Half of Highline reports using illegal drugs

Students say marijuana is drug of choice

By Todd Watts and Gabriel Ladd

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 surveyed. Inhalers and caffeine were also popular.

Half of the students said they do not use drugs, while 5 percent use other substances.

"Marijuana is just as common, if not more common, than anything else," said Highline student George College. "I think people shouldn't smoke it during school because it's out of your control and it affects your behavior." Harrison said.

Out of those who do smoke marijuana, 33 percent say it is the first choice for Highline students, even though 58 percent of those who do smoke marijuana said it affects their academic performance.

Nonetheless, 60 percent of those polled felt they were doing no harm to the Highline campus. One third of the students who use marijuana said they do not use the only drug used at Highline. "I think although most people consider marijuana drug of choice, alcohol, as well as other drugs, are equally dangerous," said Harrison.

Meeting melts down for Harrison, track team

By Alex P. Hennessy and W. H. Richey

A meeting between Athletic Director Paul Harrison and the track team ended angrily Monday when Harrison warned Harrison grew noticeably angry at the March 2 meeting when track members questioned if bringing in a golf cart — and ending track and cross country — would compromise ethnic diversity in athletics. 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 in the Fall 17 Student and Activities (SAA) budget Committee meeting. The motion passed unanimously and the committee recommended to the executive committee that the sport be eliminated. There were more than 30 athletes and coaches that it was a tough decision to make. "We were included completing with the students' Title IX law requiring greater equity in athletics," said Harrison. "We are looking for a way to satisfy the need of athletics for the student body." Harrison later added.

Meetings of the Student and Activities (SAA) Committee were being held in Community Colleges (NWAACC).

See Track, page A12

On to Moses Lake

Begbie Ball brings the half-up court against Edmonds during Saturday's Regional Tournament. The Vikings victory made them the top seed in this weekend's NWAACC Championships. For details page A12.

Charges filed in Gonzalez murder

Two teens arrested in connection with student's death

By Liz Doolittle

Two young men have been charged with first degree murder in connection with the death of Highline student Anthony Genzale. John F. Lathons, 17, of Portland was charged first degree murder. His charge has this specification: He allegedly fired two shots that killed Genzale. He was arrested in connection with first degree murder. Fredric D. Moore, 16, of Snoqualme was charged first degree murder Friday, without the specification of special verdict. Because of the severity of the charges both Lathom and Moore are being held without bail.

See Charges, page A12

Begging for budget bucks

By Andrew Campbell

The Highline basketball team has announced that they will be seeking additional funding to support their program. The team has raised over $80,000 in the past year and is planning to raise more this year. The team hopes to raise $150,000 in the upcoming season.

See Budget, page A12
By Luke Barnett

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] work to help students with disabilities by putting in-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 communication, 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.

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," Field 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 Counselor, 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," Field said.

Access Services is located in Building 6.

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

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Student access found in Field

Scams appeal now, sock it to you later

By Jess Kelley

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 into nothing attached."

The card has no annual fee, but 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.

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.

--Ben and here 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.
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 undergoes 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 maintain 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 Hildebrant 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 information.

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 Airmen at Highline last week.

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, the listeners never heard of a Tuskegee airmen, a white general 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 300 listeners. I would say a little less than half of the listeners had 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 one 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.

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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 to remove 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 planned 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 remain 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.

Editorial

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 fire, ton 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 help her by your loyal self if you can't, because your punishment will be an eternity of silent anxiety.

The Cash Vortex: She loves that belge in your pants. You know what I mean, that big meaty hunk of wallet? Its green goodness gets her frothing at the mouth. With Madison's "Material World" on repeat, she yacks to her Gap-hypnotized girlfriend about all the stuff windshield wipers! What? You can pick me up out of this garbage, shuck me some wood shavings, and install new windshield wipers? OK!

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

The Invisible Woman: These women are usually driven to lives as ex-spacer 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 good reasons to man up. Or not.

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

The Thunderword

The hap hap happiest newspaper on earth.

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A SURVEY SAYS THAT 90% OF HIGHLINE STUDENTS USE TAZZA

Lisa's World

By Lisa Curdy

Lisa Curdy
March 5, 1998

Opinion

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 school.

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.

Staff Reporter

Highline singlet crosses the finish line currently at its peak of excellence.

We are all diverse in our opinions yet we are one 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 keep 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 bicultural, was a consistent track athlete who was somewhat far from Division I running opportunities. With a learning disability 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 Ceniceros, like Smith an all-American. Ceniceros, a Mexican-American, said Highline 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 through, a non-stop fight to question authority, and we obey our rights as human beings, and athletes. Keep the tradition. We ran every day with the thought that we might be the last great class in the world. We need your help!

Prahlad Friedman is a track member and our unofficial spokesman.

Manners are easy with simple rules

Table manners are not only useful, but they're fun and useable.

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 hostess's lead. If he/she rips into the veal with their fingers it means that it's okay to do it.

When presented with a multi-ply 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, they're gelatin.

Finally, and most importantly, the napkin goes in the lap when you arrive. It never remains on the table to be used as needed.

For those who wants great table manners,

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.

Almost every college makes use of swimming pools. In elementary school, high school, college students and senior citizens such as a 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 dollars and cents the quality of the college. For the students, faculty, and S&A members to support our struggle. We are a product of what our parents went through, a non-stop fight to question authority, and we obey our rights as human beings, and athletes. Keep the tradition.

Sincerely yours,

Prahlad Friedman

Pool Coordinator

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.

Editorial

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 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 near 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.

Sincerely yours,

Laura Saunders

Vice President of Administration
Men sweep two in regional playoffs; aim at back-to-back championships
By Michael Stampsall
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 Thunderbirds are 29-1 overall and 2-0 in the playoffs. The Thunderbirds managed to squeak by Shoreline 94-86 last Thursday before beating up 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 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 set the school record for assists per game through 19 matches. I never thought that in my entire life, I would be excited to go to Moses Lake, “Quincy and I were talking before the game about stepping on the floor for the last time in the gym that we built,” Ball said.

Shawn Madsen battles for the ball against Edmonds.
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.

“Quincy and I were talking before the game about stepping on the floor for the last time in the gym that we built,” Ball said.

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 29-0 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 knew something that I knew he could do. He is taking us to the NWAACC tournament for the second year in a row.

“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

Let’s get ready to rumble: Moses Lake, here we come!
HEALTH + FITNESS
GET HEALTHY AT HIGHLINE
NO PAIN, NO GAIN
Highline offers fitness classes for all interests

By SCOTT LUEDKE

So you want to get in shape but you're not sure exactly how you're 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, fox trot, tango, cha-cha, rumba, samba, cowboy shuffle, and disco-easy basics.

"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 Samson 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's too late," instructor Brianna 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 Taekwondo. This class is a combination of self-defense techniques and self-control techniques that can be feared 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."

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 student 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 teach 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 Slish 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.

Nutrition can be both fun and interesting

By LISA NOVAK

Nutrition 101, 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 fad," said Brigham. "I want to arm people with information to make safe choices."

Some of that information includes 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 Dias Salsa.

Some of these 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 101 is a class that can be beneficial to anyone interested in a healthy lifestyle.
STRETCH YOUR MUSCLES

March 5, 1998

Inside Scoop

NOT YOUR LUCK

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

BY TRACY WILCOXEN

STRETCH YOUR MUSCLES

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 inside and calls 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.

"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 a 10% increase of upper body strength from her run to get to the grocery store. But the grocery store job led to tendinitis in one wrist, and she's still recovering from surgery for that.

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 recommend 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.

Test your fitness & nutrition I-Q

By SHANNON STROUD

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

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 KAYE TOMITA
Inside Scoop

Many Highline students say that on fast food is one area of the daily diet that leaves less room for improvement.

Student Jane Ermold spends a lot of time at the fast food restaurant, and at 2 p.m. she wakes up around 1:30 to 2 p.m. She sits for a couple hours. She knows that she has to eat something because she's hungry, but she doesn't know what.

Some say that they eat fast food at least once a day. There is a lot of research that shows that fast food is not good for health because of the low level of nutrition in it. However, many food products are not necessarily bad. Some of these include:

- **Calories**
- **Fat and Cholesterol** count at McDonald's
- **Carbohydrates**
- **Protein**

**Calories**

- 200-2,500
- 1,600 calories
- 48 calories

**Fat**

- less than 30 g
- 51 g of fat
- 19 g of fat

**Cholesterol**

- less than 300 mg
- 90 mg of cholesterol
- 30 g of cholesterol

**Sodium**

- less than 1,000-3,300 mg
- 1,450 mg of sodium
- 665 mg of sodium

**Recommended daily intakes to maintain weight**

<table>
<thead>
<tr>
<th>Fast food and fast food additives</th>
<th>McDonald's</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie</td>
<td>2,000-2,500</td>
</tr>
<tr>
<td>Fat</td>
<td>51 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>90 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,450 mg</td>
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</tbody>
</table>

You have questions, we got answers

Students at Highline had questions about what they could eat, and those who we're hungry, they didn't know what to eat. Students want to know what they should eat.

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

A: Beer contains both alcohol and carbohydrates.

Q: Can vitamins and minerals be part of a healthy diet, they do not provide a sufficient amount of vitamins and minerals that can help you stay healthy?

A: While vitamins and minerals are an important part of a healthy diet, they do not provide a sufficient amount of vitamins and minerals that can help you stay healthy.

Q: How many people can eat a can of beer in 24 hours?

A: A can of beer contains 4 mg of carbohydrates and 3 mg of alcohol.

Q: How many grams of vitamin and minerals does a person need to take per day to stay healthy?

A: The recommended daily intake of vitamins and minerals is not enough to keep you healthy.

Students also need to know what they should eat to get enough energy throughout the day by consuming certain foods. Fiber is also included in this group and helps with digestion, bloating, constipation. Head sugar content.

**You need 4-6 servings daily**

- 3 or 4 servings of vegetables
- 3 servings of fruits
- 3 servings of whole grains
- 3-5 servings of milk
- 3-5 servings of meat, fish, poultry or beans
- 3-5 servings of other protein foods
- 3-5 servings of nuts, seeds or legumes

**You need 2 servings daily**

- 2 servings of vegetables
- 1 serving of fruits
- 1 serving of whole grains
- 1 serving of milk
- 1 serving of meat, fish, poultry or beans
- 1 serving of other protein foods
- 1 serving of nuts, seeds or legumes

**You need 1 serving daily**

- 1 serving of vegetables
- 1 serving of milk
- 1 serving of meat, fish, poultry or beans
- 1 serving of other protein foods
- 1 serving of nuts, seeds or legumes

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For more information, visit the US Department of Health and Human Services.

**Inside Scoop**

Don't worry, eat happy by JACOBY STRICKLON

Inside Scoop

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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 50 feet across the room that feels like a freight train with a velvet glove covering 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 Taichi Chuan, translating to "the supreme ultimate 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 ultimate," 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 kinds of body pains and aches.

One very important part of Tai Chi is that it teaches you to become integrated with one self. "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.

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."

Students think that the cafeteria food is overpriced. 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, pickball, 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

By ALEXIS EASTERBROOK

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

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 stamps 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, 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 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 in bulimics, they eat everything in front of them until they are full, then they vomit and start all over again.

Individuals with anorexics, often start out with bulimia, starve themselves to become thinner than a corpse, they will still think their fat," said Hill.

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

Diabetes is a life style: Do 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 precarious can these 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 whatever 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.

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 base 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 Hill.

By Scott C. Murray

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

"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 onion and mayonnaise.

Photo Illustration by Bruce Jarrell

Eating disorders affects 8 million people in the United States.

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

-Polly Halpern, nurse practitioner

"Just hang on and do whatever 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.

March 5, 1998

B7
Stress begins at school

By E.A.CREDINGTON
Inside Scoop

Jolted by the 7 a.m. buzz of reality, she blindly slaps at the top of her alarm clock.

Ten minutes later, the alarm taunts her for 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, sits 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.

Inside Scoop
March 5, 1998

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:
   a) Instead of saying “I plan to cut down on sweets,” say, “I will do a 25-minute aerobic workout every Monday, Wednesday, and Friday between 1-2 p.m.”
   b) 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.
   c) Do not begin any program unless you are ready to put your total commitment into it. If you are not sure, wait.
   d) Write up a contract with yourself that explain exactly what you plan to do and how long. Sign and date it and have a friend sign and date it.
   e) 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.
   f) 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.
   g) Beware of the deadly placebo. 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.”
   h) 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.
   i) Find ways to get into the “reinforcement trap.” This 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.
   j) 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. 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.

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MARCH

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SATURDAY 14 CALOBO

FRIDAY 20 THE BEATNIKS
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DOORS OPEN AT 8:30 PM $8 COVER CHARGE

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FRIDAY 10 BURNT CITY
FRIDAY 17 THE OLA MONTES
FRIDAY 31 THE FLYERS
SATURDAY 2 THE BANDIT
SATURDAY 16 THE NIGHTMARES
SATURDAY 30 THE XENOPHILES
**Opponents try to unseat defending champs**

By R.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 Switzer'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 83-72. Weary from playing a game the night before and travelling, the Thunderbirds managed to lead until the Chiefs overtook them with two minutes remaining. Gabe Ladd 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 them 89-64. The Thunderbirds dominated the game even more than the score suggests, at one point leading by 37. While Highline was still without the services of Ladd in the matchup, Yakima was missing key contributor Justin Dudley, who was suspended for the game. Since the game, the team has also added Australian Damien Chapman, who has turned out to be their leading scorer.

On the other side of the bracket from Highline sit Lane, Columbia Basin, Grays Harbor, and Edmonds.

The most likely team to emerge from the other end is Lane. Widely regarded as the number two team in the NWAACC, Lane's consistent tempo controlling offense relies on the inside-outside combination of center Dan Carter and point guard Kevin McMann. Carter is the focal point of their offense, with their primary play designed to get the ball to him on the low post. The 6-7 freshman averages 21.2 points and 10.2 rebounds per game. McMann is a steady point guard who averages 10.8 points and 4.5 assists per game. He finished second in the NWAACC in three point shooting accuracy at 47 percent. The two teams met in a holiday tournament at Mt. Hood, with Highline dominating most of the game, leading by as much as 19, before a late run closed the gap to a final score of 72-66.

The other three teams have the ability to do damage if they get warm.

Edmonds relies on big men Mike Jones and Meschach Williams to wear down opponents on the inside. They need both to step up their play along with their guards heating up on the outside in order to advance past the second round.

Grays Harbor is perhaps the shock of the NWAACC. After an awful 4-22 showing last year, guards John Hubbard and Ben Griffin led them to a first place finish in the West Region. They come into the championship with the best scoring offense in the conference. They need it, as they allowed the most points of a final eight team and showed weakness in losing to South Puget Sound, easily the worst team in the northwest.

Columbia Basin has a combination of good guards and solid big men, which earned them the East Region's second seed. Guards Gary Morgan and Nate Collins, as well as 6-9 Jeremy Thompson and 6-8 Matt Elliot, are all on the NWAACC's leading scorers list. The foursome, however, accounts for 75 percent of the team's offense, suggesting a lack of depth. Bench players will need to contribute down the stretch in order for them to stay alive.

Highline's Ladd sets priorities

Freshman balances game, fatherhood, and school

By Paul Davenport  
Staff Reporter

The biggest teammate in Gabe Ladd’s life is his daughter. Ladd is a point guard for Highline’s men’s basketball team. He has a 5-month-old daughter who is teaching him something about life.

“My daughter is the driving force in my life,” said Ladd. “During the season it is hard to go to school, play basketball and make time for my daughter,” said Ladd. “But my daughter is my No. 1 priority.”

Ladd also has other family ties to Highline. Point guard Reggie Ball is his cousin. Ladd and Ball’s dream while growing up has always been to play together.

“It’s good for the family to see us play together, it keeps the family close,” said Ladd. “Ball and I have been playing together since they were young, we have always played together never against each other,” said Ladd.

Ladd’s high school basketball career got bench for awhile. After going up for a layup, he landed wrong and suffered a major knee injury that put him out for a year.

“I continue therapy by stretching and icing it every day,” said Ladd. “Sometimes it gets sore but it does not affect my game.”

Ladd is a spark off the bench who is lightning fast and he has a great crossover dribble. Ladd is a very smart player who has a great future playing basketball for Highline. He is also a tough player, sporting a chipped tooth from a collision while going for a rebound against Shoreline.

Ladd plans on getting his A.A. degree before transferring to a four-year university where he will try for a communications degree. Ladd also plans on marrying the mother of his child.
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 enigma 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 guard 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 Nadreau 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 Highland by an astounding margin of 67-36.

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

Nadreau and Duggan each put in three steals for the Lady T-Birds.

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

Three other players scored in double digits for Skagit Valley.

The loss dropped Highland'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 scorer, said.

"It looks like it's over," Nadreau, 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 butts off," she said.

Women's teams look to retool 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 tough start, losing five of their first six games.

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

The T-Birds managed a spot in playoffs for the first time since the resignation of Head Coach Dale Bolinger in 1999.

Bolinger was hired 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 Highland," said Bolinger.

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

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

Oakley said the final loss to Skagit was 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."

"We went out and played like crap," Wilcoxen 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."

Valleymorningnews.com
March 5, 1998

Sports

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 NWAC champs. Duuuuhh.
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 truth-talking of any kind. (Yeah right.)

Spin On Sports

By Michael Stampalia

By Frankie Ceniceros 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 118 pounds, Nelson Cisante 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 third in the nation, completing his freshman season with a record of 22-6.

Nelson Cisante 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 weight 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.

TOP RATINGS FROM MORNINGSTAR, MOODY'S, S&P, DALBAR, AND BILL.

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AAA

"Your service bowled me over."
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 Winner," and Claire Hebert took third with "Garder 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 Let's "The Hardest Working Dog," and "Sweet Child O' Mine" by Redemton M. Duran.

First in the pottery/sculpture category was taken by Erik Nentken with "Thunder," second went to Christy 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 "Voic," second went to Janna Hackenmiller's painting, "Ben" won her a first place. Helen Lawar's "Celtic Chaos," third also went to Claire Hebert for "For Colleen.

"I want to start drawing again. I just needed the motivation to start up again," said Rachel Thorne, who is coordinating for who they were without saying a word.

When she tries to involve his plans get turned around, his 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. Grebush was also an audience favorite, played by Carolyn Bing. Bing's character is the crazy old maid who nuzzles and, instead of dead fish in one scene.

Kessel-Berinchii played the seductive Miss Bostrom whose sexy moves and revealing costumes distracted Josef from his trial.

The Laundress, played by Kirsten Olds, 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!

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

By Jeffrey Crisologo
Staff Reporter

Poetry night, live on the mic

By Todd 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 "Darma and Greg," enters the picture when she tries to get Professor Krippendorf (Dreyfus) to give a speech about his findings.

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

By Shannon K. Stroud

Flick Picks

Keeping in mind that there is no tribe, Dreyfuss comes up with some false tribe called Shelmike, which is derived from the names of all three of his children, who get involved in this scheme.

His plan gets 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!

Photo by Richard Foreman
New movie causes naptymine

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 hasn't an amazing resemblance to your Uncle Fred.

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

Joshua Beat (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 sports.

He receives ridicule from his classmates as a fan of Marilyn Manson's work, and he has been verbally assaulted by many and feared by crowds of misinformed individuals.

As a fan of Manson's, he has been hammer dem to listen to the music and to read about his life and career.

He feels like his parents do not understand his affection for this artist.

"Manson Myths Are Answered" by Christopher Lueck

Staff Reporter

Some truths revealed about Marilyn Manson

Many rumors surround the character of Marilyn Manson, but not everything is as true as some believe.

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 their ticket to show that the show was done in a humane way.

Manson is not a pierced man; he has no pierced ears, and he recently had his nose piercing removed.

He wears a brown contact in his right eye. If you look at his face at close range, you will notice that he has two beautiful blue eyes.

I also believe that he has never been a priest, although he did do 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 is not true.

He has a beautiful blue eye and is not as much as Marilyn Manson. He has been verbally assaulted by many and feared by crowds of misinformed individuals.

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Track team finishes with top scores

By Jennifer Tarbet
Staff Reporter

The Thunderbird track team turned in a winning performance at the Great Northwest Indoor Track and Field Meet on March 1 at the Portland Expo Center. In the 34-meter hurdles, Defendrea Taylor took first, while fellow newcomer Dominique Democrat took second. The team followed up with 35-place duals where Thomas Keith took second while Democrat took fourth and Mikle Elise finished fifth. Times for all events will be available.

In the 100-meter dash Elise took first in a time of 11.44 seconds, while Democrat took second in 11.94 seconds and Niki Demouchet ran for second in his heat.

"This is not the first time we've had a number of outstanding performances," said Raeshaun Gilbert. "Head Coach Frank Ahern.

In the 50-meter hurdles DeMonne placed second in a time of 6.50 seconds, while Demouchet placed third in the long jump with a leap of 6 feet 4 inches.

"These are the best relay teams we've ever had here at Highline," said Frank Ahern. He backed his statement by pointing to the issue of the proposed golf team.

In the 450-meter relay, the winning team consisted of Keah, Silve, DeMonne, and Fant. They placed second. In the same event, the team placed third with the same height, slipping to third by a decisive margin.

"The team travels up to Seattle next weekend for the Husky Invitational," said Kion Rodriguez.

"The informal consensus of the committee is that they would be unable to provide enough money to make it for next year," said Nelson Cisneros, committee member.

The committee will then begin the budgeting process and should have the budget prepared by May 1.

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