STONG MEDICINE

Students say nursing program is challenging, but worth it

By Lindsay Morishima

Highline's nursing program is one of the most successful registered nursing programs in the state. The program is accredited by the Northwest Association of Schools and Colleges and is approved by the Washington State Board of Nursing. The program admission rate is nearly 100 percent, and the program's success rate is approximately 80 percent. Highline's nursing program offers a two-year associate degree in nursing. The program is designed to prepare students for entry-level positions in acute care settings, including hospitals, clinics, and long-term care facilities. Students who complete the program are eligible to sit for the National Council Licensure Examination for Registered Nurses (NCLEX-RN). Highline's nursing program is one of the highest success rates among all of its programs.

Panel parcels out S&A money

By Shannon Stroud

The Student Activities Budget Committee has voted to allocate $20,232 in funds to various campus programs. The committee has also allocated $4,221 in contingency funds. The committee's decision was based on the following criteria: the program's success rate, the potential impact of the funds, and the program's ability to use the funds effectively. The committee has also allocated funds to the following programs: Art Department; Choir; Concert Choir; Jazz Band; Men's Basketball; Men's Cross Country; Men's Soccer; Women's Basketball; Women's Cross Country; Women's Soccer; and the T-Word. The T-Word is a student-run newspaper that covers local news and events. The committee has also allocated funds to the following programs: Art Department; Choir; Concert Choir; Jazz Band; Men's Basketball; Men's Cross Country; Men's Soccer; Women's Basketball; Women's Cross Country; Women's Soccer; and the T-Word. The T-Word is a student-run newspaper that covers local news and events.

Financial Aid delays notices. See page 3

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"Much learning does not teach understanding.
—Heraclitus"
Belgian intern brings in a bit of Europe

By Alyssa Pfau
Staff Reporter

Students and staff who have worked with Katrien Wayenderg say they are grateful to have her as an intern teacher's assistant at Highline.

Wayenderg is from Belgium, a small country in northwest Europe. She came to America on a Fulbright Scholarship Grant and hopes to expand her study of English linguistics and literature by experiencing American culture firsthand. As an intern teaching assistant at Highline, she is also an ambassador for her own country.

Wayenderg graduated with honors from The Catholic University of Leuven, one of the top universities in Western Europe. Its U.S. equivalent is Harvard, Wayenderg said.

At the age of 23, she holds a bachelor's degree in German Philology and she also has a teaching degree. She majored in English literature and linguistics, and minored in Dutch literature.

Ellen Hofmann, Highline French teacher and coordinator of the Fulbright internship program here, says Wayenderg adds to her course curriculum, simply because she is of European descent. Through her European perspective and mannerisms, she teaches Highline students about Belgium and what it means to be European.

"My understanding of European culture is seen through the car," said Liliana Olsen, Highline student. "I like Highline because I see European culture here." Olsen is studying business, but does not plan to continue her education after she graduates from Highline.

"Highline is a friendly place," said Amy Choi, 17. "I moved to the U.S. from Vietnam when I was 19 years old," she said. After moving to the United States, Choi went to high school for two years. After graduation from high school, Choi enrolled at Highline.

"It is my first year at Highline and I like it," Choi said. Choi wants to go to the University of Washington after she graduates from Highline. It is very difficult to be in school when you don't know enough English, foreign students said. Imagining your family moves to Germany and you go to school there. You cannot read and write in German. How would you feel? Students who come here from other countries have the same experience.

"It was very hard for me in high school because there is a big difference between my language and English," said Alexander Polkohovskiy. "Now it is easier than it was before." Polkohovskiy came to the United States from Belarus in 1991. It is Polkohovskiy's first year at Highline and he is taking 15 credits.

"I like Highline because the instructors are friendly," he said. Polkohovskiy does not work right now, so he gets help from Financial Aid to pay for school and books. After graduation, he does not plan to continue his education; he wants to work in a business using his knowledge of the Russian language.

Vanessa Garcia, 17 years old, moved from the Philippines six months ago. Her knowledge of English allowed her to go to Highline.

"It is my second quarter at Highline," she said. Garcia takes 15 credits every quarter. "I go to school because I want to be an educated person, and a college education will help me to find good job," said Garcia. "I like Highline because students are friendly."}

International students find home at Highline campus

By Petr Borishkevich
Staff Reporter

Highline is a place where you can find people from all over the world. Sometimes you can recognize a foreign student by the accent when the student speaks in class. Everyone has the same opportunity, college officials said.

"I like Highline because I see a lot of students from all over the world," said Liliana Olsen. Olsen, 18, moved to the United States from Argentina two years ago.

"I want to have a better education to get a better job," Olsen said. "That is why I am at Highline." Olsen is studying business, but does not plan to continue her education after she graduates from Highline.

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HIGHLINE FINANCIAL AID NOTIFICATION DELAYED

By William Randall
Staff Reporter

Some students are unhappy because they didn’t find out if they were going to get financial aid until the start of the Fall Quarter.

But college Financial Aid officials said the unexpected departure of two staff members this summer left them scrambling to keep up with an avalanche of applications.

Janet Casar applied for financial aid in the beginning of the year as she did her income taxes. She did not receive her award letter until Sept. 3, 1997. Casar said she had met the Highline deadline for applications and documents by July 11, 1997. She wants to know why it took so long to process her financial aid award.

“Bellevue Community College mailed their first award letters to their students by July 14, 1997. Other local community colleges mailed their letters on August 1, 1997,” Casar said.

“It is unacceptable that the Highline Financial Aid office took so long to process financial aid award letters,” she said.

“Financial Aid is way behind this year. It took too long to get my Pell Grant check,” said Joy Armstrong, another student.

Students said they need to know about their financial aid in a timely manner so they can make the decision to come back to school or find a job.

“Because the financial aid process was so long, I considered finding a job and dropping out of school,” Casar said.

Last February, the Financial Aid department received approval to hire two additional full-time staff members and promote three part-time staff to full-time.

But, the department lost two full-time employees at the peak of the year (one in June and the other in September).

“The unexpected loss of two full-time employees made a significant impact to the operations. The overloads were covered by remaining staff in the evenings and on the weekends, officials said.

“Financial Aid department is developing a new system that electronically processes financial aid loan applicants faster than in the past. However, students are applying for financial aid at more than twice the rate compared to four years ago,” said Director of Financial Aid Stacey Peterson.

“I would like to apologize for any inconveniences that students have had this quarter and I will be devoting my efforts to improving the services that they receive in the Financial Aid office,” Peterson said.

Nevertheless, other students at Highline said they are content with services from the Financial Aid department and are happy with the present system.

“I think financial aid is a good opportunity for students that need help to remain in school,” Tricia Davis said.

“I’m glad to have financial aid so I can finish school, and I think it is extremely helpful,” said Liya Asmauskas. “I didn’t have any problems with financial aid funds this year. I always talk with my friends about financial aid, and I always advise them to sign up for it as soon as possible.”

OCCUPATIONAL PROGRAMS CONSTITUTIONS TO BE WRITTEN

By Scott C. Murray
Staff Reporter

A constitution for the Work Retraining Program Advisory Committee has been forged.

Constitutions for the other occupational advisory boards, which have been in existence since the establishment of the college, are also being produced.

These constitutions are only never been written down before,” said Bob Eley, dean of Instruction for Occupational Programs.

The Worker Retraining Program Advisory Committee is the channel for local business people to be heard.

The committee provides recommendations on the college’s curriculum, the operation of job programs, equipment needs and facility needs.

“Those constitutions, in themselves, will not have any effect on students. The actual committees, however, have had and will have many positive effects on students,” said Eley.

The positive effects the committees will have include: encouraging students to become more engaged in educational pursuits; recruiting students; and helping create and maintain curricula that are up-to-date.

Other effects include recruiting teachers; providing advice on materials, equipment and facilities; providing input on college policy issues; and providing avenues for employment of students while they are in school and afterward.

The committee’s purpose, as stated in its constitution, is to help highline improve its quality of education. “There will be no difference in how programs are run,” Eley said.

UNIVERSITY OF DEEPWATER

One of the world’s foremost leaders in haircare is looking for models (male and female) for upcoming International Beauty Show, to be held in Seattle Feb.

15th & 16th. All work to be done by ANTE’s world-renowned Artistic Team. Must be willing to have hair cut & colored in the latest styles.

WHERE: HCC Bldg 10 Rm 203

WHEN: Thurs., Dec. 4th 5:30pm to 7:00pm

If further info. is needed call: Pacific Salon Systems 1-800-562-8951 Ext. 104

Byline: Bruce Jarrell

PHOTO: Photography by Bruce Jarrell
Running Start kids need more screening

Running Start students should undergo greater evaluation before being allowed to attend college classes. As of now, potential Running Start students are only required to go through three procedures before they can enter the program. Students should evaluate their current grade situations within their classes and decide if withdrawing would be the best answer for them. If students are failing a class as of now, then it would be in the students' best interest to officially drop the class. If they are currently failing, most likely they won't be able to pull their grade up to a passing level within these next few weeks. Students shouldn’t be afraid of withdrawing from a class, because receiving a 'W' on your transcripts is much better than receiving a failing grade. This could also be the time for students to buckle down and really try to build up their grades. If students' grades are very poor, but not failing, they could discuss their situations with their instructors and try and arrive at a solution for raising their grades. This problem may be more common with newer students who haven’t fully adjusted to college, and don’t quite know how the system works. It should be noted that being in this situation is not recommended. Making the decision to drop a class can create a lot of stress. It also makes students realize that they have wasted all of their money on a class that they won't even get credit for. Students should think hard and decide what method of action will benefit them most.

Phone companies treat us like sheep

It has now been three days since the whole area code thing was thrown at all of Western Washington and I'm conv-er-ted. I have a hard time remembering my own phone number, and now for a lot of calls you have to know 10 numbers instead of the usual seven. This already has confused the heck out of me. Of course, I got confused just trying to get connected to that darn Internet thing that is supposed to be so easy.

US West said the reason for the new area codes is that they need more phone numbers for the greater Seattle area, which roughly means: Too many people have cellular phones, pagers, dedicated fax machines, and second lines.

Itchin' and Scratchin'

By Michael Stampalia

Note to all you yuppies and wannabe yuppies out there: It's all your fault! The information age was supposed to make things easier. We'll explain to me how this is easier.

I like computers and all, they're good for playing games and stuff, but do people really need all those Gizmos? Next thing you know even hobos will be crisscrossing the country with their own cellular phones. Oh well, people don't even give out their home phone number, let alone you even give your pager number and you are supposed to page them. Nothing is more annoying than paging someone and having to wait for them to call you. Pager tag has now replaced phone tag in many families, where everyone has his own pager.

With all these new area codes how long will it be before it is in long-distance to call, say, Federal Way? Supposedly it will always remain a local call, but I don't believe that. When it does become a long distance call it will probably cost less to drive over and back to talk to someone for a few hours than it would to just call them. Is that the reason why they invented telephones in the first place? Fact is, we are the sheep and the US West and companies like them are the sheep herders.

Michael Stampalia is a Thunderword staff reporter.
Most Highline students say they drink on a regular basis.

Photo illustration by Bruce Jarrell

Other students have an occasional drink. Some drink because it makes them feel good; some drink when partying; some drink just to try it; and some drink to get "numb," as a student put it.

"I think people should be taught to drink responsibly. If it weren't such a taboo teenagers wouldn't be so inclined to overdo it. It would be much safer for young adults," another student said.

Of the students who drink, one-quarter of them said they have drunk alone, while the other three-quarters said they don't. Seventy-four percent of all of the students polled said they knew people who have driven drunk; and 70 percent knew someone who was an alcoholic.

The students polled did not drink stated their reasons for not drinking, including: "don't like alcohol;" "alcohol produces negative experiences;" "alcohol is bad for your health;" "I don't feel the need to drink;" "it doesn't taste good;" "taught by my parents not to drink;" "I'm an alcoholic;" "because of choice;" "never tried it;" "don't drink anymore;" "religious beliefs;" "I respect my body."

There are too many health and safety issues involved with alcohol consumption. It is death in a bottle," a student said. "It's hard to find young people who truly don't drink," another student said. "I lead a good life, I don't need to drink my problems away. I can solve them in better ways."

Students said they drink at a variety of places, including at home, 39 percent, and parties and bars, 24 percent.

Students' favorite types of alcoholic beverages to drink include beer, wine coolers, whiskey, wine, sake, amaretto sour; gin and tonic; beer; vodka; gin and Coke; scotch; bourbon; and Zima.

Let your liver live the good life, experts say

By Lindsay Morishima

Everybody knows that drinking and driving is deadly, but not everyone knows the other ways that alcohol effects your body.

Thousands of people die every year in the Puget Sound region of alcohol related deaths, said Dr. Judy Nelson, a psychiatrist in private practice.

Some of the health effects of alcohol are long term and will not occur for many years. Other effects, however, happen as soon as alcohol is ingested.

"Alcohol is extremely toxic to the cells that line your stomach, after only a few drinks," said Dr. Wallace Meyers, who works in internal medicine at Scripps hospital in San Diego.

This inflammation is called gastritis, and happens after two to three drinks. People develop red lesions or spots in their stomach that become inflamed. With heavy drinking or drinking everyday, the gastritis becomes chronic and leads to bleeding of the stomach lining and chronic stomach pain. The inflammation interferes with the normal digestive process of the stomach, Dr. Meyers said.

Heavy drinking also has adverse effects on the liver. Alcohol destroys normal liver cells. The damaged liver cells are replaced by fat and scar tissue.

"It's surprising how many young people come in with chronic liver cirrhosis (scarring)," Dr. Meyers said.

The liver, like the kidneys, takes toxins and poisons out of your blood. Without enough liver cells, toxins will build up in the body. Their complexion and the whiteness of their eyelids become yellow, Dr. Meyers said.

The liver also turns nutrients into proteins that clot blood, which makes it hard for heavy drinker's blood to clot.

The liver also produces albumin, which holds fluid in blood vessels. If the body doesn't produce enough albumin it can become severely bloated.

"True beer bellies are not only caused by a high calorie intake but are also caused by huge, swollen livers and excess fluid in the belly," Dr. Nelson said.

The liver gets its nutrients and oxygen from two main arteries: the hepatic artery and the portal vein. The hepatic artery brings in about 20 percent of the nutrients and oxygen, while the portal vein brings in the other 80 percent.

Scarring in the liver causes increased pressure and eventually the portal vein can't flow into the liver anymore. When this happens the blood has to get to the heart in a different way.

When the blood can no longer flow through the portal vein it is diverted to the varices veins. Varices veins are big, tangled veins in the esophagus. These veins will eventually start to bleed due to the excess blood flow and will not stop because the alcohol hinders the blood from clotting, Dr. Meyers said.

There is a term doctors use called the five-year survival rate, which is basically what percentage of people diagnosed with a disease are alive after five years.

"Just to give you an example, the five-year survival rate for lung cancer is 10 to 20 percent. The five-year survival rate for someone that has variced bleeding is around 5 percent," Dr. Nelson said.

Both Dr. Nelson and Dr. Meyers agree that in moderation alcohol is not bad. Some people and studies actually believe that red wine can lower cholesterol levels.

"Alcohol will kill you faster than smoking, even without drinking and driving," Dr. Nelson said.
Local colleges just say no to alcohol

By Ira Cornel
Staff Reporter

Local community colleges, including Highline, just say no when it comes to alcohol.

Green River and Bellevue community colleges also don't permit alcohol consumption on campus.

The University of Washington only permits alcohol consumption on campus if it is for specific events. It has shown that some feel the policy is too strict but others think it's not strict enough.

Last month the University of Washington hosted Alcohol Awareness Month during the National Collegiate Alcohol Awareness Week, Oct. 19-25.

They too, displayed a wrecked car in front of the Student Union. Costar said they borrowed goggles from the Traffic Safety Commission and hired a policeman to do a sobriety test to students wearing goggles at the same time in a straight line with their hands out.

"This is an alcohol free campus."
Laura Saunders
Vice President of Administration

"We have a list of social regulations to help prevent injury to its members in case of injury."

"In several of the schools, they have police security. They are usually on campus."

"We do have a student age code that has not changed."
Debbie Townsend, who is the assistant to the vice president in charge of keeping the college policy manual up-to-date at Bellevue Community College, said. "We don't have a serious problem."

"Bellevue and Green River engage in alcohol awareness efforts each year."

The Student Health Center at Bellevue once a year brings a smashed car onto the campus.

"We brought a cute Mazda Miata in all smashed up," says Kathy Johnson, Program Manager at Green River Community College. She says she tries to do it twice a year. She brings one in during Alcohol Awareness Month and in another during Drug Awareness Month in March.

Green River also held semi-finals and breathalyzer tests last year.

"Johnson said that a police officer would come down and demonstrate that gargling mouthwash would produce a positive result on the test."

But colleges sometimes do allow alcohol consumption in special circumstances.

"Johnson say at Green River, alcohol consumption has been allowed for Chamber of Commerce banquets. Permits must be acquired from the state for such events. Bartenders disburse drinks and also check patrons' identification to be sure that they are 21 or over."

The policy is similar at the University of Washington. Deborah Costar, assistant to the vice president for student affairs and chairwoman of Student Affairs Committee on Alcohol and Substance Awareness, said that generally alcohol is not permitted.

Exceptions can be made for specific events, such as banquets, if the right permits are obtained. These events are held in the Student Union Building. Costar says that everyone 21 or over in the residence hall room or in the dorms are allowed alcohol. But doors must be closed.

We always get the word out to students about the policy, Costar says.

There have been no problems among students on campus, Costar said. Surveys of students have shown that some feel the policy is too strict but others think it's not strict enough.

Fraternities and sororities at Washington State University also have rules for alcohol consumption.

"Our frat lost the privilege of a pledge class for two years for breaking one of the rules," said Cory Raelson, a former Phi Sigma Kappa at Washington State University.

The rules stem from the FIPG and follow enforcement through the Interfraternity Council, the Panhellenic Association and each university's judicial board, said Kerry Foell, president of the IFC at the University of Washington.

The FIPG is a national organization that insures each fraternity or sorority and its individual members in case of injury. They have a list of social regulations to help prevent injury to its members resulting from parties or alcohol.

Each sorority and fraternity has its own specific set of rules, but also follow the basic guidelines of the FIPG, said Katharine Johnson, UW adviser for the Panhellenic Association.

"The FIPG rules are as follows: Frats and sororities cannot buy alcohol in bulk. This includes pork legs, kegs, cases of beer, or half gallons of hard liquor."

They cannot purchase alcohol with house funds or as an organization.

"It is essentially BYOB (bring your own beer)," said Foeell.

Each party must also be registered with the IFC a week in advance. All parties must be closed parties. This means that they must have a guest list.

"If a house wishes to have a ‘wet’ party — a party with alcohol — it must register the social with the university. It must also obtain a banquet permit from the state Liquor Control Board."

"Every social must have some form of security. They usually designate frat or sorority members, or on occasion they have police security."

"So far these regulations seem to be doing their job. "Only one sorority has been reprimanded at the U of W this year," said Katharine Johnson.

"Fraternities and sororities are a positive aspect of university life," said Raelson. "They are designed to bring college students together. They can help each other learn, get through school, and out into the real world, and have a good time in the process."
Teen drinking consumes police time

By Christi Croft  
Staff Reporter

Under-age drinking is on the rise, police officials from around King County say. "There will always be the drinking issue with teens. The problem is not getting any better," said Detective Ed Harris of the Seattle Police Department.

According to a recent report done by the state Division of Alcohol and Substances Abuse, in 1995, the percentage of Washington state students in grades 8, 10, and 12 who have had more than a sip of alcohol, rose above the national average. Some 61.4 percent of Washington 8th graders have had more than a sip of alcohol, versus only 55.8 percent nationally.

Among Washington 10th graders, 73 percent had more than a sip, just above the national average of 71.1. Finally, 81.9 percent of Washington high school seniors have had at least one solid drink, against 80.4 percent nationwide.

"We usually charge approximately a dozen under-age drinkers with MIPs (minor in possession) within a week. The week-end is the most common time to catch teens in the act," said Harris. Police officials around this area all report problems with under-age drinkers.

"Each situation is different. When we encounter a teen drinking, the level of intoxication and the level of cooperation really matters," said Des Moines Master Police Officer Richard Niebuoh. Niebuoh said that if a person does not cooperate, a citation will be issued. Usually the citation given is a Minor in Possession.

Police say underage drinkers are frequently able to get alcohol.

"The age and maturity level of the teen also matters," said Niebuoh. According to Seattle Police Department, if a person is under the age of 21 is caught drinking, an MIP will be given right away. A person under 16 is usually given a warning, and gets transferred to a place where an adult is present, or gets an incident report issued.

The Burien Police Department stated that if they encounter someone under the age of 18, they will usually be escorted back home and released to an adult. They say in most cases, a person under 21 caught with alcohol will be charged on the spot.

"I really don't think that the level of drinking is going down for teens, and because of that, law enforcement is becoming more strict," said Burien Police Officer Wing Yoo.

Most of the police departments said they find most under-age drinking at house parties.

Lt. Robert Deustch of the Federal Way Police Department stated that when summer comes around, neighborhood complaints rise.

"During the summer season, we hand out approximately 2 dozen MIPs a week," said Deustch. Des Moines Master Police Officer Niebuoh also said that

See Alcohol, page 12

Alcoholics Anonymous works one day at a time

By Alyssa Pfau  
Staff Reporter

As the morning sunlight blended down on the campus of Seattle University the congestion and bustle of students and staff was at its peak. However, in a dorm-room not far from the main campus, Roger, an 18-year-old student at SU was waking up in a blur. He was hung over with a throbbing headache, which made recalling what had happened the night before a tremendous effort, and the mysterious scratches and bruises lead to more confusion.

"I've got to quit this," Roger thought to himself as he slowly made his way to the bathroom and splashed cold water on his face. He looked up, and saw his reflection in the mirror but the person looking back at him was a stranger; a person he didn't know or understand.

Roger handed the reflection he saw in the mirror; he knew that it was taking over the person he once was. The person who had hopes and dreams for the future. With this realization he swore to himself that this was the last straw, he was no longer going to drink. Invariably, however, he would always go back to the bottle, even though just that morning his desire to quit had been so strong.

"I tried everything to control my drinking in every way possible...when I had exhausted all the ways to quit drinking on my own I went to treatment," Roger said.

It was in September of 1988 that Roger went for help. His life had become so unmanageable due to drugs and alcohol that he could no longer live with himself. Roger had dropped out of college, due to bad grades and his life had evolved to working a dead end job so that he could get smashed or stoned daily.

When Roger started attending Alcoholics Anonymous as a part of his treatment. He was desperate; he had lost all sense of self and was drowning in a sea of alcohol. However, by going to AA day after day and listening to other people share experiences, strength, and hope, Roger decided he wanted it all.

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"The age and maturity level of the teen also matters," said Niebuoh. According to Seattle Police Department, if a person is under the age of 21 is caught drinking, an MIP will be given right away. A person under 16 is usually given a warning, and gets transferred to a place where an adult is present, or gets an incident report issued.

The Burien Police Department stated that if they encounter someone under the age of 18, they will usually be escorted back home and released to an adult. They say in most cases, a person under 21 caught with alcohol will be charged on the spot.

"I really don't think that the level of drinking is going down for teens, and because of that, law enforcement is becoming more strict," said Burien Police Officer Wing Yoo.

Most of the police departments said they find most under-age drinking at house parties.

Lt. Robert Deustch of the Federal Way Police Department stated that when summer comes around, neighborhood complaints rise.

"During the summer season, we hand out approximately 2 dozen MIPs a week," said Deustch. Des Moines Master Police Officer Niebuoh also said that

See Alcohol, page 12
Albrecht takes over for Callero next season

By T.M. Wyse
Staff Reporter

Next season, the T-Bird men's basketball team will be without Head Coach Joe Callero, but they didn't have to look very far for a replacement.

Once HCC ball-boy, now Assistant Coach Jeff Albrecht will replace Callero next season as the head coach.

Callero, along with Quincy Wilder and Brian Scalabrine, is heading to USC next season with hopes of improving the basketball program. Callero will be an assistant at USC.

Albrecht is beginning his second season as the assistant coach of the men's basketball team and is overwhelmed at the chance to be the head coach.

"I am anxious, but first things first, I have to concentrate on this season," he said. Albrecht was informed of the news last Wednesday at the official announcement of Brian Scalabrine and Quincy Wilder's commitment to the University of Southern California.

Albrecht will be the eighth head men's basketball coach in the school's history. He comes from a family with a basketball background. His father, Karl, coached at Foster and Juanita high schools for a number of years. Karl Albrecht also served as an assistant at Highline when Athletic Director Fred Harrison was head basketball coach.

Albrecht played four-year college ball for Eastern (one year) and Central (three years). He then went on to be assistant coach at Central for three years, 1993-1995.

Callero is also in full support of this decision. "One of the most important things is to hire someone that the team is familiar with and someone who they know has confidence," he said.

"Basketball isn't an extremely complex deal. He comes from a very experienced basketball background. He shouldn't have any problems being head coach," Callero said.

Facility loses to women's basketball team once again

By K.M. Petersen
Staff Reporter

The women's basketball team wore out the geriatric staff and faculty team and handed down a 66-64 defeat last Friday.

The game, which benefited Northwest Harvest and the Des Moines food bank, was played in front of a crowd of 200 people.

Highline students and other spectators donated two shopping carts full of canned goods, as well as raising $105 in cash.

Momentum shifted throughout the afternoon, but the women managed to pull through and finish the afternoon on top.

The women opened up the scoring with an 18 foot jump shot by sophomore Iris Cornell. Cornell provided much of the Lady Thunderbirds' early offense from the perimeter.

The staff was primarily sparked in the opening moments by the dominant rebounding of Cara Hoyt, who seemed to snatch every defensive rebound.

The aging staff and faculty team did not have much of a disadvantage in the floor game, routinely handling the ball with poise and defending well, but math instructor Ed Morris gave a preview of the team's shooting accuracy early by missing an open lay-up.

After not seeing much offensive production from his starting unit, staff coach Robin Buchan replaced his entire squad with a unit that included head basketball coach Joe Callero and former track coach Louis D'Andrea.

Almost immediately upon his entry, the former point guard Callero had the ball stolen by freshman Karen Nadeau during an 11-0 run by the women.

The staff went on the offensive after the run, with three points from Carrie Johnson and two baskets by D'Andrea.

Before halftime, the staff also received contributions from sociology instructor Derek Greenfield, who made a reverse lay-up.

The Lady Thunderbirds went into halftime leading 30-27.

The two minute break did not appear to be nearly long enough for the staff team, as the women took control of the game during the open moments of the second half.

A beautiful pass by Nadeau set up a Jennifer Tarbet basket and a three pointer by Valerie Nater were all part of a 7-2 spurt by the women's team.

The staff team fought back with a coast-to-coast drive and lay-up by Callero, but sophomore Kristen Couch responded immediately with another two points for the ladies.

Key baskets by Callero, Hoyt, Vicki Watson, and Pete Babington cut the women's lead to 2.

With less than five seconds left, Bruce Roberts missed an open lay-up which would have tied the game. Babington's put back attempt missed as time ran out on the old folks team.

Despite occasionally sloppy play by the staff team, who at times seemed disoriented on the court, the humor and ability of both teams excelled the crowd.

"We just were trying to have some fun," women's coach Dale Bolinger said. Most players and coaches were smiles on their faces throughout the game.

Near the end of the game, Tarbet removed Greenfield's glasses, then put them on and kept playing.

The women's progress was evident throughout. The returning sophomores played well, and the incoming freshmen also looked good, particularly Nadeau, who controlled the floor for a significant part of the game.

"I think the women's team is really improved," said Buchan. "I think it's the best game they played."

"We survived," said Bolinger of his team's victory.

He attributed part of the win to athletic director Fred Harrison's officiating.

During the closing moments, with the score threatening to tie the game, Harrison began making controversial calls, including a 3 seconds in the key call while the staff was close to scoring.

"Every team's got to have a sixth man, and Fred was ours," said Bolinger.

"The most important thing is to be a good recruiter," he said. Albrecht agrees that the only way that Highline's men's basketball program will stay successful is if they continue to get the good student athletes.

"Everybody wants to be part of a winning team. If we continue that this season, it will be a real bonus for us when we recruit for next season," Albrecht said.

Albrecht also stressed that recruiting at the community college level is so important because of the two-year turnaround.

"I feel like will have to keep the kids focus on balancing their lives. They have to be able to balance studies, social life, work, and basketball. If I can do that then I think the team will stay together," Albrecht said.
Men's soccer team fails to reach goals

By Nathan Golden

The men's soccer team fell one goal short of the playoffs, but looks to improve next year.

The team was certain about making the playoffs, but couldn't finish several scoring opportunities in their last game against Spokane, losing 3-2.

"Up until the last whistle, I was confident of a win," Head Coach Jason Prenovost said.

Going into the Spokane game, knowing a tie or better was vital, was not the situation the team wanted to be in.

If you would have told me two weeks ago the Spokane game would decide who advanced, I wouldn't have believed it," said Assistant Coach Keith Paton.

One more goal against Spokane, or any game of the regular season, and the Highline "Rippers" would still be playing.

"I was most pain I have ever felt," said Assistant Coach Brian DeSimone, Highline's lead-ers saying they will return.

All year, the Rippers were a marked team. They started the season very strong, winning five of their first six games. Throughout the rest of the year, the team beat teams from all three divisions.

But the T-birds lost four of their last six games. "We experienced many highs and lows," Prenovost said. Highline finished 11-7-0, third in the East Division.

The leadership of captains Tony Rolewicz and Ryan Hoks-son will be missed, along with the solid play of sophomores Donny Murray and Shobo Til-bury.

This was the best season for Highline under four-year coach Prenovost. Prenovost said he was very proud of the team and described his players as an abso-lute pleasure.

Prenovost and Paton, along with freshman forward Mike DelSimone are confident about next year's team, with 12 players saying they will return.

"Next year will be a totally new ball game," said DeSimone. DelSimone, Highline's lead-ing scorer with 11 goals, wants the team to show up focused for games and be disciplined in practice. He said newcomers will need to learn that a 1-0 lead should be thought of as a 0-0 lead, always working for a goal.

"We need to stay level-head-ed and focus on winning each game," DeSimone said.

"I am extremely excited about next season," Prenovost said. "Our experience will pay off.

Highline water polo club takes third place

By Westley Young

The Highline Thunderbirds placed third at the Northwest Water Polo Championships recently at the King County Aquatics Center in Federal Way.

"We did well, really well," Coach Sam Shabb said.

Shabb played for Stanford when he was attending college there.

The club will compete Nov. 22 and 23 in the Collegiate Water Polo Championships, again in Federal Way. Highline, the only community college in the league, competes against the university teams from Canada, Washington, Idaho, Oregon and California.

The current water polo team is coed, with 20 players of vari-ous skill.

"There isn't a gender gap in water polo, everyone is equal," said Club President Ron Granquist. The club meets from 2-3 p.m. on Tuesdays and Thursdays in the pool. A class in water polo is offered.

Highline wrestlers pin down preseason win

By Brian Scalabrine

The Highline T-Bird wrestling team came out strong against Yakima Valley last Sat-urday. The T-Birds won 10 of the 13 matches, seven by pin.

It was the T-Birds' last pre-season scrimmage this season.

"The team looked great from the light weights all the way down to the heavyweight," said Assistant Wrestling Coach John Clemens.

The T-Birds had some very impressive wins last Saturday. Raul Sedano at 118 pounds won by a first-round pin.

Tony Harriman at 177 pounds also came away with a first-round pin. Harriman looked like he was wrestling out of a textbook. Every move he made resulted in points, team-mates said.

Trevor Howard came away with a 15-0 win. John Rosevear and teammate Eric Worden came away with second-round pins.

Crowd favorite Jason Olson of the heavyweight division put up a good fight against a really good wrestler but lost on a controversy decision, 11-9.

Other T-Bird losses were Aaron Hall at 118 pounds, 12-8; Jason Stringham at 158 pounds, 9-6; and Brian Loska at 177 pounds, 5-2. Tim Patterson at 150 was pinned in the second round.

Nelson Cristanto, wrestling at 126 pounds, won with a third-round pin. Teammates Julian Reyonso at 118 pounds and Adam Catterlin at 167 pounds also came away with third-round pin.

"The team looks great at this point but we all have to get bet-ter. At this point in time we are in great shape, but we have a big

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Sleep the pain of lectures away, or not

You know, you can't sleep in class like you could in the good old days of high school.

And sleeping in class is a bad thing, as I learned my sophomore year in high school.

For the third time, my history teacher was going over that pointless topic.

So I decided to take a nap on my green canvas binder.

I was really snoring, because I woke swimming in a sea of saliva.

It was clear I was going to have a heart attack, just to be safe.

Like the schlump I was, I figured it wasn't too serious. Just a little moisture, that's all.

But my spit had committed mutiny while I was sleeping.

"Yeah, I'm so cool for sleeping through class," I thought to myself.

"They're just admiring my boldness, my sheer defiance of authority. I am one cool chick,"

And then I came to.

The green from my binder had transferred, with the help of Sammy Spittle, onto my red face.

My cronies started to say mean things about sheets and my face. I think I wanted to cry.

"What to do?"

Well, sprint Olympic-style to the nearest bathroom, of course!

Once secure in the tiled goodness that was the bathroom, I began smearing my face with that hitherto pink powdered soap.

Those janitors just pealed off the Ajax label and called it hand soap, because I managed to eventually remove the green stain—along with three layers of skin.

Emerging from the bathroom, I sported that attractive "I've just been tied to the bumper of a Ford and made to face-surf for a couple of blocks" look.

In retrospect, there may have been something to learn from the teacher's lesson.

But the humiliation I suffered was way more painful than any dronefest an instructor could dish me.

Lisa Curdy is Arts Editor and still has the scars from her one-time case of handsoap burn.

DATEABLE MEN

Highline's top 12 make calendar cut

By Lisa Curdy

Arcturus

Thirty manly fellows strutted their swanky stuff in last Thursday's Men of Highline calendar pageant.

The pageant's participants vied for one of 12 coveted spots in the upcoming Men of Highline calendar.

Proceeds will go to Multicultural Services, who co-sponsored the event along with Team Highline's Tour aum-Smith.

The judges of the event were students Amanda Loring and Regina Jefferson, staff member Janine Quinichett and radio personality Tari Free of KUBE 93, whose undisclosed appearance fee made her not-so-free.

Free was a half-hour late due to an auto accident, and so was the start of the pageant.

Contestants were rated for personality, fashion sense, and that special something in their eyes.

Each contestant was then beckoned on stage by theme music.

After the initial strut, each participant was asked questions pertaining to several social issues, such as their feelings on rap music, the importance of fathers, and if they thought going to school was more important than getting a job.

"My father was a person who could only write his autograph," answered contestant Nelson Crisanto. "You can't do anything without an education."

Judges even asked that typical "if you had one wish," question, as it pertained to HCC.

The same questions were rehearsed the entire show, and their novelty wore off after hearing them for the third time.

"It wasn't just a show about looks—the questions that were asked revealed a lot about personalities," said Kayleen Oka, event coordinator.

The message of the pageant was to demonstrate Tim Allen struts his stuff.

Tari Free, radio personality.

See Men, Page 11

Literary magazine accepting submissions

By Lisa Curdy

Arcturus

Time is drawing nigh for the "Arcturus" submission deadline.

"Arcturus," Highline's own literary magazine, will be accepting submissions now through Dec. 5.

If you're a student, alumni, or staff, you're welcome to enter.

"All students are encouraged to submit," said Sharon Hashimoto, faculty adviser. Any black and white artwork, photos, essays, poetry, and short stories will be taken for consideration.

"In the past we've received about 300 submissions," said Hashimoto.

After the submission deadline has past, three to five student editors and Hashimoto choose the winning entries.

After that, the selections are given to Gary Nelson, director of production illustration, for printing.

The money for production is taken out of the Student Activities budget.

About 1,000 copies are printed, and each instructor receives their own personal "Arcturus."

The leftovers will be distributed during the "Arcturus" release, which will be held some time late spring quarter.

Submissions can be dropped off to Sharon Hashimoto, Building 5, room 304.

Be sure to type your name, address, and telephone number in the corner of each page of your submission, to ensure it being returned to you in full.

Also, include a self-addressed stamped envelope if you wish to have your entry returned.
Staff Reporter

This month's exhibit on the fourth floor of the Library features artist Claudia Nix. While the strokes of this artist's brush may or may not be pleasing to the eye, the beauty she paints with her words is without a doubt, moving and lovely to anyone.

"I think I am drawn to painting landscape because it allows me to be witness to a miracle," Nix said.

"I feel this is as close to seeing the face of God/Goddess as I will ever get."

Nix, who is an Oregon native, has displayed her works in Portland, Seattle, and Tacoma. Working as a graphic design artist, her chosen field of endeavor can be easily seen in her art.

Her style is harsh and blunt. The harshness and stark contrast of "Mystical Hill and Steens Mountain," are stiff and unyielding.

"Our style contributes in some way to the simple way is a whole 'nother bucket of brawn."

Whether it came across that way is a whole 'nother bucket of create the impression of magic in several directions. "Surrounded by Clear Cut" for some reason reminded me of the Fields of Rohan in Tolkien's "The Lord of the Rings."

Perhaps the summary of the artist's mission statement said it all, "if the manifest world is a miracle, I hope that the simple act of witnessing and recording contributes in some way to the continuance and celebration of its miracle."

Claudia Nix's oil paintings, "Radiant Pine" and "Let's Poplar" make good impressionistic hangings, while "Hill Sails 1 and 2" go in another direction and take to the look of a Picasso.

Nix's style can make the imagination work its minds magic in several directions. "Surrounded by Clear Cut" for some reason reminded me of the Fields of Rohan in Tolkien's "The Lord of the Rings."

Perhaps the summary of the artist's mission statement said it all, "if the manifest world is a miracle, I hope that the simple act of witnessing and recording contributes in some way to the continuance and celebration of its miracle."

Get that coffeehouse fresh feeling in Tazza

By Christi Croft  Staff Reporter

Team Highline will be spon-soring an evening of "Poetry and Prose" on November 25th at 7 p.m. at the Tazza cafe located in Building 8. This event will give Highline students a chance to explore their innermost poetic talents, or just recite a few lines of their favorite poems.

Rachel Thorn of Team Highline was the original coordinator of "Poetry and Prose," but due to prior engagements, decided not to coordinate the event. Menna Tesfatsion, another member of Team Highline, picked up the torch.

"I wanted to do this because I thought it was a great idea, and I believe there are many students with poetic talents at Highline," said Tesfatsion. "This is the first poetry reading for fall quarter that Team Highline has held."

Team Highline is working on making this a quarterly event, Tesfatsion said.

All poets will have a five-minute limit, and within that time, students are allowed to read as many poems as they want.

Students, as well as faculty and staff, are welcome to partici-pate during the evening. Friends and family are welcome to attend.

"I believe the turnout will be good. I think this is going to be a worthwhile experience for both, participant and audience members," said Tesfatsion.

While relaxing in the laid-back surroundings of "Poetry and Prose," you can also help yourself to some hot coffee and flaky pastries, free of charge. Team Highline encourages students and staff to break out of their comfort zone, and participate.

'Kiss or Kill': viewer be very wary

By William Randall  Staff Reporter

The movie "Kiss or Kill" is the story of an intimate partnership that schemes to drug and rob businessmen, but spirals into murder.

The shocking opening scene leaves you sitting on edge as Kikki (Francis O'Connor), a 4-year-old girl, witnesses the murder of her mother.

Time flashes to her adult life where she (O'Connor) and Al (Matt Day), her partner, team up to fleece men out of anything— including an incrementing video of famous football star, Jumper Doyle (Barry Lamright). And the chase is on! Each murderous scene leads to another, as a fast-paced road chase occurs.

Police move in to make the arrest, but the end is not in sight, because more mind-shattering events are on the way.

Writer, director, and producer Bill Bennett masterminded this magnificent production, because sometimes your closest friends may have deep-rooted secrets. "My closest friend could have been a psychopathic killer," Bennett said.

Bennett had a horrifying experience with one of his closest friends and almost died. It was a close call that he wanted to warn others about who they are associate with. Between the outstanding sound track and O'Connor's star performance, this film will be a smash hit.

O'Connor received Best Actress award at the 1997 Montreal Film Festival Awards for her performance as Kikki. Even the costumes were award-winning.

"It was fun; a lot of my friends did it," she said. Some constestants wished for male jaguars. "Those ladies, it was too easy to win their hearts over," said Jason Olson, a prospective Man of Highline.

And the men feel like they were just a cheap thrill for audience members to ogle over. "No, I did not feel like a piece of meat," Olson said.

Contestants said that the pageant went well. "Yeah, I'd do it again," said Nelson Cristano, student body president and participant.

If you loved Men of Highline, you'll be pleased to know that it has "great potential to be an annual event," said Touran Smith, event co-coordinator.

The 12 winners were announced last Friday. The featured men will be Kaitem Harris, Micah Adams, Robert Dampier, Menna Tesfatsion, Chris Peckman, Raul Sedano, Nelson Cristano, Kirk Elliott, Steve Leech, Dominique Demouchet, Fonzie R. Giesz, and Jon Ragan.

You can reserve your very own Men of Highline calendar beginning Nov. 30 in the Student Programs office for $8.

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Health goes down tubes with every bite taken

By lva Cornell Staff Reporter

Walking up in the morning, taking showers, getting dressed, and getting a bite to eat if you have time before heading out to class, or rooms, is a daily routine for college students. As soon as you walk out the door, the weather awaits you. Milestones have passed, and tasks are ahead.

As balancing college and maintaining a healthy level being important, Hill said, "It's a great time for the winter. On a cold and rainy day, I went to the weight room. Tracy Wilcoxen works out in the weight room.

I think I got a very good foundation from the classroom to a job. Nursing requires on the spot decision making. Nurses often have to make decisions on the spot. Nurses often have to make decisions on the spot. Nurses often have to make decisions on the spot.

I'm glad I paid attention in class. Brigham said. But she feels that nurses do things that they do need, but they don't have the option of doing things. Nursing requires on the spot decision making. Nurses often have to make decisions on the spot. Nurses often have to make decisions on the spot.

The center also helps with teens who are at risk. We go out the front door and get some physicals. Hill said.

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