

Gay GI's?
Clinton's plan to let gays
in the military draws
sharp student response.

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Feeling sheepish
Chemistry instructor
Bruce Richardson raises
sheep in spare time.

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Volume XXXVIII

Issue 8

Tuesday, February 16, 1993

HCC offers branch extension

College
reaches out to
community

by Michael Hull

Highline Community College is now offering a branch extension program (night classes) at Foster High School in Tukwila. Bob Craig, coordinator of the Personal Enrichment Program at HCC, said the school has been renovated to accommodate the community.

Branch extensions are programs offered by accredited two or four-year institutions. They provide an opportunity for students to attend these schools away from the institution's main campus.

Foster is the newest addition to several other programs offered in the South Seattle area. Other program locations include the Federal Way Computer Center, Decatur High School, Highline High School and White Center.

"The classes have been very successful, and early registration is recommended," said Vice President for Ad-

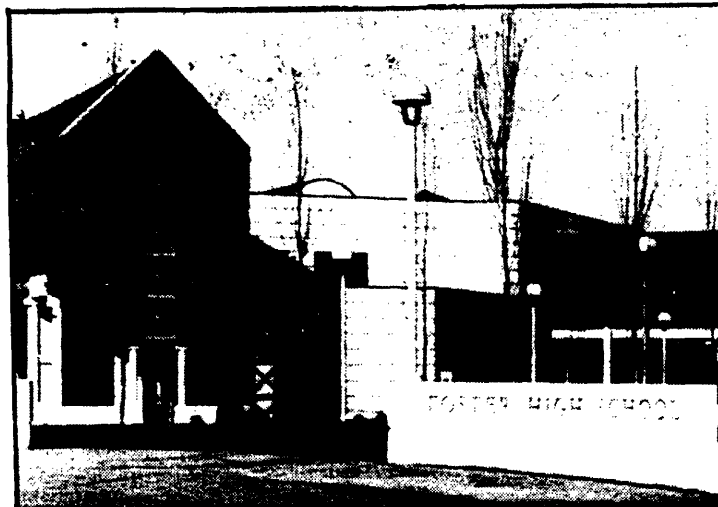


Photo by Gary Lewis
The campus of Foster High School has recently been renovated to make room for the new campus extension of Highline Community College.

ministration Dr. Laura Saunders.

Foster went through a remarkable face-lift last year, said Vice President of Stu-

"The classes have been very successful and early registration is recommended."

dents Phil Swanberg. The school was rebuilt from the ground up and is now a "state-of-the-art" facility. The Foster program was designed to

bring credit classes to the communities, Craig said. HCC will offer several credit and non-credit (Continuing Education) courses this spring quarter.

Credit programs available at Foster are Elementary Spanish, Human Sexuality, and Principals of Writing.

The Continuing Education programs available at Foster High are Basic through Advanced Darkroom Photography, ESL — English as a Second Language, Ethnic Cooking, and Weight Train-

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Page 12

Two gas pipes spring leaks but pose little danger to HCC campus

by Jeannette Butler

Approximately two to three weeks ago, one of the natural gas pipes that run under Highline Community College's campus sprang a leak, according to Head of Facilities Stan Shaw. Since then, another pipe has begun to leak as well.

Pending repairs, the 30-year-old pipes have been temporarily patched up. According to Shaw, final repairs will not be made until the end of spring. He estimated that the cost to repair the leaks could run as high as \$32,000 to \$45,000.

According to Shaw, the leaks are as small as a pin

hole, but stretch approximately 400 feet. "The leaks

cover from the maintenance building to about the chemistry and biology buildings," he said.

"The pipes are all underground and outside, so the students at HCC are out of the gas leaks, other than prolonging the needed repairs," Shaw said. He also

said that if the pipes were inside away from winds the



Photo by Gary Lewis
Yellow tape marks the location of the leak.

repair process would be more dangerous to students.

According to Shaw, the big inauguration day storm had no drastic effects on the gas leaks, other than prolonging the needed repairs.

HCC's Terry Sacks nominated for Pulitzer

by Steffi Veeder

Terry Sacks, a journalism and writing instructor at Highline Community College, has been nominated for a Pulitzer Prize by the San Diego Union-Tribune Daily News.

For seven years, Sacks worked the beat of an economic reporter for the *San Diego Union-Tribune*. Sacks and his news partner, Uri Bertener, worked full-time on a series of articles about debt, deficit and their affects on the American people and the American economy.

After working for years as a reporter, Sacks decided to teach others. He began teach-



ing writing and journalism at HCC this past fall quarter. Sacks said, "Teaching is very different. I've gained a new respect for what teachers do."

Among his other achievements, Sacks holds an M.A. journalism from the University of Oregon, an M.A. in economics from Montana State University and a B.A. in economics from the University of Washington.

Federal Way Computer Center expands services

by Cory Magel and
Natasha Robinson

The Federal Way Computer Center, an extension of Highline Community College, is located in the Federal Way Center at 312th and Pacific Highway South and has been operating for five years. With all the recent changes in computer hardware and software technology, the Federal Way Computer Center has changed also.

"It's getting better. We just opened a Windows lab," said Peter Nicoletta, who has been with the Computer Center since it opened.

The new Windows lab opened at the beginning of fall quarter, adding to the number of IBM and IBM compatible computers at the site. With the explosion of the Microsoft Windows software market, HCC has introduced a number of new courses related to the local company's products.

Some of the computer classes offered include Introduction to PC Computers;

Beginning, Intermediate and Advanced Keyboarding; Microsoft Windows (Level 1 and Level 2); Introduction to Microsoft Disk Operating System and Hard Disk Management; Advanced Microsoft Disk Operating System Version 5.0 (Level 2); Introduction to Microsoft Database; Paradox (Level 1 and Level 2); Lotus 1-2-3; and Growing Your Business Using Microsoft Works 2.0.

The Introduction to PC Computers class teaches the basics of computer hardware, terminology, and the operating system including the use of disks and files.

The Beginning, Intermediate, and Advanced Keyboarding classes teach students to type correctly and increase their speed and accuracy.

In the Introduction to Microsoft Windows Level 1 class, students will explore the different levels of the pro-

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February 16, 1993

NEWS

HCSU starts campaign to halt tuition increases

by Danh Thanh Nguyen
HCSU Volunteer

We have all heard rumors that the state will cut Highline Community College's budget. This is not unexpected; community colleges are usually the first to feel the blows of the budget axe.

Community colleges such as HCC offer a majority of citizens the opportunity to explore their interests. They also provide background for higher education. Those who have attended these institutions may later contribute their skills to make this country excel, to make it stronger and more prosperous.

According to the HCC ThunderWord's article "Proposed state budget cut could hurt students," (Feb. 1, 1993) former Governor Booth Gardner's final budget proposal could increase tuition by as much as 25 percent. Obviously, such a tuition hike would mean an increase in the amount of money students contribute to higher education.

This is a bad idea for several reasons. First, it would discourage students from enrolling at community colleges. Second, the state's proposed budget cuts would adversely affect the academic plans of students by forcing the cancellation of classes. Students would have to wait longer to take those classes they need to graduate or to



transfer to four-year universities.

Currently, the Highline Community Student Union (HCSU) is working on a plan called the "Blue Card Campaign" that will allow students to vote and express their opinions on the budget cuts. The Blue Cards are scheduled for distribution after February 16.

The HCSU is proposing a phone campaign as well where students can call their local legislative representatives to remind them that education is our first priority. The phone hotline is 1(800) 562-6000. This is a toll free number. The phones will be available in Bldg. 6 for three days when the legislators cast their votes.

The HCSU is asking students to get involved in these efforts because we are all concerned about our futures. Let us remind ourselves that we have a voice in our government, and we have a responsibility to let our local legislative representatives know we are carefully watching every move and decision they make. Our futures depend on us, so we have to do everything we can to prevent interference with our education goals.

If students have any questions about the "Blue Card Campaign," please stop by the Student Government Office. Our office is located in Bldg. 8. Everyone is welcome to come in and talk about the budget cut and tuition issue or just drop by and say hello.

Pugmire replaced Siefkes is new student-at-large

by Pat Gillum

Michael Siefkes, 22, is the new student-at-large for the Highline College Student Union (HCSU). Siefkes is replacing Stephanie Pugmire who did not register for classes this quarter.

"My main reason for being student-at-large is so I can focus my attention on the current HCSU/PTK lobbying effort," Siefkes said. "Students need to raise their voices to our state legislature and let them know that our colleges bear a large brunt of any budget cuts that take place. The budget cuts will mean fewer available classes, larger class sizes, and increased tuition."

Siefkes and Kerri Griffiths, HCSU vice president of leg-



Photo by Gary Lewis
New Student-at-Large Mike Siefkes

islation, are in charge of the lobbying effort against the budget cuts. They are organizing both a write-in and a call-in campaign in the next couple of months. To find out more about the campaign, students are encouraged to attend the HCSU open house in

Bldg. 8 on Feb. 10, from 8 a.m. to 2 p.m. and Feb. 11, from 8 a.m. to 2 p.m. and 6 p.m. to 9 p.m.

In addition to his new task as student-at-large, Siefkes is also involved in the Phi Theta Kappa organization where he serves as vice president of Public Relations. He is an active member of the HCC Physics Club.

Siefkes will graduate from HCC after spring quarter and start classes at the University of Washington this summer. He plans to major in political science and hopes to attend Yale Law School after graduation from the UW.

In his spare time, Siefkes enjoys reading, collecting classic novels and playing games of basketball.

Foster High houses HCC programs

Foster, cont.
from Page 1

The Continuing Education courses selected were hand-picked and tailored to the community's needs. "The information provided comes from their (community) input, not ours (HCC)," Craig said.

Dr. Horst Momber, principal of Foster High School said, "We're happy to have Highline classes here." Classes are held on Monday and Wednesday nights only. He mentioned that he would like to see more classes available. Dr. Momber believes the program belongs to the community and he likes to

Proposed Central Washington branch move to HCC on hold

A year-old proposal to move Central Washington University's branch extension from South Seattle Community College to HCC is still on hold, according to HCC Vice President for Administration Dr. Laura Saunders.

CWU's space requirements, would require campus expansion, said Vice President of Students Phil Swanberg.

HCC is now running at its enrollment cap, and it wouldn't be long before CWU would be squeezed out.

— Michael Hull

think of it as a community learning center.

HCC student Elizabeth Loera works full time during the day and attends school at night. She says the Foster program is a perfect alternative since HCC does not offer a Spanish 101 course that will

accommodate her busy schedule, and Foster does.

According to Dr. Momber, there is "lots of parking" at Foster. This would move some of HCC's parking problems to Foster, "which is fine with us," according to Dr. Momber.

Federal Way computer center has full slate of classes

Computer, cont.
from Page 1

gram by using various layers of screens to operate different functions within the program. In the level 2 class, students will learn to customize Windows, write macros (short cuts), edit .INI and .PIF files, and work with dynamic Windows and Non-Windows applications.

The Introduction to Mi-

crosoft Disk Operating System/Hard Disk Management class shows students basic DOS functions including file and disk handling, formatting directories, copying files or disks, and CHKDSK. The level 2 class helps students to learn more about memory management, undelete, unformat, mirror, backup/restore, edit, tree, and patch processing.

The Introduction to Microsoft Database class will

teach students to create information in a database using Microsoft Works 2.0 software. Students will also design a database, enter information, search, sort and print their data.

In the class Introduction to Paradox, students will learn to create a typical database using Paradox; the Paradox Level 2 class continues by teaching the class to create and modify their database.

The Lotus 1-2-3 classes

shows the students how to build simple spreadsheets using screen layouts and menus. Students will also build formulas by utilizing the Lotus built-in functions and will create macros that eliminate extra keystrokes and databases.

Growing Your Business Using Microsoft Work 2.0 is a class which teaches students how to track the accounts of clientele as well as their employee payroll. Students will

learn to generate statements, cash flow and financial ratios. In addition, students will discover how to combine a customer list from the database and a form letter from the word processor to produce customized letters and promotional mailings.

Classes are open to the public, but each class is limited to 16 students. Night classes are offered in addition to day classes, and each class lasts at least two hours.

EDITORIALS

Clinton's attempt to lift ban on gays causes controversy

by Ken Steffenson

President Bill Clinton's campaign promise to remove the existing ban on gays in the military has intensified the controversy of this issue. The military does not easily undergo change (except in technology) and is opposed to any easing of its restrictions.

Clinton wants to see one of his campaign promises kept in the early days of his presidency. The best he could do for the

first step was a compromise.

Army, Navy, Air Force and Marine recruiters will stop asking applicants about their sexual orientation, and the permanent discharge of military personnel discovered to be gay will cease—at least for the next six months.

The military believes that openly homosexual men and women among their ranks would pose security risks,

weaken discipline and jeopardize the chain of command—strikingly similar reasons given not so long ago for disallowing integration of

There seems to be no evidence that gays would change their behavior if allowed to serve openly.

black soldiers into the white ranks.

Gen. Carl Mundy, the Marine Corps commandant,

sent a letter to his forces which urged them not to quit their posts over this issue. In the letter, quoted in *The Seattle Post-Intelligencer*, Feb. 3,

1993, he stated that openly gay Marines, if eventually allowed, would be held to "standards of good order and discipline" and "standards of public behavior expected of Marines on or off duty."

There seems to be no

evidence that gays would change their behavior if allowed to serve openly. In fact, studies have shown quite the opposite. The Jan. 14, 1991, issue of *Newsweek* quoted a 1988 report commissioned by the Pentagon which stated that "men and women of atypical sexual orientation can function appropriately in

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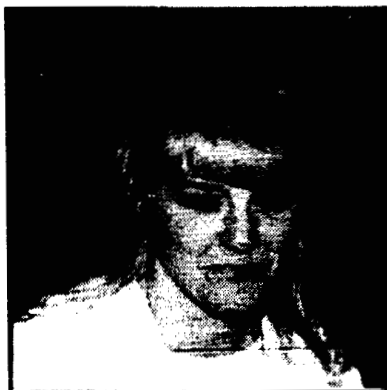
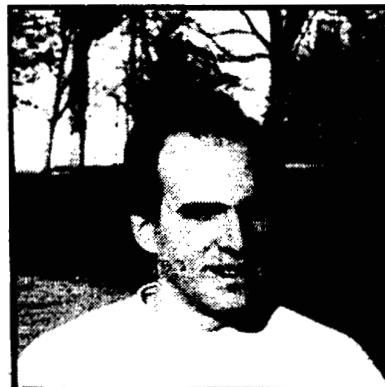
Campus Commentary

compiled by Michelle Young
photographed by Gary Lewis

Question: How do you feel about President Clinton lifting the ban on gays in the military?

"I just can't even stand it. It makes me angry, it makes the hair on my back stand up. I think it destroys the very premise that our military was founded on. If the gays want to form their own military, it's fine with me."

—Larry Snyder, Jr.
HCC student



"I think people are putting too much pressure on Clinton and not enough on Congress."

—Robin Smith
HCC student

"The Fourteenth Amendment says that all men are created equal, and I think that if a person wants to defend their Constitution and serve their nation that they should be allowed to do so."

—Randy Earwood
HCC Senior Curriculum Advisor



"I'm against it. My husband was in the service, and some other friends of mine were in the service, and it does have an affect on them (the military) serving with them (gay men and women)."

—Karin (last name withheld)
HCC student



EDITORIALS

Ban on homosexuals in the military violates basic rights

**Ban, cont.
from Page 3**

military units. "In another report cited, the Pentagon found that the suitability of gays is "as good or better than the average heterosexual." These reports also found that gays were less likely to drink, take drugs or have disciplinary problems than non-gay military personnel.

The Pentagon tried to suppress both reports. The first study was rejected as "technically flawed," and the second report was never submitted to proper authorities.

Once the collective military mind is made up, no amount of study or facts can easily change

Department's anti-gay policies are the tactics used to identify gays and lesbians. The use of vice squad detectives to hunt down soldiers at gay bars near military bases is not uncommon. According to Bridget Wilson of the Military Law Task Force in San Diego, suspects are routinely lied to, terrorized and threatened with dishonorable discharges in

efforts to get them to name other gay and lesbian soldiers.

These tactics violate the rights of U.S. citizens. We all deserve our rights, whether in the military or not.

openly gay soldiers as one problem. He has a valid point. Many cases of this violence make the news. Recently, a Navy seaman was murdered one month after admitting his homosexuality and requesting a discharge. He was brutally

...the problem with admitted gays in the military is not with the gay themselves but with the outdated and often violent attitudes of some of the non-gay personnel.

beaten to death and mutilated. The suspect in the case is an airman apprentice who was stationed on the same ship, based in Japan.

Another example is the

all homosexuals and wished them dead.

These cases show that the problem with admitted gays in the military is not with the gays themselves but with the outdated and often violent attitudes of some of the non-gay personnel. The performance of gay military personnel is not a problem and should not be the deciding factor in a person's

eligibility.

It is more reasonable, though admittedly more difficult, to attempt to train those personnel afraid of being in the company of homosexuals. Teaching

This was accomplished with attitudes towards black soldiers. Given time, it will work with attitudes towards gays without harming the performance of the military.

Homosexuals have served in all branches of our armed forces since the inception of the country. Allan Berube, author of "Coming Out Under Fire," estimates that up to 10 percent of the 2 million members of the U.S. armed forces are gay, lesbian or bisexual.

These men and women are members of our volunteer forces because they have a desire to serve their country. They also have a right to serve and have been doing so with

Terminally ill deserve the choice

by Dixie Gallegos

The question has arisen as to whether it is ethical to let a terminally ill patient make the decision to end their life due to suffering.

Dr. Jack Kevorkian, a retired pathologist, has been debating the rights of terminally ill patients to commit suicide aided by a doctor. However, his good intentions have been obstructed by Michigan Gov. John Engler. Engler signed a bill in Dec. 1992 designed to outlaw assisted suicide for 15 months while the issue is being studied. This law goes into effect on March 30. It has been reported

that Kevorkian said he plans to ignore this law, because he considers it immoral.

I too feel that this law is immoral. States should pass laws allowing patients to have a choice. Isn't the purpose of the United States Constitution to provide a choice for its citizens?

If a patient feels that he or she can no longer stand the physical suffering, then he or she should have the right to call it quits.

However, in spite of such a law, it would be wise for people to create a living will, made in a competent state of mind, clearly stating their wishes. It

would take the stress and responsibility off family and friends at the time of a terminal illness or an accident.

Still, the argument remains with doctors, religious associations, and many social groups: should doctors have the right to judge whether a life is worth living? Doctors such as Kevorkian are not judging who should live or die. They are simply asking for the patients to have a choice to relieve the pain brought on by terminal illness.

Many are just asking for the choice. Why should the American people be denied that personal right?

A few comments...

Society's sexist ideology has roots in a language biased against women

by Jillian Willingham
Editorials Editor

"You've come a long way, baby," claims a popular Virginia Slims ad found on billboards and in magazines.

I've grown up in the past two decades, and I feel that I may be missing something. I haven't witnessed any blatant discrimination based on sex. Some feminists may say that I simply haven't experienced much of the "real world" yet, or that I'm blind to sexism due to the fact that I've been brainwashed into thinking that sexism is natural.

There may be some truth to this statement.

I did some reading and discovered that sexism has only recently become a major issue in mainstream politics and everyday life. This does not mean that women were (are?) the most oppressed, or discriminated against group. Many other ethnic and minority groups have had a worse time gaining equality.

What is interesting about discrimination against women is the unusual, subtle methods it employs. Methods such as using the English language as a tool of prejudice.

Linguists have agreed that a culture's language tends to mirror the beliefs and biases of the dominant group in that society. In America's case, this group is considered to be males. One linguist wrote that "the word *man* originally meant human being, but males appropriated it."

Examples of written bias can be found in almost everyday religious writing, government laws, scientific studies, political statements, and even textbooks.

What about the words woman and women? Should Americans take the lead in reforming modern language and begin using womyn or womin?

These writings, which are read by millions of people over thousands of years, enforce the stereotype of women being helpless, emotional, nurturing, and dependent on men, rather than smart, reliable human beings.

"Women, then are only children or larger growth; they have an entertaining tattle, and sometimes wit; but for solid, reasoning good sense, I never knew in my life one that had it, or who reasoned or acted consequently for four and twenty hours together." —Lord Chesterfield.

Although that example is a blatant disregard for women's ability to use their brains, some are much less obvious.

The words "freshmen," "mailman," or "handyman" may seem inconsequential to some people, but these words did originally mean that only men occupied these positions. Of course, many women now occupy these jobs, and the question becomes: what's to be done about this bias in the language?

Some feminists have demanded that questionable words be given "gender neutral" titles. Jobs would hence be called "mailperson", "police officers." These titles would no longer be allowed to describe the gender of the employee in any way, and instead of using the word *he* or *man* to mean gender neutral, words such as *person*, *he/she*, or *one*.

What about the words *woman* and *women*? Should Americans take the lead in reforming modern language and begin writing *womyn* or *womin*? Some may argue that this is the only way to completely separate women from men. It might seem that by rejecting the common spelling of *women*, women would be creating their own identity. I personally find this a little bit extreme, but I understand the feelings behind it. Women don't simply want to be considered an extension of the male, but a separate entity altogether.

All in all, tradition will probably dictate how society refers to each sex; but it certainly wouldn't hurt to examine other avenues that might lead to a true equality of the sexes.

A DISPATCH FROM SPY MAGAZINE

Quoth the Raving A SPY Quiz

One out of every five voting Americans liked Ross Perot's ideas enough to think he and Margot should be redecorating the White House right now. Could it be that the rest of us missed something he said? How many of the following do you recognize as no-nonsense Perotisms?

- A "The U.S. government is like a 450-pound woman in a size-7 dress or Bigfoot in a size-5 shoe."
- B "Truth is, they all lie on TV and sell you a phony picture of what's going on.... Anyone who's truthful is called and looked at as crazy."
- C "There is no way you can know the taste of water unless you drink it or unless it has rained on you or unless you jump in a river."
- D "I have a documented case of one boy [traveling] 35 days across Texas with a chicken. Everyone wants to know why the boy came home? The chicken was worn out. A chicken can only take so much travel."
- E "You have created the monster.... My faith in me is stronger than all your armies, governments, gas chambers or anything you want to do to me."
- F All are no-nonsense Perotisms.

Answer: Only (D), the rambling-chicken story, is taken from a Perot speech, delivered in Washington in 1984 on the topic of Texas school reform. The rest of the comparatively cogent thoughts—(A), (B), (C) and (E)—are direct quotations from jailhouse correspondence or ramblings of Charles Manson. 1996! 1996! 1996!

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FEATURES

Richardson is knee-deep in sheep

by James Walker

Full-time chemistry instructor Bruce Richardson is in his twenty-ninth year at Highline Community College. He's currently teaching one course of Fundamentals of Organic Chemistry and two courses of General Chemistry.

Six years ago, Richardson found a way to escape the mental challenges of teaching. Raising sheep at his Lake Young home with two acres of pasture, gives him the physical challenge he desires.

"I like animals and I like the outside, and to do some physical work to give me a break from all the mental anguish and strain. Raising sheep helps my mental condition, I guess, so that I can

tackle each year a little bit fresher than I might be able to tackle it otherwise," Richardson said.

Richardson raises three breeds of sheep, Coopworth and Romney, which are the leading breeds in New Zealand and natural colored. He currently has eight sheep, all of which are females (ewes).

Raising sheep isn't just a hobby for Richardson; it's also a business.

"I run it pretty seriously, actually. It's more of a challenge to see if I can actually cover my costs. I sell both the wool and the meat," Richardson said.

Daily feeding takes about an hour. However, when the babies come, an entire day is can be spent caring for them.

"February is a very busy time, because that's when you're having to watch over the delivery and assist as needed," Richardson said. Ewes usually have twins so he is expecting between 12 and 14 lambs to be born in February.

Sheep are an important part of his life.

He has made sheep a part of his school day, too.

"I try to incorporate that as much as possible into courses I teach, where appropriate," Richardson said.

He incorporates the sheep into Chemistry 110, which will be offered spring quarter, by putting out a local version of a book used for the course. His version contains references to and pictures of his sheep.



Photo by Gary Lewis

Bruce Richardson holding some wool from the sheep he raises.

'Arcturus' submission deadline is approaching quickly

by Josh Knutowski

The 1993 edition of Highline Community College's *Arcturus* magazine is in the works, and should be out in late May. It will be available at all of the major campus locations such as Bldg. 6, all Faculty Buildings and the Student Center. It will be free of charge.

The size of the magazine depends upon the amount of "quality work" submitted and the *Arcturus*' budget. The

staff encourages all who are interested to turn in their work. Deadline for submissions is Feb. 19.

For this year's issue, the staff hopes to get back to an art theme with an array of different art pieces. Also, a new twist will be added by having faculty work and translations of poems from other languages. These changes will be added to get a variety of work in the magazine, because past history has shown that mainly fictional

work has been in the *Arcturus*.

Michael Smith, instructor and main advisor of *Arcturus*, said, "There is value in attempting (to submit to *Arcturus*), because it helps students adjust to writing to a real audience instead of for their teachers."

Smith has been an advisor on the *Arcturus* staff for than 20 years. The magazine was originally called *Gallery* because of its main focus on art, but was changed to *Arcturus*

approximately 20 years ago. Smith said being a staff member, means students learn a "critical sense" of their own writing skills. They are able to know what they like and dislike, and why they think so. He also said it looks quite enticing on a resumé.

In recent years, the issues have been designed on an Apple Macintosh computer, first entered in Microsoft Word and then formatted in Aldus PageMaker.

Designing the magazine is

where Doug Whipple, instructor and main production advisor, comes in. In his advanced printing class, students will be able to learn real-life skills such as job engineering, how to use a copy camera, proofing, copy preparation, negative assembly, plate making, how to use a printing press, and the complete binding process.

Whipple also said that "Highline could make it for less than half of what it would cost professionally."

Jewelry/Goldsmithing program offers students a challenge

by Susan Smith

The small studio in Bldg. 3 hums with the sounds of motors, filing and the occasional popping from a soldering torch. Jewelry benches take up a considerable amount of space, the remaining area has not gone to waste.

The Jewelry/Goldsmithing studio at Highline Community College is filled with mechanical equipment that shape, mold and polish jewelry to a distinctive pattern. The vocational program has most of the classes in the evenings. During out of class, times supervised open shops are provided.

"We require the same amount of commitment that

is standardly required: two hours minimum outside class for every hour in class," Hellyn Pawula, program coordinator of Jewelry/Goldsmithing Technology, said.

It's important that students

in the Jewelry/Goldsmithing program learn from the past. The rich history of many lost civilizations come from the metal work.

"If you have some background, it's like building a vocabulary to work with. we

have a very comprehensive program, as well as support services to offer a lot to the students," Pawula said. "When people have finished with our training they have committed the time, the tenacity and the finances, so

when they go to work the jeweler can be pretty sure they are quite serious."

Job opportunities have a broad range of application for the graduates. Positions are possible with local individual jewelers where craftsmen do repair tasks and fashion special orders. Some trained graduates are employed at trade shops producing work that is delivered to suppliers and retail shops. Numerous graduates are self-employed. They sell their workmanship through galleries, boutiques and craft fairs.

The Jewelry/Goldsmithing

Free Bed & Breakfast
When You Drive
Under The Influence.



Washington Traffic Safety Commission

Please Don't Drink And Drive



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People helping people Volunteers are needed locally and abroad



By Davina Nolten
Copy Editor

Crime is on the rise and its impact is all around us. There is something that can be done about the increasing crime rates.

The Seattle Police Department's Victim Assistance Section needs volunteers. A major portion of the Victim Assistance Section is devoted to helping victims and supporting them through the criminal justice system.

Volunteers will assist victims by providing transportation to the trial, helping the victim know their legal rights, and sitting with them during the trial, according to Mary Harris-Giles of the SPD's Victim Assistance Section. Giles, who started in the department as a volunteer, is now the program's coordinator.

One benefit of being a volunteer "is that you get to see a government office in operation and gain experience that you might not otherwise gain for years," Harris-Giles said.

Volunteers also receive letters of recommendation

and earn college credit where applicable.

According to Harris-Giles, volunteers are given a two-day orientation and can choose what area they would like to work in. Additional training occurs on the job, and the volunteer is assigned to an advocate or trainer. For three months, the volunteer works with the advocate and then advances to the department of their choice.

Interested persons pass a SPD background check. For more information about the program, call Mary Harris-Giles at 684-7777.

The Peace Corps needs volunteers with various skills. Volunteers can work in: agriculture, natural resources, teaching, health professions, education, forestry, construction, and many other areas in other countries.

A college degree is helpful to get an assignment, but other language, leadership, and community service experience are also a plus.

Interested persons are encouraged to submit their applications at least nine months in advance. They must be available to begin their assignment within one year of their application.

For more information, call the Peace Corps office in Seattle at 553-5490 or 1-800-426-1022.

What's Happening

A calendar of campus and community events,
for Feb. 17 to March 1

Thurs. February 17

HCC Student Lip Sync Contest
A chance to show your raw talent.
Cash prizes for 1st, 2nd, and 3rd
places of \$55.
Place: Bldg. 8
Time: Noon

Fri. February 19

Dance and concert
The concert features local hip hop
groups and the KUBE JAM DJ system.
Place: Bldg. 8
Time: 8 p.m.
Cost: \$5 with student I.D.
\$7 without I.D.

February 26 to March 11

HCC Student Watercolor Show
Place: 4th floor of the library
To submit paintings, get entry form
at the library.
For more information, call
631-4393

Thurs. February 25

Employment and career fair
Talk to local businesses about
careers and jobs in their
companies.
Place: Bldg. 8
Time: TBA
Cost: Free admission

February 16

Budget writers from both houses
of the state Legislature
scheduled a joint committee
hearing.
Place: HCC Artist Lecture Center
Time: 7 p.m.
State Rep. Gary Locke and
Sen. Nita Rhinehart want to hear
the local concerns on various
options for cutting state
spending.
For more information
contact Craig Bartlett
(206) 786-7569
Toll-free Legislative Hotline
1-800-562-6000

Sat. February 20

Walk in sorrow - drum in rage
The Seattle National Organization
for Women will walk silently
through downtown Seattle.
They will march for battered
women and rape victims.
Time: noon
Place: Westlake Park

Sat. February 27

Green River Depression Era
Glass Club presents "Our Hearts
Belong to Yesteryear"
Place: Kent Commons
Time: 8:30 a.m.

'Scholarship Guide and Bibliography' helps students to help themselves

by Lori Cozad

With the high costs of education today, many college students would appreciate some help with their tuition. However, many scholarships are left unclaimed every year.

The reason for this is that no one knows where to find out about them or how to apply for them. The new "Scholarship Guide and Bibliography" is designed to help solve this problem.

This guide is a useful tool in locating and receiving scholarships. It is arranged in three main sections: How to Search for Scholarships, How to Make a Successful Scholarship Application, and The Scholarship Bibliography.

The first section provides several easy steps to aid in the search for scholarships,

including tips on who to contact and where to look. In the section, "How to Make a Successful Scholarship Application," there are many hints on how to write a good application. Included in the guide, is a sample letter to use when requesting scholarship information.

The last section, "The Scholarship Bibliography," is a large list compiled of resource books which in turn list actual scholarship opportunities. This section is broken down into several categories which target people with specific interests or qualifications.

For instance, there are several publications specifically designed for Washington state such as: the "Pacific Northwest Scholarship Options Guide" and "Northwest

Education Loan Association."

The "Scholarship Guide and Bibliography" is merely a starting point in the scholarship search. It is also important to check with the local library to look for other good publications.

The "Scholarship Guide and Bibliography" is available by contacting the Higher Education Coordinating Board in Olympia at (206) 735-3571.

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CHAOS by Brian Shuster



"You did NOT build it."

FEATURES

The Adult Basic Education Program needs volunteers

by Kelly Anne Hammond

According to the Adult Literacy Volunteers' handout, one in five adults or 450,000 in Washington State are illiterate. An illiterate person is one who cannot read, write, speak or decipher the English language. These individuals cannot interpret food labels, fill out job, or read their children's report cards.

The Adult Literacy Program at Highline Community

College offers help to those who are illiterate. According to the ALT Project Director Patty Worthington, HCC offers two types of literacy programs: English as a Second Language, and Basic Literacy Skills. In the ESL, classes up to 20 students per quarter receive instruction with 10 to 12 instructors dividing the work load. These two programs are taught in three different styles.

One-on-one is the first style used in some of the more

intense situations. One man in the BLS program was unable to read above a second-grade level. As a result of the one-on-one tutoring, he is now reading at a third grade level.

Talk time, the second tutoring style, is set up with a teacher and six students. This kind of tutoring consists of basic skills ranging from saying "Hello" to dialing "911." The third style is a traditional classroom environment. Both of these programs need vol-

unteers.

The Adult Literacy Volunteers' handout stresses one point: "You are not expected to be a professional teacher." Worthington said that she would be pleased with any volunteer who showed "enthusiasm, compassion and perseverance." Those accepted as volunteers will be provided with the training required in "Basic Literacy Skills" and "English as a Second Language." Worthington also said that each pro-

gram offers these students "opportunity, independence, and a chance at a life of their own."

Everyone should be aware of the problem of literacy. Worthington's advice to everyone is simple: "If you are a non-reader or know someone who is a non-reader and want to help, get involved, and get them involved."

Illiteracy is a problem that can be solved if people are willing to sacrifice their time and knowledge.

Stress may cause colds and infections

By Tina Saravanja

Taxes, final exams, and giving speeches have one major thing in common for students; most would agree that it is stress. Director of Health Services for Highline Community College, Mary Lou Holland, ARNP, said that students are especially vulnerable to stress; juggling jobs and family responsibilities along with with classes and homework.

There is evidence that chronic stress may set the stage for colds and infections, according to the New England Journal of Medicine. People categorized as high stress were twice as likely to get sick compared to those considered low stress.

Dr. Herbert Benson, M.D., president of Mind/Body Medical Institute at Harvard Medical School, said, "Any



Photo by Gary Lewis

HCC Secretary Sue Petersen seems stressed at her computer terminal.

symptom or disorder is caused or made worse by stress." Metabolism, heart rate, and blood pressure are increased in addition to anger, anxiety, and depression.

"When I stress about homework or school, I make

a list of all the things I need to accomplish that day," said Karen Ray, an HCC student. "Being organized helps. So does working out or reading a book."

"I guess I'm a participant... I'm not a spectator."

Wilcox lives to tell the tale of Mt. McKinley

by Tristan Glese

In the summer of 1967, a raging windstorm of unprecedented force claimed the lives of seven men on the top of the tallest mountain in North America, Mount McKinley. At 20,230 feet, Mount McKinley is almost halfway through the Earth's atmosphere. Out of the ill-fated nine man expedition, only two survived. One of the survivors now teaches math and astronomy at Highline Community College. His name is Joseph Wilcox.

Wilcox was the founder and the leader of the group which ascended Mount McKinley in the summer of 1967. Ten years later, Wilcox was finally able to begin writing a book about the tragedy. The book, *White Winds*, was published in 1981. It details the events surrounding the disaster. The main reason he wrote the book was to dispell the myths of incompetence surrounding the

expedition. He also wanted to help other climbers to better prepare themselves for such expeditions. Even though this book was meant for climbers, it is still engrossing for the average reader.

Since the tragedy, Wilcox has not lost his adventurous spirit. He constantly channels his energy into different directions.

In 1983, Wilcox was one of the top ten master's runners in the Northwest. He trained for a year-and-a-half but eventually lost interest. Wilcox's latest endeavor is sailing. He is planning a trip to Hawaii. Eventually he hopes to take a year off from teaching and sail around the world.

"I guess I'm a participant," Wilcox said, "I'm not a spectator." This attitude is evident in the many interests he pursues. Some of these interests include astronomy, playing the folk guitar, writing poetry, and occasionally singing karaoke.

"I don't ever plan to slow down," Wilcox said.

Goodman makes 'Matinee' a success

by Sabina Sells

"Matinee" is an entertaining, imaginative and somewhat romantic film about the people of Key West, Fla., during the Cuban Missile Crisis.

As the possibility of war draws near, the townspeople fight over food in the grocery store and practice air raid drills in school.

In addition, a movie producer, Lawrence Woolsey (John Goodman), brings his monster movie to Key West during the crisis. Woolsey believes his movie will be huge success.

Woolsey uses seat buzzers, smoke bombs and a rumble machine to startle his already frightened audience. Jene (Simon Fenton) is a 15-

year-old fan of Woolsey films; a caring friendship develops between them because of the shared interest in monster movies. Jene, his best friend Stan (Omri Katz), and their girlfriends (Kellie Martin, Lisa Jakub) display the fear of atomic war and the excitement of adolescence in the film.

This entertaining movie effectively reminds the audience about the fun and enjoyment in a teenage life. Woolsey and an actress in his film reinforce this concept with their adolescent relationship.

Goodman did an excellent job portraying the child-like humor and clever mind of Woolsey; his acting make the movie "Matinee" a success.



Photo by Gary Lewis

HCC instructor Joe Wilcox holds his book, *White Winds*, which is about an expedition that turned deadly.

Maharaja features an Indian cuisine that's hot

By Skipp Brngmann

Buckle up taste buds, we are going for a ride. Next stop: India. No, we are not going half-way around the world, just on Highway 99. This is a rather short trip for such an adventure.

Maharaja Cuisine of India is a restaurant located at 26108 Pacific Highway South. This is a "House of Exotic Indian Food." All of the food is fresh and home-made. Maharaja is open seven days a week from 11 a.m. to 10 p.m. There is all you can eat lunch buffet featuring 18 different items. On Sunday there is a brunch, and a person can choose to dine in or take out. The prices are moderate, ranging from \$6 to \$8 per meal.

When I walked in, I was greeted with a friendly smile.

The atmosphere was pleas-

ant: Indian music playing softly in the background, a neatly set table, and nobody standing over my shoulder waiting for an order. It was, to say the least, relaxing. Looking at the menu, I was surprised to see how many items there was to choose from: eight lamb curries, 10 different chicken dishes, beef, seafood, 10 vegetarian plates, and a choice of food cooked in a Tandoori. A Tandoori is an authentic Indian clay oven. Food cooked in this oven is guaranteed to melt in your mouth.

Besides the main dishes, a person can have appetizers, soups, salads, rice dishes, tandoori breads, and a array of desserts.

I chose Lamb Vindaloo as my main course, accompanied by Chaawal and Garlic Naan. Lamb Vindaloo is a curry dish made with a puree of toma-



Photo by Gary Lewis

Maharaja Cuisine of India features exotic foods that are fresh and homemade.

atoes, onions, peppers, and spices. The puree covers pieces of lamb, potatoes, red peppers, and tomatoes. It is served mild, medium, or spicy. I chose spicy, and boy was it spicy. Chaawal is a simple rice dish laced with butter and fresh parsley. The Garlic Naan is an Indian style pastry-flour bread covered with garlic and baked

in the Tandoori.

Most Indian food is served mild, medium, or spicy. Mild dishes are going to have a little zip to them. Medium will be zesty enough for most people. The spicy dishes are hot enough to make anyone sweat.

My waiter was Daljit S. Virk (D.J.), who is the owner and manager. He was more

then happy to explain the different dishes. When the food arrived, I poured the Lamb Vindaloo over the Chaawal, tore off a chunk of Naan and enjoyed. I had enough food to take half of it home.

The food, service, and especially the price were impressive. A person can take a friend out to dinner at and keep the bill under \$20.

Resumés are the key factor in getting a good job

by Josh Knutkowski

Resumés are the most important aspect in getting a job interview. A resumé is "a piece of paper that shows one's skills and education to an employer. It is a tool to get an interview for a job," Chris Panganiban of the Highline Community College Career Center said.

According to Panganiban, employers spend an average of 20 seconds looking over applicant's resumés. As a result, it is important to be neat.

"An employer may not look at a resumé when there is not enough white space or there is no underlining or bullets to indicate information," Panganiban said.

Specific examples of resumés are available in the Career Center.

Here are some tips that may help in writing a better resumé:

- To have a good resumé, there has to be a fair amount of "white space." White space is the distance between paragraphs and margins.

- Make sure typing and grammar are correct.

- Always be positive. Never give reasons for quitting, and do not say the boss was difficult to work with.

- Do not disclose personal information such as race, color, religion or age. This prevents discrimination before the interview.

- When possible, use bond paper to help bring out the text. Also, use paper colors for a more appealing look.

There are three main types of resumés that suit different people.

A functional resumé is for people who are changing ca-

reers. They do not list dates of experience.

Chronological resumés are good for someone who has steady work experience in the same field. Dates of experience are important on these.

Special Focus resumés are used by homemakers re-entering the work force or people who are out of work. Dates are important but not emphasized.

For people who do not have access to a specific format for resumés, there is a new computer program that has a pre-designed resumé format.

The program, which is available at Boulevard Park Library in Burien, takes the information and puts it into the correct categories.

HCC is looking into getting the resumé program, although, "a person needs to do their homework before sending in a resumé," said Panganiban.

For further help, contact Chris Panganiban or any of the other Career Center advisors in Bldg. 6.

Having a good resumé may increase the possibility of getting the job.

The Jewelry/Goldsmithing program opens windows of opportunity to students

Jewelry, cont.
from Page 6

program has a lot to offer its students. The curriculum is based on industry standards. The program is unique in terms of jewelry manufacturing and training.

The program is extended to include intensified work shops that last two and four days.

Professional jewelers come from all over the country to teach subjects that are beyond the scope of regular curriculum.

"What I'm finding is a lot more challenging than I thought, a lot more technical and a lot more interesting and a lot more actual brain work. I thought it would be a piece of cake, and it isn't. It's a job," Toni Sanders, a student in the Jewelry/Goldsmithing Vocational Program, said.

Sanders is working on a two-year degree in associate of applied sciences.

This program has a lot to offer HCC students who want to get ahead. This program is ideal for students who want a challenge and like to work with their hands.

HCC hosts Watercolor show

Highline Community College is hosting a student watercolor show in the library's fourth floor gallery from Feb. 26 through Mar. 11.

Paintings are to be submitted on Feb. 23-24. There is an entry of \$5, and it is non-refundable. Each artist may submit paintings in any water-based medium; for example, clear, opaque, acrylic, etc. Artists may submit up to five works.

Entry forms can be found at the library and art classes.

For more information, contact Eloise Brown at 631-4393.



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SPORTS

Lady T-birds find inspiration in scrappy sophomore

Rich's attitude proves valuable

by Andrea Shaw

The Highline Community College women's basketball team is privileged to have Brenda Rich back this season. This 5-foot-9-inch, 19-year-old, sophomore forward grew up in Seattle. She has always been the team pick-me-upper, even in high school.

Rich attended Evergreen High School and participated in basketball, earning most inspirational her sophomore and junior years and team captain her senior year.

"Brenda's personality is vibrant and alive. She keeps people up and laughing. She works very hard and doesn't give up," described Mary Artz, HCC women's basket-



Photo by Gary Lewis

Brenda Rich has been one of the bright spots in an otherwise disappointing season for the Lady Thunderbirds.

ball coach. Artz feels that her team is full of positive attitudes this season. This helps the women work together well and defines the word team. As of February 10, the

Lady Thunderbirds were 2-7 in the league standings, and 5-19 overall. Artz feels, "We will finish the season very well with the cards we've been dealt." At the beginning

of the season the team consisted of 16 players; it has dropped down to eight. The women have a strong bond. Their team motto is, "Eight is enough."

Rich has impressive rebounding skills. She tries to be a team leader by motivating her fellow players. "We have a good team with a lot of potential. Everyone tries and works hard. It's great that we all get along," said Rich. Her inspiration has always been the amazing Michael Jordan.

Outside of school and basketball, Rich can usually be found hanging out with her friends or playing soccer. She plans on transferring to Central Washington University to play basketball and continue her studies. She loves to work with children and would like her career to involve them.

"More people need to support the Thunderbirds and come watch the home ballgames [and] not just the men's team," said Rich.

The Lady Thunderbirds take on Edmonds C.C. tomorrow night at 6 p.m. in Edmonds.

-Sports opinion-

Athletes' duties go beyond the playing field

by Justin Mentink

Professional athletes have been the leading role models for children since professional athletics originated. These athletes earn their high status through exceptional work on their specific playing field. What these athletes do not always realize is that the children who idolize them want to know how these athletes perform off the field as well.

Some children are willing to wait for hours outside of their favorite athletes' stadium to watch them exit and

to try to grab an autograph in the process. When an athlete fails to perform outside their athletic arena, it ruins the child's image of that athlete.

Certain athletes do not believe that their responsibilities go beyond performing in the athletic arena. This is where the problems begin.

One instance that stands out in my mind happened after a Seattle Mariners game at the Kingdome. The Mariners just completed a game with the New York Yankees and nearly one thousand people were waiting for autographs outside the Kingdome.

As the Yankees were walking out, a young kid, wearing all the Yankee paraphernalia he could find, began begging Yankee outfielder Ricky Henderson for an autograph. Henderson ignored him and entered the bus. The young child's father then carried his son over to the window of the bus so he could try again. The child knocked on Henderson's window and began to beg for his autograph. This time Henderson did not ignore him. He opened the window and spit on him.

With the media now knowing everything that goes on in these athletes' lives, they are expected to perform as well off the field as they do on.

The amount of athletes who have failed to play the role of the good citizen is amazing. Earvin "Magic" Johnson, Pete Rose, Wilt Chamberlain, Lyle Alzado, Ben Johnson, Len Bias, Reggie Rogers, and Mike Tyson are just a few superstars who failed to live up to their expectations off of the

field. Athletes like Magic Johnson and Pete Rose were two of the most idolized athletes in the world. For them to endanger their own reputation by not using common sense before they acted was something that will affect the lives of the people who have idolized them forever.

I do not believe it is too much to ask an athlete to be a little more

careful about how they act while they are not participating in their athletic event. Many of these athletes make millions of dollars each year to play his or her own sport. Asking them to perform as people is something that they should do for free. I realize that these athletes are only people, but to children they are much more. Some chil-

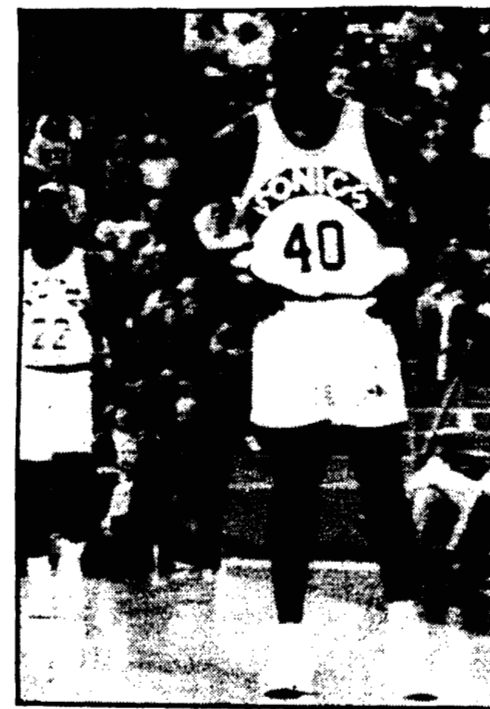


Photo by Gary Lewis

Professional athletes, such as the Sonics' Shawn Kemp, act as role models for many young children. Even though all athletes don't realize it, their actions affect many people's lives.

Children try their whole lives to act like and play like their favorite athletes. This is why it is important for these athletes to be careful when they think about doing something that they know is wrong but might be a little fun.

Although there are many responsibilities put on athletes, they should be expected to perform like people as well.

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Artz: Athletics are a vital part of education

by Mary Artz
HCC Women's Hoops

Many people who are not involved or are unfamiliar with the field of athletics often ask questions like: "Are athletic programs an essential part of a school system?" "Should school money be used for the administration of athletic teams?" "Are these athletes and coaches accomplishing any educational objectives through their efforts?"

My response to these questions is preceded by an intense internal feeling of hurt and a discouraging sense of personal worthlessness. As a coach, I feel in many ways as if my job is being labeled and thought of as invalid or unneeded as a part of school system.

Am I and other coaches everywhere just taking up space and counting our days until athletics no longer exist as a part of school curriculums? Or, are we providing a piece of the educational pie to those students who share our same interests in the field of athletics?

I would like to take this opportunity to share my feelings on the importance of athletics in the school system and the role which coaches play in helping teach and nurture the students.

First of all, let's look at the big picture for a moment. Schools should, and do, attract all kinds of people to their campus. Among the entire student body you will find students with various interests, including athletes interested in playing a sport or two while working on their degree. Why not provide these people with an activity which they enjoy and would grow from?

Athletics is a unique environment for student athletes to learn important values about life and living. Through athletics, I have learned im-

portant lessons on self-discipline, teamwork, communication, hard work, pride, compromise, sharing, work ethic, caring, performing under pressure, dealing with adversity, and being a good loser as well as a good winner. Each of these lessons directly overlap into the healthy functioning of my being a part of today's society.

I have a positive outlook on life. I live a disciplined and organized life-style. I have the strength to handle adversity, especially when times get extremely difficult. I have a very open mind toward all people in all situations. I feel that I am the person I am because of my lifetime involvement with athletics.

As a coach, I work to instill all these values within the framework of my players' lives each day. Throughout the course of a routine day, whether we have practice or a game, I find more than enough teachable moments where the student athletes are learning these important lifelong lessons.

In closing, I would just like to reiterate that there are many different kinds of people who have varying interests, and I think it is the duty of the school systems to offer programs which accommodate these different interests. Having to defend the validity of my job gets old and very discouraging at times, but I learned an important lesson as a young athlete from my high school basketball coach. He told me to always be proud of who I am and to stay strong when times are tough. It will be a happy day when my job is considered an important part of a student's education. Hopefully, it will not be too much longer before the people who are discounting the field of athletics see the important value lessons these students are learning through the athletic programs.

Health Service in conjunction with Glamour! Hanes Hand in Hand has created a public service to empower women 18 to 39 to take control of their own breast health at an early age rather than ignore it out of fear, ignorance or passivity.

Health Services and the Glamour! Hanes Hand in Hand program encourages young women to be comfortable with their own bodies and to incorporate into their busy lifestyles healthy habits that can become as natural as brushing their teeth. It also encourages them to consult a health care provider immediately if they notice any abnormal changes in their breasts.

If you would like more information about the first ongoing national breast-awareness program for women under 40 please come down to Health Services today, Bldg. 6 lower level next to the Security office.

Coaches' Comments



Photo by Gary Lewis



Photo by Gary Lewis

Both Head Coaches of HCC Basketball, Mary Artz [left] and John Dunn [right], are in their rookie seasons at HCC. In this issue, they both write their editions of "Coach's Comments," which enables them to give their perspectives on certain subjects. Artz writes about the importance of athletics in the educational process, and Dunn writes about the way things used to be around the HCC campus.

Dunn: "You can't go home again — but..."

by John Dunn
HCC Men's Hoops

Basically, I am a sentimental guy, but I also am a true realist when it comes to that old, proverbial saying of "you can't go home again." Nonetheless, change, however it sneaks up on you, will certainly cause a reaction in all but the most callous of individuals, and for me, it has become a mixture of wonderment and disappointment in my inaugural year of community college.

I remember a day when the Highline Community College campus was a buzz about the upcoming dance featuring the "Heats." I remember the future Jacques Cousteaus of the world discussing their deep-sea diving job opportunities over a tuna sandwich and fries. I remember the camaraderie of the students and athletes as they filed down the wind-swept winter walkways, talking about the men's basketball game that evening. I remember the crackling of the welding rods as they ignited in the moist autumn air. And I remember the lightly-tanned softballers taking ground balls in the spring sun as numerous students reclined on the freshly-cut lawns. Boy, those were the days. Days so long forgotten.

Today, it seems that people are worried more about their programs, or their lives, or their problems at the expense of other programs, lives, and problems. Doesn't it seem that we are more concerned with beating the traffic, get-

ting a quick latte (no offense Tazza) so we're home for "The Oprah Winfrey Show" or scrambling to work three jobs? All to insure our image as a nineties sort of person, equipped with a cellular phone, shiny sports car and designer clothes to match. Yes, we have turned into a society that is only looking out for one thing...ourselves.

In fact, we have become so "I" oriented that we have left behind the true essence of what has made this country great. The old belief in teamwork has been thrown aside, and now we find ourselves with just that...ourselves.

All you have to do is stop a moment and take a look at this campus. Programs are dropped to add dollars to others; students are just here to go to class, and don't get involved; administrators are pulling in all directions, trying to get the most of everything for their purpose, rather than the campus' best interest; full-time positions are being replaced with part-time help; cuts in the number of classes; caps on enrollment. Hold the phone Jack! Where will it stop?

Diversity has made this country great. Involvement has driven this world since the beginning of time. Now to be honest, a basketball game or Friday night dance isn't really important on the surface, but couple that with the loss of the automotive, welding, and diving programs, along with possibly the physical education program, and what you have is a

system run by a handful that lets only a few prosper, and the rest wilt.

After all, isn't college about experiences? Isn't it about choices? About being able to try new things, about being apart of something? Wouldn't it be nice to walk into the admissions building and have a bundle of choices confront you? Wouldn't you relish the feeling to diversify yourself, rather than be channeled into a set guideline made up by a mere few who think they know what is in your best interest?

Students of HCC, your futures are at stake. Teachers, unfortunately your careers are at stake. It's time that we voice our opinion, stand up for what we believe, interact with each other, be part of something, whether big or small.

HCC holds a special place in my heart, because it really was the school which helped me develop my passion to excel. I mean, I have some really fond memories of this school. But like all things back then (and that was only... let's see... eleven years ago) life was easier. And it was less sophisticated, or so it seemed at the time. Why, I remember coming to class at 7:30 in the morning when the dew was still fresh on the lawns, and you could see your footprints as if it were a path that was leading you to your future, one full of opportunity and choice. Those were great times, but they were long ago. "You can't go home again," but boy, you can sure try.

SPORTS

AIDS in sports: Is the ball in the right court?

by Patti Florito

AIDS is a disease that people worldwide have been coming to terms with. The sports world is in the process of coming to terms with it, most notably when Magic Johnson announced his infection with HIV.

According to *The Sporting News* (SN), Nov. 9, 1992, "Sports has paid attention to the AIDS epidemic in America with starts in two important directions: education and the implementation of infection-control procedures during practices and competition." It continues by stating that sports could be sending a stronger message to players and the public.

An AIDS education pamphlet, which was produced by the National Basketball Association and Johns Hopkins School of Public Health, was adopted for its use last summer by the National Football League, the SN said. A peer-training program, put together to motivate players in becoming educational sources on AIDS and HIV for teammates, family and community, was designed by the combined efforts of NBA players and Johns Hopkins.

Major League Baseball presented educational seminars in New York to most of the teams as they hit town to play the Yankees or Mets. The SN goes on to say that the National Football League and the National Hockey League have made little attempt to educate their players in the



Photo by Gary Lewis

AIDS has been a growing concern throughout the sports world — especially on the basketball court. Precautions that would have seemed strange 10 or 20 years ago are common practice today.

same fashion.

Fred Harrison, athletic director at Highline Community College, said that he feels that education is the key in the spread of AIDS. He includes AIDS awareness in his health classes, and fall quarter he invited a man living with AIDS to come talk to the class. "Kids must understand responsibility," he said, "and that is difficult for the kid at 18, 19 or 20 who feels he or she is infallible."

The emphasis, along with education, is the universal health-care precautions taken when bleeding occurs, the SN said. Coaches, players and trainers can avoid contact with blood if gloves are worn when treating open wounds or when bloody towels are thrown out, the SN said.

Doctor David Rogers from the National Commission on AIDS said on

"Nightline," Nov. 9, 1992, that he feels confident AIDS can't be transmitted through sports. With 12 years of experience with the virus, the thousands of sporting events, people who are HIV positive but unaware of it, and exposure to blood, there has been not one documented case of HIV transmission during a sporting event or competition, he said.

Bill Lafferty, M.D., office director of HIV/AIDS epidemiology for Washington State Department of Health, said there has "absolutely not" been any evidence of AIDS being passed on to players during a sporting event. "The scenarios to catch it are so improbable," he said. People would need to exchange body fluids deeply from one to another, he continued. Boxers get bloody, he said, but there is no exchange of fluids.

Lafferty said that people in sports are already doing what the sensible person would do and using common sense when there is the chance of exposure, including covering the wound and keeping it clean.

Lafferty said the health department doesn't see the need to remove or eliminate the HIV individual from sports.

Harrison said that universal precautions weren't used at HCC in sporting events, but that he wasn't worried about transmission. Whenever blood flows during an event, the event is stopped and the wound is dressed.

John Dunn, assistant athletic director and head basketball coach at HCC, said that he talks about all health care concerns when he teaches, including AIDS and its precautions. While he

doesn't wear gloves when dressing a wound, he's careful and puts a padding of gauze between himself and the wound. "I've never had a player I was concerned that might have it," he said.

The National Collegiate Athletic Association (NCAA), in its new ruling noted in *The Seattle Times*, Nov. 29, 1992, states that if a player is bleeding, he or she must come off the court until the wound is properly treated, covered, and not exposed to other players. A medical clearance from the trainer will allow the player back into the game. The University of Washington has been doing this for "quite some time,"

said Dennis Sealey, head athletic trainer for the Huskies. What the UW has added as a part of the new ruling is this: if there is blood on a uniform, the player is substituted until he or she changes the uniform or washes the blood off.

Other "standard procedures" for the UW have been the use of gloves and other practices of universal precautions such as separating and washing bloody towels apart from sweaty ones, wiping blood from the court or off a chair with rubbing alcohol.

As Rogers said in the Nov. 30, 1992, issue of *Sports Illustrated*, "All the energy and attention being concentrated on what players do on the court or on the field, where the chance is virtually zero of contracting the disease, diverts attention from what they do off the field, where the risk is a billion times greater."

Thunderbird Winter Sports Schedule

Men's basketball				Women's basketball				Wrestling			
Date	Opponent	Place	Time	Date	Opponent	Place	Time	Date	Opponent	Place	Time
2/17	Edmonds	Edmonds	8 p.m.	2/17	Edmonds	Edmonds	6 p.m.	2/26	National Tourney		TBA
2/25	Tourney	TBA	TBA	2/25	Tourney	TBA	TBA		Bismark, ND		
2/27	Tourney	TBA	TBA	2/27	Tourney	TBA	TBA	2/27	National Tourney		TBA
3/4-6	NWAACC	TBA	TBA	3/4-6	NWAACC	TBA	TBA		Bismark, ND		

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