



Book Page
Bring Bad Backs



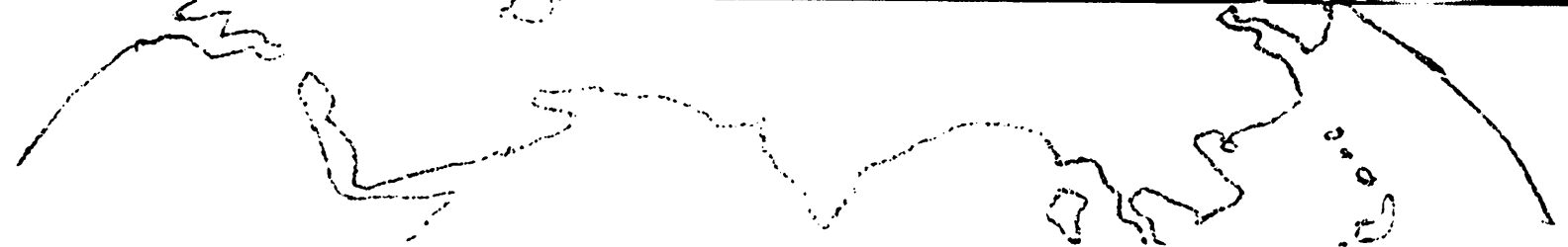
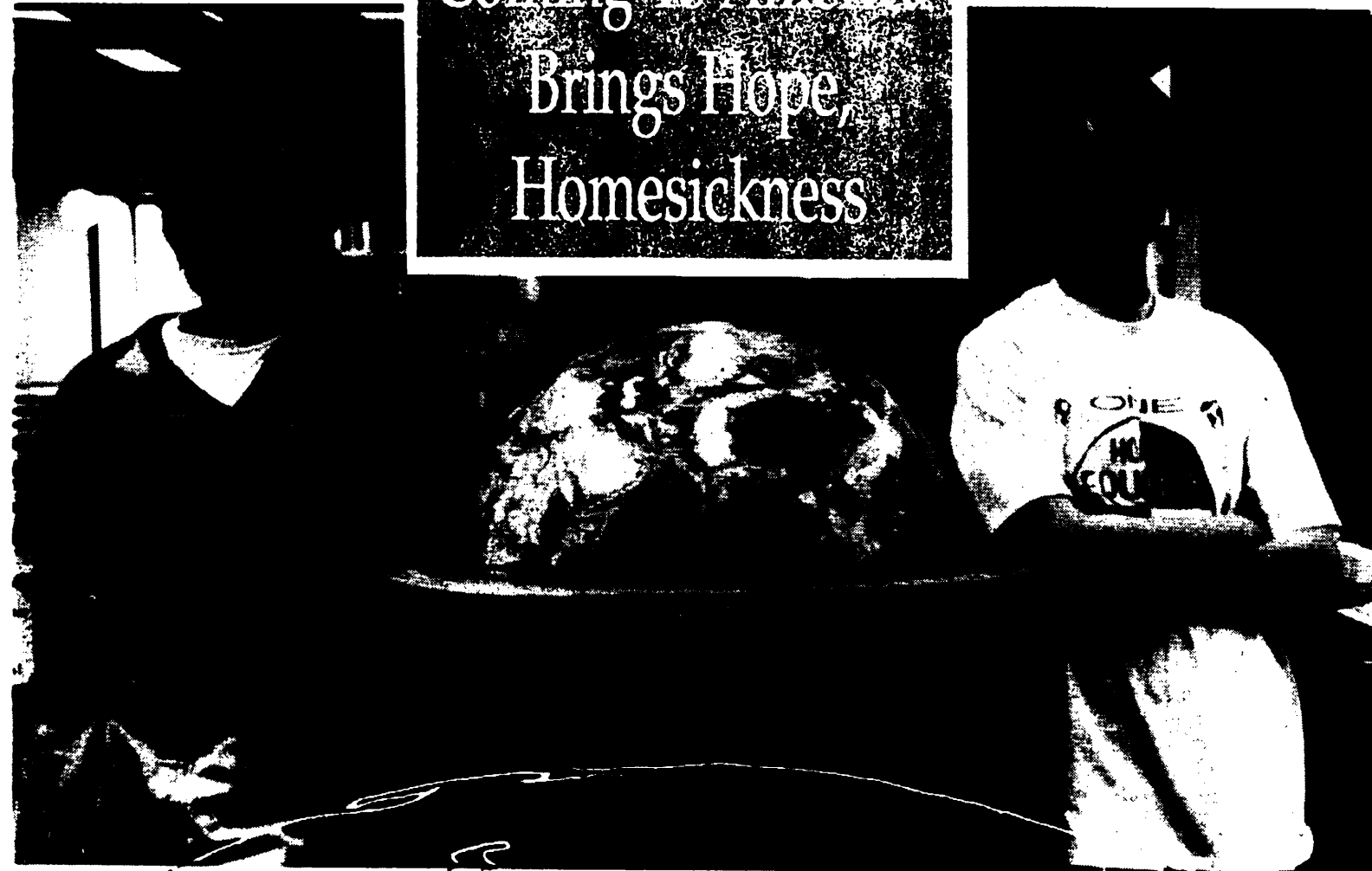
You Can Fight
The Aids Epidemic

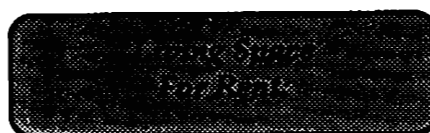
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A CHINESE UNIVERSITY STUDENT VOLUNTARY ISSUES, MAY 1993

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THUNDERWORD

THE VOICE OF THE STUDENTS

HIGHLAND COMMUNITY COLLEGE, VOLUME 34, ISSUE 1, MAY, 1995

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Cover Photo: Nadir Kahn from Pakistan (left) and Joseph Lau from Hong Kong (right), stand next to a globe showing the side of the world they once called home.
Photo by Alisha Holdener
Art & design by Chris Dalen

ThunderWord

Vol. 34 May, 1995 Issue 8

*A publication of the students of
Highline Community College*

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Highline Community College
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Telecourses offer students a different learning experience, require fewer trips to the campus, and provide college level courses through the rapidly growing field of distance learning." That's directly from the spring quarterly. It is the announcement of Highline Community College's first venture into the land of the telecourse.

There are five courses offered: Voices and Visions, Race to Save the Planet, Worlds of Childhood, Sociological Imagination, and The Business File. They equate with comparable on-campus classes.

Students who are looking for an easy way to gain their credits need to look in another direction. It seems that, with these classes being the first out of the gate, at least some of the instructors are showing an apprehension of the telecourse. Their fear erupts in the form of an extra amount of homework and several trips to the campus to deliver the homework and take tests and exams. They are really piling on the work. Students who had anticipated a relaxed study of a subject are finding instead an extremely stressful course.

The stress is exacerbated by missing materials. When the workbook says, "Use the map on the next page," and there is no map, it builds stress, especially when the student paid an extreme price for the required workbook.

Telecourses are not a classroom. Some professors have a hard time relating to independent study. Not all classroom teachers will fit. HCC should carefully choose instructors for the telecourses who will be comfortable with distance learning.

Telecourse instructors need to become comfortable with the idea that students in their courses have chosen this method of study at least partly because they want an alternative to the classroom. They should be given a true alternative. Teachers should not require obscene amounts of work to compensate for their own feeling of a lack of personal contact.

Telecourses are a good idea. As they are now offered at HCC, however, some of them should be returned to the classroom until a better format for distance learning is in place and instructors more comfortable with this kind of study are found.

The ThunderWord welcomes letters to the editor and contributions to Freestyle. Name, address and telephone number must accompany submissions for verification purposes. Names will be used with letters to the editor. Freestyle submissions will be printed as anonymous. In all cases, addresses and telephone numbers will be kept confidential. Names will be kept in confidence for Freestyle. The Thunderword is a publication of the students of HCC, and as such, it reserves the discretionary editorial right to publish, not to publish or to edit submissions, including official HCC material.

Bring contributions to the ThunderWord office, Building 10, Room 105, or mail to the ThunderWord, Highline Community College, P.O. Box 98000, Des Moines, Wash. 98198. The ThunderWord encourages readers to submit news tips and story ideas by calling 878-3710 ext. 3291. Opinions expressed in Freestyle or letters to the editor may not reflect those of the ThunderWord staff, adviser or Highline Community College. A policy letter regarding paid advertisements, public service announcements and story suggestions is available in Building 10, Room 105

Street bent ...

Should drugs be legalized?

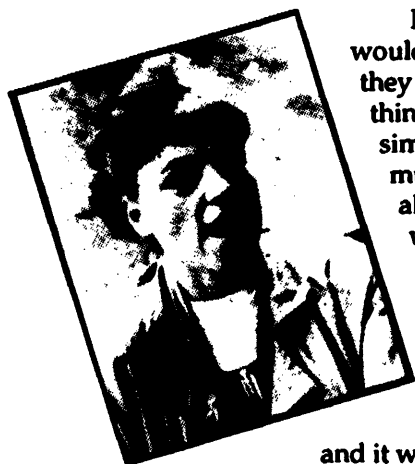


I'm not sure about marijuana, but the other drugs I would say no. Any time we have to rely on a chemical reaction to get up in the morning, something is terribly wrong with our society.

Jim Holstad

No, I don't want my kids doing it. I don't think there's any control over it that way. I don't want the government to have control over it. They have no control already.

Leslie Matthews

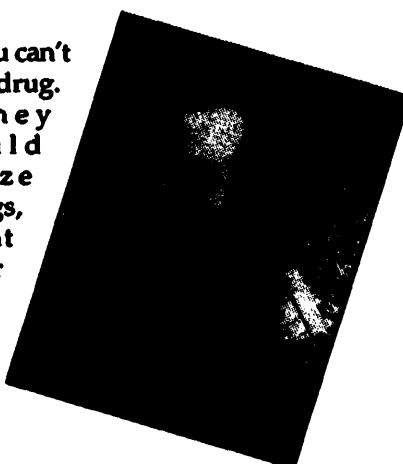


I don't think they would be as big a deal as they are today. I don't think something as simple as marijuana is much different from alcohol. I think it would cut down on a lot of crime. The temptation just wouldn't be as strong to overdo it and take advantage of it, and it would be regulated.

Jack Bruce

You can't legalize every drug. Actually they should legalize some drugs, but I don't want my bus driver or pilot on them.

Chris Davis

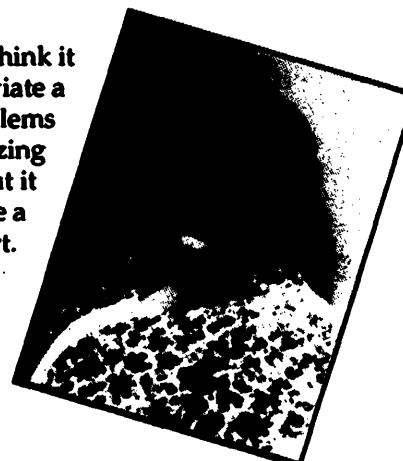


You get the government involved and pretty soon you're subsidizing marijuana crops. I'm for bringing back prohibition. I think it would definitely increase use. If it's illegal, at least it's harder to get.

Doug Johnson

I think it could alleviate a lot of problems by legalizing drugs, but it should be a last resort.

John ...





In the News...



Sue Williamson and Shirley Bean entertained the Highline campus with a bunny and carrot act to promote the Five a Day Nutrition Program.

WPA Awards

Washington Press Association held their annual awards luncheon for student journalism on May 6.

Approximately 200 high school and college students attended the banquet. Awards were given in a variety of categories, from news, sports, and feature stories, to photos and page design.

Marlin Bowman, editor-in-chief of Highline Community College's ThunderWord, was awarded second place in the category of college editorial writing for a piece he wrote about HCC's parking lot problems.

Graduation Participation Encouraged

Students who have completed or are planning to complete their degree requirements at Highline by the end of summer quarter are encouraged to participate in graduation exercises Thursday, June 8. A \$10 graduation fee provides a diploma, a cap and gown that becomes the property of the graduate, and 15 commencement announcements. A Commencement Participation Form, available at the registration office in building 6, must be completed by May 22. For more information, call 878-3710, ext. 3323.

Survey Says...

National Teacher Day was May 9, and the Associated Students of Highline College honored HCC instructors with various awards voted upon by the student body.

Categories included everything from oddest teacher to hardest teacher. The survey s were filled out the week of April 19, and the ASHC tabulated the results in time to award instructors on May 8, the day before National Teacher Day.

And the awards go to...

For overall favorite teacher, Christy Taylor and Laureen Martied. Mar also ties with Rick Lorig and Mike Campbell for most likeable teacher. And Campbell was also awarded

funniest teacher. Perhaps he should give Sydney Stegall some pointers, he was voted the teacher with the worst jokes.

And maybe Gloria Volland and Vickie Ropp, voted hardest teachers, could lighten up with Ron Burke, who was voted the most relaxed teacher.

Rebecca Rafferty-Nordal was honored as the weirdest teacher, but Don Jones and Charles Stores were voted oddest teachers. Stores was also chosen as the smartest teacher.

Marge Command took the cake as the oldest teacher, and John Dunn towers over us all as the tallest teacher. And try to keep up with Tony DeAugustine. He was awarded most athletic teacher by the students.

Commander in Chief, HCC

HE'S A COMMUNITY COLLEGE KIND OF GUY

by Kristin Marquardt

Edward M. Command, president of Highline Community College, is dedicated to everyone involved in the community college system because he led a similar life to students going to community college today.

"Community college was my path to success," he said. Many members of his family took the same path and became successful, including his wife, Marge, a physical education instructor of 30 years at HCC.

Both Command and his wife feel they are better able to relate to the students because they started at community colleges.

Command said he is very private. Other people have described Command as an easy-going and compassionate person. Lorain Stowe, union representative, said, "He is very good at solving problems."

Command grew up in Elma, Wash., and after graduating from Elma High School, he chose to go to Grays Harbor Community College. When he began school, the only choices for him were to go to the University of Washington or a school close to home.

Throughout his college career, Command put himself through school. While at GHCC, he worked 30 hours a week and drove 20 miles to get to school. Often he had to take time off to earn money to continue school.

Command didn't leave Grays Harbor until the age of 19, when he decided to go to school at Western Washington University to pursue a bachelor of arts degree in education. This wasn't his original plan, but when he went to the

UW to look at business education, he decided he didn't want to work in an office. He wanted to be with people.

Command then earned a master's degree in education during summer quarters at Central Washington University and taught at Tyee High School during the school year. At CWU a professor from UW helped him decide to earn a doctorate degree in administrative services at the community college level. Command saw working at a community college as an opportunity to make changes and try new ideas.

Command enjoys working with all people, including students, at HCC. "His door is always open to students," his wife said.

Right now, his goal is to get HCC more known to the community because it hasn't been very widely known. Laura Saunders, vice president of administration agrees with the necessity of this goal. She said, "We've been kind of hidden."

The administrative staff of HCC, including Command, is writing editorials in the local newspapers explaining what is happening in the legislature and how it affects all people in the community. He also works with professional clubs in the area to help make the college more known.

It is important to Command to maintain

the quality of education at HCC, yet some students at HCC have said they didn't know who the president was because they leave campus right after classes. As a way of getting out to the students, Command supports and goes to the various activities on campus. Fred Harrison, HCC athletic director, said, "It is impossible to please everyone on campus," and if Command had the choice, he would spend more time on campus with the students.

When a job opened at HCC in 1970, Command said, "I didn't think I would get the job because it was rare to hire a husband and wife at the same institution." It has not been a problem for them to keep their work life and home life separate from each other because they work in different areas. His wife attends college functions with him.

Dr. Command and his wife enjoy the outdoors. They enjoy boating, and digging razor and butter clams. This summer they will become world travelers. They are going to visit Greece to see a friend and travel to some of the neighboring countries.



Photo by Alisha Holdener

President Ed Command and his wife, Marge.

Advice • Information • Discussion • Solutions

You can help fight the AIDS epidemic

by Amy McManamon

Terry McKivett gets up every morning and takes 46 to 60 pills, depending on how he's feeling. The pills are mostly vitamins, but also pain killers and drugs to prevent pneumonia and brain tumors and to fight thrush.

He doesn't go out much because he can't drive anymore. He can't be out alone, and he has little energy. McKivett's hands and feet are numb. He has pancreatitis which causes him great pain, makes him sick to his stomach and gives him diarrhea. "It's wonderful having to wear diapers," he said sarcastically.

McKivett is also suffering from dementia. "I am losing bits of my memory. Events have happened ... that I have no clue about. It's disturbing," he said.

The reason for all these problems? McKivett has AIDS. He is not gay, nor is he an IV drug user. He is just one of the more than 6,000 people in Washington who have been diagnosed with AIDS.

AIDS is more than just a virus that kills. It alters people's lives, causes pain and suffering and breeds unnecessary discrimination. Anybody can get AIDS, no matter their age, sex, race or sexual orientation. Heterosexual women are now the fastest growing group of people with AIDS, a spokeswoman for the National AIDS hotline said.

According to Dr. Robert Baugher, who teaches the understanding AIDS class at Highline Community College, one of every 200 people walking down the street is likely HIV positive, and 70 percent of people



with HIV don't know they have it. "We have a chance to stop the progression of this disease. The best way we can do that is through education," Baugher said.

You probably know how AIDS is transmitted, but do you know what having AIDS does to a person?

A person is considered to have AIDS when his or her T-4 cell (cells in the immune system that fight off infection) count is 200 or less or when a person develops one of 26 opportunistic infections. These infections include a type of pneumonia called PCP, toxoplasmosis which causes dementia, and CMV which can cause blindness. People can also get a rare form of cancer called Kaposi's Sarcoma.

AIDS drains people of their energy. "If I have to vacuum one room, I need a three-hour nap," McKivett said. He is dependent on volunteers to help him and has had to go on welfare because he can't have a job. His only work is to give talks about AIDS. Having AIDS has

changed McKivett's life in other ways. "Most of the people I knew won't speak to me — that gets to be very, very difficult," he said. He's come across many people who are narrow-minded when it comes to talking about AIDS or associating with people who have it. "They'd rather have people die than talk about sex. It's an attitude that's gonna have to change."

Baugher has also noticed the discrimination that accompanies AIDS. "Most people are judgmental until a friend or relative has AIDS," he said. Don't wait for someone you love to die before you become an AIDS advocate. Start fighting AIDS now. Baugher lists four things people must do in order to stop the spread of AIDS.

1. Call the National AIDS Hotline at 1-800-342-2437 if you have questions about HIV or AIDS.

2. If you have the slightest suspicion that you've contracted HIV, get tested. If the doctor questions your need for a test, insist that you have it. McKivett asked to be tested four times between 1985 and 1992 but was refused because he didn't fit the profile of someone with AIDS.

3. If you know someone who has engaged in any risk-taking behaviors, tell him or her that you're thinking about them and hope that he or she is being safe.

4. Be safe. If you have sex, always use a condom. Make sure you know how to use one correctly.

You can either follow these suggestions or ignore the fact that the AIDS epidemic will continue to spread into all areas of society until we do something to stop it.

"Purple haze was in my brain,
Lately things don't seem the same,
Actin' funny, but I don't know why,
'Scuse me while I kiss the sky."
Jimi Hendrix

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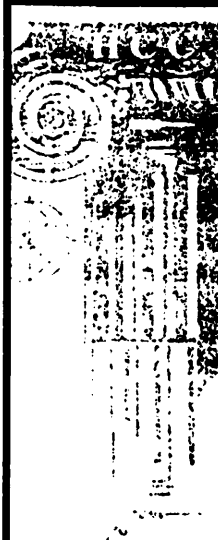


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I recently read the April Issue of Thunderword and frankly I'm offended. In the article concerning the 103 cancelled classes Mr. Bermingham said he realizes students are unhappy, but balancing the budget is the ultimate aim. Excuse me if I'm incorrect. But wasn't Highline extremely (sic) concerned just two quarters ago about the drop in students?!? Now that many students have returned or just begun attending Highline, Mr. Bermingham decides to write them off?!? Is he not aware that our government plans to **KILL** many students chances, of further learning by raising tuition and lowering support?

Thinking of the governments plan, (that I read in Aprils Issue.) What idiot came up with that idea? Isn't it hard enough already? Experts have shown studies about High School drop outs. Frankly I'm not surprised, especially if these students know what they can expect after graduation.

Many people I know can no longer afford tuition. One person sold their house to attend. Another waits out a few quarters to save up tuition for the third quarter, then waits out again. Many tell me they plan to go later, and leave it at that. When I think about it I'm close to tears. If the more prominent students I know can't afford it, how will I?



Ever had a really good relationship with someone who you thought you knew really well; but you really didn't? The relationship either fell apart because one of you weren't as committed as the other one was or because there really wasn't as much there to even begin with. So what do we end up with? A broken heart and hurt feelings. Its really hard to let yourself open up and be vulnerable again because you just can't bring yourself to trust anyone again. But don't say that there won't be a next time because after a while

you'll be lonely and desire to share you're time with someone special again. But wait! This time take youre (sic) time think about what you're doing and what you want. Do you just want to be friends, date with a commitment, or date without a commitment, have a platonic or sexual relationship. Think about what you want this time. Does this new special person fill all of your hearts desires or are they lacking in more than a couple of places to make you feel like you can trust them.

Continued on page 14



Circa 10,000 B.C., the condom is discovered.

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Free Style

Continued from page 11

Its really hard to take things slow especially when things are going really well. But a good relationship is going to endure many hardships; and if that person really cares then they will be there to see you through the hurt and pain and all the little triumphs that life can bring. Trust youre (sic) heart but don't ignore any of the little warning signs because its hard when only one person is making the relationship work; it takes two people.

It's taken a long time but I finally found Mr. Wonderful. Life is hard but at least he's there to hold my hand. Hope you find that special person to put the spice in your'e (sic) life too!

Just be relationship smart because it takes more than a lonely heart to be really happy these days, it takes true commitment.



So many senselessly-cruel brutalities against children in so many places.

A BOMBED BUILDING
A "CHURCH" CIRCLE
A CAR DRIVEN INTO A
LAKE; DROWNINGS

What's wrong with a society that breeds so many sick people, with such sick ideas about what is acceptable to perpetrate against children?

It would seem that someone is spreading the idea that children are something that should be

either wanted or disposed of.

It's as if people were being taught that one needs to do what is important & best for one's self, no matter what.

Could it be that someone has led us to believe that children are not really viable people?

As long as the philosophies of abortion are touted as GOOD, we'll all be reading, more and more often, of children being brutalized (sic) in these & other ways.

Once, she could have disposed of her boys & been told she did the right thing, exercising her freedom of choice. Supposedly, her mistake was only that she waited too long.

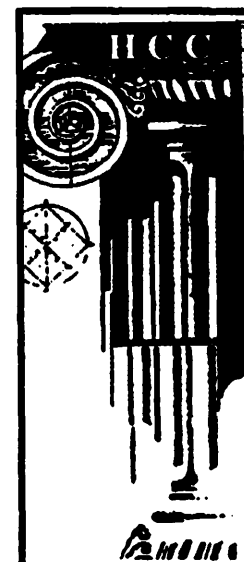


LETTER to the editor

Thanks so much for the "To Julia" article in the "ThunderWord" of last.

I also grew up in the 60's and have dieted 75 percent of my life, s as I laughed through your story I thought "been there," "done that," and then I thought, "Maybe Marlin has been reading my diary"? Of course Julia is not of intrest (sic) to me ... more like Tom Hanks or Richard Dreyfuss. Anyway, thanks again for the "tee hee." It made my day.

Pam Hill C.M.A.
(Health Services)



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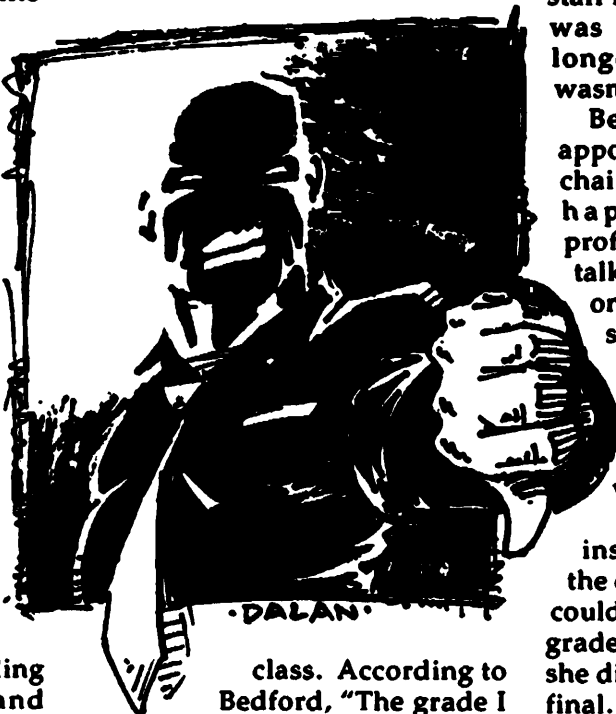
by Wanda D. Terry

Kathy Bedford is one of many serious and success-minded students who attend Highline Community College. Her ability is demonstrated by the 3.8 grade point average she maintains. Richard Plagge, Bedford's math instructor, said, "She's always smiling, always cheerful. She's hardworking, though." This is her last year at HCC and, according to Bedford, her experiences here have been overwhelmingly positive.

But not entirely. Students at HCC evaluate 99.9 percent of the activities with their instructors as beneficial. Therefore, a lot of students are reluctant to complain about the faulty interactions with a few of the faculty. However, according to the student rights and responsibilities code, "It is the responsibility of the student to observe and help maintain appropriate conditions in the classroom, on campus, and in the larger community."

In the fall 1994 quarter, Bedford had taken a course in an occupational program. She kept track of her grades with the

syllabus that the instructor handed out at the beginning of



class. According to Bedford, "The grade I received did not match the point total I had documented in my own records." Bedford tried many times to meet with her instructor and ask him to explain how he figured her grade. He always claimed to be too busy.

Nevertheless, Bedford kept trying and was able to make an appointment with him. After

waiting two hours and 15 minutes in the reception area, a staff member told Bedford there was no point in waiting any longer because professor X wasn't coming.

Bedford then made an appointment with the division chair. On that same day, she happened to encounter professor X who insisted they talk. Bedford told him she was on her way to class and that she already had an appointment with the division chair. Bedford said, concerning the incident, "He appeared very agitated."

According to Bedford, the instructor followed her into the classroom and said that she couldn't possibly know what her grade should have been because she didn't have the grade for the final. Bedford was embarrassed. When the instructor left, some of the students who witnessed this event asked Bedford why that instructor had yelled at her.

Lorain Stowe, president of Highline College Education

See "RESPECT"
on Page 20

STUDENTS DEMAND
AN EQUAL VOICE

COMING TO AMERICA

by Kristin Marquardt

International Club president Joseph Lau, his mom, dad and brother came to America eight months ago. They had previously lived in the District of Kowloon in Hong Kong. Lau said, "Kowloon is a very industrious city on Victoria Harbor."

The area in which he lived is called the "Pearl of the Orient"

They have an aunt in America who helped them come to

America. In interviews with the Hong Kong consulate, they showed their family background and financial situation so the American government could see that they would be able to support themselves. At the consulate, Lau obtained a green card, which means that he is a resident, but not yet a citizen of America. When his family was able to come to America, he was happy to have the chance to begin a new life. Although he

misses Hong Kong he is not the type of person to be sad for long. "Of course you miss your home. Your roots are in Hong Kong."

The Lau family left their homeland because the future and economic stability of Hong Kong is not clear. In 1997, China is going to reclaim Hong Kong. Lau's family wanted to have a more stable future.

Education is important to the people of Hong Kong. They want their children to have the opportunity to go to schools with higher technology and more space available than their own educational system. Lau's reasons for immigrating to the United States are different than his parents. He said, "They want to have a better living, but I want to have education. Hong Kong and America have different cultures. Lau said he has been able to combine beliefs from both

cultures fairly well. He said, "I am the kind of person who can get used to other cultures."

Lyubov Stavkovy came to America with her family in 1989 searching for religious freedom. She left the Ukraine in 1989 while it was still under Communist



Photo by Aisha Holdener

Joseph Lau practicing Tai - Chi

rule. Before the fall of Communism in 1990, churches were watched by the communist party. Stavkovy and her family are Christians.

Although Communism has

Immigration to America Brings Hope And Homesickness

fallen, Stavkovy said, many people still want to come here. "Those people (the communists) still live there, and they can still do something very dangerous," she said.

After they applied for immigration, her family's sponsor mailed an invitation to them for permanent residence in this country. Without the invitation, they would not have been able to come here. Because mail isn't always received in the Soviet Union, many people didn't get the invitations. Stavkovy said, "We were lucky to get ours."

When her family left, the Soviet government had an

There, the family was interviewed about why they wanted to come to America. In Italy, they found out that their new home would be in Seattle.

Experiences in America are different from those in Europe. "In Europe people walk on the streets. It is so unusual that nobody walks on the streets in America," she said. She likes it here because she has already met many people from different countries. She said, "I don't really need to go to the different countries, because they are all here."

Stavkovy received her citizenship two months ago. She hopes to go back and visit her family someday, now that she is a citizen of the United States. She has not gone to visit before, because the government there now might not have allowed her to come back to America.

Nadier Kahn is from Pakistan. His family came here for religious freedom and to provide a better life for his sisters, who are physically disabled.

Kahn said, "There are no ramps and no accessible transportation for the disabled in Pakistan." This meant it was very hard for them to get around outside.

When they applied for immigration to America, they had to go to the American embassy and fill out paperwork. Kahn's aunt sponsored them so that they could come here. By sponsoring them, Kahn's aunt said she would be able to support them for several months until they were able to find jobs. Kahn said, "If nobody is here to support you, it is hard to come to this country unless you have a lot of money or a business."

Their father didn't immigrate with them because he has a good job in Pakistan. He works for

several months and then he comes to visit them. They write letters and call him often, but phone calls cost them \$6 to \$7 per minute. Jobs are hard to find in Pakistan because people are well educated.

Kahn knows three or four different languages, because each state in Pakistan has its own



Photo by Alpha Holdener
Lyubov plays an Ukrainian instrument, the bandura.

language, he works at the airport interpreting for immigrants.

There have been many big cultural changes for the family. In Pakistan, students going to college don't work. The family supports them. Kahn said, "People are very strict about their kids and about their future." In America, they still live according to their custom, although Kahn's parents allow him to work after school. "I miss my friends," Kahn said. In America he hasn't had much time to spend with friends because he goes to school and then to work.

Kahn said, "I am planning to go back next year to visit."

These students are just a few of the foreign students here at HCC. Lau encourages all students to attend the international club meetings to meet other students and hear their stories. They will meet at noon on May 17th and 31st.

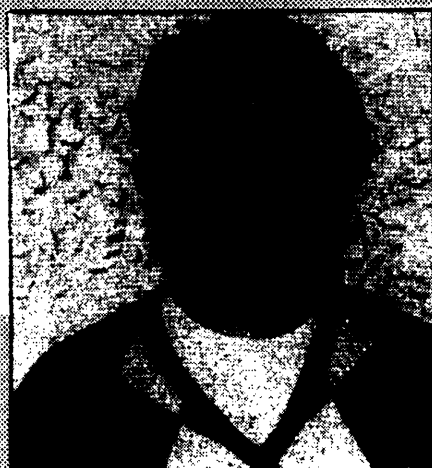


Photo by Alpha Holdener
Nadier Kahn hopes to visit his homeland next year.

agreement with Austria and Italy to keep the people who left the Soviet Union while all the paperwork was being finished.

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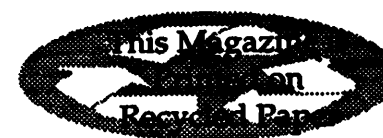
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BOOK BAG SYNDROME:

Burdensome book bags bring bad backs

by Kim Farnes

Have you ever experienced a sharp pain in your neck or back, or got a sudden headache on just one side of your head while walking between classes? If so, it may be that you have just been stricken by the "book-bag syndrome." It is an ailment very common for students on campuses across America. And although the name may sound like a joke, the pain the students feel is very real, and the affliction rears its ugly head time and time again.

The only villains in this scenario are heavy book bags and backpacks that students carry around on just one shoulder. The only solution, once stricken, is to take two aspirins and lighten your load. Former nurse practitioner for Highline Community College, Mary Lou Holland, saw so many students a week with similar back and neck complaints over the years, that she decided to give it a name: bookbag syndrome.

Both chiropractors and physical therapists say that carrying anything over 14 pounds on a regular basis can do serious damage to a person's muscles and spine. Holland agrees. "Any weight, especially weight not evenly distributed, causes damage. You can strain or pull muscles in the shoulder and neck, or pinch nerves in your spine causing even more serious damage," she said.

Fifteen book bags and backpacks were randomly selected to be weighed here on campus. All but three were over 20 pounds. Most students were fairly surprised at how much weight they were carrying around, especially those students whose bags weighed between 30 and

most students may not be aware there is a problem. The symptoms are soreness in your neck, shoulder or lower back, an occasional sharp pain or throbbing in those same areas, and a headache on only one side of your head.

The treatment is fairly complex if long-time damage is left untreated. Although the human body likes to heal itself, spinal misalignments usually require a chiropractor's help to fix. And depending on the extent of the damage, a visit to the chiropractor could cost you between \$30 and \$100.

"The best advice," Kronlund said, "is to just prevent this injury." And fortunately, students have several options to do just that. One option is to use the lockers that are available in Building 6.

The cost is only a quarter, and you even get it back. (So thrifty students can use that same quarter again and again!) Another option is to just leave some books at home, or if that is not possible, at least carry the weight evenly distributed by using a back pack.

Besides those solutions, there is one more. We have all seen them, and some are even annoyed by them. They are luggage carts. The price can vary from as little as \$20 to \$160, depending on your needs.

So remember, you can avoid being bitten by the book bag syndrome simply by avoiding bogging yourself down with burdensome books!



Photo by Alisha Holdener

Luggage carts can be a cure for the book bag syndrome.

35 pounds. (That is the equivalent of carrying around an average four year old child on one shoulder!)

The resulting injury is called subluxation and it can be fairly serious if left untreated. "Most students may not even be aware that there is a problem," said Dr. Terry Kronlund, D.C., "because normal nerve impulses travel to and from the brain, down the spinal cord, and any damage can block the nerve's ability to reach the brain, therefore ceasing its ability to properly signal problems. That is what happens in these cases."

Because the symptoms are subtle,

Respect:

Continued from page 15

Association, HCEA, when asked to comment about this transaction between faculty and student said, "The instructor's behavior was clearly inappropriate." Stowe said that in the case of the upset instructor who followed the student into class, there could have been a number of reasons why he was upset. Stowe, who is an instructor herself, and coordinator for humanities, said, "As an instructor, students should know how they are doing in class."

A student, who wishes to remain anonymous and who shared the same class with Bedford, said the first week of class the instructor was at a conference. The second week of class he was on vacation. During the class, he wasn't helpful. After the class, he wasn't in his

office to answer questions. Towards the end of the quarter, he gave us too much work with too little time to complete it. During the final, he wasn't even in the room and, according to this student, "A lot of people cheated."

Both Daniel Hasme and his daughter, Nichole Quaring, are students at HCC. Hasme is waiting for a heart transplant and is diabetic. A few weeks ago he had an insulin reaction and asked security to pull his daughter out of class. The instructor (not the same one) deducted attendance points from Quaring for leaving class. Hasme said, "What if I had died. You mean to tell me she would have lost her father and points too? That's double jeopardy."

Janet Tricamo, vice president for students said that in the future, she would like to see a student handbook that explained the process of handling grievances to students. The

procedure for addressing complaints against faculty members is found in the HCEA agreement that faculty receive when they are hired, but it is not in the student rights and responsibilities code. Tricamo said, "What's lacking is information that is readily available to students."

Many students with complaints are willing to express their views privately, but not openly, freely or publicly for fear of reprisals from instructors with grading power. According to the student rights and responsibilities code, students who choose to attend HCC, choose to participate actively in the learning process that is not a product, but rather a relationship between teachers and learners. "Therefore, the responsibility for learning is shared equally between students and staff." Students are encouraged through free expression to develop their capacity for critical judgement.

Complaints against faculty

by Wanda D. Terry

When addressing complaints against faculty, an attempt should be made by students to resolve all complaints informally. Janet Tricamo, vice president for students, said "The good thing about this policy is that it starts with the correct premise." Therefore, discuss the situation with the faculty member involved before meeting with anyone else. Jack Bermingham, vice president of instruction, said, "Most complaints get sorted out between students and faculty." If the person with the complaint has done so, or does not wish to do so, the person should meet with the division chair.

The chair should attempt to make

resolution easier by encouraging further discussions between the person with the complaint and the faculty member. If all attempts at an informal resolution have failed, the following steps must be taken:

1. The complainant must write a chronology of the attempts at resolution and submit it to both the chair and faculty member involved.

2. The chair will provide a written response to the student and faculty member which includes the resolution.

3. If the complainant is not satisfied with the resolution, the student is directed to provide all written materials to the vice president of instruction.

4. The vice president of instruction will send a written response, which includes the resolution, to the complainant and the faculty member.

According to the Highline College Education Association agreement, "No disciplinary action may be taken against any faculty member as a result of any complaint unless there has been compliance with the above procedures."

According to Tricamo, when new students come for orientation, they should get a student handbook. The handbook would include academic dishonesty, what students should do when they have a complaint, and the student rights and responsibilities code.

WHAT'S UP! ON CAMPUS

Family Tree

"Genealogy: Finding Your Family Roots" will be a workshop offered on campus Friday, May 19. The workshop is an introduction to help those interested in researching their family roots. There will be two one-hour sessions beginning at 11 a.m. and 1 p.m. Both are in Building 7.

Spring Fever

Spring Fever '95 will hit Highline Community College Thursday, May 25. Beginning at 9 a.m., lectures, concerts, and a

BBQ picnic will be at HCC. Activities will take place in Building 7 and the Library Plaza (or the Lounge in Building 8, if it rains). Contact the events board for more information.

It's Reggae, Mon

Do up your dreads for the Island Daze Reggae Concert and Dance, featuring Andy O, on Friday, May 19. The party begins at 10 p.m. and lasts until 1 a.m. Listen for the drums in the lounge at Building 8. Tickets are \$9 at the door, \$7 advance, (available at the Student Lounge desk in Building 8), and \$5 with an HCC One-Act play ticket stub.

Single Mom Support

Single moms unite on Thursday, May 18 from 1-3:30 p.m. Come to Building 4, Room 123 and

share survival tips, information, and refreshments. Learn about services that may be of benefit and gain support from other single moms. Make reservations with Women's Programs at 878-3710, ext. 3340.

Pangea Festival

May 24 from 9 a.m. to 2 p.m. marks the Pangea Festival at the Library Plaza. The Chief Leschi Indian Drum and Dance group will be featured, along with origami and Tai Chi demonstrations, Asian calligraphy, food, arts and crafts, and a book fair. There will also be a multicultural awareness competition. Students are encouraged to prepare a two to three minute presentation on the topic "How People of Different Cultures Can Better Get Along With Each Other" to be read at the event. Fifty dollars and \$25 will be awarded to first and second place winners, respectively. Two tickets to the Spring Fever BBQ will be given to first, second, and third place winners.

WHAT'S UP! AROUND TOWN

The Northwest Folklife Festival

The Northwest Folklife Festival is Memorial Day weekend, May 25-29, at the Seattle Center. Live music, food, arts and crafts from around the world will highlight the weekend. Call 684-7300 for more details.

Pike Place Market Street Fair Festival

Memorial Day weekend is also the annual Pike Place Market Street Fair Festival. The street will be packed with food, arts, crafts, and music.

"On the Verge"

The Bathhouse Theatre is now presenting "On the Verge," a play by Eric Overmyer. The production is a journey through time with three Victorian lady explorers. The play runs through June 4. Call the Bathhouse Theatre for times and tickets at 524-9108

Calling All Dead Heads

The Grateful Dead will be playing at Seattle Center's Memorial Stadium on May 24-26.

Tickets are available through TicketMaster, 628-0888. Go to watch the show or the people.

"The Fall of Saigon"

The Wing Luke Asian Museum has joined with the Seattle Public Library to present a series of events to commemorate the fall of Saigon twenty years ago. Events include movie screenings, cultural performances, lectures and more. For more information, contact Andra Addison at the Seattle Public Library at 386-4103.

Where Were You When St. Helens Blew?

15 years later, students still remember

by Amy McManamon

The birds were chirping. The deer were playing. People were going about their business. It was a bright, sunny, spring morning until disaster struck.

The date was May 18, 1980, a day that Washingtonians will long remember as the day Mt. St. Helens blew its top. Some Highline Community College students remember that day well and have interesting experiences to relate.

HCC student Scot Rawlings was 5-years-old in 1980. He remembers watching the volcano from his large bedroom window. "I was freaking out," he said. Rawlings had all of his friends come over to his house because he had the best view of all the activity.

Mike Kuntz, HCC student, can recall exactly where he was on the morning of May 18. "I was at Alderbrook Golf Course for a tournament. It was a shotgun start. When the mountain erupted, the tournament started 20 minutes early because everyone thought it was the shotgun."

HCC student Steve Walton was getting ready for church when Mt. St. Helens blew up. "We didn't watch TV much, but that morning my dad

came running into the living room and turned the TV on. We watched it over and over and over as (they showed) the side blow off Mt. St. Helens." Walton didn't live near the volcano, but his dad scraped up some ash from along Interstate-5.

Another Highline student was in Spokane during the eruption. When somebody smelled sulfur, he and his wife joked that maybe the mountain had blown up. They soon learned that there had, in fact, been an eruption.

The student was stuck in his hotel for a week watching the television for news about the eruption because police would not let people leave the area.

His home in Ritzville was also affected by the volcano. His roof was covered in ash and he wondered if the weight of it would be too much. Fortunately, rain soon washed the ash away. "It was an experience," he said of his situation.

For others, the eruption of Mt. St. Helens was not the most memorable of experiences. "I was in bed," HCC student Teresa Clark said of that Spring morning. However, she does remember sweeping ash from her best friend's porch and putting it into baby food jars as a souvenir.

HCC student Ann Seling was living in Minnesota in 1980, but said that after the volcano blew, her grandmother sent her a necklace with ash in it. Soon after the eruption, she was able to fly around the volcano with her uncle and see the destruction that had occurred.

Events like Mt. St. Helens' eruption don't happen very often. It will probably be something that many students will be able to tell their children and grandchildren about in the years to come.



Illustration by • Chris Dalan •

BOTH SIDES OF THE GUN

Brian Osborn takes a sniper's bullet and a skeet championship

by Frank Webb

Traveling down a freeway in San Antonio, Texas, on Friday, April 21, Brian Osborn enjoyed the conversation of a friend as he watched the street lights passing by. Unnoticed, a car with a handgun sticking out of the window, pulled up along the passenger's side of his friend's truck, and fired seven shots into the passenger's side door in what police believe may have been part of a gang initiation. Osborn was hit once in the leg, sustaining only a deep thigh bruise, and was not seriously injured. The assailants sped away and evaded police capture.

Osborn, a Highline Community College student, was in San Antonio competing in the skeet shooting event at the Association of College Unions International collegiate shooting championships.

He had an excellent outing, hitting on 95 out of 100 birds, and a perfect 25 out of 25 in the flash, or bonus round, to win the event.

With the win, Osborn not only moved up from the number ten spot to become the top-ranked collegiate shooter, but also earned a spot on the U.S. national shooting team.

As a member of the national shooting team, Osborn will receive funds for practice sessions and travel costs, which will help alleviate the pressure on his biggest fans, his parents. The national team



Brian Osborn practices his aim.

Photo by Alisha Holdener

also offers a good chance for him to earn a spot on the U.S. team that will be competing in Atlanta at the 1996 Olympics. The top three shooters on the team are chosen for the opportunity to compete against the world's best.

"The way I've been shooting, the chances are good, but I need to work on my mental game, knowing that I'm going to be competing against the top shooters in the country," Osborn said.

To win a competition, the score needed is to hit 195 out of 200 birds, Osborn said. Currently he has been hitting in the low 190's.

He said he is hoping the experiences he has had up to now will carry him through to the Olympics.

But Osborn explained that going on and winning the gold medal is not

what all of this is about.

"The feeling of patriotism as the crowd chants 'U.S.A.' will be the greatest feeling," Osborn said.

For now, he is concentrating on the first of four major events coming up at the end of July in Colorado Springs, Colo., that serve as qualifiers leading up to next summer's Olympics.

So now you wonder what his plans are after, hopefully, the

Olympics. Osborn is graduating from HCC with his AA degree in the fall and plans to study criminal justice at Arizona State.

He eventually hopes to use his excellent marksmanship by becoming a sniper for the FBI hostage rescue team. When asked why, Osborn said, "I was given the gift to pull the trigger."

"I was given the gift to pull the trigger."

A GOOD TRACK RECORD

Track team headed toward success

by Bryan Clark

While watching a softball game this spring, you might have noticed the track team down on the field, working out. Maybe in the winter, while heading to your car one day, you caught a glimpse of them working in the weight room. And if you had been to a soccer game or two last fall, you might have noticed them streaking around the track, looking more like "mudroplanes" than humans, with the requisite splattering of mud on their backs.

Whether it be sweating it out in the weight room or putting up with a muddy track, it doesn't matter to the track team. Their sport involves year-round work as a rule, whereas most other sports are only played in one season.

The team is being rewarded for their work this year because they expect to win, or have a chance to win, the discus, 110 meter hurdles, and 400 meter hurdles every time out. They are also extremely competitive in most other categories, with the javelin event and the shot put other notable areas of strength.

The team benefits from dedicated coaching by Louis D'Andrea, who works with the throwers, and Pat Licari, who



Photo by Alisha Holdener
D'Andrea is the best in the line.

coaches the runners. Both coaches are always working with the team, sometimes even working out with them. D'Andrea competes in the meets as an unattached competitor, which means he doesn't attend the college.

Each event in track requires a different approach. All of the events are unique, and that's what makes track so interesting. Maurice Williams, a freshman who competes in the 4 X 400 relay, the open 400 meter and the open 200 meter, describes the important aspects of running an

open 400 meter race. "The main thing in an open 400 is to keep up a good, steady speed. The event isn't an all-out sprint, but close to it." He said it is important to get and maintain a good start early, but the most important part comes in the middle part of the race. "The most important thing for me is to keep up a good speed between 200 and 300 meters and then hold my form, stay together (in the last 100 meters)."

Isaiah Mahood is having a great year for the Thunderbirds in the hurdles. He took first place in the 110 meter hurdles and the 400 meter

hurdles in meets on April 29th and May 6th. He owns school records in both events.

Rob Osborne won the javelin throw in the May 6th meet, and said his goal is to own the school record. Jerome Herring has continued to have solid performances, placing second in the shot put and fourth in the discus.

The conference championships are on May 25th and 26th in Spokane. But no matter what happens there, the guys will be out playing in the mud again next fall.

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PUSHING FOR A PARKING PLACE●

Take Turns To Park



HCC parking lot: a battle field for cars.

Photo by Alisha Holdener

by Kim Farnes

Highline Community College is actively engaged in war. This war sheds no blood, but is upsetting to its casualties nonetheless. The battle continues to be fought on a daily basis between the hours of 8 and 11 am. The battlefields are campus parking lots. The soldiers are the students.

Any student that gets a parking spot at this time of day is considered a victor. They are victors because they get to class on time. The casualties ... they don't. All persons actively participating in this battle are equal in one way; that is, they all get a headache.

Parking on campus has long been a major source of frustration for HCC students. Many students

schedule their class times to avoid coming here between those hours, and others decided to surrender some time ago, and now park at the Midway Drive-In. (The last Thunderword issue had an article on how safe that option is). For the other students who continually fight this battle, one question may be the epitome of the problem. That is ... **WHO GETS THE FIRST SPOT?**

Now, some think that couldn't be the problem, because whoever is waiting first gets the first open space. Others think that the parking lot has an invisible line that divides it into halves, and whoever is waiting on the side of the open spot, gets it. Oops! See now how this might be a problem? No wonder people

zoom into the spot you knew was yours.

After talking with students, it was found that one in four students think that the latter situation is the parking etiquette here on campus, while others felt that the early bird should get "the worm". "When I used to park in the lots here," said Nichole Quaring, a second year HCC student, "I used to leave my house an hour and a half before my first class and yet there were times I would still be late." Quaring is an example of a typical "early bird" parker. But as many of these students soon learn, as Quaring did, getting here earlier does not always guarantee you a spot. There are times when others will cut you off, and other times you simply picked the wrong spot in which to wait.

The split-side-parking students feel that parking their way works well. "Because it doesn't put so much pressure on people to come and wait for so long," Terry Guffey, a first-year student said. "Even if you pull up as the third car, you soon become first if the car ahead of you parks. It's fair and fast that way," She said.

So whether your parking "battle plan" involves a swift decisive action, or more of a "lets cover for each other" one, keep in mind that our forces involve a great number and that all our fellow comrades have one common goal in mind. Not to just park here on a daily basis, but instead, to graduate and finally get the heck out of here!

"Candidates"

Continued from page 12

president of legislation at the time we went to print.

Candidate for treasurer/student organization liaison:

Harmony Smith

Smith has attended HCC for the last 3 quarters and is undecided about her future, but is interested in history or archeology. She describes herself as a person who loves to help out and does a good job. She sees this position as a great career opportunity and a chance to help some of the clubs around school.

"Not a lot of people know we're here to help, and some clubs don't even know they have a budget," Smith said.

Some of the responsibilities of this position are to keep track of the operating budget of the ASHC and work on the budget committee.

Smith, at the time of printing, was running unopposed.

You can vote in Building 8, at a table on the landing in the stairwell, on May 17 from 6 p.m. to 9 p.m. and May 18 from 10 a.m. to 2 p.m. and 6 p.m. to 9 p.m.

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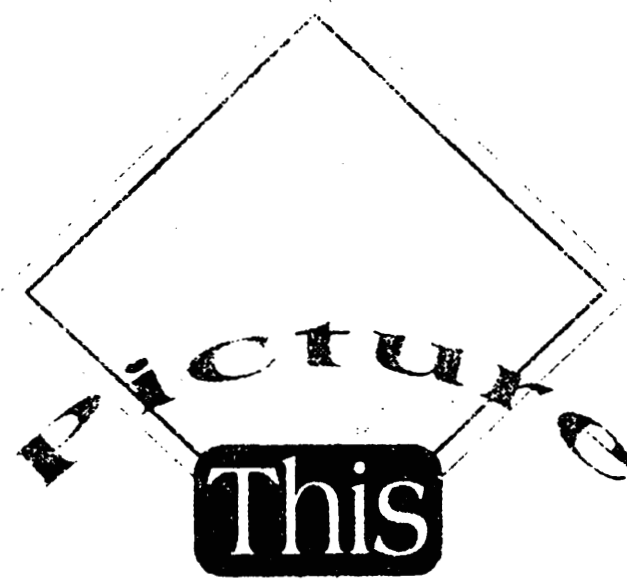
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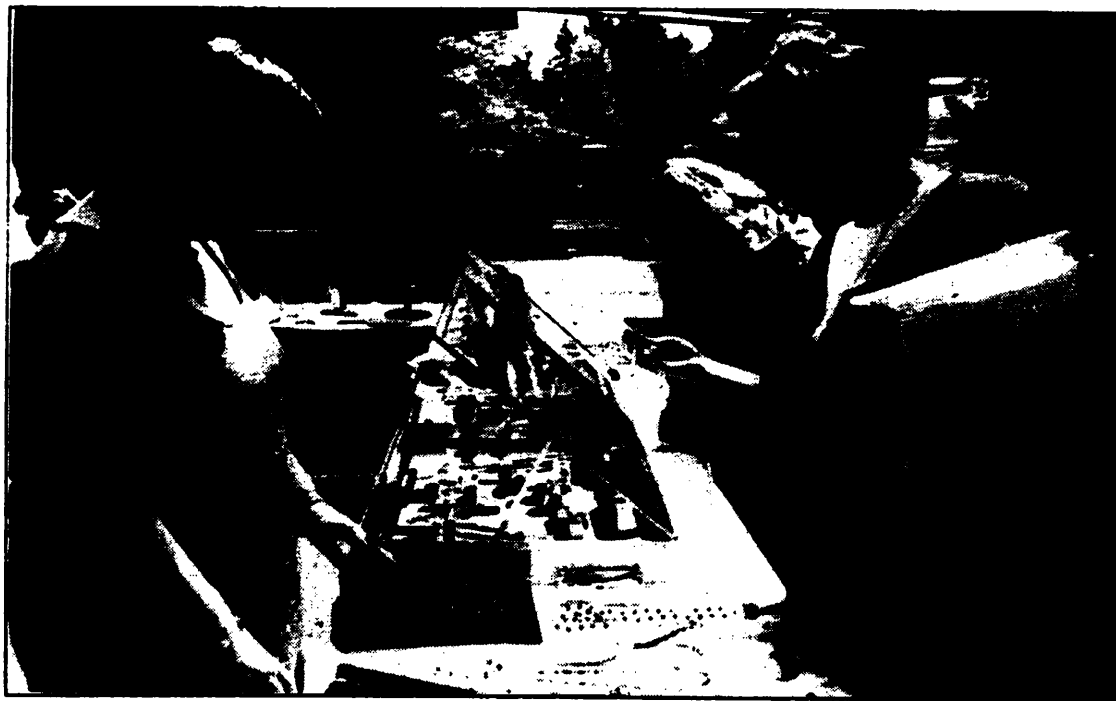
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Scott Zak passes the time between classes by playing hacky sack.



Many students spend their freetime studying or enjoying the sun on the newly cut grass at Hihgline.

Stella Samson shows Lee Buxton and Iris Snorradottir different pieces of jewelry at the spring sale. This is just one of several sales that different departments conduct every year.



Gerry Powell plays a round of pool with Scott MacNaughton watching on. The pool tables are located in Building 8 and available to anyone who wishes to play.



Multicultural services sponsored a Cinco de Mayo festival with the Latin American music group, Mariachi Fiesta Mexicana. Various organizations sponsor these types of events for student entertainment and involvement.



M A R L I N

by Marlin Bowman

In case you hadn't noticed, I'm an older guy. My age is none of yer business. In this youth-oriented society, it's best for a mature adult to not let that kind of information out.

Recently, a young person at church flicked my tie and told me to lose it. She said I didn't need to be a fogey. She said I needed a pair of 501 Levi's jeans to be cool.

Now, if there's anything this old guy wants to be, it's cool. So, obediently and quickly, I lost the tie and headed for Omar the Tentmaker's

shop. There, I found the prized jeans. Fifty-four dollars, a pants-shrinking wash and a few hours later, I stood in my nearly-dry jeans in the entry of the church ready to welcome young people to the meeting.

But the whole incident left me not quite feeling like I fit with the "in" crowd. Maybe I should fine-tune my image. Now, what does today's "in" crowd do? Where do they go? What do they wear?

I started observing. And I came to some interesting conclusions.

First, I noticed that the elite of the "in" crowd drive those fancy convertibles. Now, I don't have money to go out and buy one, so I decided I could fit in better if I took the top off the Fairmont wagon.

I figured I could have the job done in a little over a week if I used a hacksaw and sawed off one post a day. That should put me closer to recognition. It would put me in wheels to drive where the younger especially with KUBE on the radio. No way could I forget my "tunes."

I had to do something about my clothing. I had the Levi's, but they were new and I noticed that those in the know had holes in the knees

and those who really know had holes in the seat of their pants with underwear showing. I wasn't sure how to put holes in them.

The beautiful people all wear spandex. I figured support hose was close enough. I had that one covered, no problem.

A skateboard seems to be important. I'd get one. Maybe I could find a good used one at a pawn shop. I should also have some rollerblades. That should break me in well. I could really get with it and use them both at the same time. If I put on the rollerblades and then used the skateboard, I could really fly.

What little hair I have left should be something different than grey. Most popular colors seem to be green and purple. Green would be cool on me.

When I asked a fellow-student at Highline Community College what else I should do to fit in, you wouldn't believe what I was told to pierce. I passed on that one.

I can just see me now, in my 501s, a tee shirt, of course, and green hair, wearing my rollerblades and riding my skateboard. I'll be a flying "with it."

Kids will go crying home to their mother saying, "Mamma, I just saw a green-haired monster in Levi's and support hose, on rollerblades and a skateboard fly down the street and land upside down in a topless Fairmont wagon."

Now I know how you get the holes.



"He who sleeps in continual noise is wakened by silence."

William Dean Howells

"Oh, my son's my son till he gets him a wife,
But my daughter's my daughter all her life."

Dinah Maria Mulock Craik

"Get there first with the most men."

Nathan Bedford Forrest

"Me want cookie!"

Cookie Monster

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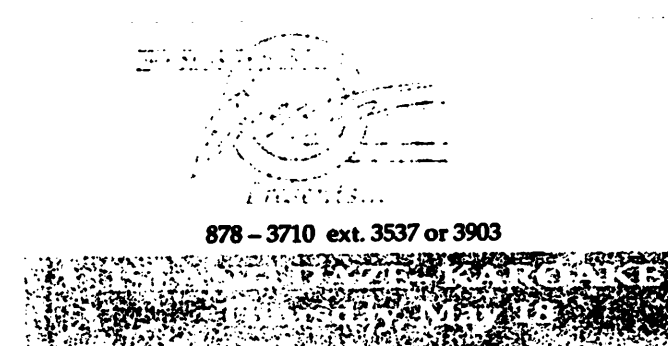
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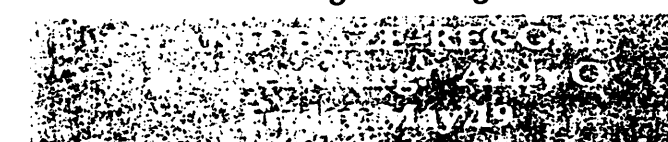
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Bldg. 8 - Lounge



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Bldg. 8 - Lounge

Ticket: \$ 7.00 in advance
\$5.00 with a HCC "One-Acts" play stub ticket
(Drama dept. production, May 17 - 20)
\$ 9.00 at the door

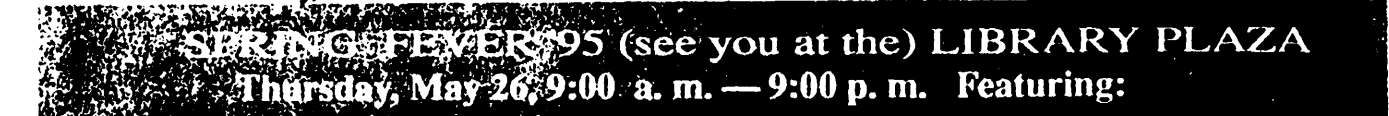
Advance tickets at the Student Lounge desk, Bldg. 8



Genealogy: Finding Your Family - Roots Workshop,
Bldg. 7, 11:00 - Noon & 1:00 - 2:00 p. m.



Student Lounge, Bldg. 8
Tuesday, 9:00 a. m., Noon & 4:30 p. m.
Wednesday, 10:00 a. m., 1:00 p. m. & 6:30 p. m.
Thursday, 10:00 a. m., 2:00 p. m. & 4:30 p. m.
Friday, 11:00 a. m.

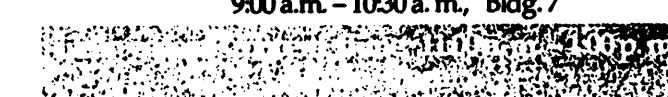


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