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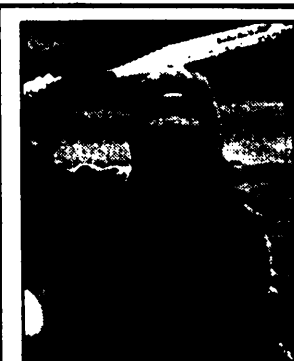
Volume 36, Issue 19

Highline Community College

April 24, 1997

The Thunderword

The voice of the students



Softball faces rainy day blues.
See page 9



Not all squirrels on campus may belong here.
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"It's nice to get up in the mornin', but it's nicer to lie in bed."
Sir Harry Lauder

Teams finalize S&A budget

Stacy Montague
Staff Reporter

This year the Student Activities Budget Committee received nearly \$800,000 in requests for funds but have only a \$600,000 budget.

Many student activities and organizations are funded by the Student Activities budget. Funding is important to all these organizations and it's the job of the S & A Budget Committee to divide this money between all the applicants.

"The last few weeks can be

very intense," said Student Body President Neil McLean, a member of the committee.

The committee, comprised of members from the student government, staff and faculty, break down into three teams during the finalization process.

These teams then deliberate among themselves and set priorities. During the last week, the teams then meet together and present their individual budgets. Then the reconciliation process begins.

"Each of these teams have been asking good questions

when looking at the budget and setting priorities," said Diane Anderson, director of student activities.

The S & A budget is funded through a \$47 fee paid by all full-time students.

The money is used to fund a list of student-related activities on campus.

Historically, athletics and the child care center have been near the top of the committee's list.

See Budget, page 8

Students may lose grant eligibility

Gina Carpinito
Staff Reporter

Thousands of community college students statewide will be passed over for need-based grants under the latest state budget proposal.

The State House of Representatives has passed a proposal to move need-based grants from independent students to those who are supported by their parents. This news will come as a shock to the 153 students at Highline and 4,878 students statewide who would no longer receive need grants under these new conditions.

The underlying principle is that students who have families or are on their own will no longer be eligible. The focus will switch aid from students at two-year colleges to those at four-year colleges.

State Rep. Karen Keiser, who also is chairwoman of Highline's Board of Trustees, is opposed to this change in focus. "I want to help the ones starting over," she said.

The 7,200 students around the state who rely on the work force retraining program also may have something to worry about. The program was designed around community colleges and has been very successful in retraining people who have lost their jobs and need help getting back into the work force.

The House has put forth a bill to end financial support for the program from the unemployment trust fund. Businesses want the program funded from the General Fund, but there just isn't enough money, Keiser

See Grants, page 12

Staying fit this spring



Photo by Bruce Jarrell

Delia Engh works out on the new Cybex bicep curl machine, which is just one of many of the new machines in Highline's weightroom. For more fitness info, see the Spring Fitness Special on pages 6 and 7.

Local crime writer to speak at Highline

J. T. Coppola
Staff Reporter

Local crime writer and former Highline Community College student Ann Rule will speak Monday, May 5, at 7 p.m. at the Highline Community Arts Center in Burien at 401 South 152nd Street. The event is being presented by the Highline Community College Foundation, with all proceeds benefiting scholarships and emergency needs.

Rule's lecture will include her many years of research and

training regarding serial killers.

Those who attend will also find out why the sociopathic mind is one of Rule's favorite topics.

Rule earned her Bachelor of Arts Degree in Creative Writing at the University of Washington and later took courses at Highline.



Ann Rule

"I also took some classes at Green River Community College," Rule said, "but I am loyal to Highline Community College."

Rule also worked as a police woman with the Seattle Police Department in the late 1950s.

"I went out in the field a lot," said Rule, "I loved it. It was the best job I ever had until I became an author."

Ann Rule's first book "The Stranger Beside Me," published in 1980, was a book based on serial killer Ted Bundy. Rule worked with Bundy at the crisis

clinic in the central district.

"We worked all night long, all alone," she said.

"In retrospect, it is kind of an eerie feeling," said Rule, "finding out afterwards that he had committed all these murders."

Rule has had 13 books published over the years. Her next book, to be released in the fall is titled "In The Name of Love" Crime Files Volume IV. More of the inside story will be revealed at her lecture.

Rule is currently working on a book called "Bitter Harvest", which will be out in January '98.

Board may pull plug on videos

Loren Legendre
Staff Reporter

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 upstairs in the Student Lounge for the last 15 years.

"We're weighing whether money might be better spent in activities that more people choose to participate in, such as comedy and swim parties," said Dana Joseph, Events Board chairwoman for comedy, videos and recreation.

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. 3256, 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 these 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



Ron Burke

received a call from a former student from 20 years ago asked if Burke could review his grade. Fortunately, Burke still possessed the records from 20 years past and did find 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 class 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 Quarter.

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.

Instructor craves variety in her classes

Josh Gibbons
Staff Reporter

When Angi Caster decided that she wanted to teach, she knew that she it was in college.

Caster currently teaches a variety of writing classes here at Highline. She has been teaching for 15 years, three of which have been spent at Highline.

When she began college, she was in pre-med. As a sophomore she decided to have a family. When she went back to college she decided she wanted to teach, so she went to the University of California, Santa Barbara, where she received her bachelor's degree in English. Next she went to California State University at Stanislaus to earn her master's degree in teaching of writing.

Caster, 49, has been married for 28 years and has two sons.

She wanted to teach, she said, because she wanted to take a person's own life skills and translate them into academic work. She likes teaching college because she doesn't have to deal with the students' parents.

Her classroom is set up as an experimental model where students learn more from doing and interacting with each other than by passively listening to a lecture. She likes to provoke the students in a way that forces them to think.

"Her class is fun, but you can't just sit there and expect to pass," said one of Caster's students.

"Yeah, she expects you to be



Photo by Bruce Jarrell

Angi Caster gets physical in her teaching while her Literature 230 class looks on.

involved in the discussions and writings and if you aren't, she creates situations where you can't help but get into the excitement," said another of her students.

"If you are uncomfortable with the things discussed in class, then I'm doing my job," Caster said.

She wants to teach critical thinking and she loves when there is diversity between the students in her classes.

She likes variety in her classes and she often changes books every couple of quarters. She

also likes teaching different things and she doesn't mind trying new classes.

She doesn't like the idea of academic standards. "Whose standards will we use?" she

asked.

If you value diversity and set concrete standards for every student, then you are going to shut some people out of the educational experience, she said.

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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 that our campus squirrels are almost certainly the new common eastern gray squirrels who have "run off" our native western gray squirrels.

Exactly where did these native western squirrels run off to? Reticent said they were chased into the wilderness.

The eastern gray squirrels have pushed out native squirrels from Longview to London. Then again, they are better eating.

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



This is either a western gray squirrel or an eastern gray squirrel; few can tell the difference.

favorite cook book, first published in 1931, gives complete instructions for skinning as well as a recipe for stuffed, roasted squirrel.

While Brits may feast on a free 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 on its back and whitish fur on its underside.

The Western Gray squirrel (*Sciurus griseus*) measures up to 25 inches in length including the tail, has gray fur on its back,

whitish fur on its undersides, yet is, according to National Geographic, 20 percent larger than its unwelcome cousin from the east.

Photographs of the two species look identical to this report-

Photo by Bruce Jarrell

er and neither Highline Biology Professor Linda Carlson nor Highline Assistant-Lead Grounds Maintenance Technician Tim Drevas, knew how to tell the two types of squirrel apart.

While mowing the campus lawn last year, Drevas found a wounded baby squirrel and brought it to Carlson, who restored the wounded baby squirrel's health in the warmth of an on-campus incubator.

"It was whatever kind of 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 western or eastern squirrels.

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

Because it's difficult to tell the eastern grays from the western grays, and because there are a whole new crop of "idiots" (like myself) who still find these squirrels terribly "cute," there appears to be no simple answer to the problem of the eastern gray squirrel.

Stokes preaches communication

Sebastien Guerin
Staff Reporter

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

For Asians, that's not a sign of thanks or encouragement.

Nor do you beckon a Japanese person by wiggling your index finger at them. That would be very impolite; the correct gesture for "come" is to wave all of your fingers together, with your palm down, George Stokes told a Highline crowd last week.

Stokes currently is working with Vice President Jack Birmingham to develop new globally oriented initiatives for the college.

He told a crowd of about 120 people in the Lecture Hall that in the age of global communication, it's important to understand

foreign culture, or simply to learn about and understand others.

"People can e-mail to a friend 4,000 miles

away and dialogue with people all over the world, but not know their next-door neighbors," he said. "This is the global village."

Stokes suggested that each of us should master sensibility and tolerance, to minimize culture shock when visiting or working in another country.

"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.

George Stokes

Internships offer opportunities

Christi Croft
Staff Reporter

So, you are a starving, overloaded, minimum-wage working student. In five years you see yourself as the top anchorperson in Seattle, not as the employee of the month at McDonald's. Perhaps you see yourself helping construct another mansion for Bill Gates, not mowing the lawn for \$2 an hour for your elderly neighbor.

If you want to get experience in careers like these, or any others, the key word is internship. The place to go is Room 107, Building 19. Here you will find the Highline Cooperative Education Office, and the first couple steps in getting legit experience in your career.

"Internships can help you get that extra background you need for a stable job in your future," said Lisa Skari, director of cooperative education.

"They also improve your employment skills by integrating classroom study in a supervised work environment," Skari said.

The best part is that you can earn one credit for every 30 hours per quarter you work.

The Cooperative Education

Office has a variety of internships available, everything from police internships, marketing, and even travel and transportation internships.

Almost half of the internship positions have a salary. "Computer internships offer the highest pay out of all jobs," said Candy Hatcher, cooperative education program assistant. Salaries vary depending on what kind of job you sign up for.

"You get relevant work experience and credit at the same time," said Skari.

Approximately 50-100 students apply for internships each quarter at Highline. Skari said you should fill out an application two quarters in advance. Your application will be placed on a permanent file, and your

Co-op faculty coordinator will place you in the appropriate job to fit your needs.

"Enthusiasm, along with a seriousness for the internship, will help you in getting accepted for the job that you apply for," Skari said.

After interning for a quarter, many students end up working at the same firms part-time. Alesha Anderson went from marketing intern to part-time promotional events coordinator at the Supermall in Auburn. She is now considering transferring to the UW Campus in Tacoma, and staying in marketing for her career.

"I've made a lot of connections, that have opened up many job opportunities for me," Anderson said.

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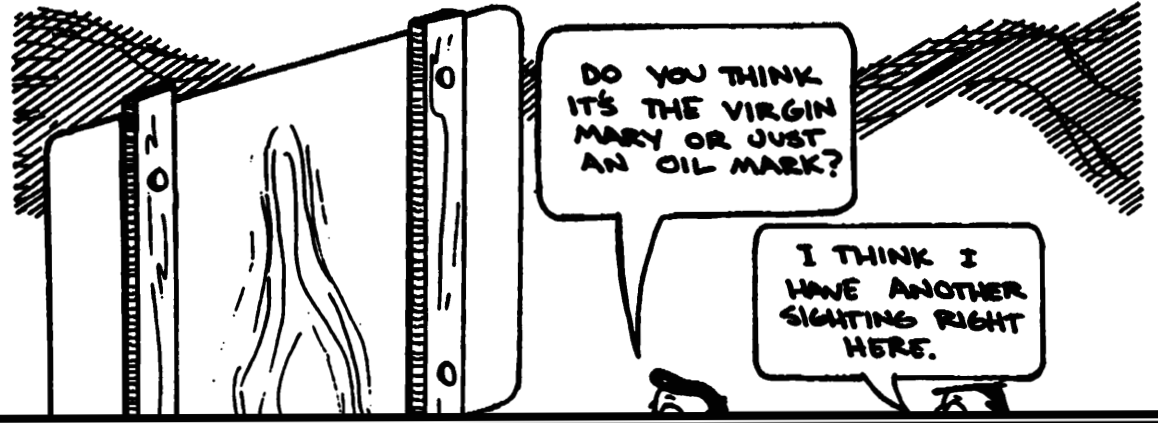


Editorial

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 dissappointingly low.

To combat this problem the Thunderword will be providing coverage about the candidates, student forums and elections



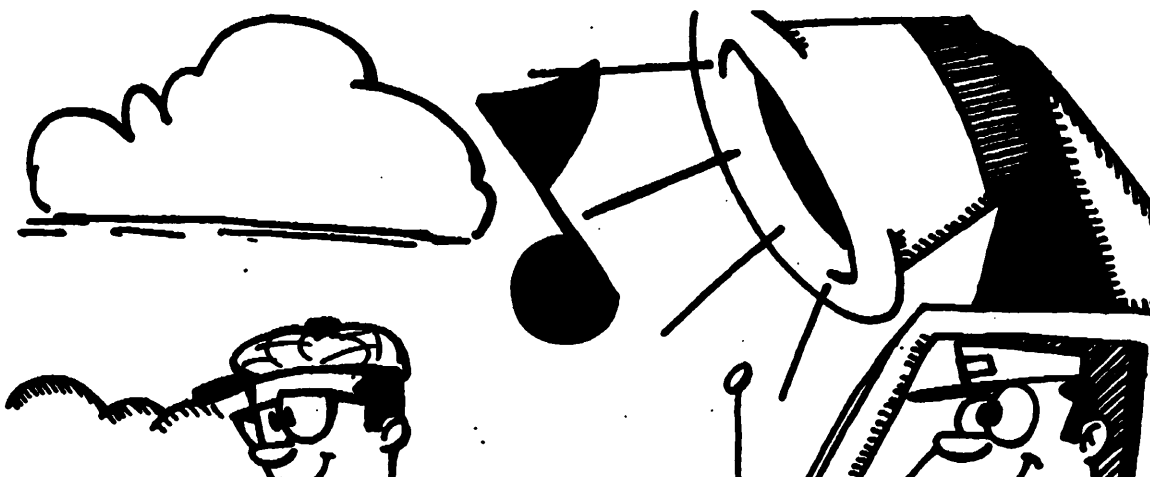
Life needs theme music

On the wild side

W.B. Heming

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.



Letter to the Editor

Athletes work hard on and off the field

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.

Dieters weigh medical weight loss options

New drugs draw interest from physicians and the overweight

Dana Joseph
Staff Reporter

Millions of Americans are obese. The 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 1902 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 not only defines you as obese but also puts you at risk of disease.

Until recently the ideal-weight-range tables that every dieter used were developed by insurance companies, but in 1995 the Dietary Guidelines Advisory Committee came up with a more scientific approach to ideal weight called the body mass index.

It is not ideal to use one standard chart for many people. For instance, age has a lot to do with the percentage of lean body mass (the weight of muscles, bones, organs) versus fat. But the government chart is useful in measuring health risks.

Karen, a student at Highline, has had her share of health problems associated with overweight. She suffers from sugar imbalances, fatigue, pain in her muscles and joints and worries often about heart disease which runs in her family.

Health problems associated with weight play a big part in the Highline campus population being cared for at the campus health center.

"I would say that about one third of our patients can attribute



Illustration by Loren Legendre

their medical problems 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."

The college's health center only prescribes those medications to about 10 people. Polly Halpern, the nurse practitioner prescribes only under Dr. Vasavda, 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 gen-

eral 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 first that you read a book called "The Redux 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 over-

weight person and of the skinny population.

"If you could just change the thinking of one skinny, 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 recommended amounts, but she has an easy way to count fat. "Just eat 20 grams total 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 exercise 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 overnight.

"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."

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

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, he prescribed a combination of appetite suppressants called Phen/Fen.

The Phen part of the combination is phentermine. Neither phentermine nor fenfluramine are amphetamines even though they share some structural similarities.

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.

Fenfluramine also works in the hypothalamus. It keeps the level of serotonin high in the brain by slowing the body's absorption of it.

Fenfluramine 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 Pharmacist Mel Nicholson of the Medicine Shoppe in Des Moines. "But recently they found that the two are very effective when used together."

Redux is a recombined version of fenfluramine, which is more effective than its predecessor, but with less side effects.



Illustration by Chris Griffin

See Weight, Page 7

The long walk to fitness

Lee Gillenwater
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 effective workout is a workout that you enjoy," said Carole 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 stationary bikes, stairmasters 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 2 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 sports 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



Photo by Bruce Jarrell
Luke Moon uses Cybex equipment in the HCC weight room.

still available to the students.

"Parking at the Midway Swap Meet and walking to class as apposed to circling the parking lot like vultures would be a good start, and taking the stairs instead of the elevator can be an effective cardio (heart and lung) 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."

Its also very important to measure your success correctly during a fitness program. Too many people just hop on a scale and expect it to show progress.

The true progress will be shown in measurements not weight. Since muscle weighs more than fat, a person who is his or her perfect weight might not be fit while a person a bit heavy might be much closer to their goal. It's independent and unique in each person.

"The general guidelines suggest that a weekly fitness program would ideally include two days of weight training and from three to four days of cardio exercise," Wood said. "But it's important to be realistic about weight loss and fitness. There are no quick fixes, it usually takes as long to loose the weight as it takes to gain it."

Weight

Continued from page 6

Side effects for all of these medicines can include dizziness, diarrhea, dry mouth, headaches, restlessness, elevated blood pressure. But most of the nuisance side effects wear off after a few days to a week and the drugs are well tolerated.

"They can interact with certain other drugs," said Nicholson. "Which is why they are safe only a prescribed medicine. And they can't be used for a long time," he said. "So they should be used as a temporary aid to control appetite while adopting new eating habits. But you must change your eating habits in order to succeed."

Nutritionists agree that healthy eating means getting a variety of foods from the major food groups. Eating food that are low in saturated fats and cholesterol can reduce your risk of disease. Another key to making your food work for you is to get daily exercise.

"Exercise is very important," said Tracy Brigham, exercise physiologist at Highline College. "It lowers blood pressure, makes your heart stronger, increases metabolism so that even at rest, your body continues to burn fat."

Brigham does not recommend severely restricting the amount of food eaten.

"The body feels threatened by starvation and automatically slows metabolism to conserve stored fat supplies," she said. "You sometimes see this in wrestlers."

Some of the barriers that may prevent people from enjoying exercise are a lack of time, lack of knowledge of exercise and sometimes early experiences with competition in school can turn them off to exercise.

"Some people just didn't have a very positive experience with competition in their childhood, not being chosen for a

team or ridiculed because of a lack of skill," said Brigham.

"But they are beginning to change that. There is less emphasis on competition in schools and more encouragement to just play." Some people feel that they need to go to an exercise gym, but cannot afford it.

"Just find something fun," said Brigham. "If you don't like to run, it's probably not in your best interest to design an exercise program around it."

"Ideally, exercise should last 20-30 continuous minutes, three to four times a week. This is not always realistic when people first start out," said Brigham.

If you can't seem to get motivated or if traditional methods of exercise are too tough for you at first, try something simple like stairs, or park your car a ways away on purpose. Take a walk.

"If you buy a dog," said Brigham. "Then you are forced to get some exercise when you take the dog out."

Brigham agrees that negative body image is as big a problem with people who are overweight as it is with the rest of the normal weight population.

"The first thing people need to do is get themselves unmarred from that scale and we have preconceived ideas of what a healthy body should look like, usually based on what we see in the media," she said. "But I have seen thin people who were out of shape and people who appear to be fat can actually be in very good shape."

Karen said that the hardest thing about being overweight is the way people treat her sometimes.

"It stinks," she said. "I want to lose enough weight that people begin to see my abilities. I am a very capable, qualified, experienced person. I am not stupid, poorly groomed or without manners or morals. I'm not dishonest or unkind and I'm almost always punctual."

Pump it, push it at local gyms

AnnMarie Coe
Staff Reporter

Students have many options if they want to get fit. If you're looking to join a fitness athletic club, expertise 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, message therapy and a sauna. They have a full line of cardiovascular equipment and 6 of the newest exercise equipment lines.

PowerHouse specializes 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 jacuzzi, a swimming pool, an aerobics studio, racquetball courts and child care facilities.

Ben, 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 free through the On The Green Apartments she lives in. "It looks like it's going to be fun," she said. "They're (the staff) so nice."

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

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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 Students of Highline Community College were received by the

Opera, college, life provide drama for Hartmann

Gina Carpinito
Staff Reporter

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.

Hartmann, a part-time writing 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.



Soccer coaches recruiting

Glenn Flaathen
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. These two players are Alexis Burnetto and Kelly Stubbett.

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

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

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

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

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 Heskin from Decatur High School, and defender Diana Ruggiero.

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



Photo by Bruce Jarrell

Jessica Bruce takes a swing in practice this week.

Mother Nature shuts out Thunderbirds

Aaron Glasow
Staff Reporter

Highline's fastpitch team struck out against the rain last weekend.

The T-Birds traveled to Longview last Friday for a double-header at Lower Columbia Community College and a crossover tournament, both of which were rained out when the team arrived.

The crossover tournament was scheduled to be a three-game guaranteed tournament with teams from outside Highline's division.

The T-Birds' next two games will be Friday, April 25 against Yakima, and Saturday, against

Walla Walla. Both of these games are away.

As of Friday, the team has not played for two weeks.

"The layoff will be good for the pitchers and our injured players," said Head Coach Cara Hoyt.

Third baseman Marie McHugh is expected to be back for this weekend's games, back three weeks early after getting spiked in an early season game.

The layoff won't be good for momentum, Hoyt said. "It will be hard to get back into the swing," she said.

But she has confidence in her team, which has a 15-8 record. "We're doing really good," she said.

Track team fourth at UPS invitational

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 as Western Washington University won the invite with 114 points.

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

Things got even uglier when Demonnie 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 Gitz won the 4x400 meter relay with a time of 3:22.26 despite missing David Blair who was on a recruiting trip to 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 21'9.5". 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.

3-on-3 B-ball intramurals hit the courts

Three-on-three basketball has started. The SOS was beaten by the Traveling Hitmen led by President Neil McLean.

The Endzone Tavern, led by former wrestling standouts Jens Pulver and Rob Poole, and former T-Bird standouts Travis Moore and Francis Vela

dropped the Top Dawgs led by Rand Orser. The Killer B's were upset by The Rapture.

A few spots still are available for teams in three-on-three on Mondays and Wednesdays from 2 to 3 p.m. Pickleball is still available on Tuesdays and Thursdays also from 2 to 3.

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Stay Tuned for Election coverage...

The next issue of The Thunderword will feature in-depth reports on the candidates running for student government

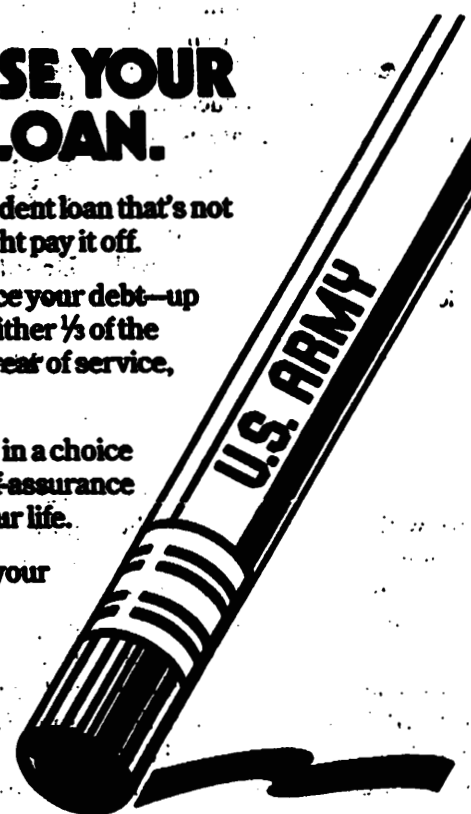
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Morning has broken, and I can't fix it

Every day is a good day, but some have more hellish qualities than others. These pseudo-good days start innocently enough.

Lisa's World

Lisa Curdy



After taking a quick shower, you go a-hunting for something to wear. To your utter dismay, the only clean jeans happen to also be your ugliest. Yes, their pockets are nice and far apart, so your caboose looks even bigger than it is. "That's Ok," you convince yourself. "who looks at my butt, anyway?"

With those words of encouragement, you jaunt upstairs to get your fine self some breakfast.

Throwing open the cupboard door, you spy your favorite cereal. Saliva fills your mouth as you dump an obscene amount of Fruity Coco Puffaroos into a bowl.

Opening the fridge for that cool dairy delight, you stop dead in your hungry tracks.

No milk.

There's no need to dwell on the suckage of the day. Off to the bathroom you go to blow dry your 'do to perfection.

Halfway through the process, you smell popcorn. That's funny, because you are the only one home. Suddenly, terror fills your heart as you realize that it's not popcorn you smell, it's your hair is being singed!! Smoldering head or not, the day must go on.

Weeping quietly to yourself, you leave for school.

As you approach Highline, you plea bargain with the parking gods to let you get a spot on campus.

Circling the lot, you see it—they shine like a glistening slug trail—reverse lights!!

You are right there, primed to take the spot, and BLAMMO!

Some buffoon in the ugliest red truck you've ever seen motions to you (with the help of his bird friend) that the spot you are coveting is, indeed, his.

Amidst the commotion, the reverse lights flick off as the reverse decides against leaving.

As you drive away, a cigarette butt bounces off your windshield. In your rear view mirror, you see Buffoon grunting in spasmodic satisfaction. Buffoon must die.

You drive away and hear Midway beckoning you with open arms. You accept her warm embrace, and the morning of hell quietly ends.

Fashion finds pastel niche in spring

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 Rosario said.

The top 10 name brands chosen by survey respondents

were: Nike, Gap, Tommy, Polo, Levi's, Adidas, Calvin Klein, Nautica, Abercrombie, and Eddie 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 con-

cerned when you actually are. People are hedging when they say they don't care," Highline psychology instructor Rod Fowers 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 slinky 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 pastels, hot 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

See Fashion on page 11

Cafe serves up more fresh laughs

W.B. Heming
Managing Editor

Estrogen could be the newest Hollywood drug trend according to Portland-based comic Auggie 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 relationship 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 front of him. "You should be concerned that your kids are laughing at that joke."

The relatively non-student audience gave its share of heckles, but Smith took them all in stride. "I'm earning your 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.

Reidy went on for a while about the saggy-baggy look. "You're a good-looking kid, but pull your god damn pants up," Reidy said. The show may have been better if the line-up was switched.



Photo by Bruce Jarrell

Jessica Lawson and Vinnie Tula prepare their audition monologues.

ROLE CALL

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

AnnMarie Coe
Staff Reporter

Jim Kellner 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 permitted inside. Closed auditions for the one-act plays were being held and Kellner was preparing for the expected rush of actors at 2:30 p.m.

A heavy velvet maroon curtain hung open to expose the brightened stage. Three of the 100 empty seats were to be occupied by the student directors, Brandon Felker, Elizabeth Andrew and Kellner. Kristen Olds 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 Lais 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," Adams said, "so they give you something and you try to make it into something great."

Adams is in his 30s and is a former ordained minister from Santa Anna, California. He read for the part of a Yiddish man who had just entered the United States. Adams didn't have a Jewish ac-

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

cent and only had a few minutes to perfect one for the reading. Even though 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."

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

"It's a way for me to forget who I am and all my problems for a while," Lais said.

He wasn't at all happy with his performance at the auditions. "I've never heard of the part and I have no idea why I got it," he said.

Sheehan, who has been in four or five major plays and won a drama award in the past, acted out the part of a young woman writing to a friend about the place she was staying at. She heard about the audition from her Drama 100

See Role Call on page 11



Tarantulas traipse with a furry foot in Space's first album "Spiders"

Jeff Wilkison
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 mates 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 snide remarks toward America.

Songs go from the energetic romp of "Song 2," to the acoustic, vocally drowned noise of "You Are So Great," to the uncharted waters of trip-hop with "I'm Just a Killer for Your Love."

Self-titling the album, "Blur" suggests the band's desire to start anew. With their egos aside, they pull 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 monstrous 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 bassline, 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

ular colors that are put together are chevy blue with aqua.

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

If the sun is out, 75 percent of Highline students will be wearing close to nothing. Short skirts, tank-tops, dresses, sandals 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

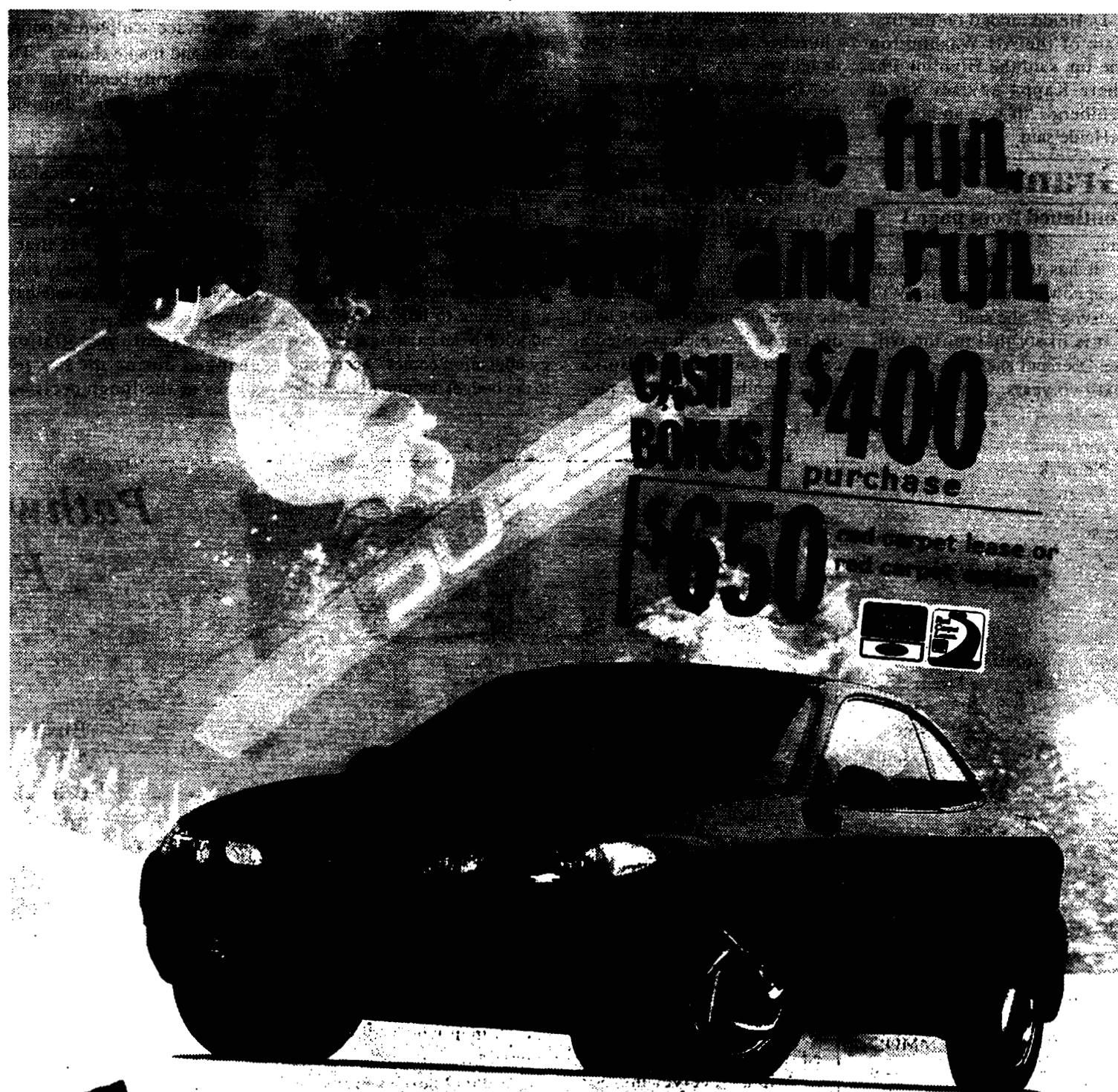
teacher, Rick Lorig.

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. Both Andrew, Springsteen and Kellner said it was hard to work with the individual schedules of the actors.

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

The one-act plays will be performed May 14-18.



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Students make state all-academic team

Stacy Montague
Staff Reporter

Highline students Anne DeHeide and Temple D'Amico have been named to the 1997 All-Washington Academic Team.

This event, sponsored by Phi Theta Kappa and USA Today, recognizes outstanding students for their academic achievements, leadership qualities, community activities and work accomplishments.

Some 59 students from the state's 31 two-year and technical colleges were honored at ceremony in Olympia, at which Gov. Gary Locke proclaimed March 25 as All-Washington Team Day.

DeHeide landed on the first team of the All-Washington line-up, said the Highline Phi Theta Kappa adviser Sandi Dahlberg. "It was an honor," DeHeide said.



Photo by Vige Staiger
Ed Command, Anne DeHeide, State Rep. Julia Pasterson, Gov. Gary Locke, and Temple D'Amico.

DeHeide, English major, is a longtime Girl Scout volunteer, an English as a Second Language aide, and is active in church. She also has two daughters.

"This was a very momentous occasion for me as it laid the foundation of positive role mod-

eling for my children and their academic future," D'Amico said.

D'Amico, majoring in political science and public administration, said she has a five-year plan. "I would like to become a legislator in my district," she said.

Grants

Continued from page 1
said.

"It has to be cut or killed. Right now, the question is, 'Will it survive?'" she said.

It is likely that tuition will rise 4 percent each year for the next two years. Bruce Botka,

state spokesman for community and technical colleges, said that this is a relatively small increase.

As far as funding for Highline, the school will receive the same amount of money as it did last year, which is called a carry-forward budget, Botka said. Enrollment, which is pro-

jected to increase, will affect the rest of the funding.

A sum of \$400,000 from the Capital Budget, which is for up-keep and new construction, has been approved by the House and Senate to Highline for "an addition to an existing technology education center" according to the budget document from the

Children's Fair comes to Highline Saturday

Sherry Stearns
Staff Reporter

Once again the Parent Education Program and the Highline Events Board are sponsoring the Children's Fair on April 26 from 10 a.m. to 3 p.m.

"This fair is hands-on activities that are appropriate for families with young children," said Alicia Janovich, the parent education coordinator. The fair is targeted for young children ages 3-6.

There will be many exciting activities such as face painting, spin art, ice sculptures, puppet shows and magic shows. "This is a free family benefit that's put on by our program," Janovich said.

This is taking place at Highline Community College outside Buildings 22 and 23.

A few highlights of the day will be a UPS truck, police car, fire engine, tow truck and riding lawn mower for the children to sit and learn about.

The rides will take place in the north parking lot from 11 a.m. to 2 p.m.

Parents need to be reminded that all children must be accompanied and supervised by an adult at all times. So if parents with young children are looking for an inexpensive fun day with their children hit the Children's Fair.

For questions or further information, contact Alicia Janovich at 870-3789.

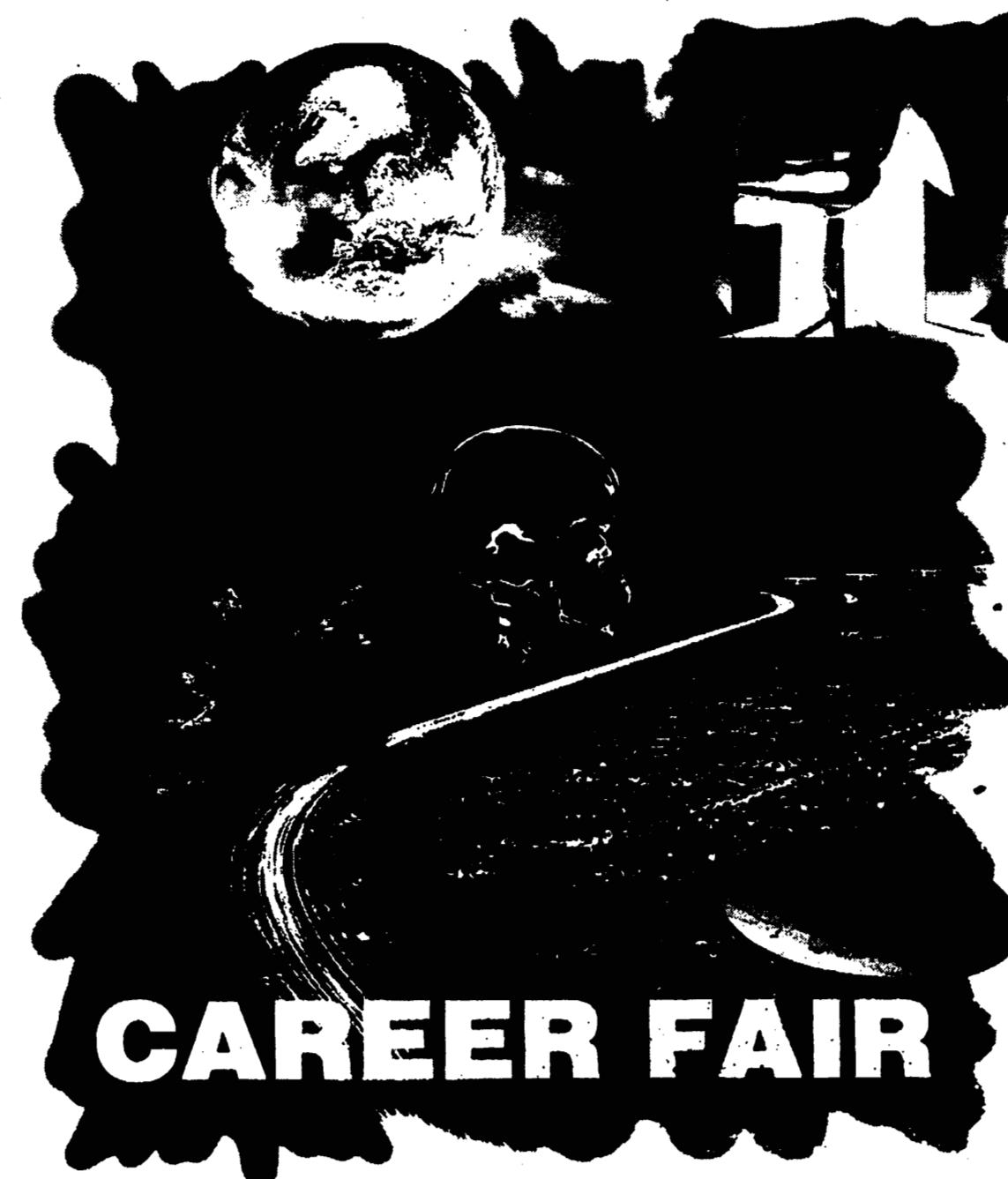
State Board for Technical and Community Colleges.

Botka said that the funding could be vetoed, but that it would be highly unlikely since both the House and Senate have agreed.

The final negotiations changed during the last few weeks as the tough decisions

were made, so it is difficult to predict the final outcome of the budget. The session officially ends this Sunday, but it is not yet known if a summer session will be necessary.

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



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