

The Thunderword

The voice of the students

Volume 37, Issue 1

Highline Community College

October 24, 1996

Highline builds 'college in college'

By Sheri Ingraham
Staff Reporter

Highline Community College is building a new program called College in a College, aimed at enhancing the Associate of Arts degree for transfer students.

College in a College was designed, created and put in motion fall quarter 1996 with

program requirements starting winter quarter 1997 and is designed for freshman students but sophomore students are welcome.

Enrolling in this program enables the student to follow a structured curriculum. It also allows the students to have a significant association with a faculty advisor and camaraderie with peers and faculty

members.

"Four-year college students that live in dorms most often have this type of social camaraderie," said Laura Westergard, logistical coordinator for the program. Students enrolled in the program will participate, lead and organize the social activities, including guest speakers workshops and more. "This meets

the extracurricular needs of the students," said Westergard.

Enrolled students also have the opportunity for one-on-one talks with representatives from Washington colleges and universities.

College level skills are required for admission into the program, as measured by

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Flu to get shot in arm

By Sondra Krantz
Staff Reporter

The flu, otherwise known as influenza, has been around for season after season. This fever, stuffy nose, coughing illness can come in various degrees of severity, sometimes keeping people from school or work.

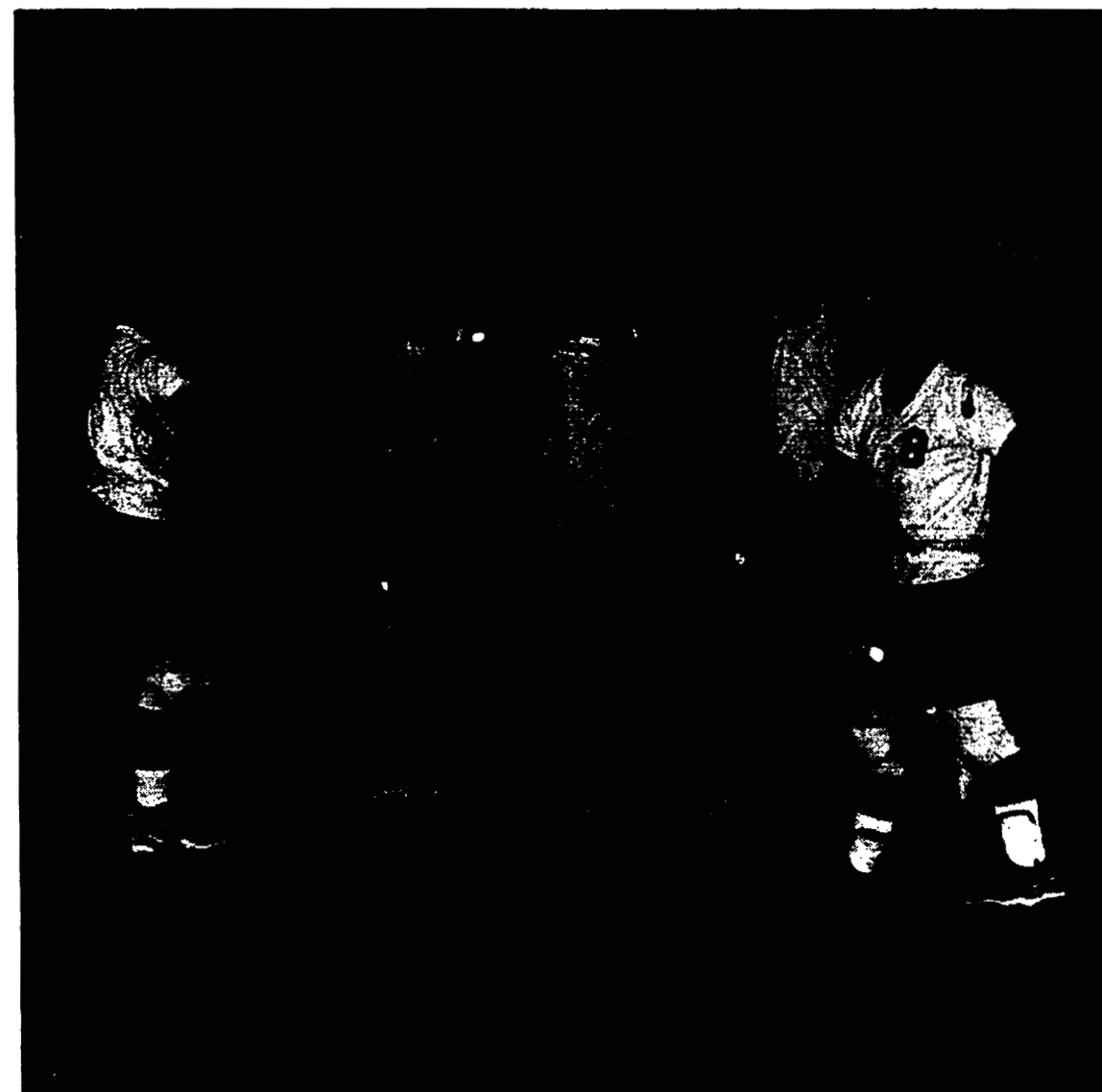
Dr. Thomas Hulse, a family practice physician in Burien, has worked with the flu season for over a decade. He explained the method doctors use every year to create a vaccination.

When winter comes to our hemisphere, doctors look to Asia and the Southern Hemisphere where flu season has just passed. They evaluate the different ingredients in the flu and create a vaccine on what is prevalent. The flu strain varies each season causing the need for a new vaccine every year.

If later in the flu season a new flu breaks out, doctors must create a different vaccine.

People who have never made a practice of getting vaccinated each year should start now. "The season is supposed to be hard and early," Dr. Hulse said. For this reason flu shots are recommended. "We encourage everyone to get a flu shot, especially those at risk," Dr. Hulse said. People at risk include the elderly, those prone to infections, or who have chronic diseases, and health workers.

However, when an immunization is given, a person builds up better immunity to the illness. The ingredients in the vaccine consist of killed viruses, viral proteins that are purified and incorporated in the mixture. The dead viral proteins stimulate the immune system to recognize the live flu virus.



Keeping safe at school

By E.C. Schnackenberg
Staff Reporter

A trip to the Highline College library ended in a purse snatching on Oct. 10.

"She (the victim) left her purse and valuables unattended," said Campus Director of Security Glenn Brooks. Scenarios such as these are unfortunately common at Highline, but Campus Security says students can take steps to protect themselves.

"Larceny (theft) is actually the most prevalent crime, and they are often crimes of opportunity," said Brooks. "Always lock your car...never leave personal belongings lying around. The whole idea is to make it hard for criminals. It is a good

idea to store valuables in the trunks of cars, out of sight."

This quarter four cars and eight lockers have been broken into. Last year one assault, six acts of malicious mischief, 14 car prowls (car break-ins), and 63 thefts occurred.

Car prowls increased 700 percent between the 93/94 and 94/95 school years, and are still increasing. Campus Security suspects organized car theft rings to be behind those rising numbers. "They (the car theft rings) send people into parking lots, and wait until security isn't around to break in," Brooks said. However, most other criminal activity has gone down over the past five years, a trend felt around Puget Sound.

Campus Police Officer Richard Noyer suggests that you know your surroundings, and stick with groups of people. Use the busiest, best-lit paths, and try not to walk on campus alone at night.

Wear clothing that allows movement, and don't make yourself an easy target by overloading your arms. Have your keys in-hand when you go to your car.

If you are parked far away, or are nervous walking to your car alone, campus security provides escort service.

Campus Security is available 24 hours a day, seven days a week. If you have any problems or concerns, Campus Security can be reached at extension 3911.

Opera isn't
as bad as
it sounds
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Need advice?
Ask Gabby,
she knows
everything
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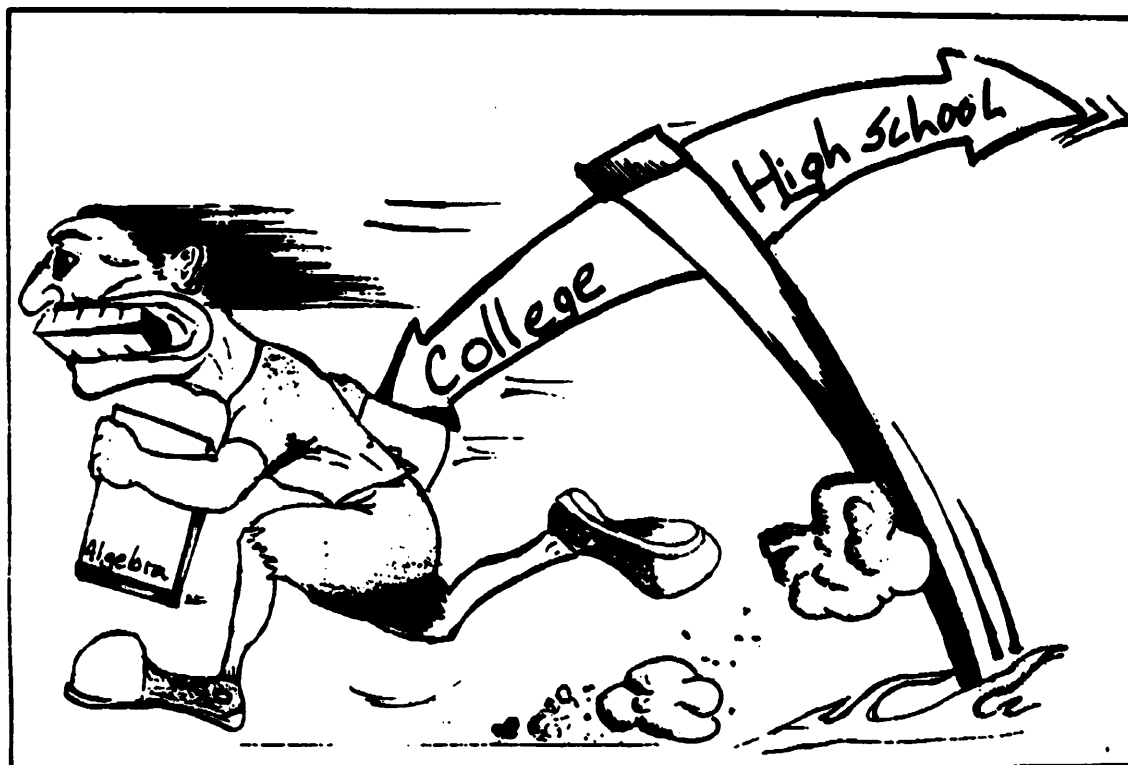
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"Wit is the
only wall
between us
and the dark"
Mark Van Doran



High school students hit college with 'running start'

By Sondra Krantz
Staff Reporter

High school students around Washington state are getting a head start at college. The program providing this opportunity is aimed at high school students who want more of a challenge than what their regular classes are offering.

The program, known as Running Start, was created in 1990 when the Legislature passed a bill allowing juniors and seniors in high school to attend college classes and apply the credit to both their high school diploma and their associate of arts degree. The following year, five colleges piloted the program. Highline Community College picked the program up in 1992 and, finding it effective, has kept it going. The college now has 277 Running Start students.

Many choose to take advantage of the free tuition. The only cost is books. Some students go full time to get the most education from their free tuition. They earn their associate degree after two years. Students also can go part time, taking classes at both the college and their high school.

After the full-time student has earned his or her degree, the credits will transfer to a four-year college. With two or three more years a bachelor's degree can be earned. A part-time student earns some college credit, but usually needs the standard four years for a bachelor's degree.

Katie Verry is a first-year Running Start student. As a junior, Verry was considering the program for full time. The idea of earning an associate degree while going to high school was appealing, yet as she looked to the future the responsibility loomed large.

Before starting her junior year, Verry changed her mind and registered for only one class

at Highline and four at Foster High School, her home school. "I don't want to give up high school," Verry said, but still she seeks the challenge the program offers. "Classes at Foster are too easy. I want to move at a faster pace."

Katrina Wilkinson shares the same view of Foster classes and decided to attend Highline full time. By high school graduation she hopes to have earned her associate degree. "I want to get it out of the way," said Wilkinson. "And save money."

Others, like E.C. Schneckenberg, wish to earn their associate degree and take classes at high school too. For Schneckenberg that's full time at Highline and overtime at Thomas Jefferson High School. Her reason for joining the program is like many others'. "No tuition for two years," Schneckenberg said.

As good as Running Start sounds, it's a hard load to carry.

Verry, Wilkinson, and Schneckenberg are just beginning to experience the extra challenges that go along with college work. "More homework and less time," Schneckenberg said.

Wilkinson agreed, adding "You have to be more independent."

Verry was finding out all that and something else too. "More reading," she said wearily. "Trying to keep up, and not feel intimidated."

Running Start director Karen Steinbach gets the chance to talk to many students about what challenges them. "A lot of them have told me [it's] the amount of homework and not being able to do it in class," she said.

Along with challenges come fears. "Being so much younger," Verry said. "After a while you get used to it. You don't tell anyone how old you are."

The burden of homework was also a fear. "I didn't have too many fears, but that I would have too much homework, and I wouldn't have time for it," Wilkinson said.

Schneckenberg had a fear different than most others. "Getting in a wreck," she said. This fear is perfectly natural considering one of her challenges has been commuting.

The challenges and fears give a logical excuse for many students to try the program, then drop it. However, that doesn't seem to be the case. "We do have a few that do that, but not very many," Steinbach said.

With the many challenges and fears, Running Start is not for everyone.

HCC has new VP

By Peggy Finnson
Staff Reporter

Highline's new vice president for students, Jim Sorenson, commutes for at least three hours a day in order to work at Highline. His new Nissan Maxima gets 30 mpg, but by the time he wants to sell it, it may be worn out with all the miles he's putting on it. However, the drive doesn't bother him.

"I usually spend the time just listening to music and watching traffic now, but I might try things like audio tapes or something when I start to get bored," he said.

He leaves his home in Mount Vernon around 5:30 a.m. and arrives at Highline about 7:00 a.m., so that he can miss most of the morning traffic. He doesn't get that lucky in the evenings though. In fact, last Friday night it took him three hours to get home.

Sorenson came to Highline from Skagit Valley College where he was Dean of Admissions for more than 26 years. He took his current position because it is a step up from his last one and closer to his goal of becoming a college president. He chose Highline over colleges closer to his home because he was ready for a change.

"Highline is much more ethnically diverse than the northern colleges. And it is an excellent opportunity because it is more urban than the rural setting at Skagit," Sorenson said.

As vice president for students, Sorenson oversees all of student services, including day care, security, admissions and activities. He has both a bachelor's and master's degrees in political science from Western Washington University. He is currently working on his dissertation on institutional effectiveness in the field of education and community college leadership at Oregon State.

"For about the last five years I have been very outspoken in the legislature on access and transfer issues, such as the need for



Jim Sorenson

space and the barriers that arise for students coming from high school to community colleges and going from community colleges to universities. Also, running start began about six years ago and I have been active in expanding that during most of that time," Sorenson said.

Sorenson's goals for Highline are to meet the needs of the surrounding community and to be more accessible for all students, especially given the diversity of the ethnic groups on campus. "We want to emphasize being student-centered in the area of student services and instruction to make a stronger learning experience throughout," he said.

"One of the biggest differences between Highline and Skagit, outside of the ethnic diversity, is that Highline offers more select programs, since we have Green River nearby offering programs as well. Whereas, Skagit tried to be much more broad in its range of programs because it was the only community college for all of the surrounding communities," he said.

Sorenson, 51, was happy to correct the fall quarterly, which said he was 52. He has been married for 31 years and has two sons, ages 24 and 26. He plans to stay at Highline for about three to five years, depending on when and where an opportunity arises to fulfill his goal of becoming a college president.

GOT NEWS?

if you've got something to say or you've got an idea that would make for a good story, fill this form out and bring it to building 10, room 106 and leave it in our suggestions box.

Help Wanted

Attractive young newspaper seeks vigorous business manager for fun and profit. Sell ads and bill clients. Stipend + commission on ad sales. Contact The Thunderword advisor, 10-106, 1 p.m. Monday-Thursday. Let's not spend another issue apart.

Partying with Natural Law Party

By Bill Heming
Design Editor

Every morning Americans will wake up, assume the lotus position and begin their transcendental meditation, if the Natural Law Party has its way.

The Natural Law Party was able to pass 18 out of 18 candidates past the recent primary race. As a whole, the party captured about 5 percent of the vote statewide. If the party is able to hold onto that 5 percent through the election on Nov. 5, it will become the first third party in years to be automatically placed on the ballot in the next election.

Of the 18 candidates, six are for statewide positions ranging from attorney general to lieutenant governor. David Gruenstein, the Natural Law candidate in the Ninth Congressional District, which includes Highline College, was able to take more than 3 percent of the vote.

Gruenstein is running with the same goals as the Natural Law Party's platform. "I want to streamline the government by providing solutions to the problems that exist in the current gridlock government," Gruenstein said.

In addition to the strong statewide showing, the Natural Law Party was the only minor party to qualify for matching federal campaign funds. John Hagelin, the Natural Law Party presidential candidate, filed an injunction against the Federal Communications Commission because he



was excluded from the presidential debate a week before Ross Perot. Hagelin was unsuccessful in his suit, but he appeared on Larry King Live on Oct. 6.

Despite relatively strong results for a minor party, few know much about the Natural Law Party. "We're a grass-roots party," said Michael Huddleston, chairman of the Natural Law Party of Washington. "It was a big surprise anyone made it through [the primaries] because we received so little exposure."

The Natural Law Party takes its name from Thomas Jefferson's inalienable rights: life, liberty and the pursuit of happiness. Jefferson, said Davidson Dodd, Highline political science professor, is also claimed as the idol of the Libertarian Party and the Republican Party.

The Natural Law Party, founded in April 1992, was founded "to fill the void that hasn't been filled by the current leadership," according to Huddleston.

The Natural Law Party's answer is to use proven programs. "We are taking the best of each party and fulfilling the highest ideal," said Huddleston, targeting areas such as education, the environment and taxes.

The Natural Law Party wishes to install a prevention-based government. One example of the prevention based system is the party's plan to fix the educational system.

The party wants to look at schools which have programs

that have proven to help students learn and making those programs available nationwide. "America spends more money per student than any other country," Huddleston said, "but we still have a 28 percent dropout rate. Something has to change."

"Education is the highest priority to the Natural Law Party," Gruenstein said. College loans, according to the Natural Law Party's platform, are to be paid back, but no other information on post-high school education was available.

The Natural Law Party also prefers a flat income tax. "I would be completely happy to eliminate the IRS," Huddleston said. "A sign of a rising civilization is low taxes." In order to cut taxes, the party plans on installing an 18 percent flat tax and gradually bringing it down to 10 percent. However, a minimum earnings test will be applied to the flat tax; i.e., anyone below the minimum would not pay taxes.

The party is also concerned with rising energy costs. Its answer is to cut fossil fuel subsidies and encourage competition. Without the subsidies, according to Huddleston, the market would open up and alternative means of energy may come into common practice.

The party plans on paying for all of its programs by cutting programs it deems frivolous. "Government should be based on what works," Huddleston said. "Prevention is the key."

Daycare: 30 years, still going

By Chris Schelde
Staff Reporter

The Highline Childhood Development Center begins the school year with a remodeled kitchen and playground and a new program called Early Childhood Education and Assistance Program (ECEAP). "ECEAP is like a headstart program available to 4- and 5-year-olds," said Coordinator Joyce Riley, a certified teacher with a bachelor's degree in childhood development.

The center, built in 1966, was one of the first on campus childcare centers in Washington. It offers a range of activities for the children including stories, games, reading-readiness and creative thinking.

The teachers at the center are certified in early childhood education. The center also has as many as 30 volunteers per quarter. "Most of the volunteers are chosen from the Co-op Education Program, the Kiwanis and the Circle K Club," said Riley. The Co-op Education Program is an on-campus internship program available to students in many different departments.

Parents, teachers and staff



Photo by Mike Day

Children play as parents attend classes.

with children ages 18 months to kindergarten use the center, which is open Monday through Friday each day regular classes are held.

The childhood center is located in building 18A and can accommodate up to 40 children per hour. The teacher/child ratio, which is set by the state, is

7-to-1 or 10-to-1 depending on the children's ages.

Cost for the center is a sliding scale based on income. Toddlers, 18 months to 3 years range from \$2.40 to \$3.10 per hour. Preschool, 3 to 6 years, range from \$2.15 to \$2.90 per hour.

Parents with questions call the center at 878-3710 ext. 3224.

Resumes in cyberspace

By Mike Day
Staff Reporter

Searching for employment? The Internet is second to networking as a job hunting tool, says job specialist Mel Monkelis of the Student Employment Center.

Monkelis, employed by the Washington State Employee Security Department and placed at Highline, has been assisting students full-time since January of this year. He can be found at the Student Employment Center, Building 6, Room 222. The center is open Monday-Friday from 8 a.m. to 5 p.m.

"I want to teach them how to manage their career. The job market has changed such that there are no more career ladders. Instead you must find a self-directed career path, that allows for life-long learning," Monkelis said. Employees can no longer count on staying in the same position for life, but need to concentrate on being adaptable and must constantly update their skills, he said.

WORK - Washington On-Line Reemployment Kiosk - is the website dedicated for the Washington State residents and

Washington State employers. It is located at "http://www.wa.gov/esd/employment.html" on the Internet and is a job search and employment information system. It contains a list of current job openings, a talent bank of state job seekers' resumes and extensive links to career and labor information.

Monkelis's goal is to have all Highline students' resumes online, because "The whole idea is to take every opportunity to get your resume in front of the employer. It would be fantastic to have all students' resumes placed on WORK as a step during registration." More job-search information is being added to this website daily.

One recent Highline student, S.D., wrote a thank-you letter offering, "I was contacted and interviewed by several companies who saw my resume on the Internet, including my present employer, Utilities S.A." Adding your resume is one step, but actively checking the job openings and pursuing positions will create more opportunities. A recent survey by Boeing Reemploy-

See Resume, page 8

Get educated

Having been at Highline for two and a half years off and on, I consider myself to be a seasoned veteran of HCC. So, establishing myself as that, I would like to take this opportunity to extend a few words to the many new faces on campus.

Every year I see my classes and the parking lots totally full in the beginning of the quarter, then come seven or eight weeks later, they become noticeably less full. This phenomenon takes place not only as the quarters go by, but even more so as the school year goes by.

What I'm getting at is that, it seems like, everyone is always very energetic and refreshed from the summer vacation, then you can begin to see people dropping off (or dropping out) like flies. Well, at one time I was one of the dropping flies. Now I have a renewed energy and out look on school, and it's not just because of the recent summer break, (which seems like a long time ago already), but for a lot of reasons really.

When I first started going here, the main reason I was going was because it seemed like that's what I should be doing. The problem was that I didn't know why I should be. So, after awhile I lost my enthusiasm and focus, and thought maybe I should take a quarter off so I could work and make money. Well, this was both a good and bad choice. It was bad because in all reality it was a waste of time.

However, it was good because, working at these crappy jobs was just what I needed to make me realize why getting an education, and being in school is so important.

Now comes the hard part though. What to major in? Some people already know, but most, like me, will change your mind many times. Changing your mind is only natural, but it can become frustrating.

So, what's the answer? Well,

What's on my mind...



By Carmine Coburn

after a lot of thought and philosophizing over what's the best way to approach college, I have decided that no matter what field I decide to go into, I want to leave college a truly educated person. What I'm trying to say is that sometimes we need to look at college in a broad sense. Tell yourself that all of this is going to be worth it, because you are developing yourself into one of those people, that other people find to be intelligent. So, no matter what you decide to study you are expanding your vocabulary, your critical thinking skills, and ability to take on and accomplish tasks. These are all skills that will make you a valuable asset to any employer. Other fringe benefits of becoming an educated person is that you make better impressions on people. If someone meets you for the first time they'll walk away thinking, "That guy (or girl), seemed very intelligent." This can be extremely beneficial in job interviews. Not only that but, being an intelligent person is attractive to the opposite sex.

So if you find yourself struggling to keep your enthusiasm with school, start with taking subjects that you find interesting. Higher education shouldn't be about required classes only. Try taking classes for personal enrichment. Doing this can make learning fun, and once you get the bug you won't want to stop.

It's not easy, but it seems like anything worth while isn't. It's worth it though you'll become a smarter, more well rounded person because of it. Thanks again for letting share what was on my mind.



A Highline Halloween: part 1

Dill's Pickle



By Jake Dill

Before reading on take caution. The events in this story are 100 percent true. Enjoy!

It was winter break 1995 and I was at the mall with a friend. We were walking around goofing off when we decided to visit the local super store. That's when I first noticed her. A young woman with long, jet-black hair staring at me from her cash register. I make eye contact with her but I act as if it's no big deal and walk down the aisle with my friend. Once I get a little ways from the cash register I ask my friend if he noticed the girl staring at me. He said I should go talk to her. On the way back out I did.

"Don't I know you from somewhere?" I asked, though I had never seen her before. She said, "I don't know but you look familiar." Then came the where are you from, what is your name questions and a little small talk. I said that I would see her around and she said, "Bye."

Throughout the next six months I would go into that store just to see if she was working. If she was I would get something petty, like a pack of gum, and get in her line even if it was the longest.

Finally I got up the nerve to ask for her phone number and a date. She said to call her the next day.

The next day happens to be Friday the 13th and I call her. She tells me where she's going to school and that she is living with a friend at the moment, but she makes it clear that he's not a

boyfriend. She asks if I would like to come over to watch "Friday the 13th," the movie. So I got directions to her apartment and said I'd be there in 45 minutes. Within 30 minutes I'm there.

Then she says, "I have to finish up the dishes, so make yourself at home and watch TV or something." So I flop down on a small couch and flip on the television.

I watched "The Fresh Prince." When she was done with the dishes she came over to the couch and sat right next to me. There was no space in between us, which I thought as a little forward but I acted as if it was nothing. I asked, "So, when are we going to start the movie?" She said, "Oh, it doesn't come on till 9 o'clock." At the time it was 5:30 p.m. and I told her that I probably shouldn't stay that long because I had plans for later that

night. Which wasn't true, but I could already tell that this girl wasn't for me.

I changed the channel and watched the Simpsons. It was a pretty cool episode and I laughed when Mr. Burns told Smithers to release the hounds.

After the Simpsons were over we still had a couple hours till "Friday the 13th" came on, so we decided to watch a video. She started to get friendlier, putting her arms around me, draping her legs across my lap and trying to hold my hand. But before she could get too friendly her roommate came home from work. That's when things got really weird. Not even in my wildest dreams would I have imagined something so insane.

continued next issue

LETTERS TO THE EDITOR

The Thunderword will gladly accept letters to the editor from students, faculty, and staff. Letters will be edited for length (200 words or more) clarity and taste. Deliver them to Building 10, room 106. or mail them to Highline Community College P.O. Box 98000 Des Moines, WA 98198

The Thunderword

Yeah, we get paid for this.

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P.O. Box 98000 Des Moines, WA. 98198	
Building 10, Room 106	
Newsline.....	878-3710 ext. 3318
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Turandot is a must see opera

By Eric Finden
Arts Editor

The house lights dim as the stage brightens up and reveal an enormous set filled with stairs, snow-covered structures, and an ominous dragon that peers secretly at the audience. The opera "Turandot," written by Giacomo Puccini, plucks away at the audience's soul till there is nothing left but the shouting of "Bravo!"

"Turandot," which closes Nov. 2, opened Oct. 19. The 2nd was a smashing success. "Turandot," directed by Lynn Binstock, is about a love that destroys an evil. It takes place in China which is being ruled by a wicked princess named Turandot, played by Jane Eaglen. The princess is looking for a mate. Whoever can answer three riddles can marry her. If not he will lose his head. Then one day a stranger, which turns out to be Prince Calaf (Edmund Barham), arrives and becomes one of the participants. Once the Prince of Persia fails, Princess Turandot comes out to witness the execution. Prince Calaf is dazzled and is determined to have her. He ends up answering all of the riddles. Then he gives the princess till dawn to guess his name. If she does he will die. Then before dawn Calaf and Turandot meet. When he kisses her, she suddenly trembles and all of her evil dies.

The great thing about going to an opera is that it's unlike any play or a movie. The action is believable and real. At the opening scene flakes of snow fall from the sky and covers the floor below. As the Prince of Persia is about to be



Photo by Jeffree Luke

Kenneth Cox as Timur and Cynthia Haymon as Liu

executed there is a giant round stone that two men are spinning. A soldier above it is sharpening her sword. It makes sparks as it touches the stone.

The scenery and costume are amazingly arranged by Allen Charles Klein. There are stairs that lead up to a throne for the emperor of China. It looks as if they are made of stone. There is also a dragon that appears throughout all of the scenes. Then finally it is revealed to be holding the moon, which appears to be a crystal ball. The costumes are awesome in design. The guards and warriors wear metal and leather for their armor and they carry shiny spears and swords. Princess Turandot in one scene has her dress laid out over at least five steps. Her crown sparkles and shimmers on the

stage above the conductor.

The orchestra does exceptional pieces below the main stage. The conductor, Edoardo Mueller, can be seen waving his baton and leading his orchestra.

Edmund Barham sang as a great tenor. He made his company debut with this performance as Calaf. Jane Eaglen sang as soprano in her role of Princess Turandot. She made her U.S. opera company debut in 1994 in the title role of Seattle Opera's production of Bellini's "Norma."

Three royal ministers also add comic relief to the drama. Their names are Ping, Pang, and Pong. They are three friends that were one day thrust into a cruel world by the ruling of Turandot. The guards had them on leashes and were led around like dogs.

One low point in the opera is

when a slave girl, Liu, who turns out to be Calaf's brother, is tortured by Ping, Pang, and Pong to force Calaf's name out. She then kills herself to save her brother's name. Her father then holds her in his arms and cries, "Wake up, Liu! It's morning."

At first it is distracting looking at the subtitles but then you get used to it. If you read it fast then you can let the singers sing it. It usually takes longer to sing it than it is to say it. If you haven't been to an opera this is the one to see.

WHAT: "Turandot"
WHERE: Seattle Opera House (Seattle Center)
WHEN: Oct. 19, 20, 23, 25, 26, 30 Nov. 1, and 2, 1996
Tickets: \$30-\$97
Ticket Master: 206-292-ARTS
Single Ticket Office: 206-389-7678/800-426-1619
Subscription Office: 206-389-7689/800-426-1619

By Kellie Bonnifield

Staff Reporter
Scorpio 10/24-11/22

A new job opportunity will be coming your way shortly. Make sure to look at all the aspects of the job before you take it. If you decide to take it, this could be an excellent opportunity. Take some quiet time out and catch up on the book you've been reading.

Sagittarius 11/23-12/21

A family member needs you this month. Make some quality for the two of you to sit down and talk. Maybe go see a movie or go take a walk in the park. School might seem a little stressful right now, but stick with it. It will pay off very shortly.

Capricorn 12/22-01/20

Do something for yourself this month. Go on a shopping spree or redecorate your house. A lot of time has been spent on helping others, and you deserve some time of your own. A surprise from a friend will shock you!!!

Aquarius 01/21-02/19

You will meet someone new this month. At first they will seem charming, but be careful. There is something they are not telling you. Join an athletic club this month or volunteer some of your free time to an organization in your community. Make a difference.

Pisces 02/20-03/20

Has someone been getting on your nerves lately, and you just don't know how to tell them what's on your mind? Well it's time to just let it out before you ruin your relationship completely. Watch your favorite re-run on TV.

Aries 03/21-04/20

Love is in the air this month. You'll meet someone very special. Make sure you go with your heart and don't worry about what other people think. That special someone will be taking you on a date you'll never forget.

Taurus 04/21-05/21

Don't let your stubbornness get in the way of things. You aren't always going to be right. Invite a new neighbor over for dinner. Maybe the two of you will have a lot in common. Making a new friend will give you some time needed away from home.

Gemini 05/22-06/21

It's time to get serious and hit the books. Spend a few extra hours a night studying. The extra put in this quarter will pay off. A friend needs your advice. Make sure to brainstorm different solutions to their problem before giving your advice.

Cancer 06/22-07/23

Call up an old friend you haven't seen in a while. Plan a day the two of you can get together and get reacquainted. Maybe pull out the old yearbooks or the picture albums. Bake that cake your grandma used to make when you were little.

Leo 07/24-08/23

Give Someone a compliment today. Let them know they are doing a good job parenting, or they are doing well in school. Splurge this month and eat out at your favorite restaurant. You'll be getting an expected phone call from an old friend!

Virgo 08/24-09/23

It's time to clean out those closets, and get rid of those things you don't need anymore. Donate some of your old clothes to a charity. Spend some time with your pet. After all they need love too.

Libra 09/24-10/23

Stay on top of things this month. Make a priority list and stick to it. In the long run it will be rewarding. Don't let the little things stress you out. Someone from the past will be playing a key role in your life again. So stay on your tip toes.

Professor wants better students for classes

Dear Gabby:

How can I get better students to take my classes? The ones I have now are lame. — Puzzled Prof.

Dear Puzzled,

To catch better students you need better bait, I suggest beer and pizza. Seriously though, as an instructor it is your job to mold and shape these young minds. So, even if your students seem lame, you must bring out the best in them. I suggest watching the movies: "Mr. Holland's Opus," and "Dead Poets Society." These movies may inspire you to inspire your students. Good luck to you, but if all else fails remember the pizza.

Dear Gabby:

I am a brilliant scholar

Dear Gabby



trapped in a mediocre college. What should I do? — Mired in Midway

Dear Mired,

A wise man once said "no matter where you go, there you are." So my advice to you is go somewhere else, if you feel you are not fully realizing your full potentials here then aspire to move on to a more distinguished university. No one is forcing you to go here, Einstein!

Dear Gabby:

How often should I use deodorant? Although I use it twice

a day, I frequently smell myself only hours later. — Stinky

Dear Stinky:

Obviously, you are a dog, and are meant to smell and be smelled. Deal with it. Save the deodorant; money and spend it on some nice chewy treats. However, you must be considerate to others. So my advice to you is invest in some nice cologne, that way at least you can cover up your smell a bit.

Dear Gabby:

I'm a student well into my second year of college, and I am having a horrible time with math. Unlike many other students I know, I haven't said "screw this stuff".... yet. However, this is the most frustrating part, even though I continue to

work at it I still suck! I'm quickly losing hope at ever getting the left side of my brain to work properly.—Numb with Numbers

Dear Numb:

Obviously, you're suffering from Gloubner's Disease. Although you can see the big picture, the small details escape you. Are you getting enough iodine in your diet? It might help to get more exercise and less TV, or maybe just weave your hair into the shape of cottage that is home to a really smart person. This worked for me once.

Can't find the answers to life's big questions? Gabby probably can't help, but write her anyway in care of The Thunderword, Building 10-106.

Sounders feel Seattle's cold shoulder

Pop quiz! What is the last pro sports team to win a championship in Seattle since the 1978-79 Seattle Supersonics? If your answer is the Seattle Sounders soccer team you are right.

The Sounders won the A-League in 1995, and repeated again this season. They have brought these two championships to Seattle, and they've hardly been recognized by the media.

OK, soccer isn't a big spectator sport in the U.S., but a championship is a championship, and credit is deserved

Seattle Sports Minute



By Glenn Flaathen

where credit is due. It seems to me that local newspapers should do more to recognize a local championship team.

Something that's also interesting is that the Sounders are the first Seattle pro sports team to win back-to-back titles since the Totems hockey team did it about 30 years ago.

What's even more impressive about the Sounders' repeat is that their top-scorer and MVP from last season, Chance Fry, broke his leg about halfway through the season. They battled through that adversity, and came back to beat the Rochester Rhinos in the finals behind A-League playoffs MVP Joey Leonetti's two goals.

It's a shame seeing a team that comes through all that adversity to win a championship, and they're not truly recognized. Think about all the hype other pro sports teams in Seattle get. They have yet to do what the Sounders have done the last two seasons. They at least haven't done it since the 79 Sonics.

It's understandable that the Sounders were neglected last season when they won. The reason for this is that their championship came in the midst of the Mariners playoff berth. But this season there was no reason to keep them out of the media spotlight, and rather keep the losing Seahawks in the spotlight. It's time for the Seattle media to prioritize a winning team for a losing team.

It's time to check out the Sounders in 1997. They are a good team, and soccer truly is an exciting sport if you give it a chance. It's fast paced, physical, and mentally stimulating. What more could you ask for.

See Flaathen, page 7

Volleyball soaring to new heights

Lady T-Birds 7-0 and still going strong

By June Quemado
Staff Reporter

The T-birds are still perched alone, 7-0, undefeated, at the top of the Northern Region of Northwest Athletic Association of Community Colleges (NWAACC) Women's Volleyball.

Head Coach John Littleman said, "It's a pleasant surprise that we're this far into the season and still undefeated." Littleman attributes his team's success to their competitiveness because he said that they are "playing far above expectation."

The magic of three was broken at the Highline Community College v. Shoreline Community College women's volleyball match on Oct. 16 at Highline. After winning the last three matches against regional opponents in three straight games, Littleman's "slow starting" Thunderbirds went 3-1 against the Dolphins (15-11, 15-8, 14-16, 15-5).

Highline trailed behind Shoreline until late in the first game when the Thunderbirds scored 10 unanswered points. Coach Littleman said that the strength of his team was shown in the way, "They come back...they fight back," even when they're down.

Highline took the second game convincingly (15-8), which perhaps bolstered their confidence for the third game.

Littleman said, "We missed too many serves and had no offense" in the third game (14-16). The Thunderbirds missed six opportunities to score due to missed serves. Fortunately, as Assistant Coach John Wilson said, the Thunderbirds did not "fold up our tents after the third game...instead we came back"

In the fourth game, the Thunderbirds neatly and tidily ended the match (15-5). Wilson said, "We did a fine job." Wilson praised the efforts of Amanda Such, setter for the Thunderbirds, for "giving the ball to the right people to enable them to make the big plays." Wilson said, "The big hitters for this match were Angie [Henderson] and Kelly [McGehee]."

With this victory, outlooks for the rest of the season appear bright for the Thunderbirds. Wilson said, "We hold our destiny in our hands since Shoreline and Skagit now has two losses each, and we are 6-0."

To ensure that destiny, the Thunderbirds rowed past the Helmswomen in Bellevue on Oct. 18 in three straight games. Bellevue Community College barely got its oars in the water

before the T-birds sheared off its oars. With each succeeding game, 15-9, 15-4, 15-2, the T-birds became more effective and more powerful. Wilson said, "It wasn't pretty, but effective."

Since Bellevue was clearly "overmatched," Littleman viewed this as "an opportunity for everyone to contribute to the team." Therefore, he played his entire bench. Littleman said, "It's not a right to play—it's a privilege. They owe the team intensity and quality." Each woman was allowed to serve until she missed a serve. When she missed a serve, she was rotated out of the game to give someone else an opportunity to play.

Shannon Otey, a 5-foot-5-inch freshman from Tyee High School, played in two of the games. As though proving her point, that she goes "out every time and play[s] hard," Otey

served an ace for her first serve, and proving Littleman's point, her time on the court ended when her service went into the net. Nonetheless, Otey said that she is learning, "where to go on defense and where to cover."

Tia Hansen, a 5-foot-10-inch freshman also from Tyee High School, was given the opportunity to play in the last game. Her court time ended after a serve that went long. She said that her play "could have been better." Hansen said that she tries to "keep involved" in the game by calling plays from the sideline, which she believes keeps her "intensity level higher." However, she still felt she "was cold" going into the game.

Highline's next tournament will be at Mt. Hood on Oct. 26. Littleman said, "Be sure to bring a camera." He guarantees that there will be pictures worth shooting.



Photo By June Quemado

T-Bird Kelly McGehee bumps the ball up to be spiked in a game against Shoreline.

Women's soccer back on winning track

After a 3-0 loss the 'Birds have come back to win 2 straight games.

By Joe McLaughlin
Staff Reporter

With a 4-0 win Wednesday over Green River C.C. and a 7-0 victory Saturday over Columbia Basin C.C. the Highline women's soccer team is back on track.

The team showed no signs of let down after the 3-0 loss to Tacoma C.C. last week.

Freshmen forward Tracy Wilcoxen had two solid games. Wilcoxen had two goals and one assist in the Green River game and two goals and four assists

against Columbia Basin.

"Tracy [Wilcoxen] was our most valuable player this week," Assistant Coach Tracy Brigham said.

Wilcoxen was reluctant to except that title.

"Yes I had two good games but that doesn't matter. The important thing is that the team as a whole played good and we won both games," Wilcoxen said.

The team received two more great efforts in goal from freshmen Nicole Turnidge and recent addition Eryn Redmon, who has been asked to split time in goal with Turnidge. In each game Turnidge and Redmon played a half a piece. No goals were allowed in two shutout performances.

"There is no controversy at

keeper. We just want to evaluate our talent and have things figured out by playoff time," Coach Brigham said.

In the Green River game the team stressed defense in the first half before attacking with the offense in the second half to close out the game. Key plays like Tracy Wilcoxen's assist off a corner kick which freshmen Kelly Stubbart quickly deposited in the net helped to seal the victory.

"I just kicked the ball and Kelly did all of the work," Wilcoxen said.

Stubbart out-jumped the Green River defense to head the ball past the keeper for the score.

In the Saturday game against Columbia Basin, the ladies used their usual attacking playing style. The T-Birds came out of

the match-up with another win under their belts.

In the Sept 28, meeting between the same teams Highline won 6-0. This game would be no different.

"They started out the game playing very physical going for the body and not the ball. We didn't let it get to us," Wilcoxen said. "We kept our cool and played our game."

Highline jumped out on the offensive end of the field early, and just kept cruising to an easy 7-0 victory.

This weekend the team travels to play South West Oregon C.C. on their home field. The game takes place Saturday, Oct. 26 at 11 a.m.

Results of the Oct 23, Skagit Valley game were not available at press time.

Minor setback for men's soccer team

T-Birds lose to Spokane after a 3 game winning streak

By Mike Day

Staff Reporter

The Spokane Sasquatch took on the Thunderbirds men's soccer Sunday, Oct. 21 at the peach patch in Auburn. Riding a three game winning streak, Highline came up short against the skillful side from east of the mountains, losing 2-1.

Highline almost struck early on a breakaway by Tony Rowlewicz, that the Spokane goalie came out and cleared. In the 14th minute Spokane scored on a header after a scramble in front of the goal. The Sasquatch continued to apply pressure with a hard shot that hit the post dead on, and finally in the 34th minute went ahead 2-0 after another scramble in front of the net.

Spokane continued to apply pressure and Thunderbird defender Wes Rock, headed a hard Sasquatch shot at the goal line, saving a sure goal. One minute before half-time the Thunderbirds pulled within one goal 2-1, but would get no closer. Despite opportunities for both sides, the second half was scoreless.



Photo by Mike Day

Fasil Tekla (18) beats a Sasquatch defender and breaks down the left wing.

In the two previous games on the road Highline defeated both Tacoma and Everett by identical 2-1 scores and with the loss to Spokane their record stands at 6-5-2.

This came through in a test that the Sonics and Sounders did about 20 years ago. This was a test where all the players on each team had to run on a treadmill until they couldn't run any longer.

When the test results came back it turned out that the coach of the Sounders beat the best player from the Sonics on the treadmill.

The tests showed that soccer is more endurance oriented sport. People should have more respect for soccer players.

Men's cross country gives all

By Corey Tolliver
Staff Reporter

The men's cross country team at Highline Community College is young, but they're showing a lot of heart. As a team with no sophomores, they are competing against some of the top teams in the nation.

In the last two meets the cross country team has been running mostly against universities, including fourth ranked in the nation, University of Oregon. As a team of all freshman they have shown a lot of heart at their last two meets, the University of Washington Sun/Dodger, and the PLU Invitational, Coach Frank

Ahern said. The T-birds finished down in the pack in both meets.

The young team is made up of 6 runners. The No. 1 runner on the team is Frank Cenicerros, followed close by No. 2 Brian Smith. The most improved runner of the year is No. 3 Jon Friedman, who, according to Ahern is currently working very hard on improving his times.

Other runners on the team are Michio Winters running strong at No. 4. Jerimia Ross at No. 5, and No. 6 is Redi Mahanzel, who attended Evergreen High School, and was raised off the east coast of Africa, near the Red Sea. That area has produced some of the top runners in the

world.

With a state meet is in just three weeks, and all junior college teams running, the coach feels the "young and improving team will give a good account of themselves." He is also confident for a good showing from the Highline cross country team at the upcoming state meet.

Sports News?

Have anything interesting to say about sports? Please call the Thunderword at 878-3710, ext. 3317, or drop it by Building 10, room 106.

Flaathen

Continued from page 6

Soccer and basketball can't be compared from a spectator viewpoint in the U.S., but is basketball really a more challenging sport from the physical view?

Soccer is a sport that demands massive conditioning, and a lot of technical skill. The athletes who play soccer on average have double the conditioning of a basketball player.

BALDERDASH BY: JAKE DILL



College

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ASSET scores.

Full-time enrollment (12 credits or more) is required for admission. In the first year of the program, ten credits will be taken in afternoon courses.

The second year, students will take at least one afternoon class each quarter. Camaraderie is an important aspect of the program and this is obtained in less crowded conditions. A program like this could not be offered in the morning due to classes being too full said Westergard. Campus resources are also less crowded in the afternoon.

Agreement for participate in a two-credit College Fresh-

man Seminar is also a requirement for admission. This course deals with improving writing, reading, speaking and critical thinking skills. This course also teaches students how to use the library and other campus resources.

"The Freshman Seminar will establish mentoring relationships with faculty, provide students with a solid foundation for their academic careers, and help them develop close personal ties with other students," said Bruce Roberts, faculty advisors for the program.

Courses on American institutions and diversity are required through the course of the program. Such courses will explore the fertility of our American roots and our multicultural society.

Students will also participate in a required coordinated study course called Cultural and Politics in Four Countries: The Clash of the Past and Present. This course integrates political science and cultural anthropology in one 10-credit course.

The coordinated study is offered by the College in a College program. Students enrolled in the program will have priority registration although the course will be open to all HCC students.

Students enrolled in the program will complete a capstone experience (research project, cooperative education, hands on learning in the community). "College in a College will give me the support I need from classmates and faculty, a well-rounded A.A. transfer degree, and I believe this program, with its cooperative studies requirements and broader class choices will challenge and better prepare me for my jump into a university," said Rachel Thorne, a student at HCC. For more information, call 878-3710, ext. 3135.

Sports blitz successful as planned

By Jake Voss
Staff Reporter

More than 200 people turned out for Sports Blitz 1996 last Friday in the Student Lounge.

"It was a fun day," said Denny Steussy, Highline student programs coordinator. "We had about a 75 percent success rate."

Sports Blitz events included miniature golf, Velcro wall, twister, darts, checkers, chess and backgammon.

"My goal was to increase the awareness of all the events on campus. If you are involved, you can communicate with others to find out what's going on," said Dana Joseph, Events Board recreation chairwoman.

The goal of Sports Blitz was to create an interactive faculty-student sports experience.

"Our goal for Sports Blitz wasn't reached. We didn't do our homework, we needed to talk with the faculty more and



Photo by Mike Day

Access denied! A Highline student takes on the Velcro wall and loses.

get some input on how they felt about our events," Steussy said.

"I understand the faculty is very busy, but I had hoped for better participation from them," Steussy said. Many faculty said they were too busy to participate.

Faculty response was not all

negative and several did show up: Bob Baugher was brave enough to do the Velcro wall; Tim Morrison competed with a student in a round of miniature golf; and Terry Sell beat student Bill Heming in a game of chess. The Events Board's next function will be a Halloween

party and Karaoke will be Oct. 30-31 from 10-1 p.m.

Joseph said she is looking for suggestions from students for other events.

Contact Joseph upstairs in Building 8, 1-3 p.m. Tuesday-Friday, or call her at 878-3710, ext. 3537.

Word from wise: students to be advised

By Sheri Ingraham

Staff Reporter

Don't be left out in the cold for winter quarter registration. Advising week is here to guide students in the right direction, Oct. 28-31.

Advising week is an opportunity to connect with a faculty advisor or to acquire an advisor for students who don't yet have one said Kay Balston, director of the Educational Planning Center.

Classes during set hours will be canceled so that faculty members will be available without the conflict of office hours and class schedules.

Throughout advising week,

Advising Week Schedule

Mon., Oct. 28; 10-11a, 1-2p.
Tue., Oct. 29; 7-8a, 11-12p.
Wed., Oct. 30; 8-9a, 2-3p.
Thu., Oct. 31; 9-10a, 12-1p.

Evening Schedule

Thu., Oct. 24; 6-8p.
Mon., Oct. 28; 6-8p.

faculty members will be ready to discuss goals, talk about a particular program or go over courses that can be taken.

"Sometimes students are reluctant to see an advisor if they don't know what they want to do yet," said Balston.

Students who have a course they are interested in can use this as an opportunity to ask the instructor to be their advisor.

Faculty advisors, their extensions and building numbers, can be found in the quarterly catalogs under the departments in which they instruct.

The Educational Planning Center also has general advisors that will be there to help with planning or to answer any questions students might have.

"Hopefully students don't see this as just canceled classes," said Balston.

Advising week will continue if there is good feedback from the faculty and students, Balston said.

Resume

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ment Center of 79 active Internet users of its Homepage found that 53 percent were offered positions, and some were offered more than one.

Electronic Resume Instruction, where you revise your "paper resume" into an "electronic resume", is offered weekly. Call Montellis at Ext. 3837 for more information on this one hour help session. If you have a resume already, you can go directly into the website address for WORK and input your own resume.

In addition, "paper resume" Help Sessions are held weekly, where suggestions are offered on creating or updating your resume. The Resume Help sessions are sponsored by the Ca-

reer Services Center, Student Employment Center, Employees Security Department, Work Force Training, Women's Programs, Supported Employment and Co-op Education.

Every Thursday from noon to 1:30 p.m. a Job Club meets in Building 2 where job-seekers and employers get together. The meeting is arranged by the Women's Program's and Workforce Training, and is open to all.

Like a sport, have you been a spectator? If so get off the sidelines and become a player. Our unstoppable team is now expanding in the Sea-Tac area. Our MVP's make top \$\$, and our coaches mold champions. If you've got desire, call 815-8872