



Lady T-birds place sixth at NWAACCs
See pages A10-A11



Documentary goes behind scenes of professional wrestling
See page A6

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The Thunderword

The weekly voice of the students

Volume 39, Issue 20

Highline Community College

March 9, 2000

Candidate visits scheduled for spring

By Lora Curdy
Staff Reporter

Dates have been set for the presidential candidates to come to campus for an open forum with students, faculty, staff and community members.

Interviews begin on March 27, and will last over a span of

seven days.

Each of the five candidates will be on campus for a one and a half-day interview that

will include a series of forums. The candidates, and the dates

Replacing



ED

that each of them will be on campus, include:

•John T. Turner, March 27-28;

•Bruce H. Leslie, March 28-29;

•Priscilla J. Bell, March 29-30;

•Jack Bermingham, March 30-31;

•Barbara Bollmann, April 3-4.

The search for the next president began in June of last year when Highline's current president, Ed Command, announced his retirement, effective July 31, 2000.

See President, page A16



Native American collection to be unveiled in spring

By Lora Curdy
Staff Reporter

A vast collection of Native American items were donated to the Library and Highline's Foundation, and they invite you

to join them in the dedication ceremony on March 29 at 6:30 p.m.

The collection comprises games, music, videos, drawings, prints and more, as well as 2,400 books.

Stanley Owen donated this collection, which he began in 1962 while he was living in Alberta, Canada. The problems facing Native Americans in Canada is what sparked Owen's interest.

"This interest turned into compassion and concern for the plight of all Native Americans," said Lyn Playle, an evening su-

See Gallery, page A16



UW-Tacoma doesn't ease transferring process

By Jennifer Crofton
and Aaron Lewis
Staff Reporters

The University of Washington's transfer institution in Tacoma doesn't appear to be very transfer friendly.

Although the school was created to offer local community college students a place to transfer, its entrance requirements are more restrictive than those of many other state schools.

Students hoping to transfer to UW-Tacoma may find themselves at Highline for extra quarters.

UW-Tacoma officials say the school's prestige allows it to be picky.

The UW Tacoma campus has one of the highest graduation rates in the state, said James Brown, associate dean of Academic Programs at UW-Tacoma.

Students who have met the requirements show that they really want to be here, he said. The school is too prestigious to allow students in who will not finish their degrees because of academics.

The University of Washington opened up the UW-Tacoma as a transfer institution in fall 1990. UW-Tacoma only offers junior- and senior-level classes.

The UW-Tacoma requires five lab sciences (25 credits) in order to get into their environmental science program. Highline's graduation requirements at most only ask for 20 credits with only one class being a lab to fulfill the science requirements.

It is even easier to get in to UW Seattle's environmental studies program. There you only need 35 credits in non-lab

See Transfer, page A16



Crime Blotter for week of Feb. 26 - March 6 Yet another hit and run

A student who parked his car in the east lot Feb. 28 reported that someone hit his car, damaging his back bumper. The damage was estimated at \$500.

Stolen car leads to baffled student

A student reported that his '96 Acura was stolen from the east lot Feb. 29 sometime between 6 and 10:45 p.m. The case was turned over to the Des Moines Police Department.

Dog makes campus his temporary home

Security found a lost dog wandering around campus March 2. The animal was said to be fawn colored, female, 4 to 5 months old and Pitbull/Pomeranian mix.

They called the Des Moines Police Department who reported the case to Animal Control, who placed the dog in the Security Office.

The dog began to whine and bark, so they let him out of the security office. That's when he took off. Security called Animal Control and told them that the dog was roaming around campus.

The dog has not been seen since the incident.

Another dog tale

Security found a long haired dog roaming around campus March 3. When they called the number on the identification tag they found out that he belonged to a man across the street.

The owner was delighted to have his dog returned to him.

Students should not litter

A campus staff member found a stack of the Thunderword scattered between Buildings 27 and 28 Feb. 26. Grounds crews later picked up the papers.

Compiled by
Talitha Vanzo

Speech Slam spotlights students

By Joy Thrall
Staff Reporter

Lindsay Dundas talked about sex on television; Autumn Liner spoke about advertising; and Brandi Nelson discussed child custody.

The three speakers were not prestigious members of the community. They were not Highline faculty either.

They were all Highline students, the three finalists in Phi Theta Kappa's Speech Slam contest.

The three students spoke in Building 7 on March 8. Their speeches were part of this quarter's Honors Colloquy class, and also the final round in the Speech Slam competition.

Dundas, Liner, and Nelson were chosen from nine contestants as the finalists in Phi Theta Kappa's first speech contest.

Kat Chapel, PTK member also spoke as part of the program.

The speeches were graded on originality, creativity, presentation, and how well they reflected the topic, "The New Millennium, the Past as Prologue."

After all three of the con-



Brandi Nelson

tants finished their speeches, the rather large audience (around 50 in all) were given a chance to vote for their favorite speech.

Lindsay Dundas was the first to present her speech. It was entitled "TV's Frisky Family Values."

She talked about the increasing amount of sex in prime-time television, looking at TV in the past, present, and future.

"I doubt that Beaver Cleaver would allow girls to crawl through his bedroom window in the middle of the night for sexual exploration like Dawson Leary does," she said.

The next speaker was Autumn Liner. Her speech covered the



Autumn Liner

evolution of the advertising industry.

She examined the history of advertising, particularly the disparity between United States to that of foreign countries.

"Advertising agencies are going to have to find more ways to stand out," Liner predicted.

Brandi Nelson spoke next. Her speech was called "Custodial Rights: Past, Present, and Future."

She looked at how courts have historically ruled in custody battles, how they are ruling today and how they are expected to rule in the future.



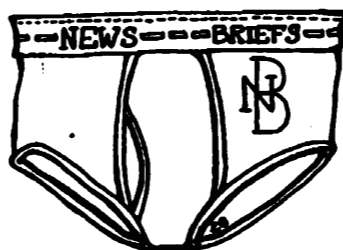
Kat Chapel

"Advertising agencies are going to have to find more ways to stand out."

--Autumn Liner

Increasing the number of families with involved fathers should be a primary concern to policy makers, she said.

Phi Theta Kappa will be holding another speech contest next quarter and Honors Colloquy will be held every Wednesday next quarter.



Writers Wanted!

A student-led creative writing group is being formed. Writers of fiction, drama, poetry or other creative non-fiction works are welcome to attend the meetings every Tuesday from 1:15 to 3:15 p.m. in Building 22, room 204.

Save the beaches

Volunteers are wanted to be Beach Naturalists at Des Moines Beach Park, Alki Beach, Golden Gardens,

Carkeek Park, Richmond Beach, Seahurst or on Vashon Island this summer. Everyone is welcome. Paid Beach Captain positions are also available.

An orientation session for the program will be held Tuesday evening, March 28 at the Seattle Aquarium. Naturalists will receive training from marine and interpretive experts on three Tuesday evenings (April 4, 18, and May 2) and three Saturdays (April 8, 22 and May 6) and then spend three summer Saturdays educating visitors about beach ecology and beach etiquette. Contact Pily Freeman at (206) 296-8359.

A Day at the Game

The Student Services Professional Development Committee is sponsoring A Day at the Game. The Mariners will be hosting the

New York Yankees on Saturday, April 8 at 1 p.m. Tickets are \$14 and are on sale in the Student Programs Office. All tickets must be purchased by March 9 and will be sold on a first come, first serve basis.

Support offered for newly divorced

A support group has been formed to help the newly divorced cope. Meetings take place every Wednesday from 6 to 7 p.m. in Building 21, room 107. Pre-registration and a fee are both required. To sign up call Women's Programs at (206) 878-3710 ext. 3340.

Achievement Scholarship recipients announced

Congratulations to the following students for receiving the 2000 Academic Achievement Scholarship: Julie Cauvin, Brittney Young, Pamela Kenfield, Faysel Siraj, Shannon Alton, Leslie Chacko, Jackie Shuey, Lucas Draeger, Aimee Russel, Katie Royce, Deborah Nighswonger, Jennifer Bryne, Brandi Nelson, Michael Beauchamp. Students are encouraged to apply next quarter if planning to attend Highline in the Fall.

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Production Illustration program has longevity

By Fatmata Elba
Staff Reporter

Highline has a head start on having a technologically advanced graphic design program.

Twenty years ago Highline began its Production Illustration program.

"In order for a program to last a long time there needs to be some administrative support for what's being done and understanding of the value of what's being done," said Program Coordinator Gary Nelson.

Program coordinators always have to work at improving programs or they wouldn't be where they need to be, he said.

The Production Illustration program, which has around 70 to 80 students enrolling each quarter, prepares students for employment as illustrators and graphic designers.

It trains students for camera-ready art and lay out printed matter. These skills encompass several tasks, including designing brochures, packages, ads, and other documents.

"Enrollment seemed to be consistent ranging from year to year. When the economy is good you'd expect more people to be working rather than going to school," Nelson said.

Electronic design and production (desktop publishing)

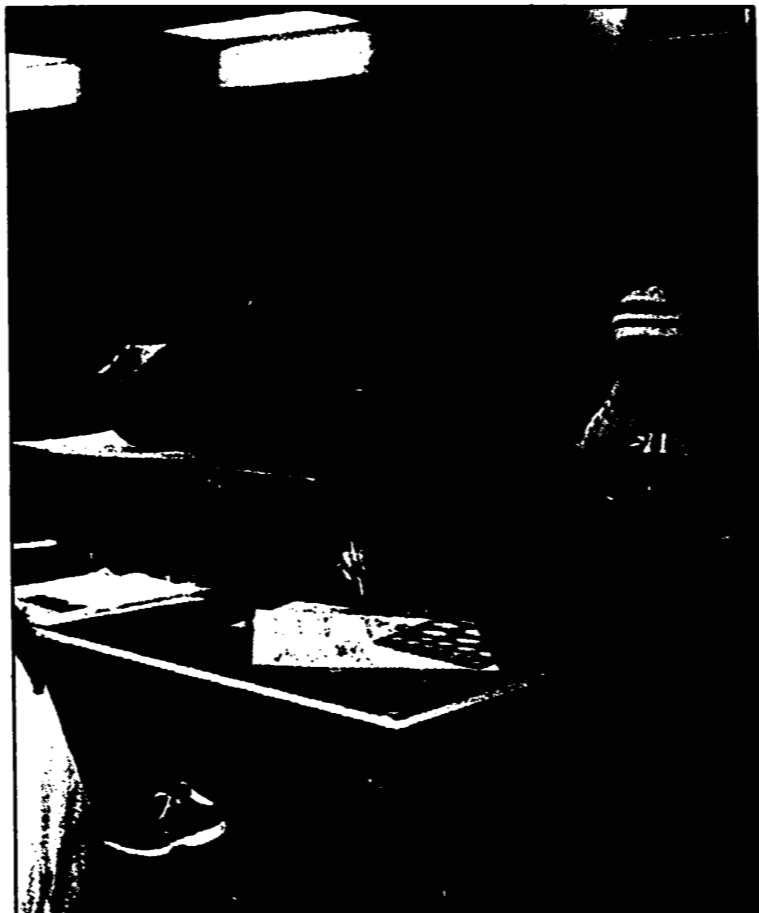


Photo by Yong Ellis

Students hard at work in Production Illustration class.

courses are included in the curriculum to prepare students for employment in modern design studios and large corporations.

Students gain practical experience by participating in professional organizations and through internships.

"It's a good start to get the basic concept if you want to transfer," said former PI student Ally Hood.

One of the most important required skill is work ethic, which entails getting things done and managing ones time

and resources.

"We're looking for people who have interest in creating and making things and learning and interacting with people," said Nelson.

Next fall the PI program is planning to offer a 100 level animation course.

For the summer they're planning to collaborate in effort with the fine art department to offer clock hour training to high school teachers in the area of creativity.

This is all part of an ambitious effort to help high school teachers understand how community colleges function and how they can help their classrooms by providing some new inspiration about creativity, and by showing them what they can do for their students.

The emphasis on production and graphics provides positive employment opportunities for students with the proper aptitude, training, and experience.

Employment opportunities are good in business and industry as well as in art departments of large organizations and institutions.

Position possibilities include graphic designer, desktop publisher, production artist, production illustrator or art director.

Another option is self-employment and free lance work.

Burning the midnight oil at Cram Nights

Alana Slayton
Staff Reporter

It's that time of the quarter again, when everything seems to be coming at you at once, and to top it all off, you've got finals next week. Need a break from the hectic rush?

If you are worried about your finals and you fear that you do not have the help needed to ace that class you've had problems with all quarter, you may want to consider attending Cram Nights held March 14, 15, and 16 in the Highline Library from 9:30 a.m. to 1 p.m.

On campus, Cram Nights have become somewhat of a quarterly tradition.

Many students, evidenced by the large turnouts of past, see them as a successful attempt to make finals week a little more tolerable for procrastinating students.

Sponsored by Team Highline and College in a College, the free event provides cookies, pop, and chips for the students that join in on the fun.

"Many students have shown up to Cram Nights in the past and many more are expected," said Team Highline member Sarah Hollowell.

Math and writing tutors are provided to help students trouble shoot any problems that they might have in those areas. And if the tutors can't provide the help you need, small groups of students, that have possibly already taken that class and have been successful in it, will be at your disposal.

Not only is Cram Nights a great way to get that edge on those final tests everyone dreads, but is also a great chance to make new friends here at Highline.

"The library is open late, there are tutors, and lots of brain food. For students that have to cram for whatever reason, it's a great opportunity," said instructor Shannon Proctor.

Campus programs plead their cases for funding

S & A committee must now hammer out budget

By Erika Wood
Staff Reporter

The Services & Activities budget committee denied the English Speaking Association's \$500 contingency request at its meeting Monday, March 6.

The request was to fund prize money for a speech contest. The request was denied partly because committee members believed that the contest didn't include enough students.

The vote was unanimous with five members voting.

The Monday meeting also brought more presentations of clubs and campus organization projected 2000-01 budgets.

The presenters at Monday's meeting were the cross country and track teams, multicultural student programs, clubs, Men's basketball, parent's place and intramurals.

The track and cross country budgets were rolled into one, and presented by Coach Tracy

Brigham.

With over 70 students competing in one or both sports, the program is asking for \$32,951.

With last year's budget at \$30,000, Brigham feels the extra funds are justified in that the program is rapidly growing in numbers, and is becoming a more competitive one.

"The word is out there that we have a team and we're competitive," said Brigham during her presentation. "We also have a lot of equipment needs."

Multicultural Student Programs asked for \$8,000, \$3,000 up from their budget last year. The extra money will be for extended funding of the Martin Luther King Week and Unity Through Diversity Week events.

The clubs presentation was made by Student Government Club Diplomat and Treasurer Kitty Richmire.

The main objective of this presentation was to receive money to fund the Student Government-recognized clubs for next year.

There was also a provision in the budget for a contingency fund.

"We wanted to set up funds

"The word is out... that we're competitive. We have a lot of equipment needs."

Tracy Brigham-

that clubs could get a hold of," said Richmire.

Jeff Albrecht made the presentation for men's basketball, asking for about \$1,000 more than last year. Albrecht was able to boast an impressive record, and a positive outlook on next season, with many freshman-level players who will be advancing.

He also added that "athletics teaches life skills." Darnell Lyons, a freshman basketball player gave his testimonial regarding his experience playing for Highline this year, to support Albrecht's theory.

The Parent's Place presented their \$2,500 budget which is

mostly to enable them to host more activities for students with children.

These include whole family events, and also educational events for parents. They also felt that new materials were needed.

The last presentation was for intramurals. Cara Hoyt presented for this activity, which includes 75-80 students every quarter.

Three sports are offered each quarter, and at the end of each quarter they host a barbecue for all of the participants.

The intramural sports program has never before been funded by the Services & Activities Budget.

Team Highline, a group that puts on several events for the school requested on Wednesday for an increase of \$11,000 to their \$44,000 budget. Their requests include \$2,000 for training and supplies.

The presentations were completed Wednesday, March 8 and the committee will start to hammer out the budget next quarter, hopefully finishing sometime in May.

**Anxious to
be heard?
Write for
the
T-word.
See us in
10-106.**

Editorials

The tutoring center is left in a trench

The tutoring center may be left out in the cold as the spring heats up. The center may only be able to operate part-time if \$12,000 is not found. This is the amount of money needed to cover the payroll of the actual tutors.

The college needs to step up and fork over the money to pay the tutors, so the center can operate full-time. More students are coming to Highline who need extra help. This quarter 700 people stopped by the tutoring center for help.

Helping students succeed is supposed to be the college's top priority. If students are taking the initiative to seek help on material that they cannot understand, they deserve the opportunity to get it.

Visiting professors on their office hours is not a sufficient means of seeking help. Especially when many professors are late to office hours or are just too busy with various activities. The tutoring center is the best place for students to find answers to the difficult problems that they cannot solve for themselves.

Tutoring offers students a chance to get better grades and further their understanding in different subject matters. Tutors are more accessible, both because time and because they are students, too. It is time that the college pays the price for tutors who are doing their best to help others learn what they already know.

Nothing has been done to improve this situation. The center has been assisting students in need since 1979 and every quarter since then. The need for tutors has grown steadily over the past years.

The tutoring center needs a quick fix, and the college needs a long-term solution. Funding for the center needs to be a priority within the college's regular instructional budget. Forcing the center to annually beg for funds distracts from its mission — helping students.

These budget constraints are alarming. The center is obviously vital for many students to succeed. Steps need to be taken in the near future to make sure the center gets the money it undoubtedly deserves.

Check out the final five presidential candidates

The college is now reaching the end of the process for choosing a replacement for current president Ed Command. Command announced his retirement in June of last year and it will take effect July 31, 2000.

Since the announcement the Board of Trustees has been on an intense search to find the best possible candidate for the position.

The search that was once so broad has been narrowed down to five candidates, all of whom will be subjected to open forums, where they may be asked questions. The forums begin March 27.

Students, staff and faculty should try to take time out of their busy schedules and attend these forums.

Even though you may not be here to feel the wrath of the new president, you should take it upon yourself to hear what these candidates have to say. It is important to keep the college headed in a positive direction. The decisions made now will affect the well being of the college and all of those who will come to it in the future.

Show some concern for where the college is headed and attend the open forums.

Letters Policy

The Thunderword Opinion section presents a perspective on the news and the newsmakers of the Highline campus community.

- Letters should be no more than 300 words. They must include telephone numbers. All letters are subject to editing for style and length.
- Mail letters and commentaries to: Letters to the Editor, The Thunderword, Highline Community College, mail stop 10-3, P.O. Box 98000, Des Moines, WA 98198. Submissions can also be dropped off in the Thunderword office room 106, Building 10.

QUESTIONS STUDENTS SHOULD NOT ASK PRESIDENTIAL CANDIDATES...



The Island is just beginning

The end is really only the beginning.

I decided to come to Highline after graduating from high school. When I first came to Highline, I was clueless. My bleach blond hair put Alicia Silverstone's to shame.

I wasn't too big on studying either. I got pretty good grades, but school was not my first priority.

I think that for many transfer students, Highline is a stepping stone. It is when students get a second chance to climb the educational ladder.

For me, Highline has been an opportunity to prepare for the harder work at the university level.

My first year of community college I suffered from the infamous high school hangover. Trying to be cool and dressing up for school everyday could not be cured by just any cup of coffee.

The
Island
of Dr.
Moreau

By Teresa Moreau

But last year I decided to take journalism, because I love to write. This changed my direction in life. Journalism ended up to be the right cup of coffee for me.

I have had my ups and downs. But for the most part I loved being the opinion editor. Lots of hard work and effort have paid off for me. People actually read my column. Thank you for those of you who did.

I am glad that I will be leaving Highline no longer a chip-psy! There is one person that deserves a lot of credit for helping

me use Highline as a stepping stone. That man is T.M. Sell. He is an excellent teacher who has helped me climb the right rock.

Hard work, dedication and determination can get you anywhere you want to go in life. The universe is full of endless possibilities. Sometimes it just takes time to see all of those possibilities. Good luck to Highline's class of 2000. Who knows where we will all end up.

Nonetheless I hope that everyone goes after their dreams and stands up for what they believe in.

In a world full of copycats only shooting stars can break the mold. Other people may try to discourage you or put you down, but just believe in yourself and you will succeed.

Teresa has ascended to the rank of seventh-level Newsmaster.

The Thunderword

Home of the four-year plan

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The evolution debate continues unabated

Argument over origins rages on

By Charles Stores
Special to the Thunderword

Evolution: Fact or "Just a Theory?" An interesting and, I think, salutary aspect of the college experience, and one that



Charles Stores

Guest Commentary

students cannot help but notice, is that their teachers often disagree with one another on important issues. Where, then, does this leave the students? It leaves students exactly where they should be - thinking for themselves.

Recently, in this space, Dr. Bruce Richardson, professor of chemistry, admired and respected by his students and colleagues alike (and deservedly so), has taken his colleagues in biology to task on the issues of whether or not evolution is a fact or a theory and whether we biologists even know what a "fact" is. I've been asked to respond.

Science is the search for reliable knowledge about the world: how the world is structured, how it works and what its history has been. Science has been remarkably, even astonishingly effective in doing this and has solidly established much of that structure, those workings and that history, culminating in what can be called the Modern Scientific Worldview. Evolution (at many levels - cosmic, galactic, stellar, planetary, chemical, biological and cultural) is one of the most well-established aspects of that Modern Scientific Worldview.

Evolution, I assert, along with virtually all other biological phenomena on Earth, is a fact - as well as

a theory. It is both, at the same time. That evolution happened is the fact of evolution. How it happened - what the mechanisms might be - is the theory of evolution.

In the minds of most people, a theory is an imperfect or poorly established fact. In science, that is not the case. In science, facts and theories are not part of a hierarchy. Facts are data. Theories are explanations and interpretations of those data. Facts are brutal and unalterable. Theories are subject to constant tinkering. Facts do not change when theories do. Einstein's theory of gravity eventually came to be accepted as more accurate than earlier explanations for why things fall down, but, as has been pointed out by others, "Apples did not suspend themselves in midair, pending the outcome."

I think Dr. Richardson would agree with the foregoing paragraph but would prefer that be the end of the discussion. Unfortunately, however, that's not the end of what a "fact" is. Definitions of "fact" vary in different lexicons and one is free to choose any that most satisfactorily accommodates

one's prejudices. My Webster's tells me that a fact is "Something that actually exists or something that has actually occurred." In science, the most useful definition of "fact" is "Anything confirmed to such an extent that it would be perverse to withhold provisional assent." The data, from many different, converging lines of evidence, overwhelmingly confirm that evolution really did happen. It is a fact. Now it can be argued that all facts are, to some degree, uncertain. And of course that's true, but it's also a nit-picking truism. If Dr. Richardson doesn't routinely challenge the factual status of the sphericity of the globe, or of the spectral properties of a star, or of the stereoisomerism of lactic acid, or of the historical existence of the Roman Empire, why single out evolution as a special case? Could it have something to do with a more visceral response to evolution and to the way in which he introduced himself "As a chemist and Christian?"

A peculiar thing about the fact of evolution is that, because of the amount of study required to be able to appreciate the eloquence of the data, few people

engage in that study, but the persistent ignorance does little. Unfortunately, to dissuade them from

pinions about evolution in the most authoritative tone.

That I boldly assert all of the above is no reason for you to believe me. Indeed, I hope that you will not. What these assertions should do, along with those of Dr. Richardson on this issue and of other faculty on other issues, is to provoke you to assiduous study, after which you will come, properly, to your own conclusions.

Teachers can guide you, stimulate and provoke you but, for the enlightenment you seek, you will have to do most of the work yourself. Or stay in the dark.

Fred Friendly once quoted one of his teaching colleagues as saying "Our job as teachers is not to make up anyone's mind, but to open minds to the great questions and to make the agony of decision-making so intense that students can escape only by thinking."

A self-described "hanger-on" in the Pure & Applied Sciences Division, Charles Stores still teaches astronomy at Highline.

You may not know how good you have it here

Discos with books. That's what comedian Chris Rock has called community colleges. When I first began applying to college in the 12th grade, I didn't even consider going to community college.

I was too good for that. No, I enrolled into the University of Washington, where "real" students go.

Academically speaking, it was the worst three years of my life. Other than the correct way to use commas, I didn't learn much.

So when I stumbled onto Highline's campus Summer

Marta's Moment



By Marta D. Pelayo

Quarter of '98 I figured a couple classes here would keep me busy before I returned to the UW.

That was six quarters ago. I stayed here because the learning environment at Highline is much better than at

UW.

Taking a class here feels more like an opportunity to learn.

The smaller class sizes allow for easy access to instructors. Information on how to earn your degree or certificate is to find. Any questions I have regarding degree fulfillment can be answered by most of my instructors.

At Highline, people are here to help.

It's pretty much how it advertises itself to be; student centered.

Granted, no school is perfect,

and Highline is certainly deficient in areas. (However, as a former UW student, I can tell you that parking is not one of them. Parking at Midway is nowhere near as horrific as parking at Montlake.)

Either way, being at Highline has allowed me to find out what I really want to do with my life.

I've gotten to gain experience in my career choice while still taking a diverse course load. I've taken classes that are challenging and that develop my critical thinking skills.

Most of all, I've developed a joy in learning.

At no time in my school career have I ever anticipated going home to my family to tell them what I learned today.

Last Tuesday I spent my twice-weekly "family night" explaining to my brothers the process of cloning, which I learned this quarter in my biology class.

Highline has given me a lot, and I am grateful that I stumbled upon this "disco with books" when I did.

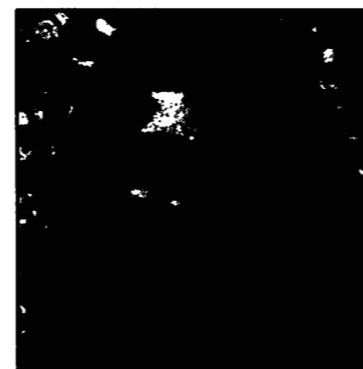
Thanks Highline.
Marta will be seen on the summer quarterly along with her favorite boy band.

Essay contest winners celebrate important women

Editor's note: The following are the winning essays in the Team Highline Women's History Month essay contest. The topic was "The Number One Woman in my Life."

First place By Shelby Phillips

The number one woman in my life is my mother. Beautiful, brave, loving, and committed are words I use to describe her. She is devoted to her children, grandchildren, friends, and the community. She has turned her own heartache and struggles around to help others and be



Shelby Phillips

empathic. She has experienced sexual abuse, domestic violence, poverty and abandonment, yet remains full of hope

and compassion. She has taught me to love as if I've never been hurt. She is woman-strong and selfless. I believe when God created women my mother was the picture he had in his mind.

Second Place By Cheryl R. Lee

Wee hours of the morning
A house still fast asleep-
Hours yet till daylight
Though she's awake and on her knees
"Lord, Bless those that I love,
Keep the-in safe from harm

guide them and direct them,
Hold them in your loving arms" Turning bible pages,

Learning more about his love
Evergiving all that she had,
As if it hadn't been enough

Many years were struggles,
Lines showing on her face
To me, she is God's masterpiece,

His Symphony of Grace-
Yes, she's my mother.- Nothing can compare-

The Greatest of all treasures,
Is a mom who kneels in prayer!

Third Place By Christine Stevenson

The number one woman in my life is no longer in my life, but her spirit guides me each and every day. She was my grandmother and she is my savior on a daily basis.

Whenever I need guidance in my life I look up to the sky and ask my grandma what she would do. My grandmother was a very strong, intelligent, and creative woman. She tried her best at everything, and was always there for me even in the end when she was dying from breast cancer. She gave me the greatest memories, and the strength to live. I only hope that one day I can be what she was.

Show biz rumors should be left alone

I am not one to give entertainment industry gossip any validity.

It seems to be that most of the public carries an obsessive fascination regarding, but I refuse to become caught up in the rag magazine, paparazzi mentality that seems to take precedent over the actual filmmaking aspect of film.

Instead of television shows dedicated to the magic of motion pictures, we're provided programming such as *Entertainment Tonight* or *Inside Edition* that are more concerned with Calista Flockhart's weight, Keri Russell's hair and Richard Gere's

The Roche Motel

By Derek Roche



pet gerbil, than with the actual process of filmmaking.

Now don't get me wrong, I enjoy the occasional update of the Tinseltown rumor mill, but when Hollywood coverage becomes worse than your grandma's sewing circle, something is definitely rotten in Denmark.

Sexual orientation seems to be the popular scandal of late. Is Ricky Martin, Keanu Reeves, or Leonardo DiCaprio gay? Dunno, don't care.

Except of course when my girlfriend is attracted to a public figure, I then feel it's my duty to inform her of the latest sex scandal that has consumed his life. "What, you think Ben Affleck is cute? Did you know... (insert the most obscene, grotesque sexual act imaginable here)?"

In Hollywood's golden age of the 1940s and '50s, a star's private life was held to the confines of on-set chatter.

The press, however aggressive and well informed, possessed a certain respect for the lives of individuals placed in the spotlight, and reported news, that was just that - news. One's dirty laundry was rarely made public knowledge.

Marilyn Monroe had something like a gazillion abortions, a fact that anyone with industry pull was made well aware.

Rumor has it that James

See Roche, page A9

Grapplers chronicled in new film

By Aidan Martin
Staff Reporter

Wrestling fan or not, *Beyond the Mat* will have you stuck in your seat from beginning to end.

In Barry W. Blaustein's directorial debut, the film covers much more than the sport itself.

Beyond the Mat is a unique, emotional choke-slam that takes you through not just the world of wrestling itself, but the lives of its entertainers as well.

The film begins with Blaustein (who narrates the film) explaining his infatuation with the sport. He explains that it is the "cheesy acting" and "athleticism" that attract him to wrestling, then poses the question "Who are these guys?"

Although the film shows scads of different wrestlers, the real story involves the lives of only three of them.

Terry Funk is the wrestler on the last leg of a storied career. Even getting out of bed seems to be a challenge for Funk.

Between the worries of his doctor and his family, one would think that retirement would be a given. But Funk just can't seem to let it go. Even knowing that he will need at least one new knee doesn't seem to quench his ongoing desire for the sport of wrestling.

Mick Foley, a.k.a. Mankind, a.k.a. Cactus Jack, a.k.a. Dude Love, is another story. Twenty years younger than Funk, Foley is in the prime of his career.



Lions Gate Films

Wrestler Terry Funk shouts at the crowd in the new documentary *Beyond the Mat*.

Never losing sight of his goal to be a wrestler since the age of 14, Foley has finally achieved the pinnacle of wrestling life. He has been the champion of the World Wrestling Federation several different times, and has become a fan-favorite for his constant ability to take beating after beating.

Now he battles with the challenges of being a parent and maintaining his "day job." After every match, he finds himself

reassuring his two toddlers (behind a bloody face) that "Dad's fine."

As with any good story, in comes the tragic part. Jake "the Snake" Roberts was once one of the most famous wrestlers in the sport.

Years of fast living and an addiction to crack diminished his celebrity status way before his prime.

He would rather smoke crack in a cheap motel bathroom than

reconcile his relationship with his daughter, whom he hadn't seen in over four years. The entire scene proves to be one of the most touching of the film.

Beyond the Mat encompasses the entire emotional spectrum. You'll laugh, you'll cry, you might even get screaming mad. But no matter what you get, get in line to see this movie.

Beyond the Mat opens in theatres nationwide on Friday, March 17.

Director debuts with new documentary

By Aidan Martin
Staff reporter

Beyond the Mat may be Barry W. Blaustein's directorial debut, but he's no stranger to show business.

Blaustein's success story began with *Saturday Night Live*. He was the head writer, as well as supervising producer for the show. In addition, he and partner David Sheffield developed several of Eddie Murphy's most famous characters, like Buckwheat, Velvet Jones, Gumby, and Mr. Robinson.

After leaving *Saturday Night Live*, the two have written screenplays for several movies, from *Coming to America* to *The Nutty Professor* and its sequel. One could wonder if Blaustein has ever tasted failure.

The transition from being a screenwriter to directing proved to be pretty easy for Blaustein.

"When you're writing a movie, in your mind you're directing it, you're visualizing it,"



Lions Gate Films

Professional grappler New Jack speaks with Director Barry W. Blaustein in *Beyond the Mat*.

Blaustein said. "Now it's just doing it."

As for *Beyond the Mat*, "It went through a lot of changes," Blaustein said. "I was going to follow a young guy, but by the time I got funding, he already had made it."

Blaustein said that the movie still is a lot like he envisioned it would be.

One thing that surprised him about wrestling was "the pain, physical and more the psychological pain."

"The loneliness on the road, and trying to keep families together," were also surprises to Blaustein. "The easy part is in the ring, the hard part is behind the scenes."

The only thing that might

keep *Beyond the Mat* from being a huge success could be one of the film's early supporters.

Vince McMahon, the owner of the World Wrestling Federation (who is actually in a good portion of the film), has decided to pull all of the advertising for the film from his WWF shows.

At several different times, McMahon tried to purchase the film. Each time, he was turned down.

"Vince is about control, he tried to buy the movie, offering to triple the budget," Blaustein said. "This is not about money. A documentary has to be made independently."

"If you want a friend in wrestling, buy a dog," Blaustein was told by several of the wrestlers from the film. Apparently, they must have known McMahon too.

Now that he's done with the movie, Blaustein said he plans to "get some rest" before heading on to work on some other forthcoming projects.

Palmist, hypnotist visit college

By Alana Slayton
Staff Reporter

With their unique talents, palm reader Norm Bunkowski and hypnotist Robert Mach captivated students with their unique talents for the supernatural.

Phenomenon Day, a free event hosted by Team Highline, was a popular event for students to attend on campus last Tuesday.

"It breaks students out of the rut of everyday classes, and it can be a fun way for students to see if they will pass their classes," joked Team Highline member Amy Studley.

Bunkowski, hired by Team Highline through a company called Merry Makers, was upstairs in Building 8 reading students' palms from 9 a.m. to 11 a.m.

The line for palm readings was long. However, people who did get through to see him weren't disappointed. The private readings were long and thorough.

"I thought he was on to something, it was kind of impressive. I don't necessarily believe everything he said, but he was pretty accurate," said student Monica Haugen.

Later that day in Building 7, Mach made his third appearance at Highline. Mesmerizing everyone by his 24 years of hypnotizing experience, he put several Highline students under his spell.

After having the students find their deep resting place and then putting them under his command, he transported them from the warm beaches of Hawaii to the frigid Mt. Rainier.

"Life is how you perceive it. If you don't like it, change it," said Mach.

Proving that people can get drunk off your imagination, he served them pretend alcoholic beverages. The students proceeded to giggle and act like they were intoxicated. Mach included the audience by having their applause cure their pretend hangovers, and then sent the students back to their preferred resting places.

He used the image of a bird on the students' fingers to make them realize that using their mind and body they are able to see and make themselves into something different.

Though he ran out of time to finish his demonstration, his message was well-received.

"If you don't have a path and you don't know where you are going the best thing you can do is imagine it," Mach concluded.

Art show awards really big prizes

By Lora Curdy
Staff Reporter

You may have voted for them, they are the winners of the Really Big Art Show.

Team Highline hosted the event. It took place over a two day span March 1-2.

One top winner, Stephanie Westgor, won \$150 taking first place for her three faces drawing, and for a photograph, *Morning Mist*. Westgor also took second place in the drawing and painting categories.

Another big winner, Loan Che, won a total of \$115 for two first place finishes in the Miscellaneous category with *St. Therese*, and in the pottery/sculpture category for *Stone and Flowers*. Che also received a third place finish for her painting, *Blue Sea*.



Loan Che

Other winners included Christine Stevenson, who took second for *Artists Pleasures*, and Sheri Warbreck, third place

for *5 of Diamonds*, both in the miscellaneous category.

In the painting category, Vera Ponomaren won first place for *Violin*.

Gina Mallicoat took second in the photography category for *Rainbow Bubbles*, and Noah Collins-Feay, third for an untitled photograph.

Ana Karina Luna received second place for *Di-Sketches*, in the Pottery/Sculpture category, and Bonnie Lowe with *Hide and Seek*.

Josh Burt received third place for his untitled drawing.

Team Highline coordinator of the event, Josh Siebenaler, said that the show was well rounded. "This is my first art show, I think I've done a good job."

If you were interested in par-



Loan Che's *St. Therese*.

ticipating in the art show, but didn't have a chance to submit your art work this time around, Team Highline will be hosting another art show next quarter.

Drama comes through in new production

Production groups
provide a good
show, despite
limited resources

By Connie Harshman
Staff Reporter

There are many things to like in Highline's production of *As You Like It*.

The Drama Department's Winter Quarter production features a strong cast and creative set designs.

The play centers around Orlando DeBoys, played by Vincent Tula, and Rosalind, played by Sarah Jones.

Orlando and Rosalind are young lovers who meet during a wrestling match and fall in love at first sight.

But Rosalind is banished from her home, goes into the forest of Arden to find Orlando and discover if his love for her is true or not.

All the actors gave passionate performances and knew their roles very well. Jones and Tula had great chemistry together as



Photo by Connie Harshman

Vincent Tula takes control while rehearsing for the drama department's *As You Like It*, which continues tonight through Saturday at 8 p.m. in Building 4's Little Theater. Student tickets cost \$5.

two people in love.

Rosalind's kooky cousin Celia, played by Kristen Olds, falls for Orlando's brother, Oliver DeBoys, played by Highline drama veteran Colin Hovde.

The characters who stood out

the most were Duke Frederick, father of Celia, and Duke Senior, father of Rosalind, both played by Jim Cooper.

Cooper's performances in both roles were very authentic.

He came across as a pompous authority figure as Duke Frederick and a caring person as Duke Senior.

Michelle Day, who played Audrey, a simple country girl, has a real talent for comedy. Her performance was creative and original.

With the limited resources the drama department has, the cast and crew did an excellent job with the production.

Several of the cast did double duty as part of the scenery and electric crew.

Director Melanie White has directed several Shakespearean plays and that shows in the excellent direction of the play.

The cast and crew worked as a close team putting on the pro-

duction, which comes across in the stage design and the great acting.

White's interpretation of Shakespeare's *As You Like It* turned out to be a highly entertaining and enjoyable experience.

The costumes were vivid in color and helped transport the audience into the time period.

The set design was also very creative.

The tree trunks looked authentic and the adding of real tree branches completed the ensemble.

Shakespearean English may be hard to understand at first, but if you just watch the actors and how they interact with others and the set designs, you will be able to understand what is being said.

The play is recommended for people looking for an enjoyable evening of entertainment with friends.

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INSIDE Scoop



Vaulting Into Spring

Men's Track Preview
see page B2

Women's Track Preview
see page B5

Fastpitch Preview
see page B7



Mens Track speeding its way into season

By Paris Hansen
Staff Reporter

Fourth place in the Northwest Athletic Association of Community Colleges could be a tough show to follow, but this year's men's track team is well on their way.

With only four men returning from last year's squad this year's team is full of fresh new faces. Some say though that the group of 30 guys has more depth and talent than last year's team.

"We have more depth than last year all around," said Coach Tracy Brigham. "We will easily place [at NWAACCs], but I haven't seen the other schools yet."

"We have a really good team this year," said Team Captain Tim Richart. "We have a really good chance at placing high in NWAACCs. I'm excited about it."

Three of last year's top point getters have graduated, but that does not seem to be an issue for this year's team.

"If everyone performs like they can we should do really well," said pole vaulter John Fox. "Everyone just has to step up and do what they are capable of."

"We are going to look really strong as soon as we get the guys who are unattached," said decathlete Dustin West.

Several of the men participating in track had to run unattached at the first meet due to eligibility problems. Most will be eligible by the next meet this Saturday at PLU or by the meet after that.

"We need to get more people out," said West. "We still have a lot of people running unattached. It will definitely help the team when we get them back."

One athlete will be sophomore Pat Boyd, who will be eligible this weekend for a meet at PLU. Boyd had attended Highline in 1997-98 before transferring to Southern University in Louisiana. Due to high out-of-state tuition Boyd was forced to look elsewhere for an education. After taking a year off, he decided to come back to Highline, but could not compete because of NWAACC rules of credit requirements.

"Since I ran in Cross Country unattached I didn't receive credit for it which left me one short for track," Boyd said.

However, Boyd competed at the UW Invitational and finished fourth overall in the 800 meters. He also ran a qualifying time of 1:56.40. The standard time is 1:58.7.

Boyd's goals for the season are to help his teammates as well as qualify for NWAACCs.

"If I can push them it will make the team better," said Boyd. "You have to go out there and not slack off. If you are going to be a sissy out there, don't even bother."

Brigham and teammates are excited to have Boyd running and can't wait for him to gain his eligibility.

The team will get a good majority of their points from the guys participating in the decathlon and in multi-events.

Newcomer Chris Peterson is one of those guys. He will take part in the upcoming decathlon and will do the 200, 400 meters and the javelin.

Peterson is an ex-marine who uses his strength and overall athletic ability to do many different events.

"The military training made me a lot



Photo by Petra Sokolova

Dustin West (second from right) took 13th place overall in the 110 meter hurdles at the UW Invitational at Husky Stadium on Saturday, March 4.

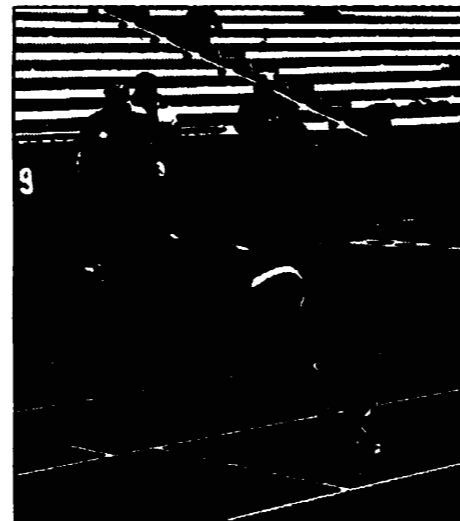


Photo by Petra Sokolova

Beuford Brown starts off the 4x100 meter relay which qualified for NWAACC tournament.

stronger," said Peterson. "You have to be good at all the events for the decathlon."

Another person who will contribute greatly to the team is Manzell Blakely who does the 200, 400, 800 and is a part of the 4x400 relay team.

Though he would like to do as many events as possible, Blakely will concentrate mostly on qualifying in the 400 and 800.

The team still has many aspects that they need to work on to get to where they all hope to be, some say.

"They [men's team] are doing pretty good, but they have potential to do a lot better," said pole vaulter Rey Centano.

"We should do pretty well, we have a lot of talent especially Chris Peterson," pole vaulter Brian Davi said.

Others who are expected to do well are team captain Tim Richart, Beuford Brown and Sydney Brathwaite.

"If they run, jump and throw to their potential we should do well," said Brigham.

Men's Track Roster

Lloyd Ball	Fr.	Hurdles, Decathlon	
Sprints, Jumps		Peter Murray	Fr.
Mike Barney	Fr.	Jumps, sprints	
Distance		Pat O'Brien	So.
Wes Beatty	Fr.	Throws	
Sprints, hurdles, jumps		Jeff Parker	Fr.
Manzel Blakeley	Fr.	Mid. Distance	
Mid. Distance		Jared Paxton	Fr.
Pat Boyd	So.	Throws	
Mid. Distance		Chris Peterson	Fr.
Sydney Brathwaite	Fr.	Sprints, Decathlon	
Sprints		Joey Phillips	Fr.
Justin Braughton	Fr.	Sprints, jumps	
Sprints, hurdles		Keith Piggee	Fr.
Beuford Brown	Fr.	Sprints, jumps	
Sprints		Aaron Reader	Fr.
Antonio Bush	Fr.	Sprints	
Jumps, hurdles		Brian Reed	Fr.
Rey Centano	Fr.	Distance	
Pole Vault, Sprints		Tim Richart	So.
Sean Christopher	Fr.	Mid. Distance	
Jumps		Peter Rutter	So.
Shannon Danielson	Fr.	Distance	
Throws		Shawn Thayer	Fr.
Brian Davi	Fr.	Distance	
Pole Vault		Dustin West	Fr.
Djonovan Dobbins	Fr.	Sprints, Decathlon	
Sprints, jumps			
John Fox	So.	Coaches:	
Pole Vault, Decathlon		Tracy Brigham	
Mel Frank	Fr.	Whit Baker	
Throws		Charlie Smith	
Danny Murphy	Fr.	Lonnie Merritt	

Ex-Marine is now a T-Bird decathlete



Photos by Petra Sokolova

Above: Chris Peterson took 17th place in the 200 meter dash at the UW Invitational.

Right: Chris Peterson feels he will do well this season in all of his events, especially the decathlon.

By Rachel Tanev
Staff Reporter

It's a bird, no it's a plane, no it's Highline men's track sensation, Chris Peterson.

He can run, jump, pole vault, throw and hurdle.

"Chris Peterson is one of the best all-around athletes to compete in Highline track in a long time. He's the type of athlete that we can count on to run in any event and score well," said Coach Tracy Brigham.

At 6' 2" and 180 pounds, Peterson competes not in one, but 10 events in the decathlon.

He has been competing in track for six years.

Peterson graduated from Juanita High School in 1995.

He also participated in track during high school doing the triple jump and 300 hurdles.

Instead of attending college right after high school, Peterson decided to enroll in the Military Marine Corps for four years.

"I needed money for school. I wasn't quite ready for college, and the Marine

Corps was something I always wanted to do," said Peterson.

Although this is Peterson's first year competing in the decathlon, he doesn't believe it to be hard.

"It's not really hard, but I am starting from scratch because I didn't compete in track for four years," he said.

Peterson does think competing in 10 events compared to one is a lot harder.

"It's hard to practice for all 10 events. It takes a lot of time and concentration. You have to learn all the forms; it's more mental, more thinking is involved," said Peterson.

This is Peterson's first year at Highline.

He decided to attend Highline to combine his credits and believes it is one of the top community colleges.

"I think Highline is one of the better community colleges. Highline actually works with you as the student," he said.

There is a possibility Peterson will break Highline's decathlon record.

"He'll be a strong force in the decathlon this year and has a good chance to break Highline's long-standing record," said Brigham.

Peterson is also certain he can break the freshman record and believes it is conceivable of breaking the school record.

"I am confident I can break the freshman record. If I have a good season and stay healthy, I can maybe break the school record; it's possible," Peterson said.

Peterson's goal for this season is to place in the top three in conference.

He plans to attend Highline for a year then transfer to Central Washington University to major in Computer Science.

He also plans to pursue track at Central.

"I definitely will compete in track at Central," he said.



Team captain works hard for his teammates

By Paris Hansen
Staff Reporter

No that's not Tom Cruise down there running around Highline's track, it's Tim Richart, a sophomore at Highline who bears a striking resemblance to the actor.

Richart is one of the returning track stars from last year's fourth place men's team and this year's team captain.

Track Coach Tracy Brigham said she named Richart team captain because "he's a leader, a good motivator, he sets a good example, and he's a hard worker."

Richart feels being named team captain shows that the coaches noticed the hard work he put forth last year.

"Last year I went the extra mile and now I feel like I am being rewarded," he said.

Richart has been involved in track for the last eight years ever since he started school at Montesano High School near Aberdeen.



Tim Richart

In high school Richart started out by running distance events and high jumping. His freshman year he decided to change from distance events to the 400 meter dash.

Last track season, Richart ran the 400 and was a part of the 4x400 meter relay team, which took third in the NWAACC championships.

Richart recently decided to change his events around after

running cross country this past fall.

So far this season, Richart has run the 800 and is a part of the 4x400 relay team. He is still trying to decide if he will run the 400 and the 1,500.

"I'm at 2:01 right now in the 800," said Richart. "I hope to run 1:58, 1:59 this weekend. By NWAACC's hopefully I'll be under 1:55."

Not only did Richart change his events, but he has also decided to change his major from engineering to business because he didn't like engineering.

"I got in the program and realized I didn't like what I was doing," said Richart.

Richart is also very well liked by his teammates, who say he works really hard and is key in keeping the team motivated.

"Tim's a really great guy, he's a really good motivator," said teammate Dustin West. "He always keeps me going."

"He gets where he is through running and the work that he puts out for himself," said Man-

zell Blakely. "He pushes himself all the time."

Coach Whit Baker says that Richart is self-sufficient and does all the work that he needs to do. Some people need to be pushed, Richart does every task he is given and gives them 100 percent of himself.

"He's a great kid, a great athlete, a team leader and the hardest worker I've ever seen," Baker said. "He does a wonderful

job. He never skimps on a workout."

Richart helps out with the new runners and runs drills with the team. He is always willing to help anyone in need, said Baker.

"He helps to make the team better," said Baker.

Richart hopes to see the men's and women's track teams place high in the NWAACC championship later this season.

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High flying T-Birds

By Paris Hansen
Staff Reporter

Having your head in the clouds is not always a bad thing, especially when you're a member of one of Highline's track teams.

The jumping events which include the pole vault, high jump, long jump and triple jump, are some of the most important events in track and field.

"Pole vaulting takes a lot of practice and is more of a full body workout," said returning pole vaulter John Fox.

Fox is joined by freshmen Rey Centano and Brian Davi, both of whom are just concentrating on pole vault for now.

"I was running the 4x1 during the warm-up [at UW] and was not prepared to vault," said Centano. "At PLU, I won't run the 4x1 and will concentrate on vaulting."

Fox, on the other hand has decided to take on a new responsibility, the decathlon, which includes pole vaulting. The decathlon also includes the other jumping events.

Both Fox and Centano feel that the men's pole vaulting team will do well this season as long as they can get over the bar. One thing that will help out in that is practicing more.

"We need more practice time," said Centano. "I think that's what is hurting us."

"We have problems with consistency," said Fox. "We all have the capability of

getting over 15 [feet]. Brian and I have the potential to be as good as Micah [Adams] and Rey when he's on can get up there."

Pole vaulting for the women's track team is Rachael Schwartz, a returner from last year's women's team. She is the only woman pole vaulter this year.

This is the first year that the women's pole vault will be offered as an actual NWAACC event. Last year it was an exhibition event.

Schwartz wishes that she had somebody to practice with besides the three guys.

"I have no competition," said Schwartz. "I would like somebody to have around to help push each other."

Schwartz's goal for this season is to vault 10 feet.

She has come very close to that by clearing over nine feet in an indoor meet in Idaho last month.

Last year Schwartz had a personal record of eight feet.

Fox helps Schwartz during vault practices and says she is doing much better.

"Rachael has improved a lot over last season," he said.

Returning high jumper Jenoa Potter, who took second in last year's NWAACC championships, knows exactly what Schwartz is talking about.

Last year, Potter was the only female high jumper and only had men's high jumper Sean Steele to practice with. Steele could jump at least a foot higher than Potter could making it difficult to



Photo by Petra Sokolova

Sophomore Jenoa Potter tries to clear the high jump bar at a recent meet at the university of Washington.

find friendly competition.

This year, Potter has teammate Erin Johnson to compete against.

"Erin and I will do really good," said Potter. "Competing and pushing each other will help us both out."

Potter, who placed fifth in the UW Invitational, foresees Johnson and herself taking first and second places in the NWAACC championship in May.

"Who knows which of us will get which," she said. "We'll just have to see."

Freshman Antonio Bush will provide the points in the men's high jump this year.

Although he is starting off the season unattached, Bush will be a great replacement for Steele, who finished second in last year's championships.

Bush, who came to Highline in the fall, was forced to drop out due to problems with financial aid.

He is expected to be eligible in Spring

Quarter.

Bush graduated from Fife High School where he had a successful career there.

He competed in the 110 meter high hurdles, the long jump, the triple jump, and his forte, the high jump.

Brigham expects Bush to be a good competitor at the high jump and could win the event in the NWAACC championships.

"I also want him to do the triple jump and the hurdles," said Brigham. "He is a really good athlete and I think he could jump close to seven."

Rounding out the team of jumpers is Djonovan Dobbins, Peter Murray, Lloyd Ball, Juanita Agard, Rachel Moyer, and Monica Angeline. They will be competing in the long jump and the triple jump.

Brigham and all the jumpers expect to do well and see taking high places in the NWAACC Championship in May.

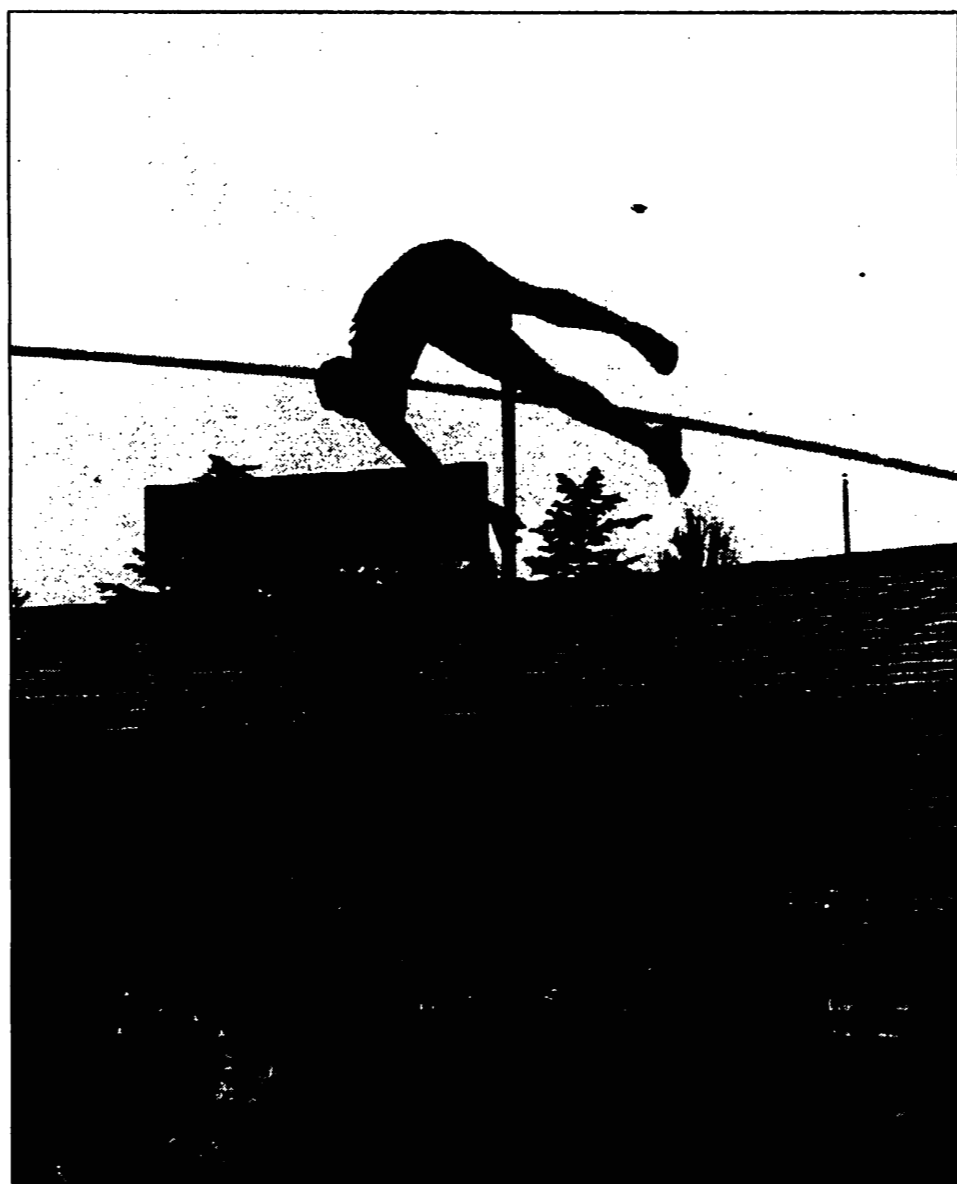


Photo by Petra Sokolova

John Fox tries to launch himself over the bar at UW Saturday. Fox and the other pole vaulters were unable to clear the vault bar.

Come join the fun!!!!

Highline's track teams are looking for a few good men and women who can run, jump, or throw objects around. If you can do all three you are very special.

Practice starts at 2:30 p.m. Monday-Thursday on the track. Anyone interested should see Whit Baker at practice or call Tracy Brigham at 206-878-3710 ext. 3449.

Women's track team reaching new goals

By Evan Keck
Staff Reporter

Women's track is coming out of the blocks and into a new race.

In its second year of existence the team is building and is able to compete as a real team.

Head Coach Tracy Brigham is excited about the upcoming season. She has seven returners and was able to recruit some athletes for the first time.

"Last year we had a small turnout and did not have a chance to recruit," Brigham said.

Brigham has also brought in more coaches to help out the team. Charlie Smith is one of the new positive additions to the team.

He coaches men's and women's track in events such as jumping, vaulting and sprinting. Smith came from Central Washington University and will help the team tremendously.

With the numbers up from last year, 14, the team has more talent to choose from and Brigham wants to take them all to the championships.

"We need as many people to qualify for NWAACCs," said Brigham. "Relays especially."

Brigham has done non-stop recruiting around the community as well as on campus getting athletes from other sports like cross-country, women's soccer and basketball.

Angie and Vickie Upchurch are two of the women soccer players to join track.

Brigham is also expecting three to four basketball players to join now that their season is over.

The track team has already competed in two non-official meets in Idaho and at the University of Washington and will

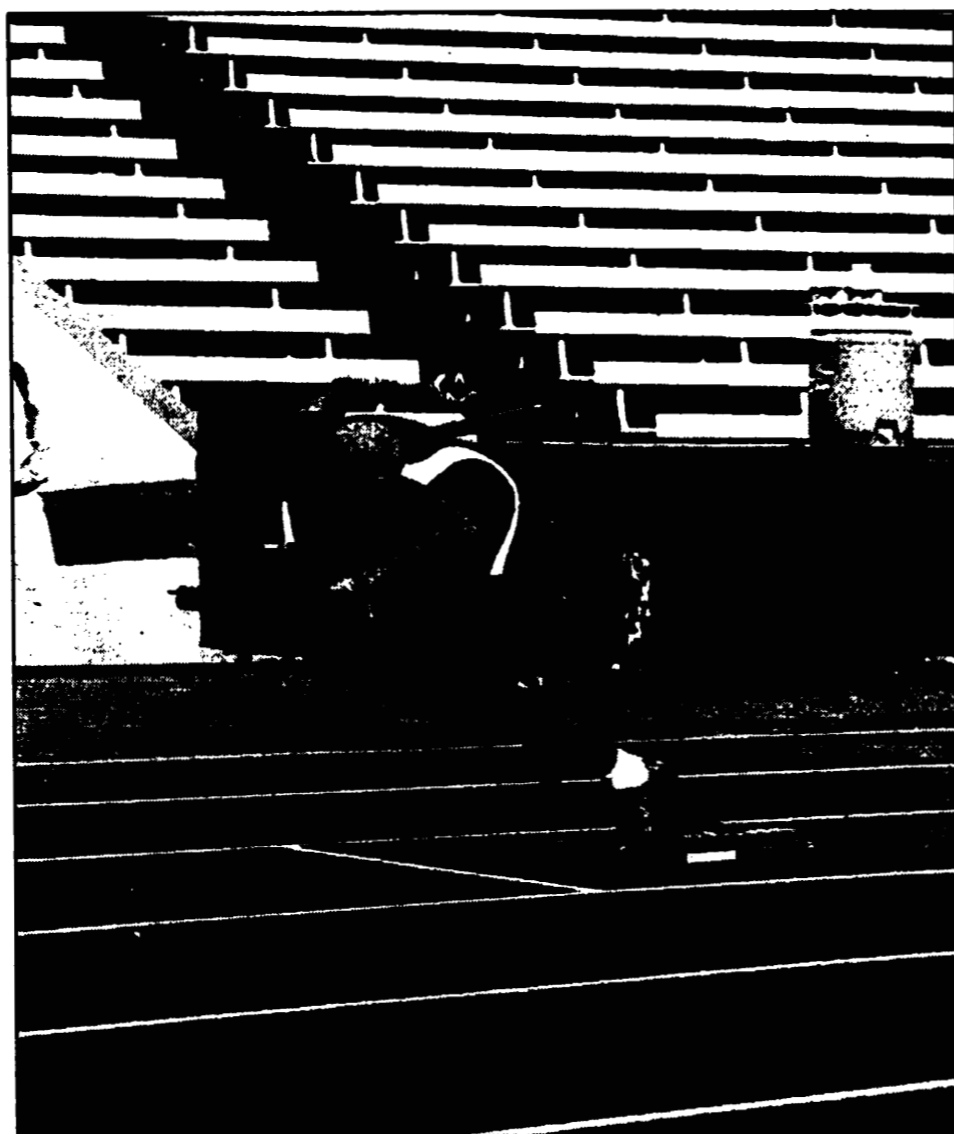


Photo by Petra Sokolova

Juanita Agard coming out of the blocks in the 4x100 meter relay at Husky Stadium on Saturday, March 4.

have their first official meet at Pacific Lutheran University on Saturday, March 11.

"We will see a lot of the same schools as at UW," Brigham said.

Highline will have no home meets this

season due to construction on the field. The T-Birds are forced to travel from as far as Spokane, to Ellensburg to Gresham, Oregon, to compete.

Highline has 10 tournaments and

meets before the championships.

At most of the meets this season Highline will compete against larger division schools. University of Washington, Central Washington, PLU, Gonzaga, and Western Washington are some of the schools they will face.

There are 12 NWAACC teams along with the T-Birds. Clark, Spokane, Lower Columbia, and Highline are the only colleges with a track program in Washington. Most of the competition is in Oregon.

Clackamas, Mount Hood, and Southwestern Oregon are a few of the southern colleges.

Brigham is particularly happy about the depth of the team. With sophomore leadership, there is NWAACC experience that is brought to the team.

Already several T-Birds have come close to qualifying for the championships.

"The relays have greatly improved from last year," said Brigham. "At Husky stadium the 4x400 relay team beat last year's best time by 20 seconds."

To qualify for the NWAACC tournament, a minimum standard was put in place. The 100 meters qualifying time is 13.06. The 200 meters is 26.69, and the 4 x 100 relay is 52.94 just to name a few.

Highline took eight men and women to the NWAACC tournament last spring and hopes to take more this year.

First, the team is looking to the season before the championships.

Women's Track Roster

Juanita Agard	So.
Sprints, Jumps	
Monica Angeline	Fr.
Heptathlon	
Karla Booth	So.
Distance	
Jessica Cook	Fr.
Distance	
Susan Hansen	Fr.
Sprints	
Erin Johnson	Fr.
Jumps	
Melinda Kuolt	Fr.
Throws	
Teresa Moreau	Fr.
Distance	
Rachel Moyer	So.
Mid. Distance	
Jenoa Potter	So.
Jumps	
Rachael Schwartz	So.
Pole Vault	
Jenny Trujillo	Fr.
Mid. Distance	
Angie Upchurch	So.
Mid. Distance	
Vickie Upchurch	So.
Mid. Distance	
Erica Wood	Fr.
Throws	

Spring Track & Field Schedule

Feb. 19	McDonald's Invite	University of Idaho, Moscow, ID
March 3	UW Invitational	UW Husky Stadium, Seattle
March 11	PLU Invitational	Pacific Lutheran, Tacoma
March 16, 17	EWU Multi Invitational	Eastern Washington, Cheney
March 18	Dusty Lane Open	SFCC, Spokane
April 1	Willamette Invitational	Salem, Oregon
April 8	Mt. Hood Relays	Mt. Hood CC, Gresham, OR
April 15	PLU Open	Pacific Lutheran, Tacoma
April 22	CWU Invitational	Central Washington, Ellensburg
May 1, 2	NWAACC Multi Championships	CCS, Spokane
May 6	Clark Invitational	Clark College, Vancouver
May 13	SPU Invitational	Husky Stadium, Seattle
May 25, 26	NWAACC Championships	Clackamas Community College, Oregon City, OR

Running miles is all in a day's work

By Kaylene Papenfuss
Staff Reporter

Do not try to run a mile in Jenny Trujillo's shoes; she's too fast.

Trujillo runs for Highline because of her passion for it and it was her best option as a community college.

As a member of the Highline Cross Country team Trujillo has succeeded. Taking 15th place in the NWAACC tournament, Trujillo continues to run now for the track team.

The freshman has a partial scholarship and has been attending classes for two quarters. Before coming to Highline, she attended Kent-Meridian High School.

"I knew I wanted to go to a community college and I was going to go to Green River but they didn't have cross country or track. I heard that this was a good school so I came here," said Trujillo.

While in high school, Trujillo earned the title of captain of the team all four years.

Trujillo's coach, Tracy Brigham, is glad to have her at Highline.



Photo by Petra Sokolova

Jenny Trujillo runs in the 800 meter race at Husky Stadium on Saturday, March 4.

"I wish I had more of her," said Brigham. "She was our number one runner for woman's cross country and brings that same talent to track and field."

Trujillo has been running since the sixth grade. "I just wanted to do some kind of sport," she said.

"It's kind of like a high, you know. I mean there's pain when you're running but then when you stop, it feels so much better," Trujillo said about why she continues to run.

Trujillo wants to become a physical education teacher or work in athletics.

"My major will probably end up being in health or something like that," she said.

The first race Trujillo had at Highline was in Pasco against a large field of runners. "I felt like it should be on TV or something, these guys were so good," she said.

Trujillo runs on the 4x400 relay. They broke the previous year's team record by 20 seconds.

"She's a very hard worker with a great work ethic. She is very motivational for the whole team," Brigham said.

The team recently went to Moscow, Idaho for an indoor track meet, where Trujillo competed on an unofficial basis.

Trujillo plans to run cross country during the summer to keep in shape.

She plans to transfer to the University of Washington next year to pursue her education. Trujillo says she would like to continue to run but doesn't feel she could compete successfully at the University of Washington.

"Jenny excels in the classroom and is a model for other student-athletes," Brigham said, "She is a very hard worker and a natural leader."

Trujillo says she prefers the college scene to high school, "College is a lot better, people are more mature," she said.

"She should qualify for NWAACCs and set Highline records in at least two events," said Brigham. The events Brigham thinks Trujillo will qualify for are the 800m and 1500m.

"Jenny should set her goals high for the season, I think she will go far," said Coach Brigham. "She is a delight to have on the track team."

High-caliber heptathlete competes for Highline

By Adam Aziz
Staff Reporter

Monica Angeline has been running since elementary school. She ran three to five miles in the morning with her dad before school. So it's no surprise the success she has had participating in track and field.

Angeline attended Puyallup High School where she etched her name in many of the top 10 records. She broke the 400-meter dash record, with a time of 57.2. She went to state three of the four years she was in high school. Her senior year, which was her best year, she went to districts in five events. She went on to state winning the 400-meter dash.

After graduating from high school, Angeline was accepted to attend Pacific Lutheran University. She applied to PLU because she had an interest in the school and also because they have a good track program.

In her first year of attending she had a major set-back, her grades began to decline. She had a difficult time adjusting to college life and also staying focused.

"It was just a lack of putting effort into my classes, I wasn't really interested in them," Angeline said.

She continued to attend



Monica Angeline

PLU, but did not practice or compete in track and field while she was there.

After a year of not competing, as well as not doing as well in the classroom as she intended, Angeline decided to transfer to Highline.

She decided to attend Highline because it was a place where she knew she could get her grades up. She also decided to attend because of the track coaches.

Not competing for a year is all the motivation Angeline needed.

"I'm looking forward to this season, I'm excited to see if I can break any of my personal records," she said.

After competing in the first track meet of the year Angeline placed 10th in the 400-meter

dash and 12th in the 200.

"I'm really excited to have her out this year. She is a high-caliber athlete. I think that she'll probably set many Highline records," Coach Tracy Brigham said.

Angeline participates in several events: 200 and 400-meter dash, hurdles, jumps 4x100 and 4x400 meter relays and the heptathlon, which consists of seven events over a two-day span.

At the UW Invitational last weekend, Angeline placed 12th in the 200, 10th in the 400 meter, while the 4x100 relay placed fourth.

"She is a very good all-around athlete, you can stick her in just about any event and she'll be able to succeed," Brigham said.

Angeline enjoys running track because she scores points for the team, but when she's out there competing, she's out there competing against everyone else.

"I try to push myself so I can break my personal records," she said.

After she completes her associate degree, she plans on transferring to a four-year university. She is interested in majoring in communications.

Her deepest motivation is her goal of succeeding in running.

In high school the goal was to get to state. In college, her goal is to attend the University of Washington and become a Husky.

"It would be great to be at your home university and be

competing in front of a lot of people," Angeline said.

With a few more years to go and time to train and compete don't be surprised if you see Angeline running laps in purple and gold.

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WINDSOR
Real Estate

Softball season off and swinging

By Patrick Alcorn
Staff Reporter

Highline's fastpitch team is looking to repeat the success of last year's squad, which finished second in the Northwest Athletic Association of Community Colleges.

Due to the tragic loss of star pitcher Meghann Hall and Tiffany Martinez's decision to sit the year out, Highline is without a single returning player from last year's squad.

"The whole Meghann thing brought us closer together," outfielder Julie Hull said. "We went from barely saying hi to each other in the halls to calling each other everyday."

The loss of Hall was a major contributor to Martinez's decision to not play this year.

"She just doesn't have the drive anymore. A lot of her memories are with Meghann," Coach Cara Hoyt said.

"We lost a leader, a captain, and another player with experience at this level," Hoyt said of the loss of Martinez.

Without the benefit of having returning players with championship level experience, Hoyt will look for pitcher Sarah "Shorty" Short, and catcher Nellie Peterson to take on leadership roles.

Highline only has two pitchers on their roster and one of them, Short, had to make the transition from catcher after the loss of Hall. Ali Payne, a Ballard High graduate, makes up the second half of the pitching staff.

"(The pitchers) are strong and they're working hard. Our defense is good enough to pick



Photo by Connie Harshman

Nellie Peterson at the plate lets a low ball fly by at practice on Monday, March 6 on the Highline softball field.

up the slack whenever they need us to," Highline infielder Mari Farrens said.

The team cancelled the first week of practices when news of Hall's death struck. Hoyt doesn't believe that the unexpected break will trivialize the team's progression.

"We're about three-quarters of the way there. The quarter

we're missing is being outside Arizona will improve us 100 percent," she said.

Highline will travel to Tucson, Arizona on March 17-18 for the Aztec Classic, which will give the women a chance to get out of the gym and get some outdoor experience.

"It'll be fun but hard. They're one of the top states for baseball

and they practice outside a lot so that will help them," Farrens said.

To have a successful year, Hoyt believes the team will need to be fundamentally sound on both offense and defense and will need to set and hit goals every game.

"We set goals every game. On defense, our goal might be

to communicate, and on offense we'd want to get double figures in hitting," Hoyt said.

"Cara's really into hitting. We have to average a certain number of hits every game," Farrens said.

As for the season goals Hoyt wants the women to start with little things and just play the games to their ability.

League play for the Thunderbirds begins March 28 with a home doubleheader against the Green River Gators.

Highline's second home game will be against Lower Columbia, the defending NWAACC champions and the team that Hoyt feels is one of the best again this year.

"They got a pitcher who transferred from a four-year and she just throws bullets," Hoyt said.

Highline will be striving all season to be in Spokane May 20-21 for the NWAACC championships.

"I see us going to the championships. We have a lot of strong individuals and once we get everyone into practice our talents will mesh," infielder Colette VanRuth said.

Monday was the first time the team was able to practice as a whole. The weather isn't cooperating much with the team either. Tuesday was only their third day of outdoor practice.

Hoyt has a warning for any opponent that may overlook this young Highline team.

"Don't get caught on your heels, this new team could surprise you. Normally younger teams can be taken advantage of but these girls won't allow that," she said.

2000 Fastpitch Schedule

Home Games are in bold-italic print

Day	Date	Opponent	Time
Non-League Games			
Friday	March 3	● Bellevue Community College	Rained out
Friday & Saturday	March 17 & 18	● Aztec Classic, Tucson, AZ	TBA
League Games			
Tuesday	March 28	<i>Green River Community College</i>	2 & 4 p.m.
Friday	March 31	● Olympic College	2 & 4 p.m.
Saturday	April 1	● S Puget Sound Community College	2 & 4 p.m.
Tuesday	April 4	● Pierce College, Peck Field	2 & 4 p.m.
Thursday	April 6	<i>Lower Columbia College</i>	2 & 4 p.m.
Tuesday	April 11	<i>S Puget Sound Community College</i>	2 & 4 p.m.
Friday	April 14	● SW Oregon Community College	2 & 4 p.m.
Tuesday	April 18	● Green River Community College	2 & 4 p.m.
Friday	April 21	● Mt. Hood Community College	2 & 4 p.m.
Saturday	April 22	● Grays Harbor College	2 & 4 p.m.
Tuesday	April 25	<i>Olympic College</i>	2 & 4 p.m.
Friday	April 28	● Centralia College	3 & 5 p.m.
Saturday	April 29	<i>Grays Harbor College</i>	2 & 4 p.m.
Tuesday	May 2	<i>Pierce College</i>	2 & 4 p.m.
Friday	May 5	<i>Chemeketa Community College</i>	2 & 4 p.m.
Saturday	May 6	<i>Clackamas Community College</i>	2 & 4 p.m.
Saturday & Sunday	May 13 & 14	League Playoffs, TBA	TBA
Saturday & Sunday	May 20 & 21	NWAACC Championships, Spokane	TBA

Fastpitch Roster

Name	Year/Position
Farrens, Mari	FR / Infield
House, Lynsi	FR / Infield
Hull, Julie	FR / Outfield
Manfredi, Tay	FR / Utility
Payne, Ali	FR / Pitcher
Palin, Tiffany	FR / Infield
Peterson, Nellie	FR / Catcher
Pye, Tiana	FR / Outfield
Qunell, Tiffany	SO / Infield
Short, Sara	FR / Pitcher, Infield
VanRuth, Colette	FR / Infield
Whitehead, Jessica	FR / Infield
Wisebeck, Lacey	FR / Outfield



Photo by Connie Harshman
Ali Payne on the mound at practice on Monday, March 6, on the Highline softball field.

Pitchers' determination helps on mound

By Jahmal Corner
Staff Reporter

For any fast pitch team the name of the game is pitching.

The Highline women's fastpitch team is no different. The pressure is on for the individuals who must bring their stuff to the mound. For Highline, that's Sarah Short and Ali Payne.

Possibly never before has Highline fastpitch seen a more contrasting duo. The two freshmen will provide the arms in the T-Bird game plan, but the similarities just about end there.

Sarah Short is a southpaw who goes by the nickname "Shorty." From the outside looking in, her personality could easily be mistaken for shy. She's the type of person who puts on her hard hat and quietly goes about her business. Ali Payne deeply admires these traits.

"Sarah is probably the most dedicated person on the team," she said. "Once a week she travels to Western Washington

to get tips from their pitching coach," Payne added. "That's no short trip."

"Shorty" attended Enumclaw High School, where she started pitching. The highlight of her career there was competing in a state tournament her junior year. But she now hopes to make present day highlights.

"We really want to make the NWAACC Championships," she said.

Ali Payne marches to a slightly different drum. She attended three different high schools, including one in Oregon, before graduating from Ballard.

The right-hander has been molding her pitching since she was in the fourth grade. Her size isn't comparable to most pitchers, but her repertoire of pitches makes her a deadly weapon.

As she describes it, she wasn't cursed with a hesitant tongue.

"I'm a totally blatant person," she said. "If I have an issue I have no problem letting

you know."

It's hard enough being a first-year pitcher, but these ladies must face an even greater obstacle - playing without Meghann Hall.

Hall was Highline's returning ace. She died in a plane crash on Jan. 31. "Since we lost Meg it's been hard to focus up there"

(on the mound), Payne said. "There's a lot of pressure on us."

Short seconds that. "Losing Meghann has definitely rearranged my

life, and made me realize how precious every one of us is to each other."

The T-Birds finished second in the NWAACCs last season, but hope to do better this year because "We're dedicating the season to Meghann," Payne said. Two freshmen, two characters, one goal.



Shorty

T-Birds hope Qunell has hammer at plate

Heavy-hitting transfer had to come north

By Pete Wilson
Staff Reporter

Tiffany Qunell may speak lightly but she carries a big stick. Qunell had a .560 batting average last year at Pierce Community College, but decided that she did not want to play another year there.

"Pierce is a good academic school but is too much like high school," she said. "It is all the same people and they all act like they're still in high school."

The uncomfortable atmosphere wasn't the only problem Qunell came across. She also was dissatisfied with the program.

"At Highline there's more people involved," said Qunell. "At Pierce we had to drive to a recreational field to practice, where as here at Highline we have our own facilities."

The 5'7" Qunell attended Franklin Pierce High School where she played three sports, fastpitch softball, soccer and basketball. While playing varsity in all three sports, fastpitch grew to be her favorite. After graduating in June 1998 Qunell first wanted to attend Pacific Lutheran University but was unable because there wasn't a sufficient amount of grants and



Tiffany Qunell

scholarships offered. Unwilling to part with her family, she decided not to pursue San Diego State or Oregon State, her other preferred schools. She chose Pierce because it was relatively close to home. So she signed a letter of intent to play basketball and fastpitch.

"After signing the letter of intent to Pierce I was approached by Cara (Hoyt, head coach of the women's fastpitch team) to play here at Highline," said Qunell. "I wanted to change my mind but it was too late. Plus the coach was really strict about those kinds of things."

So shortly after completing her first year at Pierce, Qunell approached Hoyt about playing for the T-Birds.

"I said yes to her playing here and that was all," said Hoyt. "She did all the paper work herself."

Which in turn did not make her eligible to play soccer or basketball for the T-Birds, due to the slow process of transferring her transcripts.

The wait was worth it for Hoyt.

"We are very fortunate to have her transfer from Pierce," she said. "Her experience at this level will really help us, being mostly all freshman and all."

Qunell's great athleticism will also help this year's team. According to Hoyt, Qunell is very versatile and is capable of playing many different positions, so she will fill in as a utility player. She'll spend most of her time at third base or shortstop, which is fine with Qunell.

"I regularly play shortstop but I have no problem switching off at third," she said. "I like to be involved in the play and covering second when someone is stealing."

Qunell's sister, Roberta, also enrolled at Highline and expects to see playing time for the T-Birds.

Qunell's bat will also offer some added help to the T-Birds' line-up. She is a switch hitter, but she prefers to hit from the left side.

"I like to hit from the left side now," Qunell said. "They say you're one step closer to first base. Plus it is easier to hit from the left side, you seem to get better pitches."

That's because most pitches are right-handed, making it harder for them to come in on



File photo

Tiffany Qunell works on her hitting in practice. Qunell had a .560 batting average while at Pierce College and is expected to bring in a lot of power on offense.

lefty batters, Hoyt said.

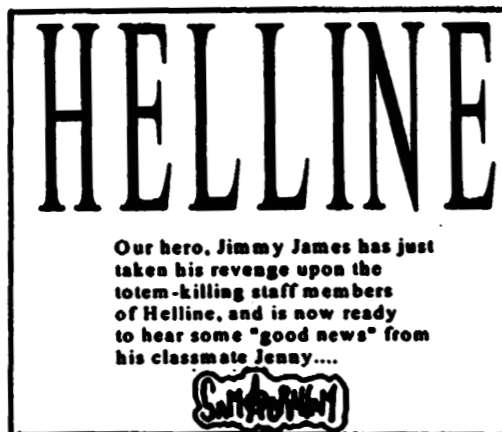
Qunell is one of the five left-handed batters on the roster. And being one of the only sophomores on the team, she is going to be expected to be a leader, but in her own way.

"She is not much of a vocal leader but she is a action leader," said Hoyt. "She will lead by example. She is quiet but witty so she can be kind of funny but she can also be very serious. She puts on a different

hat when on the field."

Qunell currently has a 3.3 GPA and plans on graduating in June 2000. But because she has two years of eligibility for soccer left and one year of basketball she may stay at Highline another year.

"If I don't get any scholarships or grants to play at PLU, San Diego State or Oregon State I will stay at Highline another year and play soccer and basketball," said Qunell.



Roche

continued from page A6

Dean was a homosexual and Judy Garland did enough drugs to kill a small horse. So what.

Should we change the title of *The Wizard of Oz* to *Dorothy Pawns Her Glass Skippers to Support Her Crack Habit?*

And stop regurgitating scandals. An expose is only interesting if material exists which would be interesting to expose. Does Bobby Brown cheat on wife Whitney Hous-

ton? Shoot, does Jennifer Lopez have a little hole in her dress?

Yes, I'm finally putting the debate to rest. Britney's chest is indeed the product of modern medicine and not a typical teenage growth spurt.

I know this only because I have kept detailed charts and graphs chronicling the pattern and rate of her cup size maturity, and my scientifically based studies have concluded one irrefutable finding: they ain't real.

Derek never wants to hear you say, "I want it that way."

Where it's at

• A winter concert features Highline's Concert Choir performing Wolfgang Amadeus Mozart's Requiem.

Admission is free, and the performance will take place in Building 7 at 7:30 p.m. tonight.

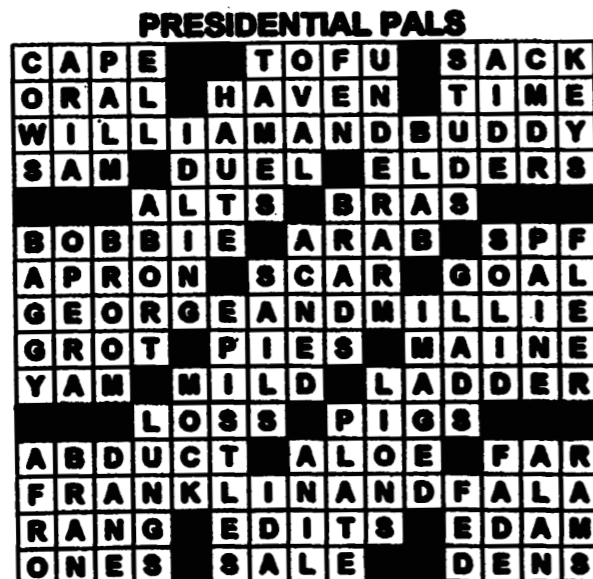
• Throughout the month of March, Highline's Library Art

Gallery will be hosting the extensive Native American art collection of Stanley Owen.

The gallery is located on the fourth floor of Highline's library, and there will be a dedication on March 29.

• In honor of Women's History Month, Highline is hosting an exhibit in Building 6 to celebrate the life of Mary Baker Eddy, which will remain until March 17.

Solution to last issue's crossword puzzle



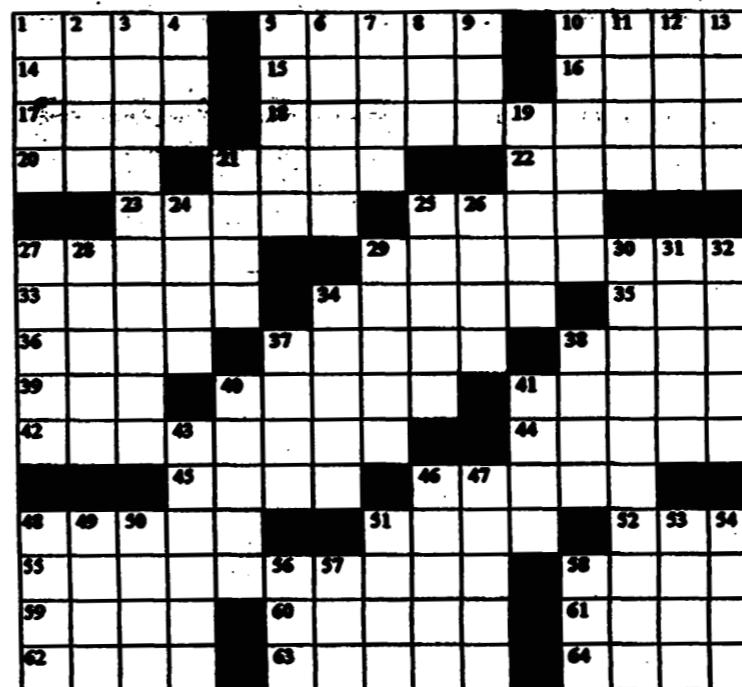
Crossword 101

By Ed Cauty

"Murphy's Law"

- ACROSS**
- Murphy's fuel
 - Cancer treatment
 - Boast
 - Farm unit
 - Tricked out
 - Ambulance
 - African nation
 - Murphy's treat with 55 Across
 - Geological time
 - So. American rodent
 - British noblemen
 - Linen lead in
 - Ladd, actor
 - Flour and water combo
 - Mrs. Murphy's chowder add in
 - French city
 - Uncorks
 - Dine
 - La lead in
 - Alert
 - Humane org.
 - Tin follower
 - Surety bonds
 - Challenger
 - Plumbing fixtures
 - Penny pinchers?
 - Irish pub specialties
 - Type of boom
 - Aches relatives
 - Irish pub fixtures
 - Radio operator
 - Murphy's treat with 18 A
 - Big event
 - Piglet's pal
 - More plain
 - Legal action
 - Alto
 - Ms. Barton
 - Picnic visitors

- DOWN**
- Stride
 - Sound rebound
 - Galway Bay features



- CNN's founder
- Actress Imogene & family
- Liquor, slang
- Pound, post
- Pub door sign
- Lyric
- Pool house
- One who regrets
- Mr. Hersheiser
- Early female flyers
- Darlings
- Pastries
- Hwy. numbers
- Sweats
- Fast period
- Pumpkin plot
- Arrangement
- October birthstones
- Little man with the treasure
- Punchbowl spiker
- Hollywood icons
- Leaves out
- Not neurotic
- Rice drink
- Model wood
- Lairs
- Spanish farm
- Weir
- Follows soap
- "A Chorus Line" director
- Old World buffalo
- Totem pole, e.g.
- Scarlett's home
- Settled down
- Gym needs
- London radio sta.
- ATM receipt abbrev.
- Young girls org.

Quotable Quote

"Irish Americans are about as Irish as black Americans are African."
... Bob Geldof

By GFR Associates E-Mail: EDC9432@aol.com
Mail: GFR, P.O. Box 461, Schenectady, NY 12301

Lady T-Birds earn sixth at tourney

By Patrick Allcorn
Staff Reporter

VANCOUVER, Wash. — Highline's women's basketball team went 1-2 last week in the NWAACC tournament at Clark College, finishing the season as the sixth best team in the conference.

The T-Birds lost a first-round game to Wenatchee, 79-63, on Thursday. Highline then rebounded to dump Peninsula, 65-45, on Friday, before falling to Skagit Valley, 82-74, in the fourth-place playoff game on Saturday.

Tournament favorite Umpqua defeated Spokane, 75-64, for the championship.

Highline's first opponent, the Wenatchee Valley Knights, came into the tournament with a 27-4 record and held a huge height advantage over the Thunderbirds. The Lady Knights had six players 5'10" or taller; Highline had one.

The game started out like every playoff game should. The first half was as tight as it could be with neither team having more than a four-point lead.

Wenatchee played a tough full-court press throughout the first half and were led by Jennifer Schooler, who's pitbull mentality was evident when the sophomore guard shouted, "Ball, ball, ball," every time Highline's guards had the ball.

A pair of Cal-Jean Lloyd free throws gave Highline a four-point lead with just over a minute left in the half when



Photo by Petra Sokolova
Chandra Rathke tries to hang onto the ball against Wenatchee in first-round action.

Schooler went on a five-point tear to give the Knights a slim 30-29 lead at halftime.

At halftime, Highline Coach Dennis Olson said of the one point margin, "Last year we trailed by 19 to this team at halftime, so I'd say this is a bit of an improvement."

But at the start of the second half Highline's defense fell apart. With the game tied at 32, Wenatchee went on a 12-0 run

to take the big lead that would never be relinquished.

Highline came within seven at one point, but Wenatchee's tough defense and accurate shooting kept the Thunderbirds from mounting a comeback and Wenatchee won 79-63.

Wenatchee center Samantha Garrett had a big night, contributing 13 points and grabbing 18 rebounds. Trish Wipprecht came off the bench to hit for 22

points and lead the Knights in scoring.

Lisa Milne played all 40 minutes for the Thunderbirds, led the team with 18 points and was a perfect 4-4 from three-point land. Druzella White had a big night, coming off the bench for the foul-plagued Lloyd, hitting 10 points on 4-5 shooting.

"Coach needed me off the bench, that's my job," a disappointed White said after the game.

Highline was outrebounded by the much taller Wenatchee team, 46-32, and most Highline players agreed that was a major contributor to the loss.

"We weren't blocking out, they kept getting put-backs," Chandra Rathke said.

"They're so big they just push you under," White said. "They were going over the back a lot but there wasn't enough contact for the refs to call it."

On the second day of the tournament Highline was matched up against Peninsula, who lost in the first round to Umpqua, the eventual champions.

Peninsula had more losses than any other team in the tournament and it definitely showed Friday afternoon.

Highline scored the first basket of the game and never lost the lead.

Cal-Jean Lloyd had a big first half hitting for 14 points, and Rathke added nine as the Thunderbirds took a 40-21 lead into the locker room.

But the big lead wasn't

enough to please the fiery Coach Olson, who was surprisingly disappointed at halftime.

"We're not playing well. We're making tons of mistakes, poor passes, and just not paying attention," he said.

The second half was pretty much back and forth as Highline outscored the Pirates by just one point and finished the game ahead 65-45.

The commanding lead gave Olson a chance to play some of his reserves for the final time in their Highline careers.

"We got to give everybody a chance to play. That was good," Olson said.

A mixture of good Highline defense and poor Peninsula shooting resulted in the Pirates hitting a horrific 20 percent.

Lisa Milne had a good all-around game for Highline with 14 points, eight rebounds, and four assists.

"I thought we played good," Milne said, "We ran the offense a lot better than yesterday."

Rathke showed tremendous hustle throughout the game, diving for at least six loose balls, and hitting for 14 points.

"I just wanted to have fun. I wasn't worried about anything. I was just sacrificing my body," Rathke said.

Lloyd played less than 25 minutes but still managed to lead the team in scoring with 15 points.

"We didn't want to go home."

See T-Birds, page A13

T-Birds have fun in Vancouver

By Patrick Allcorn
Staff Reporter

VANCOUVER, Wash. -- The NWAACC women's basketball tournament was more than just another road trip for Highline's players.

Sure the main point of the trip was winning as many games as they could, but most of the players gained much more than a sixth place trophy from their experience.

It was a chance for the women to share old memories and to create some new ones.

Highline played three games in this year's tourney, each of which lasted about two hours, giving the players over 60 hours of non-basketball time.

"We had a lot of time to just BS and make fun of each other. It was a blast," Highline center Erin Johnson said.

All of the players were understandably disappointed to not win the championship, but

many found satisfaction in being one of the eight teams good enough to be in the tournament.

"It's been a good experience, especially for the freshman," Highline guard Tianna Pye said.

"Even though we're not playing for a championship we're still here on Saturday," Cal-Jean Lloyd said before the team's final game. "Some teams have already gone home."

The end of any sports season is difficult because the athletes become so closely acquainted over the season and suddenly lose the opportunity to see each other every day.

"I'm gonna miss these guys, they're like my bestest friends," Highline sophomore Nicole Ulrich said.

A lot of the other teams seemed to have no nonsense, all-business attitudes but the Highline players wanted to make sure they had fun regardless of where they placed.

"We're the team that has the

most fun. We're all like family so this felt like a family vacation," Pye said.

To pass time between games the players had just a few options in their hotel rooms.

"We just watched TV, ate, ate, and ate," Lloyd said.

The team took up about half of a hallway in their hotel and the women roomed with another player of their choosing.

"We got to pick our roommates but we all hung out together," Highline sophomore Druzella White said.

The last tournament game wasn't the last official team activity of the season. Earlier this week the players took part in a trio of open gym sessions meant to give the new recruits a chance to meet some of the players.

This game was the last for Highline sophomores Jennine Ellis, AnnLee Krause, Molly Rutter, Nicole Ulrich and Druzella White. A team banquet is in the works.



Photo by Petra Sokolova
Melinda Kuolt drives to the hoop in tournament action last week in Vancouver, Wash. The Lady Thunderbirds finished sixth in the eight-team tournament.

Despite finish, T-Birds were winners all the way

VANCOUVER, Wash. -- The drive to the NWAACC tournament was an exciting one. We knew that the championship road would be a rough one, yet

Playoff Diary

By Druzella White

we yearned for the sweet success of a first place trophy. Excitement filled the vans as the vow that we sophomores made last season had been fulfilled, we were in.

We all felt that after winning both loser-out playoff games we were ready to compete with all seven teams down there. The first match-up against the Wenatchee Valley Knights would be the first true test of our team's ability.

As we stepped on the court to warm up, my heart was pounding, and so were the hearts of most of my teammates. We looked like midgets compared to their tall team, but we still weren't intimidated. Everyone knows that David slew Goliath, and we had been doing that all season.

The first half we played the Knights very close, at half they only had us down by the score of 30-29. Coach gave his usual pep talk, "If we play this team as hard the second half as we did the first, we'll be fine. Win or lose, if you give it your all out there on the court, I'll be proud of you, but let's go WIN!"

We tore out of that locker room with the mission of putting the Knights away, but as the second half went further along they began to put us away. Our leading scorer, Cal-Jean Lloyd, saw double and triple teams,



Photo by Petra Sokolova

Dru White goes for two in last week's tournament. Dru White went for two in last week's tournament. They owned the battle of the boards. We played our hearts out, and gave it our all, but still lost 79-63.

Tears rolled down the cheeks of mine and several others. They were tears of disappointment, not shame. We had nothing to be ashamed of, we played our hearts out. We hugged each other, our friends and family, and told them not to count us out, we still had plenty of heart and courage that could hopeful-

ly get us the win in the next couple of games. We were driven by pride, determination, and meal money.

Coach reassured us that he had never coached a team that got eliminated in the second round of championship tournament play. We could not give our coach, coach of the decade, his very first Did Not Place in a tournament, so we promised ourselves that Peninsula would feel our wrath and take home the DNP honors.

From the very first basket to the very last, we let Peninsula know who was in control of this game. We never relinquished the lead enough to give them a glimpse of hope at beating us. They tried to fight back, but we smothered any and all flames that they tried to light. We went on to defeat them 65-45, and sent them back home to Port Angeles.

The third and final game would be another big test for our team. Skagit had come from behind to defeat Clark the night before, and had defeated us twice in preseason. We knew that it would be a dog fight until the end, and we felt ready for the battle.

As the game began, we jumped out ahead, putting in a couple of easy baskets, but Skagit responded quickly with a couple baskets of their own. There were several lead changes throughout the first half and neither team showed signs of giving up. At half we both went to our respective locker rooms all tied up 38-38.

Skagit stepped up its box-and-one defense and we had a difficult time scoring against it. Meanwhile our same zone defense couldn't quite stop their scoring surge. After the first 10 minutes they began to mount up a lead against us to put them securely ahead of us in the second half. We still fought a good fight though, we made several scoring surges of our own, but we just couldn't overcome the deficit. In the final organized game of some of our careers, we fell short once again. We took sixth place overall, but once again we had no shame. We represented our school to the best of our ability, and gave

it everything that we had to give.

Tears of the final defeat rolled down my cheeks, the truth had set in. For me there would be no more games in the Thunderdome as a player, there would be no more suiting up in a Highline jersey. The team that became my family would have several members going in several different directions. The professors who taught me life lessons would be graduating me to the next level soon. I was faced with the reality of growing beyond what Highline had to offer.

I will always remember the joy, pain, sweat and tears that I shared with the second place in the NWAACC championship, Northern Division champs of the '98-'99 season. Also the 6th place NWAACC championship finishing, but first in my heart, '99-'00 team. I will forever cherish the camaraderie and love that you all have shown me, I'll miss you.

Coach Olson, thank you for two great years, when my mom died I thought I had no one and nothing, but I quickly learned that I had you, my team and basketball. Thanks.

To all of the staff here at Highline, I thank you for all of your help and support these past two years, especially you Margo and John. You two made graduating this June more than just a dream but reality, Highline student athletes are lucky to have you. Thank you.

I have had great memories here at Highline as a student athlete. I will miss everything about this institution, DRU DOWN #54 signing out.

Former Thunderword reporter Druzella White was team captain of the Lady Thunderbirds basketball team.

NWAACC tournament offers diverse sights and sounds

VANCOUVER, Wash. -- A playoff atmosphere is by far the most exciting addition to any sporting event.

That do-or-die feeling makes for games so exciting that even the mellowest of spectators find themselves so into the game that they forget any inhibitions they had about appropriate public behavior.

Last weekend, at the women's NWAACC championships at Clark College in Vancouver, Wash., people wore facial expressions that they would undoubtedly be ashamed of if they saw themselves.

A large number of coaches that allowed frustration to take over could be seen barking ever so pointlessly at their players for every mistake they made. I've always thought it interesting that nobody takes offense to this type of teacher to student

On the Rebound



By Patrick Allcorn

belittling when if the same thing were to happen in a classroom the teacher would undoubtedly be reprimanded.

The most surprising morph came from the parents in the crowd. The mini-van-driving women with the All-American, soccer mom looks, were standing up and ferociously attacking the officials with words like "idiot," "jerk," and even "dumb ass."

The students of the eight schools in the tournament were obviously not enticed by the ex-

citement of championship basketball. The lack of student support for women's basketball is amazing.

Clark, the tournament's host team, wasn't even able to fill half of the eight to 10 rows of bleachers that stood on either side of the court.

The crowds consisted primarily of the players' parents, most adorned in their daughter's school colors, with the occasional local who just wanted to see some competitive basketball.

As I walked into the all brick building that was the college, I was surprised at how much nicer this school was than my own.

Instead of exercise equipment littering the gymnasium floor, there was a room devoted to the storage and usage of such equipment.

And instead of a popcorn

machine with candy bars on the sides, Clark has an actual concessions stand, one with more than a two item menu.

However the corporate logos that covered the wall above the bleachers on the west side of the O'Connell Sports Center, as well as the fact that it's the O'Connell Sports Center, left me wishing I was in the good old non-corporate Thunderdome.

For the most part the trip was a blast. The women's game is much different than the male version I'm used to seeing, but still just as exciting.

Alley-oops, slam dunks, and fancy dribbles and passes were absent, but they were replaced with excellent all-around skills, fundamentals, and textbook jump shots.

For the most part this was a perfect three days away from



Nicole Ulrich drives against Peninsula.

everything. The only time I felt like I wanted to be somewhere else was when I had to interview athletes who were physically and emotionally drained after a tough loss.

If my over extended community college experience is still alive this time next year, I'll definitely be rooting for the team to earn me another weekend away.

Finally, The Rock will come back to Seattle

Growing up, one of my favorite things to do was watch WWF wrestling. It was the greatest thing on television and at that point in my life I thought it was the most real thing on TV too.

I was in love with the tag team The Rockers (Marty Jannetty and Shawn Michaels) and I hoped that someday I would

Time Out



By Paris Hansen

marry Bret "The Hitman" Hart. I even subscribed to the WWF magazine.

I eventually grew out of wrestling or rather I stopped watching it because everyone I hung out with thought it was stupid. When I got into high school, I met up with a bunch of people who actually liked wrestling so, I started watching again. I have been secretly watching ever since.

People always ask me why I watch wrestling and since I do, why WWF and not WCW?

I really don't know why I watch wrestling. I enjoy the storylines the most. A lot of the time they are just like soap operas with a lot more violence.

Take the current storyline of the owner's daughter Stephanie McMahon marrying one of the "bad guy" wrestlers, Hunter Hearst Helmsley when she was supposed to marry Test. The marriage pitted the entire McMahon family against each other.

Stephanie and Triple H took over the WWF and wreaked havoc on everyone the first few weeks, especially Test. Now, Stephanie's brother Shane is back and he wants to get his hands on the reigns of the WWF. Now tell me that couldn't be a story straight off of *Days of Our Lives*.

Another thing that grabs my attention is all the really hot guys, but you know that's really not that big of a factor.

Why not WCW? Well, the WCW is where all the old wrestlers go to wrestle gently. Good old Hulk Hogan and Ric Flair (who are both well into their 50s) wrestle in the good old World Championship Wrestling because the World Wrestling

See Time, page A13

Track team gets new coach from Central

By Rachel Tanev
Staff Reporter

Highline has a new track coach this season, Charlie Smith, formerly of Central Washington University.

Smith has been in the hospital for the past few days because of a serious burn accident. He'll be out of work for at least two weeks, but will return.

"I'm fine. I'll be back," he said.

Smith was unhappy with the coaching at Central so he decided to start looking for a new place. His friendship with men's basketball Coach Jeff Albrecht led him here.

"I was convinced with Highline; it was such a good fit for me," said Smith.

Smith has been very pleased

with Highline so far.

"Everything from the athletes to the administration has been very impressive. Highline is a good atmosphere. I liked the whole community. The faculty, staff and students all have been very supportive; it's more of a family," he said.

Smith also likes how the administration grade checks the athletes.

"I'm an ambassador of grade checks. I am very impressed with that aspect of administration," said Smith.

Smith is enjoying his work at Highline.

"At Highline you feel happy to be here, it's not a chore to go to work," he said.

He has been coaching track for nine years.

Smith graduated from Cen-

tral in 1996 with a degree in Leisure Services.

He attended Skagit Valley Community College for one quarter then transferred to Central. He was there for eight years, the last four years as a student-coach.

"I only took one class a quarter my last four years because it was more economical for my situation and allowed me to coach," said Smith.

He also did track at Central as a hurdler and high jumper.

Smith was the sprint-jump coach at Central and coached multi-events, hurdles and relays.

At Highline he is coaching the throwers and multi-events.

Coach Tracy Brigham believes Highline is fortunate to have Smith coaching.

"The Highline track team is

very lucky to have Charlie Smith working with us this year. Charlie has experience coaching in almost every event. He, along with his fellow coach Whit Baker, bring a very solid level of knowledge and experience that will help the Highline team become one of the best in the league," said Brigham.

Smith believes Highline can be the best in the league. "Give the program two years and it will really take off," he said.

"Charlie also brings invaluable recruiting experience which is so important as we build the team in the future," said Coach Brigham.

He is also trying to obtain his Real Estate Appraisers License.

"It's a very flexible job. I can set my own hours and still coach," said Smith.

Dedication today in Hall's honor

Meghann Hall is set to be remembered by all today at 1 p.m. down on the softball field. Highline's softball team has chosen to dedicate their season to Hall and to also retire her jersey No. 22.

"It was their decision to dedicate the season to her," Leanna Albrecht of Student Programs said of the softball team.

Hall died Jan. 31 in a plane crash that claimed all 88 people aboard.

No. 22 was Hall's lucky number, her birth date and her favorite number. Throughout her entire softball career, including Highline, she wore 22. This is why the team decided to place a memorial sign that they created in the outfield with her number on it.

Athletic Director John Dunn and Highline President Dr. Ed Command are among those who will speak at the ceremony.

There will also be performances by April Pennix-Garvin who will sing *Lovely Day* and the Highline Choir who will sing *Lacrymosa* by Mozart.

Head Softball Coach Cara Hoyt, along with the rest of the softball team, will dedicate the season to Hall.

Rain or shine the ceremony will take place, said Albrecht.

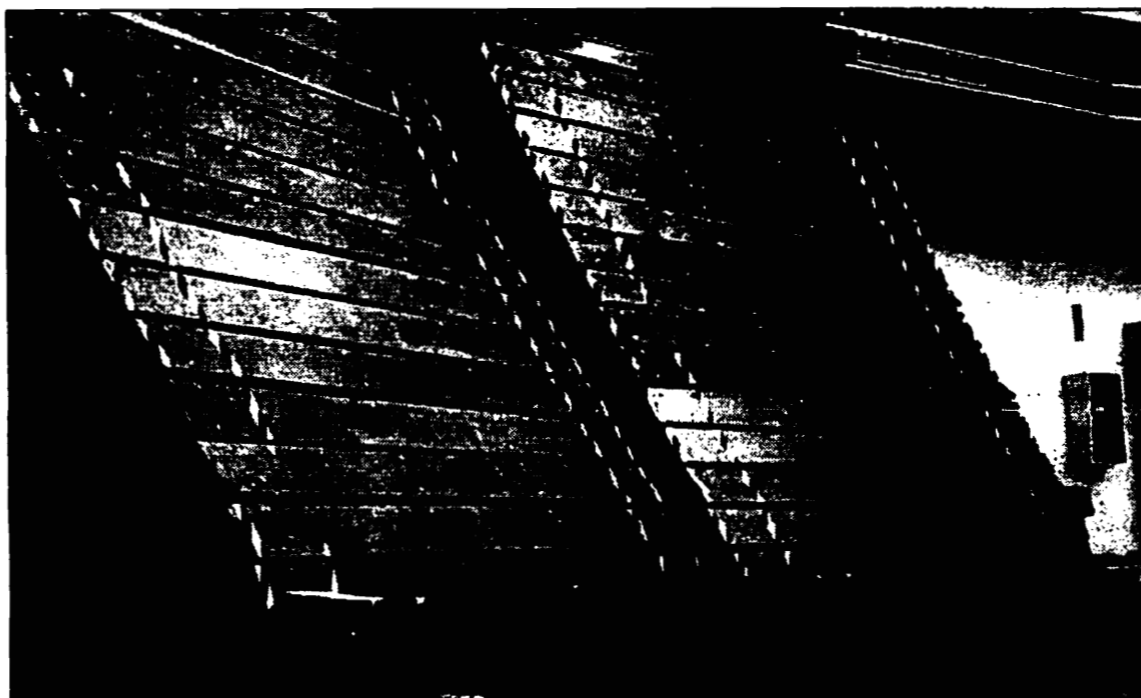


Photo by Connie Harshman

After 37 years in the Pavilion, the bleachers are being replaced by new and improved seating as the Thunderdome's renovation continues.

Pavilion gets makeover

By Justin Pritchard
Staff Reporter

After 37 years of experience, the Pavilion's bleachers are being retired.

"We've gotten a lot of use out of the old bleachers," Athletic Director John Dunn said. Dunn, with the help of retired Athletic Director Fred Harrison, has been working on getting new bleachers for the past couple of years.

The bleachers are old, and showing their age. You can see a lifetime of rust that has accumulated and made its home on the back of the bleachers and if you sanded the rust down the bleachers would probably collapse. The bleachers have other problems that are caused by old age: they are rickety and the caution tape is peeling off, creating an unsafe environment.

"New bleachers are long

overdue from a safety standpoint," said Pavilion Manager Louis D'Andrea.

The bleachers have been living inside the Pavilion since the gym's construction in 1963.

This Saturday the bleachers will be dismantled and moved out. The bleachers will have to be completely taken apart to get them through the doors, said D'Andrea.

Dunn said the new bleachers will "flip flop," putting bleachers on the south, west and east sides of the gym.

There's more happening in the gym than just bleachers. Last summer the building got new paint, lights and scoreboards. A new trophy case is being built; a new divider curtain is being installed; and, best of all, a new sound system is in the works, D'Andrea said.

The construction of the bleachers will not affect spring

sports or the final week of classes, D'Andrea said. If there are classes scheduled for the Pavilion in the final week, they have made arrangements to meet elsewhere.

The doors will be locked at the end of the week and will not be opened until March 29.

"The bleachers will be a huge improvement from where we are now and will make seating better for sporting events and graduation," Physical Education Department Coordinator Keith Paton said.

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Track teams qualify people for NWAACCs at UW invitational

Saturday's UW Invitational proved to be a stepping stone for both the men and women Thunderbirds.

Both teams saw NWAACC qualifying times and heights from athletes. Both teams also found where improvement was

needed.

Manzell Blakely and Chris Peterson both qualified in the 400 with times of 51.12 and 50.75 respectively.

Jenoa Potter qualified for NWAACCs with a high jump of 5'25".

Running unattached due to eligibility, Pat Boyd beat the NWAACC qualifying time in the 800 with a time of 1:56.40.

Others did not do as well. None of the pole vaulters were able to clear the bar due to numerous reasons.

"I was cold," said John Fox. "I sat around for an hour and half not doing anything."

"I was on the wrong pole because we just don't have enough poles," said Brian Davi.

The bad weather was also a factor for some. Especially

those who were already sick.

"I was kind of sick and cold last weekend," said Tim Richart who ran the 800.

The teams plan on practicing hard to prepare for the next meet Saturday, March 11 at Pacific Lutheran University.

T-Birds

continued from page A10

We knew we wanted to be here Saturday. It feels good," Lloyd said.

Druzella White had another big game off the bench with eight points and six rebounds in just over 12 minutes.

Olson was impressed with the way his team bounced back from their loss the day before.

"We showed some character. The game wasn't really pretty and that's when mental toughness takes over," he said.

With the win Highline moved on to face Skagit Valley in a game to determine fourth and sixth place in the tournament.

Many Highline players were hoping to get revenge against the Clark team that beat them twice in the regular season, but Skagit Valley knocked them out of the tournament on Friday.

The Cardinals were probably one of the deepest teams in the tournament and had 10 players score at least five points against Highline.

The Thunderbirds started the game with red hot shooting and excellent defense but were unable to keep it going for the remainder of the first half.

After taking a 30-20 lead, the biggest margin of the game, Skagit outscored Highline 18-8 in the final minutes of the first half

to tie the game at 38.

Early in the second half north division MVP Marce Vincent hit a three pointer to give the Cardinals their first lead since it was 4-3.

Facing a nine-point deficit with just over four minutes left in the game, Highline got six big points to cut Skagit's lead to 73-70.

A pair of Liza Zumwinkle free throws, accompanied by two big buckets from Vincent and Careo Wells, iced the victory, and the fourth place trophy, for the Cardinals who won 82-74.

Cal-Jean Lloyd once again led Highline with 23 points and seven rebounds.

Lisa Milne hit for 17 points, and Nicole Ulrich went 4-6 from three-point range to score 14 points in her final game as a Thunderbird.

"We worked hard, I have no regrets, I love this team," Ulrich said.

Coach Olson believed that Skagit Valley's defensive scheme played a big part in the loss.

"That was the first time we faced a zone all year. We absolutely did not do what we were supposed to. Our choices and decisions were horrible," Olson said.

Some freshmen may choose to not play for Highline next year, but the team should still be packed with experience.

Time

continued from page A12

Federation is just too violent.

The difference between the two is obvious even after watching two minutes of each. WWF is just a lot more in your face and hardcore, where as WCW is a lot more laid back. Plus, the storylines for WCW are way lame compared to WWF.

I will give the WCW some credit though, they have in their employment Bret "The Hitman" Hart and Kevin Nash (formerly known as Diesel when he was in the WWF). They are two of my all-time favorite WWF wrestlers.

The one thing I have not done, however, is go to a live WWF wrestling match. I had the opportunity once to go with some guys from work, but was forbidden to go by an ex-boyfriend (jerk).

I got rid of him about a year ago, just about the last time the WWF came to the Puget Sound

area. I've been checking the WWF website to see if they are scheduled to come back here anytime in the near future and so far the answer is no. I have been waiting for a little over a year and it looks like I might continue to wait unless the petition that I am going to start works out.

I decided about a week ago while I was watching wrestling at the Stabbin' Cabin that somebody needed to work on getting the WWF to come back to this area. So I decided that it might as well be me.

I will do whatever I have to

do to get my new future husband, Test, and my new favorite tag teams, the Hardy Boyz and Christian and Edge, to come to Seattle.

I am looking for anyone interested in signing my petition. I can definitely use all the support I can get. Anyone interested in signing it can come and find me in Building 8 around noon.

I'll get the World Wrestling Federation wrestlers to come to Seattle if it's the last thing I do.

Paris will be competing on the Gorgeous Editors of Wrestling (GEW) circuit this spring.

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Production Illustration offers wide range of jobs

By Fatmata Elba
Staff Reporter

Highline has a head start on having a technologically advanced graphic design program.

Twenty years ago Highline began its Production Illustration program.

"In order for a program to last a long time there needs to be some administrative support for what's being done and understanding of the value of what's being done," said program coordinator Gary Nelson.

Program coordinators always have to work at improving programs. Otherwise, programs wouldn't be where they need to be, he said.

Production Illustration prepares students for employment as illustrators and graphic designers who prepare camera-ready art and lay out printed matter, including brochures, packages, ads and other documents.

Electronic design and production (desktop publishing) courses are included in the curriculum to prepare students for employment in modern design studios and large corporations.



Photo by Petra Sokolova

Production Illustration students share their ideas and work on classwork.

Students gain practical experience by participating in professional organizations and through internships.

"It's a good start to get the basic concept if you want to transfer," said former PI student Ally Hood.

Usually 70-80 students enroll in the program each quarter.

"Enrollment seemed to be consistent ranging from year to year. When the economy is good you'd expect more people to be working rather than going to school," Nelson said.

The most important required skill is a work ethic, to get things done and understand how to manage their time and resources.

"We're looking for people who have interest in creating and making things and learning

and interacting with people," said Nelson.

Next fall the PI program is planning to offer a 100 level animation course. For the summer they're planning to collaborate with the fine arts department to offer clock hour training to high school teachers in the area of creativity.

They're doing it in an effort to help high school teachers understand how community colleges function and how they can help their classrooms by providing some new inspiration about creativity and by showing them what they can do for their students.

The emphasis on production and graphics provides positive employment opportunities for students with the proper aptitude, training, and experience.

Employment opportunities are good in business and industry as well as in art departments of large organizations and institutions.

Position possibilities include graphic designer, desktop publisher, production artist, production illustrator or art director. Another option is self-employment and free lance work.

Got D/G?

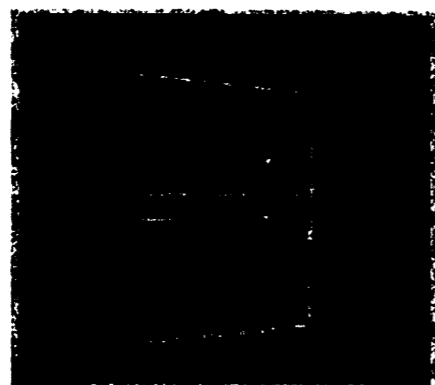
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• **Today's Media: Entertainment, Education and Entrapment:** Speech 100/213 & Journalism 100 or Philosophy 100



Open the door to Coordinated
Studies. See page 46 in the
Spring Quarter 2000 schedule.

Fad diets and dangerous pills take toll on body

By Bridgette Stevens
Staff Reporter

Highline has its share of dieters. People who think that they are overweight are desperate to lose weight.

I am speaking from experience. About 10 years ago I needed help getting rid of 15 pounds. At that time I didn't care how I got it off; I wanted the weight off.

Analysis

First I tried liquid diets, but this caused diarrhea, so of course I had to end this. But hey, I lost three pounds in two weeks, not bad, but I still had 12 pounds to go.

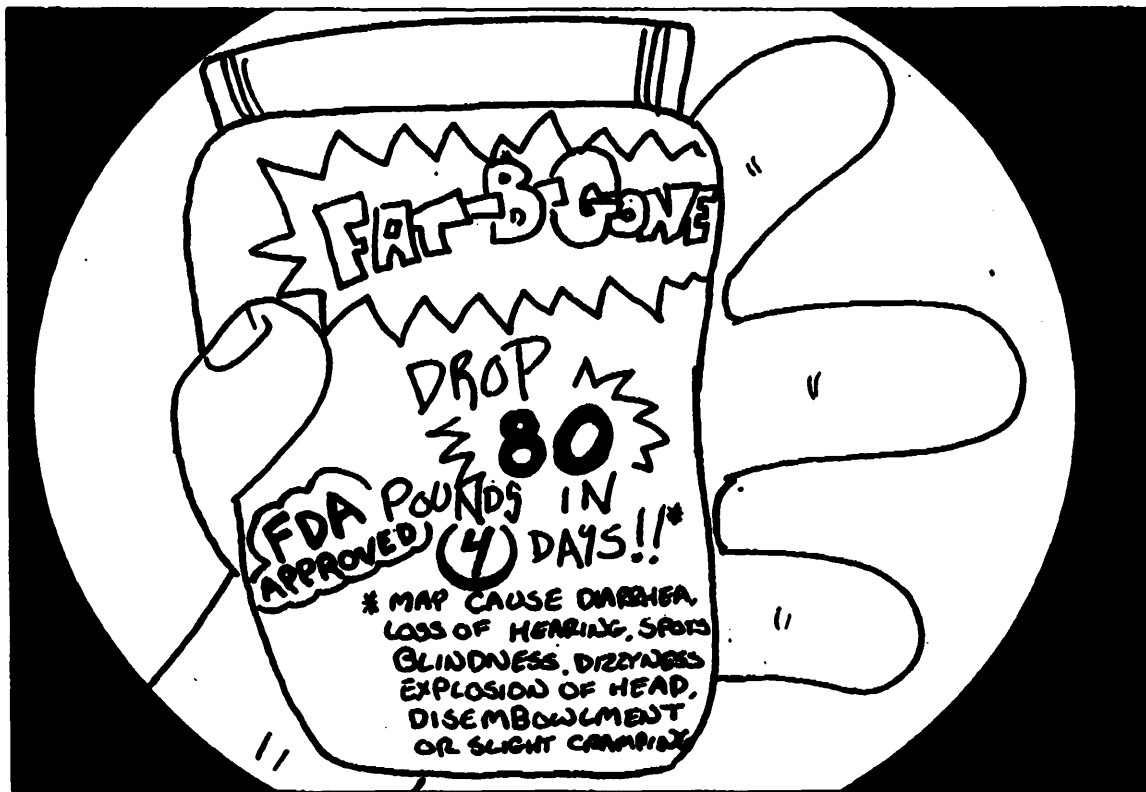
Then I tried the bland, dull, mundane grapefruit diet. This lasted one day.

My sister's idea of the perfect diet was the cabbage diet. I would only eat cabbage three times a day and drink lots of water.

The problem with this diet was that my kids hated cabbage, so I had to cook something different for them. Eventually preparing two separate meals became cumbersome.

There was Jenny Craig and Nutri-System, competing and sparring for my money. I ultimately chose Jenny, but her diet plan became too expensive.

So I tried a less expensive approach to weight loss with the thick, unrefined, grainy, vitamin-packed shakes. A shake for breakfast, one for lunch and



a sensible dinner -- sounds simple enough.

The problem I found with Slim Fast is that it appeared as if someone forgot to make sure all those vitamins and minerals were finely minced, so that this thick drink would go down smoothly.

Herbal diets didn't work for me. These diet pills made me as fluttery as a butterfly who had just discovered her wings.

Finally there was a diet pill for me. This pill came stamped with the Food and Drug Administration's approval. Phen-Fen was the new weight-loss cocktail.

At the time my doctor told me just what I wanted to hear—"With your diet change and this new wonder drug you

can be a perfect size 10, or even an eight."

In an effort to help support my ideas, my husband bought me a treadmill, exercise bike and a weight bench.

I changed my ways of cooking and eating. There were nights when my kids would ask "What are we supposed to eat?" I went head over heels into my non-fat diet, nothing that had died or been fried is getting served in my house.

In one year I lost 60 pounds. I also began having breathing difficulties.

Thanks to the FDA I joined thousands of Americans believing that this miracle pill was going to help me. In reality it did more harm than the weight.

Phen-Fen was later linked to

heart valve disease, which leads to deaths, and also a lung condition known as pulmonary hypertension.

After I stopped taking the diet pill, my weight doubled.

According to Tracy Brigham, nutrition instructor at Highline, there are no quick fixes to weight loss -- period.

Just when I thought the temptation for diet pills was over; here comes an exciting, inspiring, block busting, new pill called Xenical.

Xenical is supposed to work as a chemical baby-sitter for fat. If you eat too little fat this drug is no use. If you eat too much fat, this drug can have some unpleasant side effects.

Xenical is stamped with the FDA's approval.

A few years ago liquid diets were in. Protein is starting to reign as a dieter's best friend.

Now you can go into any bookstore; there is bound to be a section exclusively for new diet books with such titles as *Sugar Busters* and *New Diet Revolutions*.

It's hard to tell which weight loss remedy is healthy and which one is hype. After all each one claims to be the newest, safest, most effective dieter's friend.

But I would keep in mind that miracle diets come and go like mini-skirts and platform shoes. Many herbal products and diet supplements are not regulated by the FDA, which means they don't have to be tested and they can state unfounded claims.

"Exercise is the only sure way to slowly get weight off, and as you pick up on an exercise regimen; you will tend to change habits," Brigham said.

I think that weight loss remedies take advantage of the illnesses associated with being overweight.

Each new weight loss remedy is greeted with a wave of enthusiasm, but fad diets come and go like celebrity romances. Exercise and food in moderation are the true dieter's friend.

It takes losing 3,500 calories to burn one pound of fat.

"Exercise and eating a variety of foods that are low in fat, sugars, sodium and cholesterol is sufficient for safe and effective weight-loss, which is about one pound per week," Brigham said.

Risky behavior might lead to STDs

By Au Nguyen
Staff Reporter

Sexually transmitted diseases have become a huge cause for concern for college students.

According to The Planned Parenthood website, 15 million cases of STDs are diagnosed each year, and 10 million of these cases occur among 15-24 year olds.

"This is shocking, I did not know the numbers were that big. It makes me want to be abstinent," said Highline student Seth Mathison.

Student Margo Harner said plainly, "There are some damn stupid people out there."

College students are more prone to STD infections because of major alcohol consumption, inconsistent use of condoms, and the involvement of more casual sex relationships.

According to the Journal of America College Health, "Unplanned sexual activity might

take place when the students have been drinking alcohol, and about one third of the students reported that they regretted having sex under these circumstances."

It is not uncommon that students drink so much that they lose the ability to make rational decisions.

According to the American Council for Drug Education, one in five college students abandon safe sex practices while under the influence, so therefore, condom use is irregular.

In addition, 60 percent of female students who contracted HIV or herpes were drinking when they had sex with the infected person.

In addition to consuming excessive alcoholic drinks, students are a sexually active group who tend to postpone marriage and childbearing in order to complete their education.

There are limited monogamous relationships in a college setting. In the case of some stu-

dents, this leads to several casual sex relationships.

Since college students have a high and increasing risk of contracting an STD, health officials on college campuses nationwide are trying to reverse the trend through peer education and free testing.

"I make all my new boyfriends take STD tests," said one anonymous student.

To prevent further spreading of the diseases, the health program encourages communication and awareness about STDs.

The University Health Program at the University of Michigan takes safe sex and STD issues to a public setting.

Student advisers lead workshops about sexuality, safe sex and risky behavior.

STDs are still viewed as something taboo and is not discussed openly. Students are embarrassed and feel that it says something negative about their lifestyles.

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President

continued from page A1

After Command announced his retirement, the Board of Trustees worked to create a presidential search and screening process to aid in the search for president. In that process, the Trustees created a Screening Committee and an Interview Committee. The Screening Committee reviewed all applications, and forwarded the top 18 applicants to the Interview Committee. The Interview Committee has been working to narrow down the list of candidates to the five who will be participating in this round of the interview process.

Among other things, the Interview Committee was responsible for determining the interview process for the candidates. One factor that the committee was contending with was involving the campus and community in the process.

"In that full day (when the candidates come to campus) there will be ample opportunity for the students, and community and interested people from the surrounding area to meet the candidates," said Marie Zimmermann, dean of instructional resources and member of the Interview Committee.

Command is encouraging campus involvement. He said that he urges members of the campus and community to attend a forum with the candidates and ask questions and make remarks.

Your voice will be heard at these forums. Members of the Interview Committee will be acting as facilitators for each forum.

Interview highlights

DAY 1
10:15 a.m. Administrator/Exempt forum
11:45 Students forum, Building 7
2:15 p.m. Faculty forum
3:15 Campus coffee
4:15 Staff forum
6:15 Interview and dinner with Board of Trustees
DAY 2
8 a.m. Open forum
8:45 Coffee reception with local community
11 a.m. Lunch with Highline Foundation

"The Interview Committee will be actively involved in the process of gathering any and all feedback from the campus and the community and share and communicate with each other about the feedback," said Geri Ventura, a member of the Interview Committee.

A total of five forums were created for each of the candidates to attend. Four forums were designed to allow the different groups on campus, administrators/exempt, students, faculty and staff, the opportunity to meet with the candidates, voice their opinions, and ask questions about issues that pertain to their group specifically. The fifth forum is an open forum for community members and anyone else who was unable to attend the other forums.

For anyone who missed a forum, all forums will be taped and made available on the sixth floor of the library.

"We would like this to be a positive, collaborative process," said Ventura. "These five candidates will be walking around campus, so be on the lookout for them, welcome them and let us know what you think."

Transfer

continued from page A1

classes, 15 of which are electives.

Another challenge of transferring to UW-Tacoma is that only specific Highline classes are accepted there. UW-Tacoma's Markets and Global Systems, Arts and Media, and International Studies degrees all require one year of World Civilization classes. They only accept three specific classes offered at Highline: History 208, 251, and 252.

Highline offers at least 16 history classes, several of which are about world history.

Again, getting in to UW Seattle's International Studies program is even easier only requiring Economics 200 or 201 and either Social Sciences 200 or 201 (basically a 200-level language class).

Other universities in the state appear to be less restrictive than does UW-Tacoma.

Central Washington University's international studies department requires that students have 10 credits of general

history, 10 credits of foreign language, 15 credits of multicultural studies, and 10 credits of fine arts.

To get accepted into CWU's science department, a student needs 25 credits of lab science. The department recommends 10 credits of biology, 10 credits of chemistry, 5 credits of environmental science. The science department also requires math up to college-level algebra.

To be accepted into the College of Arts at CWU, students need English 110 and 111. They also need 10 credits of fine arts, 10 credits of foreign language, five credits of multicultural studies, and 20 credits of social sciences.

Unlike UW-Tacoma, CWU does not have specific transfer classes from Highline to get into the program. As long as the student has credits in the discipline, CWU will accept them.

Pacific Lutheran University's College of Arts requires transfer students to have 10 credits of fine arts, 10 credits of foreign language, and five credits of philosophy.

PLU's environmental science and international studies schools

require the exact curriculum on Highline's AA transfer degree.

The University of Puget Sound requires 10 credits of foreign language, 15 credits of English, and 10 credits of social sciences for their arts college. The environmental science college requires the same classes that are in Highline's AA degree. UPS does not have an international studies major, but they do offer a history major with similar requirements as UW-Tacoma's.

Seattle University allows transfers into its colleges with the fewest credits. The arts college requires five credits of foreign language, five credits of English, five credits of literature, and five credits of social sciences.

SU's biology school has requirements similar to Highline's AA degree except that SU requires 15 credits of lab science.

The international studies school requires except for 10 credits of history and 10 credits of foreign language. Most of the classes for the degree are taught at the 300 and 400 level.

Reporter John Taylor contributed to this story.

Gallery

continued from page A1

pervisor at the library.

Some of the cost of cataloging and displaying the collection was paid for by the Muckleshoot Charity Fund, a

donation in the amount of \$5,000.

Most of the collection is available to be checked out.

The collection, along with various other pieces of art loaned out by Highline faculty and staff, can be seen all throughout the month of March

in the fourth floor art gallery of the Library.

"This is an incredible donation. We feel honored that Mr. Owen chose Highline to house his Native American collection," said Nancy Warren, vice president of fund development for the Foundation.

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Course is cross-listed with Anthr 130.
1038 10 201 DAILY 11:00AM-11:50AM JAJA C

CGG 142 AMERICAN DIVERSITY S
COP 142 is cross-listed with Educ 120.
1040 26 315 DAILY 10:00AM-10:50AM GREENFEL

CGG 145 INTRO TO EASTERN PHIL S
Recommended with PH 145. Course cross-listed with PH 145.
1042 10 203 DAILY 9:00AM-9:50AM AVANTAGGIO

CGG 155 NATIVE AMERICAN STUDIES S
1044 25 531 MTWTh 12:00PM-1:03PM PYNES P

CGG 175 LATINO/A IDENTITIES S
Course is cross-listed with Hum 175.
1046 21 106 DAILY 10:00AM-10:50AM GARCIA A

CGG 186 EXPLORING THE WORLD S
Course is cross-listed with Pol S 186.
1047 10 102 TTh 1:10PM-3:30PM RICH S

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