

The Thunderword

The voice of the students

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Highline Community College

New tuition plan offered: Rent to own

By David Blair
Staff Reporter

Students will be able to make tuition payments over time with the use of a new plan from Academic Management Services.

The interest-free monthly payment plan is being offered to students taking five credits or more a quarter. The plan allows students to make payments months before tuition is due.

"This plan is mainly for students who are planning ahead, and want to avoid the big payment all at once," said cashier Christina Lara.

Academic Management Services allows you to choose from several different payment plans.

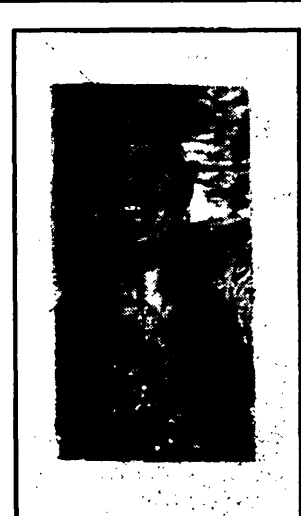
An initial start up fee of \$30 or \$40, is required depending on which plan you decide to go with.

The goal of the plan is to let the student have their tuition totally paid for by the time it is due.

"This is a step in the right direction. It's very good for students who don't have access to credit cards," Lara said.

Students say they may use the plan this fall. "I think a lot of students will take advantage of this new plan. I know that it would

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Staying fit for summer. See page 2.

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College turns to fees to pay bills

By Julie Diefendorf
Staff Reporter

Due to lack of state funding, Highline students are paying for more of their education.

Since 1990 the college has increasingly used lab fees to pay for a variety of educational expenses. Until 1990 additional fees were largely limited to vocational classes.

With state funding stagnant, fees were established by the Instructional Cabinet (which includes one chairperson for each instructional department), to generate additional revenues for classes where additional spending was needed.

"Philosophically, I would like to abolish all of the additional fees," said Laura Saunders, vice-

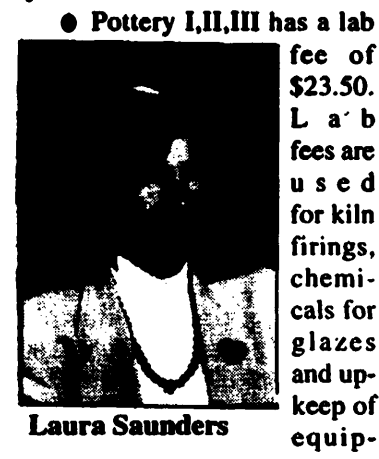
president of administration. "But the question would then be, where would we get the additional money?"

Big bucks are collected in additional fees every quarter. Out of 230 classes offered summer quarter, 87 had lab fees attached to them. In Summer Quarter 1996, Highline collected fees totalling \$20,662.33. Fall Quarter, which had the year's highest enrollment, brought in \$103,553.05. Highline collected a total of \$327,796.36 for the 1996-97 school year.

Examples of lab fees and where the money is spent are:

♦ Spanish 101 has a lab fee of \$12. Lab fees are used for listening labs, buying Spanish tapes and video disks and sup-

port staff.



Laura Saunders

♦ Pottery I,II,III has a lab fee of \$23.50. Lab fees are used for kiln firings, chemicals for glazes and upkeep of equipment.

♦ Photography has a lab fee of \$23.50. Lab fees are used for chemicals and a lab technician.

♦ Math-Modular Beginning Algebra has a lab fee of \$10.50. Lab fees are used for paying student graders.

♦ Biology 119 has a lab fee of \$10. Lab fees are used to buy fruits, flowers, handle lenses, new dissectional microscopes, and compound microscopes.

"We're just trying to bring our department into the 21st century before it's over," said Gerry Barclay, Biology Department coordinator.

Saunders said the fees will continue to rise. As for how often these fees go up, "Additional fees go up every year on the average of 4 percent," Saunders said. "These are limits set by Initiative 601, which limits increases in state spending."

In the future some departments will decrease or eliminate their lab fees while other departments will increase their lab fees, she said.

Renovation moves ahead

Building 22 gets new windows, stairs, insulation

By Chris Griffin
Staff Reporter

Building 22 is undergoing a facelift and a tummy tuck this summer.

This remodel is part of an ongoing effort to update Highline's oldest buildings, many of which are more than 30 years old, said Pete Babington, director of facilities.

of the goal of getting the campus into a better, more modern, and less noisy working order.

This particular remodel will entail a new multi-terraced staircase to replace the old, rickety, and now illegal spiral staircase in the center of the building. Also, new sound-proof windows, carpets and paint will be included.

The Port of Seattle will be footing the bill for a new, more sound-resistant and energy-efficient ventilation and heating system.

The construction team removed all the asbestos from the building last week. Asbestos has been proven to cause cancer when in an airborne situation so the contractors had to completely saturate the asbestos before its removal to prevent its becoming airborne.

The remodel should be done by late August or early September, Babington said.

"In the 20 or so remodels, (here at Highline) none have interfered with the opening of



Photo by Loren Legendre
Building 22's spiral staircase is going away.

Highline is working with the city of Des Moines to rectify both problems, Babington said. Engineers have arrived at a solution, he said. A storm water collection pond will fill and contain the masses of water and allow for the it to be released at a controlled and less damaging rate.

The wetlands will thereby have less sediment deposited. The soil it does receive will be caught in a trench-like catch basin dug in the path of the runoff stream.

New HCC team takes field this fall

T.M. Wyse
Staff Reporter

A new campus group will replace the Events Board this fall. Coordinated by Denny Steussy and Kayleen U. Oka, Team Highline will carry on the same responsibilities as the preceding board, but will also be responsible for helping to promote the college.

Team Highline will be made up of six students: Yumi Okukawi, Rachel Thorne, Christine Stevenson, Kris Petersen, Menna Tesfatision, and Touraan Smith.

Stevenson and Petersen will be freshman, and Okukawi is an international student, while the other three only have one more year left here.

"We are trying to build a bridge from one year to the next. In other words we want to have at least one person left over next year so we can have someone with the group that has gone through the experience already," Steussy said.

Team Highline will give school and campus tours, various presentations, and speeches. "They will also help out with international students and will be actively involved with new student orientations," he said.

The program will cost \$8,000 more than what was spent for the Events Board. Team Highline's budget comes from Service and Activity (S&A) fees

See Team, page 2.

Students say they keep fit

Nearly all of the students at Highline College do some type of exercise, according to a recent survey.

Out of 65 students surveyed, 98 percent said they work out. Nearly half — 46 percent — say they work out three to five times a week, with another 38 percent exercising four to six times a week.

Only 1 percent said they don't exercise.

"I work out daily, sometimes twice a day. I lift weights in the morning and do aerobics in the afternoon," said Shanti Nguyen.

The Big Q

By Quincy Wilder

Fifty-seven percent of the students weight train or jog. "I like to lift weights, play tennis and play B-Ball," said Todd Watts.

Forty-nine percent of them work out at a club or gym, 37 percent work out at home, 12 percent work out at a park or anywhere they can, and 4 percent declined to answer.

"I work out at the Stadium Bowl or the gym," said Ian Mahannah.

"I work out at the workout at Pier 70 and DV8" (night clubs) said Nguyen.

"I work out at a friend's house," said student Hazz'a Al. Rashed.

Survey respondents said they would work more often except for things that get in the way, such as school, 26 percent, and general lack of time, 31 percent.

"Girls, school and drinking beers," said one anonymous student.

Other problems include finding a babysitter, significant others, lack of motivation, and transportation.

"Eating, having sex and this damn rain," said another student of why he doesn't work out more often.



Staying fit can be fun, experts say

By David Blair
Staff Reporter

Finding time to keep fit for the summer student can be hard. Going to school during what should be a three-month-long break is heart-breaking enough without the worries of not looking like the Goodyear blimp.

But it is summer time, and it is the season for looking your best. So why not make the best of it by making a plan for keeping physically active that is fun for you.

There are many ways for summer students to keep fit.

For instance, now would be the perfect time to enlist in a community fitness center. This time of year the centers are hard-pressed for customers, and are recruiting diligently for new members. Many places offer student discounts in their monthly plans.

Another accessible location for working out is the Pavilion and track facilities down at the west side of campus, which are open to all Highline students, faculty and staff.

The Pavilion offers the use of treadmills, Stairmasters, exercise bikes, and Nordic tracks. Pavilion hours are 8 a.m. to 4 p.m. Monday through Friday.

The track offers a safe and efficient way to gauge your distance and training progress.

For students who can't make it to the gym, the name of the



Photo by Loren Legendre

Leah Bartz takes a turn at the Highline pool.

game is keep it fun.

"The easiest way to stick with an exercise program is to do what you like," said Carol Woods, Highline aerobics and weight lifting instructor.

"It's important to use a variety of different ways to keep active. Changing activities will help keep you motivated. It helps to keep your activities

social. Get your friends involved, to keep it fun," said Highline instructor and exercise physiologist Tracy Brigham.

By participating in aerobic activities that you enjoy, you help maintain your enthusiasm and interest in exercising. Activities could include inline skating, swimming, running,

basketball, volleyball, biking, hiking, or tennis. Whatever sparks your interest.

"Ideally, you want to set aside at least three days a week for cardiovascular conditioning," Brigham said.

"Now is the time to take advantage of the longer days of summer," she said. "You can't use the excuse of no daylight to keep you from exercising."

Right now there are tons of social activities to get involved with. There are pick-up volleyball games at Alki Beach nearly every day, basketball tournaments at the YMCA, and various sports leagues around the community.

There are many benefits to keeping active during the summer.

"Keeping fit is going to increase your cardiovascular endurance, metabolism, help burn fat, and give you a lot more energy during the day," Brigham said.

"It's important to get your fitness level up now, so you're prepared for the winter months to come," she said.

"Your body's metabolism is going to slow down in the winter, which could lead to adding a few pounds," Brigham said. "By getting active now, you can jump start your metabolism level, to help fight off the fat in the months yet to come."

Team

Continued from page 1
paid by students.

The added expense comes from boosting training from one to six weeks and from paying a stipend to six members instead of the five who comprised the Events Board. Team Highline's training camp will be Aug. 11

through Sept. 19.

They will be thoroughly trained in knowledge of the campus, public speaking, and leadership skills among other things, Steussy said.

Steussy said that he is hoping to see more collaborative programs between Team Highline, Student Government, faculty, other clubs the,

Thunderword, and the Honors Colloquy.

"We will also use Team Highline to promote HCC to high schools and anywhere else that these people participate," Steussy said.

Steussy said that he and Oka haven't decided who is going to do what yet.

"We are just going to have to wait and see what the kids are good at or have interests in—then we might be able to make some decisions about that," he said.

Steussy said he didn't know the fate of recent Events Board programs such as Comedy Cafe or the Spring Barbecue.

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By Raychell Limpin
Staff Reporter

MOISTURE MANIA

You can race, dance and grub in the pub while you toss some darts at The Waterland Festival this weekend.

The array of events begin at noon and continue until 10 at night, July 27-28 in Des Moines.

To kick off the festivities, a 30-minute display of fireworks will sprinkle light into the Wednesday night sky.

Some of the scheduled events include:

* The Alleyoop, a kid's music and a story time event, 2 p.m. Wednesday, July 23, at the Waterland Stage near the marina.

* A performance by the country band Eagle Creek will begin at 6 p.m. July 23.

* A variety of different dances will be featured on the Waterland stage, ranging from country two steppin' to hip hop jammin' on Thursday, July 24.

* The Biggest Little Circus in the World will offer entertainment on Thursday, July 24. Tickets are \$3.50 to \$5.

* The Waterland Festival will hold a Hawaiian Luau from noon- 1:30 p.m. at the Des Moines Vista on Friday, July 25.

* Sweat it out in the Waterland 5000 Run and Walk Race on Saturday, July 26 at 9 a.m.

* A huge pancake breakfast will be offered from 8 a.m. until 11 a.m. at the Des Moines Gospel Chapel on Saturday, July 26.

* The Des Moines Beach Park will host A Funny Boat Race on Sunday, July 27 from 1-3 p.m.

* You can take a stab at the Soft Tip Dart Tournament in the Waterland Pub &



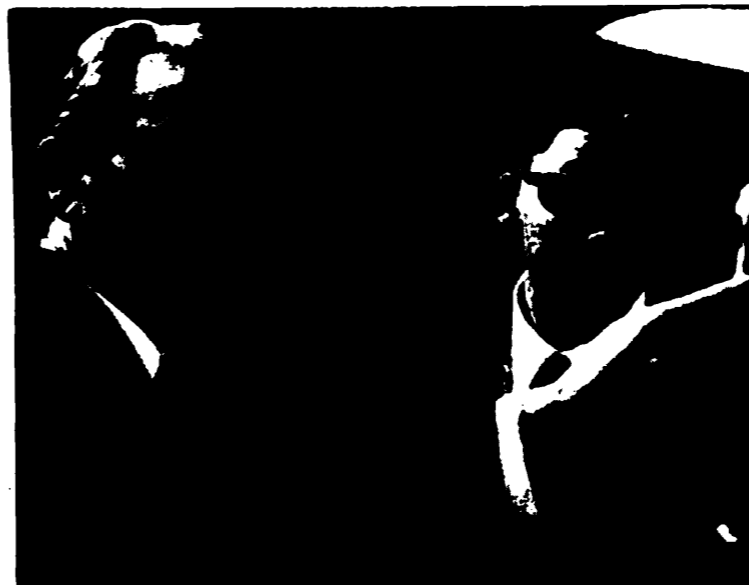
Photo courtesy Waterland Festival
Pirates survey scene in parade at last year's Waterland Festival.

Drench yourself in Des Moines' 38th Waterland Festival

Eatery on Sunday, July 25 from 1 to 6 p.m.

The weekend is a pinata full of events for all ages,

with food, a dunk tank, a computer-filled bus, and a parade 4 p.m. Saturday. Call 878-7000 for details.



Tommy Lee Jones left, Will Smith right check out alien weapon

Smith, Jones look sharp in 'Black'

By Rachell Limpin
Staff Reporter

Will Smith makes another appearance in the summer blockbuster hit Men In Black co-starring Tommy Lee Jones.

Screen play written by Ed Soloman based on the Lowell Cunningham comic book.

The plot follows the two special agents played by Smith and Jones, who protect the earth from unfathomed alien beings.

The combinations of Smith's funny spontaneous humor and the dry wit of Jones make the movie a must see.

Not only will you laugh hysterically but you will see another dimension to Jones.

He has played great serious

characters in The Fugitive, in where he co-starred with Harrison Ford, and also Cobb, which is based on the life story of famous baseball player Ty Cobb.

He played a great lunatic in Batman Returns.

Barry Sonnenfeld did another spectacular job as director. He also directed the movies: Get Shorty and The Addams Family.

Along with the great cast comes outstanding special effects that are done by Industrial Light & Magic—a George Lucas production.

If you enjoy watching Will Smith and Tommy Lee Jones or like watching science-fiction movies involving alien beings trying to take over the world, go out and watch Men in Black.

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Arting Around

The Pacific Northwest Fair Exhibition at Anderson Glover Gallery in Kirkland, July 3-Aug. 15. Hours: Tuesday, Wednesday and Saturday, from 10 a.m.-6 p.m. and Thursday and Friday from 10 a.m.-9 p.m. and Sunday from noon-5 p.m. Call 739-0303

22nd Annual Chinatown/International District Summer

Festival will be going on Saturday, July 12, 11 a.m.-8 p.m. and Sunday, July 13 from 11 a.m.-6 p.m.

Columbia Gorge Bluegrass Festival, July 25-27 on the Skamania County Fairgrounds, in Stevenson, Wa. Weekend camping is available. The festival includes concerts, contests,

workshops and dances. Call 509-427-8928.

Northwest AIDS Foundation's bikeathon, Ride For A Reason will be put on pedals Aug. 14-17. Pick to start the ride from Portland or Vancouver, B.C. and then power your pedals to Seattle. Call 322-BIKES or 1-888-89B-IKES for more information.

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Kids becoming citizens of Safety Town

Summer program teaches children to take care

By Hien Tranh
Staff Reporter

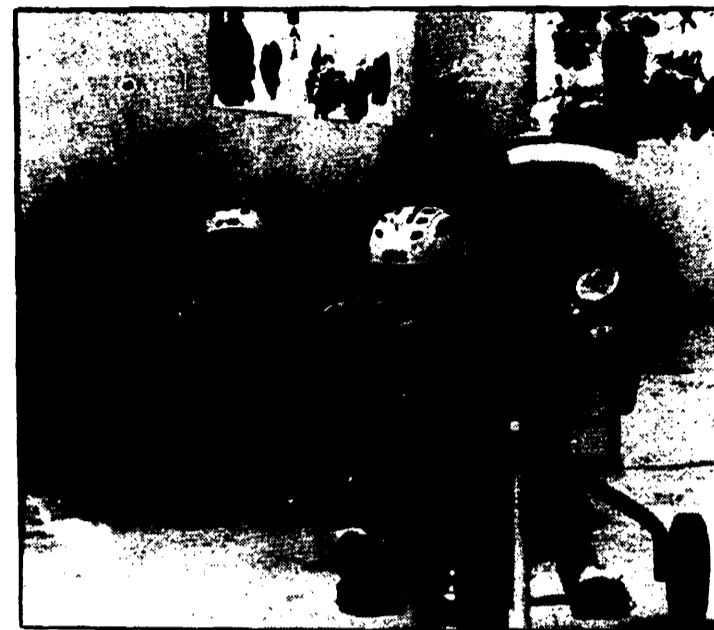
Safety Town is visiting Highline this summer. This is the fourth summer the program has come to the campus.

Safety Town teaches children at kindergarten ages how to safeguard themselves. It is a national program with more than 700 locations across the United States. Dorothy Chad is the founder of Safety Town and Bill Cosby is the spokesman for the program.

Highline is the sponsor for the program but the children pay tuition (\$40/section, \$50 including a t-shirt.) The parents provide snacks. Parent volunteers are welcome.

Highline's campus is the only location the program operates in Washington state. About 21 children enrolled in the first section of this year. They still have room for more children in the next section, the program's teachers said.

The program opens two sections, each section is eight days, Mondays through Thursdays. Parents are responsible for transportation and safe escort to



Safety Town students practice traffic skills.

and from the classroom.

Two teachers and four volunteer high school helpers operate the class. Joan Prohaska and Diane Gilbert are the teachers of the program. They have been teaching this program for four years.

"Five and 6 years old is a good age to learn about safety issues," Gilbert said. "It is a good learning experience for children during the summer. They have a lot of fun."

The program teaches children how to be safe in a variety of situations. For example they show them pictures of some

dangerous situations a child should avoid, tell them why it is dangerous and how to keep out of danger. They teach the children how to identify police, safe road crossing, to buckle up when riding in a vehicle and bicycle safety.

They even teach them how to deal with some serious situations like what to do when separated from their parents, and during fires and earthquakes.

The program also invited police who brought in a K-9 dog and taught the children how to deal with the animal. Michelle Jones enrolled her

two children in the class. This is their second year in this class. "This is a good program," Jones said. "The child would easier listen to the teachers than to their parents."

"He (her son) had learned a lot (about safety) last year," she said. "It's really important for them to learn safety before they attend kindergarten or first class."

Dylan Anderson, 5, enjoys the program very much.

"I like the program," he said. "It teaches me how to be safe."

He loves riding his bike (one of the program's fun learning activities), and he now knows that he should put on his helmet on and buckle up before riding. "This is a good program, it teaches kids how to be safe," Melissa Gilbert, one of the class helpers said. "It is a responsibility for parents to teach their children about safety."

The program is advertised through child-care and kindergarten classes in local schools. The next section will start on



Photos by Loren Legendre. Beginning riders buckle up for safety.

July 21 and end by July 31. The program locates in Building 23 (near the library,) room 115 (Parent Education Lab.)

For more information, call the Parent Education Department, at (206) 870-3789.

Tuition

Continued from page 1

make it easier on me to make monthly payments," said student Andy Steiger.

Monthly reminders are sent to your home to prevent any late payments.

"The plan helps you budget your finances better. This can really help students who have a need to regulate their payments for school," said Accountant Senior April Hooks.

"It's too premature to tell if the plan is working, we haven't gone through a full quarter yet

with the new plan. But our feedback has been positive, and I feel good about the effect it will have for students wanting an alternative to big tuition payments," Lara said.

The AMS plan is just another of several ways Highline is attempting to ease the burden of registering and making payments.

The school recently administered the new Touchtone registration system.

"Adding the touchtone registration has greatly reduced lines for both the register and cashier counters," Lara said.

Highline has also added Dis-

cover Card to its list of accepted credit cards. Now Highline will accept Visa, Mastercard, and Discover for paying for tuition.

Payment boxes are also available at the cashier window, and out in front of Building 6. Checks for tuition can be dropped off at any time.

For more information on the AMS payment plan, a start-up packet can be picked up at the cashier's counter in Building 6.

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