Des Moines discusses budget cuts

By Heidi Larson

Staff Reporter

Maintaining public safety and preserving the Des Moines Recreation Department were two prevailing themes of the Des Moines City Council meeting on Nov. 29. Despite maintaining a $1 million budget deficit, police officers said they need a $1 million increase to prevent layoffs and cuts to the police department's operating budget.

Some students have figured out a way to cheat using the Scantron testing system.
Campus Life

Instructor brings life experiences to the classroom

By Matthew Ellis
Staff Reporter

Michael Cassella-Blackburn, a new history teacher at Highline, has been in the Navy, hiked the Wonderland trail, and was stationed in Iran, and has traveled the world. Cassella-Blackburn is a Pacific Northwest historian at Highline.

He teaches a little bit of U.S. history as well. He has a long, brown beard, with a few touches of gray.

He is a good listener, always keeping eye contact with the speaker. When he smiles, the skin around his eyes begin to wrinkle. He has a one-year contract right now, but he would like to stay permanently.

"I am impressed with the faculty, it is something I haven't seen before. All the diversity and camaraderie. I would like to this be a permanent position," he said.

He got this job at Highline because the school decided to end the permanent position of one of their instructors. He was at the top of the list, so he was chosen. A fellow staff member, Jim Glennon, said that Cassella-Blackburn "is a good man."

Cassella-Blackburn likes Highline. "Highline is great. I am reasonably impressed with the students," he added.

Cassella-Blackburn has also taught at Tacoma Community College and Green River.

He noticed the similarities between the students, but he said that Highline is more diverse.

Cassella-Blackburn was an undergraduate at the University of Oregon, later moving on to get his master's at the University of Kansas. He received his doctorate at Syracuse University.

He said his instructors in philosophy and history helped lead him to teaching, and his decision to become a teacher was made in January 1980.

Along with his education, he spent four years in the Navy, traveling to Iran and going on two cruises on the Pacific and Indian oceans.

In the Navy, he spent time in Iran in '77. "I know what it is like to feel people's hatred," he said of the Iranians.

At that time the Iranians did not like Americans, he said. Reflecting on his time in the Navy, he said at the time he did not feel like it. "I appreciate it now, though," he added.

When he was younger, he wanted to go to Seattle because his father was in the Army and he went to be stationed here. It was the year in which the Seattle Center was being built and they were very excited to go.

But his father ended up getting stationed in El Paso, Texas instead.

When he grew up, he was stationed in Pearl Harbor. It was from Pearl Harbor that he said his instructors in philosophy and history helped lead him to teaching, and his decision to become a teacher was made in January 1980.

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Cassella-Blackburn said his instructors in philosophy and history helped lead him to teaching, and his decision to become a teacher was made in January 1980.

Along with his education, he spent four years in the Navy, traveling to Iran and going on two cruises on the Pacific and Indian oceans.

The grant-will help Highline to receive part of a $4.9 million grant to fund childcare programs. Evening childcare now available to students.

Highline was the only college to receive part of a $4.9 million grant to fund childcare programs.

The grant will help Highline to provide evening childcare for three years starting Winter Quarter 2000.

Child Care Development Center Winter Quarter hours are: Monday-Thursday 8 a.m. - 10 p.m. and on Friday from 8 a.m. to 4 p.m.

The entrance fee is pay what you will.

Holiday with lights

The Student Programs Office is sponsoring and selling tickets for the Holiday with Lights celebration at Enchanted Parkways. Tickets cost $4.50 per person and the celebration will last from Dec. 9 to Jan. 2.

For more information call Christine Stevens at 206-878-3710 ext. 3224.

The Final Stage: A Foundation fundraiser

Breeder's Theatre will present a Family Affair and Why?2X at Building 7 on Dec. 7. Both plays are written and directed by Dr. T.M. Still, political science professor at Highline.

It is a Foundation fundraiser and the show will begin at 8 p.m.

The entrance fee is pay what you will.

Women's Programs' book fair next week

Women's Programs is sponsoring a book fair on Nov. 30 from 10 a.m. to 2 p.m. on the lower level of Building 8.

Hard cover books will be 40 -70 percent off retail prices. All proceeds will go to the Women's Programs Emergency Scholarship program.

Winter weather traffic links and information

With winter season just around the corner, the Washington State Department of Transportation, and City of Seattle Transportation Department have joined together to help residents bear the upcoming season and the World Trade Organization event.

They have put together a list of links for residents to look at for traffic information.

For bad weather and other information check out www.govlink.org/seata.

People who want to sign up for Seattle may want to subscribe to WTO Traffic. Alerts at www.govlink.org/watrafic/.

People who subscribe will receive daily e-mail notices about WTO events that will affect traffic.

BRAINPOWER

Get a mental upgrade at Highline's Tutoring Center

Building 19, room 206

Want better grades? • Writing
Get quality help with • Chemistry
a variety of subjects, including: • Languages
including: • Sciences
• Math • Accounting

Fall 1999 hours:
Monday-Thursday 8 a.m.-7 p.m.
Friday 8 a.m.-noon
Compass tests frustrates students

By Sergey Kopasov
Staff Reporter

Tanya Millers, a criminal justice major at Highline, took the COMPASS test during the summer. She said that the test didn’t reflect the right score due to the way it was organized and set up.

“I don’t think it covered basics we learned at high school. I got put in Math 81 even though I’ve had Algebra three and four at high school,” Millers said.

Even though Millers has scored high on the English part, she got put in the low-level Math even after taking the test.

Marta Drobyn, a sophomore and a tutor at Highline, also thinks that the test doesn’t reflect students’ abilities.

“I look Algebra three and four at high school but got placed in a below four at high school but got placed in a below four at high school. I think this is the test is used to place students in the appropriate level of course work in math and English.

Many students complain that the test places them too low, especially in math classes.

Recently two instructors, Diana Bender and Allan Walton, conducted a survey in SPB100. Diana Bender and Allan Walton, the placement test. Nearly half, especially in math classes to find out what the test is used to place students in the appropriate level of coursework. This makes a difference in community development, and to make other aware of the situation in Africa.

During the two weeks Croots spent in the Seattle area, she had a busy schedule, which included assisting as a guest in a couple of anthropology classes at Highline, visit to the University of Washington and interviews with professionals in her field of interest.

Of Highline, Croots said she likes how “the class system is set up freely and there are many resources.” She makes a difference in community development, Croots said.

“At home as a result of the Apartheid system, many were kicked out of their homes and didn’t get any education,” she said.

Initially, she worked for a private architectural company, but “They don’t really care about anything, they just care about building beautiful buildings and getting the profit out of it.”

Now, she works in a non-profit organization because she feels “that’s the best way to help directly involved in helping homeless people get a home.”

Her job is “to work with the people in the area and they together with your knowledge can indicate what facilities they need regarding education, clinics and lunching (lunch restitution).”

Croots likes to be involved with the buildings but also with the people. “I love people, I love buildings,” she said.

After her experience here, Croots said she will take back a lot of contacts and help for the future of low income housing in South Africa. Croots said she hopes that her visit strengthens the relationship between Seattle, South Africa and Tacoma.
Editorials

Budget cuts should start with third runway

The Des Moines City Council is scrambling in an effort to decide what to cut from the budget. Before looking at the Parks and Recreation department or any of the crime prevention programs, the city council should look no further than the fund for fighting the third runway at Seattle-Tacoma International Airport.

The budget situation was already in need of prioritizing. They've already spent $2.5 million fighting a project that has already begun construction.

Opponents of the runway plan have been waging a losing battle all the way, and after losing seven lawsuits against the runway, it's time to give up the fight.

Nobody wants to live under a runway or next to an airport. It's understandable why nearby cities would want to keep this from happening. But it's already happening. Meanwhile, the cities, Des Moines included, have probably already blown a chance of killing the Port of Seattle for cash in exchange for not opposing the airport.

Des Moines has spent $75,000 budgeted for the airport fight this year, and $350,000 budgeted for next year. Even before I-959 wasted city budgets, Normandy Park last year had to cut its budget to keep up its quixotic tilt against the airport.

The election to impose the fee was advertised so little, and for such a short period of time, that it may as well have been hidden from students.

I don't know if I can handle the Y2K problem. I'm finding it more and more difficult each day to cope.

What's that you say, the computers? Oh no, I'm talking about what's been dominating mass media for most of the year, and is only getting worse.

In about April, I swore that if I heard the term "Y2K" every day for the next ten years, I'd shoot someone. But as the nightly news screamed out that the Y2K problem could cause the world to shut down, I had a spare moment and was flipping through the channels. Typically, nothing good is on at that time of Sunday evening, so I tried watching it just for a laugh. Now, there is a campy, funny type of bad Y2K: The Movie was not that type. The acting was so awful I could only stand about three minutes of it. I flipped back later on in the hour and saw a highlight, horrible.

Opinion

Y2K: The Movie milks millennium fears

The Thunderword

Many people ask why, but we ask "huh?"


The Thunderword's editorial board consists of K.M. Petersen, Marta D. Pelayo, Heather Baker, Derek Roche, Matthew Ussery, and Jordan Whiteley.
By John Fox
and Kyle Maschhoff
Special to the Thunderword

This is John Fox and Kyle Maschhoff coming back at you with an issue of dire importance. It seems that our school's parking lots have become somewhat of an all-you-can-eat buffet for car thieves.

We know of many cars that have either been broken into or just taken all together within the last month. Student Senator Kyle Maschhoff suffered three losses in a matter of four school days. To start with, poor Kyle went out to his wheels one

Commentary.

Friday afternoon only to find that his stereo and speakers had magically gotten out of his car. Kyle searched the parking lot for hours calling out, "Stereo where are you?" Come back."

Unfortunately, the stereo had wandered beyond his city. Kyle decided that it was time to move on. His stereo was gone for good. Kyle searched it up and found the courage to purchase a new radio. This time Kyle bought a top of the line beauty that no man could resist. She was charming, beautiful, and had great features. Monday went by without a hitch but when Kyle returned to his car on Tuesday after his classes, something wasn't right. All of Kyle's music had been borrowed without asking for his permission. Kyle found it difficult to fall asleep that night due to the fact he was checking on things. Kyle felt that he shut his eyes for two seconds he may open them to the surprise of no covers or bed.

The next morning Kyle bravely got out of bed and made his way to school. This time he tried to outsmart his criminal friends. He parked his car in a different lot hoping that they wouldn't find it. Before leaving his car that morning, Kyle pleaded to his stereo to stay in the car. Kyle promised that he would take the stereo for ice cream after school if only it would stay put. When Kyle went out to check on his precious baby, he did not find his stereo again. In fact, he couldn't find his car.

After checking all of the car's usual hiding spots in a rousing game of often-played hide and seek, Kyle gave up and went to the security office to see if the car was in there. Unfortunately, Kyle is not the only theft victim on campus. While he is the only one that has been robbed three times, he is not the only one to have his car broken into. We would like to encourage students that if they have had something taken from their car or seen suspicious activity in the parking lot to report it to campus security.

Finally, if you happen to run into a poor little stereo looking for its owner at a local ice cream shop please notify Kyle Maschhoff or its whereabouts. John Fox is Vice President of Legislation and Kyle Maschhoff is the student senator for the ASHCC.

Letter

Dear Editor,

The World Trade Organization (WTO) is not an international environmental agency. Now, for those of you that have no clue what the WTO is, or what they do here is a brief explanation (this goes for all you anti-trade activists). The WTO evolved out of General Agreements on Tariffs and Trade (GATT) negotiations in 1995 at the Uruguay Round. Currently 130 countries are members with 30 or so negotiating membership. The WTO was created to "level the playing field" for developing countries in world trade.

They hold meetings for free trade not for free love. WTO decides if countries are discriminating against other countries on the basis of trade among other things.

For example, The United States decided that they wanted to protect the turtles. To do this they passed on Endangered Species Act for the poor turtles, suggesting shrimp fishermen (in this case we will assume fishermen "fish" for shrimp) to put "turtle excluder devices" on their shrimp nets. And gave US fishermen three years to reach compliance, and not allowing shrimp caught in ways that kill endangered sea turtles into the US. But only allowed 1 year for other countries to comply.

This, from the WTO's point of view, is discrimination and the WTO deemed it illegal. Even though the US had good intentions, they did not take in to consideration the economic pressure it puts on those countries.

That's not to say that they don't support the environment, GATT-Article 20 is all about that. But, this example is one tiny slice of the WTO pie.

There are a whole lot more issues surrounding the WTO, it would take many more columns for me to illustrate every issue for community college students to understand.

Now that I have your attention, it brings me to my final point; educate yourself when it comes to making your own conclusions.

Don't follow someone because they think they know what they are talking about, chances are, they don't.

Instead of carrying a 20 foot puppet around Seattle for ten hours, thinking it will change the world of trade. Spend it in the library or on-line researching for that well written letter to your local newspaper or congressman, maybe give him a call and ask him what he knows. But, I have to admit, I didn't take time to read their 30,000 pages of WTO policy. This will give you a start.

w w w . w t o . o r g .
www.ifg.org.


Kirk Elliot, Highline graduate
Burton's 'Hollow' could make you sleepy

By April Penzat-Garvin
Staff Reporter

Director Tim Burton's latest movie, Sleepy Hollow, is a film that for all of its special effects, leaves its audience with a kind of dull anticlimax.

Adapted from author Washington Irving's story, Sleepy Hollow tells the tale of Ichabod Crane, a sometimes cowardly man, newly arrived in the farm village of Sleepy Hollow.

In certain areas, Burton's Ichabod Crane is nothing like Irving's.

This Crane isn't a school teacher, but a New York City constable of the year 1790, who, after trying the patience of his superiors, is sent off to the countryside to investigate the murders of three of the village's citizens. Relying on reason, logic, and his inventions to help him solve the case, Ichabod attempts to find the murderer and bring the suspect back to his superiors in New York.

Ichabod disregards tales of how a German Hessian soldier of the Revolutionary War would charge at full gallop into any battle and decapitate his victims. The soldier was himself beheaded with his own sword, and since has roamed the forest near the village decapitating any man or woman as will.

Ichabod becomes at odds with the side of him that searches for the logical scientific answers, and the supernatural aspect of what he uncovers. The plot is clear, although the movie's flashy sequences, which attempt to explain a part of Ichabod's personality, could've been left on the cutting room floor.

Johnny Depp's subtle charisma shines from the beginning of the film until its end, with glimpses of Irving's original Ichabod. Ichabod's lightning spells are absolutely hilarious.

Supporting actress Christina Ricci, seemingly out of place with bleak black hair and coat, played her role with a sincerity and morbidity charm that complements Johnny Depp's arresting Ichabod.

The performances good, and the plot is intriguing, but the tactics of engineering the plot were far from perfect.

Sleepy Hollow had all of the edge-of-your-seat suspense of Edward Scissorhands, but had more decapitations and bloodshed in one scene alone than both Scream movies put together.

The horseman effects are awesome, and the film's color has a washed-out, surreal look complete with rolling clouds of fog, and the crackle of thunder and lightning are well done.

The movie ends with what can only loosely be called an ending. The audience sat in the theater expecting the last scene, knowing that the movie was almost over, and for their wait received an ending that left them to believe that the author of the screenplay, Andrew Walker, didn't really know how to end the story.

Sleepy Hollow is a movie recommended for a couple of hours of mind-numbing escapism.

Although Sleepy Hollow isn't a sleeper, all the promises of chills and thrills by its commercial trailers do in fact ring very hollow.
Matthew Sweet's latest album In Reverse lacks definition and style.

Matthew Sweet's latest shows why he's never enjoyed commercial success.

By Matthew Ellis
Staff Reporter

Aside from the clever but confusing cover, Matthew Sweet's new album In Reverse is a dull, boring collection of songs. It lacks harmony and a good beat. The music does not flow well together and too many instruments are jumbled into his songs in a very disorganized manner.

Sweet began playing music in high school. Following graduation, he went to the University of Georgia. There he met a woman named Lynda Stipe and joined her band, OK. He played on one album of OK's and then he and a drummer broke off to form their own band called Buzz of Delight. Eventually, Columbia Records signed the two and an album was made.

However, his albums did not sell well and the band was dropped from Columbia Records. Sweet then signed on with A & M Records, and under other members he was signed by Zoo Records. Sweet made an album called Girlfriend and unlike its predecessors, it sold very well.

Sweet continued to play for Zoo Records. His album got mixed reviews and he had his spots down. He left a couple of his band members and went off with another man to create another album.

In Reverse is his newest album and it is under the label of Volcano Records, not Zoo.

As can be seen by his past experiences, Sweet has not done something new. He returned from his new LA home back to London where he met Frank. JACT was formed from Frank, and Hunt's remaining bandmates, Londoner Jeff Peck (bass) and from Vancouver, B.C., C.J. Eckstrand on drums.

Andy Frank's lyrical stylings come from his personal "down times." Ranging from songs about his sexual experiences (Magic #3) to songs about exercising the past (Barricade), Hunt successfully textures Frank's lyrical feelings with the use of a variety of awkward instrument styles.

In Sweet Charity and Heaven, Hunt experimented with instruments like the bottle-neck slide guitar, and wah wah pedal.

He even uses a technique referred to as tremolo style in which the guitar is played using a violin bow in songs like Escape and Barricade.

Pay no heed to the Parental Advisory sticker on the cover, as you do anything from this album, it contains no more than two explicit words in its entirety. Even though the music style doesn't reflect the CD cover, the music is enjoyable the first few times.

The band is reminiscent of Oasis, much like the English Beatles rip-off, the record seems to get more drolling with repeated play.

While their style is refreshing and enjoyable, it does indeed wear thin after a while.

So, if you're a big fan of Oasis, and can enjoy their music on a regular basis, go get JACT's new CD, or with very same Trama Records label that Bush is signed on.

However, if you're anything like me, and don't like the repetitiveness of Oasis, then I'd let this one go.

The riffs in this song... sound like they were made up while he was drunk. I expected [that] he would play more solos and finger style guitar.

---

Guano Apes could stand on instruments alone.

By Jeff Markley
Staff Reporter

A new rock band, well, I guess you can call them a rock band, has entered the music industry.

This new group is called Guano Apes, a four member rock group who has just released a new album, Proud Like A God. This CD has 11 songs.

The singer of Guano Apes, Sandra, fills each song with satisfactory lyrics with a little screaming in some songs. The other members, I say noise, who plays drums, Stefan the bass player, and Henning the lead guitarist, do a good job of giving each song its uniqueness to the rest.

However, on a couple songs there was some record scratching in a hip-hop and R&B music.

This is what throws me off as to whether Guano are a rock group or a summer type of band.

After listening to the whole CD, I have come to the conclusion that, not to insult the singer, the songs sound better without any singing at all.

You might say, "well, goes, many songs can be good without lyrics." In the case of Guano, I disagree and feel that the original style of singing is not as good as it could be and perhaps, they could make another CD with just the instruments.

I'm saying the whole album was trash.

Some songs were okay. As a matter of fact, the only songs that I felt were actually worthy of its lyrics were Open Your Eyes and Lords of the Boards (but if you took out the singing, they would be just as good). This may seem kind of mean, but the lyrics of a song are what pull me in and get me to like the band.

If can still do well with their instruments, then they're half way there.

Sure, I like this band, just without the singing.
**Arts**

**The Thunderword**

- Last day to officially withdraw or add a class. You can withdraw from a class without the instructor’s signature unless specified Nov. 24, or you can add an independent, special, or contractual study class.

- *International Lunch Table.*
  The weekly gathering is on Nov. 24 from noon to 2 p.m.

- **The American Clock** by Arthur Miller is being presented by the drama students. The play will run from Dec. 24 at 8 p.m. Tickets are $5 for students and seniors and $6 for general admission. Call Christina Taylor for more information.

- The Blood Drive will be on Dec. 6 in Building 2 between the hours of 9 to 11 a.m. and noon to 3 p.m.

- **Tickle Tune Tiffany** tickets are being sold in the Student Programs Office in Building 8 for $5. The performance is on Dec. 10 at 11 a.m.

- Queen Victoria’s Holiday Puppet Show. This classic style puppetry show will be performing at the Des Moines Library on Monday, Dec. 6 at 7 p.m., Tukwila Elementary School on Tuesday, Dec. 7 at 3:30 p.m., Valley View Library on Saturday, Dec. 11 at 1 p.m., Burien Library on Wednesday, Dec. 15 at 7 p.m., and Federal Way Regional Library on Saturday, Dec. 18 at 7 p.m.

- **Happy Hedgehog Holidays!** Come hear stories about hedgehogs, see and pet a real one, then make holiday cards at the Covington Library on Dec. 16 at 7 p.m.

- **Holiday with Lights Celebration** is being held from Dec. 3 to Jan. 2. Tickets available in Student Programs office for $4.50. Everyone is welcome to attend.

**Caregiver Wanted**

Student employment position available. Center for Learning Connections, a division of HCC. Great location (across the street), easy parking. Monday-Friday. Work up to 19 hours a week, with full-time employment available between quarters and summer. Requires good customer service/phone skills. Contact Julie at 206-870-3784 or e-mail at jacob@hcc.ctc.edu. www.workstudents.com

**Caregiver-wanted ads get results!**

**HOLIDAY HELPERS**

**IMMEDIATE OPENINGS!**

Students earn $375-$575 weekly processing/assembly medical ID. cards from your home. Experience unnecessary...we train you! Call MediCard 1-541-386-5290, ext. 200.

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**Crossword 101**

**ACROSS**

1. Blasta
2. London buggy
3. Nimbus
4. Comedian Johnson
5. Vatican locale
6. out-Scared sur-
7. 16 Bob Dylan’s hit song
8. Long, long time
9. 21 Scottish mountain name
10. Athletic areas
11. Leaf holder
12. Power system
13. 26 Carved the car?
14. Mr. Green span
15. Paid player
16. Laugh aboundly
17. Group of Erin Isle
18. Five horse
19. 36. Jerome "Doc" Pomus hit song
20. Bequeathed
21. Hold
22. Guitar supports
23. Surgeons
24. Word before up or down
25. Conditional forgiveness
26. Wished
27. Irish county
28. Nevada
29. Board game
30. Rand McNally output
31. Sammy Cahn’s hit song
32. Freshly
33. UPS services
34. Greek god of war
35. Catholic mitre
36. 60. Frontier lawman
37. 61. Historic fiddler?
38. Down
40. 2 Woody’s boy
41. Like... of bricks
42. Stitch
43. Cut glass object
44. Howard and Jaworski
45. Sunbather
46. Indian queen
47. Cut down
48. Related
49. 11. Ms. Home
50. Gamblers’ concerns
51. Hospital staff
52. Require
53. 18. Emerald Isle
54. Trampsteering
55. 24. Stars angrily
56. 19. Hymn
57. Strategic display
58. 28. Ridge
59. 20. Utah city
60. 34. On... in fun

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**Down**

1. Ma. Dibekson
2. Woody’s boy
3. Wise open
4. On... in fun

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By GFR Associates E-Mail: EDC4232@aol.com

GFI, P.O. Box 461, Schenectady, NY 12301

**Music Men**

**ACROSS**

1 Blasta
2 London buggy
3 Nimbus
4 Comedian Johnson
5 Vatican locale
6 out-Scared sur-
7 16 Bob Dylan’s hit song
8 Long, long time
9 21 Scottish mountain name
10 Athletic areas
11 Leaf holder
12 Power system
13 26 Carved the car?
14 Mr. Green span
15 Paid player
16 Laugh aboundly
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38 Down
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40 2 Woody’s boy
41 Like... of bricks
42 Stitch
43 Cut glass object
44 Howard and Jaworski
45 Sunbather
46 Indian queen
47 Cut down
48 Related
49 11. Ms. Home
50 Gamblers’ concerns
51 Hospital staff
52 Require
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**Down**

1. Ma. Dibekson
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3. Wise open
4. On... in fun

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By GFR Associates E-Mail: EDC4232@aol.com

GFI, P.O. Box 461, Schenectady, NY 12301

"The English may not like music, but they absolutely love the noise it makes." — Sir Thomas Beecham
Suit up and get ready to play . . . water polo?

By Rick Clapham
Staff Reporter

Hightine has sports other than basketball, wrestling, soccer, track, cross country and usual sports. The school has the not so common sports such as water polo. Water polo is a club on campus that competes.

The class gives a person an option to not only earn credits toward an Associates of Arts degree, but it gives a person a chance to play competitively. For all ex-athletes that miss the competition because of homework and work, this is a perfect class to take.

Hightine has a water polo team which competes against teams from other schools. Unlike other sports practice happens during class time which offers students with lack of free time, able to compete in a sport.

Just like any sport there are rules and regulations that one has to follow to compete. Here are a few rules and regulations about water polo. It is a game of strength, quickness, and endurance. The playing field is in a pool, obviously. The playing area is 20x20 meters with a minimum of 6 1/2 feet deep.

The team consists of 13 players, with seven of those players in the pool at a time: one goal keeper, and six field players. The game is played in four quarters, each seven minutes long, with two minute intermissions between each quarter. In case of overtime, like in many sports, this game has two three minute overtime quarters. At the end of overtime, if the teams are still tied, then they have a sudden death overtime, first to score wins.

Substitutions are common in this game, usually a substitution occurs after a goal, between periods, in case of an ejection of a player, or a player can sub by swimming to their team's corner and tagging an entering player, or during a time out. Each team has three time-outs during regulation and overtime.

In this game physical contact is the rule, not the exception as in other sports such as basketball. Each quarter starts with the teams lined up on opposite goal lines and on the referee whistle the teams swim toward the middle of the playing field where the ball, the size of a volley ball awaits for play.

During the game, just like any sport, there are fouls. Some ways to prevent from fouling, one should try to stay away from touching the ball with two hands—a is a hand sport—taking the ball underwater when being tackled, tackling players without the ball. Stay away from pushing off of opponents and still, even though this is a sport where you have to swim nonstop and it's extremely hard to swim as fast as you can for 28 minutes. Players get boot from the game if they strike or kick another player, splash players in the face during dead time, interfere with a free throw, dis-respect the ref, and hold or deck opposing players not holding the ball.

With all these rules it seems that this sport wouldn't be all that much fun, but according to Sam Shabb, the instructor/coach of the team, said "actually everyone down here has a great time."

"I do this for fun and I love the competition (this) is why I play," said Shabb. Shabb has a background of swimming, he swam in college and competed on a water polo team in college. Even though he was forced to swim on a collegiate level, he said, "All I expect is for everyone to get a new experience and have a great time while attending the class."

"I don't expect the greatest swimmers to join the class. Actually any experienced from beginners to expert swimmers are encouraged to take this class." This class is open to both women and men.

"We have many different types of people down there who play, from biology majors, to one guy who plays in the Seattle Seahawks," said Shabb.

"This is a sport that combines a little of soccer, basketball, and lacrosse in the water."

This class does compete competitively and it is no easy task so that they can compete. Some of the costs range from $100 to $300 to enter the tournament. Usually the whole team pitches in a few dollars and little pitch in the rest," said Shabb. "I expect the team you have to be a registered student. For more information about the class contact Shabb at 206-878-3710 ext. 3452.

"I don't expect the greatest swimmers to compete means that you have to be the best, not here. All you have to do is show up and be ready to play.

Wrestlers leaves tournament battered and bruised

By Evan Keck
Staff Reporter

Highline got a taste of Division I wrestling on Saturday at Southern Oregon. In two days of wrestling the T-Birds got beat and battered.

On Friday the men traveled to Cross Bay, Oregon for a dual meet against Southwest Oregon.

Highline gave up two forfeits (12 points), coming in Friday at 133, and 157 pounds. Joben Nuese and Bobby Brokenbush could not make it to the meet because of class exams. Chad Keck was unable to compete at 157 due to an injury.

Second string freshman Shawn Thayer wrestled at the 125-pound weight class for Brokenbush. Thayer lost the opening match and Highline was quickly behind in points.

Shad Lidy took the mat forregon University. "I got him with a double leg and just kept turning him," said Nuese. Even with his impressive victory, Nuese was unable to capitalize in the tournament, losing his third match and was put out of the tournament. Jason King wrestled the 141 spot in the tournament in place of injured Lidy. King had an impressive performance winning two matches. Unfortunately it was not good enough to place.

No one competed in the 149 and 157 pound classifications. Joe Castro had a tough night at 165, losing his first two matches. Castro had a tough battle with an opponent from San Francisco State. He was put on his back early in the match but was able to claw his way back into the fight, but ran out of time for the loss. Brian Weible was unable to make the trip due to an ankle injury. Weible is expected to join the team this weekend.

At 174 pounds, Andy Olson won a good performance. Olson won two matches before being eliminated in the tournament. One win was by a fall over a Portland State opponent. Carlson had an impressive performance by just losing to a Division I opponent from BYU.

"It was a good match," said Owens. "He put together some moves."

Doerge at 197 and Hamilton at 285 both were eliminated after their second matches.

Going unattached Thayer at 125, Tanner Stahl at 165, Curt Creason at 174, and Jeremiah Barney at 184 were all eliminated in two.

Heavyweight Mike LeMere withdrew from the tournament with injury after hurting his knee in his first match. Joe Kelson also was forced to withdraw from the tournament after developing flu like symptoms.

Highline will go next to Reno for a national team tournament on Friday, Nov. 26 and open tournament on Saturday, Nov. 27. "We have always won a dual down there," said Owens. "It will be a lot of fun."
Crossover play is still not accepted

Once again Highline athletes will be out of luck now that baseball season is only a quarter away. Since the school has been in existence, some sports have been cut out of Highline's athletics program.

What gives?

By Paul Reid

The lack of finances and facilities eliminates opportunities for athletes interested in sports like baseball, football, and tennis. Although efforts have been made to solve this problem, little has been accomplished. Crossover play is not allowed.

Crossover play is when students attend one school but play sports at another. I became upset because somehow money was found for soccer, yet other sports get the short end of the stick.

With crossover play, extended funding wouldn't be needed, therefore, avoiding controversy. Green River has certain sports that Highline doesn't, but crossover play does not exist.

Former Athletic Director Fred Harrison has brought this issue before the NWACC board on numerous occasions, and new Athletic Director John Dunn plans to continue Harrison's quest.

Other community colleges in this state have athletes from other schools. For example, the league allows those students attending Seattle North, South, and Central Community Colleges to play for another school. This concept seems to be logical.

"It would give everyone an opportunity," said Athletic Director John Dunn. "Why should students be penalized because of where they live? Telecourses are available for Green River students to take a class, so why is there a difference?"

Dunn mentioned if other sports became available, it would be extremely expensive and Highline would have to play off campus home games. "We usually do that with soccer, and we don't really want to do it with other sports too," Dunn said.

Highline will not fork over money for more sports, so the answer lies in crossover play.

Sailing: adventure on the high seas

By Heidi Larson

Staff reporter

The timeless sport of sailboat racing has been going on in Des Moines for about 30 years. Three Tree Yacht Club is the organization that sponsors events off these shores.

Bob Post has been sailboat racing since 1982. Post is a local artist specializing in the restoration of murals.

"I love sailing and racing," said Post. "I'm a very competitive person. I can't miss a race."

Sailors from yacht clubs in the Seattle area are invited to participate. The notice to compete is advertised in 48 North, a local periodical focused on sailing. A small fee is involved to cover the cost of sponsoring a race.

The competitions are generally held in a series of five to seven races. The races are spread over a couple of days. The sailboats compete in different classes according to their handicap rating.

There is no limit as to the number of boats allowed to participate.

"The more boats, the tighter the race," said Dunn. "It's amazing how close the boats get to each other. At times it's boat to boat."

The courses vary race to race depending on which way the wind is blowing. The racing committee that's sponsoring the event designs the course. It is then posted on the side of the committee boat, which is another challenge from the starting bay.

Prior to the race, the boats are on the water jockeying for position. A mast's pilot is shot off giving the 10-minute warning that the race will soon begin. All of the boats are maneuvering close to the starting line.

When the race begins, the boats are at various positions on the water. Nature makes it impossible for them to be lined up in a row. Experience and talent prevails from this point on.

The weather has a lot to do with the flavor of the race. When the water is tumultuous, the sport becomes tumultuous. When the water is calm, the race is more subdued, but still action-packed.

These boats are not automated; a sailboat never sails a straight line. The power comes from wind and the council from man. Every change of direction is done by way of sail and rudder, timing being the key element.

Winning a race can depend on how efficiently the crew works together. The skipper and crew need to be sharp. Every race is different.

Reading the wind correctly and taking advantage of all it has to offer is essential. Superior tactics are crucial. Weather and current are variables that necessitate be dealt with constantly. Race boats are held even when waves are up to six feet. The unexpected is to be expected. Whales have been known to cross paths. The debris in the sound presents a constant hazard to the boat as well as the crew.

"The basic concept of racing has stayed the same," said Post. "But it has changed oodles and oodles. Depths sounders and the Global Positioning System have been the key element."

Post said a lot to do with the weather. When the water is tumultuous, the sailboats can be seen in the marina.

The sport becomes tumultuous. When the water is calm, the race is more subdued, but still action-packed. These boats are not automated; a sailboat never sails a straight line. The power comes from wind and the council from man. Every change of direction is done by way of sail and rudder, timing being the key element.

Winning a race can depend on how efficiently the crew works together. The skipper and crew need to be sharp. Every race is different.

Sailboats can be seen in the marina.
Studies show that well-balanced diet increases alertness, productivity

By Jenny Mitchell
Staff Reporter

Student Maria Taylor had the typical fast-inducing diet. She, like many other students, didn't care and thought of her diet as being the least of her worries. Her diet consisted of already prepared meals like fast foods, TV dinners, and candy bars. "I didn't have the time or the money, and fast food was just convenient," said Taylor.

Experts say a diet like Taylor's could affect performance in school or work. Brain function can change when eating isn't normal.

Students should have the right balance of foods to do optimally on their exams, according to the book "Nutrition Concepts and Consequences" by Frances Stitz and Eleanor Whitley.

Any calorie-restricting diets can influence brain chemistry.

People on low-carbohydrate diets are easily distracted from tasks requiring vigilance and have slower reaction times. They also score lower on memory tests than at times of normal eating. Brain and nerve cells only use calories from important carbohydrates, said Tracy Brigham, Highline's health and fitness instructor and track and cross-country coach.

Many people report feeling relaxed, peaceful, and sleepy after using some types of diets. These types of diets usually consist of high carbs and low protein or low carbs and high protein. These diets can lead to fatigue and depression. A person feeling tired and depressed may have a difficult time concentrating on his or her studies.

Dieting starvation periods the body has to use protein, taking away from many other functions," said Brigham. "Protein is important for the use of fluid balance. It keeps the body from becoming dehydrated. Dehydration causes confusion, so students should drink plenty of fluids before tests and avoid caffeine because caffeine is a diuretic. "Carbohydrates such as whole grains and vegetables give the body long-term energy needed," said Brigham. Carbohydrates are a form of energy and sweet sugary foods don't give enough long-term energy. So it's a good idea to skip the donuts and go for something more wholesome, like cereal.

People need "good balance meals with whole natural foods, low on processed foods and that are low in fat, sugar, caffeine, alcohol, and sodium," said Brigham.

An example of a good balanced meal would be a veggie salad with a low-fat protein source like tuna or turkey. Fish is also a great meal because the oil found in the fish has shown to reduce aggression in college students under the stress of finals.

Snacking while you study is also beneficial. Researchers say that people who eat a snack during a learning task exhibit better recall later than when no snack was eaten.

"Exercise is good the day of or before tests because it helps enhance nervous energy and it increases concentration," said Brigham. Exercise would be most helpful for those students who have a lot of anxiety before speeches.

Researchers say the foods we eat can affect our mind and memory, and therefore people should spend more time choosing healthier alternatives.

The extra time spent could pay off in not only grades but in overall well-being.

Although Taylor has the on-the-go personality, she says she now tries to spend more time seeking out healthier foods.

She says it makes her feel better by giving her more healthy energy.

She says it's hard to find healthier foods at first, but soon you get into a pattern.

She never skip breakfast now and when she snacks it consists of fruits or power bars and my meals are usually complete," said Taylor.

Chatting will bridge cultural exchanges to Highline

By Ryutaro Hiroshima
Staff Reporter

A new program on campus is helping both international students and American people to get to know each other better. The Conversation Pal program was created by the International Students Program to increase opportunities for communication between international students, instructors, staff, and members of the community. It helps the students who haven't had a chance to talk with other international students or native English speakers.

This program doesn't have a long history. It was launched in Summer Quarter with 15 pairs. This quarter, around 33 pairs am participating. International students and American people apply to be conversation partners, and International Students Office helps choose partners.

There is no limit to the number of people who want to participate, although people have to pay attention to its deadline. Applications for next quarter are due by Jan. 13, 2000. People can turn in the application either at the International Students office in Building 6, or at the Conversation Pal program application drop box in Building 8.

Illustration by Jeff Markley

Once participants are paired up, they have a conversation at least once a week wherever they want to meet, such as the cafeteria, library, or even outside of the campus.

Having a live conversation is different from learning English in class. International students can learn daily phrases, like slang. To improve my English and to speak like an American accent is my purpose through this program," said Mohammad Umer, an international student from India.

Meeting with international students allows native English speakers to have enough time to focus on taking care of their English skills. There are also benefits for native English speakers. Vickie Ropp, a speech instructor and Umer's partner, said that she wanted to learn about culture from people who live there.

"Talking with Umer has helped me better understand the learning process for people from other cultures," Ropp said. The International Students Office also organizes social events for participants.

"By having these activities, people can get to see other conversation partners, so the main point of having these two activities is that get to know other partners. They will find out other aspects of nationalities," said Marko Fujikawa, assistant director of the International Students Program.

On the other hand, there are difficulties for conversational pals. For instance, some of the conversation pals don't show up on time, or there is difficulty to talk with each other because of their different levels in English.

However, international students are starting to establish confidence in improving their conversation skills in English. "I could get rid of my shyness to talk with people in English," Umer said.

By Tyler Barton
Staff Reporter

Twenty more computers are going in the library for instructional seniors and student use. The far southeast wall is being remodeled to accommodate new computers, tables, and carpeting.

The reference librarian, Karen Fernandez, is heading the project.

The goal is to set up a space with enough computers to teach groups of new students how the library works, and about some of its resources, said Fernandez.

The computers are being handed down from another computer lab at the college that is getting new computers.

The library currently has about 30 computers that frequently block up with the number of students using them in the morning.

The new computers going in will bring the total to 50, and will hopefully open up some more space for students.

"It's well over $100,000," said Fernandez of the project's cost.

The project is a lot of work and will take a considerable amount of time. "We are hoping early Winter Quarter," said Fernandez.

"It's [The project costs] well over $100,000."

Karen Fernandez

Fernandez. The majority of work will consist of wiring for the computers.

The furniture is being custom made to fit the computers better than what is currently being used.

If the library gets more funding there will also be an accentual sliding wall that can be closed to keep out some of the noise.

In order to get the space for the new computers, the government documents have been taken out and moved to the fourth floor.

This project will make library workshops much easier to conduct and more efficient, Fernandez said.

In the past, students had to sit on the floor and watch a projection screen on the wall.

No students will have the opportunity for hands-on learning, she said.
City continued from page A1

kids.' Parks and Recreation is in
other departments facing similar
difficulties. "A lot of the older
personnel was temporarily laid off," Wagner said. "They are valuable people, and we want to keep them.

The money that has been designated for a new sports com-
to is now at risk. If the money is not raised, some sports will be canceled. Many speak-
up against these consequences. The Senior Center feels under-
whose are most dependent on the community. Many people voted for a sales tax referendum for the elderly. One speaker and the Senior Center is essential to the physical and mental health of the community.

Only a couple people offered suggestions as to what should be done. Bob Robb, local con-

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cers that have been built in
other colleges, and the cost to
the community at large is a

Center continued from page A1

Center continued from page A1

Cheat continued from page 1

ing it will definetly get in
writer. Linda Lawrence, biology

Cheat continued from page 1

Cheat continued from page 1

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