Tuition fees go up; blame inflation

Although the community colleges are raising their rates due to the same problem, they are doing it for a few dollars per quarter instead of the $33.50 per quarter which the state will allow. If tuition is raised, students would have to start paying for things such as transcripts, which students have to pay for the other colleges.

The other part of the $33.50 goes to the planning and building program, which is second to the amount of money each college charges per quarter for academic activities and programs, such as sports. Students for example, have to pay a general fee in addition to their tuition fees. HCC only has a fee of emphasis on to sports as well as other programs, the dorms and the comics board, no charges are charged per quarter. As of next fall, HCC will charge $33.50 per quarter in addition to any fees.

This is the maximum amount that the state will allow the administration to charge, if tuition increases, students would have to start paying for things such as transcripts, which students have to pay for the other colleges pay for.

Staff Reporter

What a hole!

The open earth next to Bldg.7 will be covered soon when the water department installs a check valve for the school's water supply. Photo by Steve Baumgart.

HCC and WPEA come to terms on contract

DANNY CANTU Staff Reporter

Highline Community College’s administration and the Washington Public Employee Association (WPEA) have presented the Board of Trustees with a tentative agreement for the employee wellness program. The agreement, which is subject to approval by the Board of Trustees, covers the next two years.

The agreement includes provisions for health insurance, a provision for health insurance, and a provision for health insurance. The agreement also includes provisions for health insurance, and a provision for health insurance.

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Staff Reporter
Calls for democracy shake communist leadership

CHRIS ANDERSON & LAURA BOVEE
Staff Reporters

The revolt in China is on the last leg of an unsuccessful quest for immediate government reform as the hardliners are ousting the aging student protesters.

The main cause of the revolution, according to Rodger Landrud, history/political science instructor at Highline Community College, was economically based. The government has not used its resources to enhance the social needs of the people, and the people have lost confidence in their government to bring about those needed changes. There are also political reasons involved, such as the need of the people to be heard.

"Just by changing one's government does not guarantee success," said Landrud. The revolution may have no impact on subsequent events or even change the government's ideas, but the government will take note of the situations and the unhappy citizens, Landrud said.

Landrud felt that when China opened itself up to the West it brought about an awareness that had not been felt before. It began with the upper classes and flowed down to the lower classes, causing China's society to become aware of its lack of social progress.

"We mistake that they want their system to be like ours," said Davidson Dodd, HCC political science instructor. "There is support for the Communist government." According to Dodd, the students are very nationalistic. "They want to build China, not tear it down. They don't want to be associated with anti-communism." The students have shown their nationalism by singing communist songs and by turning in three students to the authorities after they drew ink on a hanging portrait of Chinese Communist Mao Tse-tung.

The student's plea for freedom will not go unnoticed in the eyes of the world, Dodd explains, "It will enliven them (other countries) to their own democratic desires." According to Landrud, "All things over a long period of time need alterations." As a result, all nations may eventually work together to solve human needs rather than government needs, he concluded.

Opinions vary on Beijing uprising

"I think it's stupid. It's a waste of time." --Cameron Kruse

"Beijing was a pretty city when I visited it before but now it's probably not so pretty, it's the same idea as in the 60s." --Roberta DeAngelis

"I think it's good that the students and the country got involved." --Reenee Waggener

"They want changes they're going to have to force them upon the government... No revolution has been successful by peaceful demonstration." --Casey Herrick

"I wish the students would have done better in the end. And I hope that it improves something." --Lydia Dye
Awards presented to scholars

Cont from page 1

T. Nguyen and Jean Shaw, Anthropology/Sociology; Peggy Vidovc, Education; Julie Tucker and Kimberlee M. Fungoit, Biology; Jenny Lee and Rod MacDonald, Computer Information Systems; Lori A. Faghin and Wayne A. Carson, Computer science.

Vickie A. Dalby won the award for the Dental Assisting Program. Dalby has maintained a 3.3 or better grade point average, in her classes since coming back to college after raising a family. Other winners included Mark Steeds, Steven J. Hanline, Carol B. Timmons and Patricia Riley, Engineering; Beverly Brainwaite, Fashion Marketing; in foreign languages: Franco D. Schneider and Kevin L. Hendricks won an award in German, and Macuan in Spanish; and Petra N. Olsen in Japanese; Sandra L. Lockner and Matthew A. Breznick, History/Geography; and Susan Lockner, Humanities and Literature. Paige Kerrigan and David Wellington won awards for their work in Journalism; Jane Riss and Susan Easthouse, Legal Assistance/Political Science; Clint Dutey and Teresa Pfleeg, Mathematics; and Ron Hanson, for the Music/Art/ Drama Department for his work. Awards in the physical sciences were to Mark W. Steeds for Physics; Mathew T. Stahl for Chemistry. Other winners were Karen Solheim and Connie Volkert, Psychology; and Alleen Benita, Respiratory Care. Steve Tuggle, prize winner in the winter quarter Arcturus poetry contest, and Earl Erikson, who won an HCC writing scholarship and is a member of the Arcturus editorial staff, won awards for Writing/Reading Departments.

Winners of the Activity and Service awards were: Kathy Christensen, Rosemary Helene, Rich Crotty and Chrisy Anderson for the Arcturus; Garth Willard, Goller, Tom Turcotte, Angie Pelchick, Reiko Frank, and Kathy Brown for Athletics; Mary Guhala, Leah Moske, Sue Long, and Kelby Bye for the Child Care Development Center. Rob Lundstrand won a certificate from the Drama Department. Tim Conners and Mau Trinh, Melinda Lambert, Jay Hayes, Sue Megginson, Traci Cooper, Brenda Withuhn, and Rose Sikora won certificates from the Events Board.

The Highline Community College Student Union honored Kim Warford and Marty Knoff with certificates. In the Jazz Ensemble, Paul D'Nich, Martha Mackenzie, Casey Wolvenso, Laura Dotzerrer, and Kim Cosperthwaite were honored. From the Multicultural Student Services, Dione T. Bait-Angel Davis, Phyllis J. Taylor and Ariel J. Mitchell all received certificates. Judy Wilson received a plaque from the Parent Education Program. Russ Brilly, Richard Penndick, Nina Messner, Cathy Tomsow and Barbara Archer received awards from the Para-Legal Association. Shelley Robb, Mary Flowers, Brooks Taiter and Sue Starkovich won a certificate from the Women's Program.

Faculty gets pat on back

Steve McCullum
News Editor

While students were receiving awards for their accomplishments, several of the Highline Community College faculty and staff were being honored for their contributions. Dr. Owen Cargol, dean of instruction, handed out awards to those that he felt "really went beyond what's expected of them."

Cargol gave out two Distinguished Service Awards, one an Angie Parsons in the Computer Science Department and the other to Gary Nelson in Production Illustrations. Cargol commended that Parsons was "forever helping other people with the computer," while Nelson has helped people design brochures for the campus, he said.

The Distinguished Teacher award went to Dr. T. Nguyen, a professor of mathematics. This award was based on evaluations by Cargol, students, and the tenure committee. Cargol stated that Nguyen is "a world class teacher."

Cargol also gave an administrator award to Renna Pierce, Technical and Education Division chairwoman and disabled student coordinator, and two staff awards to Pearl Dennison and Dick Gordon. Dennison is secretary to the director of HCC's Library, and Gordon is staff assistant in the Print Program.

Commencement coming for grads

Kimberly Tupper
Staff Reporter

On Thursday, June 8, 1989, Highline Community College will hold commencement ceremonies for all students who have graduated in the 1988-89 academic year. The ceremonies will be held at HCC's pavilion and will start at 8 p.m. All students who have finished high-school completion degree, certificate programs, such as Television Production; two-year-degree programs, such as Legal Assistant and Respiratory Care will be honored.

According to Betty Steiner, who is in charge of graduation and commencement, "About 1,000 students apply to graduate each year. Around 400 actually complete their degrees and can actually gather to celebrate their graduation ceremonies because they have gone on to four-year institutions or graduate school."

The college pays the cost of the diploma, diploma cover, and gown. The actual diploma is not given to the student at graduation. Instead a note from Wani is enclosed congratulating them on their achievements. The diplomas are sent by mail to the graduate's home at a later date. A note is a $10 setup fee charged to those who participate. This fee helps to cover the cost of programs and the reception following the ceremonies.

After commencement, the reception in the cafeteria is time for graduates and their families to take pictures and socialize with other graduates. Steiner says, "Graduation is a time for the families of the students to get together and be proud of what their children, mother, father or spouse has accomplished."

Campus celebrates American Indian culture

KEVIN TALLMADGE
Staff Reporter

Over 10 years ago, Highline Community College presented the first American Indian Heritage Day. Since that time it has become more commonly known as "the salmon bake."

Mary Odom, HCC Multicultural Services director, is trying to bring it back to its original goal. The Indian culture is very prevalent on HCC campus though most don't realize it, she said. The hope is to "brighten the awareness of the American Indian and acknowledge their cultural origins."

All the buildings on campus have been named using Indian words, and there are two teams located by the Student Artists Lecture Hall. Even the school mascot has Indian origins.

To celebrate this year's American Indian Day, the Highline Student Government and the Multicultural Student Services office sponsored the usual salmon bake, with salmon baked in the traditional fashion by Bernie White-
Revenge, oh sweet revenge

STEVE MCCLURE
News Editor

Two months ago Ed Morris, the Math Department coordinator at Highline Community College, vowed revenge against the person who set him up for his mock arrest by the American Cancer Society. Last Thursday he got it.

His previously unnamed target, Meg Tigard, a fashion marketing instructor, felt the wrath of Morris as he decorated the inside and outside of her car with toilet paper and balloons. To help Tigard understand his act, Morris showed her article aside by attaching a timeout to her windshield.

After being led out by her campus police officer, Dick Major, Tigard’s eyes opened wide as she viewed Morris’ work. "I was really surprised," she admitted. "Morris, in the meantime, crouched giggling behind some parked cars watching for a few moments before bursting onto the scene.

She is not, however, ready to let it end. "The bear goes on," Tigard commented. She stated that there will be more retaliation on her part in the future.

Teenagers get a taste of college

EDS. SEHALL
Staff Reporter

With summer quarter on the way, the seventh annual Highline TeenCollege is soon to begin. The four-week summer enrichment program offers 19 consecutive classes for students entering seventh to 10th grade.

Young people may like the program because there’s no homework and with classes like Acting, Tai Kwon Do, and Photography, learning by doing is a lot of fun.

Students from approximately 20 different school districts are organized into classes by interest, not ability or background. The classes are taught by college instructors and the subject material is short and concentrated.

The biggest advantage is exposure to the college atmosphere. "They really get the experience of going to college at 12-15 years of age," said Gary Sampson, Coordinator of Personal Enrichment Programs.

TeenCollege will generate an interest in continuing education and in Highline itself.

The program is offered in the summer because the space is available and public schools are not in session. According to Sampson, faculty also expressed an interest in younger students.

There are six new classes offered this summer, Improvisational Theater, Astronomy, Computer Graphics, Agriculture, Independent Study, and Independent Living Program.

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Abortion: a woman's choice

KATHLEEN BROWN
Staff Reporter

I am pro-choice. I have never had an abortion. I do not think abortions solve all problems. No one close to me has gone through an abortion. It seems to me that we are faced with an unwanted pregnancy. I do not know what I would consider abortion or not. But I would like it to be my decision, not the Supreme Court's, not my parents', and not a religious voice unfamiliar to my own. I would need it to be my decision. I am pro-choice.

Because I believe in the United States Constitution which holds that no state shall deprive a person of life, liberty, or property, I am pro-choice. My interpretation means people can do what they want with their bodies including abortion if they choose to do so. Norma McCorvey, formerly known as Jane Roe during the Roe vs. Wade case of 1973, stated, "I don't want any man to determine my destiny and control my body." I agree.

Abortion is a moral issue with two objective points of view resided in people's values and beliefs. These values differ from person to person depending upon his or her background, personality and life style. How is it possible for a government to tell people their values are right or wrong? Who gives them these rights? In my opinion, the more laws and constraints put upon these issues of the heart, the more contrivance and force they become. Over and over people try to prove themselves right, when really no one is wrong. It is a matter of personal opinion.

It also becomes a matter of class wealth, because the poor cannot afford private doctors and have to resort to black market abortion clinics. If abortions are illegalized, I fear women will once again resort to desperate measures in order to have abortions, even risking their own lives. Sanitary medical conditions, licensed physicians and proper equipment are just some of the sacrifices which may be made by a woman undergoing an illegal abortion surgery. Whether abortions are illegal or legal does not matter; women will still have them. This is why I urge people to face the reality of this issue. I do not think anyone supports abortion, the act itself. But due to medical technology, an abortion has become an option for an unwanted pregnancy. An abortion can save the life of a woman. It can save potential abuse of children. Law will not make abortion go away; they will only make it disappear in a puff of smoke. The reality is that abortion will continue, and we have to learn to deal with it.

I think abortions should be illegal, but one should not be an option for the average person. I believe that organs and tissue are a part of a person, and should not be removed. It is a matter of individual freedom and the right to live. However, I think that the government should not interfere with the decision of a woman to have an abortion.

DANNY CANTU
Staff Reporter

No state shall deprive any person of life, liberty, or property without due process of law.

—14th Amendment
U.S. Constitution

Where are the rights guaranteed by the 14th Amendment when it pertains to the child living in a mother's body during pregnancy?

If a woman has a "Right to do whatever she wants with her own body," why doesn't she use this right to get pregnant in the first place? How can someone justify the killing of an unborn child for economic or legal reasons, or because the baby is unplanned or unwanted?

Some of these are the questions which must be asked when considering a woman's right to have an abortion. I believe abortion is wrong and shouldn't be an option for pregnant women. I'm not pro-life or pro-choice because I don't have any opinion on what either group believes, and I don't like being labeled or associated with any particular group or organization according to what I believe.

The reason I feel so strongly against abortion is that every time a woman has an abortion she is killing a human being. To deny a child the gift of life because of the irresponsibility of the mother and father who conceived it is cruel.

According to the Department of Health and Human Services 1.25 million babies are aborted each year. This amounts to 3,500 abortions a day, or 145 abortions an hour. A baby can survive outside of the mother's body 20 weeks after conception, yet every year 12,000 babies are aborted after this time.

Professor A.W. Liley, a leading researcher on life before birth, states, "Biologically, in no stage can we subscribe to the view that the fetus is a mere appendage of the mother. Genetically, mother and baby are separate individuals from conception." At what stage of a baby's existence do you consider the baby to be human? If it is human 10 minutes after birth, then what about 10 minutes before abortion. Where do you draw the line?

The view that an unborn child isn't human because it can't survive outside of the mother's body is ridiculous. If this is the case, isn't someone being kept alive by a life-support system or using a pacemaker for his heart also not human because he or she can't survive without it? Does this mean a newborn infant isn't human because it can't survive without someone taking care of it?

I believe a woman does have the right to do what she wants with her own body. But when she becomes pregnant there are two bodies, and the mother has no right to kill the baby she conceived because she doesn't want it. A woman has a right to choose whether or not to become pregnant, but she does not have the right to kill the baby if she becomes pregnant. She is obligated to give birth to this child she conceived.

In a few instances such as incest, rape, or danger to the mother's health an abortion should be an option, but such as these still don't make abortion acceptable.

No one has the right to play God, deciding who will live and who will die. It is a sad commentary on our society. When thousands of people fight for the right to kill these children, it shows that abortions are a commonly used form of birth control, it is the child who pays the consequences.
It's all happening at Point Defiance Zoo

Sharks invade Tacoma! Perhaps you've seen the billboards around town promoting Point Defiance Zoo and Aquarium's latest addition — the South Pacific Aquarium.

"It's going to be a total tropical experience," says Brenda Barron, Pt. Defiance's public relations director, referring to the new $3.1 million aquarium. The highlight of the new aquarium will be a 250,000-gallon central tank full of sharks. Some of the shark species to be seen include sand tiger sharks, lemon sharks and blacktip.

Visitors will be enveloped in a total tropical environment as they enter the exhibit. The temperature is to remain at a constant 80 degrees with 90 percent humidity. The circulating air is scented with tropical flowers and lilies, with the sound of crashing waves. A winding path leads visitors to a tropical reef and lagoon area. A large blue hole beyond the lagoon beckons visitors. As people approach the blue hole, they see the shark tank. A 1986 bond issue and private contributions are financing the zoo's latest project. It is scheduled to open in mid July. The pathway connecting the existing aquarium with the new aquarium is completed, along with the exterior reconstruction. Work continues on the main ocean tank.

Penguins are also big news. A new penguin exhibit opens June 3. The zoo will receive six pairs of Magellanic penguins from San Diego's Sea World. The penguin exhibit will be located near the Tidepool area, on the downhill side of the park.

The Rocky Shores otter exhibit features four new otters. Victims of the recent Valdez oil spill, they have adjusted nicely with the three resident otters, according to a Zoo Society spokesperson.

Elephant rides, bird shows and Beluga whale shows are some of the animal encounters the zoo offers. "We're trying to create more interaction between visitors and staff biologists," says Barron. An important function of the zoo is providing an educational experience for each visitor, explains Barron.

Zoo Sounds, the annual summer concerts, are scheduled to run July 5 through Aug. 9. Musical programs played for the concerts are "Sports Spectacular," "Second String," "Japanese String Ensemble," "Spanish Band" and "Japanese Typhoon." Some of the featured performers are Toshiyuki Kubo and Tomohisa Nakamura. The zoo's summer hours are 10 a.m. to 2 p.m., for more information call 591-3333.
The Zoo!

Woodland Park Zoo

Woodland Park Zoo's newest and largest exhibit, the Elephant Forest, opened exactly one week. The official opening isn't scheduled until June 17. "We decided to open it early as we could work out any problems that developed," said Elaine Brown, WPZ's public relations director.

The exhibit features WPZ's three Asian elephants, one African elephant and Asian rhino. "But, the exhibit is more than just a display for elephants. This will be the first exhibit at the Woodland Park Zoo which will combine a natural habitat with important elements from a specific culture," says John Kielbasa, who is in charge of interpretive planning for the project.

The Elephant Forest encompasses 4.6 acres and includes the elephant exhibit, a one-acre elephant clearing, a winding stream with a waterfall and large pool, a Thai logging camp and a mid-19th century Northern Thai village. The elephants can be seen hard at work in the Thai logging camp, and the Thai village serves as an interpretive center providing information about the relationship between the elephant and Thailand's people.

The largest public collection of bamboo in the Pacific Northwest can be seen in the Elephant Forest. A total of 12,000 plants (39 different species) transforms a small portion of Seattle into a tropical Asian forest.

A 1985 $31.5 million capital improvement bond matched with $10 million in private contributions is funding the exhibit. But the Elephant Forest is only a portion of the zoo's 10-year redevelopment program.

WPZ is growing in areas besides construction. Several new births have occurred since this winter. An orangutan, born Feb. 19, is at home in the Great Ape House. The new leopard have new cubs, and WPZ is the first zoo in the world to successfully breed and recover island tree frogs. A WPZ press release summarized the zoo's goals accurately. The zoo's theme of direction and commitment to development and ongoing animal care plan have led Woodland Park Zoo to be a leader in zoo development and wildlife education.
Pick a park for summer time fun!

Local Parks

1. Lake Fenwick Park
   2600 Lake Fenwick Road
   Kent, WA
   fishing, boating, picnicking.

2. West Lake Fenwick Park, 38th south & Reith Road, Kent, WA
   soccer field, 4-tennis courts, baseball, children's play equipment.

3. Redondo Beach
   boat launch, fishing pier, salt water beach.

4. Salt Water Park 2805 6th St. S., Kent, WA
   boating, fishing, picnic area, clamming, beach combing, food service.

5. Des Moines Marina
   boat launch, fishing pier, marina for boats.

6. Kent Golf Course
   miniature golf course, 9 holes.

7. Riverside Golf Course
   3701 West Meeker, Kent, WA
   18 holes, 4-tennis courts.

8. Out Parking Here
   fishing for children under 14 yrs, age and handicapped access.

9. Green River Trail
   near Kent golf course, biking, walking, jogging.

10. Adjacent Game Park
    4-tennis courts, 9-hole golf course, 4-baseball diamonds, am
    phitheater, picnic area, children's play equipment, soccer field.

11. Liberty Park
    Bronson Way N.E. & Houser Way N.E., Renton
    picnic area, ball fields, children's playground, swimming pool, paved
    walking trail.

12. Gene Coulon Park
    1201 Lake Washington Blvd. No., Renton
    picnic area, boat launch, walking & jogging, lvar's restaurant, pagoda
    layout by Bev Ott and Diana Baumgart

13. Liberty Park
    6050 W. Meeker, Kent, WA
    picnic area, boat launch, walking & jogging, food service.

14. Gene Coulon Park
    1201 Lake Washington Blvd. No., Renton
    picnic area, boat launch, walking & jogging, children's play equipment.

15. Liberty Park
    6050 W. Meeker, Kent, WA
    picnic area, boat launch, walking & jogging, food service.

16. Cedar River Trail Park
    across from Kent airport, behind Boeing
    picnic area, boat launch, walking & jogging, children's play equipment.

17. Angle Lake
    1206 Pacific Highway So., Seattle
    picnic area, swimming, boat launch

Layout by Bev Ott and Diana Baumgart
Photos by Diana Baumgart
Pick a park for

Local Parks

1. Lake Fenwick Park
   2600 Lake Fenwick Rd
   Fishing, boating, picnicing.

2. West Lake Fenwick Park
   38th St & Main Rd
   Kent, WA
   Picnicking, children's play equipment.

3. Robbins Beach
   Kent, WA
   Picnic, fishing, water activities.

4. Set Water Park
   25200 8th Pl S
   Kent, WA
   Picnic, fishing, boating, salt water beach.

5. Redondo Beach
   Kent, WA
   Picnic, fishing, salt water beach.

6. Kent Golf Course
   Miniature golf course, 9 holes.

7. Riversbend Golf Course
   2019 West Meeker Rd
   Kent, WA
   Picnic, children's play equipment, 4 baseball diamonds.

8. Green River Trail
   2800 West Meeker Rd
   Kent, WA
   Biking, walking, jogging.

9. Auburn Game Park
   4 tennis courts, 6 basketball hoops, 4 baseball diamonds, amphi-theater, picnic area, children's play equipment, soccer field.

10. Old Fishing Hole
    Fishing for children under 14 yrs, and handicapped access.

11. Auburn Park
    Picnic, fishing, beach, salt water beach.

12. Green River Trail
    Biking, walking, jogging.

13. Auburn Park
    Picnic, fishing, water activities.

1989 Thunderword Swimsuit Spectacular
Swimsuits were provided by Cascade Travel & Resort Wear located in Sea-Tac Village. A full-service travel agency, Cascade Travel & Resort Wear offers vacation clothing for women and men and a tanning room.
Thanks to our models: Shannon, Paige, Cathy, Torey, Brenda, Kim and Larry.

summer time fun!

12. Green River Trail
Heatherhill Park, biking, walking, picnicking
13. downtown Park
Private grove, picnic area
14. Gene Coulon Park
1201 Lake Washington Blvd. NE., Renton
Swimming, boating, picnic area, walking, jogging, children's playground
15. Liberty Park
Bronson Way NE & Houser Way NE, Renton
Swimming, boating, picnicking, walking, jogging, children's playground
16. Cedar River Trail Park
across from Kent Airfield, behind Boeing
Swimming, boating, picnicking, walking, jogging, children's playground
17. Angle Lake
9900 Aurora Avenue NW, Seattle
Swimming, boating, picnicking, walking, jogging, children's playground
Computer terminology with a twist?

By Bryan Smith

Anger should be aimed toward system that failed

By Kallen Jenne

We've seen it in the newspapers. We've seen it on TV. You've probably talked about it over dinner. You've probably really pined over the events that occurred in Tacoma the Saturday evening before last (May 20). And you should be. A man, who has been in and out of various state institutions, mutilated a 7-year-old boy. The boy's life has been changed forever, and there is nothing to be done about it. Earl Shrinet, the mutilator, has been in and out of institutions for two-thirds of his life. Shrinet is a socially non-functional person. He will never, ever be able to live in a community and live normally.

Is that the whole story? Does it end with putting Shrinet somewhere where he won't be able to harm anybody? Is that even the major question involved here?

No. The question here is why he was out of prison in the first place. Or is it? Does it really matter why Shrinet was out? The most important thing, in my mind, is how we do keep it from happening again. I'm convinced that Shrinet will end up spending the rest of his life in prison or a mental institution.

Ideally Shrinet needs something between mental institutions (which serve to rehabilitate and prisons (which serve to punish). People like Shrinet do not realize what they are doing is wrong, and never will, need to be confined to protect themselves and others. We do not have such a system in this state. Our state pushes these people into prisons, from which they eventually get out, or into mental institutions where they are effectively warehoused for life.

What we need is a system that makes decisions based upon the needs of society and the needs of the individual. We know our system is inefficient; let's look how to improve it.

First, is it either going to take tax money or deciding what is important to the public. Is it more important, for instance, to get pimps and prostitutes off the street or to put away schizophrenic murderers? Is it more important to get drug traffickers out of our sight or to keep rapists from repeating their crimes?

The primary reason criminals are getting out of jail after serving only small portions of their sentences is overcrowding. The jails are so overcrowded that when the courts want to add another person they have to either wait until there is a vacancy or kick the person criminal free. I would think an effective way of dealing with the problem would be to use a combination of house arrest and decriminalization. Use the new house-arrest bracelets for non-violent, first-time offenders. Let them pay for their own incarceration.

And, instead of filling up the prisons with drug users (who haven't committed any other crimes), why not either put them in rehab or fine them. A new state law makes it illegal for local government to decriminalize drug activity, but the end result is going to be an increased burden on the taxpayer and a decreased effectiveness of our judicial system.

Why not let murderers who kill due to mental duress (e.g., finding their spouse in bed with another person) also pay for their crimes incarceration in many cases. Dormitory or apartment style housing certainly would cost less than building more prisons. Psychologists will tell you that most of these people do not present a continuing danger to society.

Why not do away with capital punishment, so it no longer costs society about eight times as much to execute someone as to let them live for life. Sure, society will no longer have the immediate gratification knowing that they have caused the death of an individual. But we could incarcerate, take the money saved from the would-be executions and build more prison cells.

The reason Shrinet was released was that the system could no longer afford to keep him. If you are as concerned about the issue of this type of crime occurring again and again you need to make a choice. Are you going to send your congressmen letters or dollars? The other alternative is a worsening vortex of fear and isolation as the country continues to get stranger by the minute.

Anger should be aimed toward system that failed
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10 First Ave., downtown, the Seattle Center. You can walk off on only $2.50 round trip. The ferry departs from Colman Dock on Pier 52.

While on the waterfront, you could check out one of the many sightseeing and touristic activities. Ye Olde' Curiosity Shop & Museum is Seattle's first curio shop and is filled with fascinating objects from the past, such as a preserved mummy, a two-headed calf and others. The shop, located on Pier 54 Alaskan Way, is free and open Sunday-Thursday 9:30 a.m. to 6 p.m., Friday and Saturday 9 a.m. to 6 p.m.

You may also want to take in the Aquarium at Pier 59. Resting on the doorstep of one of the most diverse aquatic habitats on earth, Seattle has an award-winning aquarium. The Seattle Aquarium is open from 10 a.m. to 5 p.m. daily. Admission: adults $3.25, seniors and students (ages 13-18) $1.50, children (ages six to 12) $2.75, ages five and under free.

The Seattle Center at 219 4th Ave. N. offers a variety of performances and entertainment, but there are a few things you can do for under $5.

Admission: adults $3.25, seniors and students (ages 13-18) $1.50, children (ages six to 12) $2.75, ages four and under free.

Another interesting museum is the Museum of Flight. Located on 4904 East Marginal Way S., the museum offers a look at aviation of the past and the future. Open daily from 10 a.m. to 5 p.m.

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Drive out to Woodinville to visit the Chateau Ste. Michelle. Situated on an historic 87-acre estate, it is a perfect area for a picnic lunch after touring the winery. Free tours and wine tasting add to your enjoyment. The winery is open from 10 a.m. to 6 p.m. daily. The address is 1411 Northeast 145th Pl., Woodinville.

Both Rainier Beer and Red Hook Ale have free tours for the public. Rainier Brewery, open from 1 p.m. to 6 p.m. Monday through Friday, is located on 3100 Airport Way. Red Hook Ale, located at 3400 Ship Canal, is open from 11 a.m. to 6 p.m. daily.

If all else fails try a discount price at the movie theater. Luxury Theatres has a Monday special, $3. General Cinema has a bargain matinee on Monday through Friday for $3 for all movies before 4 p.m. Cinéplex Odéon has a $3 first matinee only. These prices do not apply to special engagements.
REVIEWER GETS REVIEWED

Attention Paige:

Today I read your interesting, not to mention amusing article (see May 19) about the Bon Jovi/Skid Row concert.

Before I go on to say what the concert really was like, I'd like to ask you one question. Why did you go to the concert? Did you go because you liked the band or because you were pumped for an assignment? The reason I asked was because (sic) the way your whole "Review" sounded.

For those who didn't (sic) go to concerts very often, don't realize that most people who are there are there for the band, not for the other fans. It's a shame that people were rude to you. It really shouldn't be that way, but that's (sic) really no reason to shoot down Bon Jovi. As for Skid Row, I have no idea why you hit a soft spot, as well as a personal nerve. Jon Bon Jovi "discovered" Sebastian and the boys, so as far as them not being in the same class, I think that's (sic) where your facts are a bit twisted. The majority of the people were there for BOTH bands, not one or the other.

To make this long letter a bit shorter, #1 You'll be freaking out if you see yourself on their video and/or movie, so stop acting like it's so immature. #2 Explosive? C'mon, one big explosive at the beginning and a short series of them at the end. Listen, maybe the reason you missed the encore was because you were too busy finding all the bad things. I have to agree that this wasn't one of Bon Jovi's better concerts, but with an attitude like yours (sic) it must've sucked.

Listen! I'm sorry you had a bad time, but Bon Jovi (and Skid Row) have always been loyal to their fans, so it was hard when someone is so disloyal to them.

All and All Paige, next time, go with a better attitude. Then it won't (sic) be a waste of $21.00. Mmm, where did you get your ticket? Mine was only $19.50. Did we really need to exaggerate the price also?

Sincerely,
Nicole Antz
Slimming and shaping for summer

PAGE KERRIGAN
Sports Editor

Is there a difference between body-shaping and body-building? Your betcha. Both men and women can do either. The difference is that body-shaping makes your body build muscle while losing fat. You can increase the endurance of the muscle or just lose body fat for that terrific shape. Body-building is for people who want to build huge, rock-hard muscles. They are the ones who compete in competitions. Body builder Connie Gleason said she works on both body-building and body-shaping. "I do it for myself," not for competition, she said.

When you work on a given body part with weights, you stimulate the muscles in that area by increasing the blood flow to them and demanding that they respond. The muscles begin to firm up and lose fat. This causes muscles to grow.

There are nine major muscle areas to be worked. These include the chest, shoulder, back, biceps, triceps, abdominal, buttocks-hips, thigh and calf muscles. This sounds like a lot of work but if you do your weights workout right, it shouldn't take longer than an hour. One or two exercises per muscle group is sufficient to achieve the results you're looking for.

The amount of time spent in a gym depends upon the shape you're already in. A beginner shouldn't lift weights more than twice a week. When you feel the workout has become too easy, then you can move up to three times a week.

"You don't get the results just because you live in the gym. It's the consistency," says Sandra Edwards, co-owner of Sankor food and fitness program with husband Kory Edwards.

Consistency in body shaping is important in order to build muscle without losing muscle. It's like learning your alphabets: once you start, don't quit or you'll lose everything you've gained.

Everyone has a different opinion about a weight workout. All body building books tell you to do three sets of 10 for each exercise, but they don't tell you when you're ready for that. Books, such as Rachel Melin's about body building, give you the basics and understanding, but they give you exercises you're not ready for yet. These books don't say whether the workout is for beginners or for people who are used to working out.

In a woman, the lean body mass is not as much as in a man, so it's common sense that a woman should not do as much as a man. If you're building muscle, whether you're a man or a woman, you're going to gain weight even if you're losing body fat. "You usually don't see the results unless you're losing fat," said the manager at Fitness Elite, located in Auburn.

Variety in your workout is also important. When you're not in the gym constantly then you're OK, but when you seem to be in the gym all the time you have to change your exercises around. The body adapts to the same routine. A good way to cure this is to change the sequence of training.

"You don't get the results just because you live in the gym."

As long as you keep lifting weights, it's always a different stress on the muscle. As you get stronger, it strengthes different muscle fibers.

You should fatigue out the whole muscle to get to the deep of the muscle. If the weights you use are too light, they don't work the entire muscle. If after your workout, you feel you could come back tomorrow and do it again, then you didn't do it right the first time.

Not every body part should be worked as hard as other body parts. When you want the muscle to grow, you're going to increase the weight. One set of 15 repetitions works for that.

If you're happy with the muscle size in certain areas, such as in the buttocks or stomach, you need only to tone the area. "Toning works the muscle just enough to maintain the size of the muscle there while keeping off the body fat," says the manager at Fitness Elite. Two sets of 12 with a lighter weight works well for toning.

Your biceps and triceps muscles should be worked last. All exercises like your shoulders and back press use arm muscle. If you work biceps and triceps first then all of your energy is zapped.

Exercise is also a great stress reliever. When you're feeling the strain of your muscles and you're enjoying this, you're re- leasing all of your stress. Focus on the muscle being worked at the time. Give that muscle your full attention.

You should always warm up before any exercise. A warm-up is an exercise that prepares your muscles for the heavy work you expect from them. Jump on a stationary bike, do jumping jacks, any exercise that slightly increases your body temperature. Move your arms as well as your legs until you literally feel your body warming up.

Stretching between each exercise is also a good idea. This makes your muscle able to flex to its fullest extent as well as making every step count at the fullest.

As you gain muscle, the weights you use should increase. This will continue the growth and progress.

Attitude is everything. "Your attitude is your way of looking at a given situation," such as how you want your body to look, says Edwards. Exercise is fun if you want it to be. You need a positive attitude to get a positive response.

"Your attitude is your way of looking at a given situation."

Nutrition is an extremely important part of body shaping. You must adjust the food intake to limiting quantities so that you consume less calories than you burn off daily. Make sure you're getting the nutrients needed to maintain good health.

While exercise only works in the muscle, a good diet will rid you of the rest of the body fat. If you don't eat right, then the fat won't ever come off no matter how much you exercise. Learn to eat for your exercise. "You have to know how much food to take in for your exercise. We all know what good foods are, but you need to know how much to eat," says Edwards of Sankor.

Sandra Edwards displays her muscles. Photo by Kevin Tallmadge

Flexibility is no problem for Sandra Edwards. Photo by Kevin Tallmadge
Baseball cards are not just for the young

Chris Anderson
Staff Reporter

The market has been in a steady gaining trend since 1985 with consistent surges in early March through April. Experienciers are up, output is increasing, and income has reached its highest level. Baseball cards are in a bull market with a thriving economy. Baseball card collecting is not just what little boys do during recess; it has transformed into a business that knows gender or age group. “We get males and females from four to 60 years old and older,” said Scott Cushman of The Sports Shop in Butte. “Other people collect for investment purposes and just to collect.” The younger customers are collecting to “trade, get their cards autographed, and to sell when the price goes up,” he said. “Cards are taking over coins and stamps by leaps and bounds,” said Andy Stagg of Stagg’s, a baseball card, coin and stamp shop in Kent. “It’s part of our culture,” he said. “A lot of families are doing it, and I think that’s something we need today. That’s one of the reasons I got into it.” Another reason to which Stagg attributes the growth of the baseball card hobby is the “phantom” or “nominal” price increase of cards.” Since 1985, financial growth of these pieces of cardboard has made possible such “phantom” rates of return that would make a stockbroker look twice. A 1952 Topps Mickey Mantle is worth $1,200 today. As Stagg explains, “The market will have to correct itself.” However, he and Cushman expect the growth of the card economy to continue for the next few years.

Griffey is good, but not a god

Marty Price
Staff Reporter

Ken Griffey Jr. 29-years-old, Future Hall-of-Famer. The Kid. Candy Bar. Ken Griffey Jr. Hall-of-Famer. IV. The Kid. Griffey. Hall-of-Fame. 19. GriffyAduhSamJamskDnGrilly...uzahhhhh!!! Enough!!! Hey, Scanl Times? Hey, Post-Intelligencer? Ken Griffey Jr. is flesh and blood, he is human. He cannot walk on water. Open up the sports section in either the Times or the P-I these days, the smart money says there is either a photo of “The Kid” or a headline proclaiming that his previous night’s performance was “legendary.” The 1989 Seattle Mariners are a team with a lot of talent. Sorry, but Ken Griffey Jr. is not the only reason the M’s are seriously contending for the first .500 record in the team’s miserable history.

How about Jeff Leonard or near the top of the American League in home runs and runs batted in? How about Alvin Davis who is second in the league in batting average? How about solid production from Jim Presley, Dave Valle, Harold Reynolds, and the Mariners bullpen? How about Jim Lefebvre, perhaps the first ever Mariners manager that shows the slightest sign of being innovative? And then you have a great rookie year for Griffey. If Griffey played in New York or Los Angeles, he would be a major media figure, but the press would be viciously waiting to pounce on each of his rookie mistakes. It’s hard to blame the Seattle media. In a town that doesn’t have a long glorious tradition in sports history, or a hall-of-fame superstar to brag about (maybe Steve Largent), some body like Griffey is a sight for sore eyes. It’s one of Seattle’s first chances to gain the national spotlight in baseball.

But future hall-of-famer? A Ken Griffey Jr. candy bar? My God! Why don’t we just change the name of the Kingdome to the Griffey Dome? We’ll all be eating Griffey-dogs, and drinking Griffey-beers, watching the Mariners.

Ken Griffey Jr. is having an excellent rookie season, but he hasn’t found the cure for AIDS. He will eventually be a superstar, but let’s keep things in perspective. Let’s be a little patient. Besides, the candy bar tastes like crap anyway.
Softball scores big with conference play

Laura Soave
Staff Reporter

Highline Community College's 13-member softball team ended the season at the conference championships in Skagit Valley the weekend of May 26-28. The team traveled to Skagit Valley on Thursday and played two games on a wet Friday. Rained out on Saturday, the team played its final game on Sunday. This is the first time in its four-year history that the HCC team has made it to conference.

The team's performance has improved due to strong recruiting and coaching. Beyer, Coach of the Year for the Southern Region, has been HCC's coach for two years.

"I'm not at all disappointed in our season," said Coach Beyer. "All the girls put in a strong effort (at conference) and played well. I'm very happy with how we did."

The team's first opponent was Spokane. The final score was Spokane 7, HCC 3. HCC scored three runs on eight hits and had three errors.

Reiko Frank had a hit and was brought in on a single by Chris Pankovich to score one run in the second inning. In the sixth inning Chris Pankovich hit a single and was moved to second base on a single hit by Shannon Kussman. Kelly Brusa then hit a single to score two runs. Brusa then had four for four at bats with two RBI's. Chris Pankovich and Kussman both went 2 for 3.

"I'm not at all disappointed in our season."

HCC then moved in its next opponent, Green River, and was victorious with a final score of 5-3. The team remained scoreless until the fourth inning. Frank started off the inning with a single and stole second. Pankovich had a base hit that moved Frank to third. Carinn Pankovich stole second and Kussman had a single to score Frank. Chris Pankovich then hit a single to score Carinn Pankovich.

Many errors started off the fifth inning on a walk and stole third. Frank hit a single to score Force and stole to second on a passed ball. Carinn Pankovich hit a single that moved Frank to third. Kussman walked and Chris Pankovich singled to bring in Frank for one run. Brusa then walked to bring in Carinn Pankovich.

In the Green River game Debbie Rhodes had one hit; Frank and Carinn Pankovich both went 2 for 3. Kussman went 1 for 3 with 1 RBI. Chris Pankovich had 1 hit, 1 sacrifice and 2 RBI's.

HCC's last game was against Skagit Valley with a final score of 4-3, Skagit's win. HCC first scored in the fourth inning, beginning with Frank getting to first on a fielding error. Carinn Pankovich then had a sacrifice bunt that moved Frank to second. Kussman came to bat and got on base on another Skagis fielding error that also moved Frank to third base. Chris Pankovich batted in Frank and moved Kussman to third base on a hit. Chris stole second and Brusa batted in Kussman and Pankovich.

In the Skagit Valley game Rhodes hit a double. Chris Pankovich went 1 for 3 with 1 RBI, Brusa went 2 for 4 with a double and two RBI's. Sheri Tyler went 1 for 3.

"I'm very proud of the girls. It takes a lot to make it as far as they did and they always showed a lot of class," said Beyer.
Highline Track: Thunderbirds take first place in State Championship

DANIEL CANTU

Staff Reporter

Beneath dark, menacing skies and heavy rain the Highline Track team ended years of frustration by winning the Northwest Athletic Association's Community College's 16-year reign as champions, dating back to 1973.

Bret Goller was the star of the tournament, held in Bend Oregon, as he won the 3,000 m steeplechase in 9:18.30, and the 3,000 m in 126.27, and the 3,000 m steeplechase in 9:18.30. Goller, who won the Outstanding Athlete Award, will be accepting a track scholarship from either Eastern Washington University or the University of Idaho.

Highline's Ron Johnson took first place in the hammer, while Vincent DeAugustine, Terry Cushman, and Matt Morison took second, third, and fourth in the javelin, while Vincent DeAugustine, Terry Cushman, and Matt Morison took second, third, and fourth in the javelin.

Monoghan's Paul Monoghan was followed by Goller in the 5,000 m. Other good performances from Highline were turned in by John Aremnia who took second in the 200 m and fourth in the 400 m. Patrick Robin and DeAugustine, Terry Cushman, and Matt Morison took second, third, and fourth in the javelin.

Monoghan also took second in the 1600 m relay, while Goller was followed by Willard in the 5000 m. Highline first with 110 points, Spokane Community College a third with 80 points, and Clakamas Community College a third with 80 points.

Highline's Edward Glass took sixth in the long jump, and DeAugustine, Terry Cushman, and Matt Morison took second, third, and fourth in the pole vault.

Monoghan was followed by Goller's Edward Glass in second, Curtis Helm in third, and Carl Buhle in fourth. Monoghan also took second in the 400 m. Patrick Robin and DeAugustine, Terry Cushman, and Matt Morison took second, third, and sixth in the 3,000 m steeplechase respectively.

Edward Glass and Lauren Hawkins placed fourth and fifth respectively in the 5,000 m. Highline took second in the 400 m and 1000 m relays.

The Highline and Spokane Community College teams were close at the end of the meet, Goller's win in the 3,000 m came in history for the team, and Highline took second in the 400 m and 1000 m relays.

In celebration of the team's victory, members threw coach Don McConaughy into the pole vault pit filled with rain, ice, and hail. As the assistant coaches laughed at their head coach, they, too, were thrown into the icy cold pit.

The final scores were Highline first with 110 points, Spokane second with 143 points, and Clakamas Community College a third with 80 points.

"They all did a great job this season."