a \$2000 home security system. Can you help me?

—Concerned Home Owner



Dear Concerned:

I would highly recommend the Remington Arm's model 870. This pump-action 12 gauge would give you five good shots for \$279 plus ammunition. With a modified choke, there would be a five foot spread at 20 feet - perfect for shooting down a hall or dim-lit corridor. Beware: in the wrong hands this weapon could do serious damage to family portraits and heirlooms. All this at one-seventh the cost of your high and mighty burglar alarm.

—Your good friend, Uncle Larry.

Dear Uncle Larry:

I am extremely attracted to a girl in my political science class. She weighs in at about 280 pounds and all of it is pure woman. And when she wears that tight red mini-skirt... well, needless to say, she all the guys in the class dream of asking her out for a date. I am having trouble breaking the ice. Can you help?

—Attracted in Poli-Sci.

Dear Attracted:

Why so up-tight, little camper? Why not invite her out to all you can eat at Skipper's. Think of all the romance. Think of all the coleslaw. Think of all the good times you could have with that Jell-o. Think of the \$3.99 price tag for an evening of culinary delight. In no time at all you'll be seeing more of her than you ever dreamed of.

—Good luck, Uncle Larry.

Dear Uncle Larry:

I am a single mother of seven. Having no marketable job skills, I have decided to go back to school. I have found it extremely difficult to obtain financial aid. Can you help me?

—Desperate in Des Moines.

Dear Desperate:

It is obvious to me that you are just another one of those snivelling, blame-America-first, give me another hand-out liberals. I suppose you couldn't get a job sweeping streets at night. Just think of all the benefits to such a job: you can go to school during the day, study in the afternoon before work, and have the great feeling of no further bankrupting the federal government.

When I was attending college, I worked three jobs and lived in a closet. You never would have heard me ask for money from my neighbors.

What are you teaching your poor children? To be lazy and depend upon others for their well-being? That's not the type or

work ethic this country was built on. What if the brave men and women who forged this country out of their own blood and sweat would have waited around for someone else to settle this country. You probably would have never been anywhere outside of Salem, Massachusetts.

—Get a job, Uncle Larry.

Dear Uncle Larry:

I am a second quarter student at Highline and I have a big problem. Last quarter, after standing in line for two days, I was informed by the registrar that all of the classes I wanted were either full or cancelled. I simply can't go through this tribulation once more. Uncle Larry, knowing you're the most intelligent person on campus (or at least the most inventive), can you suggest a way that I might avoid this problem?

—Growing old in line.

Dear Growing old:

Through my research, I have found this is Highline's number one problem amongst our student body. There are many ways to combat this chronic problem. My first suggestion would be to purchase the Remington model 870 pump-action 12 gauge shotgun. However, Uncle Larry does not condone violence in the classroom.

I therefore suggest the following four-step process to expedite the registration challenge:

STEP 1 — Prior to your assigned registration date, do NOT bathe or change your clothes for two weeks;

STEP 2 — Fill a shopping cart full of

smelly, decaying garbage;

STEP 3 — On your assigned registration date, wheel your shopping cart into the registration lobby, move directly to the front of the registration line and;

STEP 4 — wet your pants and scream loudly.

Just watch the newfound respect by your fellow students.

—Best of wishes, Uncle Larry.

Each week, Uncle Larry will help people deal with today's challenges in life. Whatever your problem, Uncle Larry wants to hear from you. Simply drop off your concern in 80 words or less to:

Highline Community College
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The views expressed in "Ask Uncle Larry" are not necessarily those of The Thunderword, its editorial staff, or Highline Community College. Translation: "We're spineless!"

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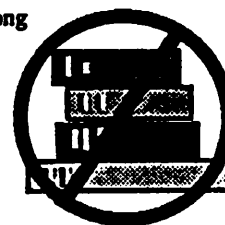
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Serving Highline with Excellence

Khomeini couldn't kill the First

While the Ayatollah Ruhollah Khomeini has placed a \$6 million bounty on the head of Salman Rushdie for his book "The Satanic Verses," another bounty of equal size should be placed on B. Dalton for wimping out on his clientele and pulling the book off the shelves. The people that once swore by the First Amendment are now giving in to the demands of terrorists.

Rushdie is a dead man; with a bounty that size every Moslem in the world will be gunning for him, but the basic liberties that our country was founded on should not be surrendered to anyone, least of all the Ayatollah. Both B. Dalton and the University Bookstore claimed to have received death threats to their employees, and in an effort to protect themselves took the book off the shelf.

So now, after over 200 years, the freedom to write what you want or to read what you want is not worth fighting for. These people are letting some hypersensitive religious leader decide what is fit for our consumption. The "U" bookstore is now claiming that they never took the book off the shelf; they merely "sold out." They made this statement after a week of protestors outside their door. Those people weren't protesting the sale; they were protesting the book's removal. They must remember when the bookstore sold "First Amendment" T-Shirts.

This book poses a threat not to Mohammed or the Ayatollah but to the rights and freedoms that such a precedence could eliminate. Let Khomeini scream about the defamation of Islam, scream for blood, and then sneak into his basement to read "Catcher in the Rye."



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The THUNDERWORD is published by the journalism students of Highline Community College. The opinions expressed are not necessarily those of the College or its students.

We welcome all letters, news, guest editorials and criticism from the campus population. Letters and guest editorials should be kept to 300 words maximum (500 for guest editorials). Anything longer will be subject to editing. All submissions to the Thunderword must be signed in order to be published and include a phone number.

The THUNDERWORD office is located in Bldg. 10 room. 105. Office hours are 9 a.m. to 4 p.m. daily.

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Auto-dueling vs. alternate transportation

Carol Jones
Staff Reporter



of both high-tech pressure and heavy traffic in the greater Seattle area? I firmly believe that in order to keep our lives, sanity, and sense of humor, we will have to make better use of alternate transportation systems available.

While creeping along during rush-hour traffic, I have noticed some thought-provoking stickers. The ones that say "I am hostile" are hostile to the traffic.

My Dear Mr. Traffic, I am like My Shipmate, the Sidewalk. I am stuck in traffic, and that is not what we do every day during our normal lives.

In a cartoon by Walt Fisher, a man in a turban sits at a desk with a sign that says "TERRORISM WOULD NOT BE TOLERATED". He is looking at a book titled "The Satanic Verses" and saying, "YA, AND WHILE YOU'RE AT IT, WHY DON'T YOU TAKE OUT Dr. SEUSS..."

highly durable fiberglass cars and enter peak-hour traffic.

Seattle's growing population is oriented toward the car.

Each year, only a few changes are made in the transportation system. The only resources available, which if utilized for a greater portion of commuters, could help cut down on the factors and traffic congestion that remain the nightmares.

I called the Department of Transportation, called 411, and asked for an operator about available information on alternate transportation.

These changes can be made down further, but the information on alternate transportation is not available.

For car and bus information, call 411 and speak to an operator. Some have stickers for Highline Community College. Sheehey, a student, has a sticker that says "I am hostile" and "I am like My Shipmate, the Sidewalk."

but if you are stuck in traffic, you are not alone. People are hostile to the traffic.

call 411 with a 12-passenger van is based on mileage.

month.

are Park-N-Ride facilities located near almost all major freeway entrances and in or near almost all outlying cities in the greater Seattle area. There is also a designated car pool lane on I-5 and 405 for participating commuters. For more information on the transportation, call the Department of Transportation at 411.

will be the possibility of accidents, bad weather, and a considerable amount of time and money.

Leaving a car in a parking lot can be a hassle. We have not heard of anyone who has been able to relax and enjoy a busy day at school or work. You never know what the guy is going to do.

If you really travel alone, keep your car in a safe place. Traffic is not the only problem. After that, relax and enjoy your favorite radio station and notice what is happening around you; or try a less crowded route. It may take a little longer but you may notice something but it is not a bad idea to try it in a much better way.

but if you are stuck in traffic, you are not alone. People are hostile to the traffic.

Diabolical plot causes suffering around campus

Michael Morelock
Senior Reporter



Today's interview with B.L. Zeebub, the Special Assistant assigned to the Teaching Staff. We wanted to talk to his boss, Tse Tann, but he was much too busy and referred us to his local administrator in charge of Post-Secondary Education. He, in turn referred us to Mr. Zeebub, the HCC representative. Still, we feel very lucky to have this opportunity.

T-Word: Mr. Zeebub, welcome to our forum.

B.L. Zeebub: Thank you, but please, call me B.L.; all my associates do.

T: Fine. B.L., what all do you do here on campus?

B.L. Well, mostly I hang around and keep track of the various activities here at HCC, and if I can see a situation where my talents would come in handy, I try to help out. My biggest focus is on the teaching staff here at HCC; if I see a teacher whose class is giving them hell, I teach them how to fight back.

T: Do you hold workshops or give lectures?

B.L.: Oh, no no no. While there are exceptions, I work on a one-to-one basis as a rule. While the instructor in need of my services is sitting in the cafeteria, I sort of drop a few suggestions their way, which is usually enough.

T: Give us an example...

B.L.: All right, let's see... Oh, yes. There was a History class this quarter, and the instructor was feeling down because the number of students trying to get a good grade was making it difficult for him to teach his regular material. In short, the unusually high number of in-class presentations was cutting into his lecture time. Also, there were an unusually high number of extra credit papers to grade, making his job all that more difficult. He was in a real bind.

T: What could you do for him?

B.L.: Fortunately, this was pretty easy. While he was sipping on his coffee one day, I merely put the idea into his head that he should make the assigned work more difficult, and really hit them hard on the mid-term.

The class as a whole was pretty burned out after the test.

T: How did this work?

B.L.: Very well, I'm happy to say. The class as a whole was

pretty burned out after the test, and all the students are telling all their friends about the instructor's unrealistic demands. Next quarter this instructor should have no problems with high numbers of students trying to get superior grades. They'll all sign up for the other instructor's classes, leaving this man a more manageable classload.

T: What of the other instructors? Aren't you making their jobs harder?

B.L.: You could look at it that way, I suppose. I prefer to look at it as promoting my job security.

T: Do you work exclusively with the instructors?

B.L.: For the instructors, yes, but I also work with others to achieve the same goals.

T: What do you mean?

B.L.: Whatever I work, the main goal is to alleviate the teacher's problems.

T: What about the student's problems?

B.L.: Look, my job is to work for the teacher's benefit. If a student becomes a victim, so be it. They have plenty of counselors and programs set up for them, so it evens out.

T: I see. Do you have a situ-

please see page 7

Editorials

Two sides to the story

Rob Ablott
Senior Reporter



Dear Jimmy,
You may find this hard to believe, but I was a longtime fan of yours. I

still look back fondly on languid Sunday afternoons when slothfulness and boredom would deprive me of even the energy to get up and turn off the TV. With remote control in hand, I would wade through the tired adventure movies and professional wrangling events until an unseen hand would guide me to the shores of your glorious ministry.

Now I've never thought much about TV preachers in general. Pat Robertson and Jerry Falwell seemed more interested in changing my politics than saving my soul. Robert Schuller may have been a nice guy but he had all the fire and brimstone of Mr. Rogers. But you Jimmy Swaggart, you were the real item. There was something primordial in what you brought to the pulpit. Jimmy when you preached of the evils of the flesh; of sex and drugs and rock n' roll, one could almost feel the temptation well up inside of you. The way you could work a stage; the way you knew how to draw back and then release just at the right moment — it made those ersatz rock stars on MTV look like the rank amateurs they were. If anyone was going to save the world from sins the world wasn't sure it wanted saving from, Jimmy, it was you.

But those glorious days of Sunday afternoon viewing are gone now. Lost forever to a series of

sordid and seedy sex scandals which left your pulpit in a hypocritical shambles. You begged for forgiveness and forgiveness was granted. I think, Jimmy, as any of your more observant viewers could see, a man with your kind of knowledge and interest in pornography was bound to fall prey to it sooner or later. It was not unlike when your cousin, Jerry Lee Lewis, fell prey to the music of the Devil, rock n' roll, and terrorized the world with 'Great Balls of Fire.' And just as Jerry Lee has been forgiven for his sins, Jimmy, you too are forgiven. Sins of the flesh are no longer your problem.

What is not so easy to forgive is your pious and sanctimonious false humility. You are not a humble person, Jimmy, and it is far too late in the game to pretend differently. Much of your deep-rooted white-trash appeal has been based on your big cars, your big house and your loud and showy lifestyle. Take that away and, well, just how much fun are you? Not much.

The last straw for me, Jimmy, came at a press conference about a month ago. You were announcing a take-no prisoners, no-holds-barred attack on 'Penthouse' magazine and its publisher Bob Guccione. No problem there — skin mags and there scum-bag, sleaze-ball publishers have always been fair game. The problem came when you got more specific in your attack. You mentioned Art Harris, the 'Washington Post' reporter who has made a somewhat dubious name for himself investigating the sex scandals of TV preachers: first the Jim Bakker and Jessica Hahn affair and later you in various sexual rendezvous.

You seem to imply that Art Harris and 'Penthouse' have somehow libeled you but that is not the way you put it. Whenever Art Harris's name is mentioned you describe him as a pornographer. Jimmy, pornographer is certainly an interesting way to refer to an investigative reporter but I have a question. Is Art Harris a pornographer because he had a story printed in 'Penthouse' or is he a pornographer because he wrote things about you you didn't want published?

If it's the former, does that mean Alan Dershowitz, out spoken Harvard law professor and columnist who is a regular contributor to Penthouse, is a pornographer too? Dershowitz is likely to say the same thing in a Harvard classroom as he does in the magazine. Is it only pornography when he writes it in 'Penthouse'?

If it's the latter, then couldn't just about any publication be labeled a pornographer? Like say when 'The Christian Century' calls you a fraud for going on television and begging people to send you money to keep alive a missionary program which feeds hungry children around the world when in fact it is not "...a Swaggart program at all. It was established by the Assemblies of God long before Jimmy Swaggart rose to prominence." When 'The Christian Century' writes things about you like that Jimmy, does it make them pornographers too?

What saddens me most Jimmy is to see one of the all-time greats go out this way. You were arguably the most flamboyantly entertaining charlatans of our time. To see you turn into a sniveling, sanctimonious creep does my heart grief.

cont. from page 6

ation you are working on now which you can share with us?

B.L.: A month or so ago I was following an instructor out to my car. As one of her students drove past, she started to complain about what a pain this student was becoming.

T: A month ago? This one sounds like it would be routine harassment.

B.L.: It is pretty embarrassing. All we knew about this woman was that she was a pretty blonde who drove her teacher nuts. The gremlin staff tried to distract her from her studies by having her burgundy Corolla towed away in the 'Great Unocal Tow-away Party' but somehow they missed. We tried again by putting a vehicle-in-the-ditch-spell on the lower parking lot exit. We didn't see the truck coming up the hill. Last week we found out that she works in a Kent convenience store, and you wouldn't believe the hell we can raise in there. Her days are numbered, so to speak.

T: Why is this student so difficult?

B.L.: Who knows. Our staff is not perfect. We might be blocked out by a more powerful

demon. Maybe she's born again, who knows?

T: Being born again helps?

B.L.: No comment. Suffice it to say that there are no atheists during finals week, and it drives our staff out of their minds.

T: Can you give us an example of a project that backfired, something like that?

B.L.: OK. The problem our staff was trying to solve was this: Students had too much time in which to get their work done. The instructors were frantic trying to grade all of the work they had to assign to keep the students busy.

Sounds like a bad deal for the teachers.

T: Sounds like a bad deal for the teachers.

B.L.: It was. They had no time for their private lives. That's why we were called in. We decided to try the time warp solution: Instead of adding more assignments to the student's workload (too obvious, our obscurity is our main advantage), we would reduce the amount of time in the student's day.

T: How did you do that?!

B.L.: Trade secret. But the main effect was that a student

would be talking to friends, or working on an assignment, and when they looked at the clock they would invariably find that they were either late, or at the least, very behind schedule. It was hilarious.

T: Hey, that happens at the T-word around the publishing deadline!

B.L.: I'm glad you noticed. It's always nice to have one's work appreciated.

T: You said that this one backfired?

B.L.: Incredibly so. Not only did the effect work on students, but the instructors were affected also. Our staff is trying to remedy the situation, but they can only do it once a week, and they keep missing their chance. I guess we are affected by this one too.

T: Well, it seems we're out of time, thanks to your efforts, so we'll have to wrap it up here. We are all grateful that you agreed to this interview; yours is a job that few people knew about, and we are glad that we had a chance to let people know what you and your staff are up to.

B.L.: Hey, I didn't think of that! Hopefully they won't have the time to read this. Maybe we'll put off that remedy for awhile...

Letters to the Editor

Excellence wins

Dear Editor:

I have bin shone six recent ishops of Thunderword, and on each of them, on the front page nee the top, you have mis-speld the word "Excellence." You have it speld "Excellence." Enclosed is one of those pages.

Shaym on you.

Proving that today's collij stoodents don't know nuttin.

Shape up or ship owt.

Yours trooty,
Irving Alexander

P.S. I insist that you send me, posthaste, a copy of your next issue, emending this flaggelation of the English language. And by the way, it's spelled Thunderbird, and not Thunderworld. Ah, well, I'm kidding, of course, in that previous sentence.

Good luck,
James S. Grinnell

Reality in today's world

Dear Editor:

It's difficult to sort out the nature of our new President with the "facts" as presented in Kallen Jenne's editorial, "Uncle George moves in" (Thunderword, Feb. 10, 1989).

Jenne would like to paint a picture about a kindly "uncle" smiling at Christmas dinner while not telling his nephew about the innocent civilians he blew up earlier that morning or the crack deal last night. President Bush most certainly is human and perhaps has some areas to question, but I don't think any have accurately been addressed.

Most interesting is this link to over 30 major drug dealers. What exactly are we talking about here? You must be referring to General Noriega of Panama, whom the Reagan/Bush administration had occasion to deal with, as have the last several presidents. But how this is a major crime; imagine, talking with a drug dealer! Yes, many of these governments are corrupt when it comes to drug trafficking but dealing with governments that don't quite meet America's standards is practical reality in today's world.

Reagan and Bush made efforts in certain countries, where receptive and able to, to help break their population's dependence on growing drugs as a means of their livelihood, and to encourage the government to aggressively prosecute those that export. However, some countries were not very receptive and little or no progress could be made there. Now the typical liberal view of "declaring war on drugs" would suggest that we should invade any such country. But wait, I thought you were against "blowing off the heads of innocent civilians."

Let's not stop there. By example of George Bush as a drug dealer we can also draw links between President Reagan and those murdering communist athletes. Oh, to think our former President actually had links with the leader of a country that routinely violates the civil rights of its citizens, has a wall to keep their citizens from escaping (enclosed by barbed wire, machine guns, and land mines), and has thousands of nuclear weapons pointed at the USA. Does this make Reagan a communist dictator? Does this make Bush a drug dealer? Does this make any sense whatsoever?

I can leave without commenting on one final point. President Bush believes, like many other Americans, that abortion is wrong and he has the courage to truthfully answer that question when the press asks it. I do not mean to debate abortion here but I do mean to debate your declaration that Bush stands for the execution of anyone that has ever had an abortion. This is a far stretch of the imagination and a violation of our Constitution to suggest that a law be passed and then apply it retroactively.

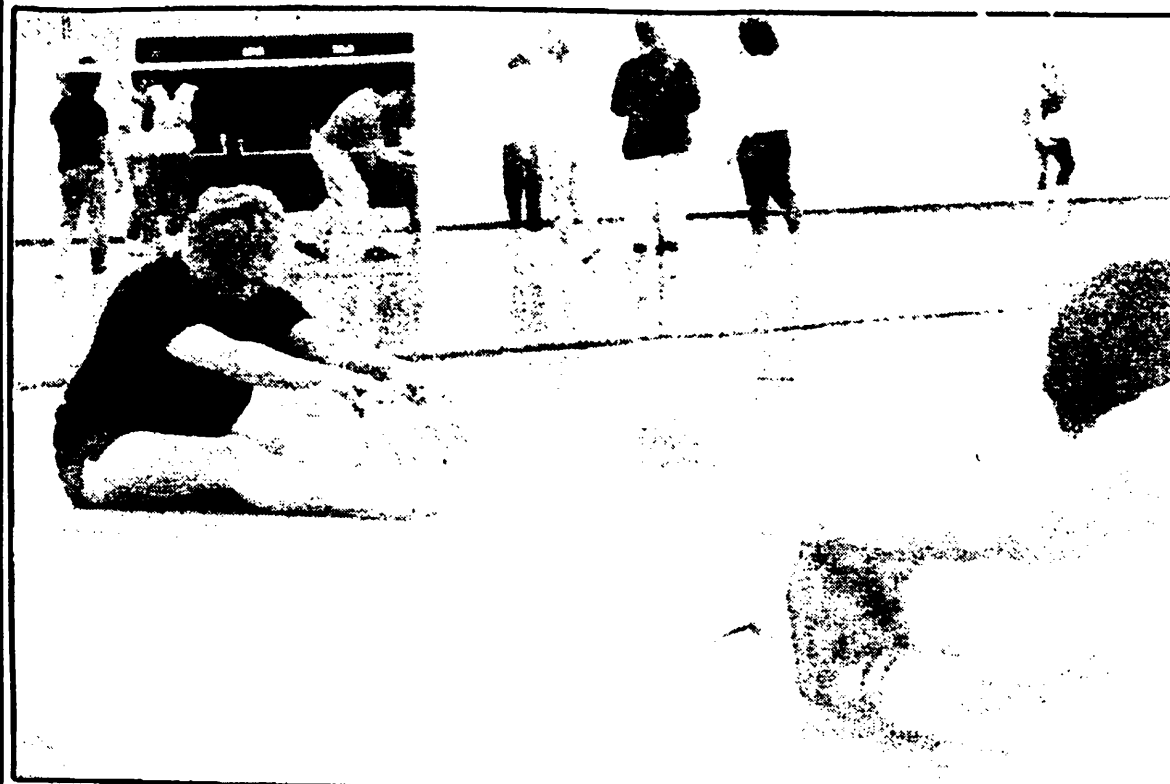
I'm not quite sure who Jenne's "Uncle George and Aunt Barb" are but I'm sure they are of no relation to our President.

Sincerely,
Jim Grinnell
Engineering Student

Focus

Teachers Going a Step Beyond

And coming around the corner at 160mph is -- Eileen Broomell



Broomell prepares students for an hour of physical education

Anthony Ueggi/Thunderword

Carol Nelson
Staff Reporter

What is life without a challenge? A challenge is what life is all about, according to Eileen Broomell, physical education instructor at Highline Community College. At 64, Broomell views age as no barrier to life's challenges. In fact, she actively seeks more projects and challenges to embrace. Retirement is definitely not in this lady's plans. It is an active, involved interest in life which Broomell attributes to her health and vigor.

Born into a poor family, one of three children, her parents recognized the value of education. "My mother always said, 'You're going to go to college,' so there was no doubt," Broomell said. Today all three children are teachers.

After a year of college, Broomell decided to join the Marine Corps. She took her basic training in North Carolina, and was stationed in San Diego during World War II as a cook.

Although she loved the experience, the war ended before she got a chance to go overseas, so she returned to attend the University

of Washington to work on her bachelor's degree in physical education and recreation.

After obtaining her degree she married and had three children. Her only son was born deaf with cerebral palsy.

"I really think that's what set it off, because I was determined he would not be handicapped to any degree if I could get him over it," Broomell said. For 19 years Broomell worked with her son in speech and physical therapy. Hard work has its rewards, and today her son has been living on his own for 20 years.

Broomell felt confident enough with her son's improved physical condition to accept a teaching position when the UW called. She taught physical education there for three years while completing her master's degree.

After her teaching stint, she ran a horse camp and worked with the Camp Fire Girls, taking the girls on pack trips into the mountains.

Though she has taught at HCC for 21 years, in true Broomell style, teaching is not her only project. Two other projects, canoeing and massage, have grown into sideline businesses.

Twenty-one years ago, HCC offered a course in canoeing taught by Everett Woodward. Broomell

met Woodward and a prosperous business began.

During the summers, out of Ashford, WA, Broomell and Woodward have run "Canoe Trails," which has led them and their customers down 64 different rivers in Montana, Idaho, Oregon, Washington, and Canada. She has run Canada's Yukon River twice.

During their years in business, Broomell and Woodward have made three movies for the locally produced television program "Exploration Northwest."

"We never had an accident," Broomell said. However, due to rising insurance liability costs, Broomell and Woodward have decided to close the business. "We'll still go by ourselves, we just won't take anybody with us," she said.

Her second business began through her interest in physical therapy. In 1980 she received her state license to work as a masseuse. Today, combining her background in physical education and physical therapy, she makes afternoon house calls to a variety of clients afflicted with physical disabilities.

Broomell teaches a variety of classes, such as archery, swimming, fitness conditioning and

nutrition. Her tone turns serious, however, when she talks about the fitness of today's youth.

"They don't have enough things like play when they are little. I really think it all begins when children don't learn to play out in the field and run. Their endurance is down. They just don't have muscular coordination anymore. I really feel sorry for them," Broomell paused. "But they have an interest in cars. The family is different, it's not the kid's fault, we don't have open spaces like we used to have."

She feels requiring physical education for the first 12 years of school would solve the problem. "The physical education teachers have to be innovative enough to have something the kid likes. There's the problem right there. If you dislike it when you're growing up, you're certainly not going to like it as you get older," she added.

Although Broomell would like to see more physical education classes added to the curriculum, she is seeing more classes being dropped due to the lack of state funding. "Well, you don't have aerobics this quarter; there's no karate, we have no funds for the instructor. It is absolutely a shame because those used to be our big classes and the state wouldn't fund them," she said.

One new class has been added for students at HCC this year. It is a nutrition class Broomell began teaching this past fall, and it is her latest interest.

Last year Broomell received her doctorate of education degree with her research conducted in vitamins and minerals. This year she is writing a book for commercial publication on vitamin and mineral supplements. She hopes to complete it by the end of this summer. Her nutrition class is a direct offshoot of her recent studies. With interest and enrollment running high in that class, she is only sorry they don't have time to study certain areas in more detail.

For the time being, Broomell is content with teaching and working on her book. She chuckles and shakes her head. "People say, 'Why aren't you retired?' What am I going to do? I'd fall apart," she said.



Gilstrap helps student during lab.

Bev Ott
Senior Reporter

No wonder that this active woman chose doing a 160-mile walk in the Swiss Alps for her vacation this past summer. Broomell, her 36-year-old daughter, Joan, and her husband Harold, flew from Seattle to Paris on July 8th. They then took the bullet train to Geneva. It travels 100-125 mph and was smooth as silk according to Broomell.

Upon seeing the Alps for the first time, Broomell noted, "We don't have mountains at all compared to the Swiss Alps, their trains go as high as Mt. Rainier." The first day's walk was 10 and one-

hours. Fifty yards from the top her daughter asked her, "Are we having fun yet?" Every day her husband dropped them off to climb, while he drove to the next town and found an inn for them to stay in that night. They carried water, a day pack, an apple, a chunk of cheese and a roll for lunch. A windbreaker and sweater were warm enough even though they got snowed on while the sun was shining many times.

"The people were very friendly, at 6,000 feet there would be a weathered barn and a woman with coffee, tea or raw milk for you, which was a welcome treat while walking," said Broomell. They had only one scary experi-

ence on their trip. In the cold and fog on a snow field, they could see were it was coming from. "It was scary but exciting," said Broomell about the experience. She pointed out that trip is not scaling but walking, a constant steady up and then a steady down. It is not cliffs but trails cut into the side of the mountain, some narrow, some three feet wide but all well marked and very safe.

"If you're young, you could spend three weeks in Switzerland and take the trains for transportation and spend maybe \$1,000." If you have any questions she would love to share her experience with you.

Focus

Finding the 'natural enjoyment of teaching'

Jeffery Cosman
Focus Editor

Marie Gilstrap, biology teacher at Highline Community College for 25 years, has devoted her life to education. This not only includes her students but also the El Salvadorian people and her adopted Native American daughter.

After graduating at Haverford, a men's school where women were able to get a master's degree in Social and Technical Assistance, Gilstrap traveled to El Salvador in 1952. Her first year she worked as a volunteer in the rural area with the American Friends Service Community, AFSC, the service branch of Society of Friends. In El Salvador, she worked in a Peace Corps-like project in a "model" village. Once there, Gilstrap taught 35 of the 70 women in the village how to sew on three sewing machines which the Quakers donated. Gilstrap was amazed how the native doctor's wife would come out one day each week with a piece of rope, measure the ladies with it and make patterns with the measurements. Gilstrap also volunteered her time in the public health lab.

One of her more enjoyable chores was to teach the children how to garden. When the vegetables were ripe, they would pick them and make a feast for their families.

"It was wonderful," said Gilstrap. "I presumed I enjoyed that more than the technological assistant job later on. The children were very responsive."

Gilstrap noticed immediately how all the volunteers who had been there earlier had a child who would follow them around and be their friend. She was wondering if she, too, would make a friend. A villager told her not to worry, that soon enough a child would indeed pick her as their friend. Sure enough, she had a little girl following her wherever she went.

After a year in the village, Foreign Aid notified Gilstrap that there was an opening for a medical technologist consultant to improve the level of lab quality in El Salvadorian hospital labs. She also gave classes in Spanish, which she learned by living with the people. She visited labs and gave technical advice.

After two years in the labs, she returned home and received her masters in clinical pathology. She planned on going into medical technology but decided to go into teaching when the community colleges opened up.



Gilstrap gives a lecture to her Biology class

"I thought the best way to capitalize on my experience in learning Spanish, adopting to a different culture, and learning how to teach other people in a different culture would be to go into teaching."

Gilstrap found herself busy when HCC opened in 1961. She helped start the culture growth of different organisms needed for biology classes before school opened. She helped set up Biology 151, working with the department to develop the course content and lab exercise. Also, she helped develop the non-major 100A Discovery Biology class. "The students discover by doing lab work and some film," she explained. "They study basic principals after labs through informal discussion and written and text assignments."

Teaching is something that runs in the Gilstrap blood. Her mother and both sisters either teach or have taught. She herself looks forward to the "natural enjoyment of teaching."

Gilstrap was one of the first to teach at HCC, and as far as anyone knows, she was the first single woman to adopt a child and the first to adopt a Native American child whose name is Georgia. It wasn't a tough decision for Gilstrap. She had many contacts with the culture. She taught Sunday School at the old Cushman Hospital in Seattle when there was a severe case of tuberculosis found in

Anthony Ueggi/Thunderword Native American children and led work camps and service projects on local reservations. She was the chairwoman on the AFSC Indian Committee during the time of fishing rights and her grandfather, who she never knew, was the founder of the Washington State Historical Society. He was responsible for finding many of the artifacts in the Tacoma museum.

Georgia was well liked by the neighbors and got along with the students but found some difficulty with the teachers and staff at her public school. The principal "did not have the confidence that Indian children could do well in school," said Gilstrap.

Now Georgia, after taking classes including her mother's, is working in the health field like her mother.

Gilstrap served on the Indian Heritage High School Advisory Committee for Native Americans within public schools. While serving, she was voted Parent of the Year by the committee.

"Georgia gave me the chance to be a mother and have my own family. It also gave me a chance to have a personal contact with the Indian culture," Gilstrap concluded.

Gilstrap now teaches part time at HCC and is dedicating more time to herself. She is learning and enjoying the art of weaving and writing a text for a biology class at HCC.

Climb every mountain

Arts and Entertainment

Earl Reed cracks up in front of student lounge



Earl Reed grins in front of his white corvette.

Tom Hunley
A&E Editor

Earl Reed can take a joke, and he can dish it out.

Reed, an improvisational Boston comic, entertained a Highline Community College audience with a power-packed splatter of sponta-

neous insults and punchlines at noon on Tuesday, Feb. 14.

The otherwise impressive Events Board-sponsored performance was laced with unprofessional and irresponsible antics: Reed taking five minutes to tear down an HCC student because of his name, laughing in a nursing major's face and provoking a group of Arabs to con-

front him after the show.

"Eighty percent of what I do is with the crowd; that's fun," remarked Reed.

"He's quick-witted," said Events Board representative Stacey Finkle concerning Reed, who visited Eastern, University of Portland, Lindfield, Highline (that's us), Wenatchee, Edmonds, and Pacific

Lutheran on his Pacific Northwest tour. "He sees the audience and works with them; he attacks people. His performance is a very spontaneous thing."

Finkle reported that there had been problems with hecklers at past Events Board comedy shows, such as Earl and the Wonder Dog last year. "We needed someone with a strong personality," she said in reference to Reed.

Perhaps to demonstrate Finkle's point, Reed began the show by lambasting himself and other blacks with a stream of racist jokes, which is somehow more socially acceptable than the same from a white comic (logic I find funnier than any of the jokes in question).

Reed, who wore a HCC sweat-shirt during one of three showcase performances on Showtime, referred to the school as "...a place where you can read the side of airplanes."

Observing that HCC carries the distinction of being one of the few community colleges with a swimming pool, Reed asked whether the team was any good. Answering his own question, he said, "It has to be; otherwise they'd drown. Shit, that's the third team we've lost this week. We've got to have tryouts on Monday."

He also joked about how parents always order their kids to eat vegetables because there are kids "starving in India," and wondered how Indian parents dealt with the problem. "Eat your veggies!" "Why?" "I don't know."

Some of Reed's attempts to slam members of the crowd were tedious failures, but others worked. Upon interrogation, one student told Reed he was taking a night class. "You're fucking early!" Reed announced, continuing mockingly, "I've got to get a good seat."

When another student told Reed she was a nursing major, he retorted: "You mean like breast feeding? The homework must be hard."

Most of Reed's interaction with the audience consisted of predictable, cheap gags that turned people off or put them to sleep, and was less effective than his occasional planned laugh. One that worked was his claim to have completed the first half of a Karate class. He raised his leg in stance for a side-kick and quipped, "I don't know what comes next! People still run, though. They think I'm going to piss on them."

Reed, a frequent opening act for Kool and the Gang and others, will appear on NBC's Showtime at the Apollo this month, and is doing another Showtime segment next month.

The Events Board will be presenting Jack Gladstone on March 25.

Reed claimed that the previous night he did a show and somebody told him he was "funnier than shit." If I'm ever on Starsearch against a piece of shit, I'll stand a pretty good chance of winning!

The smart money's on that piece of shit.

"A Thin Blue Line" exposes flagrant breach of justice

Rob Ablott
Senior reporter

Filmmaker Errol Morris makes some of the most original, eccentric and just plain weird documentaries you are likely to see. "The Thin Blue Line," his 1988 film released on video cassette is no exception.

Morris was in Texas working on a documentary about psychiatrist James P. Grigson, a man known as 'Dr. Death' because his testimony virtually insures the death penalty in capital punishment cases. One

of 'Dr. Death's' many successes was Randall Dale Adams, a man convicted of the 1976 murder of police officer Robert Wood. During the course of interviews and follow-up investigations Morris became convinced that Adams had been wrongly tried and convicted.

At this point, Morris stopped work on his Grigson documentary and began a two-year obsession with Randall Adams's case. An obsession which resulted in "The Thin Blue Line." And while the film works as a powerful piece of investigative reporting, it is easily Morris's most eccentric work to date. As in all his films, neither

Morris nor his questions appear in the film. This leaves the subjects of his interviews isolated and alone on the screen, giving what seem to be disjointed, existential, and quite often crackpot discourses.

As if that wasn't enough, Morris undercuts his interviews with clips of old detective films, newsreels and magnified bits of newspaper clippings which emphasize key words the speaker is saying. His most subversive device is the cheesy reenactments of the crime — not unlike the ones which are all the rage on tabloid TV shows like 'A Current Affair' and 'Most Wanted.'

While you would think this kind of shenanigans would take away from the film's original intent — to prove Randall Adams has been wrongly accused and convicted — the reverse is the result. The viewer becomes engrossed and exasperated at the absurdity of the injustice. How, for instance, could police officers and prosecuting attorneys become convinced that Adams was the killer when all the circumstantial evidence pointed to their star witness David Harris?

The answer is that Harris, a 16-year-old punk with a lengthy criminal record — who had stolen his neighbor's car and his father's pis-

tol and driven to Dallas where he just happened to pick up a hitchhiking Randall Adams — did not fit the bill they were looking for. Dallas District Attorney Douglas Mulder, a man who had never lost a capital case, needed to get a conviction and a death sentence. If he goes with Harris, he has a minor and no reliable witness, making it

difficult to get a conviction and impossible to try as a capital case. But if the 27-year-old Adams is the killer, Mulder has himself a capital case with the most reliable witness possible: the kind who must lie to save his own skin.

Highline's choir ensemble jazzes it up

David Wellington
Staff Reporter

The first Highline Community College Choir and Ensemble concert of winter quarter was performed on campus Friday before an unfortunately sparse crowd.

Beginning with a rendition of the Star Spangled Banner, the 16-women and 10-men choir combined their voices for an hour-long performance. Through the hour, the

ensemble periodically gathered on stage to sing "We Can Depend On You" and a rendition of Andre Crouch's "I Didn't Think It Could Be."

For the most part, however, the hour was taken up by individual solos and duets performed by various ambitious members of the choir.

For music director, Roger Treece, this was his first chance to direct the Highline Choir and Ensemble. It was also many of the students' first chance to sing in the jazz format.

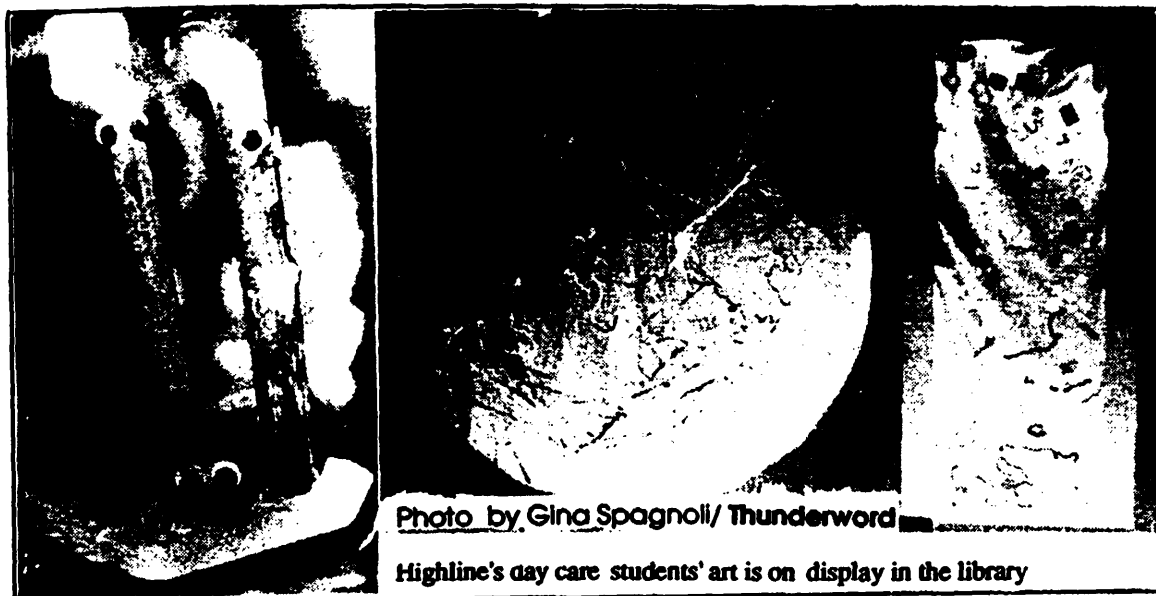
According to Treece, it was "a Debbie Leach on the piano. Leach to the music director and stand-in good experience" for the students to also accompanied Tina McKenzie singer of the piece, Treece, honored perform in "a different medium and in her stirring rendition of "The institution of marriage which keeps this country alive."

There were also two humorous duets performed during the first hour. The first, "Pretty Eyed Baby" back on stage to sing "I Didn't Think It Could Be," with Ken Julien and Roy Eldridge, was creatively reproduced by Laura Dotterwick and Kay Pedersen Casey Wolverton. The second was a take off from a Steve Lawrence a lot. If in the process we can have the musical play "Phantom of the Opera." She was accompanied by Married You." The song, according even better," commented Treece.

With the choir as backup, Rebecca Gaynor performed the first hour. The first, "Pretty Eyed Baby" back on stage to sing "I Didn't Think It Could Be," with Ken Julien and Roy Eldridge, was creatively reproduced by Laura Dotterwick and Kay Pedersen Casey Wolverton. The second was a take off from a Steve Lawrence a lot. If in the process we can have the musical play "Phantom of the Opera." She was accompanied by Married You." The song, according even better," commented Treece.

Arts and Entertainment

Day care students "scriggle"



Gina Spagnoli
Staff Reporter

As I looked around on the fourth floor of the Highline Community College Library this week, I noticed strange drawings that looked like people. There were scriggles and zigzags in an array of fascinating colors.

Scribbles and lines turn into objects, in which children with imaginations express themselves

through art. Imagine you are a Highline Community College young child again, full of inspiration with a talent for drawing youthful innocence with a creative touch. "It [her painting] was show people their talent and at yucky and squiggly and blue. I HCC they get a chance to display it.

"I made some brown squishy worms, and they were hard to make. I rolled them in my hands but they were fun. I made the worms because I wanted to," said Lukas Augenstein.

Art gives children from the

The exhibit is running through Monday, Feb. 27.

Taking a break from your daily routine and visiting the fourth floor of the library may be a refreshing way to end the day.

Don't miss

For a Dickens of a time, catch Highline Community College's Drama Department's rendition of "Tale of Two Cities," which runs tonight, tomorrow night and March 2-4.

Events Board Beach Dance: Tonight in the Highline Community College Student Lounge; \$3 with HCC I.D., \$4 without.

Voices of Sarafina! Anti-apartheid musical opens tonight at the Seven Gables Theater.

Powwow Highway: Gary Farmer delivers a charming performance as a 300-pound Cheyenne Indian on a quest for honor. The film, a runaway hit at the 1989 United

States Film Festival, premieres tonight at the Egyptian Theater.

Nick Cave & The Bad Seeds and Wolfgang Press: Moore Theater 8 p.m. tonight.

Cheap Trick: Sunday, Feb. 26 at the Paramount.

Beatnigs and Coffin Break: Tuesday, Feb. 28 at the Central (9:30 p.m.).

Bandits: Claude Lelouch's (Man and a Woman) newest release will premiere in Seattle on March 1-3.

P.D.Q. Bach: March 3, 8 p.m. at the Washington Center for the Performing Arts.

Calendar of Events Board Activities

Monday, February 27	Blue Monday Lunchtime Express Concert Belinda Bowler- Soft Rock/Folk Artist 11:00 am - 1:00 pm, Bldg. 8- Student Lounge
Wednesday, March 1	Double Elimination Pool Tournament Cash Prizes of \$75, \$50 and \$25 12 noon, Games Room, Bldg. 8 Entry Fee: \$5 Signup by 2:00 pm, Tuesday, February 28, at Student Lounge Desk, Bldg. 8. This tournament is open to currently enrolled HCC Students.
Thursday, March 2	Performing Arts Series Repertory Theatre of America/Alpha-Omega Players Play: <i>The Diary of Adam and Eve</i> by Mark Twain 7:30 p.m., Bldg. 7 Cost: \$3.00 HCC Students/Seniors \$5.00 General Admission
Wednesday, March 8	Dramatic Reading of Fireweed Part of HCC's Washington State Centennial Events 7:30 pm, Bldg. 7
Thursday, March 9	Women's Programs Special Events INTERNATIONAL WOMEN'S DAY Featuring: Women in Music International Marilee Plaks, Soprano Margaret Maxwell, Alto Sandra Bleiweiss, Pianist 12 noon - 1:30 pm, Bldg. 7
Thursday, March 9	Dramatic Reading of Fireweed Part of HCC's Washington State Centennial Events 7:30 pm, Bldg. 7
Tuesday, Wednesday, Thursday, Friday March 14, 15, 16 & 17	WINTER QUARTER 1989 FINALS

These event are sponsored by the Events Board and are free unless otherwise noted.

Fall '89

Jobs Open on Events Board

Application Deadline Friday February 24, 1989 4:00pm

Concerts

Dances

Films/Video

Performing Arts

Recreation

Children & Community Programs

Public Relations

Events Board Manager/ Recruitment

For info contact the Student Activities Office Bldg. 8 rm 210 ext 256

Performing Arts Series-1989

Repertory Theatre of America Alpha-Omega Players

Play: *The Diary of Adam and Eve* by Mark Twain

Place: Artists-Lecture Center, Bldg. 7

Date: Thursday, March 2

Time: 7:30 pm

Admission Charge: \$3 for students W/ID (H.S. & College)
\$5 General Admission. Tickets available at HCC Bookstore and at the door.

sponsored by the HCC Events Board

Arts and Entertainment

Outlaws terrorize Meekers Landing



THE OUTLAWS
Once again going strong, the Outlaws rocked Meekers Landing on Feb. 14

Paige Kerrigan
Staff Reporter

The Outlaws, a popular band

back in the late 1970s and early 1980s, packed a full house at Meekers Landing in Kent on Feb. 14.

The band was best known for its

smash hit "Green Grass and High Tides." Other classics include "Hurry Sundown" and "Ghostriders In the Sky." The Outlaws sold seven million albums in America and filled every major arena and concert hall from the west coast to the east coast.

Although the Outlaws didn't come on stage until 11:40 p.m., the show was incredible. People were dancing (the dance floor looked like an aerobics class at times) and cheering, accompanied by lots of hoots, hollers, and whistles.

Tons of energy went into this show, which was highly musical with light vocals. The lead guitar player, Chris Anderson, played his guitar with eyes closed, like it was the easiest thing in the world to do.

The crowd's jubilant response affirmed the band's success. One woman went nuts when the lead singer, Henry Paul, touched her. She jumped up and down with her

arms waving wildly in the air. During the drum solo, the multitudes were cheering and some even pretended to play the drums themselves. All that was visible of the drummer (they call him B.B.) were a pair of arms moving at approximately 100 miles an hour. You could hear a constant thunderous roar fill the lounge and feel the drums beating through your body. The band disappeared in the early 1980s. It was assumed the group had disbanded and gone their separate ways. Now they're back on track after four years with new music and new hopes.

"The band's hanging tough," said Paul Henry, the lead vocalist and rhythm guitarist who originated the band.

"The band never actually broke up," Paul said. "We just put a new band together in 1984."

After an album release in 1987, the new lineup is expecting a new

one out soon, with recording presently half finished.

"It's hard to keep up the level because there is no guarantee of real success. The band is worth it. Besides, it's all we know," Paul said smiling.

The other original member, Hughie Thomasson, came out as strong as the rest of the group, while the newest member, bassist Nino Catanzaro, smiled all night. That might explain why they nicknamed him Mr. Smiles.

The grand finale was something else: loud, but worth the wait. Together the five band members played their instruments as hard and as fast as they could. It brought the crowd to its feet, egging them on for more.

If you like good ol' southern rock and roll, you would have loved this show.

Student moviegoers respond to skyrocketing prices

Gina Spagnole
Staff Reporter

"Thank you for coming to Cineplex Odeon Theater," said the receptionist at the ticket counter, "It will be six dollars please."

"SIX DOLLARS?" I reacted, feeling as if I had been slapped across the face.

High prices are a real issue among moviegoers these days. At one

time going to a movie meant two people could watch a great horror flick and eat buttered popcorn for less than \$10. Now it costs \$12 for two tickets and \$3 for popcorn, not including the large soft drinks at \$1.75 each.

Cineplex Odeon Theater's representative Joe Mirra Clodmin attributed the increased ticket price as the "production costs."

"That (\$6) is a lot of money just to see one movie," said an employee of the Seven Gables Theater. "Here we only charge \$5.50,

which I think is very reasonable. Raising the ticket price of movies isn't the key to big business. That is why we are keeping our price low."

Around the middle of last April, movie prices went from \$5 to \$5.50, which is recognized as the going rate except for the Cineplex Odeon Theaters. Movies are expensive to make and that is why some companies charge so much to see them. You, the moviegoer, are paying for the movie itself.

"The (\$2.50) matinees on Tues-

days, those are great," said Denise Flick who works for Highline Community College's "Cup to Class Espresso."

"I have HBO on my television and I really don't attend movies all that much," said another HCC student.

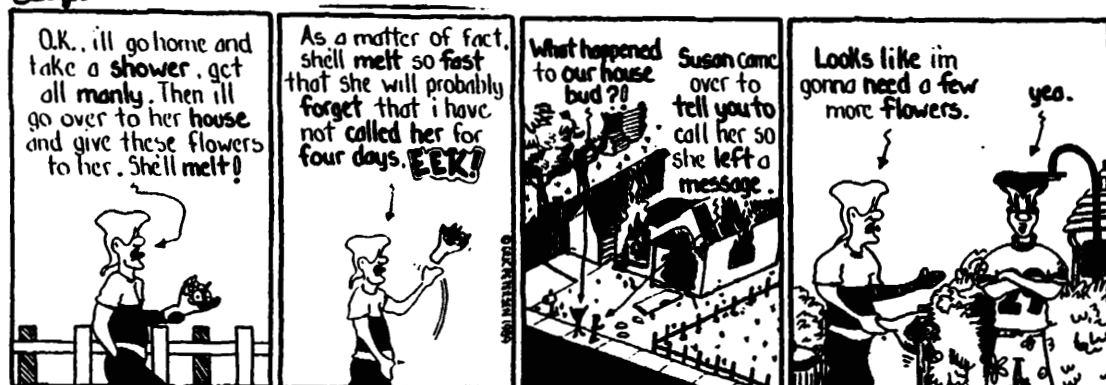
Could it be that renting a movie and VCR from a video shop is cheaper? Darcy Cass, who works at Movie Mania in Burien, says it is. "It takes three months for a flop to reach the video store, and for a smash hit it takes about six

months."

"Video shops are more popular these days; they are the thing of the 80's," Cass said. "To rent a VCR at our store, it only costs \$4.95 with movie rental; without rental it costs \$7.95. In 1988, 10 percent of the movie goers came here to purchase a video and VCR, but now it has increased to 15 percent."

Maybe going to a movie theater in the future will be obsolete.

Booger



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by KAT JENNE

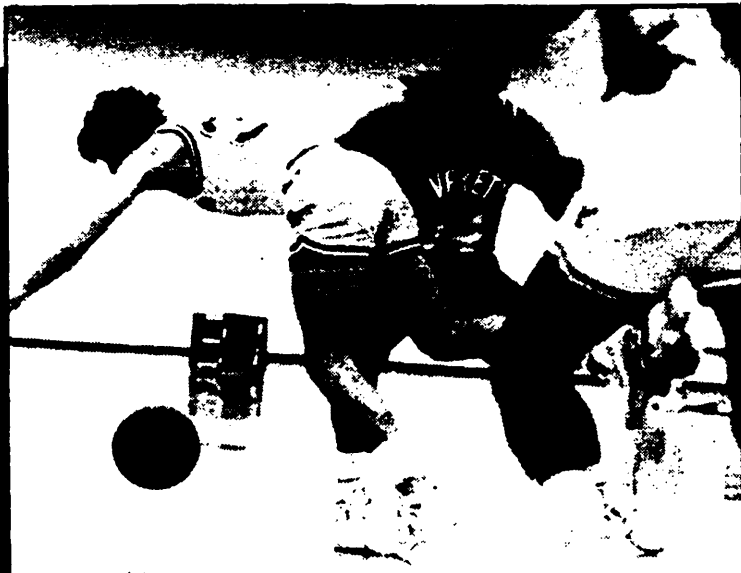
Sports



Nancy Giesler fights two opponents for possession of the ball as Debbie Rhodes looks on.
Photo by Ray David/Thunderword

Highline shares title with Bellvue

Loss to Everett still haunts Thunderbirds



Tom Turcotte chases a loose ball in a loss against Everett. That game cost Highline a shot at sole possession of first place in the NWACC Northern Division. Photo By Ray David/Thunderword.

Gary D. Peterson
Senior Reporter

Co-champions or co-chokers? The Highline Community College men's basketball team should have wrapped up the Northern Division league title with a victory over Bellevue Community College Feb. 15. It wasn't in the stars

for Highline to win its 20th game of the season as Highline lost a heart-breaker 73-68 to Bellevue and snapped its three game winning streak.

The loss deadlocked the division, with Bellevue and Highline having identical 8-3 records. The only way Highline could win the Division, was to have Bellevue lose to Edmonds (Edmonds thrashed Bellevue by 36 points on

its home court earlier this season) and Highline defeat Olympic, giving Highline a 9-3 league mark and Bellevue 8-4.

But it didn't happen that way as both Highline and Bellevue won their final games. So Highline and Bellevue are crowned co-champions of the 88-89 season with 9-3 league records. But Bellevue wins the right to be the number one seed with its two victories over Highline.

The contest see-sawed back and forth with Highline clinging precariously to a 37-36 count at half-time. Highline's initial spark came at the eight-minute mark as Tom Turcotte found Jerry Bush all alone for the slam dunk, giving Highline the lead in an intense first half. Highline gave its all in the second half by clawing and scratching, but Highline was outscored 37-31.

"That's the kind of game where a bounce here or a bounce there could have won the game," women's coach Dale Bolinger said. "It's tough that one of the teams had to lose."

Bellevue scoring summary:

Turcotte led Highline with 17 points, four assists, and four rebounds, following closely was Jeff Colston and Bush with 16 points each. Bush had 13 rebounds and four assists. Bellevue had two in double figures with Camellius Jones leading the way with 18 points and Kelly McLaughlin with 15 points. Highline was edged in rebounding by Bellevue 34-29.

In other Highline action: Despite a 44 point performance by

Nate Calhoun of Shoreline Community College it came up short as Highline whipped Shoreline Community College 99-93.

"Jerry Bush by far had his best game of the season with 33 points and 14 rebounds," Harrison said. "It very well could have been his

the scoring with six points, seven assists and five rebounds. Shoreline was led by Calhoun with 44 points. R. Toler and M. Brown contributed 13 and 10 points respectively. Highline outjumped Shoreline in rebounding 46-28.

In the make up game, Edmonds

"That's the kind of game where a bounce here or there could have won the game. It's tough that one of the teams had to lose."

-women's coach Dale Bolinger.

best game since coming to Highline."

With consecutive 40 point (40 and 44 points to be exact) outings against Highline, Calhoun raises his level of play a couple of notches whenever he plays Highline.

"Nate Calhoun for some reason has career nights against us. Calhoun just gets pumped up to play us," Harrison said. "He is the best pure shooter that I have seen in the league this year."

Rightly so. In two meetings Calhoun was 16-24 from three-point range and beyond. He has veins of ice when he is on the court. And Calhoun is at his best under pressure.

Shoreline scoring summary: Bush paced Highline with 33 points and hauled down 14 rebounds; Turcotte and Clark followed with 16 points each. Colston fired in 15 points and grabbed 13 rebounds, 13 points for Eric Christiansen, Schelbert closed out

Community College was mauled by Highline 90-54. Highline easily could have overlooked Edmonds because later in the week Highline would battle Bellevue Community College.

Highline allowed Edmonds to score just 18 points in the first half; with that type of scoring outburst, not many teams would win.

Edmonds scoring summary: Trent Menees chipped in a game-high 22 points and nine rebounds. Bush fired in 14 points and hauled down 13 rebounds. Colston followed with 10 points and grabbed eight rebounds. Mark Schelbert contributed eight points, five assists and five rebounds. Edmonds had one player to score in double figures and that was Mark Davis with 12 points. Highline destroyed Edmonds on the boards 51-35.

—see CC-CHAMPS on page 15—

Sports

MILTON ORPHAN

Building a winner at Highline

Marty Pierce
Sports Editor

Milton Orphan can see the light at the end of the tunnel.

Highline Community College's swimming coach will lead his 23rd and last Thunderbird team and leave the pool for the golf course after 40 years in the profession.

Under Orphan's guidance Highline has won 75 percent of its meets and produced 54 All-Americans. An impressive record, considering that, with the exception of Portland Community College, Highline is competing against all four-year colleges, many of which are NCAA Division I schools. Has that intimidated Highline?

"They put their suits on the same way we do," Orphan said.

However, Orphan measures his success by more than just the numbers. "Winning is not just what shows on the scoreboard," Orphan said. "Swimming faster, a change in attitude, seeing an individual extend themselves, that's what's most important."

Orphan has dedicated his life to coaching and he expects his swimmers to be dedicated, too. "I look for a person who is super dedicated, who is a winner, is willing to learn and take some time," Orphan said.

"Swimming is a bear as far as that goes. It's a long boring workout, and it's a lot of work. It all boils down to having a helluva lot of heart."

While his love of kids has kept him in the business for so many years, it obviously has had its drawbacks.



Diana Baumgart / THUNDERWORD

54 All-Americans have been coached by Orphan in the last 22 years.

"People don't realize," Orphan said, "for every hour you're on the deck, there's another hour-and-a-half of preparation."

The time and also the travel take a toll. "It makes you tired," sighed Orphan. "You get tired of driving a van all over the place with 15 kids; it's not much fun." Orphan recalls returning home from a meet and being trapped in a blizzard and creeping home for 13-and-a-half hours.

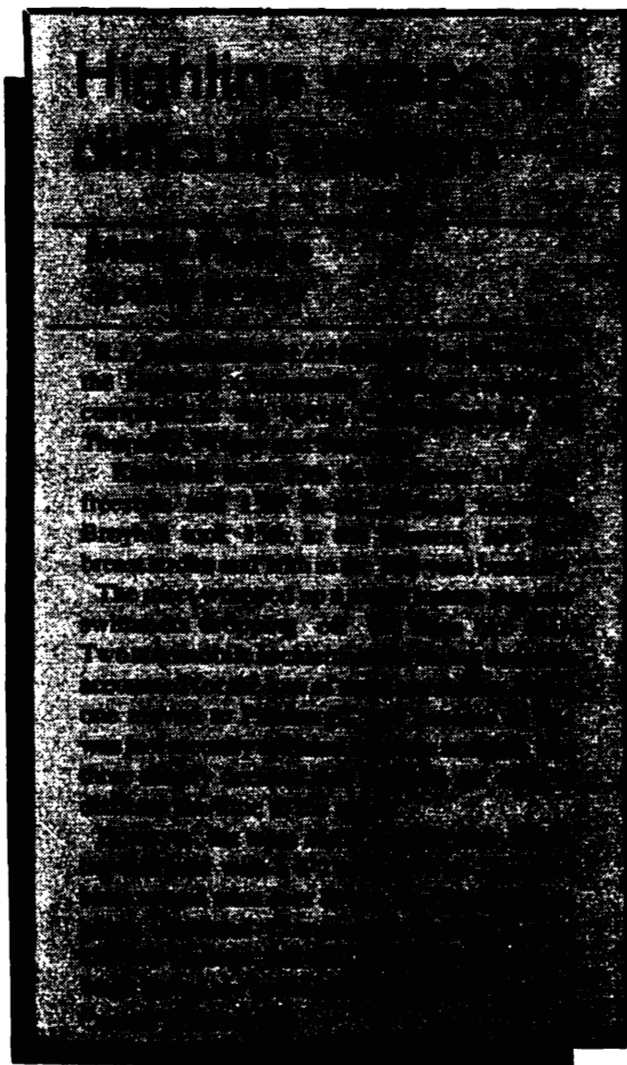
Orphan, whose career began at the University of Washington and has taken him through the YMCA and Rainier Beach High School, remembers a more pleasant trip twelve years ago when the entire Highline team raised funds to go to Hawaii on the Christmas break to train. Orphan ranked the trip as a career highlight.

Coaching has brought Orphan much satisfaction, but he's not scared of retirement. "You get to the point where you see light at the end of the tunnel," Orphan said. "You just let someone else come in and do it."



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Milton Orphan watches his swimmers in practice (above). Orphan in his second year at Highline in 1968 (below)



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☐ yes ☐ no
4. Are you taking estrogens?
☐ yes ☐ no
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6. Do you have X-rays taken frequently?
☐ yes ☐ no
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whole milk/cheese ☐ yes ☐ no
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potato chips ☐ yes ☐ no
8. Do you have more than two drinks of an alcoholic beverage per day?
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Sports

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Marty Pierce
Sports Editor



Spring is here!
It's only February and the ground hog hasn't thought about coming out of his hole yet, but the first true sign of spring is the beginning of baseball.

It's the only time of the year that the Seattle Mariners and their fans have the word "optimistic" in their vocabulary. "Maybe if the Mariners could get some hitting to back up Mark Langston," win-starved fans think at this time of year.

"Maybe Dick Williams can finally bring us a winner," we thought a couple of springs ago. "Maybe Jim Lefebvre can finally bring us a winner," we say this season.

Well, I'm sorry, but I'm sick of being optimistic. I've even been optimistic well into July or August some seasons. But, no more. The Mariners were a joke last year and they'll be a joke again this year.

Jim Lefebvre may be a good manager but the point is moot. With the front office trying to trade away the best player on the team (Mark Langston) and one of the best prospects on the

team (Jay Buhner) for a few overrated, bat-corking, Mets, even Houdini couldn't get the Mariners out of the cellar.

How can any team be so stupid for so many years. Think of all the losers the Mariners have brought in to save the day. Gaylord Perry got his 300th win here and not much else. Steve Yeager, Gorman Thomas, and Gary Mathews are examples of the worthless has-beens that end up in the Kingdome. At the end of this season maybe we'll be saying the same thing about Jeffery Leonard and Tom Niedenfuer. Think about the dumb trades. Danny Tartabull for Scott Bankhead, Mike Kingery, and Steve Shields. Phil Bradley for Glenn Wilson.

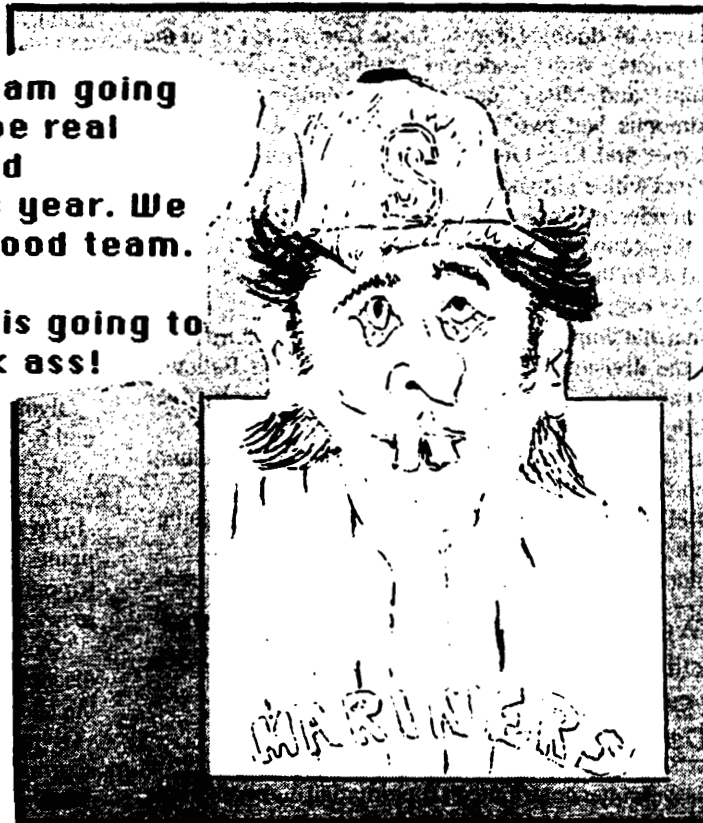
It's almost as if the Mariners are trying to lose. Every time a player starts to live up to his potential, they trade him for a song. Why don't they go for some real players? A Don Mattingly, Wade Boggs, George Bell, or Kirk Gibson would be nice.

But noooooooo, we get Steve Balboni. The Tacoma Tigers are probably the best baseball team in the area. At least Cheney Stadium, the Tigers home, has real grass and no dome.

It's too bad. Seattle would go nuts for a winning baseball team, and it looks like it will be a long wait.

No more "Wait 'till next year!" For me, just "Wait 'till football season."

We am going to be real good this year. We is good team. We am is going to kick ass!



Mariners contenders? Wait 'till the 21st century.

—CO-CHAMPS continued from page 13

Even though Skagit Valley Community College won it all last year, this year teams are licking their chops at the chance to avenge their losses from last year. High-

line is no exception, whipping Skagit Valley 83-71 on its home court.

Skagit Valley scoring summary: Highline had four in double figures, with Bush leading the way with game-highs of 20 points and 11 rebounds. Turcotte followed with 15 points, five rebounds, and four assists. Colston chipped in 13 points and six rebounds. Paul Clark closed out the scoring with 11 points and five rebounds. Skagit Valley was led by Matt Heaps with 18 points, Craig Morgan with 16 points, and Ross Erickson finished out the scoring with 11 points. Highline nudged Skagit Valley in rebounding 35-34.

Vying for its second attempt at winning 20 games for the season, Highline bounced back from its loss to Bellevue and handled Olympic Community College 80-62 going away and dashed any hopes for Olympic to make the play-offs.

In the first half it was nip and tuck as each team led until Highline put on a 12-2 run and settled for a 36-21 half-time lead. Highline maintained a 20-point lead and had the lead balloon to 25 points the rest of the game.

Olympic scoring summary: Meenes scored a game-high 25 points and seven rebounds, Colston chipped in 14 points and a team-high eight rebounds, and Schelbert dished out 11 assists. Marvin Williams and Daniel Jones led Olympic with 16 points. Highline squeaked by Olympic in rebounding 43-42.

For the season Highline averaged a whopping 82 points a contest and allowed a respectable 72 points.

With Highline finishing as co-champions, it has the enviable task of having to play another high scoring affair. With Highline's own nemesis (Nate Calhoun) and the rest of the Samurai of Shoreline Community College.

Should Highline beat Shoreline for the third time this season, Highline would earn the right to play for the number one seed for the league championships slated for March 2-4 at Bellevue Community College.

"We will put a big man (Jeff Colston) on Calhoun and see if that doesn't fluster his outside shooting," Harrison said. "If he continues to drive to the hoop then we will need help."

Fred Harrison as head coach has won the league title three times including this years co-championship. But he has never won the (NWAACC) title, and his highest finish was third in 1982.

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Sports

—SKAGIT LOSS *continued from page 13*

15 points and snared five rebounds. Highline was out-rebounded by Skagit Valley 34-38.

In other Highline action: In the game rescheduled due to the weather, Highline trounced Edmonds Community College 89-51 with Highline having five players in double figures. These five scored 75 of the 89 points, with Anderson leading the way with 21 points and Missy Reimer in rebounding with 14. Edmonds had two in double figures as Stephanie Harper and Lisa Olsen led the team with 23 and 13 points with eight and 10 boards respectively. Highline surrendered 18 points to Edmonds in the first half and 33 in the second half. Highline scored 44 in the first half and 45 in the second half. Highline stuffed the boards 52-37 over Edmonds.

In a matchup that would decide second and third place in the division, Highline easily outplayed Bellevue Community College 67-42. With its victory over Bellevue, it sets up another showdown with the Lady Helmsman of Bellevue in the mini-regional Feb. 24 at Skagit Valley Community College.

Bellevue scoring summary: Johnson had a game-high 16 points and six rebounds.

Anderson followed with 14 points and four rebounds.

"We meshed together in the second half and the girls felt good and made a good game of it."

-Dale Bolinger

Missy Reimer contributed 10 points and eight rebounds along with three assists. Jill Waltenburg of Bellevue was the only player to score in double figures for the Lady Helmsman with ten points and six rebounds.

The first half had Highline leading 30-18 and continued to pour it on as Highline scored 37-24 for the final margin. Highline squeaked out a 33-31 edge in rebounding.

Highline took no prisoners in its 84-62 win over Shoreline Community College as Highline prepares for its rematch with Skagit Valley.

Shoreline scoring summary: As usual Sherri Johnson led Highline in scoring with 19 points, Peltechia chipped in 16 points and Geisler and Reimer closed out the scoring with 14 and 13 points respectively. Shoreline had two scoring in double figures with Russell scoring 18 points and Meyers 11 points.

For the season Highline averaged 71 points and allowed 62 points a contest heading into the play offs. In its wake of starting the season 0-5, the Lady T-Birds have been on a rampage, going 18-4 in its last 22 games. Highline embarrassed the Lady Rangers of Olympic Community College 72-53 to close out its season at 10-2 league and 18-9 overall and enter the tourney with a mini two-game winning streak.

Olympic closed out its campaign a dismal 0-12 league and 6-20 overall.

"We did what we had to do to win," Bolinger said. "We closed out the season very strong."

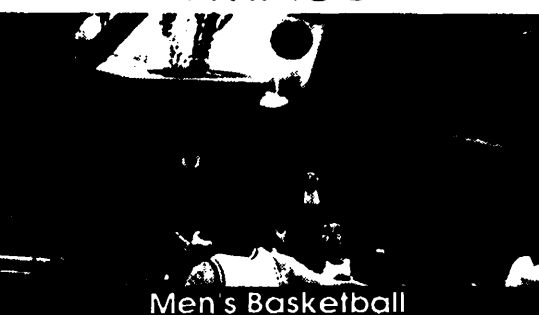
Injury update: Mary Force, Highline's leading three-point shooter returned to action for the first time in nearly a month. Force missed six games due to a stress fracture to her foot.

"She bumped it pretty good in the game and felt some discomfort," Bolinger said. "She will feel some pain, but she will pull out of it."

Olympic scoring summary: Geisler led Highline in scoring with 15 points; Foster chipped in 14 points and Anderson followed with nine points and six rebounds. Olympic had two in double figures with Debra Durbin popping in 13 points and snaring seven rebounds and Stephanie Teal followed with 12 points. Highline had 28 rebounds and Olympic had 26.

Coach Bolinger had won seven straight league titles until this year, with Skagit Valley emerging as the best. This year.

Northern Division NWACC



School	League	Overall
Bellevue	9-3	20-7
Highline	9-3	20-6
Shoreline	7-5	11-13
Everett	6-6	12-14
Edmonds	4-8	13-13
Olympic	4-8	13-13
Skagit Valley	3-9	9-17

School	League	Overall
Skagit Valley	12-0	23-0
Highline	10-2	18-9
Bellevue	7-5	15-11
Shoreline	5-7	10-17
Edmonds	5-7	10-14
Everett	3-9	9-16
Olympic	0-12	6-20

Schedules: Men's & Women's

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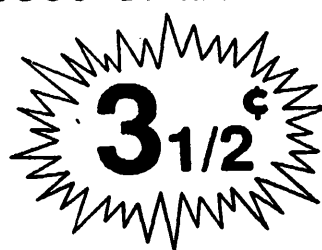
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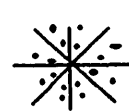
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