

The Thunderword

The voice of the students

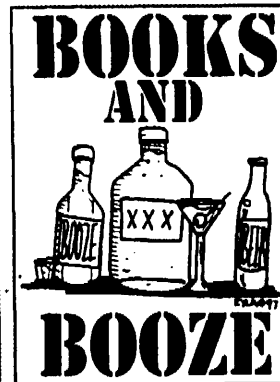
Volume 37, Issue 9

Highline Community College

November 20, 1997



Faculty loses to women one more time.
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College may be one part alcohol and one part student.
See pages 5-7



Financial Aid delays notices.
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“Much learning does not teach understanding.”
—Heraclitus”

STRONG MEDICINE

Students say nursing program is challenging, but worth it

By Lindsay Morishima
Staff Reporter

Highline's nursing program is one of the most successful occupational education department programs with a job placement rate of 95 percent or higher and an average starting salary of around \$39,000 said Chris Henshaw, nursing program coordinator.

"Highline's nursing program is tough, but worth it," said Jennifer Baker, a recent graduate of the program, who is now a labor and delivery nurse at Tacoma General Hospital.

With more than a year of prerequisites before an application can even be considered, only people serious about making the program work get in. Out of 70 applicants this year, only 45 made it into the nursing program. But once in the program, about 80 percent finish, which is higher than most other programs at Highline.

"All expectations are spelled out, they know what they'll have to do," Henshaw said.

The nursing program is a full-time program with two days of the week spent at clinical sites and the other three days spent in classes for four hours a day. To be successful you need to be self-motivated, take the responsibility seriously and be able to think critically, Henshaw said.

To help students succeed, the nursing program has a peer tutoring program where second-year students tutor first-year stu-



Photo by Bruce Jarrell

Highline's nursing program boasts one of the highest success rates of all Highline programs.

dents and the faculty is ready to help and accessible. The program also has classes in effective communication, dealing with problem patients, interviewing skills and resume writing besides all the basics of nursing.

Some of Henshaw's tips to currently enrolled students or students interested in the program is to study to learn not just to pass the test. Students need to learn professional responsibility not just earn good grades.

Baker advises current students to just keep going and

once you look back the two years of the program will have flown by so get everything you can out of it.

Baker also said that she made some lasting friendships because of how intense the program is. She is still in regular contact with fellow students.

The nursing program is looking to create a part-time program and expanding practical experience to settings other than hospitals. There is less and less need for nurses in hospitals be-

See Nursing, page 12

Panel parcels out S&A money

By Shannon Stroud
Staff Reporter

The Service and Activities Budget Committee has only three requests for contingency funds this fall.

The requests are a potential \$4,023 claim on the \$14,114 contingency fund, which comes from the S&A fees all students pay along with tuition.

The committee meets 1 p.m. Friday in Building 23, Room 113 to decide who gets what. All students are welcome to attend.

This is the first quarter the Budget Committee has gathered money to produce a contingency fund.

"It gives students a good experience to work with this money," said Diane Anderson, director of Student Programs and ex-officio

for the committee.

Contingency requests include:

- * College in a College. Team Highline and the Library have requested money for Cram Nights, which provide students with all-night study sessions in the Library during finals week. They need \$900 for the library and personnel for after hours.

- * Concert Choir and Jazz Vocal Ensemble have requested funding in the amount of \$2523.85 to pay a staff accompanist.

An accompanist is important for the students to enhance their singing and music reading skills, learn a variety of music, and develop musical expression, program officials said in their request.

- * The Thunderword has requested money for printing costs for summer quarter.

In its first ever summer edition, the T-word produced four editions at a cost of \$1,000.

The T-Word is asking for \$600 to continue publishing through the summer.

"The rest of the cost was covered by advertising sales," said T.M. Sell, adviser.

The S&A Budget Committee appropriated approximately \$695,000 last year.



Anderson



Photo by Bruce Jarrell

Men of Highline

30 contestants, four judges, 12 winners. Men get ogled to raise money for a good cause.

See page 10

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 Scholar 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 also is 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 Germanic 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



Photo by Bruce Jarrell

Katrien Wayenderg, center, teaches students about France and European life in Ellen Hofmann's French class.

of the Fulbright intern 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

American eyes, but Katrien simply looks, speaks, and is European," Hofmann said.

Hofmann adds that through Wayenderg, students gain respect for and understanding of a culture very different from their own. Through this experience, they learn tolerance.

Growing up and going to school in a small European

country is a part of Wayenderg that she hopes to share.

Wayenderg noticed that young people in America, unlike those of Belgium, have a lot more independence and seek to express their individualism. They go off in their own directions, straying from their families. Young Belgians, on the other hand, are reluctant to stray from their parents because they are taught to depend on them for everything, Wayenderg said.

"Americans' value of independence shows up in little things," she said.

For example, when Wayenderg first came here, she was amazed to see so many students working and going to school at the same time. She was also surprised by how many students were driving cars, and nice ones at that.

"The car is a symbol of independence in the U.S.," she said.

In Belgium the driving age is 17 and half years old; but even at that age almost no one drives. Only very rich parents buy cars for their children to have while they are at college.

College life for the average

Belgian consists of studying, hanging out with friends, going to parties and keeping in close contact with family, Wayenderg said. There just isn't much else for college students, considering that almost no one holds down a job while attending school. Also, unlike American students, Belgian students don't have televisions.

A French-language student at Highline, Cressy Coffin, said that before she met Wayenderg, she didn't know anything about Belgium.

"Besides language there is so much about Belgian culture that Katrien can relate to us — customs, values, and even the typical life of a Belgian teenager," Coffin said.

"Language and culture go hand and hand. Taking a look at the culture while studying the language gives you a more holistic view," said French-language student Sara Peterson.

If you would like to get to know Katrien Wayenderg, a reception will be held for her on Tuesday, Nov. 25 in the Union Bay Room from 1:30 to 3 p.m. Everyone is invited to come.

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, 38, 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.

"Highline is a friendly place," said Amy Choi, 22.

"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. Imagine if 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



Photo by Bruce Jarrell

Foreign students say they like the educational opportunities afforded at Highline.

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."

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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 Cassar 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.

Cassar said she had met the Highline deadline for applications and documents of 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 on July 14, 1997. Other local community colleges mailed award letters to their students by August 1, 1997," Cassar 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," Cassar 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 in the department. The overloads were covered by remaining staff in the evenings and on the weekend, officials said.

"The Financial Aid department is developing a new system that electronically process-

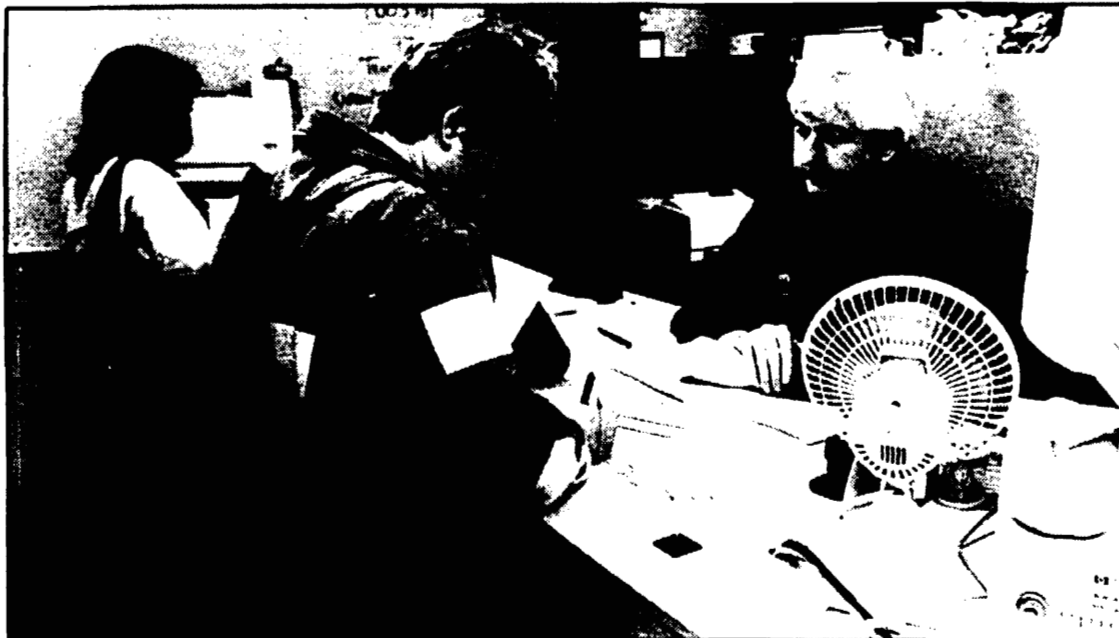


Photo by Bruce Jarrell

Student Lucyna Marcisz receives help with her financial aid application from Jim Yates in the Financial Aid office, located upstairs in Building 6.

es 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."

Thunder Word News Briefs

Under Milk Wood

The Highline Drama Department's production of the play "Under Milk Wood" by Dylan Thomas will be performed tonight, as well as Friday and Saturday night.

General admission is \$6, \$5 for students and \$4 for high school students. Tickets are available at the door, or call 206-878-3710, ext. 3156 for reservations. Curtain time is at 8 p.m. in the Little Theater next to Building 5.

Job Club meeting

The Job Club will meet today in Building 23, room 108 from noon-1:30 p.m. to discuss interviewing and communication skills.

Christine Kirk, a consultant with MPC Creations will speak.

Call ext. 3340 or 3802 for more information.

Associated Council to meet Monday

The Associated Council will meet Monday, Nov. 24 on the 5th floor of the Library in the Board Room from 2-3:30 p.m.

All students and staff are welcome to attend and voice their opinions and concerns.

The meeting will discuss computer lab fees, student rights

and responsibilities as well as fundraisers for clubs. One proposed fundraiser is to set up a gift wrapping booth at the Auburn Supermall on a donation basis.

Thanksgiving, international style

Team Highline and the International Club are sponsoring a traditional Thanksgiving dinner with karaoke singing in English, Spanish and Japanese on Wednesday, Nov. 26.

The festivities are from noon-2:30 p.m. in Building 2. Tickets are \$4 and can be purchased in the Student Programs Office. For more information, contact Yumi Okuwaki, ext. 3537.

Math bulletin board

Students can advertise math textbooks and calculators for

sale on the math bulletin board located next to the entrance to Building 17, room 101.

To place an ad that will run for two weeks, contact Helen Burn in Building 18, ext. 3496.

TI-82 graphing calculators can also be rented for \$20 per quarter.

Entertainment '98 books for sale

Books for discounts at local restaurants, movies, and calling cards are available for \$35 for the smaller book, or \$40 for the larger book.

Proceeds benefit the Asian-Pacific Islander Club. For more information, contact Yenerma De Las Alas, ext. 3315.

School closed

The Library will be closed and classes will not be held next Thursday and Friday in honor of Thanksgiving.

Correction:

Vice President for Instruction Jim Sorensen's name was misspelled in last week's issue of the Thunderword.

Occupational Programs constitutions to be written

By Scott C. Murray
Staff Reporter

A constitution for the Worker 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 new in the sense that they have 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.

"These 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 recommending 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.

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

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Editorial

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.

They must first take and pass the college ASSET Test. Then they must acquire an Authorization Form, which must be signed by a parent or legal guardian. Finally, the student needs to meet with her or his high school counselor, with whom they will discuss grades, test scores, and graduation requirements to determine if the student is properly prepared for the Running Start program.

Better screening is necessary to find out which students are mentally ready for the college experience.

It's true that many Running Start students thrive and excel when they come to college. But it is also true that many Running Start students are simply not ready for school in a college setting.

It's evident that some Running Start students have not made and can not effectively make an early transition from high school to college.

For some students, it's just too soon for them to leave high school. Many of these students would benefit greatly by continuing their last two years of high school in a high school.

The maturity level of potential Running Start students is a major part of their readiness upon coming to a college.

Unprepared Running Start students are taking up valuable class space. It's bad enough that they get priority registration over all students, but their unpreparedness often leads to their disruptiveness in class.

Many instructors have noticed that some Running Start students become very disruptive when they lose interest in the class, or come to class unprepared.

These problems also arise with older students who come to college unprepared, not just with Running Start kids.

Further testing is needed to see if students are ready to handle the responsibility and work load of college education.

The Running Start program can be a very effective way for many students to get a head start on their impending degrees, but too many students who are not ready for college are being allowed into the program.

Poor grades? Maybe withdrawing is answer

The last day to officially withdraw from fall classes is Wednesday, Nov. 26.

This is an important date to remember for all students who are currently doing poorly in their classes, and do not wish to have a bad or failing grade appear on their transcripts.

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.

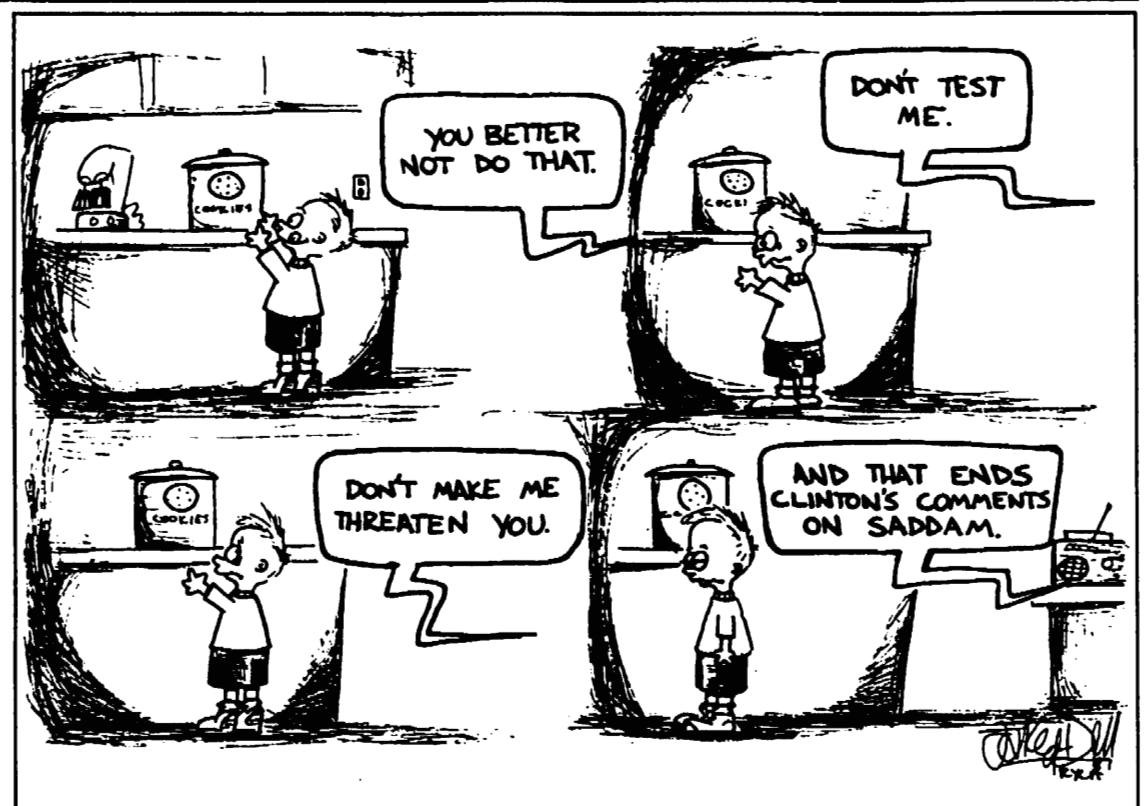
This could also be the time for students to buckle down and really try to build up their grades.

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 still recovering.

I have a hard time remembering my own phone number most days (it probably wasn't a good idea for me to eat all those paint chips when I was a kid) 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 get 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. Well 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.

Now people don't even give out their home phone number, they just give you their 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 their own pager.

With all these new area codes how long will it be before it is 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 not the reason why they invented telephones in the first place?

Fact is, we are the sheep and US West and companies like them are the sheep herders.

Michael Stampalia is a Thunderword staff reporter.

Soap Box

It's time for you to have your say, and this is the place: The Thunderword opinion section. Soap Box offers faculty, staff, students, heck, even administrators a chance to say what's on their minds. Write your head off -- we'll make it fit. We will edit for style and grammar, but the choice of topic is yours. All you have to do is get it down on paper (or a 3.5-inch computer disk, if you're really cool) and get it to:

David Blair
Opinion Editor
The Thunderword
Building 10,
Room 106
Mail Stop 10-3.

The Thunderword

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Most Highline students say they drink

By Scott C. Murray
Staff Reporter

Nearly three-quarters of Highline students drink alcohol, according to a recent survey of 100 people.

And they started young. Some 54 percent said they started drinking between the ages of 12 and 16, with only 2 percent waiting until they were 21.

Seventy-two percent of the students surveyed started drinking below the legal drinking age. The other 28 percent of the students polled do not drink.

Of the 72 percent of students who drink, 35 percent drink at least once or twice a week. Eleven percent drink at least once to twice a day. Nineteen percent drink one to three times a month. Four percent drink one to 10 times a year.

At least one student said he has quit.

"I do not drink anymore, but when I did, I drank constantly. More days than not," the student said. "I quit one and a half years ago. When I did, I drank until I blacked out usually."

Some 23 percent of underage students say they get their alcohol from friends who are over 21. Twenty-nine percent gave



Most Highline students say they drink on a regular basis.

Photo illustration by Bruce Jarrell

no answer.

Only 9 percent said they had used fake identification to get alcohol.

Six percent got theirs from a grocery store. Two percent said they got it from a friend's house. Three percent said they got alcohol from their home. Five percent said their parents or family bought it for them.

Nineteen percent of survey respondents drink for social reasons; 6 percent drank for relax-

ation; and 5 percent drank to have fun.

Four percent drank because they liked the taste of alcohol; while 3 percent drank just to get drunk. Another 3 percent like to drink with their meal, and 2 percent drank because of peer pressure.

"I don't think there is anything wrong with alcohol as long as it is used in moderation. I also think people should know when to quit," a student said.

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 who 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 sours; gin and tonic; brandy; rum and Coke; scotch; bourbon; and Zima.

Let your liver live the good life, experts say

By Lindsay Morishima
Staff Reporter

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

Thousands of people die every year in the Puget Sound region of alcohol related deaths, said Dr. Judy Nelson, a practicing 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 destroyed 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 whites of their eyeballs 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 variceal 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.



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Local colleges just say no to alcohol

By Ira Cornell
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 for specific events, but generally doesn't allow it.

Highline's policy is rigid. "We don't permit it at all," said Laura Saunders, the vice president of administration at Highline. "This is an alcohol-

free campus."

Saunders has been here since 1990. "It's been the same probably in the '70s or even in the '60s before I came," said Saunders.

Green River's policy is similarly strict. "Disciplinary action will be enforced," says Julie French, Health Services Coordinator at Green River.

Bellevue's policy is also long-standing.

"This particular student age code has not changed," said 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. "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 Cathy Johnson, Program Manager at Green River Community College. She says she tries to do it twice a year. She brings



"This is an alcohol free campus."

**Laura Saunders
Vice President
of Administration**

one in during Alcohol Awareness Month and in another during Drug Awareness Month in March.

Green River also held seminars and breathalyzer tests last year. Johnson said that a policeman 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 says 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 Substances 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.

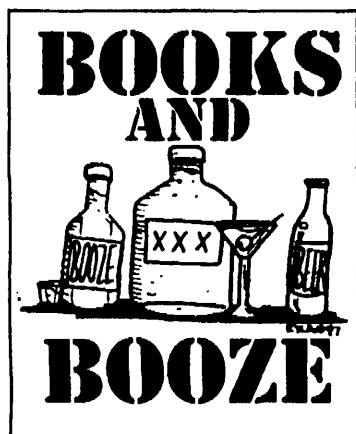
Costar says that everyone 21 or over in the residence hall room or in the dorms are allowed alcohol. But doors must be closed.

"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.

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.



Frats, sororities may be running dry soon

By Ami Westberg
Staff Reporter

The fraternities and sororities of two of the largest colleges in the state are toeing the line on parties and alcohol.

If they do not comply with the social regulations of the Fraternity Insurance Policy Group, they could face fines, community service, or social probation.

"Our frat lost the privilege of a pledge class for two years for breaking one of the rules," said Corey Rutelonis, 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 Forell, president of the IFC at the University of Washington.

The FIPG is a national organization that insures each frater-

nity 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 social regulation are as follows:

Frats and sororities cannot buy alcohol in bulk. This includes pony kegs, 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 Forell.

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.

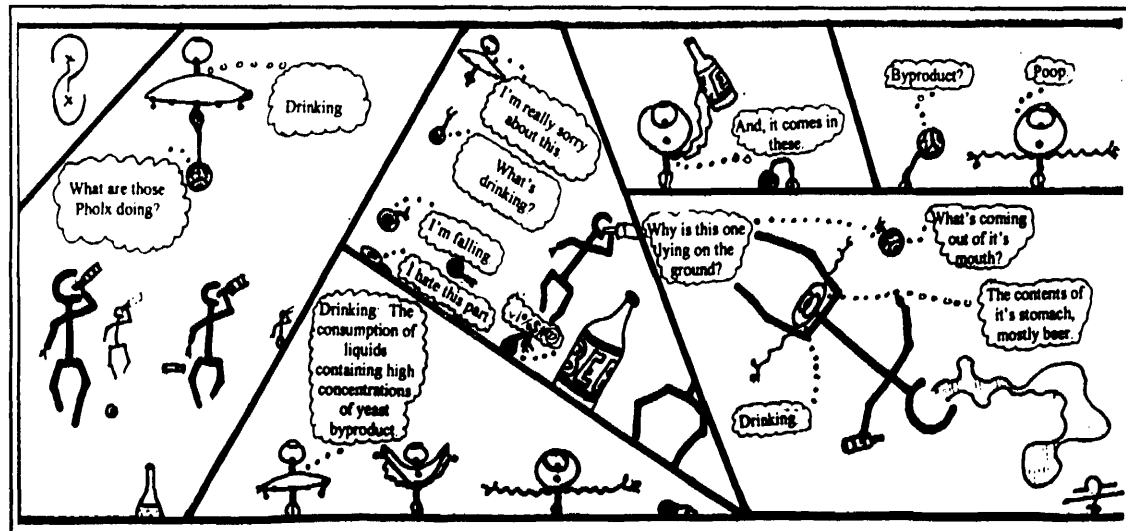
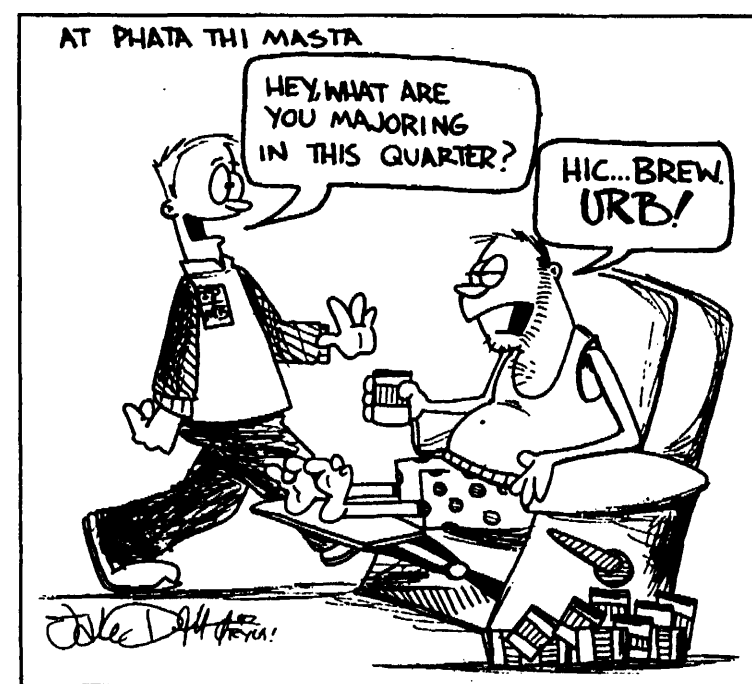
If a house wishes to have a "wet" party — a party with alcohol — it must register the social with the university. It must also obtain a banquet permit from the state Liquor Control Board.

Every social must have some form of security. They are usually designated 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 Rutelonis. "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 Substance 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-

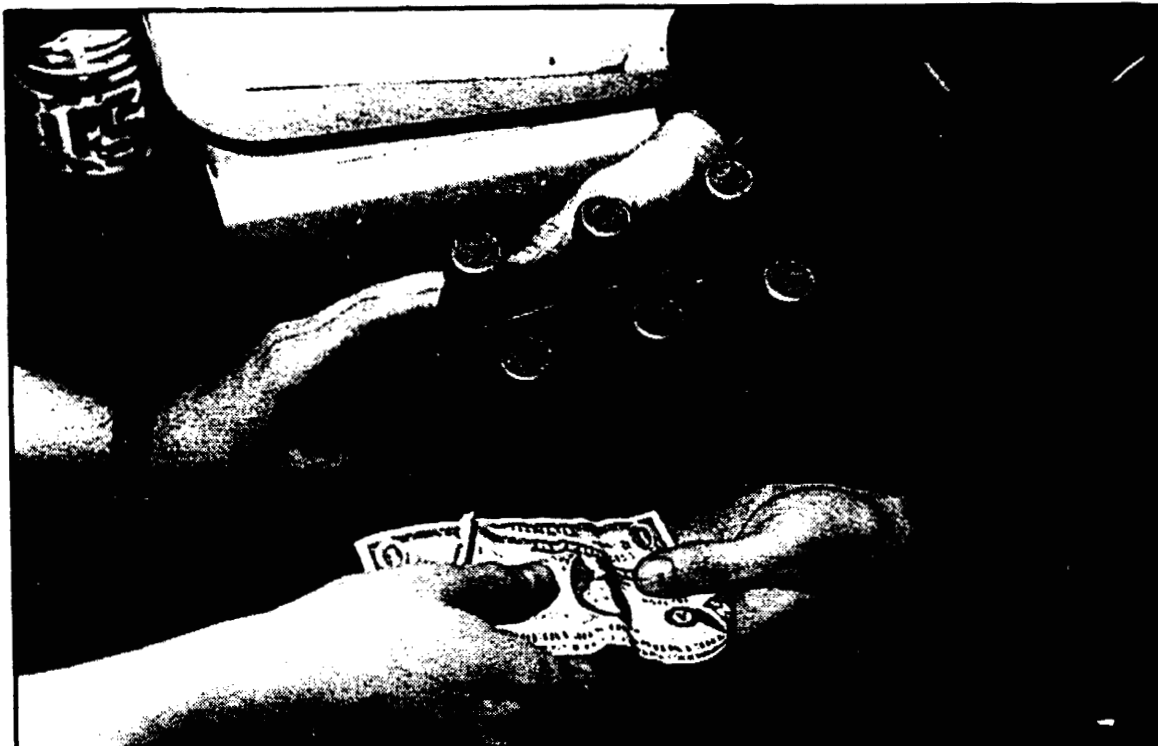


Photo illustration by Bruce Jarrell

Police say underage drinkers are frequently able to get alcohol.

ends are 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 intoxica-

tion and the level in cooperation really matter," said Des Moines Master Police Officer Richard Niebusch.

Niebusch said that if a person does not cooperate, a citation will be issued. Usually the citation given is a Minor in Possession.

"The age and maturity level of the teen also matters," said Niebusch.

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 Woo.

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

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

"During the summer season, we hand out approximately a dozen MIPs a week," said Deustsch.

Des Moines Master Police Officer Niebusch also said that

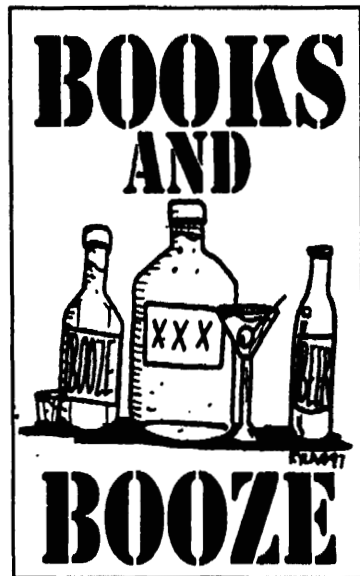
See Alcohol, page 12

Alcoholics Anonymous works one day at a time

By Alyssa Pfau
Staff Reporter

As the morning sunlight blazed 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 stumbled over to the vanity. He splashed cold water on his face, 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 hated the reflection he saw in the mirror, and 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 take a 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 what these people had and he was

willing to go to any measure to get it.

"For me AA was the last house on the block with its lights on," Roger said.

After a year of treatment Roger went back to college and earned his masters degree in Social Work. He is currently working in a local hospital as an Emergency Social Worker and has maintained his sobriety for nine years.

Roger still attends AA meetings on a regular basis and tells his story.

"AA is not only about staying sober, it's also about learning to live life more useful and helpful in society, and all parts of our lives," Roger said. By telling his story at meetings, Roger has discovered how to be both useful and helpful to others. His story appeals most to young people, many of whom are inspired and make a change in their own lives.

Young people especially have trouble with AA because it

is a program of total abstinence, Roger said. For them, this means excluding themselves from all potentially dangerous social situations and for college students this is a big chunk of their life.

"When I first started going to AA, I would listen to people's stories and think, 'how am I suppose to stay sober for the rest of my life?' But then I realized

AA was really about staying sober one day at a time," Roger said.

An Alcoholic is someone who drinks more than they intended to on a regular basis and they drink at times when they don't really want or need to, Roger said.

For information about AA call the Inter Group office (24 hours a day) at 206-587-2838.

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Albrecht takes over for Callero next season

By T.M. Wyse
Staff Reporter

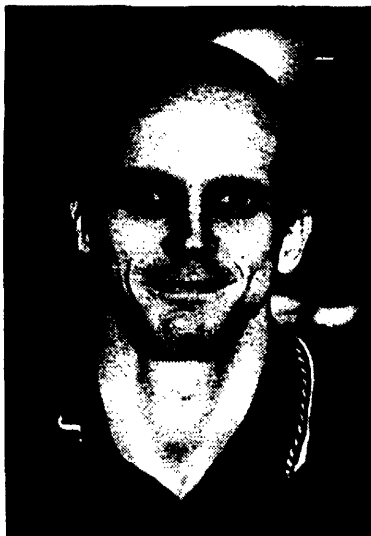
Next season, the T-Bird men's basketball team will be without Head Coach Joe Callero, but they didn't have to look very far for a replacement.

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

Callero, along with Quincy Wilder and Brian Scalabrino, 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



"I am anxious, but first things first. I have to concentrate on this season... the most important thing is to be a good recruiter."

**--Jeff Albrecht,
future head coach**

this season," he said.

Albrecht was informed of the news last Wednesday at the official announcement of Brian Scalabrino 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.

"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 we 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.

Faculty 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 benefitted 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 Ira 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 Connie Johnson and two baskets by D'Andrea.

Before halftime, the staff also received contribution 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 to 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 excited the crowd.

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

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



Jumping Joe Callero drives to the hoop.

Photo by Bruce Jarrell

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 staff threatening to tie the game, Harrison began making controver-

sial 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 aging faculty will try to squeeze out a win again next season before they make their way to the retirement homes.

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Men's soccer team fails to reach goals

By Nathan Golden
Staff Reporter

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.

"The Spokane game was the most pain I have ever felt," Prenovost said. "It was hard to see the sophomores knowing they were done after giving it their all."

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 top teams from all three divisions.

But the T-birds lost four of their last six games. "We experienced many high highs and low lows," Prenovost said.

Highline finished 11-7-0, third in the East Division.

The leadership of captains Tony Rolewicz and Ryan Hinkson will be missed, along with the solid play of sophomores Donny Murray and Shobo Tilbury.

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 absolute pleasure.

Prenovost and Paton, along with freshman forward Mike DeSimone 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.

DeSimone, Highline's leading 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-headed and focus on winning each game," DeSimone said.

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

Water polo club takes third place

By Westley Young
Staff Reporter

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 various skill.

"There isn't a gender gap in water polo, everyone is equal," said Club President Ron



Highline water polo team member looks to pass the ball.

Photo by Bruce Jarrell

Granquist.

The club meets from 2-3 p.m. on Tuesdays and Thursdays in the pool. A class in water polo is offered.

The club invites players of all levels.

"When you're in the pool it doesn't matter how tall or strong you are," said team member

Kevin Murray.

If you look good in a pair of speedos and headgear, you can reach coach, Sam Shabb, at ext. 3452, for information.

Highline wrestlers pin down preseason win

By Brian Scalabrino
Staff Reporter

The Highline T-Bird wrestling team came out strong against Yakima Valley last Saturday. The T-Birds won 10 of the 15 matches, seven by pin.

It was the T-Birds' last preseason 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, teammates 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 controversial 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 Pattison at 150 was pinned in the second round.

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

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

test this Friday," Crisanto said.

The T-Birds will travel to Northern Idaho College, a jun-

ior college national powerhouse, Friday at 4 p.m. in Couer d'Alene, Idaho.



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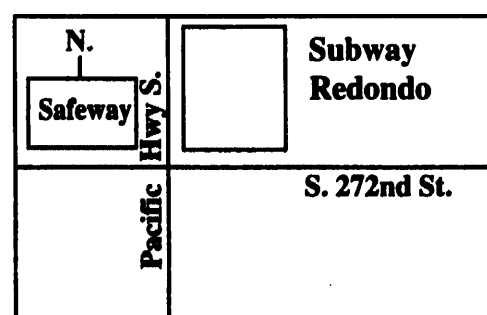
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Sleep the pain of lectures away, or not

You know, you can't sleep in class like you could in the good ol' 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 honors history teacher was going over that peasant/serf futile stuff.

So I decided to take a nap on

Lisa's World



By Lisa Curdy

my green canvas binder.

I guess I was really snoozing, because I awoke swimming in a sea of saliva.

It was clear I was going to have to breast stroke to safety.

Like the schlep 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.

People around me began to snicker and point, and this fed my female ego.

"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 chickie."

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 crib 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 heinous pink powdered soap.

Those janitors just peeled 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 dronedest 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
Arts Editor

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 Touraan Smith.

The judges of the event were students Amanda Lorig 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 co-coordinator.

The message of the pageant was to demonstrate

See Men, Page 11



Fonzie Garza beams the crowd a smile at the Men of Highline pageant.

Photo by Bruce Jarrell



Tim Allen struts his stuff.



Tari Free, radio personality.

Photos by Bruce Jarrell

Literary magazine accepting submissions

By Lisa Curdy
Arts Editor

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

"All students are encouraged to submit," said Sharon

Hashimoto, faculty advisor.

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 four 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" reading, which will be held some-

time late spring quarter.

Submissions can be dropped off to Sharon Hashimoto, Building 5, now through Dec. 5.

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.

Library hosts local artist

By William Strasbaugh
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 are without a doubt, moving and lovely to anyone.

"I think I am drawn to painting landscape because it allows me to be a 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 the 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.

Oil is a very hard medium to work with, and is unforgiving to the novice.

Nix looked as if she used the paint-by-numbers method on the piece "Willow."

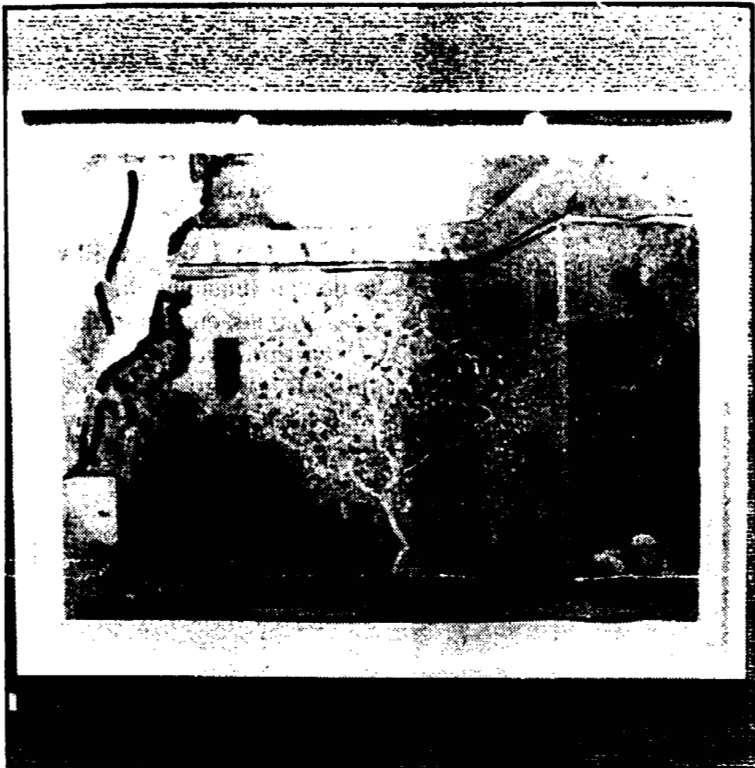


Photo by Bruce Jarrell

Claudia Nix's oil paintings, now on display.

"Radiant Pine" and "Lone Poplar" make good impressionistic hangings, while "Hill Sails 1 and 2" go in another direction and take on 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

"Lord of the Rings."

"Road Not Taken" may arguably be the best piece of the exhibit.

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."

'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 incriminating video of famous football star, Zipper Doyle (Barry Langrishe). 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



Photo courtesy of "Kiss or Kill" homepage.

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.

An intense search for just the right red dress lasted six months.

The dialogue has profanity, and if you like suspense, violence, and murder, then this is the ultimate film for you.

It is a thrilled-packed feature of 96 minutes, with intensifying horror as each victim is led toward their destiny. "Kiss or

Get that coffeehouse fresh feeling in Tazza

By Christi Croft
Staff Reporter

Team Highline will be sponsoring 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 participate 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.

Men

Continued from page 10

that, alas, it was not a "beefcake buffet," but a display of wit, brain, and just a wee bit of brawn.

Whether it came across that way is a whole 'nother bucket of crabapples, as a flyer promoting the pageant depicted a half-naked man.

One-hundred-plus people showed up in Building 8 to see their friends and cronies shake what their mamma gave them.

"We weren't forced to do it [participate]," said pageant contestant Raul Sedano.

"It was fun; a lot of my friends did it," he said.

Some contestants wished for male judges.

"Those ladies, it was too easy to win their hearts over," said Jason Olson, a prospective Man of Highline.

And did 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 Crisanto, 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 Touraan Smith, event co-coordinator.

The 12 winners were announced last Friday.

The featured men will be Kaleem Harris, Micah Adams, Robert Dampier, Menna Tesfatsion, Chris Peckman, Raul Sedano, Nelson Crisanto, Kirk Elliott, Steve Leech, Dominique Demouchet, Fonzie R. Garza, and Jon Rugan.

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 Alcohol

By Ira Cornell
Staff Reporter

Waking up in the morning, taking a shower, getting dressed, and getting a bite to eat if you have time before heading out the door is a daily routine for college students.

As soon as you step outside the weather amazes you. Mid-terms have passed and finals are around the corner. Balancing school, homework, and a job can be stressful. Students need to stay healthy for the winter season.

Pam Hill, a medical assistant in the Highline College Health Center, in the lower level of Building 6, said lots of rest and eating healthy is the key.

"Good breakfast, no McDonald's," Hill said.

Exercise. Study in groups and don't study late at night. Take a nap. Put off things that aren't important. No partying Friday nights.

On a cold and rainy day last month, Hill could not believe

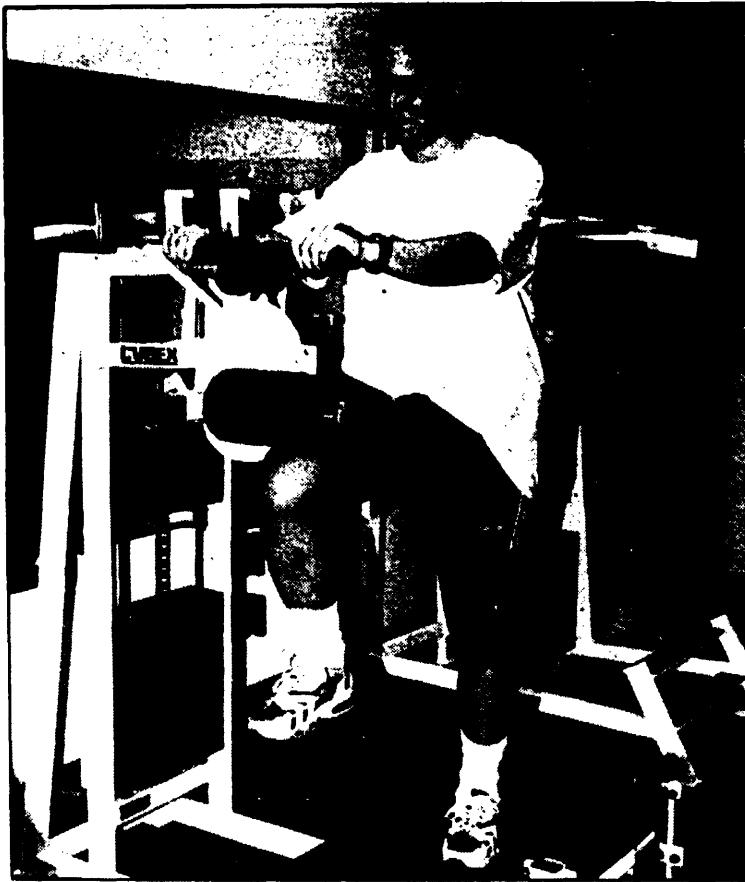


Photo by Bruce Jarrell

Tracy Wilcoxon works out in the weight room.

she dispensed more than 20 Tylenol. People working upstairs

in Building 6 began to have headaches. People are in their

offices with the dry heat and in closed doors with no air, Hill said.

"You need to go outside from time to time and get some fresh air," Hill said.

Also, she said to pay attention and get physicals. Hill said to do "preventable things" like take vitamins, quit smoking, and if you think you're sick and think it will go away in two weeks, but won't, whatever it is get it checked as soon as possible. Don't procrastinate.

"Exercise is the best way to relieve stress," said Tracy Brigham, Highline women's soccer coach, and physical education, and nutrition instructor. "It's a great stress releaser."

Try sleeping at least eight hours a day, Brigham said. Prioritize. In the morning, plan a daily routine for the day. And, also, keep up the nutrients.

Don't overload on junk food when studying. Complex carbohydrates such as pasta, bread, and potatoes feed the brain, Brigham said.

Nursing

continued from page 1

cause of shorter stays in general. Even now the majority of graduates end up practicing somewhere other than a hospital. The program is also looking to increase computer use and the use of case simulations and practice scenarios in the hospital.

However one of the most difficult things about the nursing profession is something you just can't learn in the classroom.

"There's a certain comfort level being a student that you

don't have once you're a registered nurse," Baker said.

Nursing is physically and emotionally exhausting with a lot of responsibility and comfort can only come with experience, Baker said. But she feels that Highline gave her a strong base.

"I'm glad I paid attention they do a good job teaching you things you really do need to know," Baker said.

When Baker graduated from the program on June 10 of last year she was hired by the end of the month to the first position to which she applied. She is currently working full time delivering babies, doing class work and

working on her residency program. She is making between \$16 to \$18 an hour depending on the shift.

"Nothing can truly prepare students to have a life in their hands but Highline seems to be doing a good job.

"It's a big adjustment going from the classroom to a job... I think I got a very good foundation," Baker said.

Nursing requires on the spot decision making. Nurses often don't have the option to go ask a physician's advice on everything simply because things happen fast in a hospital, Baker said.

"You have to look ahead to

what might happen and then you need to act on it," Baker said.

One of the most difficult things about Baker's job is going through an intense experience like childbirth and after delivery having the mother and child move into another department and never hearing what happened after the actual birth, Baker said.

However the intensity is what Baker likes most about her job. Having the opportunity to affect something like giving birth to a child, makes what you're doing important, Baker said.

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summer time held a higher rate of underage drinking.

"We usually go to the house, find the owner, and give a warning. I would say 99 percent of the time, the incident never happens again after that," said Niebusch.

All of the police departments said that most teens get the alcohol by asking an adult to buy it, or by stealing from their own homes.


The Seattle Police Department started a program called Seattle Team for Youth in 1989, to help teens at risk get through their drug and alcohol problems. The center also helps with many other problems occurring within the home.

The program offers counseling for kids at any time of the day. Most of the people who work there are employed with the Seattle Police Department. Approximately 500 kids per year, ages 11-18, are involved in the program.

"Ninety percent of the teens that come into our program have alcohol and/or drug related problems. Eighty percent of these kids started drinking at the age of nine or 10," said McClanahan.

"One of our jobs is to tell these kids the consequences of doing alcohol and drugs, but mostly to let them know that there is a place they can come to, if they need to talk," said Gene McClanahan, Detective for Seattle Police, and one of the instructors of the program.

Seattle Team for Youth runs on the Seattle Police Department's funds, and is the only program in the nation of its kind.



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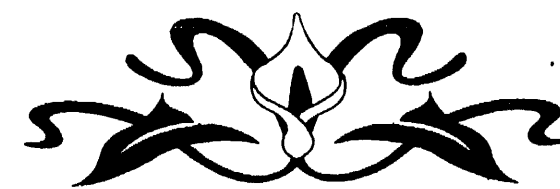
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