Teachers' strike discussed

Nancy Rehberg
Staff Writer

Several members of the Faculty, Administrators, and Staff Representatives met last week to discuss the possibility of a state-wide strike in the spring of 1991. Faculty, Administrators, and Staff Representatives at the University of Washington, who are in negotiations for renewal of their collective bargaining agreement, are considering the possibility of a strike before the end of this year.

The purpose of the meeting was to discuss the current state of negotiations, the possibility of a strike, and the reasons for the strike. The meeting was attended by representatives from the Faculty, Administrators, and Staff Representatives, as well as members of the University administration.

The meeting began with an update on the current state of negotiations. The Faculty, Administrators, and Staff Representatives are currently negotiating a new collective bargaining agreement with the University. The negotiations have been ongoing for several months, and the parties have not yet reached an agreement.

The Faculty, Administrators, and Staff Representatives are considering the possibility of a strike in the spring of 1991. The strike would be a last resort, and the parties would only consider it if they are unable to reach an agreement.

The reasons for the strike are the same as the reasons for the negotiations: the Faculty, Administrators, and Staff Representatives want a fair and reasonable collective bargaining agreement with the University.

The meeting ended with a vote to continue the negotiations. The Faculty, Administrators, and Staff Representatives will continue to negotiate until a fair and reasonable agreement is reached, or until the strike is considered.

THUNDER WORD

Homeless

WORK FOR FOOD

HCC Math Instructor Allan Walton

HCC Vice-President of Administration and Human Resources, Allan Walton, and his colleagues at the University of Washington, are in negotiations for renewal of their collective bargaining agreement. The negotiations have been ongoing for several months, and the parties have not yet reached an agreement.

Walton is in negotiations for renewal of his collective bargaining agreement with the University. The negotiations have been ongoing for several months, and the parties have not yet reached an agreement.

The negotiations are taking place in a difficult economic environment, and the parties are facing significant challenges. The University is facing budget cuts, and the Faculty, Administrators, and Staff Representatives are facing salary cuts.

The negotiations are focused on issues such as salary, benefits, and working conditions. The Faculty, Administrators, and Staff Representatives want a fair and reasonable collective bargaining agreement with the University.

The negotiations are ongoing, and the parties are working hard to reach an agreement. The Faculty, Administrators, and Staff Representatives are committed to negotiating a fair and reasonable agreement with the University.
Unmanaged stress creates problems

Many psychologists, including Maggie Brown, who is a psychologist at Highline Community College, define stress as a need to adjust... Rhonda Earle  
Staff Writer

Many psychologists, including Maggie Brown, who is a psychologist and instructor at Highline Community College, define stress as the need to adjust. It's the way the body and mind react to any situation that's new, threatening, or exciting. Although many agree that stress affects people, there are some who believe stress does not exist.

In a small poll of people at HCC, seven respondents said that stress exists. Some said they felt tired and sick of school, while others experienced headaches, crankiness, sicknesses and student burnout. A student, identified only as John, explained that he felt overwhelmed, like being in a deep pit, exhausted with too much to do, in too little time. Some of the things these students did to relieve their stress were to: reward themselves with something fun, talk to their parents, or lift weights. One woman took a quarter-long break from school, which she said was definitely helpful.

Patricia Hagerty, an HCC counselor, said in an interview last week that change takes two to three years and that people shouldn't expect instant change if they're experiencing stress.

Everyone needs some stress to work harder and achieve goals, said Mary Lou Holland, A.R.N.P., M.A., Health Services coordinator for HCC. "It's when we have a lot of stress it hurts.

Brown said that college students encounter many stressful situations. "It's natural for students to feel some anxiety about leaving home, managing finances, juggling spouses and jobs, having their values tested and handling personal problems.

"Some stress adds a zest to life," Brown said. "One positive consequence of stress is that we learn to understand ourselves better. Given the need to cope successfully, we develop skills which we can transfer to other situations. On the other side, too much stress can make you sick."

Brown recommended "Psychology Second Edition," a book on stress and how it effects our lives, written by Carol Wade and Carol Travis. Canadian physician Hans Selye is quoted in this book, as saying that he did not believe that all stress could be avoided or that people should aim for stress-free life, which is an impossible goal. "Just as any intimate relationship is also爱, we get hurt," he said, "so does the human machine sooner or later become the victim of constant wear and tear."

The goal is to minimize the wear and tear, not to rid it of it. To Selye, "stress" consisted of three phases, which he called the General Adaptation Syndrome. In the alarm phase, physiological responses allow the person to fight or flight. No matter what the stressor is. In the resistance phase the body attempts to resist or cope with a threat that continues and cannot be avoided. If the stressor persists, the body becomes overwhelmed, becoming vulnerable to physical problems, which means they have reached the exhaustion phase.

Dennis Wolff, a family and adolescent counselor in "nurshing" suggests ways to reduce stress. They include: daily exercise like jogging, dancing, or, for some, even joining a health club. Humor and laughter are big relievers of stress. Some people find "hot spots" or shingles - a rash that appears under distress - may arise. People who are under stress are also at a higher risk of getting into accident and developing phobias.

Robert Elliot, M.D. states there are two rules to follow when handling stress. "Rule number one is: don't sweat the small stuff. Rule number two is: it's all small stuff, and if you can't fight and you can't flee, flow."

HCSU hold vote on new constitution on Nov. 29

Students encouraged to vote on new school constitution on Nov. 29.

Kelly Ratliff, Staff Writer

Low voter turnout for the new Highline Community College student constitution last month has resulted in a decision by the HCSU to hold a second election. Since only 31 students voted on the new constitution last month, the vote has been declared null and void.

Students will be able to cast their ballots on Nov. 29 on the second floor of the Student Lounge.

The constitution has been in the making since last summer. According to Bruce Mackintosh, coordinator of Student Services, the previous constitution, which was drawn up in 1983, was "not operational."

Phil Swaburn, dean of students, said that there was also a problem with participation. "Members of the student government weren't returning," Swaburn said.

The new constitution was put together by the temporary policy board. Members of the board are Darren Curtis, Scott Romzan, Gwen Leppard and Shared Evans and Executive Director Ron Purdy.

The low voter constitution turnout and null result prompted Swaburn to suggest that there be a "condemination of student government at Highline not to "govem" students but to an "advocacy group for student needs."

The HCC Student Union now has two branches: the Policy Board and an Events Board. These meetings are open to everyone. The agenda for the Policy Board meeting is posted 48 hours before the meeting. The next meeting is Nov. 29 at 7 p.m. in Blldg. 23, room 111.

Computer lab open to all

Nancy Reehrb...  
Staff Writer

The day will come when a small child seeking enlightenment will look up and ask, "What's a typewriter?" Times may have changed, but many 40 or 50 instructors require papers to be typed. Now they want them to be word processed. But don't panic. For a $20 fee (per quarter), Highline Community College students can purchase computer lab passes at the cashier's window in registration. Passes allow students to process to perfection every brilliant word instructors are anxiously waiting to read.

Although there are several computer labs at HCC, the only one available to all students is in the library (Building 25) on the fifth floor (Room 531). According to Sheri Richter, lab coordinator, "Students don't need to be registered in specific classes to use this facility. ... they only need to be registered in school, and have purchased computer lab passes, which they must display every time the lab is used."

Richter continued, "Students purchasing passes intend to use one of the other computer labs may also use them in the library lab.

The lab houses Macintosh and IBM and MS DOS-based machines, with more than 150 different software programs, as well as a variety of self-help information and manuals. New this year are two floppy drives, one for the Macs and one for the IBM clones) which are light-sensitive devices that can convert drawings, printed text and other images into digital form. Assistants are available in the lab for trouble shooting equipment malfunctions and for answering simple programming technique questions, though they are not available for in-depth instruction. "The lab is structured environment, not a tutoring center," Richter says.

The lab is open Monday through Thursday from 6:45 a.m. to 10 p.m., Friday from 6:45 a.m. to 4:45 p.m.; Saturday from 12 p.m. to 4 p.m. It is closed Sundays and school holidays. These hours are scheduled through fall, winter, and spring quarters. Students using the library equipment will find that computer usage must be limited to the classroom which is periodically taught in the lab. A schedule board located on the left wall just inside the door displays class days and times. Occasionally individual work is not permitted while a class is in progress.

In general, the lab operates on a first-come, first-serve basis, with classes having priority status. "The best time to visit the lab is when the paper is between 2 and 6 p.m. daily," Richter says. "The lab is fairly quiet then."

Free Bed & Breakfast When You Drive Under the Influence.

Washington Traffic Safety Commission

November 1, 1990
Many people enjoy the fall, with the color of changing leaves, the cooler air, the anticipation of winter snows and holiday cheer...

Steve Thompson
Start Writer

Many people enjoy the fall, with the color of changing leaves, the cooler air, the anticipation of winter snows and holiday cheer. Unfortunately, there are those who have little to be cheery about during this time of year. The homeless are forced to live on the streets.

"The homeless situation is something that always happens to someone else," said a homeless man who requested to be unnamed. The plight of the homeless is covered by the news media almost daily. On any given day, homeless people can be seen with backpacks or blankets wandering streets, gasping for breath, rummaging through dumpsters or panhandling for a meal.

There are resources for shelter, food and clothing, but often times the homeless are forced to fend for themselves on the streets, finding shelter wherever they can. "Even with the shelters and kitchens it's a struggle," said an unnamed woman with a four-year-old child.

Some homeless live in their cars (if they own one), others pitch tents or build shelters in wooded areas to brave the cold nights. Many homeless sleep in abandoned houses, dumpsters, large cardboard boxes under freeways overpasses and bridges. There are those (homeless) who migrate to winter in the South; they can be seen on just about any freeway on ramp throughout the year, with a thumb in the air.

One man, named Dave, has been homeless by choice since he got back from serving his time in Vietnam 15 years ago. Dave has traveled through the United States, including parts of Canada and Mexico. He works odd jobs occasionally to support his life on the road. "The time I've spent on the road I've seen good times and bad, but recently, since Reagan hit office, it's gotten a lot worse (referring to the homeless situation), and it keeps getting worse."

The Union Gospel Mission (UGM), located on the corner of Second Avenue and Washington in downtown Seattle, provides more than just a bed for the night and a hot meal for those seeking help. "We're here to help people," says Leo McDaniel, a lead supervisor at the mission. McDaniel has been with the Seattle UGM for one year, previously working at a mission in the San Francisco area where he feels the homeless problem is far greater than it is in the Northwest.

The UGM, aside from putting a roof over the heads of homeless men, has a drug and alcohol treatment program to get people back on track. According to McDaniel, many of the people that come into the mission are so strung out on hard drugs or alcohol that it's part of their (UGM) Christian duty to try and help these people get their lives back together.

"We are concerned that after people with substance abuse problems get cleaned up they can come into the resident program called New Creations. Kenny went through the program. When he first came into the UGM he was addicted to heroin, he was homeless and he had nowhere else to go. Kenny says, "I never thought that (God) was going to send me back here. I wasn't one of the best individuals to come through here."

The Tacoma Rescue Mission (TRM), located at 5150 Pacific Ave. in Tacoma, has many of the same programs offered by the Union Gospel Mission in Seattle. The TRM has the Transient Adult Services for single, homeless adults, which includes a rehabilitation program (New Life) for 36-38 single men who want to change their lives from drugs and alcohol to a self-sufficient lifestyle.

The New Life program provides shelter, clothing, counseling, substance abuse treatment and spiritual guidance, as well as job training and classes in money management, adult basic education, work therapy, basic living skills, anger management, problem resolution and communication skills.

The TRM has a 48-bed branch shelter called The Family Shelter, located at 609 South 15th St. in Tacoma, that provides temporary shelter and meals for families and single women. The Family Shelter provides most of the same services that the TRM provides, including family budgeting, skills, parenting skills and goal-setting.

Another branch of the TRM is a 15-bed facility called Hope Home. Hope Home is a care unit designed for emotionally disturbed women who are unable to live independently.

The TRM also has a jail ministry with a full-time chaplain at no charge to the county.

The TRM Youth Department, located at 2401 Pacific Ave. in Tacoma, addresses the needs of street youth, developing further programs to respond to their needs. The Youth Department provides a walk-in facility with food, a clothing bank, advocacy and referral services and recreation for street youth.

Volunteers assist with shelter and employment.

The Tacoma Rescue Mission's service record for the month of September shows that it served 5,888 men, 1,670 women and 3,480 families meals. It provided beds for 1,239 men, 208 women, and 1,160 families. The total amount of clothing items provided by the TRM was 18,089.

The Jail Ministry conducted 35 services and counseled 306 inmates. The TRM's Challenge Learning Center enrolled 35 new students.

The TRM's Challenge Learning Center, located at 3510 Pacific Ave. in Tacoma, in cooperation with Tacoma Community College, has established a drop-in learning center, with satellite services available at other locations in the community. The learning center is a one-day, teacher instructing literacy training in reading, writing and math, as well as GED and electrical preparation to the homeless.

Assistance with child care and transportation is available.

"In the midst of a hectic schedule, I find I cannot cope unless I keep a thankful heart," said Joe Ellis, executive director, Tacoma Rescue Mission. "Things lose meaning and perspective, and this ministry becomes a chore when I allow myself to be ungrateful."

One source of food for the needy is the Hospitality Kitchen in the basement of Saint Leo's church, located at 1408 South Yakima in Tacoma. The Hospitality Kitchen serves one hot meal a day, except on Sundays. It also has a clothing exchange, and aside from the daily meal at lunchtime, there's a program that gives out food twice a week.
I don't mean to bitch, but...

Keep the thanks in Thanksgiving?

Thanksgiving is upon us once again. This is the time of year everybody in the family gets together to renew ties, reminisce, pig out on large quantities of food and by the end of the day remember why this holiday is only observed once a year. Everybody knows at least one relative they hope won't make it to dinner: the annoying aunt and uncle from Pluto, the introvert whose loud boisterous manner for four hours. But that's not to say the family can't be a refuge from the stress of the holiday season. This led to longer sentencing of these criminals and the Community Awareness Program. This program makes it mandatory for the criminals to register with the police department in the community to which they are moving after they have served their prison sentence. This sounds pretty good at first glance, but the police department then has the option of notifying the local community of a sexual predator in their neighborhood. This notification may come in the form of flyers, door-to-door notification or use of the media. This law is designed to be

Wearing seatbelts is more than just your "own" business

Debra Blankenship  Staff Writer

When I was a baby, I was involved in a serious car accident. Luckily, I was in a child-protective seat. My car seat was strapped down, and I was strapped in with a seatbelt as well. I received no injuries, not even bruises. Fortunately, my older sister and brother weren't as lucky. They were both unbelted in the front seat and, upon impact, were thrown forward into the dashboard. My sister's mouth slammed into the dash; she cut her lips and broke her teeth upon impact. Her face was red and bleeding. My brother's forehead hit the dashboard so hard blood ran down his face and onto his shirt. As my sister and brother cried, my mother remembers the felt remove, guilt and sick to her stomach.

Stories similar to mine happen hundreds of times every day. Why aren't children buckled in? It's not because parents don't care. They don't realize the forces involved in an auto accident. They think accidents won't happen to their family; they are all safe drivers. The point to realize is that even driving instructors and police officers, who study and obey the rules of the road, are hit by other drivers. Sometimes, it's a driver who falls asleep at the wheel, a drunk driver, or a driver who is putting on her mascara who runs a red light and causes a fatal accident.

According to Reader's Digest, some drivers insist it's their own business if they choose not to wear a seatbelt. They're wrong. Of the 55,000 severe brain injuries caused by auto accidents each year, most could have been prevented by seatbelts. Lifetime care for a severely brain damaged patient costs an average of $4 million. It is now estimated that deaths and injuries that could have been prevented by proper seatbelt usage cost society as much as $6 billion a year. Most of that is paid for by the public, in either insurance premiums or taxes. Parents see the need for potty training their children. They see a need for teaching table manners and shockable typhoid. What about the need for children's safety? Children have a right to live, to learn safety, and to be taught to take it seriously. We have all heard the warning: "Look both ways before crossing the street." This warning is for the child's safety. Yet, how many of us drive down the highway and see a child standing up in the back seat of a car or climbing freely from the front to the back seat, laughing. Where is the protection driver? Where is the safety?

I'd like to see all parents be positive role models for their children. Show children that you know seatbelts are important by wearing one yourself. You could make it fun. Have a contest to see who can buckle up the fastest. I feel it is your responsibility, as a parent, to protect your children in every possible way. Start buckling them up when they are infants. Continue to buckle them up as they grow. Eventually, putting on their seatbelts will become second nature.

When I bought my first car I decided, right there and there, that no one would ride in my car unless he or she wore a seatbelt. No one has ever said no or complained, and I still use that rule in my car. I know that if I were in an auto accident and my passenger was seriously injured or even killed, it wouldn't help to handle that emotionally. I'm taking responsibility for myself and my passengers. Don't wait until you have been involved in an accident to put your seatbelt on.
Father and daughter meet again after 17 years

Part one of a great reunion

Mary Akila Brisk
Staff Writer

I am going to see my natural father for the first time in 17 years. I am nervous. Today I will fly to Los Angeles to come face to face with the man who hasn’t forgotten me. He never gave up faith that one day he would be reunited with his two daughters. He never always convinced that this was going to happen.

When I was seven years old, my parents divorced. This left my sister Melissa and me living with our mother. She remarried soon after, and we became military brats. She also had three more children with her new husband. By the time I was 16 years old, I had moved 21 times.

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Basket Menagerie: a friendly store that likes 'that personal touch'

Stephanie Sturgill
Staff Writer

The conflowerblue building, nestled among the gas stations, mini marts and auto supply stores north of Highline Community College on Highway 99 seems out of place.

The Basket Menagerie is packed with antiques and unique items. The two women work seven days a week and have no other employees. Ward and Shook make an extra effort to help customers enjoy themselves. They don't want to be like everybody else's shop. Incentive to return is provided through a Bonus Program. With a purchase of $10 or more, a punch card is held on file. Ten punches earn a $10 discount.

A Special Victorian Night, held on the first Wednesday of each month, began as a way of thanking the new and old friends who pass through their door. Open to anyone interested, the women describe the evening as one filled with "Innis," conversation, and lots of laughter." Samples of gourmet food and wine will be shared. Vintage dress is encouraged. Call for reservations or visit The Basket Menagerie, 23436 Pacific Hwy. S., Midway. Open daily from 10 a.m. to 6 p.m.; phone 878-3069.

A piece of Americana is portrayed in a Mark Harelik play "The Immigrant"

Ed Scheidt
Staff Writer

"The Immigrant," conceived by Mark Harelik and directed by Randal Myler, is the current production of the Tacoma Actors Guild. Ben Bottoms portrays Haskell Harelk, a Russian Jew, who flees persecution from a politically torn Eastern Europe at the turn of the 19th century. Harelik uses old family photographs and news clippings in the slide presentation. This exposes the audience to a piece of American history that isn't read in textbooks.

Harelik settles in the United States and is determined to make a small niche of Hamilton County, Texas, his new home. Harelk is constantly struggling to maintain his Jewish way of life without being ostracized by the predominantly Southern Baptist community in which he makes his livelihood.

This play owes much of its success to the atmosphere in which it is presented. The Tacoma Actors Guild seats less than 200 people. Its intimacy provides a hospitable environment for both audience and actor. Every seat allows the opportunity to capture aspects like facial expression and body language. This adds power to the performance.

The catalyst that makes this play successful is the superb portrayal of character by cast members Ben Bottoms, Donna Burke, Dee Maaske and Paul Roland. Bottoms and Burke are convincing in their roles as immigrants Haskell and Leah Harelk. The same can be said for Roland and Maaske who portray Millan and Ima Perry, Hamilton County's version of Ricky and Lucy Ricardo. Like their television counterparts, Roland and Maaske keep the mood light-hearted and upbeat.

The most interesting aspect of the play, however, is the use of a slide show to help the audience keep pace with the continual jumps in the time line. Mark Harelik, who bases the play on his parents' experience, uses old family photographs and news clippings in the slide presentation. This exposes the audience to a piece of American history that isn't read in textbooks.

"Marked For Death:"
It's slow and painful

Rudy Koehler
Staff Writer

Yes, it's another pointless, action-packed Steven Segal movie, this time with a zoo-oo-oo-wow. The movie starts by showing a burnt-out Segal retiring from the drug enforcement agency after the death of a fellow agent. He returns to his Wisconsin home to find he's walking into more trouble.

Since Segal's been away, Jamaican drug dealers have taken the entire Wisconsin town over. Segal and his boyhood friend try to protect high school kids from the drug dealers after the movie opens with a school shooting. The bad guys are ruthless and Segal, to save them, is forced to use his gun. When Segal cuts loose, the movie becomes a shoot 'em up, but it never gets exciting.

As usual, Segal's character is not much of a character. With no development, Segal is just a bad guy. The movie is slow and painful. It's best to skip this one and save your time.
HCC cross country looks to next year

Steve Duncan
News Editor

The 1990 Highline Community College cross country team posted impressive wins in both the Northern Regional Meet for Community Colleges in Spokane Oct. 27 and in the Conference Championships held at Lower Woodland Park in Seattle Nov. 10.

According to Ben Welch, HCC's cross country coach, these meets are the only significant meets his team participated in this season. The Thunderbirds won the Northern Regional meet with a score of 19, while the second-place finisher, Bellevue Community College, tallied up 50. To win these meets, colleges must get the lowest combined scores of all top four runners. In the Conference Championships, HCC ran up a score of 33, while Spokane Community College took second with 77. This win was the most impressive of the season, because it was HCC's fifth consecutive Conference Championship and eighth overall since Highline has had a cross country team. The eight Conference Championships please Welch, but he would like to equal BCC's 10 consecutive championships. "With the team we have coming back next year, we hope to tie that record," he said.

"Overall, the season went well, we had some real good kids," Welch reflected. The most valuable performers, as voted by the team, were freshmen Shelton Kapenda-Jackson and Dave Dunham. Kapenda-Jackson was also voted most improved by his coach.

Welch said the strengths of HCC's cross country team were depth and talent. "We had four of the top guys in the conference meet," he said, emphasizing his point. He believed the unit played a major role in the team's success. "This team has the best energy of any I have worked with," he summarized.

Welch, who spent two years as an assistant at Kansas University before coming to Highline, said he has no intention of leaving the Thunderbirds. "We still feel the need to finish his graduate work at some point. "It would be hard to leave this bunch," he replied.

The team needs work on coming into camp in better shape, to keep the unity they had this season, Welch said, looking toward next season. During the winter, he plans to have his team work through strength programs to help its performance in 1991. His goal is "to get the group to run their best, and that's where you win your Conference Championships."

Welch stressed that the student body should "keep in mind we have a tremendous bunch of kids, especially in the distance running group." He encourages interested runners to try out for next year's team.

Women's basketball to begin

Coach Dale Bolinger, assistant coach Mary Ariz, and the women of the Highline Community College Basketball Team are ready to make it 12 - a 12th consecutive appearance at the Northwest Athletic Association of Community Colleges Championship Tournament. HCC has a running string of 11 appearances and would like to see this continue.

An advantage that HCC women have in the league, Bolinger said, is that "this is the quickest team that I have ever coached." This team is made up of the majority of first-year members. Of the members, only five from last year have returned to the court. According to Bolinger, with a lot of new faces out on the court, the women will need to prove they can shoot the ball and play together by putting aside the lack of experience as a whole.

Another obstacle this team had to face was that four of the players were playing volleyball for HCC. This has resulted in only some practices with the team together.

Coach Bolinger says that captain Jennifer Youst is one of the quickest and tallest players. Bolinger looks to Youst for leadership. As a returning member, she's known as an active player and one who has most the most playing time last year.

As for his expectations of the team, Bolinger says it is too early to have a feel of how well the season will end, mainly because of the many new faces. He wants to "utilize our people as best as we can by January."

During the past week the players have been participating in scrimmages. Bolinger said, "We got a lot of work done. Scrimmages are beneficial; that's why we are scheduled."

Bolinger said he likes to use these as a time to focus primarily on full-court and half-court situations and man-to-man or zone defenses. "I want to implement the quickness into our defense systems," said Bolinger.

Bolinger is optimistic. "It's good to be an exciting season. We are looking to have fun."

To encourage fan support, he adds, "The people in the stands will enjoy watching them."

HCC has its first game on Friday, Nov. 23, against Wenatchee Valley. Game time is 6 p.m.
**Poverty is in your neighborhood, too**

Cynthia Nordness

I don't know what I expected, really. I had seen poverty before but it was always in pictures from Africa and Haiti or in downtown Chicago or L.A. but in Seattle. But there was no denying what I saw. Broth and bags lined one street, but when we got to the second and third streets, it stopped. We were inside an apartment building the dining room at the Union Gospel Mission to help out for an afternoon. We needed some leaders to go, so I volunteered.

The mission, newly white and upper-middle class, was large. I was so glad that we were expected upon that same warm out of the city at 11 a.m. I could see the red brick, old mission work before. I had helped build houses for the homeless and had worked with a great verification group for our students. I was the only one who visited families in approximately 115 homes involved in the program. The program is funded by the Church Council of Midway Manor Nursing Home, who re-opened the former Midway Manor Nursing Home to several elderly people who had nowhere to go. I am a volunteer. I was a Mission to help out for an afternoon. It wasn't much. Russ Blake, a former Highline Community youth minister, decided we should go, so I volunteered. It wasn't much. Russ Blake, a former Highline Community youth minister, decided we should go, so I volunteered.

Not to mention the fact that the building, gives us some of our junior high students to help out for an afternoon. The mission we've brought are on the serving line. Dave Turner, a former Highline Community mission student who also helped with the junior high group, is in the center sorting mostly dormant vegetation. Chris is doing cleaning work. And me, I'm waiting pots. For more than two and a half hours, scrubbing burnt food off the bottom of pots. I hate it. This is not what I volunteered for. I can't see the joy of helping a student understand a new concept. It isn't even the honest sweat that comes from the work of reforming a house. It is being honest and math.

The guy running the dishwasher is me. I never do get the dishes taken out of my kitchen. I see the "program" (drug and alcohol treatment, job placement, etc.) as an "answer," or "have a job" in each person as an "answer." I just see myself quickly throwing off the trays and handing them to the large woman. She walks in. I can see out the dish window into the dining room. I see the bags and the bag before. I am a young woman, who can't be more than 30, with a baby in one arm and a food tray in the other looking for a place to sit. I see the families crowded at the end of a table eating and helping each other. It's hard to believe this is happening here today, but for a few hours we make it just that lunch-time for the full-time kitchen staff to feed a couple hundred people. And I realize that poverty is not just in Africa and Haiti or downtown Chicago and L.A. It's not somewhere else.

**Friend to Friend has no generation gap**

Cheryl Nordness

Vikings standing on the outside of the Midway Manor Care Center could mistake it for a regular house because of how small and it seems to be. Once inside, they would begin to see the nature of the services. The mission is an old mission center that has been remodeled and expanded to the greater Seattle area. The program is funded by the Church Council of Midway Manor Nursing Home, who re-opened the former Midway Manor Nursing Home to several elderly people who had nowhere to go. I am a volunteer. I was a Mission to help out for an afternoon. It wasn't much. Russ Blake, a former Highline Community youth minister, decided we should go, so I volunteered. It wasn't much. Russ Blake, a former Highline Community youth minister, decided we should go, so I volunteered.