Homeless finding their way

From street panhandler to computer whiz

By Rachelle Flynn
Staff Reporter

At 14, when most youngsters are creating the shows of their lives, Kim Clark was moving in.

"I was extremely depressed. I felt the whole world was against me," said Clark. "I had the highs and lows and highs and lows." Sheếm the fished time and time and time again. Her brown hair fell in her face. At 14, she broke and couldn't do the do. She cried and cried when she cried.

Kim's father put a missing person's report when his daughter simply took off one day without notice. Kim's father was reported. He had been reported. He had been reported.

At 15, Kim's father was reported. He had been reported. He had been reported.

The computer whiz

Kim's computer whiz

Kim's computer whiz

Winter election set to fill vacancy

By Rachelle Corella
Staff Reporter

An election for the new vacant position of student council will be held early in Winter Quarter. This vacancy is Student Council President, an office appointed by the department of former Vice President, Administration Development. The eligibility for the position was officially announced on Dec. 4. The vice president of student affairs is responsible for the position. The position will be up for election, as was held by the department of Student Services. It was announced in accordance with the Student Government Constitution and By-Laws. An election for the position is to be announced by the Student Government. It is a position that is a position that is a position that is a position that is a position.

"Success is very personal. It's doing a good job," said Student Government President Ron McFadden. McFadden says that although shifting has occurred within the ranks of Student Government, they are still committed to the success of the students. "Our goal is student satisfaction, to make sure they have a positive experience. They want to be involved, they want to be heard."

McFadden hopes that the election will attract qualified applicants with the dedication to the position.

"I hope to see people who are committed to the organization and who want to see the organization grow," said McFadden. "The student council's duties include planning events to involve the community and to promote the college."
Crime blotter for Nov. 30-Dec. 6

Locker room thievery

The men's locker room was broken into again.

Traffic accident

A Metro bus leaving the bus stop in the South Lot hit a light pole on Dec. 4 at 7 p.m.

Des Moines Police Department officers responded.

Bad temper

A student got into an argument with his girlfriend in Building 8 and punched out a window on Dec. 5. There were no injuries.

Found property

A notebook with a drawing was found in Building 4 on Dec. 4.

A pocket notebook was found in Building 5 on Dec. 6.

A black cell phone was reported missing.

Found property

A notebook with a drawing was found in Building 5 on Dec. 6.

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Students given scholarships

Fifteen Highline students will receive Academic Achievement Scholarship awards of full tuition for Winter Quarter 2001.

The winners are Carolyn Erickson, Julianne Cavillo, Melissa Cook, Asanka Dewaraja, Kristen Timmer, Michelle Beauchamp, Leslie Chacko, Norely Cordova, Patton Farmer, Liza Ward, Luke Campbell, Kat Chappell, Eric Davis, Thinh Ho, and Peter Wilson.

Lost property

A maroon umbrella and a gold chain were lost in Building 10 on Dec. 1.

A Quiksilver wallet was reported lost on Dec. 1 in Building 26, room 131.

A black and white notebook was reported lost on Dec. 1.

A camera was lost in Building 4 on Dec. 4.

A black cell phone was reported lost on Dec. 4.

A wallet was reported lost on Dec. 5.

Compiled by Michael Perez

Staff Reporter

After 26 years of service to Highline's security department, Sergeant Dick Major is retiring.

"He is a very nice guy," Officer Demetria Guiffen said. "You can count on him for everything."

Major is known for driving the silver crime cart around campus on his afternoon and evening patrols. "I don't know who's going to drive the cart anymore," Guiffen said.

As he sat at his desk in between his patrols last Sunday evening, thinking about the past at Highline, he had only good things to say about his time at Highline. "I have really enjoyed being here at Highline," he said.

Sergeant Major has seen a lot throughout his years at Highline. In one memorable incident, Major found some kids kicking a live shell around a parking lot. Eventually, a police bomb squad had to dispose of it.

Another time, Major found himself chatting with some visitors to campus who turned out to be robbery suspects who were carrying covered shotguns in paper bags.

Major discovered this after the Des Moines Police called, asking if Highline Security had seen the suspects. Other incidents also stand out as memorable to Major.

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Compiled by Michael Perez
Off to a Running Start

High school students take on college and make the grade

By Mike Bangs
Staff Reporter

Highline sophomore Lara Teigen holds down a 3.9 GPA, and Running Start students also make the grade. High school students take on college and make the grade.

Teigen is also a Running Start student. "I wasn't really into high schoololving, and wades for the American Diabetes Association, and works part time in the Highline Math and Science department.

Teigen is also a Running Start student. "I wasn't really into the whole high school experience," she said. "Going to dances and clubs wasn't a high priority for me, so I decided to try Running Start, and I've been very happy with it."

Teigen, it seems, is not alone. Running Start students outperform many of their older colleagues, college statistics show.

"If you were not a critical thinker and you went to the regionat Highline sophomore, you would say, "Hey, this is a great car" and you would say "Thank you" and buy that car. Critical thinking is the same thing in terms of knowledge not consumption."

"The class will study critical thinking about the paranormal, but critical thinking is the main focus of the class. We will look at alternative explanations," said Baugher.

"Teigen is one of many whose GPA exceeds the norm. It gives me the chance to get out of high school and get more credit going to college than going to high school," said fellow student Qianna Kyles.

The program itself is more popular than ever with students. Many students enroll in Running Start to get away from the repetitiveness of high school.

According to the college, many of their older colleagues, college statistics show.

"I study about two hours a night, usually reading. The night before a test, I may study for four or more hours."

The class will consist of claims, such as alien abduction, bigfoot, and the Bermuda Triangle. The class will learn about these claims of the paranormal and their definitions.

"We will be using critical thinking strategies that are in the book. There is a section in the textbook, The Demon-Haunted World by Carl Sagan, about questions you should ask yourself about any claim. One question, for example, is 'Can you measure it?'

"I started my junior year part time, taking 10 credits per quarter, and was so successful in the program that I've taken 15 this quarter," said Teigen. "I study about two hours a night, usually reading. The night before a test, I may study for four or more hours."

The class will meet on Wednesdays from 4-5:50 p.m.

Running Start student Lara Teigen is one of many whose GPA exceeds the norm.

New class reaches other dimensions

By Jessica Kirkwood
Staff Reporter

They took me up to their mother ship while I was sleeping one night. They impreg-nated me with one of their kind. Sound like an X-Files episode? Well it's not; it's a class at Highline. Critical Thinking about the Paranormal is a two-credit class that Dr. Bob Baugher will be teaching Winter Quarter 2001.

Baugher's class will use interesting claims to teach critical thinking techniques to students. "Most instructors would like their students to be critical thinkers," said Baugher. People should not blindly believe in things.

"Running Start students have had a consistently higher GPA than normal, but critical thinking is not just about being critical, it's interdisciplinary and not just about being African American," said Harris.

African-American culture in new class

By Thaithang Vu
Staff Reporter

You don't have to be African to be in the African American Experience II class Winter quarter. All types of people are wel-come to take Jean Harris's course, she said.

"All kinds of people, Hispanic, European, African, anybody who's interested can take the class," Harris said.

This class is a follow-up to the African American Experience I class that Harris taught Fall Quarter, but you don't have to take one to take the other.

During Full Quarter, Harris taught from 1619 and stopped at the emancipation period. In Winter Quarter, she will be teaching from the year 1865 till the present, while emphasizing the 20th century.

Instead of lectures only, students engage in many fun activities such as: making collages, Internet searches, producing art and looking at art, looking at a historical exhibit's point of view, and many other interactive activities students do to learn about African American history more.

Upcoming highlights for students who take the second part of the class are two guest speakers. An executive from Black Brains, Use your Clothing Fact-ory and Quinward Taylor, University of Washington pro-fessor, are scheduled to speak to the class.

Harris has previously taught the African American Experience at Olympic College and at the University of North Carolina on Chapel Hill.

"We as Americans should understand all the people who have been here. African Americans are a significant part of American history," she said.

The class will meet at 11 a.m. daily and satisfies the Culture, Gender, and Global Studies re-quirement for an Associate of Arts degree.

"It's not just culture, not just history, not just about political science, it's interdisciplinary and not just about being African American," said Harris.
Finding the meaning of the holidays in ourselves

It is that time of year when retail stores are flush with red and green ribbon. Jingle Bells and other such festive tunes are playing on every radio station, and department store Santa's are prevalent. It is the holiday season. Everyone is participating in their traditional holiday rituals, whatever they may be, whether it is piling the gifts under an enormous tree, having a quiet, meaningful celebration, volunteering at a soup kitchen, or not celebrating at all.

Although your year starts out caring and thoughtful, it is easy for anyone to get caught up in this over-commercialized season. The holidays do inspire a certain amount of charitable fixings. We must strive not only to have our hearts full but all year long.

The true meaning of the holiday season, and the human spirit in general, is love and understanding. It is possible to be better people, in fact it is necessary if our world is to be a kinder, gentler one. This culture tends to get so wrapped up in all things material. The more we have, the better we think we are. But how we treat each other is really the measure of our goodness.

Fortune can be measured in several different ways, not just in possessions or status. All people have had good fortune and bad, of the true meaning of the holiday.

While there is nothing wrong with gift giving or shopping or humming a Christmas carol or two, it is imperative that a reasonable perspective is kept. Don't let the crowds and chaos consume the pure and innocent spirit of the holiday.

Joy is not the only thing that occurs at the end of this, the Fall Quarter of 2000. Don't be too sad, kids, there is a new adventure on the horizon - Winter Quarter 2001.

Please go forth in to the world of vacation, remember that thing you get every 12 weeks or so that allows you to slack off, sleep, and party hardy. So enjoy it while you can; it won't last long.

Have you said all your goodbyes? Have you said all your goodbyes?...
Good bye, America; it's been real

This has got to be one of the most fascinating years I could have in my lifetime - coming to a city where I knew no one, and spending a year here. As an exchange student in Seattle for the last 11 months, I've had a totally awesome time! I've met new people, learned new things, taken risks, gone on adventures, seen new sights.

I've found subtle differences in language and culture even between the two Western, English-speaking countries of Australia and the United States.

Now, in Australia, growing up with that laid-back, easygoing Aussie nature, if you see someone getting even the slightest bit worked up or irritated, you'd say to them, "hey, calm down." In the U.S., on the other hand, I soon discovered that you only say this to someone if they're out-of-control-never-been-maddened-worked-up.

During a little spat with my American boyfriend, I thought he was getting a little worked up, so I told him to calm down. Much to my dismay, he yelled back, "I'm not even freakin' angry!" He had taken offense to how I apparently accused him of being out of control, when I was saying something that would be considered normal and normal house behavior. Other little experiences like these have taught me to appreciate how easily it can be to wrongly assume that other people in the world think like I do. Spending the last 11 months immersed in a different culture has helped me realize how differently I might perceive things because of the culture I grew up in, and how important it is to be open-minded and flexible to avoid misunderstandings and conflicts, especially when it comes to intercultural communication.

During an exchange student orientation camp, our mantra for encountering cultural differences was this: "It's not right, it's not wrong - it's just different." Being an exchange student opens new worlds to you. Back in my home city of Adelaide, in Australia, I dreamed of the excitement and adventure of travelling to a different country and living in a different culture for a whole year. Now, as my stay in the U.S. comes to an end (too soon) on Dec. 19, I'm torn between wanting to go home, to old friends, sandy beaches, Aussie words (like "wicked" and "I reckon") and all that's familiar, and wanting to stay here, where I've created a life for myself, with friends, family, school, and my best friend and boyfriend, Jason.

Goodbyes are always bittersweet when you are parting with friends whom you care about. Sometimes it's easy to forget to fully appreciate a smile or a funny conversation until you can't have those things anymore. Here is what can make farewells especially painful: when you don't know if you'll ever see these people ever again.

It's not, if Mr. Dunn is looking at the overall program for track and field, then as I have indicated earlier, dropping cross country would be a huge mistake.

Mr. Dunn has made a strong commitment to raise the level of play and participation for our women's volleyball and soccer programs. He has hired a few quality coaches to "turn things around." I say the same for cross country and track: Hire quality coaches with appropriate backgrounds and give the programs whiteboards.

I have watched Highline's Track and Field program decrease in the last few years, not from the lack of talent or lack of effort, but from the lack of support from its athletic administration. Three years ago, there was another attempt to drop men's cross country and track and field at Highline. Instead of dropping both programs, the S&A Budget Committees decided to add women's cross country and track and field. Good for us! However, three years is not enough time to develop a quality program. Give us more time, hire the right people and give us the support we need to thrive.

The men's cross country team improved to fifth place this year, up from seventh last season, at the NWAACC Championships. The women's team placed a runner in the top 10 individually; something even the men have not done in a number of years.

Louis D'Andrea is the facilities manager for athletics and physical education at Highline.

In the upcoming January Service & Activities Budget Committee meetings, Highline Athletic Director John Dunn will make a proposal to stop funding the cross country program here. After a close evaluation of the program, he has concluded that the emphasis should be put on track and field to build it up and to raise the number of participants. I agree with Mr. Dunn's assessment to build up the track program, but not at the expense of losing cross country.

When it comes to team sports, track and field is considered just as much a team sport as basketball, soccer, volleyball or any other sport Highline provides.

If we were to drop cross country then you are jeopardizing the chances of success for track and field. There are 20 scoring events in track and field; if cross country is dropped, it would affect five events. That's 25 percent of the possible scoring events.

It would be equivalent to asking our basketball teams to play with only 3.75 people instead of 5, or our soccer team to play with only 8.25 instead of 11. Better yet, why not ask our volleyball team to play with only 4.5 instead of 6? If we want to build numbers in track, why not take numbers away by dropping cross country?

Let us take a closer look at Mr. Dunn's assessment of cross country. He says, "The cross country team's numbers were very low this year, the men with eight runners and the women with only two. I need to look at the future of the overall athletic program, and determine what will be best." Yes, I agree. Our numbers were down this year on the women's side, but not much lower proportionately than women's volleyball or women's soccer. Both of these programs struggled to field a full team early on in the pre-season. Do we consider dropping these programs as well? No, of course not, if Mr. Dunn is looking at the overall program for track and field, then as I have indicated earlier, dropping cross country would be a huge mistake.

Highline's cross country team has had some success in only three years.

Louis D'Andrea is the facilities manager for athletics and physical education at Highline.
Holiday shows pack local theaters

By Ann Namyniuk
Staff Reporter

Experience holiday cheer with local theaters this year. Every Christmas brings joy to winter spirits with an abundance of performances from local theaters. A classic or two are annually within the season, giving new and unique styles to each performance. Charles Dickens' all-time famous A Christmas Carol is brought to life this season at the Annex Theatre in Seattle Dec. 6-16. In Gnomeer Cycles, God Help Us All, each stage adaptation has been put together in five different settings, each with its own stage director. Ben Lawrence, house management coordinator said, "It'll make for a very entertaining night." For additional information go online to www.annextheatre.org

Another adaptation of one of Charles Dickens' famous works, Oliver, is presented by Heaver Than Air Family Theatre. Thursdays and Fridays, Dec. 15-30, at 8 p.m. and Saturdays at noon, 3 p.m., and 7 p.m., and Sundays at 3 p.m. and 7 p.m. The show will be held at Green River Community College Performance Arts Building. Tickets are $8 for additional information call 253-833-9111 or 206-464-6133 ext.2400

A childhood classic comes to town in You're a Good Man, Charlie Brown presented by Valley Community Players. This musical is based on Charles Schulz's famous comic strip Peanuts. Books and lyrics are presented by Clark Gossen. The show will be on Fridays and Saturday through Dec. 10. With a matinee performance on the 10th at Carco Theatre. Ticket prices range from $11 to $13 for more information call 425-226-5190

'Twas The Night Before Christmas and all through the house. The Puppet Sound Musical Theatre will present a soft-hearted retelling of an old and memorable Christmas poem Thursday through Saturday at 8 p.m.; family matinees will be on Saturdays and Sundays at 2 p.m. and tickets will be on sale for anywhere from $12 to $16; matinees are $6 for children. Call 206-246-1208.

A family production of A Christmas Mouse is at the Thistle Theatre. This Bunraku-puppet style theater follows a mouse family that is moving into their new home. Dec. 15 at 7:30 p.m.; Dec. 16 at 2 p.m. and 7 p.m.; Dec. 17 at 7 p.m. at The Burien Little Theatre. Dec. 21-22 and 28-30 at 7:30; Dec. 23 and 30 at 2 and 4 p.m. Tickets range from $6 to $8; contact 206-324-2388 for additional information.

At the local Christian Faith Center Seattle's famous love of coffee will be taking center stage in A Seattle Coffee Christmas. It is a deeply felt story that will be shared, with Christmas musicals and singing and dancing. Performances will be held on Dec. 13 and 15, 7:00, and Dec. 16 and 17 at 6 p.m. Admission is free - for questions call 206-824-8185 or 253-625-1312

A production of Medieval proportions with carols, dancing, and drama, will be held in Tacoma in The Christmas Revels on the Dec. 15 at 8 p.m.; Dec. 16, at 3 and 7 p.m.; Dec. 17 at 1 and 5:30; and Dec. 19 at 7:30. Tickets will cost $8 to $19.50. To purchase or ask questions call the theater at 253-391-4894. Enjoy the holiday cheer with all the local theaters that you now know are near.

Movie trailers are what put the butts in the seats

Even if the movie is god awful, or worse yet, knowing beforehand, I'm about to lay my sensitive eyes upon is pure, unadulterated cinematic drivel - say any film directed by Paul Anderson

(Mortal Kombat, Event Horizon), I can at least be guaranteed 10 minutes of worthwhile entertainment.

The movie industry refers to them as trailers or teasers, audiences know them as previews. I refuse to see any film that I show up 10 minutes late for, in turn, missing a sneak peak of upcoming films. There's just not, in my belief process anyway, any semblable reason to continue watching a movie, in which I am not receiving my hard-earned $8 worth.

The marketing campaign is easily the most important aspect in transforming celluloid into box office green. An intriguing, tantalizing teaser not only gets the viewer interested in the product, but can create a frenzy among film enthusiasts hoping to gain a quick glimpse to the next great thing.

Star Wars: Phantom Menace, which in its entirety was nothing but a special effects extravaganza - completely lacking any of the charm and space opera magic of the first three - was steered towards B.O. prosperity thanks to a brilliant, bombarding marketing blitz.

Movie geeks, all across America lined up for hours for the lackluster Wing Commander, simply to see three minutes of Phantom Menace - some catchy sound bytes coupled with John Williams' illustrious musical score.

The Blair Witch Project was indeed a wonderful student film, and deserving of not only the money it pulled in, but the accolades it garnered. Yet word of
Actor enjoys meaty role

Jason Holtzclaw was happy to be playing Jason of the Argonauts. In the drama department's recent production of Medea, Holtzclaw played the Greek hero Jason, who betrays his wife Medea and marries a young and wealthy princess.

A third-year student at Connick Hallman

Highline, Holtzclaw is no stranger to rehearsals and hard work. Medea is the sixth production but the first lead male role for Holtzclaw.

"I like it, it's cool," he said.

He sweats that Jason the persona is different from Jason, the famous Greek hero. "Jason is kind of an arrogant jock. I think he has good intentions with his heart but he doesn't think them through, he just wants all the glory for himself, and in the end, hurts himself," Holtzclaw said.

"He's very self-confident and he can be a very good talker. He can talk you into things," he said.

The only thing it seems that the two Jason's have in common is confidence. "I think I am confident, and I think he's very confident in that respect, but I am not an arrogant confident," Holtzclaw said.

Holtzclaw said he thinks he is kind of crazy and heroic in some ways, "but I don't think I would screw over my wife to get rich," he said.

Preparing to play Jason was hard for the Holtzclaws. A fan of Greek mythology, he researched in movies and his imagination.

"It's about a little bit of everything, it has excitement in it, a little sex, a little harem cheating on his wife. It has a lot of stuff people would be interested in that respect. It's a soap opera back in the day that makes ours look boring," he said.

Medea closed on Dec. 3, but look for Holtzclaw in more productions in winter and spring.

Connie Harnshman

Community centers offer some diversions

Community centers are a great way to get involved. They offer a variety of programs for all ages, preschoolers to senior citizens, and the centers are open to everyone.

"We offer many activities such as sports, camps, day care, and trips for every age group," said Aviana Rognan, who works for the Teens Program at the City of SeaTac Community Center.

The center includes a gymnasium, video and game area, weight room, arts and crafts room, locker rooms with showers, banquet room and meeting rooms. Room rentals are also available.

The center is located at 13735 24th Ave. S.

Preschool programs are offered including birthday party packages, preschool, tumbling, and sports.

Youth programs include baby-sitting, camps, before and after school programs, and youth sports.

Teen programs include dance, trips, sports and a drop-in center.

Adult programs include ceramics, basketball leagues, tennis, massage, dance, free home buying seminars, and many others.

Hours of operation are Monday through Thursday, 8 a.m. to 10 p.m., Friday and Saturday, 8 a.m. to 7 p.m., and Sunday, noon to 4 p.m.

For additional information call 206-439-9273.

McCartney, Harrison, Starr and Lennon perform in 'A Hard Day's Night.'

Fab Four is back on film

By Nicole Gilliam Staff Reporter

John Lennon, George Harrison, Paul McCartney, and Ringo Starr - names that revolutionized the world of music and now grace the silver screen. The fully restored and digitally re-mastered 'A Hard Day's Night' featuring the Fab Four will be re-released on Dec. 8. The movie follows the Beatles through a day of early 'Beatlesmania' and their journey to a television performance.

'A Hard Day's Night' was their debut as actors in 1964. The film took two Academy Award nominations for screenwriting. Directed by Richard Lester, the film takes on an almost reality of the Beatles' struggle to hide from their fans, their brotherhood producers, their mischievous family members, and the press. Within the movie lies the truth to their survival and success: the unjustifiable need for mischief and their addiction to happiness. For the first time, the four decide to get a taste of freedom. For one day, they throw away their obligations, explore new places, and do whatever they please.

Present is Paul's fictional grandfather, who is a fulfill, making the four disobey their managers just to keep him safe. The film goes on to show a wild television performance given by the Beatles.

Through it all, the movie reveals the sheer innocence of the Beatles. The witty one-liners and world class charm of the Beatles shines through in this movie. This begins to change when the young men try to make their own rules in a world determined to confine them.

The film is excellent. It portrays the Beatles both in real life and fiction combined with subtle comedy. The film shows the inner personalities of the group as a very young age. If you like the Beatles' music, you will love this movie. Included are such hits as 'She Loves You, All My Loving, and I Love Her,' as well as the title tune. Like the motion picture when first released, the soundtrack became an instantaneous hit. Both the movie and soundtrack are viewed as timeless rock 'n' roll classics.

The film will play Dec. 8-14 at the Varsity Theatre.

Timeless Typhoon to revisit Highline

By Sam Abraham Staff Reporter

If you need a place to take the little ones this Christmas season, Team Highline is happy to provide you and your children with plenty of entertainment with Tickle Toon Typhoon.

The children's group will be putting on a musical program on Friday, Dec. 15 from 11 a.m. until noon in Building 7 and admission is only $5. Parents are invited to bring their children ages 3 to 12 to the show.

There will be colorful costumes, singing, dancing, and an abundance of audience participation. This is the 21st year triple T has returned to Highline and according tokt Times of Team Highline, it always sells out.

The great thing about Tickle Toon Typhoon's show, said Times, "It's that it helps promote Highline with a community event." Team Highline and the Parent Education Program is presenting the show not only to students and staff, but to the general public as well. The event is sure to be more than a success, and for only $5, there's no reason not to bring the kids to this one.
Tis' better to give than to receive

Make sure you give the right things this year

By Emily Hathaway
Staff Reporter

The holiday season is fast approaching and it is about that time to start thinking about what you are buying for that special someone, for your friends or family members.

Here are fifteen of the top Christmas gift suggestions for this year:

- Candles are always a popular gift idea. Tie them in bundles with holiday ribbons or put them in a decorative box. Include appropriate candleholders.

- Photo albums. Try taking pictures of events throughout the year or of a specific activity. Receive double wrapping can be seen in just about every major mall now.

- Make or buy a special Christmas ornament for the tree and give one every year to the same person to keep the tradition alive.

- Aromatherapy is quite popular. Select aromatic oils and candles noted for their soothing effects and package them with a neck rest pillow.

- If someone you know is soon taking a trip, you can make them a travel kit. Fill a zipper case with a travel clock and travel size products such as toothpaste, soap, and shampoo.

- All drivers need a car safety kit including a first aid kit, flashlights, and other appropriate items.

- For the newlyweds or new homeowners, try an address plaque or a house marker to personalize their new home.

- Schedule a full body massage, a facial, or a manicure for the person always on their feet. Inform them of their gift with a card wrapped in a decorative box.

- Send that out-of-state family member or a college student a phone card to call home and stay in contact with you.

- For the person who doesn’t cook and enjoys eating out, the coupon book or entertainment book gives them a discount at various restaurants or attractions.

- A gift certificate to a certain clothing or music store would let one pick out his or her own item and do a little shopping for themselves.

- Holidays mean food and reminiscing good times. Give a gift to that special person for the two of you to go on a cruise, go to the ocean at a special time, and enjoy a holiday weekend together.

- Christmas is about giving. Make a donation in the name of a friend or family member to a newly cause of your choice. Present a card to that person detailing the organization and how the donation will be used.

- These are just a couple of practical gift ideas that can be made or bought. Most of these ideas are cheap, affordable, or easy to make, for that hard-to-buy-for type of person.

Little known, must-see sites do exist in Washington

By Emily Hathaway
Staff Reporter

Highline students range from those who have grown up around here their whole lives, to those who have moved here from out of state, or even the county, to attend Highline.

Whether you have been in the state of Washington for years, or just recently resided here, this is a list of the top ten “must see” attractions in Washington State.

This mountain is a site to see in the Puget Sound region. Mount Rainier and its National Park something you must experience firsthand. You can check out the massive glaciers, wildlife, snowfields, and alpine meadows. During the late summer, it is covered with wildflowers, trails reaching far up to the summit, and mountain streams.

At the Olympic National Park you may explore miles of Pacific coastline. You can wander through the ancient Hoh Rainforest or bike along river valleys to the ultimate climb up Mount Olympus.

In order to truly appreciate the beauty of this national park, plan time for lengthy exploration.

In the city of Seattle you can do just about do anything. Plan to visit the Pike Place Market, the waterfront, the Space Needle, Pioneer Square, Broad-

way, as well as the new Experience Music Project. Shopping, eating and taking in the wonderful scenery of the water, mountain range, all must-do’s in downtown Seattle.

The San Juan Islands include four major islands: San Juan, Orcas, Lopez, and Shaw, which can all be reached by ferry.

These islands are peaceful and beautiful, with activities including whale watching, gallery hopping, bike riding, and wildlife watching. Each island has its own unique setting and allure.

On May 18, 1980, Mount St. Helens, erupted blowing away 1300 feet of its snowcapped peak. The mountain and its surrounding landscape are now designated as a National Volcanic Monument. You can check out Toutle River, Coldwater Ridge, as well as the mountain.

Grand Coulee Dam was built during the Great Depression and is one of the largest concrete structures in the world. There are guided and self-guided tours offered, including a ride down the face of the dam in a glass-enclosed elevator.

Lake Chelan is one of Washington’s leading recreation destinations. There you can check out rolling hills, apple orchards, sandy beaches, and lakeshore resorts.

Columbia River Gorge, shared by both Washington and Oregon, offers some of the most distinctive scenery in the country. World-class windsurfers are attracted for recreation and competition.

Staircase Falls drops from a 268-foot plunge to the bottom to continue on its course. You can check out the falls from a lookout tower, or can spend the night in the resort placed on the top of the falls.

A ferry ride on the Puget Sound can lead you to islands, such as Bainbridge Island. You can see spectacular snowcapped mountain views of Mt. Rainier, Mt. Baker, the Olympics and the Cascades, as well as Seattle.

Quinault Village greets the ferries at their landings and offer up a special sampling of Northwest Oysters. All of these attractions in Washington state should be seen by all that reside in it, or those who are merely visiting.

Want something better than fruitcake?

Why not skip the cake and go right to the fruit: Give the gift of wine this year, even if it’s just to yourself.

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dec. 7, 2000

holiday

It's CHRISTMAS time in the 11th dimension. Our hero, Johnny Visions, will now go to save the holiday spirit by finding the holiday fireworks. He makes his way toward Bellingham 7 with his companion, Rosita, for a very happy holiday season.

WHAT CAN I SAY? I HAVE A GIFT. THIS IS GREAT! GIVE AT HELLINE THEY SHOW THEIR CHRISTMAS SPIRIT.

ALRIGHT EVERYBODY, LET'S TRY IT AGAIN. THIS TIME OUR AESHEADS, WHILE GARGLING VINEGAR.

OKAY, OKAY, THEY HAVE A DIFFERENT WAY OF SHOWING IT, BUT IT'S THERE!

crossword 101

Solution to Nov. 22 puzzle

By Ed Casey

ACROSS
1. Help
2. Watering place
3. County author
13. Heal on
14. Buck, e.g.
15. Twelfth
16. Vesper fixture
20. Stripping
21. Lampasse
22. Cher
23. Tiff
24. British title
25. Sheep stew
28. Anthony
29. Bikini part
30. Celeb sex
33. Fast party wear
34. Foot parts
35. Ag. schools at times
36. Vietnam War year

DOWN
1. Trust
2. New Rochelle college
3. Scott
4. Ocean
5. Fish
6. Lodging: slang
7. Friendly vegetation
8. Kind of worker
9. Totalled
11. "What God ___ joined together"
12. Different
17. Tranquility
18. Cruel
19. Malick
22. Romanesque
23. Trademarks
25. Free from cabal
29. Haydn's cousin
30. Staggers
31. Donuts
32. Scout group
34. Colorful fish
36. Others and others

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36. Others and others

"I have hardly ever known a mathematician who was capable of reasoning."

—Plato
A legend ends his career

I'm a lot like Wayne Gretzky, John Elway and Michael Jordan.

Not because I have an enormous amount of athletic ability or because I have an instantly recognizable face, but because I am a leader of men.

I've never won an award for my writing, and technically being editor-in-chief is the top of this game but the point is, I'm stepping down as sports editor of the Thunderword. And just in case I have any fans I thought this would be the best way to announce it.

I also wanted to give a shout out to Athletic Director John Dunn and all of the coaches and athletes that make up Highline athletics. You guys have been very cooperative with us and deserve many thanks.

This is starting to sound a little bit somber now. I'm not dying, I'm not even leaving the paper, I'm just going to be in charge anymore.

Being sports editor was a great experience but writing in my passion and being editor took time away from my ability to write stories.

So I will still write for the paper next quarter, but this might be the last edition of 'On the Rebound.'

I know you're probably thinking that there is no longer a need to wake up on Thursdays and you might as well transfer to Green River because the only reason to stay at Highline was my column. I'm truly flattered. But some other guy will take over for me and at first you'll want to compare him to me, but don't. It's not fair to him.

Before the end of Winter Quarter the sports section will be back to its usual level of greatness and you'll forget that I was ever here.

I know it's hard to believe now but everything will be OK.

Patrick's column will be sorely missed by those who read it in paper's bleachers.

Thunderbirds move to 3-o in non-league play

By Bryan Sharick
Staff Reporter

The Highline men's basketball team won in a nail-biter over the Peninsula Pirates last week with a final score of 83-80.

The men fell behind for the first time at halftime, with the Pirates leading 41-37. The T-Birds, however, were not going to walk the plank that easily.

Early foul trouble limited the playing time for key Thunderbirds players Jason Rand and Yusuf Aziz. They each played six minutes and set a majority of the second half.

"We struggled without Jason and Yusuf in the first half because of foul trouble, but me, Wes (Newton), and Maseo (Jack) hit some key buckets," said Darnell Lyons.

In the second half the men came out and had to prove to themselves that they could still come out on top after being behind in the first half.

The Thunderbirds practice hard to prepare for their upcoming rematch against Olympic.

"It was a good learning experience for us," said Head Coach Jeff Albrecht.

The game went back and forth until the end when Newton hit two key three pointers. The first try tied the game at 80. Then, the T-Birds got the ball back as a Pirate miss and Newton calmly hit another three to give the Thunderbirds a three-point lead.

Those three points proved to be all the mighty Thunderbirds needed to swashbuckle the Pirates 83-80.

Wes Newton also shot 50 percent from the three-point range in the game.

It was a test for us because Jason and I were in foul trouble. The game was a real good team effort," said Yusuf Aziz, co-captain.

Leading the way for the Thunderbirds was Darnell Lyons. In 36 minutes, Lyons had 23 points, eight rebounds, and shot five of seven from the charity stripe.

"The game was a big win for us because Peninsula beat Tacoma and now we beat Peninsula. It gives us a little edge over Tacoma," said Lyons.

"Guys stepped up for and played lots of minutes that they don't usually play. It was truly a team victory," said Albrecht.

Ben Bees and Ross Randlesman each contributed over 20 minutes out of the early foul trouble for the T-Birds.

The next game for the Thunderbirds will be Saturday, Dec. 9 at 5 p.m. against the Olympic Rangers.

The next home game will be Tuesday, Dec. 19 at 6 p.m. against the Peninsula Pirates.

The Thunderbirds will play in two tournaments over the break.

League games will start on Jan. 3 when the rival Tacoma Ticos visit Highline at 8 p.m.

Lady T-Birds are in their own league

By Patrick Alcorn
Staff Reporter

The Highline women's basketball team added to its smash start last Friday by pummeling Peninsula 86-57.

The win moved the Lady T-Birds' record to 3-0 in non-league play and proved that the two wins they posted last weekend weren't flukes.

"Peninsula is one of the best teams in the North Division," Highline Head Coach Dennis Olson said.

Highline failed to score over 100 points for the first time this season but their defense stepped up to disable the Pirates. Peninsula was held to a meager 18 points in the first by the suffocating Lady T-Bird defense.

"It was nice to get ahead a little bit," Olson said. "I was really happy with how our defense played."

Sophomore center Car-Dee Lloyd led the way for Highline on the offensive end, scoring a game-high 37 points. Lloyd also pulled down a team high 13 rebounds earning her third double-double of the season. Lloyd has picked up were the Lady T-Birds are in their own league.

The Lady T-Birds were voted as the second best team in the entire NWAACC, receiving more votes than anybody but except the defending champions, Umpqua.

Highline's next game will be Saturday against Olympic. The Lady T-Birds pounded the Rangers 79-65 in their meeting 125-41.

Olson looks to this game to turn things around.
By Evan Keck
Staff Reporter

Highline’s wrestling team is now ranked eighth in the nation in the NCAIC 23-7 win over John Henry at 141. Jason King lost a heartbreaker to Rich Virginia 6-3. Chad Keen won a tough loss, 9-5 to Tom Brown at 157 pounds.

After a forfeit at 165, Olson defeated Abe Porter 8-0 at 178. Jamey Verderico next pinned David Chew for an easy six points at 184.

Traver Broth also won his match by pin, beating Greg Nelson at 197 pounds. Heavyweight Anthony Hamilton won by forfeit.

The score was now 21-17 and the T-Birds needed a pin or a five-point technical fall by Hamilton to pull out the victory. The Cougars’ Chris Henry was no match for Hamilton, but managed to get his team the win by losing only 4-0.

“I thought we were flat,” said Assistant Coach John Clemens. “The good news, we were able to compete being flat. It says something about our ability. To not do our best but still do well.”

The T-Birds’ loss was tough, especially to a regional rival. But they will get another shot this weekend as they play host to five regional opponents in a double dual on Friday and a six-team dual tournament on Saturday.

The Friday event against PIMA from Arizona and Rick’s from Maple will be at 5:30 p.m. in the Pavilion. Saturday’s action begins at 10 a.m. in the dome as well.

PIMA and Rick’s will both stay in town for the Saturday event and Clackamas will come back as well. Yakima Valley and Southwestern Oregon are both expected to make the trip too. North Idaho will be the only team from Region 18 to not show up on Saturday.

“We will wrestle everybody in the region except NIC in the next two weeks,” said Clemens. “It is real important for seeding (at the regional tournament).”

Highline will face a lot of top ranked regional wrestlers this weekend.

Andy Messersmith from Rick’s is the No. 2 ranked wrestler behind Liery at 141. The winner of this weekend will most likely be the regional and even the national champ.

Olson has already beaten the second ranked wrestler at 174 in Nathan Pascac from NIC who will be there this weekend, but will face a highly ranked opponent from PIMA.

Smith will also see Jeremy Lewis from Rick’s who is ranked sixth. Smith has not lost on the mat twice and has split even 1-1.

“We just have to stay sharp and be hungry,” said Clemens.

Shad Liery puts the pressure on his opponent in Wednesday’s match at Pacific Lutheran University.

Highline’s Joe Castro, left, grapples with a Clackamas wrestler in his exhibition match.

The T-Birds next faced Clackamas, but came up just short.

Albert-Rainwater tied off receiving a forfeit for a quick six points. Adams again came through with another victory, 9-4 over Toby Serna. Liery pushed on with his second win of the evening, beating Tom Bromas 9-0. King lost his match in another close one, 3-1, to Brad Freeshore.

Keck next gave up a pin to Josh Rodner in the third round. Highline again gave up a forfeit at 165, to give the Cougars another six points.

Highline’s Joe Castro, left, grapples with a Clackamas wrestler in his exhibition match.

The T-Birds were not out of it yet with the score 13-15 in the Cougars favor and had plenty of chances to take down, said Andy Olson on the win.

Olson came through, pounding Austin Law-mo 14-4 to give Highline a one point lead with a four-point major decision.

But the lead didn’t last when Vorderico lost 4-1 to Jason Fenzel, giving Clackamas an 18-13 lead with two matches left.

Smith, who came up with a pin against PLU, could not duplicate his previous performance, losing to a tough opponent in Justin Elliot 10-7.

Highline’s Joe Castro, left, grapples with a Clackamas wrestler in his exhibition match.

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Highline to light campus up

By Tory Gibbs
Staff Reporter

Night students will benefit Winter Quarter 2001 from the changing of light bulbs across campus.

The Highline Facilities Department will begin to replace the current 200-watt bulbs with 400-watt bulbs over winter break.

"This has been a real pet peeve of mine. I've been wanting this change to happen for years; it's about time they did it," said Sergeant Dick Major of the Highline Security Department.

According to Major, students have made comments that they need more light, because walking to their car or to classes in the dark makes them nervous.

"I always park under the lights," said one evening student, who has night classes in Building 10.

Students may call the Highline security office for an escort any time at 206-678-3710 ext. 3218, but they need to be forewarned that there may be a wait.

Two security officers are on duty in evenings from 5-9 p.m. "We can offer students an escort, but we are understaffed to give a fast response time," Major said.

This is a busy time for the two officers. At 9 p.m. they are busy locking doors and at 11 p.m. officers are changing shifts.

A college employee needs escorting regularly at 9 p.m. on weeknights, which ties up one officer for a while, and on Mondays at the same time, a disabled student requires an escort, which ties up the other officer.

If students call for an escort at that time, they may have to wait for up to 30 minutes.

"We have looked into hiring and training students that are in the financial aid program to help escort during the evening hours, but that hasn't happened yet," Major said. Students interested should contact the campus security office.

One evening student said that she walks to her car carrying pepper spray because "I feel safer having it with me," she said.

According to Major, "Students are within the legal limits to carry a 3 percent pepper spray on their person." He also said bribery is a good alternative to pepper spray due to the high amount of alcohol it contains.

Vice president search starting at college

By Tiffany Bick and Chalsey Eck
Staff Reporters

The search to find a new vice president of student services has begun.

The position has been filled by Registrar Scott Hardin on an acting basis since Jim Sorenson left Highline and took a position as executive vice president of students and instruction at Treasure Valley Community College in Oregon in spring of 2000.

College officials figure it will take some time to choose a permanent replacement for Sorenson, who was at Highline for little more than three years before retiring from Highline and moving south.

"The search process at this level is fairly complex and challenging because the committee participants in helping and assisting our president and our campus in terms of promoting this position nationally," said Toni Castro, associate dean of diversity, student development services, and multicultural services.

The first meeting was held Nov. 22. The search committee consists of Castro; Athletic Director John Dunn; Chief of Security Richard Fisher; Lance Gibson, director of the counseling center; Jaci Graff, office assistant at the counseling center; Ben McNelley, student government president; Shannon Pucci, speech instructor; Bruce Roberts, Social Sciences division chairman and economics professor; and business professor Meg Tidwell.

So far, the committee has worked on setting a timeline, developing the criteria for the position, and preparing advertising.

The timeline is designed around the campus schedule and around the schedule of the 15 people on the committee.

The committee will meet over the next six months and by July 1, 2001 the new vice president should be in place.

"The initial phase is advertising the position, which will take place for a couple of months and over that period of time the committee will be working on a number of action items," said Castro.

The process will most likely include open forums to allow students, staff, and administrators to meet with the candidates.

"The committee is looking for a visionary person that can articulate a clear and compelling direction for student services and act as an advocate for student development and serve at Highline as a strong and credible representative both on and off the campus," said Castro.

The process will likely include open forums to allow students, staff, and administrators to meet with the candidates.

"The ultimate goal of the search is to find a person for the presidency of Highline that will be clearly focused on student success while being well respected by the community," said Castro.

Suicides have warning signs

By Autumn Mittelstaedt
Staff Reporter

Some people celebrate life, some take life for granted, and some try to throw life away.

In the United States there are approximately 30,000 suicide deaths per year, almost 83 per day. Most suicidal deaths can be prevented, experts say, if you learn how to intervene in suicidal situations.

"Most people are not comfortable talking about suicide," said Highline Psychology professor Bob Baughn. "Their 60-70 percent of the time it won't be so bad.

Suicide is the second leading cause of death in Washington State for youth 15-24 years of age. Cardiovascular mortality (CVD) is physical first-aid, and likely, suicide intervention can be seen as a psychological first-aid.

Common warning signs include writings about suicide, comments like "I might as well be dead," and making final arrangements, or giving away favorite possessions, Baughn said at a recent suicide intervention workshop.

Other signs include changes in behavior such as social withdrawal and increased risk-taking, changes in physical condition, thoughts, or feelings, and stress possibly produced from a sense of overwhelming loss, he said.

Talking about suicide reduces the risk, said Stanley Devensy, an instructor at the suicide intervention workshop.

The best way to identify the intention of suicide is to ask directly, "Are you thinking about ending your life?"

"Don't be afraid to ask the question," said Baughn. "Find out what method they plan to use, how soon it may happen, and get some help so the two of you aren't doing it alone.

Evidence of serious planning includes a method and the means to carry it out. Ask, "How do you plan to do it?"

The greater the specificity of the plan, the greater is the risk.

Anyone who has previously tried to kill themselves is at risk. Anyone more at risk of suicide than someone who has never tried before. A prior attempt may indicate the individual's acceptance of suicide as an acceptable solution, but see suicide page 13.
By Kiara Stephenson
Staff reporter

Highline needs a new, larger child care facility. This was the emphasis of a meeting on Tuesday in which Student Government hosted a panel of local legislators. Attendees at the Legislative Breakfast included State Sens. Tracey Eide, D-30th District, and Julia Patterson, D-33rd; and State Reps. Karen Keiser, D-33rd, and Mark Miloscia, D-30th.

Highline President Dr. Priscilla Bell and three members from the Board of Trustees were also present.

Dr. Bell and Dr. Laura Saunders, Highline’s vice president of administration, spoke of the funds that they need in order to build. They need to work on ways to decrease the effect on the budget. They are more likely to help those who vote, such as senior citizens, said McNelley.

If you want something you have to work for. Unless students get involved, nothing they want will get done,” said Rep. McNelley.

Contact Student Government in Building 8 for information.

Legislators discuss future at breakfast

By David Edwards
Staff Reporter

Staff reporter
By Kiara Stephenson

Legislators discuss future at breakfast

On the morning of the breakfast a slide show was playing titled “Highline’s Failing Facilities.” The slides showed many areas around campus that are decreasing in need and are either under maintenance or rebuilding.

Before the meeting, Rep. Keiser advised Student Government President Ben McNelley that he should focus his speech on the Tax Free Textbook bill which she wrote. The $4 million dollars that would be taken out of the state’s budget would be too much, she said. They needed to work on ways to decrease the effect on the budget.

So McNelley focused mainly on the importance of Highline’s needs for building upkeep and maintenance.

The purpose of the breakfast was for students and school leaders to have the chance to express their needs to legislators.

“It is nice to have legislators here, but we as students need to play our part too. They are more likely to help those who vote, such as senior citizens,” said McNelley.

“The quality of care provided at the Child Care Center allows the parent to be a better student because the standard of care is so high that there are so worries,” said speaker Pamela Eide.

Both Sen. Patterson and Sen. Eide said that their children had attended the Child Care Co-op at the Center. Rep. Miloscia also agreed that child care programs are vital to community colleges.

“The voice of the students news 13 child care facility. This was the emphasis of a meeting on Tuesday in which Student Government hosted a panel of local legislators. Attendees at the Legislative Breakfast included State Sens. Tracey Eide, D-30th District, and Julia Patterson, D-33rd; and State Reps. Karen Keiser, D-33rd, and Mark Miloscia, D-30th.

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Staff reporter
By Kiara Stephenson

Legislators discuss future at breakfast

On the morning of the breakfast a slide show was playing titled “Highline’s Failing Facilities.” The slides showed many areas around campus that are decreasing in need and are either under maintenance or rebuilding.

Before the meeting, Rep. Keiser advised Student Government President Ben McNelley that he should focus his speech on the Tax Free Textbook bill which she wrote. The $4 million dollars that would be taken out of the state’s budget would be too much, she said. They needed to work on ways to decrease the effect on the budget.

So McNelley focused mainly on the importance of Highline’s needs for building upkeep and maintenance.

The purpose of the breakfast was for students and school leaders to have the chance to express their needs to legislators.

“It is nice to have legislators here, but we as students need to play our part too. They are more likely to help those who vote, such as senior citizens,” said McNelley.

“The quality of care provided at the Child Care Center allows the parent to be a better student because the standard of care is so high that there are so worries,” said speaker Pamela Eide.

Both Sen. Patterson and Sen. Eide said that their children had attended the Child Care Co-op at the Center. Rep. Miloscia also agreed that child care programs are vital to community colleges.

“The voice of the students news 13 child care facility. This was the emphasis of a meeting on Tuesday in which Student Government hosted a panel of local legislators. Attendees at the Legislative Breakfast included State Sens. Tracey Eide, D-30th District, and Julia Patterson, D-33rd; and State Reps. Karen Keiser, D-33rd, and Mark Miloscia, D-30th.

Highline needs a new, larger child care facility. This was the emphasis of a meeting on Tuesday in which Student Government hosted a panel of local legislators. Attendees at the Legislative Breakfast included State Sens. Tracey Eide, D-30th District, and Julia Patterson, D-33rd; and State Reps. Karen Keiser, D-33rd, and Mark Miloscia, D-30th.

Highline President Dr. Priscilla Bell and three members from the Board of Trustees were also present.

Dr. Bell and Dr. Laura Saunders, Highline’s vice president of administration, spoke of the funds that they need in order to build. They need to work on ways to decrease the effect on the budget. They are more likely to help those who vote, such as senior citizens, said McNelley.

If you want something you have to work for. Unless students get involved, nothing they want will get done,” said Rep. McNelley.

Contact Student Government in Building 8 for information.
City's top industry has experienced customers

Des Moines hosts three of state's biggest retirement homes

By Jessica Kirkwood

Staff Reporter

Des Moines' biggest money maker is not what you might expect. It's not Anthony's or Deli-Vu, it's the three retirement homes residing here. The Masonic, Judson Park, and Wesley retirement centers are three of the 10 largest retirement homes in Washington. Masonic Retirement Center is the castle-like place on Marine View Drive. Masonic is owned by The Masonic Grand Lodge of Washington. Don't worry though, you don't have to be a mason to live there. They currently have around 172 residents and 140 employees.

Judson Park Retirement Center is right next door to the Masonic home; in fact Judson Park bought its property from them. Judson Park is affiliated with the American Baptist Homes of the West.

Wesley Retirement Center is located on both the north and south sides of South 216th Street. Wesley is non-profit and affiliated with the Pacific Northwest Conference of the United Methodist Church. Wesley has about 500 residents and 400 employees. They have been around since 1944, when they purchased the land from two different family-owned farms.

Each of these retirement centers are continuing care facilities. This means that you can move in when you are fairly independent and they will continue to care for you until you pass away. Residents start out in an apartment, move into assisted living and then to the health center as needed care increases. Prices for each center vary. Masonic starts out at $915 up to $5,000 a month, Judson Park ranges from $1,047 to $2,696, and Wesley goes from $450 to $2,396. The services that come with the residency range from one meal a day with light housekeeping once a week to three meals a day with total and complete personal care.

Residents at the three retirement centers are very busy with many different activities. All three of the retirement centers have things to do like exercise rooms to keep healthy, beauty shops for hair and nails, and libraries to keep up on your reading.

Each of these centers offers its special perks. Masonic has swim and spa facilities for exercising or swimming. Judson Park has a solarium so you can watch beautiful sunsets. Wesley has an Alzheimer wing.

All three of the centers have bus rides to and from the grocery store and shopping at malls. Many people enjoy holiday parties and movie nights.

"Thirty a big turnout," said Paul Barbee, a resident of Judson Park.

At Wesley Garden you can rent a rose bush to take care of and pick from for $5 a year. And in the summer time you may hear a bell ringing at 10 a.m. every morning to signal coffee hour outside. One resident calls it coffee in the trees.

"You are never lonely, but your privacy is respected," said Rosa Hamburger, another resident. "If you are lonely, just walk outside your door."

The Masonic, Judson Park and Wesley are all involved in the community activities as well as private ones. The Masonic holds dance recitals in their auditorium, safe trick or treating for children and also a Christmas Bazaar that the public is welcome to attend. Judson Park has a waffle breakfast annually and a fall sale where you can buy crafts and baked goods.

Some of Wesley's residents collect old newspapers and donate the proceeds to The Griften Boys Home.

Retirement facilities don't always have the best reputation for food. That is not the case at Wesley or Judson Park. In fact even the employees like the food.

"Actually the food is good here," said Mary McComan, assistant director of marketing and admissions of Wesley Retirement Center.

"The food here is wonderful," said Hamburger.

"Our guests say that we are overfed. There is no limit in quantity so we can go up as many times as we want," said Barbee.

"Don't worry about getting old, it's fun," said Hamburger. However if you want to join in the fun right now you might have to consider the age minimum of 62 at Wesley.

If that is too long to wait, you can always apply for a job then.
The doctor prescribes a busy life

Inez Black has enjoyed multiple careers

By JoAnne Wolff
Staff Reporter

Inez Black set out to become a nurse, and eventually became a doctor. Black, 95, a Des Moines-area resident, has done a lot.

"Make the best effort toward developing yourself educationally or vocationally and make sure to do some type of volunteer activity to help others," is her advice to the present generation. Her life demonstrates that she practices what she preaches.

Inze Black earned a bachelor's degree in science and medicine from Stanford. She took her state board exam on Feb. 5, 1929, passing with a score of 100 percent.

She worked at a hospital in Chicago, then decided to join the U.S. Navy in 1931. She met and married her husband, Kenneth Allen Black, in 1932.

"During those times, if you were a married woman, you could not continue in the Navy. That's just the way it was used to," she said.

She left, but not before helping to open the naval hospital in Vallejo, Calif.

Black had three children, two sons and a daughter. For a brief time she stayed home to care for them while her husband worked as an electrical engineer. But he was badly burned in an industrial accident, and Black's mother took care of the children while Black went back to school and work.

After her husband recuperated, Black decided to pursue the first of her four master's degrees, a degree in hospital administration. She researched which hospitals paid for college and paid the most for nurses who had this degree. She decided to go to Johns Hopkins University in Baltimore, where she graduated in 1936.

In 1937 Black decided to obtain a master's degree in emergency procedures from Columbia University in New York and worked at Bellevue General Hospital while attending school.

In order to pursue her third master's degree - this one in psychiatric medicine - Black packed up her family and moved to Berkeley in 1939. She completed the degree in eight months. She said her husband was supportive of all their retirements. He knew that the best way for him to take care of his family was by supporting his wife, since she had supported them for four years during his recuperation from the burns he sustained.

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Black continued hereducational pursuits with a doctorate in emergency procedures from Stanford University. This was an amazing feat for anyone, much less a woman during these times, to earn four master's degrees as well as a doctorate.

Black pursued her doctorate in order to start teaching and finished in 17 months. One of the requirements for her degree was to write a book, which she titled "Emergency Procedures, completed in 1947.

"The degrees were not easy, but what was really hard was to get people to take girls seriously in mathematics and chemistry. People didn't think girls were capable of learning in these subjects," Black said.

Black taught at the University of Washington Medical School and retired at age 70 in 1975. "That's the way it was," she said. "Women had to retire at 70 while men didn't have to retire until they were 75!"

After her husband died, Black moved into the Fred Lind Retirement Community, where she lived from 1975 until 1998. Her new home was about two blocks from Group Health Hospital in Seattle, and she logged 26,000 volunteer hours in the emergency room.

Black volunteered at Chief Seattle High School in West Seattle, tutoring children in basic subjects, and she was also the Parent Teacher Association president for two years.

Black believes the world has changed from the time she was growing up. She remembers her father and mother spending time with her and her friends.

"Parents don't seem to make children a priority anymore," she said. "Don't have children unless you are going to raise them right. Be involved with your children and their friends so they don't get in with the wrong type of children."

She said "helping family, parents and a brother when they took ill has been the greatest personal satisfaction of my education."

And ultimately, when she was caring for her father on his deathbed, he acknowledged her accomplishments. He said, "Si, you're a damn good nurse!"

Her advice to others: "Relax on God. He will help you." She said some of the best suggestions she ever met prayed for their patients and themselves before every surgery. She is a devoted Catholic and attends the weekly prayer and rosary services held where she lives. Sharing her message of faith with others is a big part of her life.

She continues to help and advocate. When residents complained they were not feeling well, she tells them little things to report to the doctor that might give them some clue.

"Doctors have so much on their minds, and so many patients, that little things fall through the cracks," she said.

In 1998 Black's body started telling her she couldn't keep up such a hectic pace. At age 93, she moved to her current residence where she needs more help getting around these days. She uses an electric scooter. A medical condition called fibrillation causes her heart to pump blood ineffectively, sometimes causing her to pass out. It is safer for Black to be in a place where help is always available and people are around to watch out for her. But this does not diminish her zeal for life.

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Highline's new proposed suspension policy has been met with mixed reactions from students and faculty. Some are concerned that the new policy could lead to a decrease in academic performance among students. However, others believe that the new policy is necessary to maintain a safe and respectful learning environment.

One student, Ravynna, said, "The new policy is too strict. It doesn't give us a chance to learn from our mistakes." Another student, Yosuke Honda, added, "I think the new policy is a step in the right direction. It's important to hold students accountable for their actions."