

The Thunderword

The voice of the students

Volume 37, Issue 19

Highline Community College

March 3, 1998

Half of Highline reports using illegal drugs

Students say marijuana is drug of choice

By Todd Watts
and Gabriel Ladd
Staff Reporters

Half of Highline students say they use drugs, according to a

recent survey.

Marijuana seems to be the drug of choice for 45 percent of those 200 students recently polled in a non-scientific survey. Half of the students said that they do not use drugs, while 5 percent use other substances.

"Marijuana is just so recreational it all seems obvious that half of the student population uses it," said Highline student

George Calougas.

"I think people shouldn't smoke it during school because it will affect your school performance," Highline student David Duckett said.

Out of those who do smoke marijuana, 30 percent use it before classes here at Highline, even though 58 percent of them think that it affects their academic performance.

Nonetheless, 80 percent of those polled feel there is no drug problem on Highline's campus.

One Highline staff member was quick to point out that marijuana is not the only drug used at Highline.

"I feel although most people consider marijuana the drug of choice, alcohol, as well as caffeine and Advil, are also popular drugs that are used and equally

destructive when abused," said Highline basketball Coach Joe Callero.

Although only 45 percent of students smoke marijuana, 67 percent think that it should be legalized, some to smoke, some for medical reasons, while others would just like to see it

See *Drugs*, page A12

Meeting melts down for Harrison, track team

By Alex P. Hennesy
and W.B. Heming
Staff Reporters

A meeting between Athletic Director Fred Harrison and the track team ended abruptly Monday when Harrison stormed out.

Harrison grew noticeably angry at the March 2 meeting when track members questioned if bringing in a golf team — and ending track and cross country — would compromise ethnic diversity in sports.

"Race has never been an issue in athletics (at Highline)," Harrison said.

The meeting was originally intended to give Harrison a chance to explain why he recommended the removal of the track and cross country teams at the Feb. 17 Students and Activities (S&A) Budget Committee meeting.

Harrison told the more than 20 athletes and coaches that it was a tough decision to make. His reasons included complying with the federal Title 9 law (requiring gender equity in athletics); saving money; as well as the declining number of track and cross country teams in the Northwest Athletic Association of Community Colleges (NWAACC).

See *Track*, page A12

On to Moses Lake



Reggie Ball brings the ball up court against Edmonds during Saturday's Regional Tournament. The T-Birds' victory made them the top seed in this weekend's NWAACC Championships. For details see pages A6,7.

Charges filed in Genzale murder

Two teens arrested in connection with student's death

By Liz Doolittle
Staff Reporter

Two young men have been charged with first degree murder in connection with the death of Highline student Anthony Genzale.

John F. Lathon, 17, of North Bend was charged on Friday with murder in the first degree with special verdict. Special verdict ensures that if convicted, the judge will take into consideration what type of weapon was used. His charge has this specification due to the fact that he allegedly fired the two shots that killed Genzale.

Frederick D. Moore, 16, of Snoqualmie was also charged first degree murder on Friday, without the specification of special verdict.

Because of the severity of the allegations both Lathon and Moore are being

See *Charges*, page A12



Genzale

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Begging for budget bucks

By Andrew Campbell
Staff Reporter

Forty-two programs have asked for more than \$800,000 in funds from the Service & Activities Budget for next year.

The expected budget will fall short of that, however, leaving the committee of students, faculty and staff to whittle down the requests and balance the budget.

The S&A Budget funds al-

most everything not totally academic, from the basketball team to Team Highline, and the budget for next year will be decided soon.

The total requests amount to \$801,464, or \$140,000 more than the \$659,000 given last year.

While most programs are asking for at least a bit more, the largest increase was requested

See *Budget*, page A12

Student access found in Field Scams appeal now, sock it to you later

By Luke Barnett
Staff Reporter

Jim Field is at Highline to help students with disabilities.

As director of Access Services, he's responsible for coordinating classroom accommodations for students with disabilities.

He has been director of Access Services for two years.

"I find working with students with disabilities at Highline both challenging and rewarding," Field said. "We [the Access Services workers] help students with disabilities by putting into place support services commonly referred to as accommodations."

"We coordinate the services, but it's the instructors who make it happen in the classroom," Field said.

For 14 years he worked directly with individuals with disabilities. As an instructor, he worked with students with disabilities. He was also a case worker for a social service agency and a vocational rehabilitation counselor.

Prior to working at Highline, he worked at Tacoma Community College, teaching basic education, employment skills classes, and a psychology course.

"My previous work experience has provided me with the skills to assist students with disabilities on the college campus," Field said.

He provides note takers for students with disabilities, as well as interpreters, specialized equipment, accommodated testing, tape recording services and registration assistance.

His goal this quarter is to complete the Handbook for Student Accommodations, which will then be made available to Highline students and staff.

"I've given information about Access Services to classes at Highline at the request of instructors," Field said.



Photo by Bruce Jarrell

Jim Field answers the phone in the Access Services office. He assists students with special accommodations.

"I find working with students with disabilities...both challenging and rewarding."

**--Jim Field,
Director of
Access Services**

A recent accomplishment that Field made was to purchase an Easy Ladder for students with disabilities to provide easier access to the pool.

"Recently we've also purchased four new FM loops for hearing impaired students," Field said.

The FM loop is a portable wireless amplification system for use in the classroom. It increases the speakers voice volume.

"I'm enjoying working with both the students and the staff

here at Highline," Fields said. "This quarter we've had the opportunity to buy equipment, after evaluating our needs."

Field also works with other groups outside Highline.

"I've developed a good rapport with DVR [Department of Vocational Rehabilitation], the Private Industry Counsel, as well as high schools in the area," Field said. "I've also worked with students to evaluate accessibility issues such as getting more parking spaces next quarter."

Approximately 10-12 more parking spaces will be provided for disabled students next quarter.

"The office of Access Services continues to strive towards providing the greatest range of services to students with disabilities," Fields said.

Access Services is located in Building 6.

To set up an appointment, call (206) 878-3710, ext. 3857.

By Jess Kelley
Staff Reporter

Free gifts and Student Advantage discount cards!

The recent pitch from the table in Building 8 was tempting: Sign here, get a credit card, and get a lot of cool stuff.

But credit experts warn that everyone, including students, need to be careful when taking the bait for credit cards. High interest rates and fees could be your reward.

Wednesday, Feb. 18, there was a table in Building 8 taking application for what looked like free Student Advantage discount cards.

"All you need to do is show your school ID and you qualify for a free Student Advantage discount and two free gifts," said the sales agent who was working the booth.

When asked for the details of this special offer, he said "you fill out an application for an AT&T Universal Card and I make a copy of your school ID and you qualify no strings attached."

The card has no annual fee,

but it had a variable interest rate starting out at 17.9 percent, then rising to 20.9 percent with the possibility of going higher after the first quarter.

If you don't keep your account in good standing after the card is received, the variable interest rate of 20.9 percent will automatically be imposed and will rise quarterly by 9.4 percent, or to the highest prime.

Basically, you will be paying 20 cents or more to every dollar you spend.

"When offered free gifts or special discounts for applying for a specific credit card, always check the fine print, and verify the annual and variable rates as well as other possible penalties," said Anne Bradley of Consumer Credit Counseling Services.

Bradley's recommendation is for all students to carefully examine all credit card applications before they apply and to be cautious when proposed with free offers and benefits for applying.

If any students have questions about credit cards, you may contact Anne Bradley at (360) 647-0229.



Join Asian Pacific Islanders Club

And you don't even have to be Asian or from an island! Join today and be part of a free fun filled trip to Underground Seattle. Call Yenerma De Las Alas for more information at ext. 3315.

Home health and hospice visits

Marjie Hall of Good Samaritan Home Health and

Hospice Center will be speaking on legal, ethical, and nursing care delivery issues in the home health and hospice field.

She will be in Building 23, room 307 at 11 a.m. Friday, March 6.

Be there and hear her energetic speech.

Faculty reads for your listening joy

Faculty members will be reading their creative works on Tuesday, March 10 in Building 7 at noon. The event is free, and will surely be amusing.

Call Rachel Thorne at ext. 3537 for more information.



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Accreditation team to grade Highline

By Andrew Campbell
Staff Reporter

The big mid-term is just around the corner.

It isn't for students though, this mid-term is for the campus.

Every 10 years the college under goes a full-scale Accreditation Review, followed by an interim review every five years.

The last full-scale review was in 1993, and the interim review is on April 13 or 14.

The campus is under constant self-study in order to main-

tain the standards outlined in the Accreditation Handbook, college officials say.

The Accreditation Handbook is the manual of standards to which every Northwest college, public and private, is supposed to adhere.

Highline's Ken Hildebrandt is in charge of handling the review for Highline.

The review team's purpose is to make General Recommendations, which are items that the review team decided could be improved about the campus.

The interim review is a sort of check-up designed to make sure that the recommendations made by the review team are being properly addressed.

When the review team comes in April they will be looking at the seven recommendations made in 1993.

The first recommendation was originally made in 1983 but was reiterated in the 1993 report and that was a lack of direction and long-term goals.

The review team recommended that the college begin

"shaping its future on the basis of a compelling vision."

The committee also recommended that it be made easier for faculty to communicate its ideas to the administration.

A general clarification of the specific duties of different administrative entities was also recommended.

The committee also wanted students to be able to know more about a course before they take it. They wanted the contents of course syllabi and outlines to provide more informa-

tion.

The committee recommended that the duties of its full-time personnel be clarified and enforced.

There was also a recommendation made to set up a plan that would include criteria by which the college could determine if they were making adequate progress towards its long-term goals.

The last recommendation made by the committee was to devise a more thorough method for faculty evaluation.

Col. Bill Holman, center, with other Tuskegee Airman at Highline last week.



Photo by Mike Stampalia

America's Tuskegee Airmen fought Nazis overseas even as they fought racism at home

By Gabriel Ladd
Staff Reporter

Bill Holman fought in the Vietnam War, Korean War, and World War II.

Now he is fighting his toughest battle yet, which is to travel across the U.S. and preserve the history of the Tuskegee Institute.

Colonel Holman, a Tuskegee airman, came to Highline last Wednesday to talk about the institute for black pilots. That institute is known as Tuskegee University.

"I was just down in California last week, giving a speech on the institute to about 500 listeners. I would say a little less than half of the listeners never heard of a Tuskegee airman or institute," said Colonel Holman.

He then talked about the knowledge of the airmen in the institute.

Some of the men had doctoral degrees and all of them had some sort of diploma.

"Even though we had all the knowledge and skill, we were still treated with less respect than we distributed," Colonel Holman said. "When we were outside of the country, we were treated with more respect than the country we fought for."

"As we landed the aircraft which only seated on person per plane, a white general came up to where I was sitting in my plane and asked me where the pilot was. I kept my head up and started flying off again," Colonel Holman said.

Colonel Holman and other former Tuskegee airmen are just trying to preserve the facts.

"Our dynasty isn't being taught, and there isn't history without black history," Colonel Holman said.

PILOTS



IN TWO WARS

Shove those books in your face

By Ami Westberg
Staff Reporter

Finals week has crept upon us once again, and Cram Night is back to help out the unprepared or even the prepared souls who care to venture to Highline's library to study.

Cram Night will be held on the plaza level, third, and fourth floors of the library March 15-17, 5:30 p.m. to 1 a.m.

"The purpose of Cram Night is to provide students with a quiet place to study," said Laura Westergard of College in a Col-

lege.

This glorious events second year is being put together and funded by College in a College, Team Highline, Student Programs, and the Library.

Math tutors will be available to help the mathematically challenged between 9:30 p.m. and 11:30 p.m. Computer services are not available after 9:30 p.m.

Westergard doesn't advocate cramming, but said the event acknowledges students' need to do something before finals.

"It's a real supportive thing to do for students," said

Westergard. "We serve the needs of at least 170 to 250 people per quarter."

Besides tutors, Cram Night offers fuel for the brain: snacks that cover the food groups, juices, pop, and coffee.

Cram Night originally started Winter Quarter of the '95-'96 school year and held in the cafeteria. The idea for it was put forth by Highline bookstore management and student Robert Daniels.

It migrated to the Library the next quarter, where students and Cram Night have prospered.

Our boy Scott wants you to buy a classified ad. One inch, one ad, one dollar. But hey, no personals. See Scottie in 10-106.

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Editorial

Track team must hurdle S&A panel

If members of the men's track team would like to be running next year, they need to change their tactics.

The track team has been up in arms since Fred Harrison proposed cutting both the track and cross country teams Feb. 17 at the S&A Budget Committee meeting.

"I would be disappointed if there wasn't some kind of reaction," Harrison said.

The track team has reacted in the wrong way, however.

The decision to keep or cut the track and cross country program is no longer in Harrison's hands. It is now up to the S&A Budget Committee to decide whether the team stays.

The track team has also mistakenly attacked the proposal to install a golf team at Highline.

The addition of a golf team, which was proposed and voted down last year, is a separate issue from the removal of the two teams. Separate budget requests must be made to accomplish each of these tasks.

To save the track team, interested parties should focus their attention on the March 10 meeting of the S&A Budget Committee.

That committee will vote on the athletics budget and if they decide that track is worthwhile, it will remain funded.

During the March 10 meeting, the track team should convince the committee that track is a worthwhile activity. If all else fails, bringing up the fact the track and cross country were the first sports added to Highline 34 years ago won't harm the cause.

If perchance the S&A Committee fails to see the value of the track and cross country programs, it must also pass through Ed Command and the Board of Trustees.

A few well worded letters with plenty of signatures may be enough to change Command's mind from presenting it to the Board of Trustees.

If Command is not swayed, then the Board of Trustees must vote on the removal of the program. If an entire room full of track supporters storms that meeting, there is little chance that the Trustees will vote to remove the program.

As head of the athletics department, Harrison is in charge of making tough decisions like this.

The track team has already made plans to do just this. Now it is up to other students and track supporters to get behind these men.

Smell the coffee:
Renew Tazza's lease

The Tazza Espresso and Bakery is still waiting to hear if it will have its contract with the college renewed.

The contract process was originally delayed following Vice President for Students Jim Sorensen's illness last quarter. This quarter is almost over, however, and Pam and Jim Scott, Tazza's owners, have still not heard whether they should be looking for a new place to set up shop.

Tazza is a valuable part of Highline's campus. It provides a place for students to meet, study or just visit. Tazza is also open much longer than the Union Bay Cafe, thus it can be utilized by night students and day students who would like to eat after 1:30 p.m. Tazza is also supportive of campus activities.

Tazza has been operating at Highline for seven years. The cafe employs five to nine workers at any given time, most of whom are students.

Students use Tazza. It is unlikely that another outfit would do as good a job. Besides if it is working on campus, there is no reason to switch.

Highline should renew the contract and keep Tazza open.

"We'd like to stay here as long as they'll have us," Jim Scott said. Students are hoping that's a while yet to come.



Wanda's wacky world of women

From the diary of Wanda Hickey, Highline freshman:

Women, women, women, who doesn't love a good woman? Last weekend as I was arranging my room to maximize the benefits of polar alignment, and somewhere between the futon move and mattress flip, I created a list of types of women.

The Mystery Machine: This lady is just a kick. She has a whole bunch of ideals that you ought to meet, but alas, it is your duty as a male to guess what they are. In general, you should "just know" everything. And God help your lowly soul if you can't, because your punishment will be an eternity of silent anger.

The Cash Vortex: She loves that bulge in your pants. You know what I mean, that big meaty hunk of wallet! Its green goodness gets her frothing at the mouth! With Madonna's "Material World" on repeat, she yacks to her Gap-hypnotized girlfriends about all the stuff

Lisa's
World

By Lisa Curdy

you're going to buy her.

The Blowfish: Just looking at this girl is an anatomy lesson. She comes to school, dolled up in the latest blood-constricting fashions, ready to hooker up on any unsuspecting Joe. Often the Blowfish is accompanied by a vacant look, often due to the high amount of nail polish fumes and hair dye she exposes herself to.

Damsel in Distress: The Damsel seems to get into a pickle whenever cute boys—hell, any boys—come around. You're a Damsel if you've said something like, "Oh! Dear! I seemed to have fallen! And my hamper needs new wood shavings! And my car needs new

windshield wipers! What? You can pick me up out of this quagmire, shuck me some wood shavings, and install new windshield wipers? OK!"

The Yapper: She can't shut up. She was genetically programmed to keep talking, no matter what. Through nuclear winters, genocide, plagues and natural disasters, you can count on ol' Yapps to keep chatting about her grandma's black bra phase.

The Invisible Woman: These women are usually driven to lives as newspaper columnists. The Invisible Woman is intelligent, witty, humorous, and even has nice feet. But alas, no one can see her. Maybe she's in camouflage, maybe she's stealthy, but maybe she's got too many goods for one man to handle. Or not.

Lisa Curdy is not only the Womanging Editor of the Thunderword and a generally nice person, but she also has excellent taste in window draperies.

The Thunderword

The hap hap happiest newspaper on earth.

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Track should not be cut

By Prahlad Friedman
Staff Reporter

This might be the last year that the intimidating green Highline singlet crosses the finish line in an all out fury of sweat and dedication.

The anti-running powers tell us that it isn't personal or emotional. Is love emotional? Love is what we as cross country and track athletes experience when we cross the finish line first. Pain is what we go through to get there.

Nobody can take our intangible emotions of love and pain away from us. What can be taken away from us is the chance to represent a school with 22 championship banners hanging from the gym, more than any other sport.

They can take away a 35-year-old rich tradition that is currently at its peak of excellence, arguably the best it has ever been.



Friedman

Commentary

We are all diverse in our opinions and culture here at Highline. With over 55 percent minority participation, the cross country and track team meld together in a collective unit of fight and struggle to keep all that has filled our lives since we first saw an Olympic final.

Highline has a \$200,000 dollar track that is excellent for training.

The students and faculty support keeping the teams and more than 700 have signed our petition.

The nearest place to run Cross-Country and Track are Spokane and Vancouver. We cannot afford to live on our own in unfamiliar places.

Almost every Cross-Country and Track athlete came to Highline for these programs. These individuals might not even be in school otherwise.

Brian Smith, whose family is biracial, was a cross country and track athlete who was somewhat far from Division I running opportunities. With a learning dis-

ability and average grades in high school, he wasn't academically ready for a four-year institution.

Highline gave him the option of getting a quality education while running for a coach who has won 26 championships, Frank Ahern.

"Highline has given me the opportunity to overcome many obstacles and do well," said Cenicerros, like Smith an all-American. Cenicerros, a Mexican-American, said Highline has allowed him to go to school and provided friendship and direction.

Many people know of Quincy Wilder and Brian Scalabrine signing with USC on full scholarships to play basketball. What they might not know is that the Track team at Highline usually sends one or two athletes to Division I programs every year.

Last year sprinter David Blair and shot putter Brent Twaddle received full rides to University of Montana and Eastern Washington.

We urge all students, faculty, and S&A members to support our struggle. We are a product of what our parents went



Photo by Bruce Jarrell

Athletes such as Demonne Taylor may no longer be able to represent Highline if the S&A Committee votes against them.

through, a non-stop fight to question authority, and win over our rights as human beings, and athletes. Keep the tradition. We run every day with the thought

that we might be the last great team of Highline. Help us.

Prahlad Friedman is a track member and their unofficial spokesman.

Manners are easy with simple rules

Table manners are not only useful, but they're fun to learn and use as well.

For those, like myself, who have less than perfect manners,

On the Wild Side



With W.B. Heming

a few simple guidelines can save us all from an embarrassing situation.

The easiest rule is to follow the host or date's lead. If he/she rips into the veal with their fingers it means that it's okay to do it.

When presented with multiple silverware, in general, start on the outside and work in. If confused, again, look around for help.

Those little bowls full of clear liquid are not soup complements of the house. They are really hand washing bowls (Boy was that a mistake).

Finally, and most importantly, the napkin goes in the lap when the food arrives. It never remains on the table to be used as needed. Besides, who wants gravy stains on their pants.

W.B. Heming is the Opinion Editor and a napkin thief.

Letters to the Editor

Swimming pool benefits many

Dear Editor:

The young people and students of our colleges are the future leaders of tomorrow. They are the losers when action is taken such as closing the swimming pool at Highline Community College located in South West Seattle, is planned.

The broad range of ages who are privileged in the availability of using this swimming pool range from children in elementary school, high school, college students and senior citizens such as myself, a student for six years.

A latent talent or ability in athletics could be discovered for future participation in the world Olympic games.

There is no way to equate in dollars and cents the quality of one's life that this facility offers. The positive outlet is so necessary for the betterment of our young people.

We need your help!

Sincerely,
Helen Buckley

Everyone loses with loss of pool

Dear Editor:

I am writing this letter in regards to the recent article in the Thunderword about the closure of the Highline pool. As the pool coordinator and a P.E. instructor at this college I must say that I am upset by this decision by the college to close this

great facility. We are the only community college in the state that has a pool. It is an asset to the college, a great amenity for the students, staff, and faculty here at Highline. Being the only community college that has a pool, we have an added bonus to offer potential students.

Aquatics is one of the leading forms of fitness in the U.S. At the high school level, there are swim teams (two of which work out at the Highline pool) and water polo as well. People may not be aware that we have a water polo program here. Since we do, we get students here who are looking to continue with their swimming regime and want to participate in an aquatic program at the college level.

A lot of people will lose out if the pool is torn down. Students, staff, and faculty in general will lose the opportunity to use the pool daily, free of charge, to help them stay in shape and active in every day life.

Students will lose some variety in the Physical Education department, since 4-6 aquatic classes offered quarterly in the P.E. department will no longer have a facility. Seventy-five percent of students that participate in the beginning/intermediate swimming classes are international students that might not otherwise have the opportunity to learn to swim. Athletes will lose out since the pool is an excellent means of cross training and an excellent mode of rehabilitation when they are injured.

The men's basketball team, track team, and women's softball team all use the pool for cross training and rehabilitation on a regular basis. The community will lose since the swim teams that use our facility are local swim teams that jointly have over 500 participants. Several local groups rent our pool regularly for pool parties, swim meets and safety classes that are offered to the public. And last, the college will lose. We will lose students who have chose us over other colleges, because of the amenities we can offer them, in addition to an education. We will lose the second best aquatic facility in the state (second only to the King County Aquatic Center), which has been a part of this college's history for more than 30 years.

There have been many statements rumored and printed referring to the mechanical status of the pool. Most of them are exaggerated. The college spent \$10,000 in December to refurbish the filter/pump system of the pool and keep it in working order for the next several years. The pool could use a facelift and a few other minor repairs, but by no means does it need a \$2 million refurbishment. All facilities and buildings need constant upkeep to maintain their proper working condition. The pool isn't any different. But you don't see other buildings torn down because of it.

It would be a huge loss for everyone if the college proceeds with their plan to destroy the pool. Several years from now this campus, administration, and

student population will regret losing this facility and the amenities, opportunities, and variety it provides.

Shannon Sligh
Pool Coordinator

Pool area to go to Highline, not CWU

Dear Editor:

I would like to thank the Thunderword for the active role you play in keeping the campus community aware of the many opportunities and newsworthy information you report on each week. I have personally had many opportunities this year to share with the Thunderword staff in interviews and I have appreciated the chance to give input into many fine articles.

I am writing in reference to the article titled "CWU West - Central to move westside campus to Highline." This was a well done article and most facts were correct, but I would like to take this opportunity to clarify one point. The statement "The new Central Washington University building will be located where the Highline College pool now stands," should have stated that the "new building that is built on the pool site will be a classroom building for Highline Community College programs. The 30,000 square foot building being requested by Central Washington University will be located in the wooded area adjacent to the swimming pool site."

Sincerely yours,
Laura Saunders
Vice President of Administration

T-Birds thunder toward big dance

Men sweep two in regional playoffs; aim at back-to-back championships

By Michael Stampalia
staff reporter

Highline's men's basketball team extended its winning streak to a school-record 28 games. By winning both of their regional playoff games last week, the T-birds are 29-1 overall and 2-0 in the playoffs.

The Thunderbirds managed to squeak by Shoreline 94-86 last Thursday before beating up on Edmonds 76-53 on Saturday.

The victories solidified them as the No. 1 seed in today's Northwest Athletic Association of Community Colleges championships in Moses Lake.

Highline's regional playoff opener against Shoreline was a lot closer than the final score.

The Thunderbirds took an early 15-7 lead before the Dolphins came roaring back to tie the score and eventually take the lead 32-30 with 1:52 left in the first half.

Highline came back to tie the score at 37-37, when Reggie Ball hit a three-point shot with 10 seconds left to give Highline a 40-37 halftime advantage.

Late in the second half Shoreline took the lead 85-83, with their defense collapsing on the basket any time the ball entered the paint and forcing Highline to shoot from outside. The Thunderbirds shot a dismal 2-11 from three-point range in the second half.

"They bring all their guys toward the hoop," reserve forward



Photo by Bruce Jarrell

Shaun Madsen battles for the ball against Edmonds.

Shaun Madsen said

With 1:22 left in the game Marty DeLange got the ball in the post, and with Shoreline's defense failing to double-team him put the ball in the basket while he was hacked by the de-

fender. He connected on the foul shot to give Highline an 86-85 lead.

Ball then beat Shoreline's Alastair Faux for an easy layup to make it 88-85 with a minute remaining.

Marty DeLange sank two free throws to end the game. Highline 94, Shoreline 86.

Shoreline point guard Kevin Bradley proved that he really was, for certain parts of the game, unguardable, driving towards the basket and creating shots for his teammates. Bradley finished with 31 points, while dishing out seven assists to his teammates Faux, who had 20, and Maurice Harris, who scored 25.

Bradley couldn't beat Highline on his own as Shoreline's bench was outscored 18-0 by the Thunderbirds' bench.

"He's tough, but one player can't beat us," Ball said.

"We came out real flat in the first half," forward Todd Watts said.

DeLange had one of his best games of the season as he scored 19 and collected 12 rebounds. Quincy Wilder led the team with a quiet 24 points, while Ball scored 23.

Against Edmonds on Saturday Highline faced a team that they had beaten by 23 points in their last meeting on Feb. 11.

The Thunderbirds never trailed in a game where they led by as many as 25 points, before winning by a final of 76-53.

Edmonds was able to keep it close until about four minutes into the second half when the Thunderbirds held them scoreless for 2:00 and led by 43-34 with 13 minutes remaining and never looked back.

Wilder led all scorers with 26 points as Ball added 18. DeLange managed to grab 10 rebounds in 26:46.

Ball set the school record for assists in a season early in the first half, breaking head coach Joe Callero's single season mark of 240 assists. Ball now has 245

"Quincy and I were talking before the game about stepping on the floor for the last time in the gym that we built."

--Reggie Ball

assists, giving him an average of 8.17 assists per game through Saturday, best in the league.

"It was my goal at the beginning of the season to average eight or nine assists per game and set the record," Ball said.

"It's a very unselfish record," Head Coach Joe Callero said.

This was the last home game for the sophomores, who hope to leave a winning tradition behind. As a group the last two years they have gone a combined 60-2, while winning the NWAACC title last year.

"Quincy and I were talking before the game about stepping on the floor for the last time in the gym that we built, after building a winning tradition here at Highline," Ball said.

The Thunderbirds now head off to the NWAACC tournament in Moses Lake where they are heavily favored to their title run of a year ago.

Top-seeded Highline faces Lower Columbia today at 2 p.m. at Big Bend Community College. If they win that game they will face the winner of the Chemeketa/Yakima Valley game on Friday at 9 p.m.

It is possible Highline might have to face Chemeketa, which is the only team to defeat them this year, 83-73 in their second game of the season.

The championship game will be 7:30 p.m. Saturday at Big Bend.

Let's get ready to rumble: Moses Lake, here we come

Editor's Note: This is part one of a two-part series from Garrett Miller, Highline T-Bird forward center and Thunderword staff reporter, giving an inside view of the run for back-to-back NWAACC championships.

I never thought that in my entire life, I would be excited to go to Moses Lake.

We (the men's basketball team) are on our way over to Moses Lake to attempt something that has never been done before in the history of the Northwest Athletic Association of Community Colleges (NWAACC). We are going to try to repeat as basketball champions.

Inside The 'Birds



By Garrett Miller

Last year we won the NWAACC with a record of 31-1. The team is now composed of different faces and different attitudes.

However we have made up for the loss of key players with the addition of freshman forward Marty DeLange and the return of Todd Watts to help guards Reggie Ball and Quincy Wilder.

"I never thought that, in my entire life, I would be excited to go to Moses Lake."

We kicked off the season in Chehalis, hoping to achieve the excellence and dominance that last year's team had achieved. We won the first game easily as we had hoped.

Then we ran into some rough weather. Our next stop was in Salem, Ore. I don't know what happened. We lost our second game of the year. We weren't as feared by other teams as we may

have thought.

I don't know if you could say that losing a game is good or not, but we learned something from that loss. We had a lot of work to do by March.

Since that unfortunate night in Salem we have not lost a game (knock on wood). Our record now stands at 29-1 with a winning streak of 28 games. That is one of the many Highline records that has been broken this year.

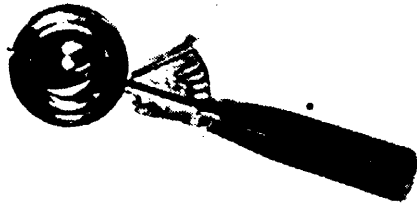
Coach Callero made sure that we learned what we needed to learn. With the help of all the assistant coaches he has done something that I knew he could do. He is taking us to the NWAACC tournament for the second year in a row.

I knew I came to Highline for a reason, I wanted to play basketball for a coach that knew how to make a championship team.

Being here at Highline these last two years has been one of the most pleasurable things in my life. I have never been a part of a winning team, and here I am on two of the best in Highline history. There is only one more thing that I want to do. That is to be a part of Highline's history by repeating as NWAACC champions.

On behalf of the men's basketball team I would like to thank all of the fans that have supported us through the year. You have helped us more than you can imagine.

Inside Scoop Inside Scoop



The Thunderword Magazine

March 5, 1998



Highline offers fitness classes for all interests

By SCOTT LUEDKE
Inside Scoop

So you want to get in shape but your not sure exactly how your going to do it.

Never fear because there is something for all students in the physical education program at Highline. Classes are offered in everything from Tai Chi to weight training.

"A sound mind and a sound body. Being physically active is a great asset."

---Frank Ahern,
physical education
instructor

Some of the classes are continuing education classes, which means they are taken just for fun and not for a grade while others are offered for credit.

Social dance classes

Learn to dance to the big band sounds: waltz, foxtrot, tango, cha-cha, rumba, samba, cowboy shuffle, and disco-easy basic steps.

"It's good exercise and it's fun. This class teaches just about every aspect of dancing, but don't worry, I will only teach the basics," instructor Billie Sutton said.

Ballroom dancing is just one of the

many different types of classes offered here at Highline, that offer physical fitness as well as a fun and enjoyable environment.

If ballroom dancing isn't your style perhaps you can Swing from Coast to Coast with a combination class offered under continuing education. The class teaches the basics of East/West Coast Swing.

There is also a social dance class that is offered for credit. The class teaches students everything from country line dancing to swing.

Self defense classes

If this doesn't pique your interest, how about a self-defense class.

Highline offers classes such as Aikido, which is a peaceful martial art that does not require the students to be strong.

"We have been teaching on campus for about seven years," instructor Pam Cooper said.

If you're a woman in need of some self-defense techniques, take a class called self-defense for Women.

"I teach techniques that are proven in law enforcement. Self-defense is something that most every person thinks about, but doesn't act on until it is too late," instructor Brian Bunko said.

Through plenty of hands-on practice students learn to be confident in their ability to defend themselves,

even in tense situations Bunko said.

Possibly you prefer Tae Kwon Do. This class is a combination of self-defense techniques and self-control techniques that can be learned by everyone.

Awareness of movement

Ever feel like you have trouble moving? Take a class on awareness through movement.

"This class will let your body train to move with ease," instructor Nancy Haller said.

"There are more than 2,500 different movements available to people. After high school, we don't know at least 200," Haller said.

Weight training

You muscle builders out there might want to enroll in the most popular class of all, Weight Training.

Whether you want to build or just condition and train your muscles, weight training is the class to do it. Students enrolled in the class have access to Highline's weight room which has both free weights and universal weight machines for training.

"We have a great weight program and very good instructors. We do a great job of tailoring the class to the students' needs," instructor John Dunn said.

"We can reach anybody's needs," said Fred Harrison, athletic director. "You don't have to worry about your performance, you're just graded on your participation in class."

Theory of coaching

If you want to become a coach

some day, go ahead and take a class called Theory of Coaching. This class offers a range of coaching techniques and will provide new insight to your coaching career.

Water activities

If water is your calling try a swimming class. Highline offers both water aerobics and water polo and is geared toward all levels of skill.

"Regardless of the activity and regardless of the swimming skill level, aquatics is a great workout for every student at Highline," instructor Shannon Slis said.

If you enjoy swimming, but don't want to do laps all class long, try one of the water polo classes offered.

"This class gives you tips and techniques for the sport of water polo,"

Yoga

Feel like you need to relax?

"Yoga is a class which increases strength and flexibility, and is a very good warm-up for sports," instructor Chuck Angelo said.

"A sound mind and a sound body. Being physically active is a great asset," part-time instructor Frank Ahern said.



Photo by Bruce Jarrell

Tracy Brigham, health and fitness instructor, does crunches with her class.

Nutrition can be both fun and interesting

By LISA NOVAK
Inside Scoop

Nutrition 110, taught by health and fitness instructor Tracy Brigham, teaches Highline students the basics for a healthy lifestyle.

During the course of the class each session focuses on a particular aspect of nutrition.

Carbohydrates, proteins, fats, minerals, vitamins, weight loss, and body image are all issues of the class.

"This class is important because there is so much misinformation and fads," said Brigham. "I want to arm people with information to make safe choices."

Some of that information in-

cludes how to read labels.

"They're so deceiving," student Kim Armstrong said about labels.

Not only is the class filled with information, but the students actively participate in class labs.

"We get to participate in activities instead of doing homework," said student Disa Sachs.

Some of those activities include

getting body fat percentage tests and having eating days where students bring in foods from home, all healthy, of course.

Brigham said the class teaches practical things most people don't know about like weight loss scams, vitamin supplements, and everyday healthy eating.

Nutrition 110 is a class that can be beneficial to anyone interested in a healthy lifestyle.

STRETCH YOUR MUSCLES



NOT YOUR LUCK

No pain, no injury: Listen to your body, experts say

By TRACY WILCOXEN
Inside Scoop

Anna Hackenmiller is not looking forward to the spring time when she gets the job of mowing the lawn.

She bought a lawn mower last year, and even brand new it was a pain in the rump to start.

"I go to start the lawn mower because the grass is getting long. I get into position to start it. I pull really hard and it won't start. I try again with more strength but it still doesn't start," said Hackenmiller, a Highline student.

She cools down and goes back to the lawn mower.

"I go back and try, a couple more times with all my strength and it still won't start so I quit and go inside and call the repair shop," said Hackenmiller.

The next day is when the pain starts kicking in.

"My arm feels like it's going to fall off and I hurt so bad," she said.

Highline physical education instructor Keith Paton has his master's degree in exercise physiology.

Paton stressed that injuries happen to everybody, from doing yard work to going on a run for the first time in the spring



Photos by Bruce Jarrell

"Injuries are often caused by people who participate in events who were not prepared."

--Joe Callero, men's head basketball coach



that she could have worked on her upper body strength because generally women lack it," Paton said.

after a long winter of doing no physical activity.

"Whenever somebody increases their work load they will feel the DOMS (delayed onset muscle soreness). It is the lack of using the muscle which can cause muscle soreness. The best prevention was

Injuries are common among everybody who participates in any physical activity, said Tracy Brigham, a Highline physical education instructor who has a master's degree in exercise physiology.

Brigham suggests the following for preventing injuries by:

- * Undergoing health screening before starting an exercise program.
- * Use appropriate equipment.
- * Choose an appropriate exercise surface.
- * Warm up properly before each workout.
- * Cool down following each exercise session.
- * Avoid overtraining.
- * Maintain good general conditioning.
- * Work on flexibility levels.
- * Allow for athletic injuries to heal before returning to regular exercise levels.

Staying in good physical condition can prevent injuries. This allows the body, bones, and muscles to react and heal quicker.

"Injuries are often caused by people who participate in events who were not prepared," said Head Men's Basketball Coach Joe Callero.

The best way is to listen to your body. If it hurts, take time off.

"Easier said than done. But listen to your body because it

is better to prevent an injury rather than having to worry about it," said Brigham.

Brigham and Paton both stress the importance of taking immediate action in the event of a major injury.

If you hear a pop or a cracking sound, experience loss of feeling, or see deformity it is important to seek professional help.

Brigham and Paton recom-

mend the RICE method in the event of a minor injury. RICE stands for Rest Ice Compression Elevation.

"It's important to listen to your body. If it hurts, slow down," Paton said.

Warming up is beneficial to create blood flow through the muscles at a slow progression.

"When the muscle group slowly increases with blood flow it can prevent sudden injury," said Cara Hoyt, the women's head fastpitch softball coach.

Of all the components of physical exercise, flexibility is the most neglected. People don't understand the importance of stretching.

"Stretch always after warm-up and cool-down because it reduces muscle soreness because it metabolizes the lactic acid," Brigham said.

Brigham's principles of proper stretching should involve slow, controlled, relaxed, and relatively pain-free movements, applied to the point of slight tension, not the point of pain.

She points out that you shouldn't stretch cold muscles, or use bouncy or jerky movements. You also shouldn't hold your breath, arch your back, put joints in unsafe positions, or rush through a stretch.

Hackenmiller agrees that she could benefit from more upper body strength, but it isn't likely to get there anytime soon.

She says she gets an upper-body workout from her job at a grocery store. But the grocery job led to tendinitis in one wrist, and she's still recovering from surgery for that.

Meanwhile, spring is approaching and the lawn mower beckons.

Test your fitness & nutrition I-Q

By SHANNON STROUD
Inside Scoop

Don't be a victim of common nutrition misconceptions! Take this quiz and test your knowledge by answering true or false to these question:

Test provided by Tracy Brigham, Highline physical education instructor.

1. Nonfat milk contains less calcium than milk with higher fat content.
2. Low Calorie-restricting diets lower metabolism.
3. Losing one pound a week is safe.
4. There are some health benefits for all of us if we have one glass of alcohol a day.
5. If you can't get exercise in three times a week, it is not worth doing any such exercise.

6. Resistance training boosts metabolism.
7. Doing crunches will help you lose weight in your stomach only.
8. Some herbal products help to boost your metabolism.
9. Dietary and vitamin supplements are necessary to receive your recommended daily allowances.
10. Margarine is better for you than butter.

See Answers on page B6

Did somebody say McDonald's?

Highline students do! Fast food is becoming a food group of its own, especially for the busy student

By KAYO TOMITA
Inside Scoop

Many Highline students say they eat fast food at least once a day because they are busy with their studies.

Student Jane Ermold spends most of her time studying and working. She wakes up around 6:30 a.m. everyday, takes classes from 8 a.m. until noon, works from 1:30 to 5:30 p.m. at a restaurant, and at 8 p.m. she babysits for a couple hours.

At 10 p.m. she finally has time for homework. Usually there is a lot of it to do, so she studies until 2 or sometimes 3 a.m. with her fast food dinner.

"I need more time. I actually like cooking, but I do not have time for it," she said.

Generally, many students do not have enough time to spend on their meals, and don't think seriously about the health consequences of a fast meal. They eat fast food because it is convenient, predictable and fast.

Nutrition experts say that fast food is often high in calories, sodium, fat, and cholesterol. They recommend a daily intake of 2,000 to 2,700 calories, no more than 50-80 grams of fat, around 300 mg of cholesterol, and no more than 1,100-3,300 mg of sodium.



According to McDonald's, if you get a quarter-pounder with cheese, a large order of fries and 16-ounce soda, you will get 1,166 calories, 51 grams of fat, 95 mg of cholesterol and 1,450 mg of sodium.

A better choice might be a hamburger, small fries and a 16-ounce soda. With this meal you will only get 481 calories, 19 grams of fat, 30 mg cholesterol and 665 mg sodium.

Today the emphasis of nutrition education is shifting from the five basic food groups to food composition, said nutrition

experts. When you think about a nutritionally balanced diet, don't only consider the five basic food groups, but the quantity consumed as well.

We should eat some of these foods everyday, experts say:

- *Fats, oils and sweets -- use sparingly.
 - *Milk, yogurt and cheese.
 - *Meat, fish, eggs, nuts and dry beans.
 - *Vegetables and fruits.
 - *Bread, cereal, rice and pasta.
- Fats and oils are a necessary part of a good diet, experts say. "Oil can help prevent cancer," said Pam Hill, certified medical

assistant at Highline's campus health center. "Especially oil made from vegetables, such as safflower, sunflower, corn and soybean oils. They are good for health because of their low levels of saturated fat."

Calcium is also very important. Found in dairy products, it helps maintain bone mass and prevents osteoporosis. Practically every cell of our body, including those in our hearts, nerves, and muscles, relies on calcium to function properly.

"Women need more calcium than men," Hill said.

In women, loss of bone mass is accelerated after menopause. Post-menopausal women should pay attention to their calcium intake.

By SARON HANSEN
Inside Scoop

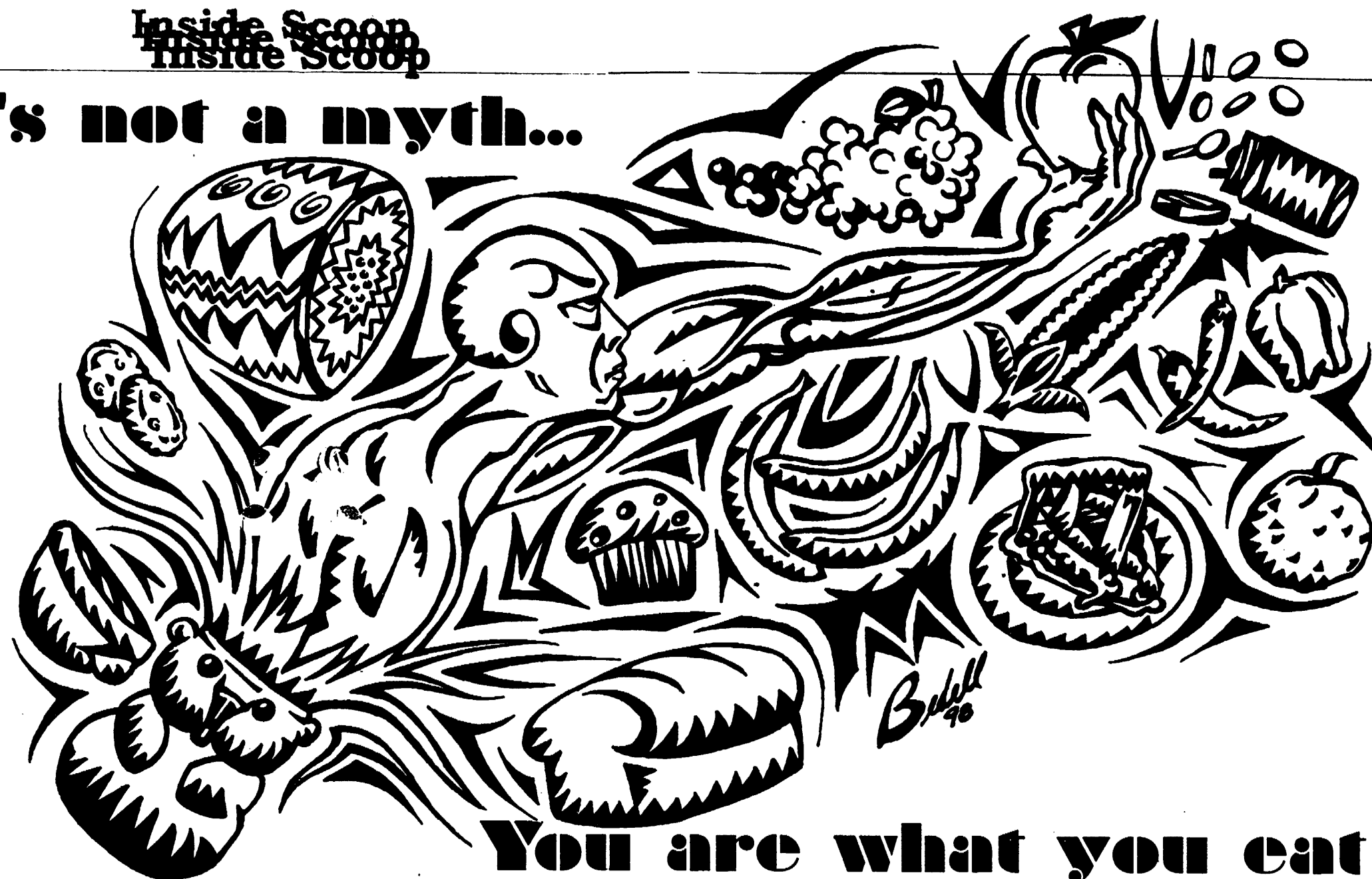
So you've decided to live the life of a vegetarian. Or maybe you are just considering it. Regardless, there are certain steps one must take to remain healthy as a vegetarian.

"The lack of proper supplementation of a vegetarian diet can result in anemia, an iron deficiency which causes fatigue and weakness, and other health risks," said health program student Sarah Kettner.

Meats, although high in fat, do offer important amounts of iron, carbohydrates and protein, all of which are important in leading a healthy life-styles. However many non-meat foods offer plenty of these dietary necessities. Some of these include

Inside Scoop
Inside Scoop

It's not a myth...



You are what you eat

Lots of veggies, no meat, health is the question

beans, rice and vegetables.

Supplements are also available, but health experts agree that this is not an effective way of giving your body the important nutrients it needs.

There are two forms of vegetarianism. The first and most common is lacto-ovo. Lacto-ovo vegetarians do not eat any meat but do eat dairy products, eggs and the like.

The second type of vegetarian is vegan, which is a more intense form of vegetarianism. Vegans do not eat anything that comes from an animal. They eat nothing that contains cheeses, milk, even Jello because it contains animal bi-products.

"A vegan really has to become educated of the foods they consume. There are many of foods that people wouldn't even

consider having animal products," said Kettner.

So how does a vegetarian survive on fruits and vegetables? Much easier than one may think.

"People are ignorant when it comes to being a vegetarian, there are a lot of things people can eat," said lifelong vegetarian Prahlad Friedman.

Beans, potatoes, pasta, veggie burgers, rice, just to name a few, are all things that Friedman enjoys in his daily diet. All of which offer carbohydrates, proteins and iron necessary to remain healthy.

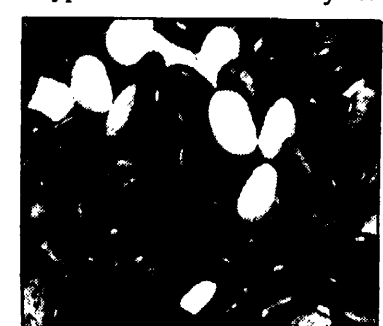
There are many different reasons why people become vegetarians. Some, like Friedman, are born into it.

"My parents raised me that way, but now it's my choice," Friedman says. "I believe it's

unnecessary to kill animals for food."

Other reasons people choose this life-style is because they just don't like the taste of meat or they feel that they are healthier without it. Protecting the environment is another reason.

Regardless of the reason why a person becomes a vegetarian, one must realize that it isn't just a type of diet. It is a life-styles.



Beans are a common source of protein for vegetarians.

Protein is easier to come by than one might think

Breakfast

1 cup of O.J.	= 1.7
1 cup cooked oatmeal	= 5.4
1/2 oz. sunflower seeds	= 3.5
1 T. brown sugar	= 0
3 T. raisins	= 0.9

Lunch

2 T. peanut butter	= 7.8
2 slices wheat bread	= 4.8
1 T. honey	= 0.1
1 apple	= 2
carrots, small	= 1.1

Dinner

1 cup cooked beans	= 15.6
1 cup cooked brown rice	= 3.8
3 stalks of broccoli	= 6.2
4 mushrooms	= 2.7
2 T. oil	= 0
1 cup apple juice	= 0.3
1/2 banana	= 0.8

Total = 57.7

Don't worry, eat happy

By SHANNON STROUD
Inside Scoop

So much talk about smart eating, but how do we actually know what we should be taking into our bodies? We learned the five basic food groups in elementary school: grains, vegetables, fruits, dairy products, and meat. So let's see how we can put that to use, according to the US Department of Health and Human Services.

1. **Grains**-It is very important to get energy boosters throughout the day by consuming complex carbohydrates. Fiber is also included in this group and helps with constipation, hemorrhoids, cholesterol, blood sugar control, and digestive disorders.

YOU NEED: 6-11 servings daily

one serving is equal to: 1 slice bread, 1/2 small bagel, muffin, bun, 1/2 cup cereal, pasta, or rice.

2. **Fruits and vegetables**-They're great tasting, low in fat and calories, packed with vitamins A and C that help reduce the risk of cancer and heart disease. These are also very convenient and easy to prepare.

YOU NEED: 2-4 servings of fruit daily

3-5 servings of vegetables daily

3. **Dairy**-High in calcium and protein, to help prevent osteoporosis and keep strong bones and muscles.

YOU NEED: 2-3 servings daily

4. **Meat**-Provides iron needed for activity, zinc to strengthen the immune system, and protein for strong muscles.

YOU NEED: 2-3 servings daily

Look for lean cuts of beef (9-16% fat) and eat the white part of poultry for less fat.

*Caloric intake should be at 2,000-2,500 calories a day.

Running late and just want something good to grab? Try these healthier snack alternatives.

Instead of X try ✓

X crackers or chips
✓ fat free pretzels or baked chips

X creamy pasta sauces
✓ fat free tomato sauce

X mayonnaise
✓ mustard

X cookies
✓ graham crackers

X butter
✓ jam

X cheese
✓ low or non-fat cream cheese

X 2 percent milk
✓ 1 percent milk

You had questions, we got answers

Students at Highline had daring questions about health and fitness, so we went to nutrition specialist, Tracy Brigram, to find out what students want to know but won't dare to ask.

Q. How many grams of carbohydrates are in a can of beer?

A. Beer contains both

alcohol and carbohydrates. For example, a typical beer contains 4 cal/g of carbohydrates and 7 cal/g of alcohol.

Q. How many vitamins and minerals does a person need to take per day to stay healthy?

A. While vitamins and minerals are an important part of a healthy diet, they

alone do not provide a sufficient source of nutrients. "Eating a balanced diet with a variety of foods, especially whole and natural foods like fruits and vegetables and grains will supply the needed vitamins and minerals," Brigram said.

Moreover, not all of the vitamin and mineral supplements on the market have been thoroughly tested for safety or effectiveness and this provides reason to place

a higher value on natural foods.

Q. Is there a substance besides steroids that can dramatically enhance muscle growth and endurance?

A. "Forcing the muscles to overload through exercise is the only way to stimulate

muscle growth. Many amino acid supplements don't have to be tested before being marketed," Brigram said.

Many of the products are a waste of money. The latest research indicates that there may be some muscle building ability in these products, but more research is needed to make further conclusions.

Q. Are low-fat foods always lower in calories?

A. No, not always.

"Some manufactured products, like reduced fat desserts, have so much sugar added that they may actually be higher in calories than the originals," Brigram said.

However, some natural foods, such as vegetables and grains, are both low in calories and low in fat.

Q. What are empty calories?

A. "The term 'empty

calories' is a bit of a misnomer-the preferred term would be 'nutrient sparse' calories and food," Brigram said.

These foods are higher in calorie content and don't have many valuable nutrients or nutritional value.

Q. Is it healthy to drink beer after working out?

A. The answer is 'No. "Beer is a diuretic which makes you lose water, and after exercise, you

should replace water in the body," Brigram said.

Scientific studies have shown that there are very minor benefits of drinking less than one glass of alcohol a day in postmenopausal women and men over forty.

Q. How many times a week should someone work out on the average?

A. This number varies with the individual. "For maximum benefits

to the cardiovascular system, the American College of Sports Medicine recommends exercising aerobically 3-5 days a week for 20-40 minutes at a moderate-intense work load," Brigram said. This may not be suitable for all people; some need more and some need less exercise.

A little exercise is preferred to none at all.

"Even a small increase in activity levels, like walking and taking the stairs, shows some benefits to heart health and metabolism," Brigram said.

Tai Chi brings students in touch with universe

By MATT JULIAN
Inside Scoop

Imagine a man barely 140 pounds, giving you a Tai Chi "push" that launches you up to 30 feet across the room that feels like a freight train with a velvet glove covering over it.

Ronald Jorgensen, an instructor who teaches the art of Tai Chi here at Highline can give you a beginning look at doing such a maneuver.

Tai Chi, properly named Tai Chi Chuan, translating to "the supreme ultima fist" in Chinese, is a discipline of martial arts that coordinates slow moving simulation of fighting and actual self defense. "You get an experience that is really great so you feel a supreme ultima," Jorgensen explains.

Tai Chi teaches a student to become very balanced in their movements.

"The movements are so unusual," Jorgensen said.

Tai Chi is very good in relieving stress and your health overall. In China, Tai Chi was used to heal almost everything, from migraines, arthritis, to all



Andy Remter works out in Tai Chi class this week.

kinds of body pains and aches.

One very important part of Tai Chi is that it teaches you to become integrated with oneself. "One tries to key into other levels of consciousness to get in touch with your emotional, spiritual and physical dimensions of your body," Jorgensen said. He said it is

like a song being sung inside.

Besides the various stress-relieving features of Tai Chi, the self defense part is extraordinary and easy. The central part of the self defense is titled "push hands."

The idea of "push hands" is to have your attacker get as far away from you as possible.

Photo by Bruce Jarrell

Jorgensen states that one uses the so-called "life energy," which he explains is from the center of the body.

He has witnessed a student being "pushed" 30 feet across the room without even being injured by the push. "When you are hit, it's like a velvet glove with a freight train behind it,"

Jorgensen anxiously describes.

"Everything seems to benefit from Tai Chi," he said.

Ronald Jorgensen has been doing Tai Chi since 1968 and has been teaching since 1974. He teaches all over the Puget Sound area.

Jorgensen was taught by William Chen, who teaches out of New York City. Chen has been teaching for 46 years and has been titled a "great master."

Next quarter, Highline will be offering Tai Chi classes Mondays and Wednesdays, 7 a.m. and 8 a.m. along with an advanced class on Wednesdays from 1 p.m. to 3 p.m. Jorgensen says if the desirability increases, a "push hands" self defense class may be added to the roster.

If you would like to know more about Tai Chi and the classes Jorgensen teaches, you can visit his website www.halcyon.com/brennan/taichi or e-mail him at brennan@halcyon.com.

"Tai Chi has made my life very peaceful, I have found a harmony between the universe and God's nature," Jorgensen said. "And that's a great feeling."

Less bite for your money Students need to make time to stay in shape

By RACHAEL WATKINS
Inside Scoop

Students think that the healthy food in the cafeteria is overpriced so they go for the fried stuff.

The cafeteria steams and bakes items that are healthy and low in fat.

Every day, the staff has to prepare some type of cooked vegetable, provide a salad bar, and offer fruit.

Students agree that these items would be good for you if you could afford to buy them.

"They have stuff that's good for you but it's overpriced. The 'junk food' is cheap, so that's what I get," said Tricia Nielsen.

"I eat the cheeseburgers but they are a bit pricey," Steve Mullinax said.

The cafeteria staff believes that the prices are fair.

A burger here will cost you 95 cents, while at Green River it will run you \$1.60.

Salad bars are a popular choice among those trying to eat



Photo By Sharalee Pfau

Highline students say that cafeteria food is overpriced.

healthy.

"The salad is good but expensive. They sell it by weight," said Nasim Karzai.

"The salad bar is good but it needs more selection," said Helen Lau.

Other students disagreed about the salad bar.

"The salad is good at 10 in the morning," Crishna Siler said.

"It's kinda fresh but there's not a very good selection," said Eena Hibbs.

do not work because almost all of the weight loss comes from water and muscle.

4. False-these studies have only been found to be beneficial in post-menopausal women and men over forty.

5. False-every bit of exercise helps.

6. True-muscle is more metabolically active.

7. False-spot-reducing fat

does not work, and all crunches will do is build the muscle underneath the fat and the fat will remain.

8. False-exercise is the only thing that will boost metabolism.

9. False-in fact, dietary and vitamin supplements are not even approved by the FDA.

10. False-butter and margarine both increase blood cholesterol levels.

Answers to Health and fitness Quiz:

1. False-they reduce the fat content only; the calcium remains the same.

2. True-when the body is deprived of its nutrients, it goes into a starvation mode and begins to eat at the body's stored fat.

3. True-however, the 'lose 30 pounds in 30 days' schemes

By OSMAN MUNROE
Inside Scoop

Most students don't do enough to stay physically fit, Highline instructors say.

They feel like they don't have the time for it or it's just not important to them right now.

"It is kind of hard for me to exercise right now because I have a job and I am a full time student," Highline student Dale Chang said.

Many students at Highline agree with Chang and say that their schedules are just too busy to fit in a good work out and that working out is lower on their list of priorities.

However, other students say that despite their busy schedules working out is important, so they make time for it.

"I go to school full time and have a full time job but I still manage to make time for a workout," student Chris said.

"One of the biggest problems we have in the United States is obesity," said Athletic Director Fred Harrison.

The question is, how do we prevent ourselves from becoming obese.

Highline Community College has a variety of programs for physical fitness that will help you stay fit, including individual team sports, intramurals, and the weight room.

Other ways you could choose to workout are walking, jogging, individual activities such as badminton, pickleball or picking out an activity that you like.

Choosing the right workout and maintaining it will help you tremendously, instructors say.

Choose an activity you like to do and do it three times a week for at least 30 minutes.

Good fitness programs are designed to improve and maintain cardiorespiratory endurance, flexibility, muscular strength, and muscular endurance.

You might have a four-day program that includes weight training on Monday and Wednesday and jogging on Tuesday and Thursday.

"For beginners, it is important that they start slow and build up," said Physical Education instructor Marge Command.

For example, walking instead of running. If you are going to lift weights, you should start at a light weight and build yourself up.

Your program should include a warm up and a cool down period. Stretching before and after your workouts will decrease the risk of muscle strains and pulls.

This way you can prevent unnecessary injuries.

A nation plagued with eating disorders

Many Americans are either **EATING** to cover the pain or **STARVING** for help

By ALEXIS EASTERBROOK
Inside Scoop

A 10-year old girl, who is active in dance and softball, is worried about her weight, so she goes and talks to her mother about a diet.

A 28-year old man sits down for dinner and eats four helpings of spaghetti.

An 18-year old woman slumps over the toilet sticking her finger down her throat to purge herself of the meal she has just eaten.

Meet my family.
Or is it yours?

From a young child to seniors in retirement homes, eating disorders know no boundaries of skin color, gender or financial status.

"Seventy-five to 80 percent of the female patients that I see [have] an overeating disorder," Polly Halpern, the Advanced Registered Nurse Practitioner at Highline Health services.

Anorexia, bulimia and compulsive overeating affect eight million people in our nation.

With this mindset of hating your body and hating yourself,



Photo Illustration by Bruce Jarrell

Eating disorders affects 8 million people in the United States.

eating disorders prevent dealing with emotions, learning how to cope with struggles of daily life and to accept ourselves.

M.S., a Highline student as well as a recovering compulsive overeater, talks about the comments people make while she is riding her bike.

"I know that I am overweight and when I ride my bike I should be encouraged instead of being put down...only a Sumo wrestler chooses to be fat," said M.S., who wishes to remain anonymous "being overweight is the only prejudice left in society that is still

"Seventy-five to 80 percent of the female patients I see [have] an eating disorder,"

--Polly Halpern,
nurse practitioner

allowed."

Pam Hill, certified medical assistant at Highline health services, offers these definitions of eating disorders.

Compulsive overeaters constantly eat, even when they are full. Overeaters eat because it is there, not for hunger, or nutrition. Bulimia affects people that are obese, they eat then purge,

making sure all foods leave either by vomiting or laxatives.

Binging then purging is all too common for the bulimic, they eat everything in front of them until they are full, then they vomit and start all over again.

Individuals with anorexia, often start out with bulimia, starve themselves to become thin, avoiding food at all costs.

"[Imagine] If one is five foot six and weighs 68 pounds (and) skinnier than a corpse, they will still think their fat," said Hill.

If you suspect you have one of these diseases, please consult a physician immediately.

Health, fitness and a positive attitude will get weight off

I eat a lot. A lot of whatever I can usually get my hands on.

Overeating is a terrible bane that I, as do others, struggle with constantly, day by day. Most overeaters attempt to grasp the reins of this wild buck, trying to gain control, but, control always eludes us.

Those who are aware that they overeat, know they have an issue that needs to be dealt with.

The bad part is when those who overeat don't recognize that they have a problem. And without recognition of this problem it can result in obesity. Possible results of being obese can include the henchmen of cancer, diabetes type two, heart disease and muscular-skeletal problems due to carrying too much weight.

No one who is overweight or obese is impervious to these conditions. Emotional problems, such as low self-esteem and depression can also accompany the overeater.

"Eating styles are a life-style choice. Eating more fruits and vegetables rather than fast food, and resisting foods that are high in fat is a wise choice," said



Mr.
Food

By Scott C. Murray

Polly Halpern, assistant registered nurse practitioner at Highline's Health Center.

Exercise is also a life-style choice.

"People need to be more physically active and choose to exercise instead of eating a cheeseburger. Being active is the key," she said.

So I would suggest that Burger King be put out of the question.

Have any of you ever gone on a crazy crash diet, where you've gone to great lengths to control your weight or eating habits?

I have.

Among them I've tried those ridiculous "Slim Fast" shakes, where you are supposed to have a reasonable breakfast and then one of those for dinner, or how about no breakfast and just a small salad for dinner.

I went nuts at both attempts.

Do you want to know what the magical secret is?

A positive attitude. Without one you won't get anywhere

Scott's favorite food is a Burger King chicken sandwich with cheese, extra onions and mayonnaise.

Diabetes is a life style: Do it or die

By LIZ DOOLITTLE
inside scoop

David Stakston has diabetes. A student at Highline, Stakston's life is affected in nearly all aspects by the disease.

Diagnosed when he was 11, Stakston grew accustomed to living with the disease in about a week.

"You have two choices, do it or die. You really don't have many options," said Stakston.

Stakston has insulin-dependent diabetes mellitus (IDDM) which generally appears in the child to teen years.

The second form is non-insulin-dependent diabetes (NIDDM). This type is most prevalent in people over 40 and is linked with obesity.

Of those afflicted with the disease, 90 percent are non-insulin-dependent.

Diabetes is either a deficiency of insulin or a decrease in the body's ability to utilize insulin. Insulin, a hormone secreted by the pancreas, allows glucose or sugar to enter body cells and be converted to energy.

Insulin is also used to synthesize proteins and store fats.

Approximately 16 million Americans have diabetes. Of those, one third are unaware that they have the disease.

Diabetes is a serious lifelong condition with many complications, some of which include heart disease, high blood pressure, blindness, kidney disease and poor circulation.

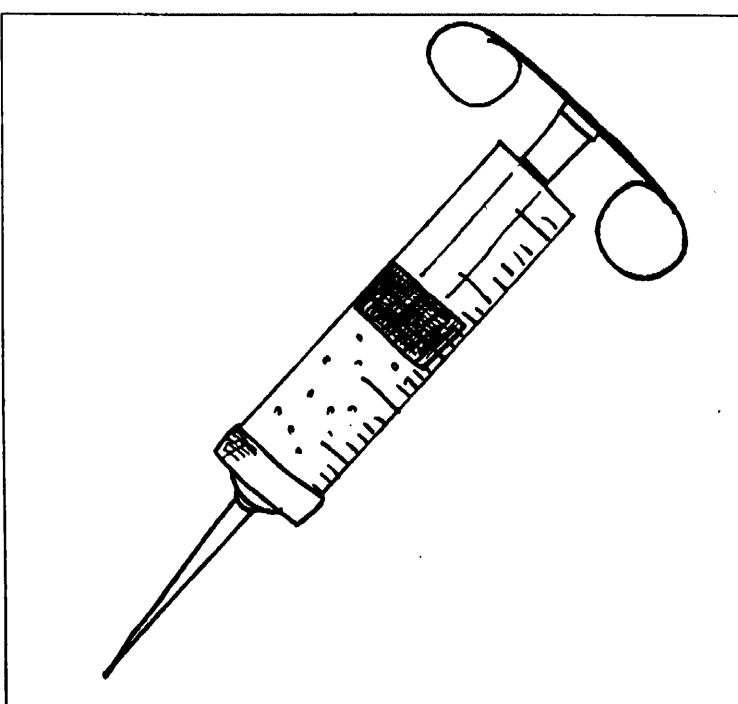
According to the American Diabetes Association, with the necessary precautions these can be limited if not avoided completely.

Diet is very important in controlling diabetes.

"You should eat all your meals at the same time every day, and a good balance from all the food groups," said Stakston.

One common misconception is that diabetics can eat no sugar at all. The fact is, they must eat sugar in moderation.

Some foods that contain sugar are better to eat than others, for example tomato soup contains sugar but also has other nutrients.



Candy bars, on the other hand, contain a lot of sugar but little or no nutritional value.

Exercise is also an important aspect of living with diabetes.

Not only does it help to prevent cardiovascular disease, the leading cause of death for those with diabetes, but it also can take some glucose out of the blood to use for energy during as well as after exercise. This

helps to maintain good blood glucose control says the American Diabetes Association.

Every day advancements are made in the search for a cure for diabetes. Technology and medicine is constantly improving.

"Just hang on and do what you're doing now, take good care of yourself and when there is a cure you'll be just like a normal person," said Stakston.

Stress begins at school

By E.A. CREDGINGTON
Inside Scoop

Jolted by the 7 a.m. buzz of reality, she blindly slaps at the top of her clock radio. Ten minutes later, the alarm taunts her a second time to no avail.

Now, with a little over 30 minutes before her 8 o'clock class, she pours herself out of bed, into the shower, and off to school. After a full morning of classes, one of which she hates, she is off to work.

Finally, in late evening she gets home, eats and tries to get some rest. Anxiety-ridden from a long day, she has trouble getting to sleep.

Days like this just may account for the stress that many Highline students experience.

Lance Gibson, Director of Highline's Counseling Center, said the most common mental health problems students at Highline face are anxiety and depression.

"A lot of our students are in transition in their lives," Gibson said in reference to the many who struggle to balance family, work and school. With so many other obligations, education becomes like fast food where students need it hot, fast, and now, he said.

Weary from doing the Highline hustle, many students lack the interpersonal relationships that help us feel connected.

"It is hard to build relationships at Highline because of the community college lifestyle," Gibson said. "People want to interact, but in the commuter college atmosphere most students leave after going to class."

Another cause of anxiety and depression is a feeling of insufficiency.

"People want to live the good life," Gibson said. "They confuse 'I want' with 'I need.'"

The Counseling Center in Building 6 is open to anyone and guarantees the right to privacy. Gibson wants people to use the Center to share concerns that may interfere with their ability to succeed on campus.

"Prevention is probably the most important thing," Gibson said. Students, staff, and faculty who feel angry, anxious or isolated from other people should come on in, he said.

Make a positive change step by step

By BOB BAUGHER, Ph.D.
Special to Inside Scoop

Ten steps to starting a health self-modification program:

1. Define the goal in measurable terms.

Instead of saying "I plan to cut down on sweets," say, "The only dessert or snack I will eat will be one regular size candy bar once a day."

Instead of saying "I will get in shape," say, "I will do a 25-minute aerobic workout every



Baugher

Monday, Wednesday, and Friday between 1-2 p.m."

2. Make a list of all the reasons

why you absolutely must accomplish your goal. Post the list in a place where you will see it everyday. Include on your list how it would feel if you failed to reach and maintain your goal and how it would feel if you were successful.

3. Do not begin any program unless you are ready to put your total commitment to it. If you are not sure, wait.

4. Write up a contract with yourself, explaining exactly what you plan to do and for how long. Sign and date it and have a friend sign and date it.

5. In your contract with yourself include exactly how you will set up your environment to work on your goal. For example, if you plan to stop smoking, you pledge to buy no more cigarettes.

6. Find a way to reward your good behavior. Students often say that they have no time to collect their rewards. Try this: Each day that you engage

in your desired behavior--for example flossing your teeth at night--you permit yourself to listen to your car stereo the next day. No flossing--no stereo. Some people put money in their "reinforcement jar" for each good day and at the end of 30 days spend it on something they've been wanting but hadn't felt like they deserved. While it is suggested that you try to avoid punishing yourself for blowing your contract, one extreme way for punishing yourself is to give money to your least favorite charity (for example, gun rights or gun control). Make a deal with yourself that, for each day you fail to follow your contract, you add a dollar to the check you will write to that group.

7. Beware of the deadly plateau. In almost every self-modification project a time comes where putting in the same amount of effort results in a period of time with no improvement. This is very frustrating. For example, weight lifters find that after a few weeks of improvement, they level off and may even decrease in their lifting abilities. People trying to lose weight discover that between week four and six, the pounds are not coming off. The common cry is, "I've been good. What's wrong with me?" The answer is, You're in the plateau phase. Be patient. Keep going and in a few weeks, things will improve. But don't quit.

8. Use others to help you. However, in no case should a friend or relative punish you for any of your slip ups. Tell those who wish to support you that the rule for self-modification is: you can only reward good behavior. When they observe "bad" behavior, they are to say nothing. No exceptions. They may care for you and want you to succeed, but



they cannot do it for you.

9. Find ways to get into the "reinforcement trap." That is, see if you can make the behavior change so automatic that it becomes part of your life. People who floss their teeth for 30 days in a row report that their teeth "feel funny" when they forget to floss.

I know a man who has been running for 30 years. When he doesn't run for more than two days, his body feels uncomfortable.

10. Don't be too hard on yourself. Smokers who eventually quit typically had tried three to five times prior to their eventual success. People who try to lose weight may be fighting against a genetic predisposition. Your job is to choose your battles carefully, define your behavior, write a contract, and keep at it.

Remember, people who are successful in life know how to set up their environment in ways to more easily reach their goals.

THE MOTHERSHIP HAS LANDED!!

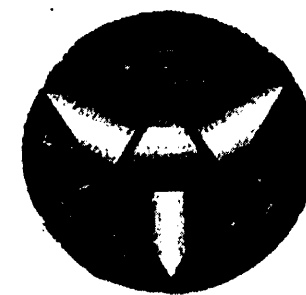
FRIDAY AND SATURDAY NIGHTS ARE 21 AND OLDER. SUNDAYS ARE ALL AGES.

MARCH

FRIDAY	6	HIT EXPLOSION
SATURDAY	7	AFRODISIACS
FRIDAY	13	TO BE ANNOUNCED
SATURDAY	14	CALOBO
FRIDAY	20	THE BEATNIKS THE RETROS
FRIDAY	27	GREEN APPLE QUICKSTEP

DOORS OPEN AT 8:30 PM \$8 COVER CHARGE

- ♦ HUGE DANCE FLOOR
- ♦ 4 WELL STOCKED FULL SERVICE BARS
- ♦ OVER 80 STAGE LIGHTS AND 50,000 WATTS OF POWER



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7404 PACIFIC HIGHWAY EAST
(253) 922-1930

Opponents try to unseat defending champs

By K.M. Petersen
Sports Editor

Highline faces a tough road ahead in their quest to repeat as NWAACC champions.

The seven other teams in the championship tournament all would like to knock off the top-ranked Thunderbirds on the way to unseating them as the best in the northwest.

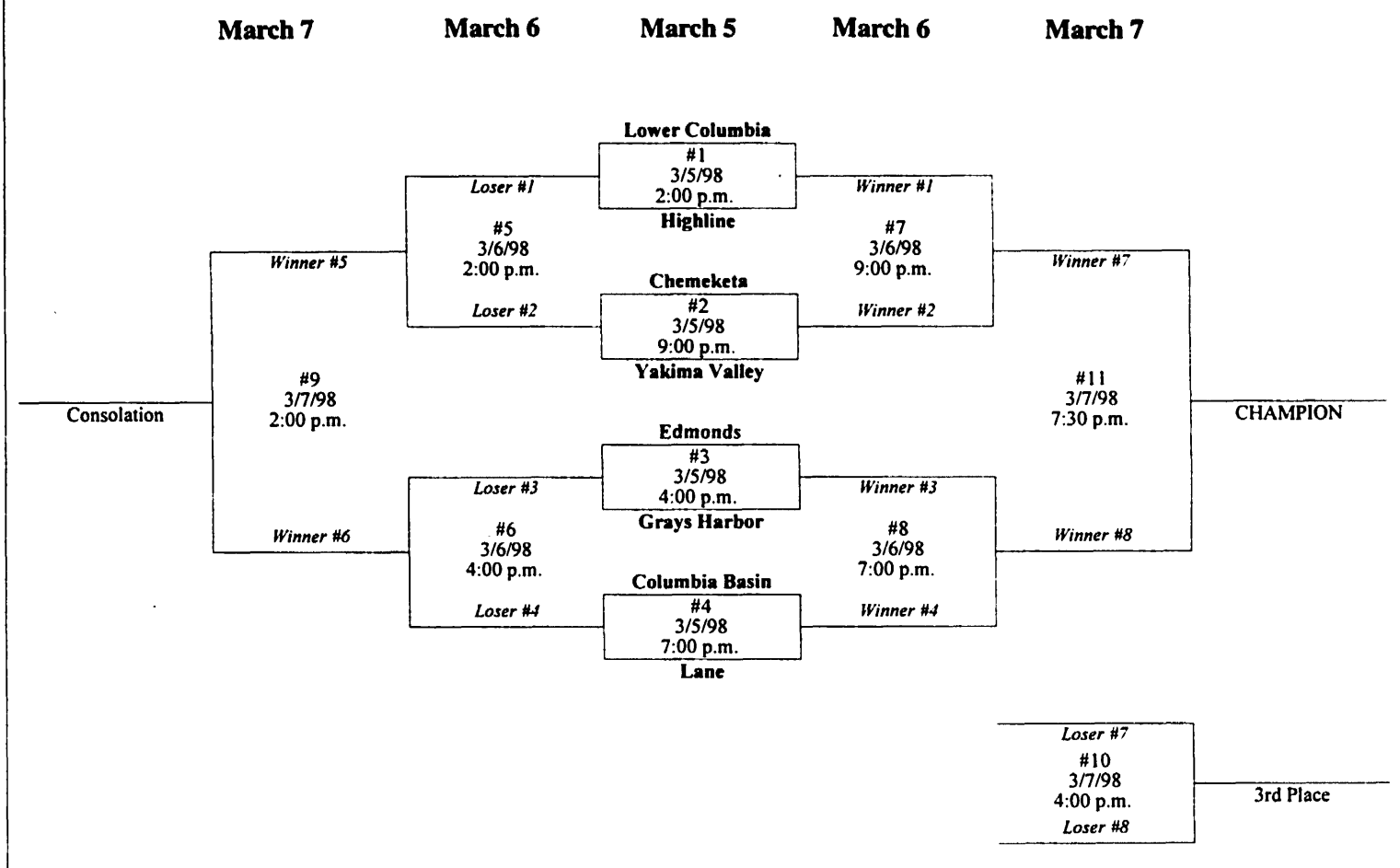
The first team Highline faces is Lower Columbia. The Red Devils, coached by Jim Roffler, are led by sophomore Brian Swisher's 19.6 points per game and enter the playoffs with a 21-9 record. They have the third-ranked offense of any of the tournament teams, averaging 87.1 points per game. Not only do they have to battle the Thunderbirds, but also their own history, having lost in the first round five straight years.

Should Highline win the first game, they will face the winner of Yakima Valley versus Chemeketa. The Thunderbirds have faced both teams, but both in the preseason under much different circumstances.

Highline traveled to Salem to face Chemeketa in their second game of the season, losing 83-73. Weary from playing a game the night before and travelling, the Thunderbirds managed to lead until the Chiefs overtook them with two minutes remaining. Highline was without the services of backup point guard Gabe Ladd and reserve forward Bryan Guy in that matchup. Chemeketa connected on 70 percent of their second half shots, showing an ability to get extremely hot. Chemeketa's balanced scoring attack had all five starters scoring at least 14 points, although the bench only contributed a total of two.

Highline travelled to Yakima to take on the team without a nickname (they dropped their long time nickname, the Indians, before the season) a week after their lone loss, beating

NWAACC Championship Tournament Big Bend Community College March 5-7



Lady T-Birds' season comes to a close

By K.M. Petersen
Sports Editor

The Highline Lady Thunderbirds' late-season charge came to an abrupt end Thursday as they were defeated by top-ranked Skagit Valley, 85-51, in Mount Vernon.

After starting the season with a 1-13 record, including a nine game losing streak, the squad battled to get into playoff position, finishing the league season with three separate three game winning streaks and winning nine of their last 11 league games.

After getting into the playoffs, the task of taking on the top-ranked and undefeated Cardinals proved too tough for the Lady T-Birds.

Skagit Valley currently has a 29-0 record and is expected to win its second title in three years this Saturday in Yakima at the NWAACC tournament.

Highline's shooting proved to be as big an enemy as the Cardinals. They shot only 16 percent in the first half, allowing Skagit Valley to take a commanding 42-18 halftime lead.

Although the Lady Thunderbirds fared much better in the second half, the team's deficit continued growing, eventually finishing down by 35.

"We were all pumped for the game, but when we came out for the game, I don't know what happened," freshman Kristi Duggan said.

The squad shot 26 percent on the game and only managed 12.5 percent accuracy from three point range.

"Our shots were just not falling," freshman guard Karen Nadeau said.

The Cardinals, on the other hand shot 50 percent in the first half, including 4-7 from three point range, to help raise their lead.

Skagit Valley also dominated the boards, out-rebounding Highline by an astounding margin of 67-36.



Nater

Highline was led by Valerie Nater's 12 points, eight rebounds, and three blocks. Tracy Wilcoxon also scored 12 to go with six rebounds and three assists.

Nadeau and Diana Ruggiero each put in three steals for the Lady T-Birds.

Skagit Valley's Kim Bergsma dominated the game, scoring 17 with 11 boards. Lisa Berendsen led the Cardinals with 14 rebounds.

Three other players scored in double digits for Skagit Valley.

The loss dropped Highline's final record to 10-16, an improvement from last season's 6-18 and a definite turnaround from their early season slump.

"We came so far, and we proved ourselves to everyone," Duggan, the squad's leading rebounder, said.

"It sucks that it's over," Nadeau, the team's leading scorer who was named first team northern region, said. "We've been playing since September, and all of a sudden, it's just been cut off."

"We worked our butt off," she said.

Women's team looks to reload for another run next season

By Garrett Miller
Staff Reporter

With their backs to the wall, the Lady Thunderbirds fought for their lives to stay in the playoffs, to no avail.

The Lady T-Birds played the first-ranked and undefeated Skagit Valley Cardinals.

"We played like we didn't have any confidence," said freshman Amie Johnson.

The women lost in the first round 85-51.

The Ladies had to make a comeback late in the season because of a rough start, losing five of their first six games.

"I feel wonderful because we pulled off a miracle by coming back to win nine of our last 11," said Tracy Wilcoxon.

The T-Birds managed a spot in playoffs for the first time since the resignation of Head Coach Dale Bolinger in 1992.

Bolinger was rehired last year as an interim coach to bring back some winning tradition. Unfortunately, he is again retiring.

"I hope they name a new coach as soon as possible to get players in school at Highline," said Bolinger.

Two Bolinger recruits, freshmen Karen Nadeau and Kristi Duggan have been named all-league.

Assistant Coach Janelle Oakeley hopes to succeed Bolinger as head coach next year.

Oakeley said the final loss to Skagit wasn't for lack of effort.

"The feeling before the game was nothing like I've ever felt in the locker room before a game," she said. "There was 100 percent heart. It was very intense."

Heart wasn't enough, however. "We went out and played like crap," Wilcoxon lamented.

Bolinger said he was still happy about the way his team made the playoffs.

"It was frustrating to struggle before success," Bolinger said. "They hung together admirably. Nobody was pointing fingers at each other when they were down."

Scoreboard

Men's Basketball

Scores

2/26

North

Highline 94, Shoreline 86

Edmonds 86, Olympic 77

West

Grays Harbor 101, Tacoma 98

Lower Columbia 83, Centralia 67

East

Yakima Valley 83, Big Bend 79

Columbia Basin 83, Wenatchee Valley 68

South

Lane 87, Linn-Benton 86 2OT

Chemeketa 88, Mt. Hood 75

2/28

North

Highline 76, Edmonds 53

West

Grays Harbor 107, Lower Columbia 97

East

Yakima Valley 84, Columbia Basin 83

South

Lane 70, Chemeketa 60

Highline 94, Shoreline 86

Shoreline (86)

Bradley 14-22 2-4 31, Chirn 0-2 0-0 0, Fritzler 1-9 4-4 7,

Harris 10-19 0-0 25, Faux 6-15 4-4 20, Yates 0-3 3-4 3,

Givens 0-1 0-2 0, Purkis 0-0 0-0 0. Totals 31-71 13-18

86.

Highline (94)

Ball 7-11 6-6 23, Watts 3-7 0-0 6, Ladd 1-2 0-0 2, Miller 2-

6 0-1 4, Wilder 10-23 3-4 24, Enfield 1-5 2-2 5, Madsen 5-

6 1-1 11, Guy 0-0 0-0 0, DeLange 7-13 5-5 19, Johnson

0-1 0-0 0. Totals 36-74 17-19 94.

Highline 76, Edmonds 53

Edmonds (53)

Boyd 1-5 4-4 6, Port 1-7 1-1 3, Miller 1-8 2-2 4, Makenani

0-1 0-0 0, Cool 0-4 1-2 1, Wheat 2-4 6-8 10, Mosby 5-8 0-

2 10, Bender 3-9 5-6 11, McDonnell 0-4 1-2 1, Williams 1-

4 0-0 2, Jones 2-5 1-3 5. Totals 16-57 21-30 53.

Highline (76)

Ball 7-14 1-2 18, Watts 1-5 0-0 3, Ladd 1-3 0-1 2, Miller 1-

3 0-0 2, Wilder 10-16 5-9 26, Enfield 2-6 0-0 5, Madsen 2-

9 2-2 6, Guy 0-1 1-2 1, Luedke 2-2 0-0 4, DeLange 3-7 0-

2 6, Johnson 1-2 1-2 3. Totals 30-88 10-20 76.

NWAACC Northern Region All Stars

First Team

Quincy Wilder (MVP) Soph Highline

Reginald Ball Soph Highline

Alastair Faux Frosh Shoreline

Billy Landram	Frosh	Olympic
Anthony Manor	Frosh	Bellevue
Corby Schuh	Soph	Everett
Second Team		
Ryan Bender	Frosh	Edmonds
Kevin Bradley	Frosh	Shoreline
Connelly Easman	Soph	Skagit Valley
Scott Hamre	Soph	Olympic
Mike Jones	Soph	Edmonds
Coach of the Year		
Joe Callero		

NWAACC Leaders

Scoring Leaders (min: 170 pts.)

Name/School	Games	Pts.	FG%	Avg.
1. Ryan Hansen/WWCC	27	839	48	31.1
2. Alastair Faux/SCC	27	780	52	28.9
3. John Hubbard/GHC	26	716	55	27.5
4. Corby Schuh/EC	28	689	44	24.6
5. Kyle Keyes/BCC	20	468	44	23.4
6. Quincy Wilder/HCC	28	638	52	22.8
7. Billy Landram/OC	22	480	48	21.8
8. Dan Carter/Lane	29	616	56	21.2
9. John Galbreath/BBCC	26	527	59	20.3
10. Drake Hudgins/MHCC	25	504	51	20.2

Rebounding (Min: 120 rbs)

Name/School	Games	Rbs.	Avg.
1. Mikel Ward/WVC	28	290	10.7
2. Billy Landram/OC	22	234	10.6
3. Dan Carter/Lane	29	297	10.2
4. Jon Johnson/GHC	21	212	10.1
5. Matt Brien/OC	27	262	9.7
6. Brian Csengei/LBCC	26	253	9.7
7. Anthony Manor/BCC	28	255	9.1
8. Travis VanKooten/WCC	16	137	8.6
9. Michael Poe/SPSCC	19	161	8.5
10. Ryan Bender/EdCC	29	246	8.4

Free Throws (Min: 70 fts)

Name/School	Games	FTA	FTM	Pct.
1. Shaun Madsen/HCC	26	117	104	88.9
2. Drake Hudgins/MHCC	25	140	124	88.6
3. Steve Butler/ChCC	27	89	78	87.6
4. Beau Mohandro/BBCC	27	91	77	84.6
5. Kevin McMann/Lane	29	101	85	84.2
6. Sol Jones/PeC	26	88	74	84.1
7. Ed McLean/PC	27	91	76	83.5
8. Modesto Spencer/CCS	25	70	58	82.9
9. Billy Landram/OC	22	151	125	82.8
10. Shannon Kelley/LCC	28	112	92	82.1

Assists (Min: 70 assists)

Name/School	Games	Ass.	Avg.
1. Reginald Ball/HCC	28	234	8.4
2. Ben Griffin/GHC	25	203	8.1
3. Mikel Moore/OC	27	206	7.6

4. Gary Morgan/CBC	27	202	7.5
5. Jeremy Miller/EMCC	27	195	7.2
6. Kevin Bradley/SCC	27	190	7.0
7. Chris Hyppa/CenC	25	168	6.7
8. Sam Schol/TCC	28	180	6.4
9. Jerome Toby/WCC	17	104	6.1
10. Paul Felker/OC	13	75	5.7

Three Point Percentage (Min: 60 att)

Name/School	Games	3PA	3PM	Pct.
1. Jason Mix/UCC	22	61	29	47.5
2. Kevin McMann/Lane	29	100	47	47.0
3. Nate Collins/CBC	27	213	99	46.5
4. Cory Schwab/TCC	26	189	87	46.0
5. Joel Simonson/UCC	27	92	42	45.7
6. Adam Enfield/HCC	28	102	46	45.1
7. Brad Nicholson/WWCC	28	250	112	44.8
8. Marc Cordie/LBCC	26	188	84	44.7
9. John Hubbard/GHC	27	88	39	44.3
10. Hollis Hale/SWOCC	26	165	72	43.6

Team Scoring

School	Avg.
1. Grays Harbor	95.1
2. Olympic	93.8
3. Big Bend	92.0
4. Mt Hood	90.1
5. Shoreline	89.1
6. Highline	87.9
7. Walla Walla	87.3
8. Lower Columbia	87.1
9. Clackamas	86.7
10. Blue Mountain	85.4

Team Defense

School	Avg.
1. Lane	65.4
2. Highline	66.1
3. Tacoma	70.1
4. Yakima Valley	71.2
5. Umpqua	71.9
6. Chemeketa	72.1
7. Wenatchee Valley	74.1
8. Linn-Benton	74.7
9. SW Oregon	76.0
10. Centralia	76.0

Women's Basketball

Scores

2/26

North

Skagit Valley 86, Highline 51

Everett 65, Olympic 54

West

Lower Columbia 83, Puget Sound 63

South Puget Sound 88, Centralia 67

Thursday's NWAACC Championship Schedule

At Yakima Valley CC

1:00 Skagit Valley (29-0) vs. South Puget Sound (19-0)

3:00 Lower Columbia (21-9) vs. Everett (16-15)

6:00 Mt. Hood (14-14) vs. Spokane (22-8)

8:00 Wenatchee Valley (26-3) vs. Clackamas (21-6)

NWAACC Northern Region All-Star Team

First Team

Renee Ross (MVP)	Soph	Olympic
Lisa Berendsen	Soph	Skagit Valley
Kim Bergsma	Soph	Skagit Valley
Sabrina Moses	Soph	Skagit Valley
Karen Nadeau	Frosh	Highline
Carlesa Roemer	Frosh	Everett

Second Team

Rickasha Bevers	Frosh	Shoreline
Kristi Duggan	Frosh	Highline
Marie Johnson	Soph	Whatcom
Alicia Kirk	Soph	Edmonds
Holly Morgenthau	Soph	Skagit Valley

Coaches of the Year

Curt Bagby	Peninsula
Steve Epperson	Skagit Valley
Chad Hovis	Everett

Oh, NWAACC, how do I love thee

Things that may or may not happen at the NWAACC basketball tourney:

1. Highline's men's basketball team will repeat as NWAACC champs. Duuhh.
2. Joe Callero won't scream at any referees.
3. People will flock from miles around to the basketball mecca that is Moses Lake.
4. By the end of the tournament there will be a lot more Highline College basketball fans in Moses Lake than there are at Highline.
5. There won't be any trash-talking of any kind. (Yeah right.)
6. A Columbia Basin player

Spin On Sports



By Michael Stampalia

will say, "Whoa! Wild cows!"

7. Other out of town players will go cow tipping.
8. The cheerleaders will learn what studs basketball reporters are and throw themselves at me.
9. I, of course, won't be tempted.
10. Then, I will wake up, wondering what happened to those cheerleaders.
11. Fred Harrison will finally smile, after weeks of constant frowns.
12. Aliens will abduct Quincy Wilder and discover that he really is super human, and clone him.
13. After a rigorous campaign to retire Quincy Wilder and Reggie Ball's numbers by students and coaches, Fred Harrison will do the right thing and approve it.
14. Our photographer Bruce Jarrell will still be breathing after riding over the pass with me driving.
15. Bruce will get a ride home with someone else.
16. Joe Callero will think that we are not running a feature on him. (It runs in next week's issue.)
17. The team's stat guy Kris Petersen will finally figure out what a defensive assist is.
18. A Grays Harbor player won't say "Highline is over rated" before the Thunderbirds spank them by 30.
19. A Lane Community College player will think Highline is over rated before the Grays Harbor Chokers spank them by 30.

Mike cries when he watches Titanic.

T-Bird grapplers place at nationals

By Frankie Cenicerros and Chad Cornish
Staff Reporters

The Highline T-bird Wrestling team placed three wrestlers in the top four in their weight class and finished tied for ninth with Clackamas CC.

Three out of the five wrestlers were named all-Americans. Northern Idaho CC and Lassen CC, from California, tied for first place.

At 190 pounds, freshman Trevor Howard pinned his opponent in the final round in 49 seconds to take third place.

At 118 pounds, Nelson Crisanto finished fourth, ending the tournament with a 4-2 record, 22-7 overall.

Highline's 167-pounder, Adam Catterlin, also took fourth place.

Three Highline wrestlers placed at the National Junior College Athletic Association championships this past weekend.



Trevor Howard finished

T-birds Andy Clark and Jesse Barnett also competed but did not place.

Howard only lost one match in the whole tournament, leaving his season record at 22-6. By placing third he receives all-American top honors.

third in the nation, completing his freshman season with a record of 22-6.

Nelson Crisanto followed up a strong national performance last year by finishing fourth this year in the 118 pound class. His final record this year was 22-7.

167-pounder Adam Catterlin also finished fourth, pinning his final opponent in a mere 49 seconds.

T-Birds Andy Clark and Jesse Barnett also competed.

"I knew it was gonna be tough," Howard said.

"Trevor did really good, he's an awesome wrestler. He came back and kicked some butt," Catterlin said.

Catterlin suffered an early loss but then rebounded to win

five straight matches.

This was the toughest task at nationals for Catterlin, who won five of his seven matches, leaving his record at 32-9.

"I think the first match I wasn't into it. I'm just glad that my coach got me back into it," said Catterlin. His toughness and perseverance earned him all-American honors.

"I'm kind of happy that I'm an all-American but I have to move up three notches on the podium next year. I'm not going to settle for anything less than first," Catterlin said.

Highline's ninth-place finish is the team's best mark in Coach Todd Owens' six years with the program.

"We did pretty good over all, we finished really strong," Assistant Coach John Clemens said.

FOR THE EDUCATION AND RESEARCH COMMUNITY

★★★★★

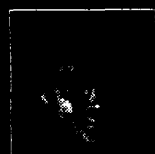
Morningstar's CREF Stock Account, CREF Global Equity Account, CREF Equity Index Account, and CREF Growth Account

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William R. Rader, TIAA-CREF Participant

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Period	CREF Stock Account Star Rating/Number of Domestic Equity Accounts Rated	CREF Global Equity Index Account Star Rating/Number of International Equity Accounts Rated	CREF Equity Index Account Star Rating/Number of Domestic Equity Accounts Rated	CREF Growth Account Star Rating/Number of Domestic Equity Accounts Rated	CREF Bond Market Account Star Rating/Number of Fixed Income Accounts Rated	CREF Social Choice Account Star Rating/Number of Domestic Equity Accounts Rated
3-Year	4/1,820	4/379	5/1,820	5/1,820	4/677	4/1,820
5-Year	4/1,199	5/205	N/A	N/A	4/445	4/1,199
10-Year	5/604	N/A	N/A	N/A	N/A	N/A

These top ratings are based on TIAA's exceptional financial strength, claims-paying ability and overall operating performance. These ratings do not apply to CREF or the TIAA Real Estate Account. *Source: DALBAR, Inc., 1997. Based on assets under management. ****Standard & Poor's Insurance Rating Analysis, 1997; Upper Analytical Services, Inc., Upper Analytical Services, Inc., 1997 (Quarterly). CREF certificates and interests in the TIAA Real Estate Account are distributed by TIAA-CREF Individual and Institutional Services. For more complete information, including charges and expenses, call 1 800 842-2776, extension 5509, for the CREF and TIAA Real Estate Account prospectuses. Read them carefully before you invest or send money.

Art show's quality was really big

The Really Big Art Show II made its way to Highline's Union Bay room last Thursday, and I was pretty darn impressed.

As I walked into the art filled room, my ears quickly noticed the sound of one of my favorite bands playing in the background. (U2, of course!) I was already feeling the giddiness overcome my body!

Being that I don't have one artistic toenail in my body, it

Arts and Croft

By Christi Croft



was nice to see some impressive art.

I did, however, sculpt a clay turtle with a Mariners hat on its shell in sixth grade.

I was so proud, until someone said it looked like a deformed rock with a baseball hat on it.

One of the first things that caught my eye at the art show was the painting, "Le Vieux" by Claire Hebert. This painting featured a woman looking into a mirror, and seeing herself in the past knelt over with her head in her arms.

Let me just say I transformed into my favorite SNL character and got "veclept!" Definitely a favorite for me!

In the photography category, I picked a photo called "Turning Point," by Francesca Lutz.

This black and white photo was of a nicely dressed man at the street corner looking down, and wondering what direction he must go.

To me it depicted the roads that one must take in order to be happy. I thought it very heart warming.

The jewelry/misc. category was somewhat small, but I ended up voting for "Voir," by Claire Hebert.

Hebert's artwork was an illusionary mirror with a face sketched within it. I found it to be very artistic indeed!

Kirsten Olds' "Lunar Vase" was a favorite of mine in the pottery contest. This vase was covered with beautiful paintings, a true piece of art.

Of course all of this could not have been possible without the dedication of Rachel Thorne of Team Highline. The show was definitely worth seeing!

Christi Croft is Arts Editor of the Thunderword, and she's one bad mutha!

Big winners for a big show

By Paris Hansen
Staff Reporter

The results are in for The Really Big Art Show II, and the students have spoken.

The winners each received \$40 for first place, \$20 for second place, and \$10 for third place.

For the painting/drawing category, first place went to Anna Hackenmiller for "Ben," second went to Mark J. Koontz for "The Winter," and Claire Hebert took third with "Gardner le Silence."

In the photography category, Francesca Lutz won first place for "Turning Point," second went to Leo Lin's "Judgement Day," third place was a tie between Dennis Lee's "the Hardest Working Dog," and "Sweet Child O' Mine" by Redenton M. Duran.

First in the pottery/sculpture category was taken by Erik Nettken with "Thunder," second went to Chrissy Gates for "Midnight Delight," and third place went to Kirsten Olds for "Lunar Vase."

In the jewelry/misc. category first place went to Claire Hebert for "Voir," second went to



Photo by Michael Stampalia

Anna Hackenmiller's painting, "Ben" won her a first place.

Helen Lavae's "Celtic Chaos," third also went to Clare Hebert for "Etre Colire."

"I want to start drawing again. I just needed the motivation to start up again," said

Anna Hackenmiller, first place taker in the drawing/painting category.

Rachel Thorne said she is not sure if the event will be held Spring quarter.

Poetry night, live on the mic

By Jeffrey Crisologo
Staff Reporter

Poetry and Prose night is a way for students to release their writing into words.

Poetry, short stories, and essay's students have written in the past, or for class, will be heard by other students Thursday, March 12 at 5 p.m. at Tazza, downstairs in Building 8.

Students will have about 5-10 minutes of open mic time to

read their short stories, essays, or poetry.

This event is free.

"I want to get people to be aware of writing," said Rachel Thorne of Team Highline

Thorne, who is coordinating the event, had big success last quarter with about 25 people attending and approximately 15 people on the open mic, reading their writing.

Thorne said everyone is encouraged to come in and listen

to Highline's articulate and talented students.

"I want to create a forum for writers," she said.

There will also be a faculty reading on Tuesday, March 10 in Building 7 at noon.

If you want more information about this event or how you can become a reader, contact Rachel Thorne at (206) 878-3710 ext. 3537. You can also talk to her upstairs in Building 8 in Team Highline's office.

Dreyfuss' 'Tribe' digs up some yuks

"Krippendorf's Tribe" is a silly, yet humorous film by Todd Holland.

Richard Dreyfuss plays an anthropologist who traveled with his wife to New Guinea to search and study a tribe that has not yet been discovered. The twist in the movie is that there is no tribe.

After his wife passes away, Dreyfuss is so caught up in her death that he fails to inform his co-workers he found nothing, and loses time.

Jenna Elfman, from "Dharma and Greg," enters the picture when she tries to get Professor Krippendorf (Dreyfuss) to give a speech about his findings.



Photo by Ricard Foreman

Krippendorf (Dreyfuss) convinces his kids to pose as a tribe.

Keeping in mind that there is no tribe, Dreyfuss comes up with

children, who get involved in this scheme.

His plans get turned around, and that's when the humor picks up.

Dreyfuss does a great job playing a well-respected man who ends up going a little nuts.

I would recommend catching a matinee!

Flick Picks

By Shannon K. Stroud

some false tribe called Shelmikedmu, which is derived from the names of all three of his

"The Trial" is guilty of a good show

By Lisa Novak
Staff reporter

The Highline drama students provided entertainment last weekend performing "The Trial" by Franz Kafka.

The story is about a man, (Josef K.) who wakes up and finds himself being arrested for a crime he has no knowledge of.

The point of the story is that Josef, although under arrest, has more rights than everyone else in the play.

Everyone else succumbs to authority as if like a zombie.

The play was like a dream, filled with random behavior and unclear messages.

The show was very well done.

Given the text, Director Chuck Hudson, truly brought the play to life with his choreographed movement.

The movement whether it was ghostly, seductive, confident, or timid, was clearly distinguishable among characters. The movement helped develop the character, and allowed the audience to get an understanding for who they were without saying a word.

At times certain characters would freeze and others would carry on as though nothing happened.

The choreography produced a great effect for the play.

Although I found the storyline itself to be rather uninteresting and hard to follow, the actors made the play worthwhile.

The acting was very enjoyable. Each character had his or her own personality, even though some hardly spoke.

Brandon Felker played a very convincing character, Josef K. His performance of a confused and frantic suspect was captivating.

Mrs. Grubach was also an audience favorite, played by Carolyn Bing. Bing's character is the crazy old maid who nuzzled and ironed dead fish in one scene.

Lelani Berinobi played the seductive Miss Burstner whose sexy moves and revealing costumes distracted Josef from his trial.

The Laundress, played by Kirsten Olds, generated many laughs by craving attention from every male in the show.

Despite Highline Drama Department's usual selection of an off the wall production, "The Trial" is even more abstract than any I have seen.

Nevertheless, I would definitely see it again.

New movie causes nappytime

By Anna Hackenmiller
Staff Reporter

"Wide Awake," written and directed by 25-year-old M. Night Shyamalan is a coming-of-age film that has been compared to such classics as "Stand by Me" and "Dead Poet's Society."

There comes a time in a child's life when he realizes that not everything is as magical and mysterious as it was once thought to be.

You begin to realize that Santa Claus bares an amazing

Movie Review

resemblance to your Uncle Fred.

You're awakened during the night to find mom replacing the tooth under your pillow with a dollar or two.

Joshua Beal (Joseph Cross) is entering the fifth grade in an all boys Catholic school in Philadelphia.

In his short nine years, Joshua has cared mostly about Ninja Turtles and Saturday morning cartoons, until now.

With the recent death of his beloved grandfather (Robert Loggia) fresh in his mind, Joshua begins a mission.

His mission is to answer some of the most ultimate and challenging questions in life.

Joshua questions any hope of finding out, beyond a shadow of a doubt, that his grandfather is in good hands.

Joshua's parents, (Denis Leary and Dana Delaney), both doctors, immediately try to lure their son back into the world of reasoning and reality.

He receives ridicule from his friends and family, and yet continues his quest with the kind bravery and innocence only a child can muster.

Joshua's teacher, Sister Terry (Rosie O'Donnell), lights up the set as a lively nun obsessed with sports.

The usual coldness and silence that comes with playing a nun was thrown out the window in this case.

O'Donnell added a burst of humor and energy to this rather dull script.

While I wouldn't say this film is a total flop, it is no where near the level of "Stand by Me" or "Dead Poet's Society."

"Wide Awake" is somewhere in the pick-this-movie-if-everything-else-is-rented category.

Its predictability and slowness made the hour and a half seem like an eternity.

Many times during "Wide Awake," I felt like I was falling fast asleep.

MANSON MYTHS ARE ANSWERED

Some truths revealed about Marilyn Manson

By Christopher Louck
Staff Reporter

Many rumors surround the foreboding figure known to many as Marilyn Manson, but few of them are true.

Not many superstars have been in the media's eye quite

as much as Marilyn Manson. He has been verbally crucified by many and feared by crowds of misinformed individuals.

As a fan of Manson's work, I have been hammered with a barrage of questions.

The questions that seem to be asked most often are the following: Did he play Paul in "The Wonder Years?" Did he have ribs removed so he could have oral sex with himself? Is he the priest of Satanism? Does he have a pig's eye?

Manson was never in the show "The Wonder Years."

Manson's real name is Brian Warner if you want to check the cast.

In Rolling Stone, Manson stated that he did not have any ribs removed, and really people, how many doctors do you think would do that type of surgery?

Manson has never been a priest, although he did go to a private Christian school when he was a young boy. His current beliefs are known only to him.

For a long time people believed that Manson had an eye replaced with a pig's eye. That

to fear of what goes on at his concerts.

A few common misconceptions are: he molests children on stage, he urinates on the fans, he kills animals on stage.

I went to his last Seattle show and none of this happened.

Children were at the concert, but they were in the mosh pit being trampled.

The only kind of liquids that fell on fans at that concert were water and soap bubbles.

Manson would frequently pump bottles of water on himself and toss the rest into the audience, and a bubble maker was turned on during one of his songs.

Labelers can put "No Animals Were Harmed During The Concert" on my ticket.

Marilyn Manson's name comes from a philosophical method of paring two opposite names to create a single powerful name.

On another note, these two names even Biblically contrast. Marilyn is made of seven letters, while Manson is made of six. Seven is associated with many positive subjects in the Bible, and six is connected with the evil portions.

In Rolling Stone Magazine, Manson said that he cannot sleep without the TV on because someone once tried to kill him in his sleep.

"I think that we cause music to do what it does," Manson said.

I have also heard many rumors about concerts. A lot of shows have been cancelled due

also is incorrect. He wears a brown contact in his right eye. If you take a look at his CD "Portrait of an American Family," you will notice that he has two beautiful blue eyes.

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I have also heard many rumors about concerts. A lot of shows have been cancelled due



Get out of the house

Highline's Drama Department presents Franz Kafka's production of "The Trial," Thursday, March 5 through Saturday, March 7. All showtimes are at 8 p.m. in Building 4 (The Little Theatre). Tickets are \$5 for students and \$6 for the general public.

Team Highline is presenting an open-mike poetry and prose reading March 12 at 5 p.m. in Tazza downstairs in Building 8. This event is free to anyone interested.

Highline faculty members will read their creative works on Tuesday, March 10 in Building 7 at noon. This event is free.

Celebrate the legacy of African-American women in The Group Theatre's premiere of Nikki Nojima and Jacqueline Moscou's "Keepers of the Dream." This presentation opens March 11 and runs through April 5 at the Group Theatre in the Seattle Center House. For ticket information call the Box Office at 206-441-1299.

In celebration of the World Premiere of "Keepers of the Dream," **The Group Theatre is seeking submissions from women who have made a difference in other people's lives.**

If you know a woman who has made an impact on others

call 206-441-9480, ext. 212. Participants will be recognized on March 22 at 2 p.m. at The Group Theatre.

The Highline choir and jazz ensemble presents their annual Winter Vocal Concert at 7:30 p.m. March 12 in Building 7. This event is free.

The brand new Mothership concert venue in Milton is proud to present the '70s group, "Hit Explosion," on Friday, March 6. This is a 21 and over show. Doors open at 8:30 p.m. and tickets are \$8.

The Mothership presents the "Afrodisiacs" on Saturday, March 7.

Doors always open at 8:30 p.m. This is a 21 and over show. Ticket price is \$8. Don't miss this show!

Mothership lands in Milton

By Ami Westberg
Staff Reporter

The Mothership Concert Venue has landed in Milton, and is ready to wow suburbia with some rockin' shows.

The grand opening is on Friday, March 6 featuring a popular northwest band called Hit Explosion.

"We're trying to put a venue on the map equivalent to the bigger shows in Seattle," said Jim Basnight, talent coordinator for The Mothership.

The Mothership is located on the east side of Highway 99, about five miles south of Seatac Mall, across the street from the jazz bar, Planet Hot Rod.

"The purpose of The Mothership is to give people who live south of Seattle an alternative place to go for shows so they don't have to drive so far," Basnight said.

Starting Sunday, March 8, they are also going to be premiering an all ages show.

The shows will run every Sunday from 2-8 p.m., and will feature about 99 percent live music.

"We're going to try to have the nicest all ages venue," Basnight said.

The Mothership is a geodesic dome that has been recently renovated by Mothership management.

A geodesic dome is a light, dome-like structure designed by Buckminster Fuller back in the '70s.

"They are wonderful structures. They are great for music," said Jim Hamilton, publicist for the Mothership.

The Mothership has been equipped with a huge state-of-the-art soundstage and lighting, which enhances bands performances.

The Mothership seats about 600 people, and it can accommodate up to 1,000 people or more.

The Mothership has three floors in its facility, and it also has a restaurant, a big screen TV that shows the bands playing that night.

There are also a few bars to quench your thirst.

Shows at The Mothership have been booked through March.

All of the upcoming shows are listed in this week's arts calendar.

Ticket prices vary for shows. The doors open at 8:30 p.m. Call (253) 922-1930 for more information.

"I think The Mothership has a lot of really good things going for it," Basnight said. "Our major concern is getting the word out in the community."

Track team finishes with top scores

By Jennifer Tarbet
Staff Reporter

The Thunderbird track team turned in a number of outstanding performances March 1 at the Great Northwest Indoor Track and Field Meet at the Portland Expo Center.

In the 50-meter hurdles DeMonne Taylor took first, while fellow teammate Dominique Demouchet took second. The team followed up with the 55-yard dash where Tomi Keah took second while Demouchet took fourth and Niki Silve finished fifth. Times for all races were unavailable.

In the 300-meter dash Silve took first in his heat with teammate Jake Dill right on his heels finishing second in the heat. Demouchet ran for second in his heat.

Long distance runner Frank Cenicerros found his pace early in the 1,500-meter run and ran for No. 1 in his heat while Brian Smith finished second. Pat Boyd placed second in his heat.

All that speed adds up to even more speed in the relay teams.

"These are the best relay teams they've ever had here at Highline," said Head Coach Frank Ahern.

Ahern backed his statement by pointing out that they have won all their races by a decisive margin.

In the 450-meter relay, the winning team consisted of Keah, Silve, Demouchet, and Taylor. In the 1,200-meter relay the team was headed by Dill while Sylve and Demouchet covered the middle lengths finished by Todd Girtz.

In the pole vault, Micah Adams placed second with a height of 14 feet 6 inches with fellow T-Bird Regis Costello placing third with the same height, slipping to third with more misses.

Demouchet placed third in the long jump with a jump of 21 feet 1 inch.

Jumping for No. 1 was Sean Steel with a height of 6 feet 6 inches. Wes Young jumped for third with a height of 6 feet 4 inches.

The team travels up to Seattle next weekend for the Husky Invitational.

With the indoor season ending soon and the outdoor season starting soon, Ahern said that it is time to perform, and expects the team to do its best.

Drugs

continued from page A1

taxed.

"I think we should legalize all drugs and tax the crap out of them like cigarettes. That way we would put the dealers and cartels out of business and we could use the money to build better schools and cut our national debt," said student Ken Tripler.

"We might as well legalize marijuana because it doesn't affect you unless you let it, and it ain't no worse than alcohol," said Rion Rodriguez.

"Cannibus sativa (hemp) should be legalized due to its many uses, such as low pollution fuel, strong fibers, and it also produces more paper per acre than trees," said Raeshawn Gilbert.

Budget

continued from page A1

from the Child Care Center.

The center wants over \$77,000 more than last year's \$75,000.

The center is already one of the biggest beneficiaries of student funds. At the \$152,824, the center's budget would surpass the \$115,600 requested for student administration expense, which pays for salaries and stipends for support staff for S&A funded activities and programs.

The center has requested more money for two main reasons: repairing the building, which is more than 20 years old, and

adding four more part-time staffers.

"We want to hire four more part-timers because the children are coming to us with fewer and fewer social skills," said Child Care Center Director Joyce Riley.

Other budget requests include:
Athletics: \$182,664, an increase of \$30,404. That includes volleyball, wrestling, men's and women's basketball, softball, men's and women's soccer, cheerleading, championship travel, uniforms, expanded intramurals, and men's and women's golf.

Team Highline: \$52,325, an increase of \$6,325 over last year.

Drama productions: \$50,772, an increase of \$9,772 over last year.

Athletic Director: \$35,750, an increase of \$500.

The Thunderword: \$33,250, an increase of \$9,250.

Athletic grants (scholarships): \$30,500, a decrease of \$6,000.

The informal consensus of the committee was that they would be unable to provide much more than in past years.

"The committee doesn't have that much money and everybody wants more," said Nelson Crisanto, committee member.

The last budget presentations will be made on March 10. The committee will then begin the budgeting process and should have the budget prepared by May.

Charges

continued from page A1

tried as adults, and bail has been set at \$150,000 each. Trial has not been set.

According to police reports and court documents, the particulars of Genzale's final day are frightening.

Genzale and Moore began the afternoon of Feb. 11 with a carjacking. A person matching Genzale's description was seen involved in a carjacking of a

Track

continued from page A1

The focus of the meeting then turned to the issue of the proposed golf team. Assistant Athletic Director John Dunn stepped in to explain that the addition of golf is independent from the track and cross country issue.

"This is not a trade off," Dunn said. Harrison asked the S&A Committee for money for a golf team last year, but was turned down.

The meeting quickly ended when multiple members of the track team brought up the race issue.

"Golf is a growing sport, but it's still all white, it's an expensive sport that often leaves out minorities," said Prahlad Friedman, track team member and spokesman.

"It's a hard decision to make, but he (Harrison) can't devote more than half an hour to us," Friedman said after the meeting.

Harrison has already made his proposal to the S&A Budget Committee, who will have a lot to say about the fate of the track team.

Officially the committee has refused to comment on the issue, but privately several members have disclosed that they favor keeping Highline's track team in the running next year.

The track team will present its case to the S&A Budget Committee on March 10. Friedman said their presentation will include petitions signed by more than 650 students in support of the team.

The committee is unlikely to make a decision before May.

Highline President Ed Command has said he will support the committee's decision. The Board of Trustees will have final say in the matter.

1994 Isuzu Trooper around 2:30 p.m. at the 757 Mini Mart in Seatac that afternoon, a tip that eventually led police to the suspects.

Sometime after the carjacking, Lathon and the fourth young man joined Genzale and Moore. Genzale committed two armed robberies in King County while the others stayed in the car.

Eventually they traveled to Everett whereupon Genzale and the fourth young man exited the car to urinate. The fourth man returned to the vehicle ahead of Genzale and overheard Lathon and Moore conspiring to steal Genzale's gun.

When Genzale returned to the vehicle they proceeded to drive for a few minutes, then made what would be Genzale's last stop.


The young man stayed in the vehicle

while Genzale, Moore and Lathon left it, apparently to do some target shooting. Sometime after leaving the vehicle, Lathon ordered Genzale to give him his wallet.

Lathon, according to court filings, aimed his gun at Genzale, and fired. The first chamber in the gun was empty, so he squeezed the trigger twice more, hitting Genzale.

Moore was arrested in connection with the robberies about two weeks ago. Court documents say that after a visit by his mother, she told an Everett police detective that her son had witnessed the murder.

Police then contacted the fourth young man, who told them Lathon had confessed the murder to him. Police then arrested John Lathon on Wednesday, Feb 25.



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