

**Toking**  
Marijuana, cannabis, pot,  
weed — some see the  
devil in it, others a savior.  
See Page 5.



**Recruiting**  
Two-year community  
colleges struggle to  
recruit top athletes.  
See Page 11.

Volume XXXVII

Issue 12

Monday, May 3, 1993

## HCC financial aid requests jump 71 percent since 1987

by Krista Sohayda

If you are among the students looking to apply for financial aid, get ready to take a number. Since 1987, the number of students asking for financial aid has jumped 71 percent at Highline Community College, according to Jeff

Abrahamson, director of HCC Financial Aid.

Abrahamson believes that the current state of the U.S. economy offers one explanation for the steady rise in the number of financial aid applications, as high unemployment levels and high tuition costs force more and

more students to seek alternative sources to fund their education.

The public is also increasingly aware of the availability of financial aid, Abrahamson said. This probably will not affect student applications, the denial of loans, or the overall number

of applications received, but it may affect the amount of financial aid given to each applicant.

The increase in the number of applications might also be laid at the feet of Congress, which has reauthorized programs and loosened eligibility requirements to make fi-

nancial aid easier to obtain.

According to a financial aid programs report, the typical student receiving financial aid is apt to be a white, independent, 19-year-old fe-

See Aid,  
Page 12

## Summer construction projects endangered by budget cuts

by Cory Magel

The shrinking Washington state budget may force postponement of several maintenance and remodeling projects scheduled for this summer at Highline Community College, according to Peter Babington, associate director of facilities for capital projects.

Of the 11 projects for which funds have been requested — including asbestos removal in Bldgs. 9 and 19, HCC Library remodeling, and relocation of

campus maintenance — only three to six projects are expected to receive enough funds for completion.

"Nobody knows anything until the legislators tell us how much money we have, if there is any money," said Maintenance Department Secretary Suzanne Boyer.

The state legislature is expected to

See Construction,  
Page 12

### HCC considering changes

## Registration requirements may tighten

by Ken Vanderpoel

Highline Community College's Curriculum Committee dropped a bombshell on the Senate Committee meeting March 8 when committee members put forward two proposals which would affect college entrance and prerequisite requirements at HCC.

The first proposal would require at least an eighth-grade reading level to register for classes at or above the 100-level. This eighth-grade reading level is equivalent to an Asset test reading score of 36, which will be raised to a score of

39, or ninth-grade reading level, two years upon adoption of this policy.

Asset is an assessment test used at Highline Community College for career and educational advising, course placement, curriculum planning, and retention studies.

The second proposal recommends that a grade-point average (GPA) of 2.0 — defined as 'satisfactory achievement' — be established as the

See Proposals,  
Page 12

### A man, a pig and a goat...



Photo by Gary Lewis

This unidentified man was seen jogging along the Des Moines waterfront, followed by a pig and goat. It was unclear by press time whether the animals were training for a race or just "needed the exercise."

## Application deadline for HCC Foundation scholarships is today

by Heather DeLauder

If you are interested in applying for one of 12 scholarships currently available at Highline Community College, you had better hurry down to the Financial Aid Office in Bldg. 6 and fill out an application. Today, May 3 is the deadline.

According to Betty Colasurdo, director of resource development, each scholarship requires the student to fill out an application which asks, among

Page 1

### HCC Scholarships

HCC Legal Assistant / Secretary Scholarships - 2 for \$300 dollars each.  
HCC Foundation Directors - 2 for \$200, each renewable for 3 quarters total.  
HCC Employees Endowed Scholarship - 1 for \$500.  
HCC Foundation/Aluminum Distributors Vocation - 2 for \$500 each.  
Ed Fish Memorial Music Scholarship - 1 for \$400.  
HCC Foundation/Group Health First Year Nursing - 1 for \$1,000.  
HCC Foundation/Group Health Nursing Ladder Program - 1 for \$1,000.  
HCC Foundation/Group Health Medical Assistant - 2 for \$500 each.

other things, about immediate and long-term goals, and how the scholarship will assist them.

Qualifications differ from scholarship to scholarship — a few require transcripts while others pay close at-

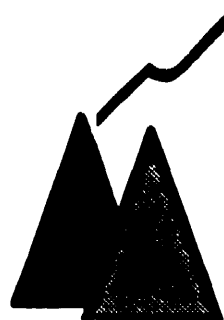
tention to the maintenance of a specific grade point average, usually ranging from a 2.5 to 2.7.

Scholarship money is funded by faculty, employees on campus, alumni, retired employees, businesses, and the HCC Foundation.

"Not only do we want to encourage the students to fill out the scholarship applications," Colasurdo said, "but to show they care about the application."

Scholarship recipients should be announced by May 21.

May 3, 1993



# EDITORIALS

## Withdrawing from classes causes problems for others

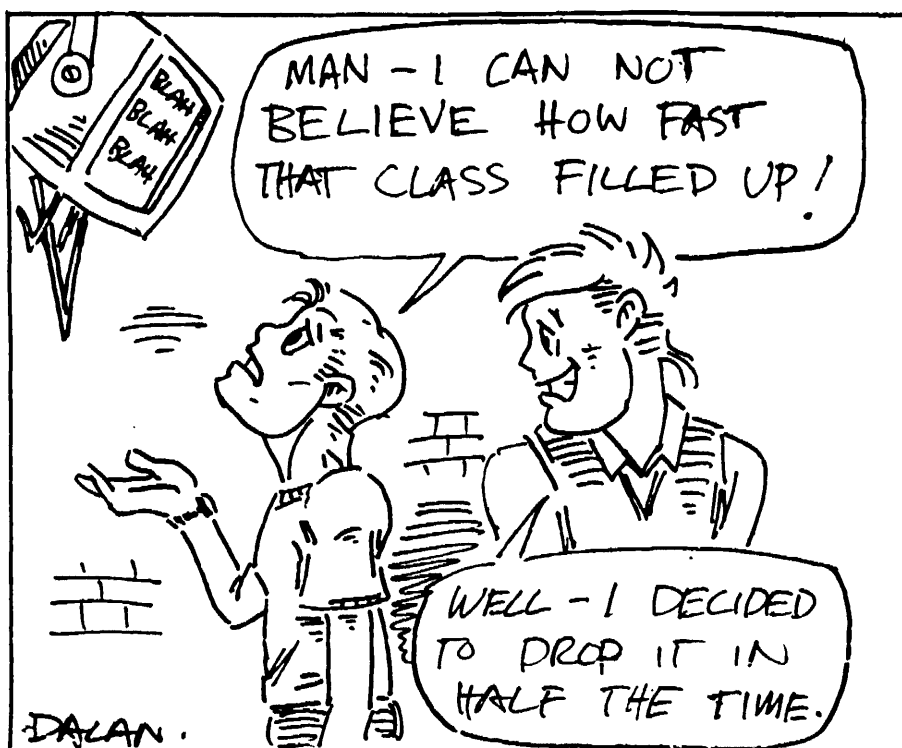
by Jason Clever  
Editor-in-Chief

Don't withdraw from one of your classes for the wrong reasons.

According to R'lene Roberts of the Highline Community College Registration, a total of 855 students voluntarily withdrew from one of their classes during winter quarter. With only 8,607 students enrolled at HCC during winter quarter, that's approximately 10 percent of all HCC students withdrawing from one or more of their classes.

Withdrawing from a class is understandable if an instructor's syllabus is unreasonable, the student's schedule becomes too hectic, or the student is battling too far out of his or her academic league.

However, I see too many HCC students withdraw from classes for the wrong reasons. Some students feel that the classes they are enrolled in are too tough for them. If you are the only one



in your class who is having day-to-day troubles with the course work, it might be advisable that you withdraw from the class to save your grade point

average. But, if a large number of other students are having similar troubles, stick it out. Form a small study group with other interested students and seek

tutoring assistance. Tough it out together as a team.

Other students feel that instructors are being too hard on them. If you think an instructor is grading you too harshly, check with other students and see how they are doing in the course. The progress of the class as a whole is a direct reflection on the instructor and the syllabus. If you make it through the course, you might be rewarded with self-gratification for your determination and maybe even a good decimal grade.

Voluntary withdrawals give students a way to avoid their responsibilities and to spend more taxpayer dollars. The more classes that a student withdraws from will result in a longer stay at HCC for the student. In addition, other students suffer by having less options to choose from when registering.

So don't withdraw from your classes for the wrong reasons. Don't take the easy way out, because in the long run, it won't be.

## Women should be able to serve in active military duty

by Cory Magel

Over the years, women have been slowly gaining the recognition and the rights they deserve. Thanks to a Navy proposal approved by Admiral Frank Kelso, in just under four years, women will possibly have gained the right to pilot military aircraft in combat and fill other combat-related roles.

It has been recommended to Secretary of Defense Les Aspin by senior Navy admirals that the ban on women in Air Force and Navy combat

roles be ended. Aspin is expected to approve the Navy's proposal. This proposal would allow women to take combat

*There can really be no objection to a female soldier if she meets all of the necessary qualifications.*

roles, including stations on warships and submarines, by

of those positions, then they should be allowed to. There

can really be no objection to a female soldier if she meets all of the necessary qualifications.

Allowing women to fill combat roles is, realistically, a very small step. However, in regard to political and historical

opinion, it is a giant step. If the Navy allows women to fill combat roles, the other armed forces will have little choice but to follow suit.

It has been argued that women are even more mentally stable than men in combat

**See Women,  
Page 4**

## Campus Commentary

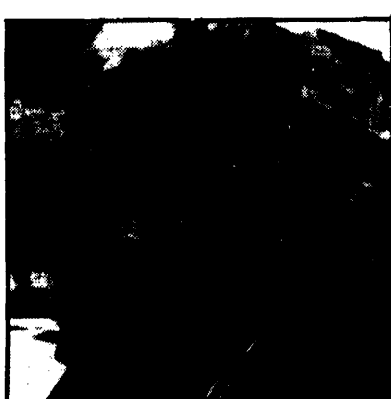
compiled by Krista Sohayda  
photographed by Gary Lewis

Question: Do you think that the Waco, TX, standoff was handled in a proper manner?



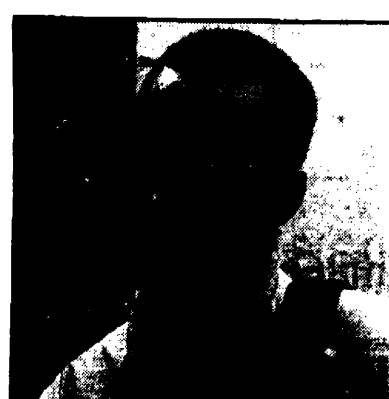
"If they knew that they were going to commit suicide, why didn't they just go in there and torch the place to begin with?"

—A.J.  
HCC student



"I think it's pretty sad that we have to go to violence to resolve a situation like that. I think we should have negotiated, however long it took."

—Linda Baker  
HCC student



"As a matter of fact, he [David Koresh] wasn't a normal person. In fact, he was insane; I think they did the right thing."

—Mohamed Ismail  
HCC student



"No. I think they could have gone in there and taken those people out. I don't think they had to kill themselves."

—Brenda Ford  
Health Services employee

## Letters to the ThunderWord editor

### Response to "The funnies aren't so funny anymore"

To: Editorials Editor

I am quite disturbed about your editorial concerning "socially-conscious" comic strips. You make a good point — "the funnies aren't so funny anymore" — but the attitude you display in making your point is callous, degrading, and insensitive.

To an elite sophisticate like yourself, it may be that "coming out of the closet and teen sex have been rehashed so much that by now they seem like dead issues;" that they are "boring adolescent problems," which are "not even current." In the real world, however, there are a lot of people who are trying to survive these problems rather than pontificate about them. There are any number of teenage women who are living on the streets after being kicked out of their homes for being pregnant — women who might describe their situations as extremely "current." I know several gay and lesbian teens who have been rejected by their families and friends — and two who were put in the hospital by their fathers when they came out — who find their lives anything but "boring." And to the thousands of teens in this country who are dying of AIDS, I'm sure that they hope that teen sex won't become, for them, very much a "dead issue."

Did you know that one-third of the homeless youth in America are gay and lesbian, and one in three gay and lesbian youth attempt suicide — and that this is due to rejection, intolerance, and invisibility? Many gay and lesbian youth live in isolation, believing they're the only person feeling the way they do. *For Better or Worse* is courageously tackling these issues.

Did you know that the fastest growing HIV+ group is young

single women? Over half of the low birth weight babies in America are born to teen mothers. It is a pity that kids don't get the information they need to protect themselves at home or in school... but better they should read it in the comics than not at all.

I'm sorry your funny paper experience is being ruined by reality, but please don't trivialize the victims of bigotry and ignorance to make your point. As an editor of a newspaper (and therefore a guardian of the First Amendment), your glib and superficial glossing over of some very real social tragedies — especially in order to complain about an utterly insignificant issue — is, at the very least, irresponsible. And, given the current climate of intolerance leading to violence, it could be dangerous.

Randy Earwood, Educational Planning Center

To ThunderWord Editor:

The article by Jason Clever on the tuition for HCC was cleverly written and an enjoyable read.

I tend to read your paper over the shoulder of my daughter. She doesn't seem to object.

In the history of cartooning, you will find that its roots are dug very deep into politics. Of course, poking fun at royalty often got your head cut off. We seem to be luckier now, but the effect is the same. I, too, would like some fun back into the comics and a good super hero or heroine. Are we beginning to take ourselves too seriously again?

Keep up the good work.

The proud mother of an HCC student,  
E.J. Toy

### Woman is victim of verbal assault

To ThunderWord Editor:

On March 10, with winter classes almost over, I went to make some copies on the second floor of the student union. At 10:50 a.m., I was verbally assaulted by a group of

men. I'm writing this because I want students to know harassment does happen on campus. It takes many forms; making noises, comments. These methods are used by some groups of men to put women "in their place." In front of their clique, they can equate women with dirt. If you receive the brunt of this or are a witness, I urge you to identify these men and report them. Let's take back the cafeteria, and take back our school. It can start here.

To Steal a Soul

Masks around me

Concealed by deep hate

Little man — impress your

friends — lie in wait

Throw a tongue word

Right at my heart

One may bounce off

But a lifetime...

Oh you woman — A Lifetime

No enzyme can digest

This flood of shit

Passing through my veins.

Sincerely,

Suzanne Balasa

### The clam debate: Go, fight, clams?!

HIGHLINE COLLEGE



To ThunderWord Editor:

I have received various correspondence recently from Dr. Cargol and was disgusted by his outrageous and arbitrary use of an unauthorized letterhead.

What form of anarchy is this that we should have our beloved thunderbird turned into a clam? What is the motive for this travesty? One can only speculate what Dr. Cargol's reasons are.

Perhaps the good Doctor is one clam short of a bucket, as has been rumored.

GO, FIGHT, CLAMS?

Fred Harrison, Athletic Director

## The Editor's Soapbox

### Survey results reveal society's lack of knowledge about the WWII Holocaust

by Jillian Willingham  
Editorials Editor

On the front page of *USA Today* on April 20, 1993, were the results of a survey commissioned by the American Jewish Committee. The survey, which had been administered to 992 adults and 506 students, concluded that 20-22 percent of these people thought it possible that the Holocaust of World War II never happened.

Even worse was the finding that 38 percent of adults and 53 percent of the students didn't even know what "Holocaust" alluded to.

These survey results absolutely amazed me.

The 20-22 percent who think it conceivable that the killing of an estimated six million Jewish people might not have happened have obviously never seen the pictures, heard the personal testimony, or wondered where all those people disappeared to during WWII. And what about the new Holocaust museum in Washington D.C.? Where did those models of gas chambers come from? Or the pictures of what American soldiers found when they came upon the mass graves in Germany and Poland? If the survey is accurate, 20 percent of our society doubts these undeniable facts.

This number could be the result of a recent push by a small group that claims to have proof that the mass slaughter of Jews never happened. This proof, which was sent to this newspaper by the group, consists of far-fetched attempts at discrediting the pictures and assorted other evidence from the Holocaust.

The pamphlet that *The ThunderWord* received had microscopic analysis of badly reproduced photographs which attempted to detail how some shadows didn't quite match. The text read something like, "Look at that left leg in the bottom right corner of the photo, it's not connected to anything, there is no way that that is a human being."

This pamphlet also claimed that "The Diary of Anne Frank" was — and still is — a publicity stunt to gain support for the Jewish community after the war, and that, in fact, she never even existed.

This "proof" is so completely overwhelmed by the facts that have come out from around the world regarding the Holocaust. It seems so ludicrous that people would actually doubt all of that information and even believe some outlandish attempt at disproving the death of six million Jews.

But the scariest part of the survey results is the 38-53 percent who don't even know what the term "Holocaust" is, and what it meant. Genocide, the systematic killing of an ethnic or national race, is something that everyone needs to be aware of. In our world today, where war and atrocities occur everyday, people who are oblivious of the past will be the last to recognize exactly what is going on. That is a very dangerous position to be in.

Pick up The ThunderWord's policy letter regarding paid advertisements, public service announcements, and story suggestions in Bldg. 10, room 105.

### Write a letter to the ThunderWord editor.

The ThunderWord welcomes letters to the editor. Please include name, address, and phone number for verification purposes. The editor reserves the right to edit length, punctuation and grammar. Bring letters to the ThunderWord office, Bldg. 10, room 105.

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

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# EDITORIALS

## Murphy Brown was right; Dan Quayle was wrong

Writer takes issue with April cover of *The Atlantic*, which agrees with Quayle's opinion of society

by Cory Magel

The Dan Quayle versus Murphy Brown incident has dragged on for what seems like an eternity. In a comment that may have had a dramatic effect on the general public's respect for him and his boss, Dan Quayle blamed America's social problems on characters such as Murphy Brown — an unwed, working, single parent who personifies much of America's population.

On the April cover of *The Atlantic*, a national magazine of trends and ideas, reads the title of an article siding with Quayle written by Barbara Defoe Whitehead: "Dan Quayle Was Right." John Carlson, whose column appears in the editorial pages of *The Seattle Times* each Tuesday, then wrote a column which

backed up *The Atlantic* and claimed Quayle was right.

After spewing out statistic after statistic, the last paragraph of Carlson's editorial was written as follows: "They can pretend no longer. *The Atlantic* was right. Quayle was right. And our grandparents were right."

Sorry, but I don't buy that. All the statistics in the world are not going to help today's society, just as all the television

shows and movies cannot be blamed for today's society. If television shows such as "Murphy Brown" cause people to change their morals and values, why aren't there people running around causing

mayhem after watching movies like "Lethal Weapon" and "Falling Down?" And if our grandparents were right, why is society crumbling?

Previous generations have pointed the finger at each other and today's youth for years now. Dan Quayle's speech only

gangs in L.A. Murphy Brown did not have a child out of wedlock before the event was commonplace in today's society. These are subjects that producers know people can relate to — subjects about modern, everyday life, however screwed up it may be.

Yes, single parent families are far from perfect, as are a majority of two-parent families. Many years ago, divorce was not a common

event, so all these problems stayed within married couples and their families. Should they have blamed all these problems on marriage instead of divorce? The problem is not single-parent families. It is the mess of a society that we have inherited.

As the product of a broken home, I can confidently say that it has not caused me any emotional or behavioral problems. I see my father on a regular basis. I never even considered dropping out of school. I was never "in trouble with the law," and I have never been irresponsible enough to

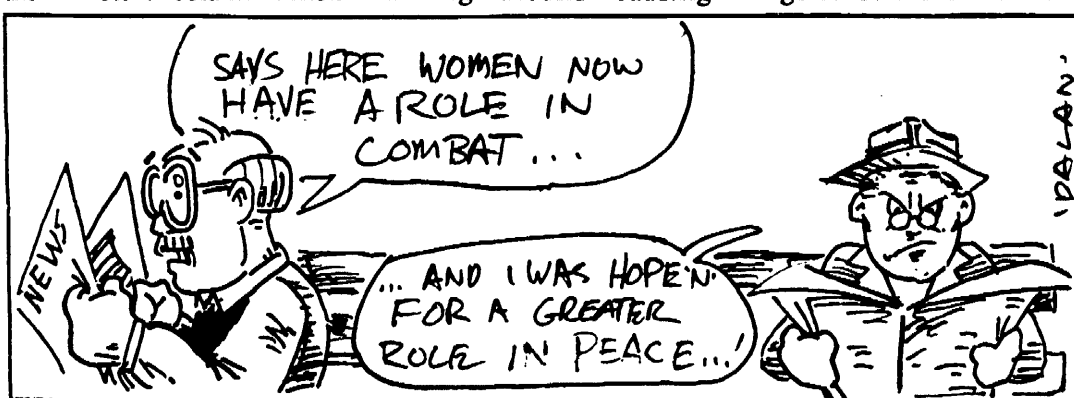
get someone pregnant. Actually, I think it has made me a better and happier person, so it seems that all those statistics would not apply to me, yet I come from a single parent home. Shouldn't there be *something* wrong with me, according to these people? The statistics say there should be.

Our generation's values and morals are changing. We see things in a more realistic and reasonable way than before. The previous generations want to cover up the imperfections and blame them on others, while the new generations simply want to deal with them in a rational way.

The statistic showing that single-parent families are six times as likely to be poor than two-parent families is an obvious problem. With the cost of living going up, a slowing economy, and jobs becoming ever scarce, of course single-parent families are going to be poorer in general. But does the government or media do anything about this other than whine? No, they sit back and point the finger at others.

It is we, Generation X, who have to pick up the pieces and put America back together.

*Our generation's values and morals are changing. We see things in a more realistic and reasonable way than before.*



A DISPATCH FROM

SPY

MAGAZINE

The Fine Print

The Frontiers of Etiquette, Parts I & III

Cyrus Zal, an anti-abortion attorney from California, recently appealed a contempt-of-court citation incurred while representing seven anti-abortion protesters charged with trespass. Wishing to focus on the trespass charges, the judge forbade Zal from using certain words and phrases when presenting his defense. Among them were *killing centers*, *baby killer*, *murder*, *holocaust*, *abortionary*, *death mill*, *Hitler*, *Nazi*, *sacrifice*, *execution*, *homicide*, *genocide*, *fratricide*, *soricide*, *infanticide*, *feticide*, *abortionicide*, *monster*, *massacre*, *decimation*, *slaughter*, *extermination*, *martyrdom*, *butcher(y)*, *carnage*, *bloodbath*, *assassin*, *thug*, *eradication* and *mass destruction*. Despite the court's order, Zal asked the following questions of witnesses:

"How do you feel about making a living off the blood of babies?"

"How long have you been in the baby-killing business?"

"Are you concerned that you may someday be charged with murder for your role in the abortion holocaust?"

"Officer, were you an unborn baby at some time in your life?"

Zal's appeal was denied.

Pity the poor executives of network television. We recently received a letter written by an executive at Carolco Television specifying what words that appear in its movies must be deleted or substituted for on television:

"The language that must be removed is as follows: Fuck you, fucker, mother fucker, mo-fo, etc.; shit, bull shit, asshole, goddamn; son of a bitch; Jesus, Christ; tit; balls; prick; cocksucker; cunt; dick, beat off; blow job; come; suck; eat me; pissing; piss off (bug off would be more appropriate); screw should be deleted if its meaning is that of intercourse; douchebag...."

"Please note that the following substitutes are acceptable:

"1. Freakin' or freaking. (ABC and CBS do not like frickin and friggin. Also do not use funk(n).)...."

"6. 'Ass' alone is a word that if you have 3 or 4 in a picture, it is okay, as long as it is not gratuitous...."

"I would also avoid words like 'shmuck' and 'putz' because their true meaning would not be acceptable in English. I have heard Murphy Brown say the latter, but a word like that is key to the character....Schmuck is more acceptable than putz." )

## Women should be able to participate in military duty

Women, cont.  
from Page 2

situations. It has also been argued that they simply do not have the physical capabilities to fill combat roles.

On the other hand, there are always exceptions.

Female pilots had the chance to show their ability during the Persian Gulf War. Commander Rosemary Mariner, an A-7 Intruder pilot, was quoted in *The Seattle Times* as saying, "that's where we showed our commitment and skills."

Mariner is also president of the Women Military Aviators, an organization of over 600 female pilots.

It has been accepted that women pilots were in combat zones during the Gulf War,

although none of them are known to have actually participated in any kind of active combat.

Aviation Electronic Technician Robert Childs, a future naval pilot who is stationed at the Lemoore Naval Air Station in California and will soon be attending Highline Community College, said, "If they can meet the specifications and have what it takes, then by all means, let them. It doesn't really affect me. I don't see why not."

Some critics claim that the ban is simply expressing concern about the woman's safety; but, if a woman is well aware of all the risks and challenges and is willing to accept them, who is the United States military to deny her this privilege?

# FEATURES

## Marijuana: a little plant with a big controversy

by Robert Whale  
News Editor

The drive to legalize marijuana is associated in the minds of many people with brain-fried dopers, counter-cultural types passing out petitions at folk festivals and street fairs while radios blare Grateful Dead tunes.

Whether or not that picture was ever accurate, by 1993 it has clearly gone out of date. The chorus of voices calling for relaxation of marijuana laws has recently added to its ranks sober pillars of the establishment. National Review Editor William F. Buckley and former Secretary of State George Schultz are among the people calling for the abolition of the current marijuana laws.

Surgeon General Jocelyn Elders wants to allow physicians to use marijuana for medical purposes, a practice banned by the Food and Drug Administration in 1970 because of "equally acceptable alternative methods of treat-



Photo by Gary Lewis

No one has ever died from smoking marijuana. One out of every five Americans in all walks of life say they have tried it.

ment."

According to Mark Mason, a Highline Community College student and member of Washington Citizens for Drug Policy Reform (WCDPR), supporters of marijuana legalization come

from all walks of life. They are policemen, lawyers, judges, teachers and economists.

By and large, they believe that the current laws are ineffective, that they encourage black market profiteering and

cram our prisons with people who need not be there.

This diverse group has thrown its support behind the latest chapter of the legalization campaign in Washington state, Initiative 595. Among other things, 595

would allow "private use [of marijuana] by persons over 21, but outlaw public advertising, use or display." Initiative

See Marijuana,  
Page 9



*Apply  
yourself  
at SPU.*

Seattle Pacific University is currently accepting transfer applications for fall, winter and spring quarters, 1993-94. Apply now and take advantage of SPU's:

- 41 fields of study leading to BA and BS degrees;
- Professional programs in business, nursing, electrical engineering, computer science and education;
- Financial aid packages for transfer students;
- Internship opportunities; and
- Caring Christian community of faculty, staff and students.

**Plan to attend SPU's Transfer Information Night on May 18..**

Students interested in transferring to SPU are invited to attend a special information night Tuesday, May 18, 6:30 p.m. in Demaray Hall 150 on campus (6th W. & W. Bertona Sts.). Meet representatives from admissions, advising, financial aid, career development and student life. Plus, faculty members will be on hand to answer specific program questions.

For more information, or to obtain an application or admissions/financial aid appointment, just give us a call. We want to make your transition an easy one.



Seattle Pacific  
University  
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Service Since 1899*

CALL  
281-2021

*History  
Repeats  
Itself*



**9th Annual Spring Pottery Sale**

Highline Community College  
**Wednesday, May 5th, 1993**

10:00 AM - 3:00 PM

Located under the walkway on the west side of the registration building

Don't Forget Mother's Day

# Nutrition 'Labelese' tricks even the smartest shoppers

by Cassandra Anthony  
Guest Writer

I crave something sweet, but because I'm also concerned about my health, I decide to pass up the ice cream in the grocery store. The frozen yogurt calls to me, but I'm not sure what brand to try. YAMI Pecan Praline frozen yogurt is whispering, "choose me, choose me, I'm NONFAT."

I pick up a one-pint container and throw it in my grocery basket feeling like I accomplished what I wanted to. I'm going to get to eat something sweet, and I won't be eating any fat. Wow! What a bargain.

Ever wonder about the wording used to sell food items? It seems as though the average consumer needs to take a course in Labelese in order to understand what he or she is actually eating.

Health-conscious consumers may have a difficult time interpreting advertising wording.

Because of this lack of understanding, they get caught up in a whirlwind of

Labelese that confuses and distracts them from getting the facts on what they're buying for the sake of their health.

For instance, that one-pint container of YAMI Pecan Praline frozen yogurt that I just bought had the word "nonfat" splashed across the front of the container in bright red. Yet, if I would have turned the container over, I would have read that there were actually three grams of fat in each three-ounce serving.

According to the U.S. Dietary Goals printed in "Surgeon General's Report on Health Promotion and Disease Prevention," Americans should keep the calories they consume from fat at 30 percent or less per day; 12 percent should come from protein, and 58 percent or more should come from carbohydrates.

To determine the amount of calories from fat that are in a certain food, multiply the number of grams of fat in one serving by nine. Divide the total by the number of calories per serving and then multiply the result by 100 to get the total percentage of fat.

According to the formula, I would have eaten three ounces of YAMI Pecan Praline frozen yogurt thinking that I was consuming 94 calories which are supposedly nonfat since that is what the label in front says. In reality, I just ate 29 percent of my 30 percent limit of calories from fat in five bites. This is not what I would consider "lowfat" let alone "nonfat" which is what the label on the front states.

How do advertisers get away with this? Believe it or not, the YAMI frozen yogurt people use nonfat milk in their frozen yogurt. As long as they list the real information on the back, they can get away with splashing it across the front of the container in big, red letters. Because the advertising words are open to interpretation, consumers can get caught up in a whirlwind of Labelese that confuses and distracts them from getting the facts on what they are buying and eating for the sake of their health.

Sometimes advertisers can catch a consumer off guard by highlighting information that is not of high importance on the product label. Al-

though the highlighting is not the misuse of a word in particular, it does sway the consumer from the wording that they should pay particular attention to. Because of the bright highlighting on certain areas, they may miss out on the importance of the overall nutritional value of the product.

For example, a certain bran cereal may have the calorie content highlighted on its box as well as the cholesterol content. The cereal may be lower in calories, and because it is not an animal product there are, of course, zero grams of cholesterol in it, and the consumer may buy it because he or she is happy with the information they read in the highlighted areas. The cereal may be extremely high in sodium, yet somehow the consumer missed that bit of information.

According to "The Journal of Nutritional Education," the Society for Nutrition Education (SNE) does not support this format of advertising and states that "only further testing and analysis will provide a basis for estimating the extent of this problem."

In the book, "Unsafe at

Any Meal," Earl Mindell said the words "light" and "lite" can be confusing to consumers and may cause problems with those who are hypersensitive or who are dieting. These terms not only mean that the food is one-third fewer in calories, but they can also mean "lighter in syrup density, or color, or salt content."

Mindell goes on to say that it is extremely important to read the back of labels so that you are not confused about the true meaning of these advertising words.

This also runs true for beer and wine. People who drink "light" beer or wine thinking they are cutting down on calories need to know that "there are no requirements for how few calories a 'light' beer

or wine [should] contain."

In the language of Labelese, the terms "organic" and "natural" seem to lure the consumer in on what they think is a near-perfect food item that has been blessed by none other than Mother Earth herself. The word "organic" is supposed to describe those foods that are grown without the use of pesticides or chemical fertilizers.

According to "The Penguin Encyclopedia of Nutrition" by John Yudkin, "The term is sometimes extended to include animals reared without antibiotics or hormones, or foods prepared without the addition of synthetic colors, flavors or preservatives and having undergone only minimal re-

fining." Because of Yudkin's use of the word "sometimes" I take this to mean that a product that is advertised as "organic" is open to speculation as to whether the animals were or were not infected with antibiotics or hormones or the foods did or did not have synthetic colors, flavorings or preservatives in them. In the same context, the word "natural" can mislead in ways that an uneducated consumer may not have thought.

For example, "Nutrition Concepts and Controversies" by Hamilton said that when promoting honey, a manufacturer may bill it as a "natural" sweetener that, unlike the nasty, unnatural sugar sucrose, "won't cause ugly weight gain." In reality, the calories that are in fructose are used for energy just as those in ordinary table sugars are and too much of either cause weight gain.

According to "Nutrition Concepts and Controversies," the use of the word "natural" to promote honey over sugar "is just a sales pitch." Because advertising of this nature is so speculative, even when it comes to

the Food and Drug Administration (FDA), it is important to become educated in label reading and nutrition so that reading labels won't be misleading or confusing. Research is the only way to find the real truth, because the government allows the FDA too much liberty with definitions on labels.

There is hope waiting in the wings, and according to the February 1993 issue of the *Tufts University Diet and Nutrition Letter*, "The Bush Administration finally approved legislation in December establishing the most extensive and consumer-oriented food labeling reform in the history of this country."

Starting spring 1993, a new label format is expected to begin appearing on supermarket items and by law must be present on all processed foods regulated by the Food and Drug Administration by May 1994. Some requirements that will appear on the label include the number of calories per gram of fat, carbohydrates and protein.

Also, Percent Daily Values (based on a 2,000 calorie a day diet) will show how a food fits into the overall daily diet. Individuals will be able to adjust the values to fit their own calorie

intake as well as be able to use this information to compare shop.

For example, the *Tufts University Diet and Nutrition Letter* says, "If a serving of Brand X's macaroni and cheese has a Percent Daily Value of 27 for total fat, compared to Brand Y's 45, it's obvious that Brand X is far lower in fat and will be easier to fit into any label reader's low-fat diet, regardless of the number of calories he or she typically takes in." This will save the consumer valuable shopping time. Still, a consumer needs to be able to sift through it all and the only way to do that is to become educated on the subject.

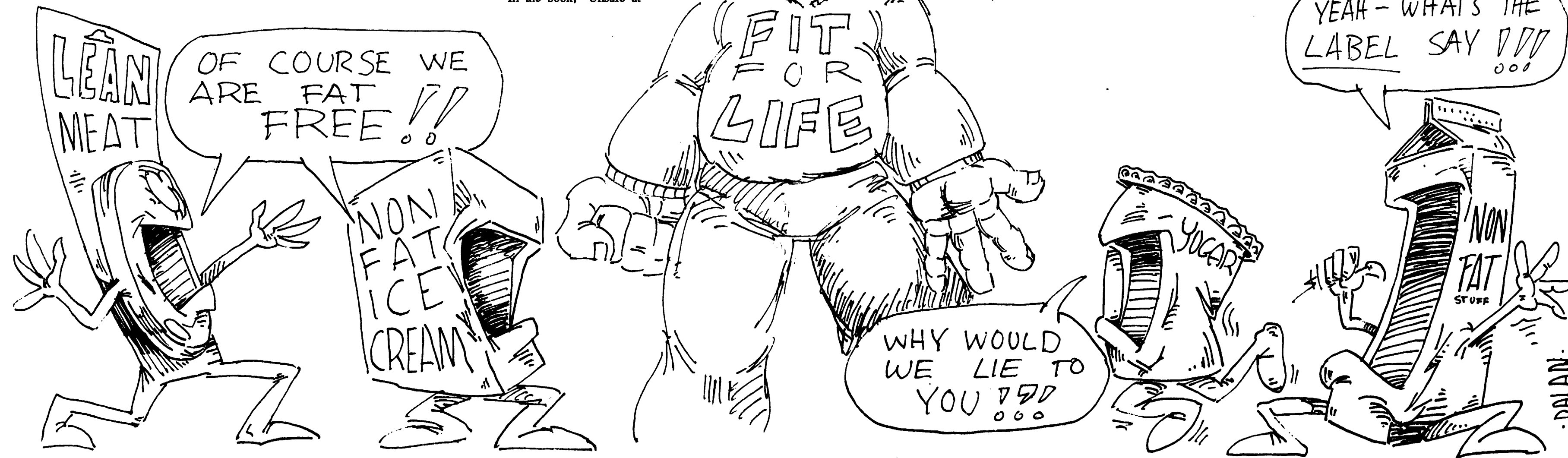
Misleading information is not restricted to labels. People who dine out often may run into some confusing wording in the menus. In Italian restaurants, a "light" menu would imply that the pasta was cooked in olive oil instead of any other kind of oil. Because olive oil is lowest in mono-unsaturated fat, it is known to be "beneficial to heart health," according to "Nutrition Concepts and Controversies."

In other restaurants, the terms "diet" and "light" may mean that the menu item listed is prepared with little or no oil or butter, the cut of meat is lower in fat, or the meat portion is fish. They may also mean meat broiled in lemon juice, the items served with rice or simply smaller portions.

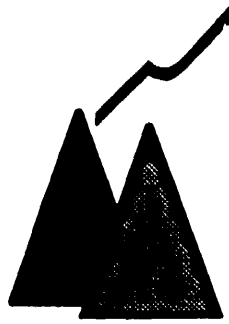
For the most part, restaurants are happy to give you nutritional information about their menu items, and most of the finer restaurants will accommodate your health wishes if you ask.

Learning the language of Labelese, like any other language, is a difficult process that takes both time and energy. However, the rewards are great in the end because the consumers lose their gullibility and they have a better understanding of why they choose to put certain foods in their shopping cart and why they choose to order the garden salad instead of the "light" dinner.

Cassandra Anthony is a student in Writing 105 at HCC.







# FEATURES

## HCC drama students move on to bigger and better roles

by Anne Meldrum  
Features Editor

As adrenaline rushes through every part of an actor's body, rehearsed lines run through his memory at the last minute; he's on in thirty seconds. The audience roars. Five, four, three, two, one... he's on.

The students of the Highline Community College drama department experience this every time they perform.

This year, Claude File, HCC drama department instructor, filled in for Christiana Taylor who is on sabbatical leave for a year. File's instruction has helped drama students get accepted to various schools and programs.

Next year, Marcus Ho, HCC drama student, will be attending New York University Tisch School of the Arts. This prestigious school accepted auditions from all over the country. File said, "I was very pleased. He did an ex-

cellent, excellent job."

Ho said he was excited for the move, and "was pretty esthetic" about being accepted. Ho, who feels he wasn't really focused until his second year in the drama department, said, "I've learned a lot." Ho's goals are to continue his education and to get involved in films and movies.

Craig Morrow was accepted to Neighborhood Playhouse, which is another well-known acting school. Actors such as Dustin Hoffman and Robert Duvall have come from there.

There are other actors that have received recognition from outside sources. Chris Dietz auditioned for Yale University, but is still waiting for the results. Tim Gouran had an offer from Children's Theater, which he turned down. Don Swanson was invited to a Shakespeare Festival in Idaho.

Leo Catt, Jason Pinney, Kiela Mott, and Brenda Suth-

erland were accepted at Western Washington University for Summerstock.

Summerstock is a rigorous and concentrated quarter where actors perform four plays and three musicals. Some musicals they will be performing this year are "The Sound of Music" and Neil Simon's "The Good Doctor."

Catt, who was accepted to Summerstock, had "mixed feelings" about the whole situation, because he said his musical audition was "a little shaky." Nonetheless, Catt was accepted and he said it "didn't sink in until a week later." Catt went on to say that this is "a big step forward." Catt plans to stay at Western and wants pursue a career in directing.

Catt studied under both Taylor and File. He said "Christi gave us the base and Claude explained how to do it." Without File's instruction Catt said, "I don't think some of us would have gotten into the schools we did."



Photo courtesy of Claude File  
Tim Gouran and Craig Morrow perform 'Minnesota Moon,' by John Olive.

File contributes the success of the drama department to Taylor, but the students of the drama department would

argue that it was both File's and Taylor's combined teaching style that made them successful.

## Comedy clubs provide gags, giggles and guffaws for minors

by Ken Steffenson

Seattle is a city with an eclectic image. The home of big airplanes, computer software giants, grunge music and more than a few espresso carts, the city also boasts a populace reputed to be very laid back (ironic, considering the music and caffeine).

But like people everywhere, Seattleites seek an occasional laugh to mix with their varied lifestyles. Television sitcoms and cable comedy shows are used to satisfy this desire, as is the thrill of a live show.

But unfortunately for those under the age of 21, the four full-time comedy clubs in Seattle are all bars. Without the required years under the belt, or convincing fake ID in the wallet, the under-21 crowd has limited options for viewing live-comedy shows.

The Comedy Underground, located in Pioneer Square, opened 12 years ago and was the first full-time comedy club in Seattle, according to co-manager Laura Crocker. She and her husband, comedian Ron Reid,

have managed the club since December 1992, and recently saw the need for younger adults to have a place to see the area's popular comedians.

"We think an under-21 show is an absolutely wonderful idea," Crocker said.

After a frustrating process with the Washington State Liquor Control Board to get approval for Saturday shows, the club has finally received a three-month trial permit that allows 16 to 20 year olds to be admitted. They will have their first all-ages show on

May 8 and hope for a good turnout to continue the all-ages show.

Crocker said that she and her husband "want to treat 16 to 21 year olds as adults," so they will not censor the comedians and will probably try to book the same acts that they do for their regular shows.

In South King County, there are a few places to see comedy, but again they are aimed at drinking-age adults.

Driftwood Dan's Restaurant, for instance, has comedy on Friday and Saturday

nights, but it takes place in the bar after 9 p.m. — where children finishing dinner in the small restaurant won't be subject to the language often used by comedians.

Another avenue for those under 21 is the comedy fare offered up at the area's colleges. Highline Community College and others usually feature a couple of comedy shows each year, with acts ranging from amateurs to local big-name comedians and even occasional national acts.

One upcoming all-ages comedy event is the "Seattle

Comics for Comic Relief" show, which is a benefit for Health Care for the Homeless of Seattle and King County. The show, featuring fifteen popular local comedians including Peggy Platt and Rod Long, is scheduled for May 21 at Kane Hall on the University of Washington campus.

The better the turnout is for all-ages shows, the more of them there will be in the future. So if you think laughter will do your spirits good, you may have to search a little, but it's out there for you.

Student  
Outcomes  
Assessment

### Student Self-Assessment Questions

Five years from now, if you could only remember five things from your education here at HCC, what would they be? What are you doing right now to strengthen these areas?

Student self-assessment questions are meant to be "food for thought," but we would love to have your written answers to these and future questions in the Self-Assessment Box in the cafeteria of Bldg. 8.

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# SPORTS

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## HCC's busiest student competitive in two sports

by James Lawson

If you think you have the toughest schedule at Highline Community College, you might be wrong. There is one person that could very well hold that honor and she has the right attitude to pursue the challenge.

Lisa Lakin is in her second year at HCC. Lakin is currently taking 22 class credits and is a member of the HCC softball team. Lakin's schedule consists of philosophy, computer science, Math 107, History 213 and special studies in psychology conducted with Dr. Baugher. As if that wasn't enough, she also works at the HCC Pavillion.

"I couldn't do it without my parent's support," Lakin said. "I save up some money during the summer and they help out for school."

After graduating from HCC, Lakin will transfer to Central Washington University. She chose CWU over Western Washington University because of its location and for other reasons. "Central was quicker with their information and more on top of things," Lakin said. "I

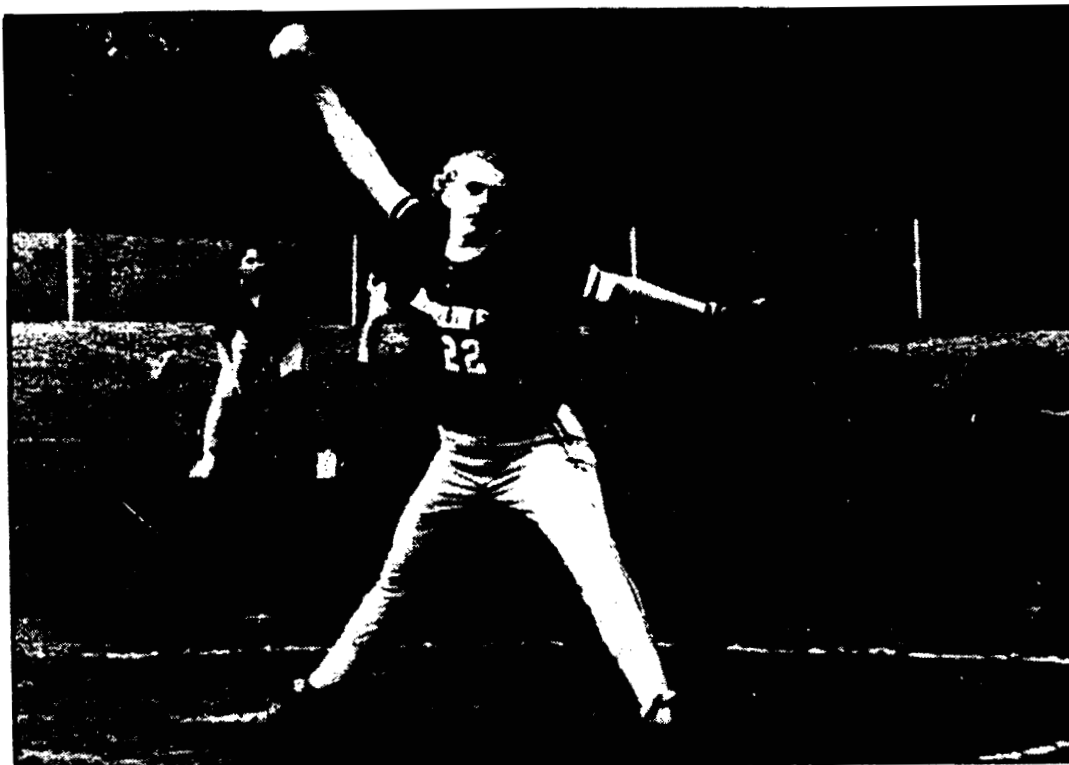


Photo by Gary Lewis

Lisa Lakin is an extremely versatile player. In addition to pitching, she can play all over the infield.

know some people that are going to Central. I have also visited Ellensburg and I liked it."

She plans to major in physical education. "Physical education is important to me," Lakin said. "There are a lot of overweight people in the United States."

Lakin's softball teammate, Ta-Win Fernandes, and an

other friend on the HCC basketball team are also transferring to CWU.

"I'm close with a lot of people that I have played basketball and softball with," Lakin said. "It's going to be hard to go away."

Lakin has been athletic all of her life. She's played basketball for nine years, was on the track team when she at-

tended Chehalis High School, and has played softball for the last eleven years.

"I play sports because they are fun," Lakin said.

During the summer, Lakin plays softball in a recreational league.

Lakin played forward on the HCC basketball team the last two seasons, and she is currently enjoying her sec-

ond season on the HCC softball team.

"The team was a little shaky at first, but we're beginning to gain some foundation. We are closer as a team, and the people who are here want to be here. It's more fun that way," Lakin said.

One of Lakin's teammates, Robin O'Neill, believes Lakin is one of the major reasons this team has come together. "Lisa is our captain and she believes in teamwork. She is friendly, a good ball-player and a all-around good person," O'Neill said.

Living close to HCC has benefited Lakin in her studies and activities. Lakin relishes the surroundings here at HCC and believes "Highline is nice." In the future, Lakin would like to instruct or coach sports such as basketball or softball. "I enjoy working with kids and I want to teach," Lakin said. For fun, Lakin enjoys watching movies and going out with her friends and family.

Lakin's life is definitely heading in the right direction. The feelings from Lakin's teammates and friends are proof to back it up.

## Northwest volleyball tournament held in HCC Pavilion

by Heather DeLauder

The Highline Community College Pavilion was alive with the sound of bumps, sets, and spikes as twenty-six men's and women's volleyball teams competed at HCC on April 17 and 18 for top honors of the 'A' regional tournament held by the United States Volleyball Association (USVBA).

This year, fourteen women's teams and twelve men's, all from the Northwest, battled each other for the regional title in the tournament.

On Saturday, the teams played a round-robin tournament to decide who would play in the final rounds on Sunday. Eight teams from the men's division and eight from the women's made it to the

battle on Sunday.

In the women's division, the B-49 team of the Seattle area came in first place by beating Blue Streak of

Redmond 17-15 and 15-11 in the final.

In the men's division, Team Irie of Tacoma placed first by beating the North-

west Volleyball Club Veterans, 15-6 and 15-7. The Northwest Volleyball Club Veterans is a team comprised of athletes from Washington,

Oregon, and Alaska.

Northwest Impact took third place in the women's division, and Class Act took third in the men's division.



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# High turnover rate keeps recruiters on their toes

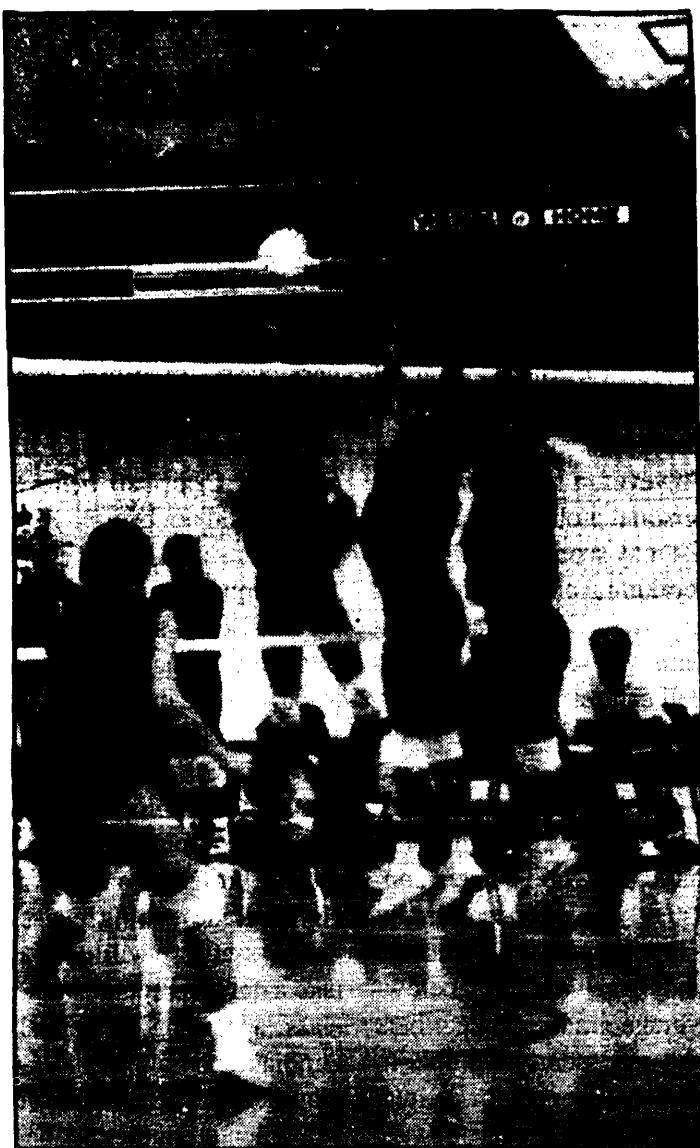


Photo by Gary Lewis

Good recruiting has always kept the HCC volleyball team competitive.

by Ken Steffenson

Whether the sports teams at Highline Community College perform well or fail miserably, the credit or blame often falls on the recruiters.

This is not to say that HCC has a staff of full-time professional recruiters scouring the country for promising players. Instead, the team's

coaches themselves must carefully identify and watch talented local high school athletes.

All of HCC's coaches are involved in recruiting, and Athletic Director Fred Harrison feels that most are doing a good job. But he sees certain drawbacks to HCC's use of many part-time coaches. "I think that the

problem we have [in] having part-time coaches and not full-time coaches is the communication," he said. "A lot of them don't understand how important the recruiting thing is."

Another problem is that part-time coaches are not always familiar with the support services on campus, Harrison said, adding that more meetings with all of the coaches is the solution.

Harrison has high praise for the recruiting practices of John Dunn, coach of the HCC men's basketball team. Dunn's experience as an assistant basketball coach at the University of Nevada-Reno taught him the value of active and aggressive recruiting techniques.

"Basically, when they're juniors we start out and identify student athletes that we think would be good for Highline College," Dunn said. These high school players come to Dunn's attention through newspapers, contact with high school coaches, and attending games. "I see at least three games a week — sometimes four," he said.

Once identified, the players are contacted directly through letters and phone calls, as are their parents, coaches and counselors.

"Bottom line, it's a sales job," Dunn said. "You're getting on the phone, trying to sell the product, which is Highline College. We don't say 'Hey, come and play basketball.' We say 'Hey, if you

come here, you're going to go to class, you're going to have study tables, [and] you're going to do the whole bit.' This is a good academic school, and there's people who care about you, which is very rare."

Dunn is currently watching and communicating with 25 to 30 high school athletes. With as many as five players from this year's HCC men's basketball team predicted to return next year, Dunn has an easier job than he did last year, when only two players returned.

"We need to fill just a few spots," he said. "We only have a couple of real dire needs."

Harrison also said that John Littleman, HCC women's volleyball coach, has "done an outstanding job recruiting over the years." Littleman uses many of the same methods as Dunn to find quality high school players to watch. He also sends a survey to high school coaches and pays attention to teams that perform well in state and regional tournaments.

HCC's women's volleyball team finished in a tie for first place in their division last year. As many as six players from that squad will be returning next year, so like Dunn, Littleman is not desperate to recruit many players. "We have a pretty good

team coming back," Littleman said, adding that the team is only "looking for some big outside hitters."

Since the volleyball team is well established, Littleman said he is seeking players who want to play at a four-year



Photo by Gary Lewis

HCC men's basketball coach John Dunn.

school, but can't due to financial or academic reasons.

Successful recruiting is just as important to the teams at HCC as it is to teams at four-year colleges, and according to Dunn, it can be more challenging. Because players stay at the community college level for just two years (and often for only one), the teams are seemingly never constant. And since playing for a community college sports team is certainly not "the big time," HCC's coaches use the school's academic reputation and low cost compared to four-year schools to attract quality athletes.

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# NEWS

## HCC entrance and prerequisite requirements may change



Photo by Gary Lewis

Michael Grubiak holds an Asset test, which may be used to measure eligibility for college level classes at registration.

### Proposals, cont. from Page 1

standard prerequisite for all courses.

"I believe it's time to set standards," said Beverly Baum Kendall, chairperson for the Curriculum Committee. Math, art, and science do

not currently require a reading level. Kendall would like all departments to include reading in their classes.

Michael Grubiak, director of assessment, believes that the concerns of the Curriculum Committee are a "legitimate matter." However, Grubiak is concerned with the manner in which the stan-

dards are implemented.

In studies he has been conducting on Asset scores versus classroom achievement, Grubiak noted that "25 percent of the students who took an Asset test in the fall of 1992 scored 37 or below." Out of the 2,101 students who took the Asset test in the fall, the 525 students who scored be-

low an eighth-grade reading level would be ineligible to register for any college-level courses.

The Asset test is fairly accurate. According to Grubiak, a student earning a score of 38 can expect a three-point leeway in either direction. However, a student who has personal problems before the test may score lower than under normal circumstances. In all cases, Grubiak said, students who feel they did not do well can retake the test.

Grubiak also found in his research that students who earn A's tend to read well. Yet, Grubiak still has not found that good readers consistently earn good grades. In a few cases, some students who read well earn below-average grades, while others who read poorly are able to earn an average or better-than-average grade.

Michael Campbell, an anthropology instructor at HCC,

recently facilitated a forum called, "If Jamie Can't Read, S/he Can't Register For Social Science, Humanities, Natural Science..." Campbell said social science and business classes require a lot of reading and should have a reading prerequisite. Like Grubiak, Campbell believes they should not be used in all classes.

Campbell would like to see reading level standards put into effect. "The better way is to have some exceptions for studio/art classes and math," he said.

Should the proposals win student government approval, those who fail to achieve an eighth-grade reading level on their Asset test will need to take a developmental studies class, according to Kendall, Grubiak, and Campbell. HCC may need to offer more developmental studies to help those reading below the eighth-grade level.

## Increased student demand strains financial aid

### Aid, cont. from Page 1

male.

Financial aid applications have never decreased. In 1985-86 the applications received were 1,504; 1990-91 the applications were 2,177; and in 1991-92 the applications rose to 2,578, which was an increase from 1990 to 1992 of 42 percent. The Financial Aid Office is now anticipating 3,100 applications for fall 1993, which represents a 20 percent increase. The Financial Aid Office is also anticipating that requests for student loans will double for the 1993-94 school year.

This means with more people applying for financial aid, students are going to receive less money every quarter, beginning in the 1993-94 school year, unless more funds are allocated by

### Student in a bind without financial aid

by Krista Sohayda

"Chris," a thirty-something Highline Community College student, had to move back home because of financial problems.

After deciding to return to school last spring, Chris wrestled with the difficulty of being in school while working. Chris had to work part-time just to pay rent, eat, and survive. The folks were kind enough to pay tuition for spring quarter.

Chris had few clothes to wear, no money, and worked all summer to get ahead, but never did. During fall quarter all the financial aid money went toward tuition and books. Chris also worked 10-15 hours of work study per week.

Chris has followed an on-again, off-again college career over the years because of money problems.

A student who attends more than nine quarters, (which financial aid considers a career college student), will not be able to receive financial aid again.

With one more year to go, financial aid has turned off the tap completely, because Chris dropped below 12 credits (full-time student) and that is not allowed.

Chris is at a loss about where to turn next, because there is no financial aid money coming in.

Chris will still have to work all summer to catch up on the money needed for fall of 1993-94, especially since tuition is going up.

federal and state governments.

During the 1987-88 school year, \$1,392,737 was allocated to HCC for grants, \$386,782 for HCC employment, and \$446,338 for loans.

A total of \$2,225,857 of financial aid money was earmarked for Highline.

For the 1991-92 school year, \$2,201,878 was available in grant money, while the amount allocated for HCC

employment was \$504,061 and loans was \$490,944. This represents a total of \$3,196,883, or an increase of \$971,026 in the amount financial aid from the school year 1987-88 to the present.

## HCC summer projects wait for go-ahead

### Construction, cont. from Page 1

keep everyone in suspense until a formal announcement is made on June 21, but HCC administrators may get a rough idea about the amount of money the college will receive by April 23.

Peter Babington, who has been head of the HCC maintenance department for less than two months, previously worked for Boeing and Virginia Mason Hospital.

"I'm for removing asbestos and doing things the right way," Babington said. "All the projects have been taken as far as they can be without any funds."

"All we can do is hope. There is no absolute go on any project," Babington said.

## T-Word News Briefs

May 3, 1993

### HCSU car bash postponed

The HCSU has had to postpone its car bash until a vehicle more suited to public trashing can be procured. The original vehicle, a 1962 Ford Fairlane, aroused the sympathy of too many classic car aficionados.

### Boy loses money

Between 7:45 and 9:20 p.m., April 22, a 6-year-old boy lost \$15 on campus. The boy's mother, Sherrie McIntyre, believes the money was lost between the music building and the south parking lot. If you have any information, call 941-5514.

### Illegal Software

People have been caught trying to use unauthorized software in the Instructional Computing Center. Similar uses of illegal software in educational institutions have resulted in judgements against the colleges involved of over \$200,000.

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