HCC offers branch extension

College reaches out to community

by Michael Huff

Highline Community College is now offering a branch extension program where students can take courses at Foster High School in Federal Way, Renton City, principal of the Personal Enrichment Program announced Dr. Laura Sacks, the school has been renovated to accommodate the community.

Branch extension programs are offered to accredited two-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 programs 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 Academic Affairs, Terry Sacks. The program was designed to bring credit classes to the community.

"It's getting better. We are offering more credit classes," said Sacks. "Teaching is very different. I've gained a new respect for what teachers do."

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

See Page 3

HCC's Terry Sacks nominated for Pulitzer

by Cliff Vande

Terry Sacks, a journalism and writing instructor at Highline Community College, has been nominated for a Pulitzer Prize for 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, Eric Ross, covered the economy and its effect on the American people and the American economy.

"The classes have been very successful and early registration is recommended," said Sacks. "Teaching is very different. I've gained a new respect for what teachers do."

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

Federal Way Computer Center expands services

by Gary Nagel and Natalie Robinson

The Federal Way Computer Center, an extension of Highline Community College, is located in the Federal Way Computer Center at 3113 16th Ave. and has been operating for five years. With the increased demand for computer hardware and software, the Federal Way Computer Center has expanded its services.

"It's getting better. We've added more of the popular software programs to the center," said Sacks. "Teaching is very different. I've gained a new respect for what teachers do."

According to Sacks, the classes are as small as a group, but mostly approximately 300. "The classes are small, but they're large enough," said Sacks. "Teaching is very different. I've gained a new respect for what teachers do."

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

by Jeannette Butler

Approximately two to three weeks ago, one of the gas pipes at HCC's Foster High School began to 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. According to Shaw, the pipes will not be made until the end of spring, the estimated time for the leaks could cost anywhere from $12,000 to $42,000.

According to Shaw, the leaks are as small as a pinhole, but must be repaired. The leaks could result in a 40-foot drop in water pressure, according to Shaw.

The building has been designed to accommodate the community.

"The classes have been very successful and early registration is recommended," said Sacks. "Teaching is very different. I've gained a new respect for what teachers do."

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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 the services to citizens the opportunity to try excel, to make it stronger their skills to make their communities better.

This is not unreasoned. 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 1-800-562-0000. 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/PFK lobbying effort," Siefkes said. "Students need to raise their voices to our state legislature and let them know that our colleges bear a large portion 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 legislative affairs, are in charge of the lobbying effort against the state cuts. They are planning 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 plans on attending 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

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. Hort Monber, 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. Monber believes the program belongs to the community and he likes to 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. Monber, there is "loss of parking" at Foster. This would move some of HCC's parking problems to Foster, "which is fine with us," according to Dr. Monber.

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

Federal Way computer center has full slate of classes

by Sue Finn 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, print and keep files, and work with dynamic Windows and Non-Windows applications.

The Introduction to Microsoft Office is a perfect alternative since HCC does not offer a Spanish 101 course that will accommodate her busy schedule, and Foster does.

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"Michael Hull
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 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 in or off duty.

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

It seems to be 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 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

Page 3 February 16, 1993
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-military gay men.

The Pentagon tried to suppress both reports. The first study was rejected as "unflattering informed," 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 it.

Some of the most frightening aspects of the Defense 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 Bridges 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."

Gen. Colin Powell, head of the Joint Chiefs of Staff, sees potential violence against 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 beaten to death and mutilated.

The suspect in this case is an American apprentice who was stationed on the same ship, based in Japan. Another example is the recent beating of a gay man by three Marine lance corporals who allegedly said they hated all homosexuals and wished them dead.

These cases show that the problem with 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 neither 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 them not to fear or distrust gays is a better solution than segregation and discrimination.

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 honor and distinction. The military should exercise wisdom and let them continue.

Seattle makes the decision:
Schools should be held responsible for distributing condoms to students

By Ken Vanderpool

The Seattle School Board's controversial position, allowing condom distribution in high schools, has me questioning the responsibilities of schools. Are schools going to take on the duties of social health services, as well as teaching?

Society has already placed other programs into the school curriculum: immunization and the school lunch program, for instance, were implemented due to the convenience of the student/program relationship. It would seem logical to include a social health service.

Seattle plans to distribute condoms through vending machines and the school nurse. This type of distribution would allow the shy, as well as those who want to be counseled, to receive condoms.

The major argument against distribution is that schools should teach abstinence and not promoting sex. Yes, they should be teaching abstinence, but what about those students who have already made the choice to be sexually active? Doesn't society have a responsibility to those students?

A top school official said, "50 percent of the graduating classes are sexually active." Add these figures to a Seattle Times report that there are 150 to 350 Washingtonians, between the ages of 13 to 19, that are HIV positive, and it's obvious that something has to be done.

The decision's reason for resisting the condom distribution is ridiculous. Understandably, there are religious and moral aspects on this situation, but would it be ethical to have young, sexually active couples practicing unsafe sex?

This only leads one to believe that it is necessary to cover all aspects of "Sex in Schools" and keep society's head out of the sand.

I remember high school and I don't believe there are less sexually active couples in schools today. I also remember how embarrassing it was to buy condoms and the discussion of such sensitive subjects was uncomfortable, but I also believe we need to face the possibility of an HIV epidemic.

Consequently, the students need to be informed of all the consequences of sexual activity. It is the only way they can make a good decision, if they choose to do. I hope that those who oppose the condom issue realize they are not making the decision for themselves; they are denying students their rights and privilege to be informed and to choose for themselves.

The opinions expressed in the Editorials pages do not necessarily reflect those of the ThunderWord editorial staff, advisor, or Highline Community College.

Write a letter to the ThunderWord editor.

February 16, 1993
Terminal illness 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 designating the outlaws 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 planned 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 the 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. Haven't we 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 in 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 (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 world 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 woman?

These writings, which are read by millions of people over thousands of years, endorse 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 sate, and sometimes wish for - solid, reasoning good sense, I never knew in my life one that had it, or who reasoned or acted consequent 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 "feminism," "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 she to mean gender neutral, words such as person, persons, or one.

What about the words woman and womyn? Should Americans take the lead in reforming modern language and begin writing womyn or woman? 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 exaltation of the male, but a separate entity altogether.

In 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.

February 16, 1993
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 General 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 land, gives him the physical challenge he desires.

"I like animals and I like the outside, and to do some work, 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 the wool and the meat," Richardson said.

Daily feeding takes about an hour. However, when the babies come, an entire day is 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.

February 16, 1993

"Arcturus" submission deadline is approaching quickly

by Josh Knutkowski

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 in turning 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 fiction 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 over 20 years. The magazine was originally called Gallery because of its main focus on art, but was changed to Arcturus relatively recently. The magazine is about 60 pages long.

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

"We require the same amount of commitment that students adjust to writing work professionally," Smith said.

"I'm pretty sure they can know what they like and dislike, and why they think so. He also said it looks quite enticing on a resume."

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 iron. Jewelry benches take up a considerable amount of space, the remaining area has not gone to waste.

"I have a very comprehensive program, as well as support services to offer a lot to the students," said. "When people have finished with our training they have committed the time, the tenacity and the finances, so when they get 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 program offers students a challenge
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, the criminal justice system, and the victims by providing assistance to the trial, helping the victim know their legal rights, the criminal justice system, and the victim to get an assignment, but the Victim Assistance Section needs volunteers.

Volunteers are needed locally and abroad.

Arts

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 turn 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 a good reference for local students about scholarships.

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

Volunteer

Volunteers are needed to help local students.

By Davina Nolten
Copy Editor

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 1-800-436-1022.

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
Budges written 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 Yesterday"
Place: Kent Commons
Time: 8:30 a.m.

‘Scholarship Guide and Bibliography’ helps students to help themselves

by Lori Cozad

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 turn 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.

‘You did NOT build it.’

Page 7

February 16, 1993
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. Those 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 ESL program was unable to read above a second-grade level. As a result of 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 volunteers.

Every one of these programs need volunteers. 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 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 categorised 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 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."

Goodman makes 'Matinee' a success

by Sabrina 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 townpeople fight for 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 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 makes the movie "Matinee" a success.

Wilcox lives to tell the tale of Mt. McKinley

by Tristan Giese

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, Howard 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 Wind, was published in 1975. It details the events surrounding the disaster. The main reason he wrote the book was to dispel the myths of incompetence surrounding the expedition. He also wanted to help other climbers to better prepare themselves for such expeditions.

February 16, 1993
Maharaja features an Indian cuisine that's hot

By Skipp Bringmann

Buckle up taste buds, we are going for a ride. Next stop: India. No, we are not going halfway around the world, but 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 homenade. Maharaja is open seven days a week and is guaranteed to melt in your mouth.

Besides the main dishes, a person can have appetizers, soups, salads, rice dishes, tandoori breads, and a variety of dishes that are cooked in a Tandoori. A Tandoori is an authentic Indian clay oven. Food cooked in this oven is always the quickest to come out.

I chose Lamb Vindaloo as my main course, accompanied by Charawal and Garlic Naan. Lamb Vindaloo is a curry dish made with a puree of tomatoes, 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. Charawal 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 than happy to explain the different dishes. When the food arrived, I poured the Lamb Vindaloo over the Charawal, 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.

Resumes are the key factor in getting a good job

by Josh Knutkowski

Resumes are the most important aspect in getting a job interview. A resume 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 applicants' resumes as a result, it is important to be neat.

The Jewelry/Goldsmithing program opens windows of opportunity to students

Jewelry, cont. from Page 6

The 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.

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.

February 16, 1993

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- Jumbo Soft Pretzels

For more information, contact Eloise Brown at 631-4393.
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 Arzt, HCC women's basketball coach. Arzt 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. Arzt 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."

- 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 athlete's 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 Yankee paraphernalia, tried to beg, 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.

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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, Will Chamberlain, Lyse Aladi, 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 effect 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 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 little fun.

Although there are many responsibilities put on athletes, they should be expected to perform like people as well.
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 proceed 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 unnecessary as a part of school athletics.

Am I and other coaches everywhere just taking up space and counting our days until athletics no longer exist as a part of school curriculum? Or are we providing a piece of the educational pie to those students who share our passion for 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 en-tire 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-

Coaches' Comments

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." None-theless, change, however it sneaks up on you, will cer-tainly cause a reaction in all but the most callous of indi-

February 16, 1993
AIDS in sports: Is the ball in the right court?

by Pati Florito

AIDS is a disease that people worldwide have been coming to terms with, most notably when Magic Johnson announced his infection with HIV.

In the sporting News (SN), Nov. 30, 1992, "Sports has paid attention to AIDS, coming to terms with HIV." Johnson announced his infection with HIV.

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