

The Thunderword

The voice of the students

Volume 36, Issue 7

Highline Community College

December 5, 1996

Sports funding: an uneven field

By June Quemado
Staff Reporter

Highline's athletic teams may be penalized when competing against athletes from other Northwest Athletic Association of Community Colleges schools. Although Article X of the association's rules is supposed to ensure that sports participation by regions and leagues is equitable and balanced, funding - and conse-

quently recruiting - varies greatly from school to school.

Skagit Valley College women's volleyball team competed against three colleges in Florida in the preseason, all conveniently near Orlando, Disneyworld, Epcot Center and Cape Kennedy.

Skagit had nine players on its roster, including two students from Highline High School. HCC Head Coach

John Littleman said that he tried to recruit both players, but couldn't compete with Disneyworld.

A conservative estimate for the cost of airfare, ground transportation, lodging, meals, and admission for attractions for nine people at that time of year would be about \$8,000.

Calculating approximately from the walls of the gym at Skagit Valley College, Cardi-

nal supporters raised no less than \$16,000 for the athletic department. One wall boasts 16 supporters who have donated in excess of \$500; another wall displays 25 corporate level supporters who have donated in excess of \$250; still another wall lists 21 gold level supporters who have donated in excess of \$100.

See Funding, page 8

HCC students older than others

By Sheri Ingraham
Staff Reporter

Highline Community College has a higher percentage of older students than other nearby colleges.

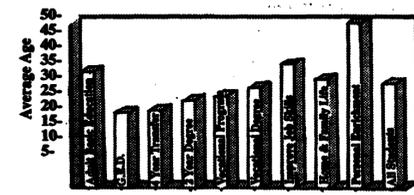
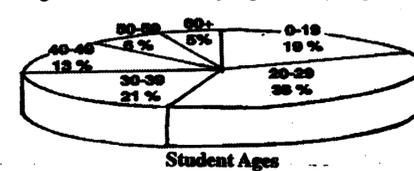
Fifty-nine percent of Highline's student body is age 25 or older, versus 51 percent at Green River, 31 percent at Seattle Pacific University and 20 percent at the University of Washington.

Highline officials say it's the college's mission to serve returning students.

Community colleges are at the forefront for working with the non-traditional student, said Michael Grubiak, dean of students at HCC. "You'll probably find as many reasons for returning to school as you will students that have returned," he said.

Students over the age of 30 give a variety of reasons for

Highline students by age and program



making the decision to return to school.
"It was always a childhood

dream of mine to one day be a teacher. Being laid off, the Work Force Training program

has given me a second chance for my dream to become a reality," said Chris Heyer, a student at HCC.

Work Force Training is a program that offers financial assistance for unemployed workers. It covers tuition and books for students in occupational programs at community colleges.

Students say personal enrichment as well as the growing demand from employers for higher education are also important reasons for returning to school.

"I was dissatisfied with the direction my career was taking me," said Mark Gibson, HCC student. "My lack of higher education had limited me from potential career advancements."

See Population, page 8

Key to beating HIV is awareness

By Stan Brownlow
Staff Reporter

At least 35 students at Highline are HIV positive according to numbers from a report on AIDS cases in adolescents and adults under the age of 25.

Some of those students may be ignorant of their sero-positive status. The ignorance, says Lilian Rea, HIV specialist with the Northwest AIDS Foundation, "is due to not understanding what constitutes risk behavior and the fear of testing positive." As a result of these combined factors Rea says, "Many people avoid testing altogether and pretend HIV doesn't exist."

More than 500,000 Americans have been reported with

an HIV diagnosis since the mysterious constellation of disease symptoms first appeared in 1980.

At least 300,000 have died of HIV-related illness, according to the Centers for Disease Control.

In the United States the leading cause of death among young adults ages 25 to 44 is AIDS. In the case of people under the age of 25, at least one teenager is becoming infected with HIV every hour of every day.

One-quarter of all new HIV infections in the U.S. occur among teenagers, and one-half of all new infections occur among people under the age of 25. Currently 40,000 to 80,000 new infections occur

each year, according to the office of National AIDS Policy in Washington, D.C.

In spite of the alarming numbers, however, HIV awareness and outreach are not always visible or discussed. "Education and accurate information about HIV can prevent contracting the virus," Rea said.

Taking personal responsibility to maintain an HIV-negative status is also key, Rea notes, "It's imperative that each individual take the responsibility to maintain their own HIV-negative status or protect their partner from becoming infected."

Research indicates that many people feel vulnerable when faced with the prospect

of negotiating safe sex. As a result many people compromise their personal boundaries. When drugs or alcohol are involved, judgment is impaired and the risk factor increases dramatically according to the Centers for Disease Control.

Unlike cancer or heart disease, there is still a lot of shame tied to AIDS. "We see many clients whose family have rejected them after learning of their positive status. These people feel a deep sense of shame and guilt," said a volunteer at the Northwest AIDS Foundation.

A recent surveillance report entitled "Scared Chaste"

See HIV, page 8

The student gourmet serves up another tasty treat.
See page 6



Students grade the cafeteria food.
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"Of all cold words of tongue or pen the worst are these: 'I knew him when.'"
Arthur Guiterman

ASHCC president leads by example

By Michaela Macias
Staff Reporter

A desire to make a difference and to meet new people is what led Neil McLean to become Highline's student body President.

As a Student at Large last year, McLean saw the need to take all activities, administration and students and bring them together.

He also saw the need to get other students involved as well. Even though he had no previous political aspirations, McLean stepped up to the challenge and ran for President.

"I knew that the job was going to be time consuming and a lot of hard work, but I also knew the rewards would far outweigh the stress."

McLean comes to Highline from Tyee high school where he graduated in 1992. The 6'7 center played basketball there and again here at Highline. He has also worked as a German, French and Writing tutor and recently spent nine months living and working in Europe.

He also spends time actively involving himself in the community. After McLean receives his AA degree, he plans to transfer to the University of Washington and major in business.

As President, McLean spends his days delegating projects, enforcing deadlines for activities



McLean

and events that the officers plan, and meeting with students and faculty across campus to discuss different issues that affect Highline. He also has a full class load in addition to his responsibilities in Student Government.

Even though politics is most likely not in his future, McLean sees his current position as a great opportunity. "The skills I'm learning as President—dealing with different personalities, organizational skills and the ability to manage a group—will help me immensely in a business career."

McLean also sees the opportunity to change Highline for the better. "We want to create more programs that allow people to meet each other since we are a

commuter campus, which sometimes makes it difficult. Anyone that has worked with me this year knows that helping students meet each other is something I focus on."

McLean and the other officers also hope to create a better Student Government system. They'd like to establish an official job descriptions and responsibilities list for future officers and an election information packet for Spring elections.

Highline's student President thinks that the year is off to a good start. "I think that we're doing fairly well considering the fact that we had to reinvent quite a few things. My officers and our advisor are the ones doing the great job. I can only do so much. They do the bulk of the work."

Colleges face state budget battle

By Sheri Ingraham
Staff Reporter

Basic funding and the Work Force Training program are the two main issues education will face in the 1997 session of the Washington state Legislature, a local legislator said last week.

The struggle for basic funding is due to Initiative 601, which caps state spending.

"The population of school age people, kindergarten through higher education, is growing at a much faster rate than the general population," said State Rep. Karen Keiser, D-33rd District. "It is out of balance and doesn't really reflect reality as far as student population."

It's an allocation issue for the money in the pot, said Keiser.

Keiser also is chairwoman of Highline's Board of Trustees and her district includes Highline's campus. "I definitely have an



Photo by W.B. Heming

Representative Karen Keiser speaks with student Alan Kincaid at the Legislative breakfast on Dec 4.

understanding of the value of community colleges," she said.

Governor-elect Gary Locke has said he wants to re-examine the spending lid, but leaders of the Republican-controlled Legislature have said they may be reluctant to tinker with the inti-

ative.

The Work Force Training program is due to sunset in 1997. This program offers assistance for unemployed workers. It covers tuition for students in occupational programs at community colleges. "This program has

been invaluable to people that have lost jobs," said Keiser.

A report on Work Force Training delivered on Wednesday to the State Board for Community and Technical Colleges indicated the program has been successful.

Unemployed workers who have been through Work Force Training, on the average, are earning more than laid-off workers who have not.

The program is supported by interest from the state's unemployment compensation trust fund. Keiser said businesses are hoping for a decrease in unemployment premiums, however.

"Boeing doesn't want to pay any more," she said. "Some people say what Boeing wants, Boeing gets when it comes to the Legislature."

The Legislature may also look at benefits for part-time faculty, Keiser said.

Reserve police academy to be founded at HCC

By Anita Coppola
Staff Reporter

The Des Moines Police Department and Highline Community College have teamed up to initiate a Police Reserve Academy course.

The Des Moines Police Department used to run this program alone and it was closed to the public. They decided that it would be a good way to bring it out into the community, by teaming up with Highline.

The course is an intensive hands-on program designed to exceed the minimum requirements of the Basic Reserve Officer training as established by the Washington State Criminal Justice Training Commission.

"This is an excellent opportunity for anyone looking to get practical experience in law enforcement, and a foot in the door," said Kristen Baldwin, assistant director of continuing education and part of the academy advisory committee.

The training will include criminal law, defensive tactics, and patrol procedures. Defensive driving and firearms training will be provided off-campus.

"This will be a real tough and interesting course," said Officer Steve Lettic of the Des Moines Police Department and Academy Commander. "It will be a real challenge."

The course will last three months, starting on Jan 6. It will be Monday and Wednesday eve-

nings from 6-10:30 pm and 8:00 a.m.-5:00 p.m. on Saturdays. The cost is \$575, not including uniforms, supplies or range fees.

The dress code is quite strict. Academy blues must be worn. This includes a police shirt with shoulder patch, creased blue pants, plain all black shoes, black socks and a black basket weave belt.

Upon successful completion of the course, recruits will receive a letter of completion from Highline Community College and a grade.

Recruits who successfully pass the state exam will receive a letter acknowledging successful completion of the Basic Reserve Officer Training.

That letter can be applied to-

ward a full certificate within a two-year period if the student is employed with a law enforcement agency, reserve or full time, and has completed the hiring process.

The Reserve Academy operates much the same way as a full-time academy. A regimented paramilitary model is used. The academy structure is intended to prepare the recruit to enter into the role of a Reserve Police Officer.

"Exposure to the Reserve Academy will make going to a full-time academy a lot easier," Lettic said.

The class size is limited to 40 students. Anyone interested is encouraged to contact Kristen Baldwin at 878-3710, ext. 3342.

News Briefs

✓ The last ASHCC meeting of the quarter will be held on December 5th from 2:00 to 3:00 p.m. in building 10, room 101. Refreshments will be served by College in a College and all students are invited to attend.

✓ Highline's drama department is presenting Marguerite Duras' *India Song* this month. Performances will be held on the 5th, 6th, 7th, 12th, 13th and 14th and begin at 8:00 p.m. Tickets are \$6 for general admission, \$5 for students with I.D. For reservations or information, call 878-3710, ext 3156.

✓ Highline's Student Government is holding a Winter Clothing Drive upstairs in building 8 from December 2nd to the 12th. Students and faculty are asked to bring their used gloves, mittens, hats, scarfs and any other items to help the homeless. Clothing will go to a local charity for quick distribution to those who need it.

✓ Cram night will be 9:30 p.m. to 2:00 a.m. on the library's 2nd, 3rd, and 4th floors on Dec. 9th through the 11th.

✓ Jake Esau's free Theatrical Performance of "The Delightful Mr. Dickens" will take place on December 6th at 12:00 noon in the Artist-Lecture Center, building 7. Call the Events Board for details. 878-3710 ext. 3903.

✓ Tickle Tune Typhoon is holding its annual concert on Friday, December 13, 1996 at 11 a.m. and 1 p.m. The two shows will be held in the Artist-Lecture Center, building 7 and tickets are \$4. They can be purchased in the Student Programs Office, building 8.

✓ The Women's Programs, the Child Care Center and the HCC Bookstore are sponsoring the "Highline Giving Tree". The tree will assist Highline students and their families during this holiday season.

An individual or group wanting to help may pick up a tag off the tree and return the suggested gift wrapped and ready to be delivered to the student. Everyone is encouraged to participate in this activity.

Students eye winter escapes

By Amber Rietveld
Staff Reporter

School's out and winter vacation is here! After weeks of trudging off to school every day and doing homework and taking tests, you finally have time to rest your mind and relax your body. You also suddenly have time to do lots of other things. You have time for fun things that you would otherwise feel guilty for doing.

Depending on when your last final is scheduled, your winter vacation is about three weeks long. The possibilities for fun are endless.

Many people are planning short getaways. One student and his family are taking off for New York City to catch a couple of shows and visit Radio City Music Hall. Another student is staying closer to home and visiting family only a few hours away in Vancouver, Wash. Not only are these students taking a vacation from school, they're taking a vacation from their day to day lives as well.

Many of us do not have the luxury or the finances for that, to take off for a week-long trip to New York City. For some, no school is luxury enough.

"I plan on working full-time, overtime if I can," said Craig Franzen. For many students, a vacation from school work is a great time to work extra hours and to build up the bank account.

Does anyone out there study for the following quarters classes during vacation?

"I buy the books early thinking I'm going to read them, but



I never do," said Rhonda Sample. Without the stress and deadlines of teachers telling you chapters 1, 2, and 3 should be read by Friday, one might think it would be easy to read ahead and have a jump start on the quarter.

"No way, I don't even buy the books until the day before classes start," said Jessica Stone.

For many of us there are too many other activities to choose

from. Why read a text book when you can read an adventure novel or go skiing, shopping, or see a movie with friends.

Whatever your plans for fun include, whether it's reading a good book or innertubing at Snoqualmie, enjoy every minute of it. Like it or not, winter break will end and students will go back to the humdrum and stress of school, tests, and reports.

Help available for victims of domestic violence

By E.C. Schnackenberg
Staff Reporter

One out of every two women will experience it; 22-35 percent of women who visit emergency rooms are there because of it. It costs \$3 billion to \$5 billion in medical expenses every year.

It is not breast cancer, heart attack or infectious disease.

It is domestic violence, and it claims 4,000 lives every year.

In the time you read up to this paragraph, another woman was beaten by her partner.

Domestic violence is verbal or physical abuse that is carried out by a person of intimate acquaintance with the victim. The abusers and victims cross all economic, social and racial backgrounds.

Such violence often starts as jealous or controlling behavior, and ends in physical abuse or even murder.

"I think it is [a large problem]; I think we only see a small percentage of women," said abuse counselor Barbara Muller. "Often the batterer has threatened her (the victim's) life and she's afraid if she tells anyone, it will get back to him."

Another casualty of this hidden plague are the children in these homes, who may experience neglect and psychological problems. Many times they also are abused, and 85 percent of abusers witnessed domestic violence as children. According to a 1994 study done by the San Diego Police Department, 63 percent of all boys who are arrested for murder have killed the men who was abusing their

mothers.

Why don't abused women leave? Experts say leaving the abuser often is more dangerous than living with him. Batterers do not take rejection well. The first year after a woman leaves her batterer, she is more likely to be murdered than at any other time.

Many times such women also are economically dependent on their abusers, and have nowhere to go. Of those who do leave, one third go because their children have been abused.

Last year a King County shelter run by the Domestic Abuse Women's Network (DAWN) served 134 women and 171 children. These shelters often are the only refuges for battered women and their children.

Experts say you can help by keeping an eye out for your friends and relatives. If you suspect they are being abused, or want to volunteer, you can call DAWN 656-8423. Or call the domestic violence hot line at 1-800-562-6025.

The Women's Center at Highline can provide referrals to support agencies around the area.

Apt. Available at Victorian Place II 3- bdrm, 2- bath, 1200 sq. ft. for \$710 per month. Great for college students interested in roommate situations. Call Monica 824-7022 ask about our specials!

Campus police report 26 crimes

So far this month, 26 crimes have been reported and handled by Highline's campus police.

Here's a quick overview of some of those crimes and the actions that were taken.

11-4-96: An illegal dumping occurred, household trash was found in the dumpster located by the maintenance building.

11-4-96: There was a trespass incident in the women's locker room. The individual was apprehended and a trespass admonishment was given.

11-5-96: A suspicious person was found on campus around 11 a.m. A trespass admonishment was given.

11-5-96: A female reported that a person in a white Cadillac followed her from school to her home. The case was turned over to the Des Moines Police Department.

11-5-96: A car prowl occurred in the Midway parking lot. The car was broken into and personal property was sto-

Cops and Robbers

By Amber Rietveld

len, most likely electronic equipment.

11-6-96: A rainy day resulted in the theft of a woman's windshield wiper.

11-7-96: A sexual harassment/ indecent exposure was reported to campus police, the indecent exposure was never defined, the offender has been suspended from campus.

11-11-96: A juvenile was found loitering around campus. The juvenile had cut class from Rainier High. Campus police held the juvenile for approximately two hours and released him into his parents custody.

11-11-96: Four juveniles were caught in the act of breaking into a pop machine. They were all apprehended and turned over to the Des Moines police; issued a trespass admonishment and later released.

11-12-96: Theft from an unlocked vehicle occurred, personal item stolen.

11-13-96: Vandalism to a car in the south parking lot occurred. There was only minimal damage to the exterior.

11-13-96: Someone found selling Swiss Army Knives on campus was issued a trespass admonishment and ordered to leave campus.

11-14-96: A minor fender-bender occurred in the east parking lot. No injuries.

11-15-96: Woman reported items from her purse had been stolen while it was left unattended.

11-15-96: A traffic accident occurred in the south parking lot. No injuries were reported.

11-18-96: Auto theft, a car was stolen from the east parking lot. The case was handed over to the Des Moines police.

11-20-96: There was a vehicle prowl, the door was damaged but the offender never succeeded in breaking in.

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Editorial

Stress can be relieved with books

The holiday shopping season has opened on unsuspecting students again.

Soon families will be getting together to have dinner and exchange gifts. Accusations will fly, fights will break out, and someone will go home with a black eye. As if that weren't enough, almost everyone will wake up with a hang-over.

Do not despair, help is available. There are ways to avoid the annual holiday stress-out.

The only sure way to dodge the jolly old Christmas hair pull is to crawl into a hole and become a hermit. Unfortunately there is a shortage holes this year and many people just don't have the time to go out and find one.

A more realistic escape is as close as the local library.

As most students know, libraries are literally filled with books, and contrary to popular belief, some of those books are interesting.

For centuries people have been reading to relax and what worked then can certainly work now.

Winter break is also a good time for catching up on out of class reading.

Few students have time to read anything besides their text books. College is a time for enrichment, which includes expanding the mind.

Books like "Ivanhoe," "The Sound and the Fury," and "War and Peace" are just some of the classic novels that students can read. Beyond the classics, there are numerous science fiction, fantasy, romance, mystery, western, and novels.

If a novel doesn't turn your pages, libraries are also full of nonfiction and magazines.

Perhaps more importantly than becoming better people, libraries are notoriously quiet places, especially during the Christmas rush.

When many people are beating a path to local bookstores to pick up the latest best seller, libraries are virtually deserted.

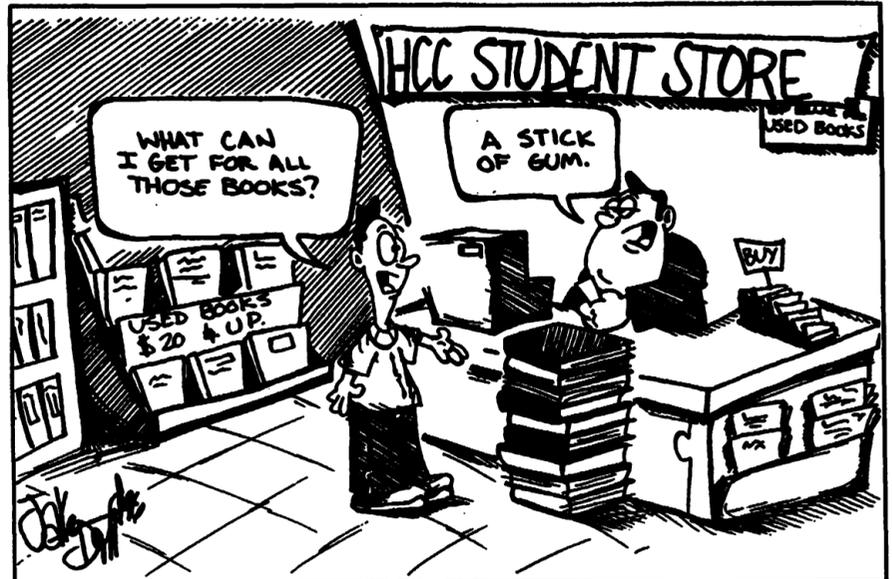
Finals are approaching swiftly and with them come inevitable stress and grief. There is no reason to continue being stressed out through vacation and into the next quarter.

Let an old dusty classic help get you through this most wonderful time of the year.

The Thunderword

"Mine's the black disk"
and other tales of journalism woe.

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How to beat holiday blues

I think it's safe to say that this time of year is the most stressful of any during a school year. Students face many pressures at this time.

We have to deal with the worries that accompany the end of a quarter, such as whether we'll get the grade we want out of a class (or even pass, whatever the case may be), cramming for finals, or what to register for next quarter, just to mention a few.

Just when you thought things couldn't get any more stressful, along comes Christmas.

Many of us already work, but many of us live paycheck to paycheck as it is, making only enough to pay our bills and put gas in our cars.

Now we're faced with the dilemma of coming up with more money to buy gifts for family and friends.

So what to do? Well, it's tough to work more hours because most of us need every available hour to study for upcoming finals.

I guess the best solution is to plan ahead and try to do all of your holiday shopping ahead of time.

Don't wait until the last possible minute and compound your December stresses.

Another thing that can help when dealing with the pressures

What's
on my
mind...



By Carmine Coburn

from school is to study with a friend. Misery loves company. It's always nice to know that you aren't suffering alone.

Also attempt to be creative and thrifty in your holiday shopping. Maxing out your credit card, and putting yourself into debt, won't be a good way to bring in the new year.

Although the end of the quarter can be extremely stressful, keep reminding yourself that you can make it through, and when you do, you'll be treated to a nice break. There is light at the end of the tunnel.

All of this can seem very depressing at times, but try not to lose perspective on what the holidays should be about.

Take some time and force yourself to fully unwind. Sleep in.

Be sure to enjoy some of the things that can make the holidays special. Do some window shopping downtown. Relive your childhood and have your picture

taken with Santa. Go for a drive and check out Christmas lights.

The holidays can also be a romantic time. Since there won't be any school, take advantage of it and spend some time with your significant other. Or use the time to let someone know that you care about them.

The point to all this rambling is that even though you may feel that you are about to go insane from all of the stress, there are reasons to be stay positive and trudge on. Besides, think of how good you'll feel when the smoke has cleared and you're still standing.

If you're still not convinced that there really is reason to be positive during this high stress time, let me offer this: There is a bunch of snow in the mountains and the lifts are running.

If this doesn't make you feel better, you may want to check your pulse because you might be dead. If you aren't dead, but just have yet to experience the rush of skiing and snow boarding, then you could take some time during winter break to give it a try.

Once you get into it, winter will have a whole new meaning for you.

Well I hope that I might have convinced a few of you readers that the holidays can be more than just stress and anxiety, because to be honest, before I started writing this column I wasn't totally assured myself.

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Old movie house reborn in Des Moines

By Eric Finden
Arts Editor

If it were 1947 you could walk up to the Des Moines Theater and pay 50 cents to get in. The smell of popcorn hits your nose as you walk in. Flowers and a row of plated glass with different rays of colored light filter out into the lobby.

To this day, the same plated glass remains in the 49 year old theater.

A green and pink neon sign announces that the Des Moines Cinema is open for business again.

Movie-goers are greeted at the door and asked if they want popcorn. They then shuffle into a small theater with a high ceiling.

The theater has recently been restored to prime condition, but for over 20 years it sat in the shadows of Des Moines as an adult movie theater.

Today it's no longer 50 cents, but you still get a bargain at \$3.00.

The theater now shows movies just before they hit video.

Movie times are as follows: Mon-Fri. 7p.m., and 9a.m., Sat and Sun 3,5,7, and 9. Every Friday the theater replaces the movies to be shown for the week.

They've already shown such long running blockbusters as:

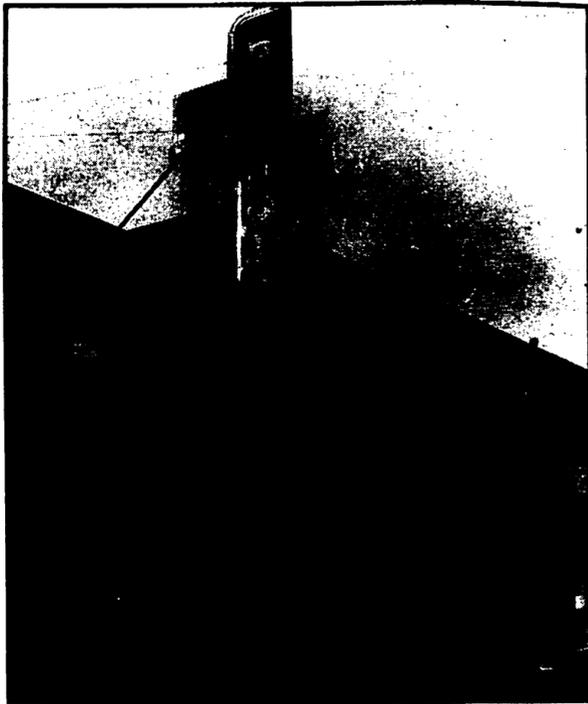


Photo by Mike Day

The Des Moines cinema has reopened first-run films at \$3 a ticket.

"Twister," "Phenomenon," and "Independence Day."

Most people may not realize that the theater has been around for almost fifty years.

March 12, 1947 Del Osterhoudt and his family opened the Des Moines Theater. It was the

first and only theater in Des Moines.

"We all worked there," said Del Osterhoudt's daughter, now Billi Jean Stokes.

Osterhoudt built the first service station and had the first fire truck in Des Moines according

to the "100 Year History of Des Moines."

"He built the theater from the ground up," said Stokes.

Osterhoudt was a very determined man who let nothing get in his way. Once he shot his finger off. He immediately went to the hospital and had it sewed back on. He went in the very next day and set the plated glass that filters colored lights into the lobby.

When it was built in 1947 it sat 435 people. The first movie was "Gallant Bess," which was a horse story starring Marshal Thomson.

Ticket prices were very different back then. They sold the seats as if they were stadium seats. Adults were 50 cents, Children were 15 cents and Loges were 65 cents. Loges were the seats in the back.

The list of movies that played the first month were "The Return of Monte Cristo," "The Romance of the West," "Stanley and Livingstone," and "Magnificent Doll."

"At the beginning of each movie there would be a news reel, a cartoon and upcoming attractions," said Stokes.

On Saturdays all the shows were free to children. Some people would drop their kids off during the day, leave a number

where they could be reached, and pick their kids up at midnight.

"We were the best baby sitters in town," said Stokes.

In 1964 Del Osterhoudt died, and in 1974 the Osterhoudts sold the building to Lou Taylor. Taylor then sold it to Dick Papas, who turned it into an adult movie theater.

Papas still owns the lot, but Joel Thomson is now leasing it. Thomson is responsible for restoring the half-a-century old theater.

Thomson recovered the seats, gutted the place, replaced old panels on the wall, reupholstered the back two rows, and put down new carpet.

Thomson has succeeded in not only providing inexpensive entertainment in a wonderfully restored old building, but has also restored a historical landsite that was one of the first building blocks in Des Moines.

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Dear Kornered: I think that your

Dear Gabby



aura is being held captive by all of the skeletons in your closet. This problem goes beyond your aura, you need to come clean and face the skeletons, once you have exorcized the skeletons your aura will once again be able to shine.

Dear Gabby: What do you want for Christmas? -S.C.

Dear S.C.: If I could have anything for Christmas it would probably be a magic wand that shot out blue light every time I waved it around. That way if someone ever asked me why I was so blue I could wave my wand at them and say "who's blue now, blue boy."

Dear Gabby: Why is it that that's the way it is? Why can't things be different? Nothing ever changes, but everything's always changing. If that's the way the ball bounces, why can't I get more bounce in my hair? If this is the time of my life, when I am really living? -Rabid in Renton

Dear Rabid: Because.

Dear Gabby: Why am I such a loser? -Loser

Dear Loser: Quit being such a loser. It's people like you that really make me wonder why people have children at all. I think that you should go out and make friends with the first person you meet. Sure, they may be scared when you pull out the rump roast and demand that they pay homage to the great gravy god, but they'll get over it when they find out that you just want attention.

Dear Gabby: People say you're really mean and insensitive. Do you care? -Doubting Thomas

Dear Tom: No, Tom there is no Santa Claus, and the Easter Bunny is made up. Yes, Tom you were adopted. Your significant other isn't really working late. When you won that big prize in high school, they gave it to you out of sympathy. But when it comes to you Tommy, I care; deeply, passionately, and without reason.

Dear Gabby: I have an infatuation with Bob Saget. I can't keep a boyfriend. My grades have dropped and I lost my job. Basically my life has turned to shambles. I've gone to a therapist, but to me the only cure would be life with Bob. Help me! -Hopelessly Devoted to Bob

Dear Devoted: Send videos to "America's Funniest Home Videos" on a weekly basis. Hopefully you'll win a trip to the show. When there wow Bob with your charm and live happily ever after.

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Grandma still tops cafeteria food

By Bonnie Char
Staff Reporter

The results are in: Students give the food at HCC's cafeteria thumbs up. According to a highly unscientific survey of 100 students, the food served here is pretty darn good.

While food cooked by Grandma and Mom won out over HCC's offerings, airlines and hospitals were the losers in this race of taste and selection.

The order of preference chosen by students in this survey:

1. Grandma's cooking
2. Mom's Cooking
3. HCC Cafeteria food
4. Hospital food,
5. Airline food.

A whopping 92 percent said that Granny's food tasted better than HCC cafeteria food.

"I like the food here, but my grandma was the best cook in the world," said Julie Bern of her late grandmother.

"How can you even ask that question," said Tony Palasco with regards to his grandmoth-



Photo by Glenn Flaathen

Highline students pine for grandma's cooking.

er's cooking. "My grandmother is like some kind of saint or something. She makes the best food of anyone I know."

Watch out Mom. Forty-one percent of students felt that HCC cafeteria food was "as good," as Mom's cooking.

"I guess my Mom's cooking is pretty good, but I've been eating it all my life and I get bored with the same old stuff. I

like the variety here, and they don't cheap out on the portions," said Will Hacklen.

Sixty-two percent of students liked HCC's cafeteria food better than hospital food they had tried.

"I had to have my appendix out last spring," said Lakeesha Gordon. "The food in the hospital wasn't horrible or anything, it just had no flavor. I

like to taste the food I'm eating, and the cafeteria food is usually really good."

Of students who ate in the cafeteria at least once a week, 78 percent felt that the food was better in taste and selection than airline food.

"That chicken you get on the airplanes is like disgusting little chunks of mystery meat," said student Bob Fletcher. "The food in the cafeteria is way better."

A few HCC students liked airline food better. "It all depends on what class you fly. I think the food in first class is great, and I would pick it over the food at school any day," said Tali Chen.

How can HCC, the airlines and the hospitals of America improve their food? Perhaps they could begin with this advertisement in the classified section of the local paper:

Cook Wanted: 25 yrs + experience, only grandmothers need apply.

Holidays offer culinary opportunity

By Chris Schelde
Staff Reporter

During this holiday season there will be many opportunities for you to enjoy the art of cooking. This is the time of year when we all feel free to eat more than we should and not feel guilty

The Student Gourmet

about it.

For most of you there will be many family gatherings for you to try out some new recipe or invite family and friends over for a Christmas party and do that whole social thing.

There are many ways to make this less stressful and fairly inexpensive. Have a potluck and assign different parts of the meal to family members. Remember to give plenty of advance notice so there are no excuses to why mashed potatoes aren't being served.

Try a progressive meal. This is a dinner where each part of the meal is at a different house. This

works well if you keep it small, maybe three or four couples. Each couple is assigned a course appetizers, main meal, dessert, and coffee, drinks and games. Each year you can rotate who does what.

Both of these are great ways of having that holiday meal or Christmas party without going broke and stressing out. If this still seems like a lot of work, have a good old fashioned football party. This is a great way to enjoy a few games with friends or family. Men, don't try and make this boys night out. During the holiday season it's a real good idea to find ways to spend quality time with your spouse or girlfriend. And besides, many women enjoy football. Women, this would be a great opportunity for you to get to know some of his friends. You know the ones I'm talking about.

During this time of year when the pace is chaotic remember cooking is fun and it can be relaxing. It's almost impossible to make every function you're invit-

Bean dip

1. In a casserole dish put two cans of refried beans and heat in oven at 325 degrees.
2. After the beans are warm top with 1 cup of shredded cheddar cheese (you can use more cheese if you like). Put back in oven to melt cheese.
3. Hold in warm oven until ready to serve.
4. When your ready to serve, spread over the top, sourcream and then cover with a half of head of shredded lettuce, one diced tomato, and if you like you can put diced green onion, black olives, and jalapenos.
5. Serve with salsa and chips.

Artichoke stuffing

1. In large sauce pan, sauté one cup diced celery, half cup green onion, and half cup yellow onion.
2. Add three cans of artichoke hearts, including the water in can.
3. Add dash of pepper and bring to boil.
4. While that's coming to a boil, in a casserole dish put one package of bread crumbs.
5. Crack 5 eggs a whip add to boiling mixture and stir, take off heat.
6. Slowly pour over bread crumbs. Remember the more liquid the wetter the stuffing
7. Bake in oven at 325 degrees for 20 minutes.

ed to, so don't kill yourself trying. That's why I think it's better to have the party on your terms and in your territory. So take one of these choices and go for it.

When trying any of these meals, take the lead. Since it's your idea, you should be responsible for the main course and assign other courses to your guests.

The progressive dinner requires good communication between you and the other couples.

You need to figure out who is going to do each part of the meal. Let your friends pick what they would like to do.

For the football party you could also do a potluck but remember it's not going to be a traditional sit down meal. Everyone will want to mill around and watch the game so you should serve sandwiches, nachos, chips and dip, or any kind of finger food you might like.

Picture yourself as HCC photo contest winner

By Mike Day
Staff Reporter

Highline's Eighth Annual Photography Contest will be held early next month said Literary and Fine Arts Chairperson, Sara Moulton. College students and staff may enter one matted photograph in either black and white or color.

The theme for this year's contest is "Everyday Life - What Makes You Happy." Previous themes have been, "Life at Highline" and "Coolest Photo," said Moulton.

Entry forms are available at the Student Programs Office lo-

cated on the top floor of the Student Center. The deadline to enter your photograph is Friday, Jan. 17 and the winner will be announced on Monday, Jan. 27. All photographs will be displayed in the Student Lounge Building 8 from Jan. 21-24.

Prizes will be given for the top three photographs, with first place receiving \$20, second place \$15 and third place \$10. Each winner will also receive a pair of tickets to the Mardi-Gras Dance.

The dance will be in the Student Lounge on Saturday, Feb. 8. Anyone wishing to offer their

creativity would be much appreciated said Moulton, who anticipates a float in one corner and a balcony in another.

In late February the Events Board is organizing a Writing Conference that will include local professional writers leading students through various workshops. Included in the conference is a literary competition in essays, poetry and fiction.

In addition to Moulton, who handles Literature and Fine Arts, the Events Board consists of: Ivory Ellison, Ethnic and

Diversity; Robert Rodrigues, Speakers and Forums; Dana Joseph, Comedy, Video and Recreation; and Josie Seibert, Children and Community Programs. Siebert is also the Events Board coordinator and Dennis Stuessy is the Events Board advisor.

The Events Board is always looking for ideas and volunteers, Moulton said. Currently Moulton is conducting a talent search, so if you sing, dance, tell jokes, read poetry, etc., or if you would just like to find out more about upcoming happenings contact her at 878-3710, ext.3903.

Horrorscope

By Red Dawn

Sagittarius 11/23-12/21

Your friends are trying to tell you something. As usual, you're not listening. Sit in the corner and think about fruit.

Capricorn 12/22-1/20

Orange things begin to pop up in unexpected places. Bring disinfectant and hold the mayo. The eels are in the hovercraft, where you left them.

Aquarius 1/21-2/19

Pull the plug on a venture that hasn't worked from the start. Try something new — new clothes, new ideas, new potatoes. Fix them up with a light cream sauce and invite the less fortunate over for dinner.

Pisces 2/20-3/20

The holiday season presents the perfect opportunity for romance. Act on some big chances while you still have them. Pull out all the stops!

Aries 3/21-4/20

After a series of numbing, embarrassing disasters, you begin to pull out of it. What it is, you're not sure, but you're pulling out. Never store nuts in a cage full of squirrels.

Taurus 4/21-5/21

Plastic, inflatable things are in store this holiday season. Make sure your mom doesn't find them again; you don't want to have to share them.

Jim'n'I (The Twins) 5/22-6/21

We'll be playing our zydeco version of Handel's "Messiah," now through Doomsday at Wild Wally's Sacred Chapel o' Tunes in Tukwila. No leaving early: That big "Alleluia" part isn't actually the end!

Cancer 6/22-7/23

Everything gives you cancer, so you might as well have fun while it lasts. Maybe a new hobby would help, like making fun things with bread. Take several slices and roll them into a soft gooey lump, then let your imagination run wild.

Leo 7/24-8/23

Leo says the fish are biting and the lanes are fast! Bowl the Colorama special and win prizes, big prizes, the fun kind! Prime rib and frog legs on Wednesdays, half off!

Virgo 8/24-9/23

You're hoping to be Christmas Queen, but the votes aren't all in yet. Do you think you can make up for 11 months of lassitude and indifference with a few weeks of dynamism? Ha!

Libra 9/24-10/23

Remember the little people who got you where you are today. Don't tell anyone else about them, because no one will believe you. But remember them all the same, because they expect something in return.

Scorpio 10/24-11/22

You wake up and the song "Tequila Sunrise" keeps playing over and over in your head. As you haven't been drinking, this may be troubling. It should be.

Sonics, T-birds solid early in season

Both the Sonics and the Highline Thunderbirds are coming through so far in the start of the regular season.

The regular season doesn't mean much more than home field advantage in the playoffs, but it's a good opportunity to get the machinery going.

The Sonics are posting a 14-5 record on top of the Pacific Division West, while the T-birds are posting a 5-0 record topping the Northern Division.

Neither of these teams have played near their potentials yet,

Seattle Sports Minute



By Glenn Flaathen

but this just shows how good they really are. When they start playing to their abilities these two teams will school their opponents.

It's actually kind of scary to think what will happen when everything starts to click. Opponents should start worrying about when that time comes, because they will be hurting.

The Sonics have been hurt by the flu bug so far. They are also sourly missing team captain Nate McMillan. They miss his leadership and presence on the floor. Let's just hope he will be fit when the playoffs start rolling in late April.

Jim McIlvaine has suffered from the flu bug of late, but he has showed great potential by blocking shots. In the away game against the New York Knicks it looked more like he was a premier center than Patrick Ewing.

The T-birds are playing almost optimal defense so far in the season, but their offense has yet to see its best days. This will most likely not happen until late January when the team has played more games together. Quincy Wilder is the teams main offensive spark, and he continues to score around the 20 point mark every game. Sixth man J.J. Ivy has also been impressive so far in the season.

The Sups and the 'birds will most likely keep on strolling through the regular season, and come playoff time they will be ready. Every player thrives on playoff pressure, and that's when winners come through. Let's hope we will be cheering all the way to the finals for our two main contenders.

Thunderbirds keep on flying

By Glenn Flaathen
Sports Editor

The T-birds men's basketball team continue to pick up wins as they roll on through the regular season.

Winning the Walla Walla Community College Tournament over the weekend upped their record to 5-0.

Wednesday Nov. 27 they played Chemeketa at home. The T-birds took them to school, beating them 85-55.

Quincy Wilder was the high scorer with 23 points in the game, while point guard Reggie Ball had 16 points and 10 assists.

"Ball played an outstanding game," Head Coach Joe Callero said. Brian Scalabrino added 13 points, and Justin Adam nailed three 3-pointers for a total of 9 points.

"We held an opponent to 55 points, and that gives us a great opportunity to win the game," Callero said. "I was real pleased with that."

"Our goal for the season was to keep opponents to around 60 points per game, and we are doing a good job at that so far," Callero said.

Thanksgiving weekend the T-birds played in the W.W.C.C. Tournament. They picked up a win off their first opponent, Big Bend, 83-72.

Scalabrino led all scores with 21 points with 9 for 11 shoot-

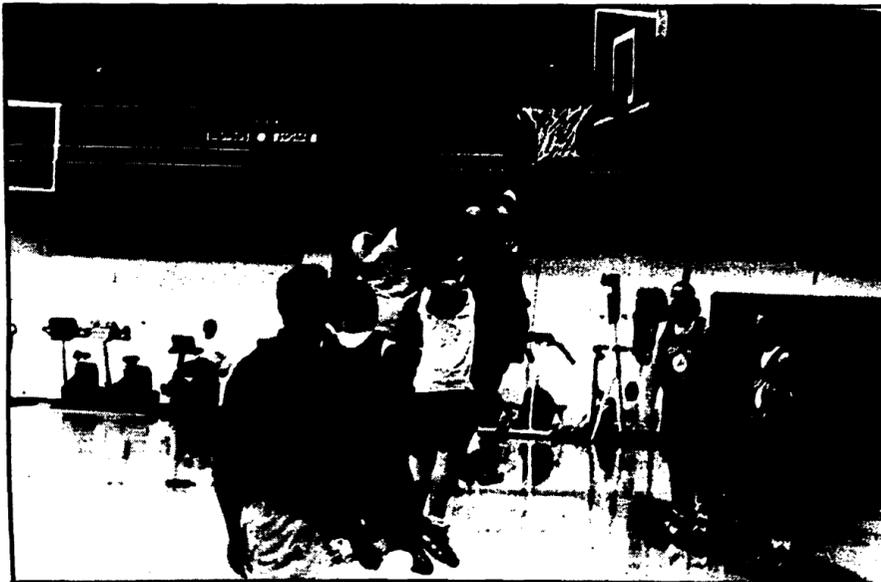


Photo by W.B. Hensing

Brandon Nash drives as Reggie Ball goes for the block during a scrimmage in the Highline Pavilion.

ing. Wilder chipped in with 19 points. However, the main spark came from Highline's super sixth man J.J. Ivy, scoring 20 points off the bench.

Ivy scored 18 points in the second half. "J.J. came off the bench and played good defense, and was a great spark on the offensive end too," Callero said.

The 'birds got the ball inside to Scalabrino, who managed to dominate the game with his excellent post play. "Scalabrino

was real solid in this game," Callero said.

In the Championship game of the tournament Highline met Treasure Valley, a national Junior College from Oregon. The 'birds stole the game with a 68-65 victory, and took their record to an unbeaten 5-0.

Wilder dominated the game by scoring 26 points, while Scalabrino added 13.

"Brandon Nash was our emotional leader in this game even

though he only scored 4 points," Callero said. "He is a hard-nosed forward who played great defense, and grabbed some key rebounds during the game."

"We didn't play as well as a team in this game, but we were able to hold on," Callero said. "But it is nice to win without playing at our best."

The next game for the high flying 'birds is at Highline on Saturday Dec. 7 against Centralia. Tip-off is at 8:00pm.

Lady 'birds looking for first win of season

By Francis Vela
Staff Reporter

Starting the season with two losses, the Highline Thunderbirds women's basketball team entered the Thanksgiving Bellevue Tournament hoping to find their first victory of the season, but had no success.

Missed free throws and numerous traveling violations helped last year's Northern Division Champions, Olympic, to pull away from the Lady T-birds

in the tournament opener 64-54. The Lady T-birds were eliminated on the second day of the three day tournament getting blown out by Everett which made their record 0-4.

"We really played as a team," said Vicki Watson after the loss to Olympic. "The turnovers really hurt us."

Watson jump started the Lady T-birds offense by scoring the first 7 points with drives to the basket. Despite the T-birds ag-

gressive man-to-man defense, Olympic's offense picked apart Highline's defenders and produced easy buckets. The 'birds struggled on offense and with their footwork, being called for traveling five times in the first half. Most of the Lady T-Birds' offense came from the perimeter despite good efforts by their forwards. The Lady T-birds went into the lockerroom down 32-20.

Half-time adjustments al-

lowed The Lady T-birds to cut down the 12-point deficit. Jennifer Tarbet found open Lady T-birds cutting to the basket three times in a row to start out the second half. Tarbet threw a total of six successful back-door passes before the play was completely exhausted. Olympic answered by pounding the undersized Lady T-birds inside with lay-ups and offensive tip-ins.

Key rebounds late in second half kept the Lady T-birds close in the game. The score was 56-52 in favor of Olympic when a four-minute scoring drought began.

After the see-saw battle, an Erin Redmond free throw line shot was blocked that ignited an Olympic fast break that ended the four minute drought. Olympic rallied after the defensive play and ran off six straight unanswered points and never looked back.

In the blow out loss to Everett, the Lady T-Birds couldn't get anything going; couldn't defend, turning the ball over, etc. On the other side of the ball, Everett made everything they threw up and ran away with the game. It looked like a complete mismatch.

Two wrestlers pass semi-finals

By Corey Tolliver
Staff Reporter

Highline wrestlers take third the day after Thanksgiving at the Lassen team tournament in Susanville, California.

The T-Bird wrestlers won the first match against Labett Community College of Illinois 21-12, losing there next Dual

The wrestlers were not as victorious. Highline wrestling lost 26-29 to the returning national championship team of Lassen who was hosting the tournament.

Nelson Crisanto and Jason

Olson were the only two wrestler who were successful. Nelson wrestling his toughest match of the season winning 4-3. Olson won by pin.

Next Highline wrestlers took down Lincoln Community College winning 28-18. Highline was lucky having two forfeits in the lower weights to give them and extra 12 bonus points.

Saturday was also an exciting day for Highline wrestlers, unfortunately many lost vital semi-final matches enabling them to place.

Highline had seven wrestlers

in the semifinals, five of the seven lost overtime matches unfortunately.

Nelson Crisanto was blazing the way for the Highline wrestlers once again. Crisanto was the top finisher for the T-Birds placing second in the individual tournament. The only other placer for the T-birds was Ken Kobes.

Kobes finished 3rd in the 190 pound division.

On Dec. 6th the wrestlers travel to Parkland to wrestle Clackamas, and PLU in a double dual.

Funding

Continued from page 1

Skagit's volleyball team participated in four tournaments and 17 matches, including five preseason matches.

Angie Schmitt, captain of the Cardinals' basketball team, explained that student athletes at Skagit are expected to take pledge/donation letters to all businesses that they patronize. Schmitt said that the money raised is for the entire athletic department, not for any one sport.

Schmitt said many of the donors are parents of former Skagit athletes. Donors at the gold level are given free passes to view all home games for a sport of their choice, while corporate-level donors are given free passes to all home games for all sporting events.

The advertising in Skagit's gym is repeated at many other community colleges around the Northwest. Highline's Pavilion, in contrast, is generally bare of revenue-producing advertising.

Population

Continued from page 1

Therefore, I decided to return to school."

"I want to better my life for me and my son. I believe that furthering my education will accomplish this along with showing my son how important getting an education is, no matter what age you are," said Shannon Martin, a single parent attending HCC.

Displaced homemakers (in-

HIV

Continued from page 1

would seem to support that claim. The report cites the proliferation of sex education curricula that relies on fear and shame to discourage people from engaging in sexual behavior.

The article manifests ominous examples from ectopic pregnancy, AIDS and sexual violence to diminished ability to communicate in order to shame people into chastity. Few facts on AIDS or risk behavior are given in this curricula.

Numerous programs and organizations can supply good, solid information, but a person with no previous experience in seeking out this information may not know where to look.

A small amount of HIV-related pamphlets are available at HCC's on-campus clinic; however, "The clinic is not geared to HIV outreach or AIDS prevention on campus," said Pam Hill certified medical assistant, who works in the clinic.

Shoreline Community College traveled to Southern California for four preseason matches and one tournament, all conveniently located near tourist attractions such as the San Diego Zoo and Sea World. Shoreline's 12-woman roster included recruits from Enumclaw and Auburn, both of whom were among conference statistical leaders.

HCC Assistant Coach John Wilson said Highline had tried to recruit these two impact players, "but how can we compete with a free trip to California?"

A conservative estimate for the cost of airfare, ground transportation, lodging, meals, and admission for attractions at that time of year would be approximately \$9,000.

The source of funding for this trip could not be ascertained since the athletic department at Shoreline contends that they have no booster club to generate funds for the athletic department. However, the walls of the gym at Shoreline prominently display advertising for Horizon Air, Coke, Pow-

erade, Pemco, and Ramada Inn.

Shoreline's women volleyball team participated in seven tournaments and 23 matches, including three preseason tournaments and nine preseason matches.

Highline's sole preseason match was in Tacoma, with 14 league games and four tournaments during the season.

NWAACC rules limit the

"We need more resources to keep pace with the better teams."

**John Littleman
HCC volleyball coach**

volleyball scheduling season to not more than twenty-five (25) single match events and six (6) tournaments.

Fred Harrison, Athletic Director at Highline, explained that funding for teams to attend tournaments and preseason matches are generated by Friends of Athletics and the

chance at a new career.

The average age of all students at HCC is 31.6. Students attending HCC for a high school diploma or GED are the youngest group with an average age of 23, while transfer students are the largest group consisting of 3,145 with an average age of 23.7.

Students enrolled for personal enrichment are the oldest group with an average age of 49.7 consisting of 1,505 students.

for I.V. drug users.

Highline's on-campus clinic offers anonymous and confidential HIV testing at an initial cost of about \$100.

The AIDS prevention Project offers confidential testing on a sliding scale fee basis, 296-4999. The Seattle Gay Clinic tests anonymously on a donation basis and provides testing for all who seek it, 461-4540.

For a student on a budget who wishes to be tested, this may be the most economic choice.

The Northwest AIDS Foundation can provide further information on any topic related to AIDS and can make referrals to any AIDS service organization in the country 860-6259.

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rental of Highlines equipment, pool, gym, and track.

Harrison said he is committed to providing high quality education for Highline athletes, in accordance with association rules.

The group's purpose is to regulate and supervise athletic competition in such a manner that athletic activities will be part of, and not the principal feature of college life.

Another potential source of funding at Highline is the HCC Foundation. However, Laurie Sorenson of the foundation said that she has received no requests for additional athletic funding of any kind for a couple years. In the past Sorenson said that the foundation has provided funds for athletic scholarships, equipment and other needs as Harrison had deemed necessary.

At Highline scholarships are funded by student activities fees, Harrison said. Edmonds CC Athletic Director Mark Honey said only one-third of his school's scholarships at Edmonds is funded through student activities fees. The rest comes from the college's endowment and the rental of its gym and baseball field.

NWAACC rules strictly regulate the amount and number of scholarships awarded by each school. However the rules allow

Oregon schools to provide full-ride scholarships, while Washington schools can provide tuition grants of up to \$200 per quarter.

Littleman says the Oregon schools also give their athletes uniforms, sweats and shoes, which would explain how the entire Clackamas-Community College volleyball team appeared in identical shoes, gym bags, sweats and uniforms.

Uniforms for Highline's athletes are loaned to the students for the season. T-bird athletes also must buy their own shoes. As for sweats, Highline's volleyball team received new sweats this year to replace those that have been used for the past five years.

"It's not an even playing field," said Frank Ahern, head coach of the Highline men's track and cross country teams.

"We need more resources to keep pace with the better teams," Littleman said. "[Funding of] The program has not kept pace with recruitment.

Rob Kelly, sports information director of NWAACC, believes the association is absolved of any responsibility to correct any disparities, if they do exist. Article VI, Section 3, paragraph D of the NWAACC places the responsibility for conducting an annual review of the code for possible code change proposals on the sports chair, who must submit any code change proposals to NWAACC office.



Harrison



Jennifer Haugland,
Extended Degree
Program graduate

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