Teams finalize S&A budget

Staying fit this spring

Local crime writer to speak at Highline

Not all squirrels on campus may belong here.  See page 9

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"It's nice to get up to the mountains, but it's nice to be in the city," said Sir Harry Lauder.

Ann Rule

J. T. Coppola
Staff Reporter

"That took some classes at Green River Community College," Rule said. She is on faculty at Highline Community College.

"I worked on several true crime books with the Seattle Police Department in the late '70s. I went out on the field itself and Rule, 'I love it. It was the best job I ever had until I came on as a book.""
Highline’s Events Board may drop the curtain on video presentations in Building 8. Too many empty seats and too much expense are forcing the student-run board to reconsider showing entertainment videos, a monthly feature upstair in the Student Lounge for the last 15 years.

“We’re weighing whether more groups might be better spent in activities that more people choose to participate in, such as comedy and trivia parties,” said Dana Joseph, Events Board chairwoman for comedy, videos and swim parties, “said Dana Joseph, Events Board chairwoman for comedy and swim parties.”

The board pays $200-$400 for the performance rights for each video. The most recent presentation, Jackie Chan’s “Supercop” — chosen to coincide with Asian Awareness Month — drew only four people on a recent afternoon.

This year alone, the Events Board has paid $1,250 for seven videos.

Joseph said the only video this year to attract a crowd was Disney’s “Hunchback of Notre Dame.” The Board shows only one child-oriented video per year, however.

Joseph said she surveys students at the beginning of each year to help select videos.

She passed out 400 surveys all over campus and received 250 back. She also asked campus groups for input on the choices.

Joseph said the Events Board will meet this spring to decide on the video presentations. Other options for the money could include subsidizing tickets to local movie theaters or expanding the now quarterly Comedy Cafe.

Students who have an opinion on the fate of the videos can contact Denny Steussy, Events Board adviser, at 878-3710, ext. 3236, or visit him inside the Student Programs office of Building 8.

The Events Board office is located upstairs in Building 8 in the Student Lounge next to the student government office.

Anthony Ross
Staff Reporter

Highline’s Faculty Senate has recommended that students not be able to change their grades after a one-year period.

During the last Faculty Senate meeting on April 9, the issue of grade changes was debated. Currently, Highline students, both past and present, can change a grade received in a particular class for an unlimited period of time.

Given the appropriate circumstances, students can ask a teacher to review and change a grade if possible. Ron Burke, president of the faculty senate, said the issue for grade changes is difficult to debate due to the amount of paperwork a teacher would have to keep if the limit was any longer than two years.

Teachers who do keep records of grades for each student have to find a place to store those records. Since there is a limited amount of office space, the teachers would have to seek a place for storage.

Burke, however, could also remember an incident that occurred several years ago. He received a call from a former student from 20 years ago asking if Burke could review his grade. Fortunately, Burke still possessed the records from 20 years past and did not enter an error in the grade which was in the former student’s favor.

Since there is no policy on this issue it is up to the teacher to decide the relevancy of the student’s request.

The chances for a student to change a grade also depend on whether the teacher is still at Highline and if the teacher has retained the appropriate records.

The decision for the one year limit on grade changes was primarily based on the Student Government’s recommendation on this issue. This request stated changes only be allowed within three academic quarters after the grade has been issued; not including summer quarters.

Approval by the Faculty Senate of the one year limit on the grade changes will have to be accepted by the Council of Councils said Burke before this issue can proceed further.

Highline’s Council of Councils is a group of elected representatives from Administration, the Faculty Senate, Student Government, Classified Staff Union and Student Affairs Cabinet. On Monday, April 28, the Council of Councils will review the grade change policy.
Highline staff harbor family of known fugitives

Bonnie Char
Staff Reporter

Washington state encourages the capture and euthanization of the non-native eastern gray squirrel, yet workers at Highline Community College openly admit that they don't disturb these creatures who have been labeled as "nuisance wildlife" by the Washington State Department of Fishing and Wildlife.

In a recent interview, an anonymous representative from the Washington State Department of Fish and Wildlife said that eastern gray squirrels were brought west and released into the University of Washington Arboretum between 1909 and 1910 by "idiots" who brought the creatures west because they were cute.

The Wildlife representative (referred to hereafter as Shirley Reticent) said they were chased from Longview to London. "We have a family of known eastern gray squirrels who run off our campus and into the wilderness. The eastern gray squirrels have pushed out native squirrels from Longview to London. They are quite small and quite gamy in flavor," said Reticent.

The famous cook book "Joy of Cooking" states, "Gray squirrels are the preferred ones: red squirrels are small and quite gamey in flavor." The all-time favorite cook book, first published in 1931, gives complete instructions for skinning as well as dangered western gray squirrel measures up to 8 inches in length including tail.

White Brits may feast on a meal of roasted gray squirrel, according to state code no. 7712240.—(Authority to take wildlife). Washingtonians must pay. "Proceeds from sales shall be deposited in the state treasury to be credited to the state wildlife fund."

How can one tell the non-native eastern squirrel and the endangered western gray squirrel apart?

The Eastern Gray squirrel (Sciurus carolinensis) measures from 16 to 24 inches in length including tail, has gray fur for its back and whitish fur on its undersides. The Western Gray squirrel (Sciurus griseus) measures up to 25 inches in length including the tail, has gray fur on its back, and is smaller than the Eastern Gray squirrel.

According to a state report, the western gray is indeed becoming endangered due to logging and competing animals of the same species.

"It was whatever kind of a squirrel we've got around here," said Carlson. "I haven't heard any of the squirrels talk enough to detect an east coast accent." said Drevas, who, like Carlson, had no idea whether the squirrels on campus are eastern or western gray squirrels.

Stokes preaches communication

Sebastion Guerkin
Staff Reporter

Don't be surprised if Asians get angry if you give them the thumbs-up sign.

For Asians, that's not a sign of thanks or encouragement. Nor do you beckon a Japanese person by waving your index finger at them. That would be very impolite; the correct gesture for "come" is to wave all of your fingers together, like yourself. Stokes said that he has developed new global initiatives for the college.

Foreigners know much more about us than we know about them," he said. Stokes said life is not about keeping score, but about how well you score.
Students should get off their duffs and vote

Elections for next year's student government positions will be held on May 7. In the past, student turnout for ASHCC elections has been disappointingly low. To combat this problem the Thunderword will be providing coverage about the candidates, student forums, and elections. This information will be provided in the hopes that if the students are more informed about who is running, and the election dates there will be more participation, and participation is the whole key in having a democratic election.

What's more, students should take an interest in these elections, because these are the people who will represent the student body for all of next year.

So, if you are a student who will be returning to HCC, please take the time to check out who the candidates are, what they are running for, and use the power bestowed upon you by the country you live in. Vote.

Student government is an integral part of the inner workings of HCC, and choosing the right people for these positions is an important decision. So, if you care about your school and want your student government to function for you, take the time to let your voice be heard via your ballot.

In the May 1 edition of the Thunderword, there will be a section featuring information about the candidates, and the positions they are running for.

Check out this section and come prepared on May 7 to cast a vote for the candidate of your choice.

Nice weather means it's time to walk

Spring is in the air, opening the window of outdoor activity all over the state. However, it seems that precious few students are taking advantage of the weather.

The outdoors offer a plethora of activities that the average student can afford on even the most meager of budgets.

Taking a walk, for instance, can be enjoyable and good for you. Exercise is not only good for the body, but it helps relieve stress, which is good for the mind as well.

Besides just taking a walk for exercise, the scenery along the way can be good for the soul as well as inspiring.

Highline students are blessed to live in Washington state. The mountains that dominate the landscape are literally covered with trails. With little preparation, any student can hit any of numerous trails in the area.

If driving to the mountains isn't convenient enough, the Innerurban trail is as close as Southcenter mall.

If nothing else, anyone can take off from campus and walk around the streets or the track. Remember, exercise does a body right.

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.

In our fast paced society people are looking to 'simplify' their lives

In today's day and age we have a myriad of devices, inventions, and means of travel that allow us to accomplish tasks faster and more efficiently. Jet travel, home computers, cell phones, fax machines, micro-waves, Fed Ex, and the World Wide Web, these are the means that were to provide society with more free time than they knew what to do with. Their work would be done in half the time.

Sounds great in theory, yet fueled primarily by economics (especially in corporate America), the pace of life has been accelerated to the point of breaking clip. Oddly, there is little discussion of why this is so, but society, by consensus, just follows along like lambs.

However, there are some people who have decided that they no longer want to march to this double-time pace, and have made a conscious decision to back out of the rat race. This willful simplification, and slowing down of one's life, has come to be known as "The Voluntary Simplicity Movement."

Throughout history there have been those who embrace a simpler way of living rather than trying to keep up with the elite of society. It would seem that the 1990s are providing us with an impression that we truly do reap what we sow. After stagnating out of the immensely materialistic 80's, much of society is just plain fed up with the treadmill, and shallow, unsatisfied lives that seem to come with keeping up with the Jones'.

In our fast paced society people are looking to 'simplify' their lives by turning back, cutting out, and cutting down on excessive lifestyles, unnecessary spending, and unneeded consumption. And the proponents of this movement say that they have never lived a more inwardly rich life.

This idea of simplicity is something that just about every college student can appreciate, since most students must cut back on working to go to school, thus having to cut back on certain unnecessary expenditures. "The Voluntary Simplicity Movement" has some good tips and ideas that students can use to help "simplify" their lives, and reduce stress that accompanies school.

I'm not suggesting that everyone give up all their belongings and move into a teepee, but Americans are definitely obsessed with excess, and in truth many are finding that bigger, and more isn't always better.

All I am suggesting is that people who feel stretched thin, may want to at least read a little about what other people are doing to simplify their lives. And how they are finding fulfillment without stressing over material things.

The Thunderword

If it's happening now, it's news to us.

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Life needs theme music

On the wild side
W.B. Hearing

I woke up the other morning as I do every morning. However, the important thing is that on this particular morning after waking up I rolled over and turned on the radio.

As I lifted my head off my drool soaked pillow, the wondrous sounds of Sponge's "Plowed" filled the room.

Regrettably, I stumbled out of my room and into the shower, "Plowed" filled Femme's "Add It Up" were playing.

That's when it hit me.

After picking up the fallen shower caddy and rubbing the swelling bump on the back of my head, I began to get an idea.

As I applied my aloe-enriched creme rinse, I thought up in the entire world were playing.

"Flight of the Bumble Bee" was playing. It would be listening to the quiet subtleties of "Swan Lake" while the Offspings "All I Want" blazed just feet away. Call me crazy, but I just don't see those works harmonizing.

Saddened by the cold facts of reality, I pulled on my clothes while Tina Turner's "Private Dancer" went stripping through my head.

I then went skipping down the cobblestones as Simon and Garfunkel's "Feel Like a Woman" played on the stereo in my head. I don't stay depressed long.

Life needs theme music

Tardiness, the right of every HCC student

Jeff E. Willman
Staff Reporter

It's seven thirty and I can already tell I'm going to be late. Having finally worked out of the bed fifteen minutes after my alarm clock went off, I hastily brush my teeth, preparing my breakfast and getting dressed all at once.

I'm multi-tasking.

I grab my bag, make one last check around the house to make sure the cats are out (leaving them in during the day results in unwanted stains and smells in unwashed places, as I've learned well). The car keeps dying on me whenever I stop at a light because it hasn't been properly warmed up. But I have no time for that now. I don't want to be late again.

It's gotten out of hand how

many times I'm late for class. This quarter, I don't think I've made it on time once. And I'm always late by five minutes or so—always the same. Why? I think, if I'd just gotten up five minutes earlier.

I could have been happily sitting at my desk watching the other late people come in, chattering under my breath: "Ha-ha! look at me, sitting comfortably here at my desk, while you criminals disturb class with your noisy bags and bumping of chairs and "excuse me" making every head turn.

But getting up earlier never seems to work—"I've tried it, and still I end up spending the minutes somewhere else during my trip between my house and the classroom."

No, my trip there seems like forever. Why is it when I'm late, I always get stuck behind some old person? (I think anyone over 40 needs their license revoked. At that age, the brain begins to rapidly decline into a state of mental instability.)

But I make it to the parking lot, and as usual, end up parking thirty miles away from the school, so I have to hike it there (good thing I bought my tent, Coleman lantern and fishing rod).

By the time I'm nearing the classroom, I'm imagining the eyes of my classmates on me, and worse yet, the look on the face of my instructor. Head down, I open the door, walk in, find my place and sit down. I want to just scream out, okay okay, I'm late! Take a good look, everyone! Of course, I don't do this, and instead I find my place in my book and calmly mix in with the day's lesson. I am probably blowing the incident out of proportion, but there is something to be said for the disturbance being lain creates in the classroom environment.

Maybe there should be some penalty for tardiness. Being forced to eat cafeteria food? Death by standing? Perhaps.

At the same time, though, why should there be? Any student who attends class here is doing so solely by choice, and having paid for tuition fees, books, and parking stickers, they should feel free to come any time they want, without discouragement or not.

(Note: for two days consecutive in writing this article, I made it on time to school (sweet, sweet on the back here!)

Letter to the Editor

Athletes work hard on and off the field

Jeff Wyse

First, let me compliment The T-Word staff for a terrific job of sports reporting this year. It is fun to pick up the newspaper and read about our athletes, who are getting the press they so richly deserve.

I would like to clarify a perfectly valid issue raised by Tim Wyse in last week's paper regarding the current academic insubility of some of our track competitors. Indeed, it is of great concern when any athlete becomes ineligible, yet the vast majority of our student athletes are doing an incredible job. Thunderbirds all maintain a bustling weekly schedule of practices and competitions. For example, our softball team practiced at 5:30 a.m. everyday winter quarter.

In addition to maintaining a rigorous athletic schedule, these young men and women encounter the same obstacles to their education that other Highline students face. Some commute long distances daily under extremely difficult circumstances to attend our school; some are parents with the challenging child care and family responsibilities; most have jobs also. All must maintain a full-time class load and a 2.0 GPA. Despite these hurdles, they persevere, bringing academic as well as athletic honor to our college.

To illustrate: several track members were awarded academic scholarships by the Highline Community College foundation this year in honor of their exemplary classroom performance, and last week the Athletic department received word that the NJCAA has named our own Thunderbird wrestlers as the number one Academic All-American Wrestling Team in the nation!

Incidentally, most of the currently ineligible track team members are still here at Highline, taking classes, and working hard to improve their academic performance. I am confident that they will meet this challenge.

Again, thank you for your coverage of the achievements of Thunderbird sports. Keep up the good work!

Margo Buchan
Academic Advisor

Academic Advisor
New drugs weigh medical weight loss options

Dana Joseph
Staff Reporter

Millions of Americans her number varies anywhere from 47 million to 60 million depending on the source. Wherever the number lies in that range, it is not a new problem. In a 1992 edition of Sears catalog Dr. Rose's Obesity Powders sold for 50 cents a box on a page covered with remedies of many kinds. "I've tried everything," said Karen, a student at Highline. "Nothing worked. Not the shakes, or PowerTrim, or Jenny Craig, NutriSystem, Weight Watchers, nothing."

Karen is 34 years old. She exercises lightly five to six days a week. Her eating habits were not very good in the past but she is slowly getting used to eating better foods, less fat, less cholesterol. She has two children and is very active between exercise sessions.

"Besides exercising and chasing my 3-year-old, I work as a waitress four days a week, and I always end up parking at the drive in so I get quite a bit of extra activity," she said.

You may be surprised to learn that being a mere 20 percent over your ideal body weight-range tables that every physician uses are not ideal chart for many people. For instance, age has a lot to do with the prescribed medications for weight loss.

The college's health center only prescribes those medications to about 10 people. Polly Halpern, the nurse practitioner prescribes only under Dr. Yavendia, who is in charge of the clinic, and very seldom.

Usually she refers people to Sara Chan Davison, a physician's assistant at the Midway Family Health Center. Many of the Highline Medical Group consider Davison the local authority on weight problems.

When you go to Davison's office to discuss your situation she asks for a full history of your family's health and that includes questions about the general size of the other members of your family and a detailed set of questions about how old you were when you gained weight and why.

Then they check your pulse, blood pressure, respiration, weight and height. Tests are run on blood and you undergo an EKG. All this before you know whether or not you would be a good candidate for appetite suppressants.

If you prove to be a low risk case, Davison asks you to read a book called "The Reducx Revolution". Besides explaining why you are unable to control your own appetite it explains in great detail the drugs used for appetite control and the reactions or side effects that are possible. Davison feels that attitude is one of the biggest obstacles to weight loss and lifestyle change. Both the attitude of the overweight and the medical weight loss options to the fact that they are either overweight or underweight," said CMA Pam Hill, "I am asked two to three times a week about the prescribed medications for weight loss."

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"I can't just change the thinking of one slimy, one who has never been a fatty, about why some people are overweight," said Davison. "They are not lazy or uncaring. Some people have a genetic reason for being overweight." Davison recommends all the proper foods in the recommend food amounts, but she has an easy way to count fat. "Just eat 20 grams of fat per day and no more," she said. "If you want to use all 20 grams up in one meal, fine, don't eat anything else with fat in it for the rest of the day."

Davison suggests a different approach to exercising than most experts. Exercise easy for awhile. Don't try to get aerobic, just find activities that you will learn to enjoy regularly. This is after all, a lifestyle change. It cannot be accomplished over night.

"I don't want to see everyone run right out to ask their doctor for pills to lose weight, they are not for everyone," said Davison. "But for some, it is the only way they can eat normally. Everyone should be able to know what it feels like to eat normally."

Karen, a 34-year-old mother and student, eating normally is something she no longer considers out of her reach. She is overcome by emotion as she explains. "For the first time in my life I can eat any amount of food that I need to nourish my body and then I can stop. That never happened before. If I tried to eat just one portion in the past, I would sneak into the kitchen and whip out the leftovers later. I have control now and it happened over night."

The reason for her overnight success is that Karen's doctor recognized that she has a biological reason for her overweight. Along with nutritional counseling, she prescribed a combination of appetite suppressants called Phentermine.

The Phentermine works on the appetite center in the brain, the hypothalamus. It works to keep the level of norepinephrine high in the brain.

You might recognize the word norepinephrine. It is what the hormone epinephrine or adrenaline is derived from. Having high levels of norepinephrine in the brain seems to dampen the appetite, causes people to eat faster and lessens interest in food.

Phentermine also works in the hypothalamus. It keeps the level of serotonin high in the brain by slowing the body's ab-

Phentermine suppresses appetite and diminishes cravings and binges between meals and for most, it takes away the preoccupation with food.

"These two weight loss medications have been around for a long time," said Pharmacien Mel Nicholson of the Medicines Shoppe in Des Moines. "But recently they found that the two are very effective when used together."

Reduct is a recombinated version of fenfluramine, which is more effective than it's predecessor, but with less side effects.
Pump it, push it at local gyms

Lee Gillemtert
Staff Reporter

The road to fitness can be an uphill walk. Physical education faculty at Highline agree that quick fixes just don't work.

Even as more medical weight loss options become available, more and more doctors agree that these are just a small part of a larger solution. Experts say eating appropriately and regular exercise are the keys to health and longevity.

Highline has a number of opportunities for students to improve their health. A variety of classes are available, from weight training to circuit training on the more traditional side, to Yoga and Tai Chi.

"The most efficient way to burn calories is a workout that you enjoy," said Carol Wood, Highline Fitness instructor. "Taking the time to find out what kind of workout is enjoyable to you and will stay enjoyable to you in the long run is very important."

For students who can't take a class, the work out equipment in the Pavilion, including the stationery stationary machines and treadmills, as well as the eight-lane, all-weather track are available on a limited basis. The gym opens for students at 8 a.m. and remains open until between 10 p.m. and 6 p.m., depending on class schedules.

"Students are welcome to use the cardiovascular equipment that is not being used by a class or sport team," said Athletic Director Fred Harrison. "The weight room, however, should only be used with an instructor's supervision."

Even without the Pavilion or weight room, a lot of options are still available to the students. "Parking at the Midway Swamp Moss and walking in class as opposed to circularing the parking lot for buses would be a good start, and taking the stairs instead of the elevator can be an effective cardio (heart and long) workout," Harrison said.

For those of you who enjoy a more social form of exercise, Harrison has some suggestions: "Walking with a friend is a great way to kill two birds with one stone. It allows you to have a pleasant conversation with someone whose company you enjoy while doing your body some good."

"Going out dancing a couple of nights a week is another great form of exercise, dancing a full set, which usually runs 30 to 45 minutes, is a great cardiovascular workout." The long walk to fitness

Ann/Marie Cee
Staff Reporter

Students have many options if they want to get fit. If you're looking for a fitness center, club, experience of the staff, quality of the equipment, and location are just some of the areas you may want to consider. Some of the clubs that surround Highline include PowerHouse Gym, Bally Total Fitness and World Gym.

PowerHouse gym, in SeaTac is open 24 hours. This fitness athletic club has been in business since 1981. The facilities and services they offer include: Nutritional guidance, personal training, tanning, towel service, child care, massage therapy and a sauna. They have a full line of cardiovascular equipment and 6 of the newest exercise equipment.

PowerHouse specialists in weight loss, weight gain, body building, power lifting, and fitness. A 24 hour full service pro-shop is also located within the building. Students can become a member for $299 for one year or $189 for six months.

Bally Total Fitness of Kent has been doing business for 37 years. Their facilities include, a free weight room, a variety of cardiovascular equipment, a full line of exercise equipment, a basketball court, steam room, sauna, whirlpool and a swimming pool.

Jim Morris, manager of the club, said he can offer you a membership "for as low as $50 down and $29 a month." Morris may be offering a student special for the months of June, July and August. Bally Total Fitness also has locations in Federal Way and Puyallup.

With a membership at World Gym in Federal Way, you can utilize four tanning beds, a sauna, a juice and a swimming pool, an aesthetics studio, racquetball courts and child care facilities. Bally, a World Gym member for seven months, said he likes the club because "the trainers are really nice and they work around your goals and expectations."

Darby Riley, a brand new member, joined the club for five weeks through the On The Green Apartments she lives in. "It looks like it is going to be fun," she said. "They're (the staff) so nice."

Membership fees vary depending on the type of membership. World Gym also may be offering a student special rate for the summer. World Gym also has locations in Kent.

For Information call:

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- (206) 670-9225

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April 10, 1997
Spring Fitness

Lee Gillemtert
Staff Reporter

"Pump it, push it at local gyms"

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"Going out dancing a couple of nights a week is another great form of exercise, dancing a full set, which usually runs 30 to 45 minutes, is a great cardiovascular workout."
Elections draw few entrants

Stacy Montague  
Staff Reporter

Only one person has applied for the position of student body president, Highline wrestler Nelson Crisanto.

Eight applications for six positions with the Associated Student Government at Highline College were received by the faculty. The deadline to apply is April 22 deadline.

"There were not as many applicants as we had hoped," said Natalie Piccinich, vice president of student government. "But at least we had one applicant for every position."

Other candidates included Vice President of Administration Paul L. Gerhardt Jr., Vice President of Student Affairs Alexandria Peacecock, Clubs and Organizations liaison Jennifer Dufan.

Student at large received the most applications, Jerry T. Davis, Moira Wislon, Diana Ruggiero and Bettina Caand.

A candidate forum will be May 6 from 11 a.m. to noon in the student lounge, Building 8. Piccinich will conduct the forum. Each candidate will be asked to answer several questions.

After Piccinich has interviewed each candidate, she will then invite audience discussion. Voting will take place May 7 and 8 from 10 a.m. to 2 p.m. and from 6 p.m. to 9 p.m. in either the student lounge or coffee cafe in Building 8.

The League of Women Voters will be assisting with the ballots.

To obtain a ballot you must prove that you are a student, although a student identification card is not necessary. A student list will be available and Social Security number is all that is required to confirm student status.

The winners will be posted the following day in both the cafeteria and the student lounge in Building 8.

Elections

Opera, college, life provide drama for Hartmann

Eleanor Hartmann never sets foot on stage, but her work does every night.

Hartmann returned to the Seattle Opera House last quarter as a makeup artist after a three-year absence.

She learned about stage makeup from a woman at the Opera House more than 15 years ago when her children were in the Nutcracker Ballet.

A part-time instructing an instructor at Highline, inherited a love for the arts from her mother, but she didn't want to collect it.

"I didn't want to clutter my house with useless objects. Makeup is great because I can create the art on someone's face, and then it can be washed away," Hartmann said.

What began as a hobby became a secondary way to support her family. She has been the sole support for her family for all but two years. During a 10-year period, she worked two teaching jobs and one at the Opera House to do it.

Hartmann first took a part-time teaching job in 1973 to have some time with her seven children. Commuting in her Volvo station wagon was something that she looked forward to then. She said that it was the only time that she had to think on her own thoughts. Hartmann had to work in order to support her family, but the irony of it is that she has found an enjoyable way to do it.

Backstage work is something that Hartmann enjoys. It's a place where she doesn't have to be a mother or a teacher.

"The shows have a beginning, a middle and an end. Then I can go home," she said.

Hartmann prefers to maintain her varied career. It allows her to teach, but not too many papers to grade. She also has the creative freedom to make decisions that aren't possible for a 9-5 job.

"If a person can do two very different jobs at the same time, it's best," she said.

However, if she is offered a full-time position, she will "take it in a minute." A retirement plan would win over moonlighting and driving all over the city, she said.

Hartmann studied at Reed College in Portland, in Europe, and finished at the UW, where she majored in general literature since it was the easiest degree she could finish.

"I wanted to be a biologist," Hartmann said. "I took a wrong turn," Hartmann said. She took a few courses, but was scared away when she saw biology students emerge from class with "shaken faces." She still reads natural science books for pleasure.

While raising her family and working, she also received her master's in comparative literature and devoted three years to a doctorate in English.

Hartmann's life has gone through dramatic changes the past few years. Her mother passed away Fall Quarter and her children are mostly grown.

Her years as a caregiver and an authority figure are passing out as she plans her 5-10 years before retirement. She finally has time for herself and she's not sure what to do with it.

She has been reading more, planting vegetables, her house is cleaner, and she even has time for a social life.

"There might be a little travel in her future, but not much. She would like to see places like Mongolia, but she's not sure that it would make her a better person. It would only satisfy her curiosities and that isn't enough to justify it.

"There's a certain vanity in travel," she said. "Why should I travel when there's plenty to see in my own backyard?"

Students to watch whales in Westport

By-cooke Boback  
Staff Reporter

Whale watching has come to Highline. Student Programs has set up a trip with Deep Sea Charters on Saturday, May 3, to watch the annual journey of gray whales coming from Arctic waters and feeding in Mexico.

This trip is limited to 14 people and costs $27 per person. Round-trip van transportation will be leaving Highline at 7 a.m. Saturday and returning about 5 p.m. on Saturday.

If you are interested in going, sign up and pay the Student Programs Office. For more information, call Dana Joseph at 378-7710, ext. 3537.

The whales 6,000-mile migration is the longest known for any mammal.

Spotting gray whales on the coast is somewhat simple because the herds swim close to shore.

The gray whales can reach up to 45 feet in length and weigh as much as 45 tons. The blowhole that gives the gray whale its name is caused by barnacles that grow on the skin or by scar tissue where barnacles have been.

Along with the best ride, you may also see two or three adult whales looking like they're rolling in the water. Don't be alarmed. This is simply resting activity between a female and one or more males. Making takes place on this migration because it is a journey to breed and give birth to their young.

When looking for whales, scanning the horizon for blow vapors is how to spot a possible herd.

You may only see a small portion of the whale's head and back during blowing, but keep watching.

If a whale has its head slightly out of the water in a vertical position, this is called "spy hopping." What the whale may actually be doing is checking out a whale-watching boat.

Students to watch whales in Westport
April 24, 1997

**Sports**

**Soccer coaches recruiting**

Glenn Phaahen
**Staff Reporter**

Recruiting season is under way for the men’s and women’s soccer teams, and this will be a very important off-season.

Both teams are getting very few players back from last season, and that means that recruiting will become crucial.

The men's team will be getting six or seven players back from last season. The women’s team will be getting only four to seven players back from the team that finished second in the region this year. All this still depends on the players' grades.

"Two players who we expected back are joining the Army now too," said Tracy Brigham, assistant coach of the women’s team. Those two players are Alexis Burnetto and Kelly Stubbert.

The men's team barely missed making the playoffs this past season. Assistant Coach Zeith Paton said they hope to lead the talent to get them to the playoffs.

"We are looking around now, and we'll probably be signing some players in the next couple of weeks," Paton said.

Two player being mentioned at the moment are Federal Way High School forward Randy Rolewicz and midfielder Dusty Richardson. Both players' brothers, Tony Rolewicz and Randy Richardson, played for Highline last season. "We're also talking to a keeper," Paton said.

"We are losing many starters, so most of the success from last season will be gone," Paton said. "There will be more spots available on this year's roster than last year."

There will be 20 players on the final roster, so there will be places to fill during tryouts in August.

Two new players who are planning on playing for the Highline women's team are midfielder Kristina Hcskjn from Decker High School, and defender Dana Ruggiero.

"We have a huge pool of talent around this area, so we're hoping on being back in the championship game," Brigham said.

**Track team fourth at UPS invitational**

By Ethan McDonald
**Staff Reporter**

The Highline Men's Track and Field Team not only battled 13 other colleges at the University of Puget Sound Shotwell Invite last Saturday, but they had to battle Mother Nature.

The nasty weather made it rough on all the athletes as the T-Birds faced the toughest competition they had seen all year. The field was comprised of the University of Washington, 10 four-year, NAIA colleges and two other community colleges. Highline took fourth overall with a score of 96 points at Western Washington University won the invite with 114 points.

"There was standing water at every event," said Coach Louise D'Andra. "It was impossible to keep the kids warm in between events."

Things got even uglier when Demone Taylor was caught in traffic and was unable to compete in the 4x100 meter relay, but Jake Dill stepped in, helping the team place fourth with a time of 43.65. Taylor did make it back in time to win the 110 meter hurdles with a time of 14.94.

Dill, along with Ryan Youmans, Shelby Buchanan and Todd Gitm won the 4x400 meter relay with a time of 3:22.26 despite missing David Blair who was on recruiting duties for the University of Montana. Buchanan also placed second in the 400 meter dash with a time of 50.02.

In the field events Tim Allen had an outstanding performance winning the long jump with a leap of 21’9” and Brent Twaddle placed second in the shot-put with a throw of 47’8”.

The T-Birds had a third-place finish in the 200 meter dash by Youmans with a time of 22.72 and fourth-place finishes in the 1500 meter run, the high jump and the triple jump.

Next for the Highline men is the Central Washington Invite this Saturday in Ellensburg, Wash. where they will see most of the same NAIA schools hopefully with a little better weather.

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Morning has broken, and I can’t fix it

Stantonena McDaniels
Staff Reporter

Highline students say fashion doesn’t matter, yet they know all about it. According to a recent survey of 100 students, 67 percent say fashion doesn’t matter, but 65 percent wear name brand clothing.

“I’m here to get an education. Education comes first,” Mary Bonito said.

The top 10 name brands chosen by survey respondents were: Nike, Gap, Tommy, Polo, Levi’s, Adidas, Calvin Klein, Nautica, Abercrombie, and Edie Bauer.

According to the survey, more than half of Highline students say they don’t dress up or down “Depends on my mood,” says Tracy Wilcoxen.

Students seem to care more about fashion than they’re willing to admit.

“Teenagers throw labels around. If you’re an adult you’re not supposed to be concerned when you actually are,” Pitts said.

Highline psychology instructor Rod Fowlers said: "Whether you care or not, put on your sexiest gear for spring. That’s what everyone else will be wearing, says Express store manager Lashunda Pitts at Southcenter Mall.

“Knit, tight-fitting shirts, crop tops that show off your belly button, sheer and sleeky clothes--whatever shows you off--is what girls are wearing this spring,” Pitts said.

Spring brings out the lighter colors, Pitts said. Nineteen percent of students said they will be wearing lighter colors.

People will be wearing pastel colors and twilight colors such as yellow, sea green, powder blue, swampy lagoon green, cigar brown, and mango orange. She said the most popular colors that are put together are yellow and blue.

Feb Fashion on page 11

Cafe serves up more fresh laughs

W.B. Fleming
Managing Editor

Eugene could be the newest Hollywood drug trend according to Portland-based comic Anggie Smith.

Producers now have "visions of the ultimate chick flick," Smith said.

Smith was the opening act for Seattle native Matt Reidy at the quarterly Comedy Cafe last Friday in Building 8.

Smith started off with the predictable barrage of relating-stories jokes. "I’m too young for a lot of women," Smith said, "but too old for Michael Jackson."

The lonely yet observant comic continued his act with his own brand of real-life jokes.

For a college show, the audience seemed to be under its quota of students; that is, college-aged students.

That did not go unnoticed by either comic. After telling a joke about marijuana, a worried look crossed Smith’s face as he stared at the family seated in the audience before launching into a routine:

The relatively non-student audience gave in some aspects, but Smith took them all in stride. "I’m earning my love tonight," Smith said.

Reidy took the stage and seemed to make some probes of the audience before launching into his routine.

"You know you’re in the middle of nothing when you get excited about a junction in the highway," Reidy said about his recent trip to Wyoming.

Reidy was a much more caustic comic than Smith. Smith seemed to just make perceptions about the world, but Reidy attacked it.

"I’m so excited for a while about the saggy-baggy look. You’re a good-looking lad, but pull your goddamn pants up," Reidy said. The show may have been better if the line-up was switched.

See Fashion on page 11

ROLE CALL

Actors-to-be seek stardom in spring one-acts

AnnaMarie Coe
Staff Reporter

Jim Kelner pushed the podium out of center stage. Even though it was the Lecture Hall, lectures were not scheduled that afternoon and an audience would not be admitted inside. Closed auditions for the one-act plays were being held and Kelner was preparing for the expected rush of actors at 2:30 p.m. A heavy velvet maroon curtain hung open to expose the heightened stage. Those of the 100 empty seats were to be occupied by the student directors, Brandon Folker, Elizabeth Andrew and Kelvin. Kristi Oden and Heather Springsteen, who were unavailable, were to choose who was best for their parts through watching a video tape of the auditions.

The auditions ran on the afternoons of April 9-11. Timothy James Adams, Derek Laie and Jill Sheehan were three of the 14 actors who tried out.

"When you do auditions, you’re walking in there and you don’t know anything, so they give you something and you try to make it into something great," Adams said.

"It’s a way for me to forget about all my problems for a while," Laie said.

"I wasn’t at all happy with his performance at the auditions,"ulous Adams was cast, he later forfeited his part for personal reasons. He said he likes acting for an audience but hates the auditions. "When you’re acting for an audience you’re not up there alone, and if you are, it’s not for long."

Late, a 20-year-old physics major, doesn’t particularly care for auditioning but he loves acting.

"It’s a way for me to forget about all my problems for a while," Adams said.

When you do auditions, you’re walking in there and you don’t know anything, so they give you something and you try to make it into something great. --Timothy Adams

Photo by Bruce Jarrell

Jessica Lawson and Vslnie Tula prepare their audition monologues.
Blur, Space blast off to good sound

Jeff Wilkinson
Staff Reporter

Two bands conquering the United States airwaves aren't even from America. Bands Blur and Space both hail from Manchester, England.

Having chart-toppers in the U.K. and the U.S., these groups are definite contenders alongside such as Oasis, Chemical Brothers, Bush, Depeche Mode, Sneaker Pimps, Suede, and Pulp.

Blur's fifth and latest release, "Blur" (Virgin), is the best album they have put out, other than their third, "Parklife."

"Blur" showcases the band in rare form. The snottiness singer/songwriter Damon Albarn usually injects into his lyrics are gone, as well as the nods to mod themes of earlier albums. Songs go from the energetic romp of "Song 2" to the acoustic, vocally drooped noise of "You Are So Mean," to the uncharted waters of hip-hop with "I'm Just a Killer For Your Love."

Self-titled the album, "Blur" suggests the band's desire to start anew. With their egos aside, they pull it together and create a solid, if not phenomenal album. Go buy it!

Space is a different group than Blur. The album, "Spiders" (Universal), was released last year, but didn't hit the U.S. market until recently. It's a monotonous mixture of craziness that you must hear for yourself.

The outcome is a record that is not easily digested upon first hearing, nor even the second, or the third.

"Female of the Species" is a nineties lounge act, backed by vibraphones, a swanky baseline, and horn section. For the last month or so, the song has conquered local station KNDD's top five daily requests.

"Spiders" takes some getting used to, but Space's first album is definitely not to be overlooked.

Fashion

Continued from page 10

Colorful colors that are put together are cheery blue with aqua.

Girls will be wearing baggy bell-bottoms, boot cut jeans, polyester shirts with butterfly collars, and starchy shirts.

If the sun is out, 25 percent of Highline students will be wearing close-to-nothing. Short skirts, tank-tops, dresses, sundresses and sunglasses is what the girls will be wearing.

The guys will be sporting shorts, tank tops, lighter T-shirts, short overalls and basketball jerseys.

"If it's hot, I'll be wearing daisy dukes and a tank top," Paul Davenport said.

Role Call

Continued from page 10

teacher, Rick Lorig.

Sheehan enjoys acting, "It's fun because it entertains people." Her goal is to get a more challenging part in a play.

All 14 performers who tried out for the play were cast. Even the directors got parts in each other's plays. Elizabeth Andrew, a student director said that the most challenging part of choosing her cast was getting past the nervousness of the actors and deciding if they were good for the part.

"I was upset because I couldn't cast someone for a part because of their schedule," Springssteen said.

The one-act plays will be performed May 14-18.
Heide and Temple D’Amico have been named to the 1997 Theta Kappa and USA Today, All-Washington Academic community activities and work recognizes outstanding students for their academic achievements, community activities and work accomplishments among 79 students from the state’s 34 two-year and technical colleges, who were honored at the ceremony in Olympia on March 25, as All-Washington Team Day.

Gov. Gary Locke proclaimed DeHedd said. "It was an honor," to Highline for the day.

Dahlberg. Some 31 two-year and technical colleges were honored at the ceremony, sponsored by Phi Delta Kappa.

Enrollment, which is the same amount of money as it was last year, which is called a carry-forward budget, Botka said.

As far as funding for Pathways to the Future, Botka said that the funding would be a "free family benefit that's put on by our program," she said. It would be made possible by the State Board for Technical and Community Colleges.

DeMeide, English major, is a language arts teacher, and is active in the church. She also has two kids in school. Botka said, "I was an honor," DeHedd said.

It is likely that tuition will rise 4 percent each year for the next two years, Bruce Botka, senior vice president of finance and administration, said.

The final negotiations will affect the rest of the funding. A total of $300,000 from the State Board for Technical and Community Colleges would be vetoed, but that it would be highly unlikely that the House and Senate would not change the budget during the final negotiations, Botka said.

"There's just enough uncertainty in the process to keep everyone on their toes," Botka said.

The listing of 1944-1997 is taking place at Highline Community College on the new building, which is called a carry-forward budget, Botka said.

"It is difficult to predict the final outcome of the budget. That is the goal," she said. It is not known if a summer session will be opened, but that it would be highly unlikely that the House and Senate would pass the budget as it stands.

"There's just enough uncertainty in the process to keep everyone on their toes," Botka said.

Pathways to the Future

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Friday, May 2, 1997 - 9:00 a.m. to 1:00 p.m.
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