

THE THUNDERWORD

MARCH 10, 2005

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HIGHLINE COMMUNITY COLLEGE

Students, profs face grade expectations

Profs say students should prepare for study, hard work

By JACKIE GRAYBILL
STAFF REPORTER

Bernadette wasn't ready for college when she got there. She said that her senior year of high school did anything but prepare her for the college experience.

"They gave me bird courses — easy courses that I flew through. Because of that, I had to relearn how to study and take in information when I got to college," said Bernadette, not her real name.

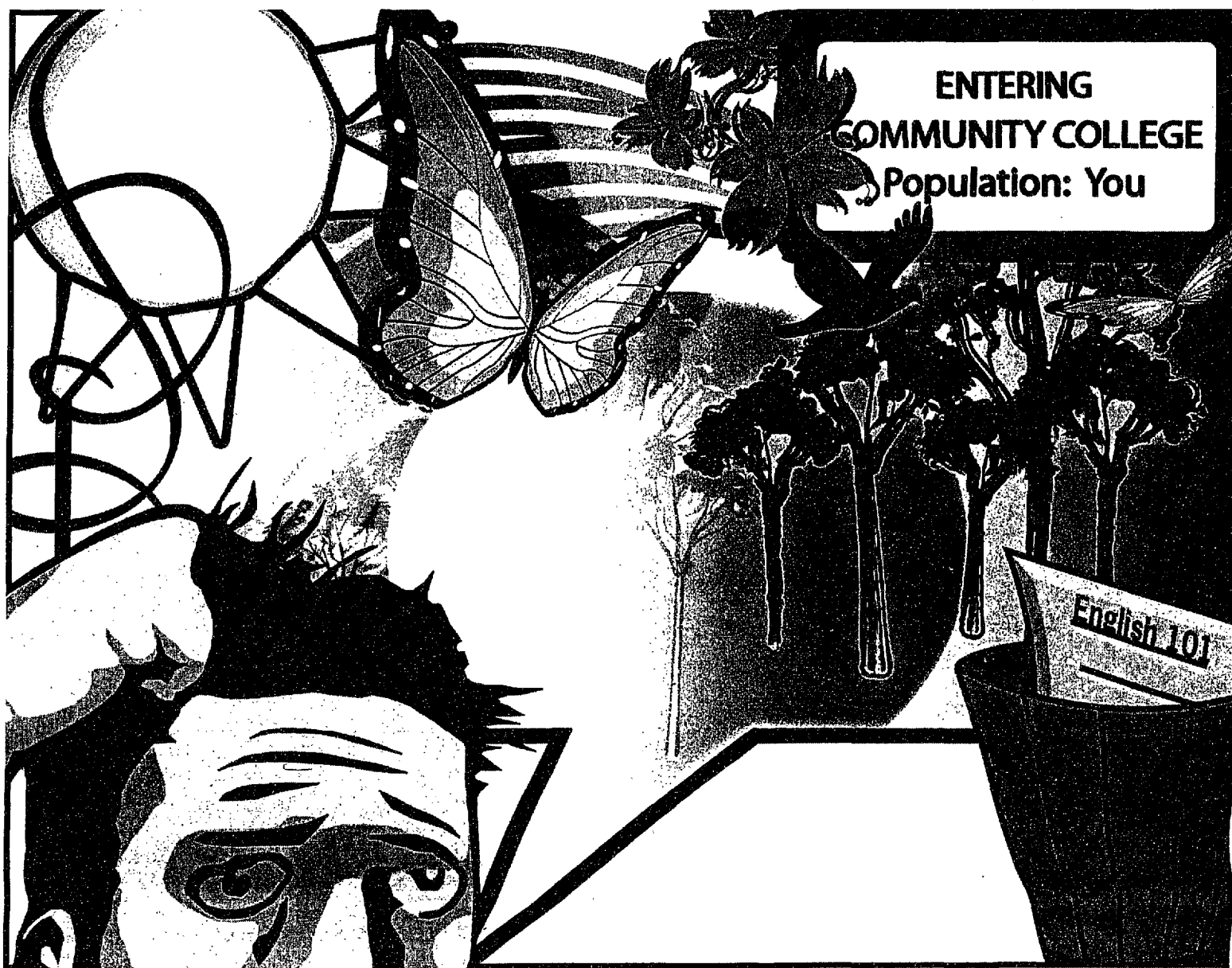
She said that she got a rude awakening when she saw her grades for her first quarter at Highline.

"My parents were disappointed in me and I was disappointed in myself. I went from getting honors in high school to completely destroying my GPA," Bernadette said.

She is not alone. Highline faculty said that many students experience a level of culture shock when they get to college.

The advice they give transitioning students includes taking personal responsibility, learning how to schedule and allocate time and keeping an open mind. They say that the support and connectedness Highline students receive from faculty here, as opposed to that of a four-year school, will help ease their transition and will aid them in their quest for success.

Dr. Sydney Stegall, head of Highline's Music Department,



Graphic by Marina Pajic

said that the transition from high school can be difficult for some students, particularly because of their newfound freedoms.

"There is a huge difference from high school to college and most students don't know what to expect. The single biggest problem is the acceptance of responsibility," Stegall said.

See Teacher, page 19

Students' views on high school versus college

By QUENTIN TAMINHART
AND ERICA MCLEAN
STAFF REPORTERS

Highline students have a variety of impressions about Highline in contrast to their high school experiences and their expectations for four-year institutions.

Students who pushed themselves in the past are usually more prepared for college than those who slacked off.

Some say high school prepared them while others say that college is harder than they thought it would be.

Student Gabby Kane said

that while her last high school helped prepare her for college, most high schools don't.

"I thought it would be a little bit harder than high school," Kaye said. "It is harder. I like it though. It's more fast-paced."

See Students, page 20

Running Start requirements to take WASL turned down

By MICAH DILL
STAFF REPORTER

State senators have decided against requiring high school students to obtain a Washington Assessment of Student Learning (WASL) certificate before taking part in the Running Start program.

Senators replaced the original bill, SB 5360, with a substi-

tute that would require more research be done to find out how best to determine a high school student's preparedness for attending college.

The original

Senate bill would



have required students at public

high schools to pass the WASL in order to be eligible to take part in Running Start.

This WASL requirement was backed by high school administrators who said they were concerned over students failing in

college and having to adjust to returning to high school, and that they were unhappy with what they said was the high schools' lack of control in the process.

College administrators opposed the bill saying that it would limit a student's options for learning.

Legislators on the state Senate Education Committee decid-

ed that more research needs to be done to accurately assess the situation and the preparedness level of Running Start students before deciding on changing eligibility requirements.

The substitute bill requires that the Office of Superintendent for Public Instruction and the State Higher Education Co-

See Bill, page 20

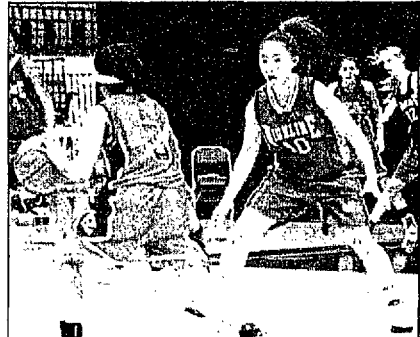
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Choir sings Sounds of the Americas for Highline

See story, Page 6



Women come up short at NWAACCS

See story, Page 10

CRIME



BLOTTER

Thefts occur on campus

A calculator was stolen from room 107 in Building 11 on March 4.

An in-dash CD player was stolen from a Honda Accord that was parked in the East Lot on March 3.

Hit and run in parking lot

An unknown vehicle struck a silver Dodge Intrepid parked in the south lot on March 3. The accident occurred between 8:30 a.m. and 10:50 p.m. and the front passenger side bumper of the vehicle was damaged.

Vandals leave their mark

Vandals left graffiti on the stop sign that's on the fence in front of the tennis courts on March 5.

Lost property

A luggage cart that contained ESL materials was lost on March 8.

A black bag was lost in the East Lot on March 4.

Property Found

Two items were found and later returned on March 8.

The first was a blue portfolio found in Building 6 and the second was a silver Verizon cell phone.

A black men's wallet was found in the East lot on March 8.

A black wallet with \$20 in it was found in Building 6 and later returned to its owner.

A dark gray Columbian jacket was found in Building 17 on March 4, and later in the day was returned to its owner.

Two jackets were found in Building 17 on March 4. One was a black Starbound jacket, and the other was a normal black jacket.

- Compiled by K. Garber

ULA invites young students to consider college

By IRINA PASTUSHOK

STAFF REPORTER

Highline is encouraging young students to come to college earlier.

The United Latino Association (ULA) organized a field trip on March 3 for young Latino students from junior high and high school to give them the inside scoop on college life.

"We want to educate them on higher education and the opportunities outside of high school. We want to let them know what is out there," said Josh Magallanes, Running Start and student development coordinator/ULA adviser.

The students' field trip started at the Student Union, where they got to meet advisers and coordinators, including Toni Castro, Magallanes, Natasha Burrowes and Yoshiko Harden Abe. The advisers talked to the students about Highline and the opportunities that the college offers.

"We want to encourage students to continue school and



PHOTO BY MARY RAAB

United Latino Association member Martha Molina (left), Adviser Josh Magallanes, and President Julian Torres talked to high school students at the March 3 meeting.

pursue their dreams, and not let anybody get in their way of succeeding," said Magallanes.

Following the advisers, the ULA members shared their experiences and hardships on their journey through high school to college. Most of the members

mentioned how hard their struggle was as Latino students and that peer pressure and family poverty are the hardest things to overcome.

"I will be the first to go to college in my family," said Julissa Castro, a sophomore from Ever-

green High School.

"I know it's something good for me, I am also doing this for my family and today they answered all my questions."

Highline provided pizza and pop for the students and finished the tour with a visit to a live class lecture.

The goal of the program was to help promote academic success among Latino students and help them get to college with the help and advice of the ULA members.

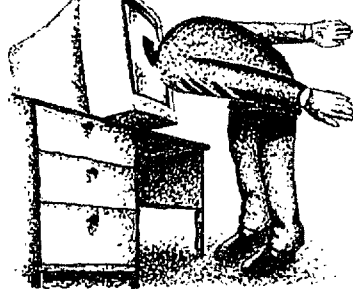
The ULA members offered their numbers and e-mail addresses to help answer any questions near the future and guide the students to success.

ULA is planning to do more outreach programs in the future for young Latino students.

"We want them to be able to ask questions in a safe environment," said Castro, who is the assistant dean and the co-adviser of ULA.

She encourages students to talk to their mentors and advisers about college and start planning early.

NEWS BRIEFS



the specific college.

For more information, contact Barbara Clinton at 206-878-3710, ext. 3151.

Student workers could win big

A special Highline student worker could be named the state's top employee.

Nominations for the Student Employee of the Year award need to be received by 5 p.m. on Friday, March 11 to Erik Tingelstad for the student to qualify.

The winner will receive a plaque, gift certificate, and be entered for the Washington State Student Employee of the Year.

To be eligible students must have worked in a department for one quarter in their present position and be in active student status at the time of the award.

For more information, contact Erik Tingelstad at 206-878-3710, ext. 3599 or Diana Baker at 206-878-3710, ext. 6026.

Birmingham wins award

Highline Vice President for Academic Affairs Dr. Jack Birmingham was presented the Dr. Werner Kubsch Award from the Community Colleges for International Development (CCID)

Board of Directors.

The award recognizes a community college educator for his or her hard work and dedication to the college.

The award ceremony was held Feb. 21 in San Diego, Calif. at the CCID annual conference.

The winner was presented with \$500, a plaque, and a registration to the next year's CCID annual conference.

The Dr. Werner Kubsch award is named after the founder of the company and president of Studiosus Reisen Munchen.

"It is the largest and most independent educational and cultural travel organization in Europe," according to the CCID website.

Birmingham has been with Highline since 1994.

He graduated from California State University, Northridge with a B.A. and M.A. and he received his Ph.D. from the University of California, Santa Barbara.

Donate blood to save a life

Students can roll up their sleeves and save a life at the Winter Quarter Blood Drive.

The drive is taking place on Thursday, March 10 and Friday, March 11 in the Student Union,

Mount Constance and Mount Olympus rooms.

Students must make an appointment in order to donate.

For more information or to schedule a time to donate blood, contact Maegan Yapp at 206-878-3710, ext. 3537, or email Yapp at myapp@highline.edu

Community Calendar

•Writing Center Workshop: Writing Portfolio Cover Letters- Thursday, March 10 at 9 a.m. in Building 26, room 319. Cover letters give the reader a glimpse of who you are. It's the first thing that a person reads. This workshop will show participants how to write a good portfolio cover letter.

•College Representative Information Table: UW Tacoma - Thursday, March 10 from 9 a.m. to 1 p.m. in the Student Union, second floor. Come learn about UW Tacoma and pick up applications and more information.

•Town meeting: Current Issues Facing Higher Education - Thursday, March 10 at noon in Building 10, room 102. Student Government Senator John Dubois and Vice President for Legislation Paul Kalchik will be presenting.

•Science Seminar - Friday, March 11 from 2:10 to 3 p.m. in Building 3, room 102.

Women's Day speakers call for awareness

By OLGA KHRYUKIN

STAFF REPORTER

Women being domestically abused by their partners should not be afraid to seek help, say professional advocates.

International Women's Day brought an awareness about domestic violence to Highline on Tuesday, March 8.

Two events were scheduled for the day. A domestic abuse discussion took place from 10 to 10:50 a.m. and a "After the Montreal Massacre" documentary and discussion also took place from 11 to 11:50 a.m. in Building 7.

The theme for the day was Breaking the Cycle of Violence Against Women; a representative from Domestic Abuse Women's Network (DAWN) came to talk about domestic abuse against women.

DAWN is a non-profit organization located in King County with four shelters.

DAWN was started in 1980 by a group of women in response to the need for support for women who were abused.

DAWN hosts a 24-hour crisis



A DAWN representative spoke at Women's Day.



PHOTOS BY SARAH RUSSELL

Student Travis Tweet accepts a tulip from Anela Delalic (center) and Rosemary Hernandez advertising International Women's Day.

line with women who need support and help regarding abuse and violence.

Along with women, DAWN also provides services for children involved in the domestic violence situation.

Support groups for women and teens are also offered, along with working with the community through events such as the International Women's Day to make the community aware of the problem and give ways to prevent abuse from happening to women.

Meetings and services are completely confidential, so women don't need to worry about their abuser finding out about the help she is receiving.

"A woman is beaten every nine seconds in the U.S," said Alicia, a DAWN crisis line and

community advocate. She declined to give her last name.

Domestic violence is the leading cause of injury to women between the ages of 15- 44 in the U.S, more than accidents, muggings, and stranger rapes combined, Alicia said.

The core reason for domestic violence is control and power, Alicia said. One person wants power and control over someone else.

Domestic violence can be emotional, physical, or sexual.

"The abuse can be intentional, or not," said Alicia.

There can be several triggers and influences to make the other person outburst. Stress, alcohol, and anger can be some of them, Alicia said.

"Domestic violence happens across all sub-groups.

"Education, race, and socioeconomic status don't matter," Alicia said.

Some things a partner might do can be very subtle, and hard to categorize, Alicia said.

Isolation, intimidation, coercion, and sexual abuse are some of the many forms of abuse.

Yet, there are women who will still stay with their abusive partner.

The reasons women stay in abusive relationships vary from them thinking that they are in love with the abuser to the victims blaming themselves, and being unable to support themselves, especially if they have children, Alicia said.

If you, or someone you know is being abused, don't hesitate to call DAWN's 24-hour crisis line at 425-656-7867.

In 2004 the crisis line took 9,000 calls, Alicia said.

"It doesn't matter who you are, where you are from, you can come for help," Alicia said.

Continuing on with the theme, an "After the Montreal Massacre" documentary and discussion with Rosemary Adang, a professor at Highline, took place.

The documentary told the story of how a man entered the University of Montreal on December 6, 1989, and violently killed 14 women.

In the documentary, a victim spoke out about the violence that can be seen toward women, even years after the Women's Movement.

Both men and women need to come together and take action, said Adang.

Foundation scholarships abound for Spring Quarter

By MICHELLE ERICKSEN

STAFF REPORTER

Attention Highline students: Lots of scholarship money is available, college officials say.

The Highline Foundation is offering scholarships to students for Spring Quarter.

All a student has to do is fill out an application and follow the instructions to complete the process.

Applying is much easier now and can be done online at www.funds4highline.org.

Many of the scholarships re-

quire two letters of recommendation, a cover letter, and a short answer/ essay question to write.

Current and incoming Highline students are invited to apply for nearly 70 scholarships ranging from \$500 to \$2,000 each for the 2005-06 school year.

The scholarship funds top \$100,000.

Students can use one application to apply for one to four scholarships from four different categories.

"We want to encourage every student to fill out an application," said Rod Stephenson,

interim director of Resource Development.

The four categories are merit-based, need-based/special circumstances, program based and now new single parent scholarships.

Students applying for merit-based scholarships must have a minimum 3.0 GPA.

Need-based/special circumstances scholarships require that a student demonstrate financial need.

Program-based scholarships require students to seek a certificate or continue in a certain

program.

Some programs involved include Accounting, Computer Science, Engineering, and Nursing.

In order to receive a single-parent scholarship, a student must have at least one dependent child living in the house. Financial need in order to finish college must also be demonstrated.

Every student should fill out an application, Stephenson said.

Scholarships are made possible by donations to the Founda-

tion at Highline from individuals, community organizations and businesses throughout the South King County area.

The Highline Foundation is a 501c3 not-for-profit corporation, governed by a board of directors made up of community volunteers.

Applications for the scholarships are available online at www.funds4highline.org or on campus in Buildings 6 and 9. The application deadline is April 15, 2005. For more information call the Highline Foundation at 206-870-3774.

Editorial

Recycling goals need plan

A group of people, spearheaded by Student Government, has decided that the campus needs more recycling. By itself, this is a great idea. Trash cans can often be seen filled to the brim with items that really should be recycled. Unfortunately, in this day and age, in order to be a saint, one must cough up the cash. And, in all honesty, that cash may not be readily available.

Currently, cardboard, mixed paper, and newsprint are collected for recycling, but Student Government is itching for more. The \$67,500 needed to increase the recycling to include aluminum cans, plastics, and glass is a large amount of money. Where exactly that money may come from is a hard question to answer.

It's not that the recycling idea is a bad one, it's just that one has to look at whether the recycling plan is realistic or even feasible. Students who form Student Government have different priorities as they come and go. In order for the recycling to be successful, it needs to really take hold with those individuals that will remain at Highline for longer periods of time, such as faculty or staff.

Perhaps Student Government could start a more narrowed recycling plan and leave a prepared project for the next batch of students who will make up the following year's government.

A general awareness of recycling and its effects should also be made known to students. If the reason behind the need is made known, perhaps students would be more likely to be aware of, appreciate, and use recycling bins.

Why not encourage campus awareness of recycling and waste issues? Promote "green days" on campus, encourage less waste, and make sure there is an interest in the recycling campaign.

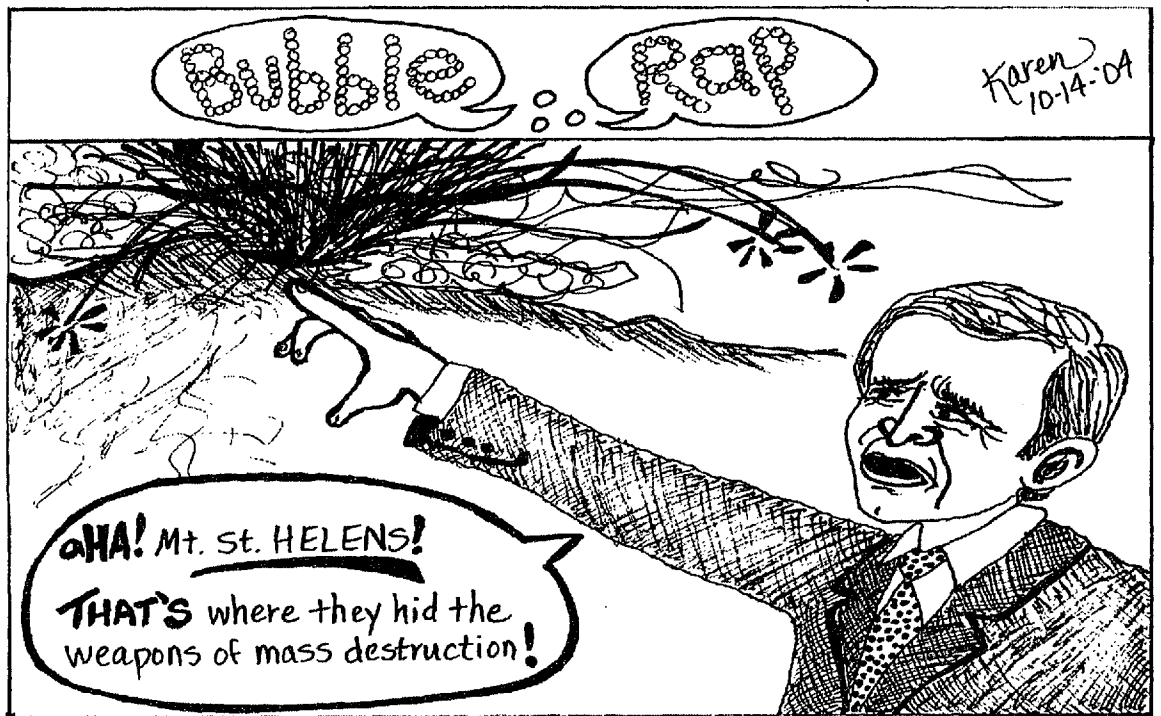
Running Start to be studied

Legislators have taken a step in the right direction by rethinking SB 5360, which would have required students to pass the WASL before entering the Running Start program. The current Running Start program gives opportunities for motivated students to challenge themselves in a higher education setting. Although, some may say that Running Start students arrive unprepared for college-level classes. Legislators have now decided that additional research should be done before making such a decision.

Studies comparing the WASL, normal college entrance exams, and patterns and failure rates of past and current students will all be considered in the decision.

The decision to further examine the issue at hand will give Running Start students a "second chance." Not all characteristics of a student in college classes can be measured by test scores. Other concepts, such as a will to succeed, should be considered when making decision that could affect the future status of the Running Start program and student opportunities.

This study may find correlations in test studies and Running Start success, and then again, it may not. To jump into a bill, such as SB 5360, without considering all the consequences could take away from educational opportunities. But the decision to further research the issue gives legislators the time to prove their theories. Motivated high school students deserve the additional research that could save their opportunity to excel.



Freedom of speech is not the issue

It's nice to see such enthusiasm addressing democracy and the First Amendment. I'm afraid however there are no freedoms being abridged in the case of Students Against the Sale of Obscenities on Campus, SASOC. I am sorry that this message has been conveyed by the Democrats as being a freedom of speech issue.

It's such a great political tool to use the term "censorship" in our day and age, especially on a college campus. A little more acknowledgement of our position and reflection of this issue on the Constitution would identify that these cries of "censorship" and "violation of free speech" are just bait.

The Constitution is generally "negative," it tells the state what they may not do, not what they must do. SASOC is making an argument that the bookstore has the right to choose whether or not to provide its campus with obscenities. As a Republican I'm a real "pro-choice" advocate, fighting the Democrats position of "no-choice." Let's look at it differently, the Democrats are violating the Constitution by stating that Highline bookstore

must sell obscenities. Does the same reasoning say that Highline's currently violating the First Amendment by not providing every printed material in the world? These arguments are simply inane.

Guest Column



Josh Dill

I'm surprised the president of Phi Theta Kappa would bite the bait of the Democrats' political hook. SASOC has no issue with people reading porn. Not selling porn in our bookstore isn't a ban or a censor. If students wish to read these magazines they can bring them onto campus; we are not dictating what can or can't be read.

I know it may seem a bit of a shock, but the Highline bookstore can't offer everything for your personal convenience. The magazine section in the bookstore is already undesirable, it's bad enough to use up space with porn. Why not replace these cheesy magazines with higher quality magazines that can't be found at the local ampm.

Porn is the only item that requires identification, and if an employee accidentally forgets to check ID, they could be

imprisoned under Washington State Law.

In one case a student, just of age, purchased porn in the bookstore without being carded. I know they have a policy, but it takes just a simple mistake. With justice applied, how would this look in the community?

I guess it's all worth it to Laura Saunders, who also seems to believe that when reading the school mission statement, she finds a direct indication or rather motivation to offer students porn on campus. I find it inconceivable that such a conjecture can be made from the vice president of our college. I'd suggest that when reading the school mission statement while shopping in the bookstore, it would indicate there is a failure to provide students with "the knowledge, skills, attitudes, and values necessary for productive, responsible, and meaningful lives."

Let's not forget we place the bookstore's employees' reputation, along with Highline's, in unnecessary jeopardy. I'll buy Laura Saunders lunch if she can give me a reasonable justification to where in the mission statement she feels compelled to offer her students porn on Highline campus.

Josh Dill is a student at Highline.

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"He's enrolled in Stumbling Start."

Students gain points in life with S.C.O.R.E.

College can be a scary place to visit when you're in high school.

You have a mind full of questions needing an answer, but at the same time you want to prove to your friends that you are cool. Some high school students are fortunate enough to have college-educated parents. But then there are others who are breaking new ground by becoming the first in their family to graduate from high school and earn a college degree.

Highline's third annual Students of Color Opting to Reach Excellence (S.C.O.R.E.) conference was held last Friday, March 4. S.C.O.R.E. is a conference that helps students of color learn about the opportunities that are available to them after high school. At the same time, they are getting a chance

to get their questions answered by people who are experiencing similar feelings about continuing their education.

I was selected to be one of the college mentors for the day. Each one of the mentors was paired up with another college student of a different ethnic background in order to cover more ground when it came to group activities.

In our group of high school students a variety of ethnic backgrounds were represented, such as Asian, African-American, and Latino. The majority of our group was of a Latino background, which to me was the opportunity of a lifetime, because I as a Latino student could relate not only to their feelings about college, but also to their cultural

feelings about college.

In the beginning of the day, the students just spoke among themselves. But as the day progressed and the students found out how much in common they had with their mentors, questions began to pour out like rain.

"How do you pay for school? How do you put your schedule together? What kind of classes can you take?"

In my group, I had some students who knew what they wanted to do, a few that didn't know but wanted to go to college, and a mom who wanted to go to school but take a year off in order to take care of her baby.

After my partner and I finished giving them a summary on what attending Highline was like, the student mom came up to me and asked me about the child care on campus. She shared with me her ambition of continuing school, but with a soon-to-be 1-year-old daughter,

college seemed to be out of her reach.

"Can you tell me more about the daycare here? I know that if there's a daycare, I can leave my baby here while I go to school," she told me.

I explained to her some of the options that were available to her and referred her to Assistant Dean Toni Castro.

I not only got a chance to talk to a small group of students, but also to tell them my story of how I ended up in college during the panel. There were five panelists including myself. After being put on the spot for about 15 minutes that seemed an eternity, we had a chance to finally step down and have lunch before the workshops.

As I was heading out the door to catch some lunch, a girl pulled me over to the side and asked me about enrolling in classes. Her English wasn't the best, so she felt comfortable being able to speak to someone in her tongue, Spanish.

I told her that it was a simple process and could be done online.

After lunch we had an open mic. High school students as well as college mentors participated in this event. There were rappers, poets, cheerleaders, and dancers showing off their talent. As we headed down to Building 10 for the workshops, a group of students asked me to finish my poem that I had begun at the open mic.

After the open mic, I attended the Racial Identity workshop given by Sociology Professor Darryl Brice.

There are students who want to attend college but don't know how it's done. There are others who are forced to go to college. But every student needs someone to show them the ropes. I never knew that the voice of a college student of color meant so much to college student prospects.

This fall Martha will become a first generation college grad.

Forgotten Thoughts



Martha Molina

LETTERS

Porn unneeded at Highline

Dear Editor:

When I first heard that Highline sells pornography, I was shocked but I didn't really care. How does that affect me? Then I started to think of why we have the porn in our bookstore. What is the bookstore for? It's a place for me to get the materials that I need to learn – to improve my education.

Can someone tell me the educational benefits of porn in our bookstore? You might say pornography helps you learn about the human body. But does it? Are you thinking, "Now that is her gluteous maximus, I wonder how it works?" No! You're thinking of sex, not school.

I'm not going to tell you not to look at pornography. You can look at it all you want, but the bookstore is for everyone, including children and underage adolescents, whose parents might not want them to see such things.

The bookstore also includes those of us who are religious, such as Christians, Mormons and Muslims, who might be offended by the sight of these magazines.

Some schools have banned *Tom Sawyer*, because the "n-word" is used, and many people find the pornography much more offensive.

Finally, pornography in our bookstore ruins Highline's reputation for a place of higher education. A place where we learn to better our society. The stan-

dards are higher for other places, such as Green River, Central Washington University, and the University of Washington. Shouldn't our standards also be just as high? This reputation affects you and me, for we are all learning and growing together.

**-Rachel King,
Highline student**

Sports pages are overdone

Dear Editor:

What's with the five pages of sports coverage devoted to the Thunderword? Granted, sports can add an element to campus life, but really, how many students attend games, or even care?

College sports are indeed engaging at the major NCAA colleges, such as Michigan football or Duke basketball.

Sure, sports contribute to experience at Highline, but I'm not sure how much. It's important to the student-athletes, of course, and to a few of the Highline students, but let's not give it more attention than it deserves.

**-Bryan Hanson,
Highline student**

Porn: not the only distraction

Dear Editor:

This is in regards to the article about the removal of the adult magazines in the student bookstore.

Allow me to be the devil's advocate. I have been attending

Highline for three years now and I have, from the beginning, known about the adult magazines in the bookstore. I have not thought much about them until I read the article.

I would not have cared at all about the article and disregarded it until I read a certain quote from a Rita Mashnitskaya, in which she thinks the magazines are a distraction from studying.

Well, if we are going to remove the magazines upon that basis alone, then why not all the magazines, CDs and DVDs. After all, they are all a distraction from studying.

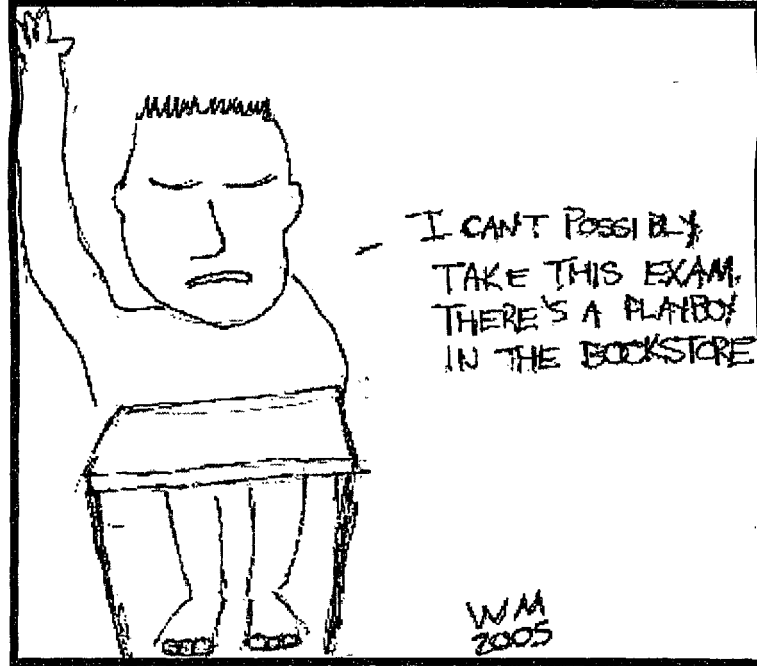
Do they objectify people? I believe they do not. They show the beauty of the human body, the body God created for us.

If you're still unsure about Playboy and Playgirl magazines in the bookstore, take this into consideration: they are both owned by the Playboy corporation, which is not run by Hugh Hefner, but by his strongly feminist daughter Christy Hefner.

How is it that a few people believe that the student body at Highline is so irresponsible that they need to decide whether or not we can choose to purchase the magazines or not?

The magazines hurt no one at Highline or anywhere else for that matter, unless you get a paper cut.

I say if the population is worried about the adult magazines then put them behind the counter and ask for ID. Other than that, only the Supreme Court has the right to say that these magazines are inappropriate for sale, and you know what the Su-



preme Court says.

**-Bryan Gilderoy,
Highline student**

Porn is freedom of speech

Dear Editor:

This is about the "porn war" I have been listening to for months now – Since I am also a paralegal student, I have a different viewpoint on certain issues.

The main thing is this: freedom of speech is a right given to all of us in this country by the U.S. Constitution. This also includes porn on any bookstore shelf, store shelf, etc. It is entirely up to the individual as to whether you buy the magazines in question or not.

The views of the few can't decide an issue that has been debated for decades, nor can it be the basis of literary dis-

crimination. I do agree that the magazines shouldn't be behind the counter and covered like they are in 7-Elevens and other stores. But I don't condone censorship in any fashion. I do hope that this issue is settled soon by the Administration, for I'm sick of all the publicity that this issue is getting on campus, and meetings that erupt into shouting matches are no way to resolve this issue.

And as far as cigarettes being sold – it isn't a money maker for anyone but the tobacco manufacturers and the state. And the prices that the bookstore would probably have to charge would definitely turn students away anyway. So why should the bookstore even bother? My views are just that, mine. They don't reflect the views of any program I'm attending currently at Highline.

**-Deb Crow,
Highline student**

Choir immerses Highline in new culture

BY JESSIE ELLIOTT

STAFF REPORTER

Highline will be immersed in the culture of the Americas at the choir concert this evening.

"We'll be presenting songs of Central and South America," said Dr. Sandra Glover, the choir director and part-time faculty member at Highline.

This quarter, many students are in the choir for the first time.

Student Hi-Lo Asrat said there were a lot of challenges for him.

"The music we're studying is all different than what we usually sing here so it's interesting," Asrat said of his favorite part of the process.

"It's a groundbreaking experience because it really opens you up," said student Jamesy Beaulieu.

The choir will begin with tribal songs in the original language from a primitive Indian tribe in South America, a group called the Krao.

Along with the tribal songs, Todd Zimberg, a part-time music faculty member at Highline, will play tribal instruments accompanying the choir.

He will also explain the history of the music and the tribe.

Also featured in the concert are Cuban and Jamaican pieces.

Ben Thomas, a full-time music faculty member, will be leading his percussion class



PHOTO BY KEITH DAIGLE

Choir students have been rehearsing for the Winter Quarter concert, *Sounds of the Americas*, since the beginning of the quarter.

accompanying these particular pieces.

Thomas will also lecture on the sources of Cuban rhythms.

The most difficult piece for the students is a Cuban song that has four rhythms, but it is the students' favorite song, Dr. Glover said.

"You will hear Spanish, Krao tribe words, French from Haiti, and English," said Dr. Glover.

"Once you get a hang of it, you really get it and you know what you're supposed to say," said Beaulieu.

Not only will students and

faculty members from Highline be participating in the concert, but guests will be featured as well.

"In this concert, dancing will be our biggest feature," Dr. Glover said.

The United Latino Association from Kent-Meridian High School, advised by Dan Aragon and Sheri Stephans, will be performing Cuban and Caribbean cultural dances.

They will also be teaching dance steps as part of the cultural immersion for the audience.

"This gives the audience a feeling for the primitive and Indian tribal chants and sophisticated Afro-Caribbean dance rhythms," Dr. Glover said.

Also, as part of the cultural immersion, a variety of Central and South American foods will be offered.

Some of the foods featured will be Brazilian "Bread of the Dead," Mexican wedding cake, chocolate, coffee, and virgin margaritas.

"We're going to taste a bit of Central and South America," Dr. Glover said.

Dr. Glover encourages people to come to the concert to experience a different culture.

"People will be more than entertained, they will be educated by lecture demonstration, authentic songs, and a variety of tastes, sights, and sounds," Dr. Glover said.

The concert will be tonight, March 10, at 7:30 p.m. in Building 7, and admission is free.

"I'm extremely nervous and extremely excited and full of energy and we're going to do it," said student Saundra King.

Beauty may be skin deep, but the pageant was rich

When my voice teacher suggested that I run in the Miss Burien pageant (the local of the Miss America), I started laughing. Then I realized she was serious.

You see, as a teenager, I was anything but a beauty queen—I had to wait for acne to die down first. And even at that, average is as average does.

Like anyone, I had preconceived ideas about the kind of girls who run in pageants.

The thought of competing in a beauty pageant didn't scream at me as the opportunity of a lifetime.

Pure
& Simple



Jackie Graybill

But, amidst my protests, my teacher assured me that the experience would help me develop areas in my personality that seriously needed help and that it would grow me in ways that would help me reach my potential as a person.

I didn't believe her. Well, the needing help part I believed, but I wasn't sure about the pageant part.

When I finally decided to take the plunge and sign up, I was in for the shock of a lifetime: it wasn't really a beauty pageant

(lucky for me).

They didn't have a type of girl they were looking for and

they didn't try to mold us into something we weren't.

Instead, they looked at each individual girl and gave her the tools to help her bring out who she really is and what she has to offer.

That process includes giving her the tools to overcome her fears.

I have heard it said that the No. 1 fear for people is public speaking.

I am no different—it makes me shake at the knees.

And yet, it is something that many of us need to be able to do to be successful. We face interviews, meetings, presentations and all other forms of dreaded communication.

Because 50 percent of a contestant's scoring is based on their ability to communicate effectively (in a 12-minute interview and two onstage questions), most of the rehearsal

time was spent on that.

The training included roundtable discussions every week, which focused on current issues from environmental concerns to health care to election issues.

Each contestant was encouraged to listen to all of the information presented and to decide for herself what she believed about the issue so that she could effectively communicate it to others.

One of the concerns many people have about pageants is that they lower the self image of the women who participate in them because their looks are compared to those of the other contestants.

I got the shock of my life when the experience actually ended up strengthening my self image more than anything I have ever done, because 80 percent of the scoring is based

on communication and talent skills instead of on looks.

My experience showed me that pageants are about more than what is on the outside, but that it helps each young woman focus on strengthening who she is as a person.

It helps her to focus on the things she can change and shows her the insignificance of what she can't change.

Even though I didn't win the pageant, I learned that the journey truly is more important than the destination.

This portion of the journey has given me confidence because it has forced me to face my fears. And that is worth any amount of effort or primping I have had to put in.

The pain from hours in heels, however, I'm still not sure about.

Jackie is Miss T-word 2005.

Old school styles inform painter's work

By RACHEL LUSBY

STAFF REPORTER

Renaissance painter Eric Winiecki is this month's featured artist at the Highline library.

Winiecki is an oil painter who, after years of drawing with black and white, discovered a love for color.

No art piece of Winiecki is the same in color.

"Color adds a dimension of emotional depth to a piece of work," said Winiecki.

"Renaissance art is especially appealing to me because of its combination of strong drawing skills and its relatively simple but effective use of color."

In numerous pieces, it's obvious that Winiecki focuses on different uses of color.

From pieces of body work using copper-tone colors to dimensional pieces using abstract colors like shades of blue and white.

By looking at the artwork, Winiecki reveals almost a passion of painting a woman's body.

He focuses on the beauty of a woman's natural curve, such as hip bones and the spine structure.

In one painting particularly, his focal point is of a woman sprawled falling forward naked, exposing only the curves of her back, and lower body.

However, Winiecki displays work that resembles pieces of artist M.C. Escher.

His use of dimension cap-



This is a painting by Renaissance painter Eric Winiecki featured this month along with other pieces in the Library Art Gallery on the fourth floor.

tures the viewer's eye of where the piece is going. One particular painting showed a two-level dimension of a place.

He uses different shades of white, giving his viewers a sense of feeling almost empty and lost.

One level shows mountains with a dark blue sky.

Meanwhile, this level shows a crack that falls into a scene

that is similar to an ancient abandoned city.

His artwork also varies into simplistic work.

Once piece featured in the art gallery resemble something that can be found in a Dr. Suess book.

There are elongated lines that flow across the painting giving a very playful or peaceful feeling to the observer.

Winiecki seems like he is trying to keep this specific piece simple by using basic colors and shapes.

Winiecki is originally from the Midwest but has lived in Seattle now for 15 years.

He studied briefly at the American Academy of Art in Chicago and at the Art Institute of Seattle.

He claims, however, to be

mostly self-taught.

"I've read many art books and taken various classes over the years. Copying works by the great masters has been especially educational," he said.

This exhibit of artistic talent will be on display throughout the month of March on the fourth floor of the Highline Library.

The April show for the gallery has yet been picked.

Point those stilettos directly off Highline campus

People wearing stilettos on campus are completely insane.

My point is that about 80 percent of Highline campus is uphill with construction and gravel pathways that still need concrete. I just don't understand it when it comes to wearing stilettos on campus.

Stilettos are high-heel shoes that look like your heel is being held up by a toothpick. The most common ones I've seen on campus are the pointy-toed stilettos.

Don't get me wrong, I love stilettos myself.

I always wear them with nice dress pants and casual jeans at

work and other outside school events, but on campus, I would never wear them.

You are trekking to and from class in a certain time period that doesn't give you room to walk pretty. Carrying a load of books in a backpack does not complement your stilettos at all either.

It's almost a cry of Help! I don't know if my feet can hold her!

I could understand maybe a small stiletto boot that ranges in height of only an inch, but a

3-4 inch heel is just way out of line.

It's almost a cheap way to make you look slender without the liposuction.

There comes a point when

you have to use good common-sense judgment in deciding when and where to wear stilettos.

If you know that you're going to a place where there are roller back-packs and uphill walkways, do not wear stilettos. But if you're going to a place where it's probably semi-formal, less walking, and more level ground, then wear stilettos.

Plus if your posture has suddenly changed into looking like you're walking over egg shells, then you should more than likely not wear them at school or anywhere else.

Nowadays, I'm seeing people who just don't care when, where, and how they wear them.

Pretty soon I'll see them climbing a whole mountain with those things on.

The trick to looking good in

really uncomfortable in stilettos and it's obvious that you're having a hard time walking, then it's you trying to fit into the attire.

But if you're wearing stilettos and you look comfortable and the heel is not too high, then it's the attire fitting you.

Everyone's body is different, therefore everything is not for everybody. Plus, people should

remember that there is a certain time and place for certain things to be worn.

So let's try to avoid gaudy stilettos on campus and keep them in a place where we are not running in circles to get to class.

anything is looking like your attire fits you, not you fitting your attire. For example, there's a difference when something is cute and looks good on you and when something is cute but looks horrible on you.

Such as stilettos, if you look



Front



Olivia DeLeon

New book, Hotbody 101, fact or fiction?

By ANNIE RUNNELS

STAFF REPORTER

College students rejoice: *Hotbody 101* is a diet and exercise book directed toward a college student's life style.

Michael S. Kamins is the author of *Hotbody 101* and is a certified personal trainer.

The book is broken down into individual chapters explaining each step of the diet and exercise program.

The book gives valuable advice that is sometimes hurt by Kamins attempt to be humorous.

Kamins peppers his work with little side comments all throughout the book that don't add any valuable information.

For example he actually spells out "hehehe," when he is trying to be funny.

The comments made are not necessary for the readers to know but only for the amusement factor, which is low.

The book talks about eating habits and portion sizes in the program; a typical portion size is only as big as a clenched fist.



Michael S. Kamins

Kamins continually repeat himself throughout the book, which could either be a good thing or an annoying thing.

Chapter six is probably one of the better chapters that will benefit all who read this book.

In it, Kamins explains how a person should perform certain exercises and he even has pictures to back up his explanations.

He targets each part of your body including chest, back, hamstrings/quads, shoulders,

traps, calves, biceps, triceps, and abs.

Kamins promises that if you follow his program right down to the last gram of carbohydrates, you will achieve your weight-loss goal in eight to 10 weeks.

He claims that in his program that you must eat one gram of protein for each pound of weight you weigh. This means that if you weigh 130 pounds your daily intake of protein is 130 grams or about a quarter pound. For some people that maybe a tough challenge to face everyday.

He does provide two different workout plans for those who don't have the availability in their schedule to lift weights five days a week. The second version of his program is when you only have to lift weights three days a week.

His format is very easy to follow because he lays it out on Excel, which helps the reader understand how many reps to do and how many sets to perform.

Cardio is another important part of Kamins' program. He breaks it down in three different



ways you can do the cardio.

The first one is 40 minutes of steady cardio at a moderate pace, second is 25-30 minutes of higher intensity, and third is interval training for 20 minutes. This all explained fairly well in the book.

Throughout the book Kamins gives little side tips that are useful to people who don't catch on all that quickly or a comment that helps them to get motivated. For example, in the fight cardio boredom tip it said. Read your favorite magazine or novel, (or you can even study) when doing long-duration cardio on stationary equipment like bikes, treadmills, and elliptical machine.

Kamins does have sections in the book that relate completely to a college student's lifestyle,

for example going out to the bar or out to the club where liquor and beer comes into play.

Liquor, he says, equals sugar, and he explains how to drink responsibly while staying committed to your diet. He gives drink recipes in the back of the book that all include low-carbohydrate alcohol.

At the end of the book Kamins does FAQs in chapter 10 and in chapter 11 gives you the information to contact him or visit his website.

Lastly in the appendix he gives the recipes for the meals he has for the diet part of the program.

Overall the book has good information about the exercises and some information out of left field he gives to his readers in which he tries to be humorous but only coming off as not being funny and a little irritating.

For many people this book will be interesting, fun to read and beneficial but for others it may not be your ideal diet and exercise program to help you achieve your health and fitness goals.

Drama Department enhances Highline experience

If you get the chance, you should go see a production put on by Highline's Drama Department.

It may surprise you that a college acting company can put forth such talent, even though some of them have only been acting for a couple of quarters.

The Drama Department Coordinator, Dr. Christiana Taylor, chooses a wide variety of interesting plays.

Backstage Pass



Jessie Elliott

They can be fresh new material or plays written by Shakespeare, and each type offers the students a unique challenge to stretch beyond their normal capacity.

Part of the reason why Highline's plays are well done has to do with the teaching.

College level professors who have majored in theater have learned all aspects of it, from practicum to design, said Dr. Taylor.

"It is a competitive field and the applicants for teaching jobs at the

colleges and universities almost always have sound professional credits as well as degrees. This real working experience is very important as the faculty is trying to train young actors and theater workers to succeed against the odds in the profession," Dr. Taylor said.

It is apparent that Highline's program is a cut above the rest, especially when looking at the other theaters in the area.

While community theaters aren't in the same category as college theater, the difference in skill can still be seen.

"Community theaters sometimes get stuck in these tired old standards," said Dr. T.M. Sell, a former newspaper theater critic.

Many community theaters I have seen don't take any chances

with their play choices.

Many of them, for example, Burien Live Theater and Centerstage Theater, choose older plays that have not aged well.

For example, Centerstage Theater put on *You're a Good Man, Charlie Brown* last spring, and not only was it not the best script in the first place, it hasn't aged well at all.

Another example is Burien Live Theater's production of *The Rivals*.

This play is very difficult, and the skill level for the production wasn't there.

The Drama Department, on the other hand, makes new and interesting choices, and doesn't stick with one certain genre.

For example, this spring, the Drama Department will present

the student-directed, one-act plays. This is always a fun show as there are four or five different plays from all different genres; some are funny, some are moving, and some have a bit of each.

Going to see a production put on by Highline will be sure to entertain you, because the faculty and students are passionate about what they do and make the play fun to watch.

"Most theater folks love the work and want to be very good at it so they stay abreast of the profession.

"Most theater workers also love the students attracted to the work and want to give them a real chance at being a professional if they can," said Dr. Taylor.

International showcase of talents comes to Highline

By RACHEL LUSBY

STAFF REPORTER

The third annual International Night at Highline promises students, staff, faculty, and community the chance to showcase their internationally themed talents.

"This is not a talent show," Mariko Fujiwara, director of International Student Programs said. "This is an official event called the third annual Interna-

tional night; we will have an international dinner, 20 display booths, and international performances."

Possible performances for this showcase range from belly dancing to hand bell performances to flamenco dancing.

Anything that is internationally themed fits the bill for this showcase. This is all a part of Diversity Week at Highline and it is open to any and all Highline members, (students, staff,

and faculty) and to the community surrounding Highline.

There are very specific reasons for holding an event such as International Night or Diversity Week in general.

"International Student Programs wanted to celebrate cultures around the world and increase the global awareness on campus. Also, we wanted to give our international students the chance to show their cultures," Fujiwara said.

Over \$5,000 of both S&A funds and International Student Programs funds are covering the cost of this event.

This year, International Student Programs is working closely with other groups of Highline. Student Programs, the World Languages Department, the ESL Department, Kaplan International, and Media Services are all on board to make Diversity Week run smoothly.

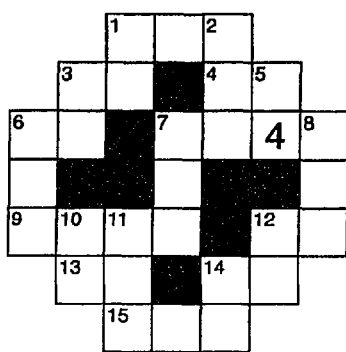
Students who are interested in performing for the Third Annual International Night showcase must fill out a performance proposal form and make their performances no more than five minutes long.

They are still looking for volunteers for Diversity Week, anyone who wishes to be a volunteer or a performer may contact Yuko Ohno at International Student Programs or email her at yohno@highline.edu.

Rational Numbers

by Linda Thistle

Using the clues, simple arithmetic, and a little logic, place a single digit (0 to 9) in each empty box in the diagram. To help you get started, one digit has been entered in the diagram.



ACROSS

- The last digit is the sum of the other digits
- 12-Across minus 6-Across
- One-eighth of 7-Down
- Same digit repeated
- Consecutive digits in descending order
- 1-Down times 3-Down
- One-fifth of 8-Down
- Forty more than 3-Down
- 1-Across minus 11-Down
- The first digit is the sum of the other digits

DOWN

- Consecutive digits in ascending order
- Consecutive digits

- rearranged
- 2-Down minus 7-Down
- Six more than 4-Across
- The first digit is the sum of the other digits
- The first digit is the sum of the other digits
- The last digit is the sum of the other digits
- Consecutive odd digits in ascending order

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- GEOGRAPHY:** Where would one find the island group called the Seychelles?
- NATURAL WORLD:** Which insect belongs to the order called Lepidoptera?
- U.S. STATES:** Which territory became the 46th U.S. state in 1907?
- PSYCHOLOGY:** What is algophobia a fear of?
- MOVIES:** When was the movie "Bird Man of Alcatraz" released?
- LITERATURE:** Who published "The Innocents Abroad" in 1869?
- GENERAL KNOWLEDGE:** In astrology, how many signs of the Zodiac are

- there?
- COLLEGE SPORTS:** Which college football team is nicknamed the Bruins?
- MYTHOLOGY:** In Roman mythology, what was the name of the head god?
- FOOD & DRINK:** In what century was the martini drink believed to have been invented?

10. 19th century
9. Jupiter
8. UCLA
7. 12
6. Mark Twain
5. 1962
4. Pain
3. Oklahoma
2. Moth
1. Indian Ocean

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Royal Straight

Across

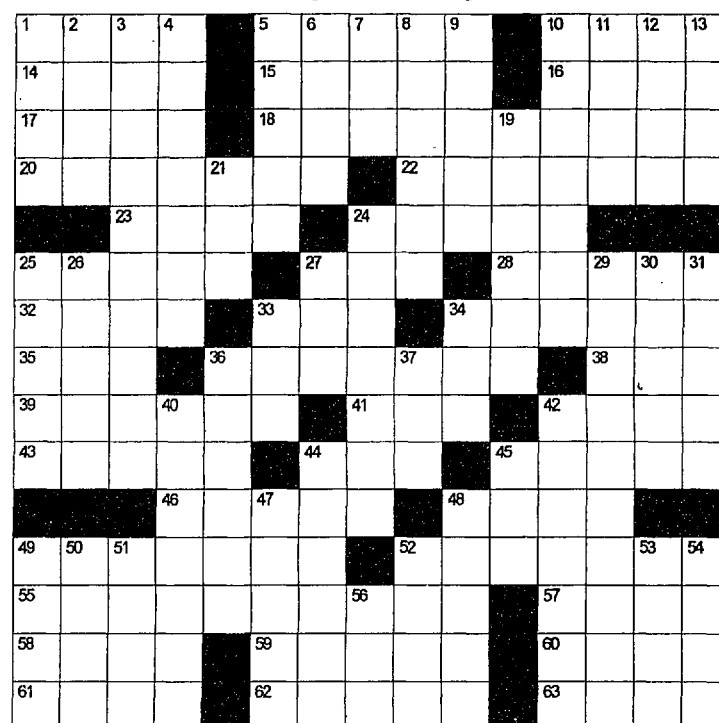
- Common website offering
- Studies at the last minute
- Follows I or sun
- Border
- Elevated nest
- _____ St. Vincent Millay
- _____do-well
- Call of the Wild* author
- Joyous
- So soon?
- Store gas
- Ford's lemon
- Style
- Lennon's Mrs.
- Basketball position
- Needs a doctor
- Lots of bills, perhaps
- Train unit
- N. Ireland militant group
- Foreman's directive
- Pitching stat
- Horror and sci-fi, e.g.
- Lassie, e.g.
- All square
- Viper
- _____ and games
- Court employee
- Sick and tired
- Average
- Relating to one's wife?
- Slept in the nest
- Camelot big-wig
- Brass instrument
- Words of understanding
- Large volumes
- Press
- Sniffer
- Sleep sound
- Sugar _____

Down

- Dracula distinctive feature
- Early victim
- Australian province
- Avenue crossers
- Like many in Louisiana

Crossword 101

By Pete Canty



- Not fake
- Circle part
- Gilbert & Sullivan's Emperor
- Peddles
- Three Euro countries in one
- Heroic poem
- A wink and _____
- Lots
- Salem's locale
- Adversary
- Arrived (at)
- Subarctic forest
- Was on TV
- Shady tree
- 1994 Jim Carrey role
- Less well
- Had a beer
- Used to be
- Plead
- Mother _____
- It's heavy
- One who flees home
- Stretchy stuff

- Steamboat inventor
- Head of the co.
- Bar game
- _____ code
- Hide
- Juan's apartment
- Singles
- One who feels regret
- Black
- Hamlet was one
- Ins. provider

Quotable Quote

"Being president is like being a jackass in a hailstorm. There's nothing to do but to stand there and take it."

... Lyndon B. Johnson

By GFR Associates ••• Visit our web site at www.gfrpuzzles.com

Arts Calendar

•Janee Baugher will be the host for the March 10 Jump Start Your Writing session.

Last May, one of Baugher's poems was made into a modern dance at the University of Cincinnati. During the academic year, she teaches Writing Poetry at UW's Experimental College, and in the summer she teaches at Interlochen Center for the Arts in Michigan.

Janee is also an editor for "Switched-on Gutenberg," an online poetry magazine at www.switched-ongutenberg.org.

She will have more information about submitting for the next issue.

This class is on March 10 from 6-8 p.m. in Building 10, room 105.

The cost for this is still \$10 for registration at the door.

•Burien Live Theatre Pres-

ents *Other People's Money* by Jerry Sterner, Fourth Avenue Southwest and Southwest 146th Street.

The show runs March 4-27, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$13 and \$11 for seniors and students. All Sunday tickets are \$9.

The play was winner of the Outer Critics Choice Award for Best Off-Broadway Play. This production is directed by Silas Lindenstien.

Call 206-242-5180 for tickets, or visit www.burienlivetheatre.org for more information.

•The City of Burien is recruiting interested residents to serve on it's Arts Commission.

Application deadline is March 25.

Forms are available by calling 206-248-5517 or at City Hall, 415 Southwest 150th Street in Burien.

The Arts Commission promotes and nurtures the arts as an essential component of the community by supporting cultural opportunities for all citizens.

Meetings are held on the first Tuesday of each month from 6:30 - 8 p.m.

For additional information call 206-988-3704.

•March is National Youth Arts Month.

To celebrate this month, Kent Arts Commission is offering fun performances and events for kids and families.

Enjoy an evening of contemporary dance with Spectrum Dance Theater under the artistic direction of the man The Seattle Post-Intelligencer calls "an American Treasure,"

choreographer Donald Bryd.

This event is on March 19, 7:30 p.m. at the Kent-Meridian Performing Arts Center. Tickets are sold for \$15 general admission and \$10 for student/senior admission.

•The Kent Student Art Exhibit is March 14-25. The Artist's Reception is on Friday, March 18 from 5-6:30 p.m.

Location is at the Centennial Center Gallery, 400 West Gowe in Kent.

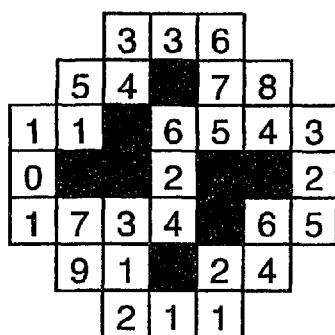
•Opportunities for artists is a community showcase that invites local entertainers to perform at the annual 4th of July Splash. See a full list of opportunities at www.ci.kent.wa.us/arts/opportunities or call 253-856-5050.

Last week's solution

WHICH WITCH?



Rational Numbers answers



T-Birds fall short at NWAACC tourney

BY JAMIE GROSSMANN

STAFF REPORTER

TRI-CITIES – The Lady T-Birds went to the NWAACC tournament with hopes of a championship, however their shooting slipped and went cold as the ice over which the court was suspended over.

Their hopes of a championship ended with a first round loss to last year's champs Clackamas, 69-63. The women turned it around in the second round with a win against Peninsula before being knocked out of the tournament in a nail-biting loss to Lower Columbia.

The eventual champion of the tournament was Columbia Basin, who came into the game as the Eastern Division champs. Columbia Basin beat Lane, 56-44, to lay claim to the school's first women's basketball championship. Lane was the Southern Division champs and the No. 1 ranked team in NWAACC/Horizon Air Coaches poll. Clackamas went on to finish third with a victory over Yakima Valley 75-69 and Lower Columbia beat Edmonds 58-54 to finish in fifth.

The T-Birds opened up the tournament with Clackamas last Thursday morning. The two teams matched up well and saw the lead go back and forth for much of the first half. Highline gained its biggest lead of the game late in the first half 20-14, however Clackamas came charging back to regain the lead 29-25 to end the half.

"There was a six-minute lapse in the first half where we just could not do anything," said Head Coach Amber Rowe. "We quit passing the ball, offense became stagnant. We were just standing around."

The second half was more of the same as Highline stayed within 10 and was able to put together a run late in the game but two fouls cost the T-Birds.

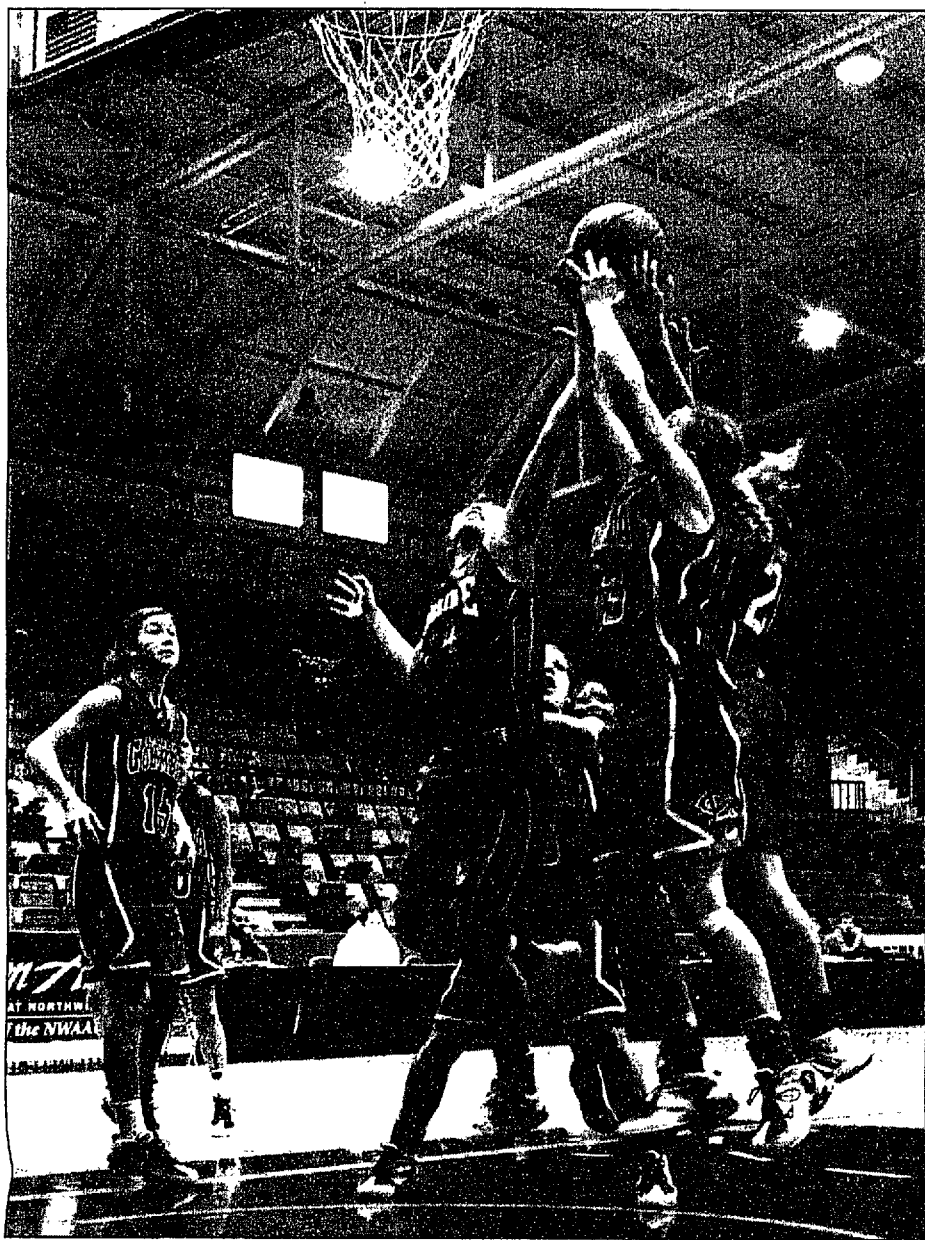
"Kelli (Marcus) and Ashley (Clark) fouled out and that hurt our run," said Rowe. "The team hit a brick wall that killed the momentum."

The Lady T-Birds weren't able to get any closer and Clackamas held on for a 69-63 victory.

Freshman Shelby Avaava led Highline with 21 points, eight rebounds and a blocked shot.

"Shelby shot lights out in the second half," said Rowe.

Marissa Cain was one rebound away from a double-double as she scored 14 and pulled down nine boards. Taryn Plypick added a spark off the



Photos by Keith Daigle

Lady T-Birds look for the rebound in last weekend's game with Lower Columbia.

bench as she pulled down eight rebounds in 11 minutes of action.

"Before the game the team was wide awake and excited but nervous," said Rowe. "We talked about outrebounding them, but we couldn't get the ball in the hoop."

The T-Birds held the advantage on the glass, pulling down 54 rebounds to Clackamas's 39. However the T-Birds shot a tournament low 30 percent from the field.

With the loss the women had a sink or swim game early on Friday morning as they took on Peninsula, with the loser having to make the long trip back home. Peninsula had lost its first round game to Spokane 56-40, and was looking to stay alive with a win against Highline.

Highline, despite looking fairly energetic in warm-ups, came out flat and looked sluggish as the game stayed close for the opening minutes. About midway through the first half, Highline awoke and with the assistance of Megan Triller coming in and hitting two of her first three three-point shot attempts, the T-Birds built a 26-17 lead.

Highline finished the first half ahead 41-30.

When the Lady T-Birds

opened the second half it appeared that Peninsula wasn't going to put up much of a fight. Highline held the Pirates to four points in the first five minutes of the second half, all four coming on free throws.

However, Peninsula came back as they put together an 18-6 run over the next 12 minutes to bring the game within three.

"When the other team gets on a little run, we begin to freak out," said Rowe.

That would be the closest it would get as Highline outscored the Pirates 10-6 over the final three minutes.

Highline had four players in double digit scoring with Avaava leading the way with 14. Kelli Marcus added 12 and six rebounds, Plypick had 11 and Cain had 10 and five.

"Taryn was the x-factor," said Rowe.

Plypick's 11 points came on three for three shooting from the field and five for five from the free throw line.

Highline drew Lower Columbia in the third round as the Red Devils beat Skagit Valley 71-64 after losing their first round matchup to Umpqua, 75-63.

This marked the third meeting between these two teams, with each winning at home.

Highline came out strong and was the dominant team from the opening tip as the Red Devils had three turnovers in the first three minutes and were allowed two shots.

"We jumped on Lower Columbia early and shocked them," said Rowe.

Lower Columbia stayed within seven throughout the rest of the first half despite the out shooting of Triller who was three for three from behind the arc. Highline ended the first half with a 31-24 lead.

Highline came out in the second half and maintained the tempo that had given them the lead.

The T-Birds lead increased to as many as 14 midway through the second half. The Red Devils however made a late push and with just over three minutes left pulled within two.

Highline looked to have sealed the victory when Allison Maas hit a three with 59 seconds left to give them a five-point lead, but Lower Columbia's Ashley Rodman hit a three 10 seconds later to bring it back to within two.

Then with 11.7 seconds left Lower Columbia's Nicole Hallman scored a layup and drew a foul that sent her to the line for one shot.

As Hallman's foul shot slid through the nylon net, so had Highline's hopes.

Highline brought the ball to half court and called a timeout with seven seconds left.

The next seven seconds seemed much longer as Christine Kim drove to the basket for a layup that bounced over. Maas pulled down the rebound but was unable to get the shot off in time.

Lower Columbia came out the victors, 59-58.

"Intensity was the factor, we didn't have the killer instinct," said Rowe. "We freaked out a little bit. We had a good chance at the end."

"We lost a 14-point lead. We started to cruise when we shouldn't have," said Rowe.

The women finished the season 13-3, 20-8 league. They were tied for ninth place in the NWAACC Tournament. Cain was named to the first-team all-league and Marcus was named second-team all-league and sophomore all-star.



Shelby Avaava tries to block a pass from Lower Columbia's Jessica Grubb.

Cain making impact felt on basketball court

By ALEX HARCOURT

STAFF REPORTER

Marissa Cain brought her all-star reputation to the tradition of excellence of the women's basketball team this year.

"Nothing seems to slow her down, even when we were losing she maintains her aggressiveness," said one teammate.

In the first game against Clackamas, Cain managed to score 14 points and nine total rebounds. The final score was 69-63 Clackamas.

In Friday's game, Cain contributed 10 points and five total rebounds. The Thunderbirds pulled through with a 65-58 win over Peninsula.

In the Thunderbirds' third and final game at the tournament against Lower Columbia, Cain blocked three shots, had 11 rebounds, and 17 points.

Cain came to Highline from Bellarmine Prep where she was a three-year starter. She came in as a 6' highly decorated freshman who could play the swing as well as the post.

In 2004, Cain was a Tacoma News Tribune Highlight Player, made the Narrows League First



PHOTO BY KEITH DAIGLE

Marissa Cain going up for a rebound during second round action against Peninsula.

Team, and was an Above the Rim Washington State All-Star. This season Cain was named First Team All Conference and a First Team All-Star in the West division.

"I would say my biggest career highlight was playing in the Washington State All-Star game after my senior year," Cain said.

This season Cain led the team in many statistical categories. Including field goals made and blocked shots.

Cain's favorite part of this season was seeing the team come together.

"In the last few games the team has really come together and started playing as a team whereas before we were just a bunch of individual players playing on the same team.

"We're much more team oriented now, and I like that," said Cain.

Cain enjoys her relationship with the other players on the court as well as off the court.

"I really like the team a lot. There is no one that I dislike on the team. That's the same for other players, outside of basketball we can all have fun hanging

out together," said Cain.

Cain who has been playing basketball since the third grade, has become ardent about the sport.

"It's one of the few things that I'm passionate about. It's one of the few things that I'm willing to put all of my energy into," said Cain.

When Highline Women's Head Coach Amber Rowe was in the process of recruiting Cain, she was impressed with her ability and knew that she would be a great asset to Highline's team.

"When I first saw Marissa I could just tell that she's an athlete. She's tall and she takes control, she also comes from an athletic family," said Coach Rowe.

Currently Cain is striving to get a scholarship to a university, she is currently undecided on her major.

The Evergreen State College has already begun recruiting Cain.

Cain has no big plans for the off season but will make sure her skill doesn't go to waste.

"In the off season I'll get a job and play basketball in the open gym," said Cain.

'Family' atmosphere translates into teams successes

By JAMIE GROSSMANN

STAFF REPORTER

The women's basketball team ended the season last weekend without a championship. However, what they received in consolation very easily could mean more than a championship- a family.

The team had the expectation of bringing home its first championship in 23 years, while Head Coach Amber Rowe just wanted to be playing on Sunday.

The women had opened league play with a five game win streak before losing to Centralia. The women then went 3-2 over the next five games, with losses to Lower Columbia and Pierce.

The five-point loss to Pierce, while it ultimately cost the women a shot at the division title, became a turning point in the season. It sparked a five-game win streak that saw the women win by an average of 17 points, including a 32-point victory over Grays Harbor at home.

"It was a good season, with the exception of the loss to Pierce," said Rowe.

"We won all the games we should have won except the game at Pierce," said guard Christine Kim.

While the loss to Pierce may have given the women a wake-

up call, the victory at home against Centralia on Feb. 16 was the highlight of the season for many.

"Beating Centralia was the highlight. We played as a team and the victory gave us lots of confidence," said Shelby Avava.

"The Centralia game at home was fun and the 'war' theme added to it," said Taryn Plypick. "And the fact that they had beaten us pretty bad at their place gave us that extra motivation."

"Centralia at home was probably our best all around game of the year," said Rowe.

The women finished the regular season 13-3 in league, 20-8 overall and undefeated at home.

This marked the second straight year that Coach Rowe took the women to the tournament, with last year's team making a quick exit after two straight losses. This year the women wanted to take it a step further and make sure they were playing on Sunday.

However, after a first round loss to defending champs Clackamas, the women found themselves with their backs to the wall, as the next loss would send them home.

"It was a hard loss, because we know we could have won," said Megan Triller. "It was so close. It was a big let down be-



PHOTO BY KEITH DAIGLE

Kelli Marcus and Peninsula's Leah Bradley fight for the ball as Megan Triller comes to assist her teammate.

cause our focus was winning the championship."

"It's hard knowing that we would have won had we played our game," said Marissa Cain. "It sucked knowing that one less turnover or one more score could have changed the outcome. It was that close."

The women went on to win their second round matchup with Peninsula by seven.

"We were excited coming into the game," said Triller. "We knew that we could handle them. It was a good win, we were all excited."

"I thought we were fired up after losing yesterday," said Cain. "It was a good feeling

knowing that we are not going home today. It's nice knowing that we improved as a team from last year."

The women's third-round matchup would mark the third and final time they would face Lower Columbia this season.

Highline came out and played their game and had the victory up until the closing seconds. While the loss knocked them out of the tournament what they accomplished can't be ignored.

Highline had improved their record, gone further in the tournament, and had formed a bond that could be seen in the interaction amongst the players.

The highlight for Coach

Rowe was not on the court rather it was at a hotel over winter break. The team was on an overnight trip to Canada and rather than everybody doing their own thing everybody was together.

"They really liked each other. During our trip over Christmas to Canada everybody wanted to hang out in one room," said Rowe. "The fact that everybody wanted to be in one room hanging out showed how they had come together. This was truly a family and that is not something that you typically see at this level."

A certain degree of camaraderie comes about when you play on a team. These women exhibited that throughout much of the tournament as they could be seen sitting together chatting amongst themselves.

"It was a lot of fun this season interacting with the players and coaches," said Plypick. "It was fun just being apart of this family."

The final buzzer marked the end of the season for the freshman and for the four sophomores (Plypick, Kelli Marcus, Rebekah Johnson, and Nina Kupu) the end of their careers at Highline. However, they all take away the experiences that they have shared on the court and off.

Talent alone couldn't take men to the NWAACCs

By MARK KNIGHT

STAFF REPORTER

The Highline men's basketball team could not grab enough wins to make it to the NWAACC tournament.

The talent on the team was undeniably better than last year's.

The team last year made the tournament and was eliminated in the second round.

There are many theories floating around about why Highline ended up 8-8 in league with an overall record of 12-14.

Head Coach Che Dawson blames himself and says that his coaching techniques could have been a lot better.

"I could have done a better job," he said.

The players aren't buying into that.

"Coaches will say that, but it was the unit as a whole, coaches and players," said Co-captain Tui Avaava.

Post George Irby agrees. "It wasn't the coach's fault, he got us prepared as a group, we weren't focused at all," Irby said.

The team seems to agree that the talent was better this season.

The team is in disagreement over whether the problem lies off the court.

"We had too many individuals, too many different characters," said Irby.

Many players agree with Irby, as they say off the court the whole team didn't hang out together.

"Our team bonding wasn't there until the final games of the season," said Forward Tavar Proctor.

Even Coach Dawson agrees.

As he said, "We could have been a closer knit group."

But other players think that off the court they got along



Photo by Mary Raab

Freshman co-captain Tui Avaava dodges the opposing team at a home game two weeks ago.

fine. Once they stepped on the court, the problems began.

"We got along really well off the court. It always came down to being ready," said Avaava.

It seems that it came down to both on-the-court and off-the-court problems.

"Our problem was never our talent; our problem was our sense of urgency.

"When it came to playing it always took us a good eight or nine minutes to get in the

game," said Avaava.

The team does agree on the fact that it took them a lot longer to get into the game.

"There was no sense of urgency to win," said Irby.

Not getting into the game very fast almost always leads

to deeper problems.

"In the games we tended to take our talent for granted; we thought we could come back from any deficit," said Avaava.

When they took their talent for granted they lost games, and in losing games they didn't accomplish their goal of going to the NWAACC tournament.

"If we were to go to the NWAACCs we would have made a lot of noise," said Irby.

Everyone on the team believes that if they brought their A game every night then they would have made it.

Lower Columbia and Pierce, who played against each other in the championship game of the tournament, were both in Highline's division.

The T-Birds beat both teams once.

"We could have beat those teams any given night," said Proctor.

No one is sure of all the freshman that are coming back as of now.

But the ones that do come back are going to hope for a better season next time around.

"You can't help but get better," said Avaava.

The freshmen who could come back are Jeremiah Armstead, Londen Carter, Jesse Campbell, Myron Hennings, Nathan Jackson, Bryan Manaway, Jaxin Skyward, Nick Spann, and George Irby.

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Fastpitch throws itself back into season

BY MARTHA MOLINA

STAFF REPORTER

Highline's fastpitch team is scrambling for players as the season opener is days away.

The Lady T-Birds will begin preseason with nine players, just enough for a game.

The T-Birds found themselves at a tough crossroads after losing eight sophomores last year.

This included NWAACC All-Stars Emma Hinckley, Lacey Walter, Andrea Hinckley, and Amanda Richardson.

"We finished fourth in the NWAACCs and had a really strong team," said Head Coach Anne Schmidt.

The T-Birds have also suffered from a couple of injuries to returning players.

"We had some injuries," said Schmidt.

Last summer, one of the pitchers got into a car accident and was told that she would need a year to recover before she could play.

About a month ago, sophomore starting shortstop Kristy Richardson fractured her finger at practice.

"I wish I wasn't injured," said Richardson.

"I might take a redshirt this



Photo by Sarah Russell

Highline's fastpitch team practicing for their upcoming season.

year so I can have a full season next year."

Richardson's injury may possibly require surgery which will be determined by a physician next week.

Returning players for this season include first base Kaitlin Bailey, pitcher Katie Michaels, catcher Ashley Navares, second base Brittinae Stewart, and possibly Richardson.

Some returning players are

playing out of position in order to cover all the ends.

But Schmidt said that being out of position isn't affecting them at all.

"They're not struggling," said Schmidt.

"Most of them have played for a club team and in club you are required to play all positions.

"They're playing in positions they've played in the past, not

the ones they focused on last year," she said.

Michaels, who normally just pitches, will be also playing second base.

"I'm excited because it's something different," said Michaels.

"I've pitched for the past five years and it's exciting to actually play."

Stewart, who played second base last year will play third

base this year.

The sophomores are contributing more to the team than just being flexible on their play, but have also become good leaders for the incoming freshmen.

"They (sophomores) are really leading and keeping the freshmen up with defense, base running, and making the team what it is," said Schmidt.

The freshmen this year are Kelsey Conklin, Sandra Proulx, Erin King, Andrea Hughes, and Jessica Rakestraw.

Even though the team may be shorthanded as of now, they still plan to go far this season.

"We work together toward the one goal of making it to the NWAACCs," said Michaels.

Helping out the fastpitch program this year will be assistant coaches Mark Hall, and alumni Teren Edgecomb and Wendi Janway.

The T-Birds will have their first preseason game this Saturday at Wenatchee.

Following this game will be a road trip to California for three games with Shasta, Butte and Menlo.

Coach Schmidt is still looking for new experienced players for this season.

For more information call 206-878-3710, ext. 3459.

Highline track team races to clench the gold once more

BY MARK KNIGHT

STAFF REPORTER

The Highline men's track team is out to defend their last year's title as the NWAACC champions.

Highline's men's and women's teams went to the championships last year and the men came home as the champs and the women's team placed fifth.

The men are being led in the decathlon, 100 meter, long jump, shot, and discus, by sophomore Ricky Moody.

"He will be crucial for us this season," said Coach Robert Yates.

"He had a very good indoor season and is well ahead of where he was last year at this time."

Bruce Hubbard is leading in sprints.

Rashawn Boyce, and Sterling Howard are also expected to do well in this category.

Highline will have other strong sprinters who are also multi-athletes.

These athletes will compete in sprints and field events.

Brynnen McIver and Larry



Robert Yates

Mays are multi-athletes.

Both will be competing in sprints, the long jump, and the triple jump.

"Larry was one of the top jumpers in the indoor season and should be a favorite in the jumps this year," said Yates.

McIver will also be doing the decathlon this year and Yates thinks he will be successful in it.

Yates thinks Andrew O'Keefe will be a favorite in the hurdles.

Long distance running is expected to improve this year.

David Larpentuer, Josh Frazier, Robert Bartholomew,

Mike Essig, and Trevor Kulvi are scheduled to run in the long events.

"David Larpentuer is one of the most improved distance runners in the conference and should be a favorite in the steeplechase and the 5,000," said Yates.

Andre Lester is expected to improve his hammer throw over last year's marks, said Yates.

Lester finished sixth in the hammer throw with a 135'5".

Overall the men's team is expected to be another strong contender in the NWAACC championships this year.

"Now that we have won the conference once, this should help give us the confidence to do it again," said Yates.

"Although everyone is shooting for us now, and it will take a lot of hard work."

Some of the schools that could take away the title are Lane, Clackamas, and Spokane.

Sophomore Sitges Marshall will be leading the women in distance and she won a conference title last year in the 3,000 meters.

Crystal Lundahl and Cheri-

lynn Flor will also top contenders in distance running.

Sophomore Monaka White is going to be the woman to beat in the sprints.

She also won a conference title last year in the 100 meters.

Carolyn Norman and Kerry McHugh will also compete in the sprinting events.

The pair should be very strong in the sprints said Yates.

Zori Garasmichuk will be running the 200, 400, and 800 meters.

"Garasmichuk is one of the

top returning 400-meter runners," said Yates.

Last year's high jump champion Taryn Plypick who jumped 5'7", also is back.

Plypick will be competing again in the high jump and also in the triple and long jump.

"The women's team is small but very talented and we are looking to improve our finish at last year's conference meet," said Yates.

The track team's first meet is the Mount Hood Open on March 12 in Gresham, Ore.

Alaska Fishing Lodge

Charter Boat Deckhand Position

Kain's Fishing Adventures fishing lodge currently has an opening for the 2005 summer season (May-Sept) for Boat Deckhand. The lodge is located in Sitka, Alaska. Must be self-motivated and be able to work well with others.

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3/10/05

THE THUNDERWORD

Masonic Home to have big renovation

BY ERICA MCLEAN

STAFF REPORTER

The Des Moines' Masonic retirement home is going to be renovated.

The name will be changed to Landmark on the Sound, Retirement Living from the Washington Free Masons.

"We're re-creating the entire campus, renovating the entire building," said Jane Ipsen, CEO of the Masonic Home.

The Masonic Home is big, fancy and lies west of the college at 23660 Marine View Drive South.

With an American flag waving in front, the Masonic home looks like a castle.

On this 27-acre lot, 120,000 square feet are occupied by this building, made out of brick, stone and stucco.

It consists of five stories containing a couple hundred rooms.

Although the home now can hold up to 180 residents, it will be able to hold 380 residents after the renovation.

"It serves to care for the elderly. That's its primary purpose," Ipsen said. "And provide a home for them."

The Masonic Home was built in 1926 to take care of the wives and widows of the Masons.

"It's a wonderful place to be," said Cleo McCord, a 13-year resident at the Masonic Home.

During the renovation, the seniors will be sent out to live

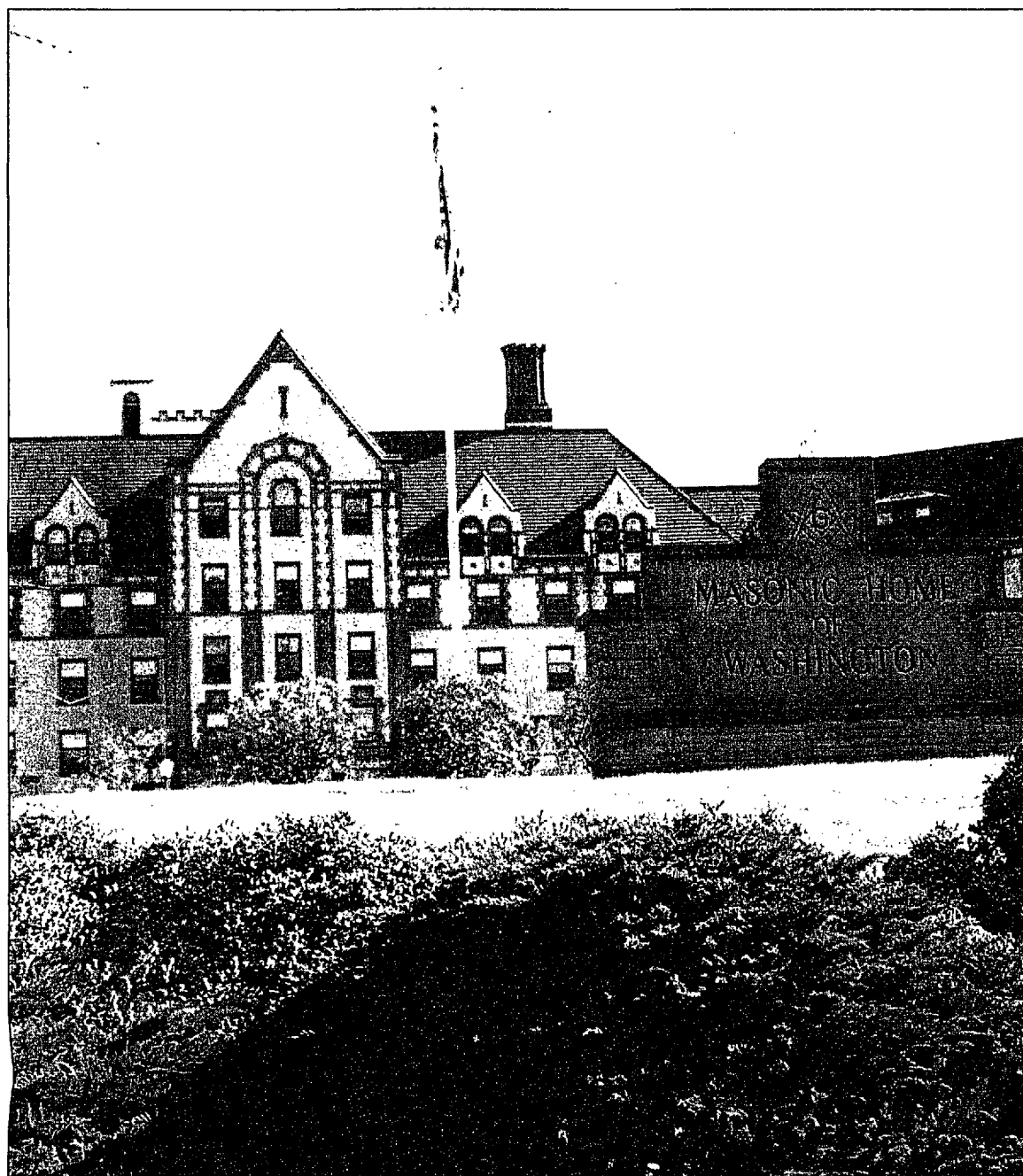


PHOTO BY SARAH RUSSELL

The Masonic Home of Washington was built in 1926. The current building houses 180 residents. After the renovation it will be able to hold 380 residents.

in various communities until the Masonic home is finished.

"We're in the process of mar-

keting the units and preparing the building," Ipsen said.

The actual renovation will

begin in 2006.

David Steele, the project manager, is helping with the

renovation, as well as Mithun Architect and GLY Construction.

"Some of the goals are to have an exciting environment for seniors to live the way they live and still provide services and care they need," Ipsen said.

Ipsen worked for a Masonic home in Wisconsin for five and a



Ipsen

half years before she came here to work at the Home in 2002. Her job as CEO involves leading and or-

ganizing, managing financials, managing the building itself, creating strategic plans for future use, and working with the board for the future.

"I'm basically leading the operation through its changes," Ipsen said.

She said that the only challenges they have really encountered is just changing from what the Masonic home has been for the past 70 years.

"Other than that, we haven't really met any obstacles," Ipsen said.

Landmark on the Sound should be completed 18 months after they start renovation.

"It's a wonderful thing. It's a real step in our future direction," Ipsen said. "It's something we need to do."

Be put in check with Highline's new chess club

BY SARA LOKEN

STAFF REPORTER

A new club is moving into position to get members.

The Chess Club is not only going to teach its members how to play chess, but show that learning chess will make you a better person, said Huy Pham, club president.

"The purpose of the club is to invite students to the incredible world of chess," said Pham.

Pham saw that there were "small pockets" of chess players on the campus and decided to step in and form a club to unite them.

Highline has had chess clubs in the past, but there hasn't been one for some time, said Pham.

To be a member you don't have to have a prior knowledge of how to play chess-the rules will be explained.

"Newcomers are most welcome," said Pham. "Everyone can learn to play chess. Chess

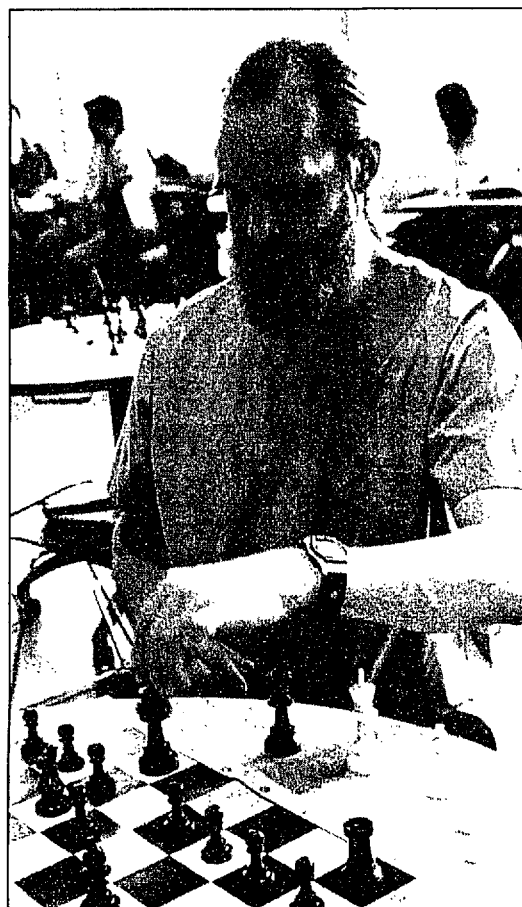


PHOTO BY KEITH DAIGLE

John Pfeffer, adviser of the chess club, makes his move.

lies within you and the board."

"Chess itself is not complex, the complexity lies within you and your opponent," said Pham.

At their first meeting on Feb. 23, the members in attendance all shared their stories about their history with chess.

Many are fallen away chess players who have decided to get back in the game and a few have never played chess before but want to learn.

One of Pham's goals for the club is to play against other community colleges that have

a chess club.

But at their first meeting they decided that they would just do a casual play first to encourage new members to join.

On March 2, they set up chess boards in the Student Union and invited passers-by to come and play.

Pham is currently working on getting a tournament set up for students to play against faculty and staff for next quarter.

"It will give the student the chance to get back at their professors," said Pham.

Pham has been playing chess for three years and during his senior year of high school won a silver medal in a state tournament.

"I trained physically and



Pham

mentally," said Pham.

Pham currently plays a style of chess that has both players blind-folded.

They move the pieces with the help of a mediator and have to see the board from memory.

But newcomers will first be trained in the classic version of chess, Pham said.

"Chess is not just for brainy intellectuals," Pham said. "It's the only game where a 10-year-old can go against a college professor."

"We can teach you," said Pham. "That's why I came."

The chess club meets every Wednesday in Building 10, room 102 at 1 p.m.

New bill challenges retailers and violent video games

By MICAH DILL

STAFF REPORTER

Make-believe violence could cost retailers and software companies real-world dollars in a new bill being considered by the Washington state's House of Representatives.

Lawmakers in Olympia are working on a bill to hold computer game manufacturers and retailers responsible for violent acts committed by their younger consumers.

House Bill 2178 would make it easier for victims of violent acts committed by those less than 18 years old to sue retailers and game manufacturers if they can prove that the video game was a factor in the crime.

The primary sponsor of the bill is State Rep. Mary Lou

Dickerson, D-36th District, who said that she is concerned about the types of games that let the player act out murder against women and target minorities.

Dickerson told committee members during a public hearing that she doesn't think all video games are bad.

"My concern in bringing this bill is not for most video games, but it is for those ultra-violent video games and their impact on some individuals," Dickerson said.

Dickerson said that many of these types of games have already been banned in Greece, Italy, Germany, and Great Britain.

"I thought that it was only fair that our citizens have the ability to have their day in court," Dickerson said.

Police and parent groups support the bill, while software companies and retailers oppose it, and the State House Juvenile Justice and Family Law Committee got to hear testimony from both sides during a public hearing on Feb. 28.

Bill Hanson, executive director for the Washington Council of Police and Sheriffs, spoke in favor of the bill.

"Our police out in the streets believe that these videos do cause violent acts out there," said Hanson. "Someone has to get the attention of the manufacturers, who are making this



garbage, and it is garbage; it's like pornography."

The Washington state PTA also gave its support for the bill.

Mark Johnson, director of government affairs for the

Washington State Retail Association, testified against the bill, saying that the responsibilities lie with parents, and said that retailers are already working to keep violent games out of the hands of children.

"Many retailers keep their games locked in cases and only sell them on proof of age of the purchaser," said Johnson.

Johnson said the bill would hurt the area's growing software

industry by allowing a flood of lawsuits, and predicted a battle over the constitutionality of the bill should it become law.

"This bill would create the lowest legal threshold in the nation," Johnson said.

State Rep. Dickerson said she would consider removing retailers from the bill if Johnson could prove that retailers were taking real steps towards keeping these games out of the hands of children.

Lew McMurran, director of public and government affairs for the Washington Software Association, also testified against the bill, saying it would damage the area's growing gaming manufacturing industry.

The bill was passed by the committee and awaits action by the House Rules Committee.

Success in Winter Quarter brings back Pal Program for spring

By IRINA PASTUSHOK

STAFF REPORTER

The International Conversation Pal Program is planning to continue throughout Spring Quarter.

The application deadline for this program is April 1, and the orientation will be held April 8, in Building 7, at 1 p.m.-2 p.m.

This program was designed for students to meet new people and make friends and is not a dating service.

The students meet once a week to talk and share stories about their culture, hobbies, life and college.

"It's a great program for ev-



Fujiwara

everyone. This program is for Highline students, faculty, staff, and its community," said Mariko

Fujiwara, who is the director of International Student Programs.

"This [program] is to enhance our global understanding and awareness on our campus and in the community," she said.

During Winter Quarter the program was very successful, Fujiwara said. Almost 70 people participated and about 170

students showed up at the Fall Quarter orientation, which was overwhelming for the organizers of the program.

Most of those students were international students who joined the program to communicate more with English speaking students.

These students come from

all over the world and join the program to make new friends at Highline.

Highline encourages students to join the program. Applications are available online at <http://www.highline.edu/stuserv/international/activities.html> or at International Student Programs in Building 6.

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Fair spreads health information

By AMANDA DOWNS

STAFF REPORTER

Biology students infected the Student Union with knowledge of diseases and body systems at the Health Information Fair.

The fair was on Tuesday, March 8 in the Mount Constance/ Mount Olympus rooms from 2 to 6 p.m.

Joy Strohmaier, biology professor, spearheaded the event. As a final project, Strohmaier requires her students to write a research paper. But this quarter she wanted her students' work to teach others.

"My students do so much work on their papers that I wanted other people to see it, not just my class," said Strohmaier.

Other departments participated in the event; Respiratory Care had a table, and the Nursing program took peoples' blood pressure.

The fair hosted many topics, ranging from specific viruses and diseases to how certain body systems function.

Other subjects include ailments such as eczema, kidney stones and broader topics such as bioterrorism.

Tables were set up around the perimeter of the room where each group had a poster board describing their topic. Participants were encouraged to browse the fair and stop at tables of interest to learn more about the subject.

"We wanted students to wander in and interact," said Strohmaier.

Many groups had hand-outs to give to interested viewers.

Tashiani Folkes and her group did their project on the sexually transmitted diseases human papilloma virus (HPV) and herpes.

Folkes' group talked to Planned Parenthood and got condoms and flyers about birth control and STDs to hand out.

Folkes chose to focus on

HPV because a friend of hers had it.

"Not a lot of people know that they have HPV," Folkes said. "The only way to find out is by having yearly pelvic exams."

Some groups used short video clips and models to help participants understand the topic.

When there was a free moment, the students visited others' tables and evaluated their peers; many students said that they were impressed with their classmates' displays.

Student

Robert Lyman

and his group did their project on how the immune system works.

Lyman's grandmother had lupus, an autoimmune disease where the antibodies in a person start to attack specific joints or organs in the body.

While lupus is usually a mild disease affecting only certain organs, some people have very serious cases.

Symptoms of lupus include achy joints, skin rashes, and fatigue.

While the cause of lupus is unknown, scientists believe that both genetic and environmental factors, such as extreme stress or certain drugs, may trigger the disease.

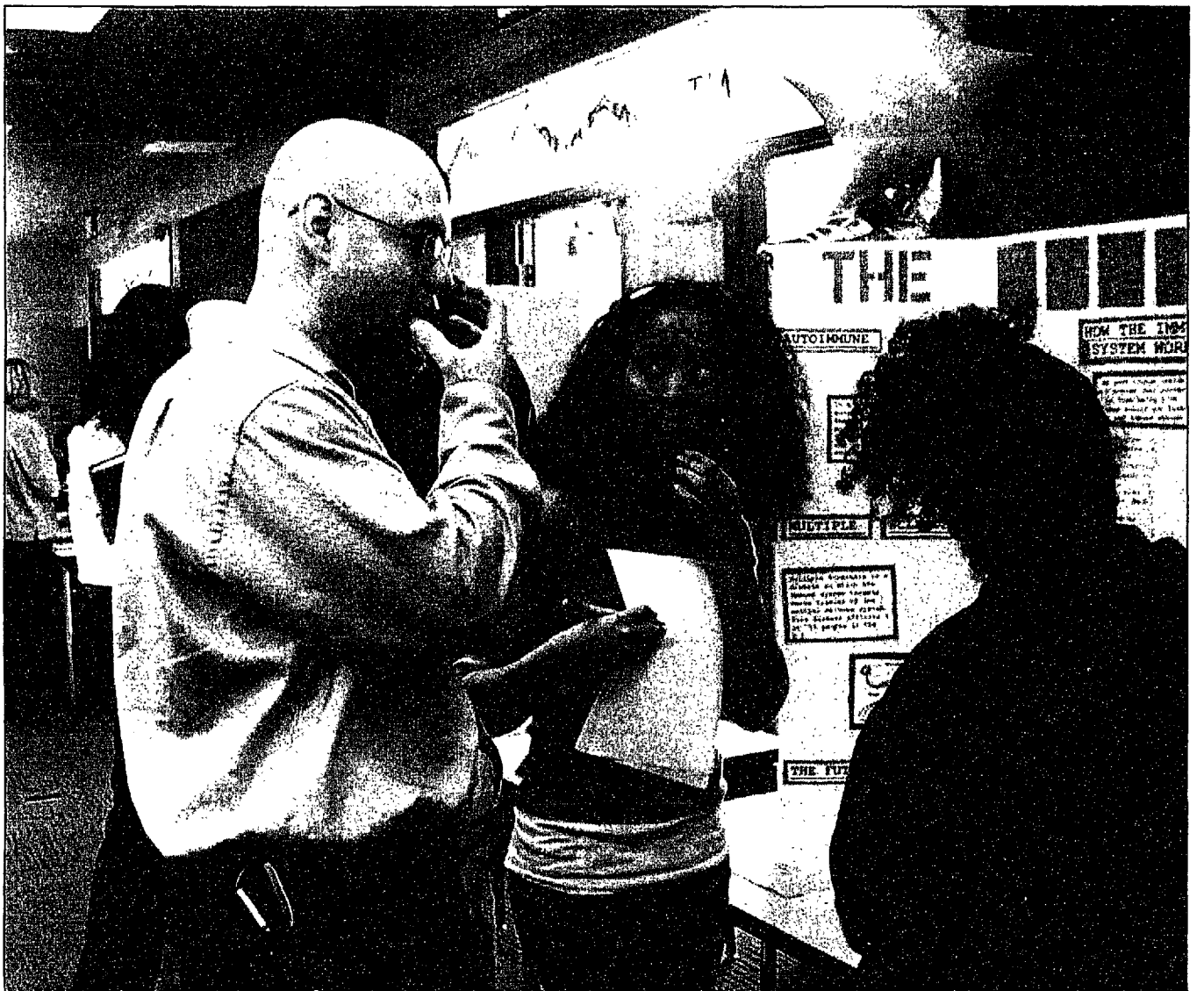


PHOTO BY AMANDA DOWNS

Robert Lyman, student in an anatomy class, explains the conditions of Lupus to students at Tuesday's Health Information Fair in the Mount Constance room of the Student Union.

Because of his grandmother's illness, Lyman said that he wanted to learn more about it and how the immune system actually functions.

Student Teresa Bowens chose kidney stones as her topic.

Bowens had a kidney stone before because of poor diet, and wanted to learn more about how

a person acquires the condition and why.

"I learned a lot by doing this project," Bowens said.

She also said that researching the topic inspired her to prevent it from happening again.

Student Rocky Horan and his group did their project on childhood diseases, such as measles

and rotavirus.

Horan said that people should be educated about common ailments such as the ones that his group focused on.

Strohmaier said that she wants to make the fair a regular event.

"I hope to have another fair next quarter," said Strohmaier.

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Des Moines Police plan ahead for success

BY ERICA MCLEAN

STAFF REPORTER

Des Moines Police plan to cut crime rates.

The police department has developed a strategic plan to improve life in the city of Des Moines.

Highline lays completely in the Des Moines city boundaries. Campus security refers serious crimes to the Des Moines Police.

Roger Baker, police chief of the city of Des Moines, said that citizens have a considerable amount of expectations for their police force.

"The conflict between the police department and community comes from unmet expectations," said Baker.

The police department started out by forming a committee and asking the opinions of the community members on what they thought the police department needed to focus on in their city.

"It is a cooperative effort," Baker said. "All the talent we need to make this happen is already here. What they needed was a plan and a coach."

Baker then compared the City of Des Moines to an orchestra.

"It isn't just me," Baker said. "I'm the conductor of this orchestra."

The department has also written a booklet that informs the community on what the department is doing and how they are going to do it.

Baker likened this to a game. "The rules are in the front of the booklet for the citizens to read, while the instructions for how the game is going to be played come thereafter," Baker said.

"The purpose of this plan is to determine the needs of the community and to bring the resources of the community and police department together."

The police have already put the plan into effect in January.

Some of the first things they've accomplished are a reduction in calls for service, helping solve problems in specific areas and identifying problem locations.

"There is already less graffiti since the city of Des Moines put in the ordinance against it," Baker said.

"We need to keep up with all the changes."

The committee has divided the city into four districts. They are the North Hill district, Central and Pacific Ridge, Zenith and Delrose, and the Woodmont and Redondo districts.

The North Hill District includes everything North of

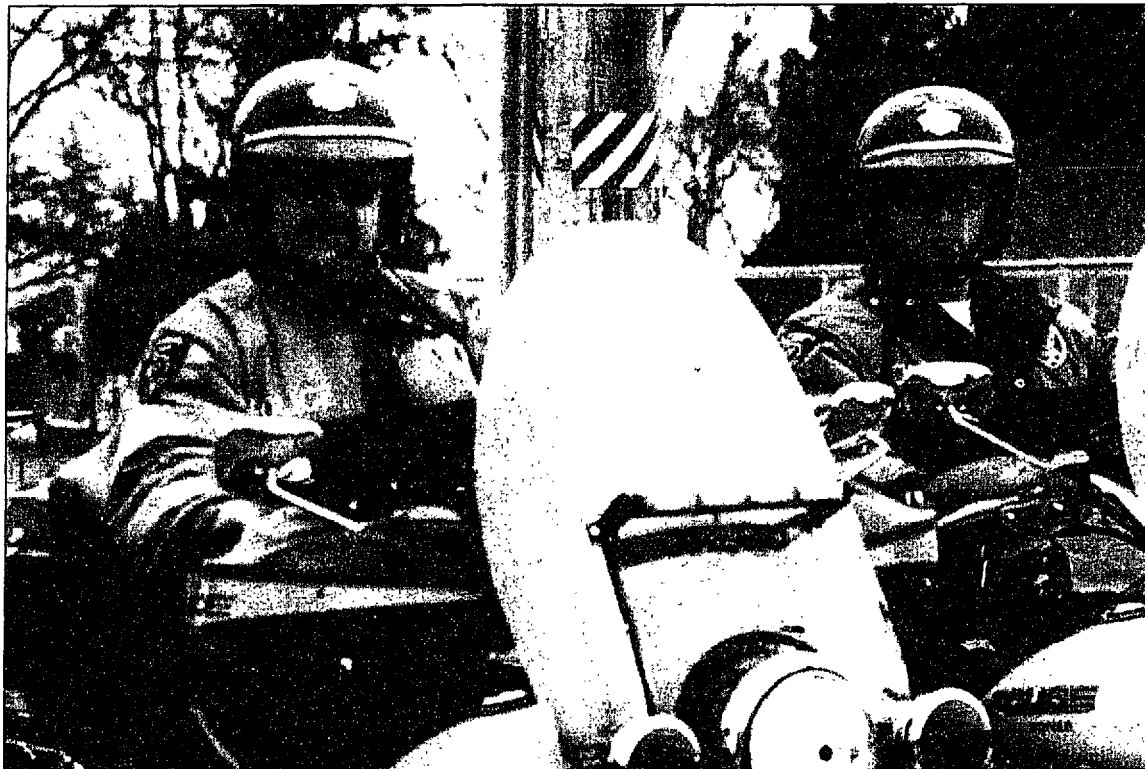


PHOTO BY SARAH RUSSELL

Des Moines police officers Eddie Ochart and Bob Crane get ready to patrol the city.

South 216th street, while the Central and Pacific Ridge District is neighborhoods south of South 216th street, east of Marine View Drive, and north of Kent-Des Moines Road.

The Zenith and Delrose District includes neighborhoods west of Marine View Drive, south of Kent-Des Moines Road, and north of South 252nd Street.

The Woodmont and Redondo District includes neighborhoods south of South 252nd Street.

Most of the crime is coming from the Central and Pacific Ridge district.

Baker said that the reason there is so much more crime in the Pacific Ridge district than anywhere else because there is more opportunity for crime there.

Baker said that a majority of the car thefts are coming from the Pacific Ridge area too.

"The plan will take care of

the car thefts through a better use of technology to identify where and when cars are being stolen and who, in fact, are the crooks," Baker said.

"We're going to have to rely harder on technology than ever before."

The biggest issue that the police department has to deal with is resources in order to make the plan work.

"We're updating and upgrading our network systems," Baker said.

Since the police department has a limited budget they are budgeting for future years, so they can know where and when they need to spend their money.

"We're laying things out five years in advance to let the city plan what to do," Baker said.

The committee will meet four times a year to assess where they were, where they are, and where they need to be in three months.

Then, they will do a report

to the city council on what they have accomplished that year.

This report will be made open to the public afterwards.

"I'm anticipating a reduction

in Part 1 crimes," Baker said.

Part 1 crimes include murder, homicide, burglary, car thefts, arson and assault.

"It's constant re-evaluation," Baker said.

"I think we need to sit down and review strategies entirely after five years."

Baker said that 2010 is an artificial cut-off date for this plan.

"Every year, this plan will be updated and will be changing," Baker said.

Under the crime fighting issue, Baker said that they wanted to be the cutting edge, and have the best they can come up with, technology-wise.

"We want to be lighter, faster and smarter," said Baker.

Lighter is less people; faster is being able to stop problems faster than ever; and smarter is where they need to be, smart enough to do it all.

"The people here have taken this very seriously and they're working very hard," Baker said. "I am so proud of the folks behind this process."



PHOTO BY AMANDA DOWNS

Police chief of Des Moines Roger Baker (left) talks with a citizen about crime rates and the new strategic plan that is in effect.

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New bookstore sails into Port Gamble

By SARA LOKEN

STAFF REPORTER

Lyn Playle is taking a risk on starting a bookstore in Port Gamble.

Having worked at Highline for 14 years as a library technician, Playle is turning the page for a new chapter in life.

"I've daydreamed about it for close to 20 years," said Playle.

Port Gamble, located about eight miles north of Kingston, is in the midst of a makeover.

The town was built around a mill, owned by Pope and Talbot, that operated from 1853 to 1995.

It was shut down due to a rising cost in logs and a lowered price for lumber.

Since that time, the town has been through a re-growth to bring in tourism.

Playle's shop, The Dauntless: More Than a Bookstore, is one of a series of old houses that are being renovated for small businesses.

Playle is leasing the house from Pope Resources, who bought the homes and are using them for small businesses.

The company helps to set up the shops, and helps to ease people into their business.

"They're really generous," said Playle. "The shop owners don't compete with each other. It's all like a community."

Port Gamble has planned fes-



PHOTO BY JENNIFER BERG

Lyn Playle has worked at Highline for 14 years. She will leave her job here to to work and live in Port Gamble.

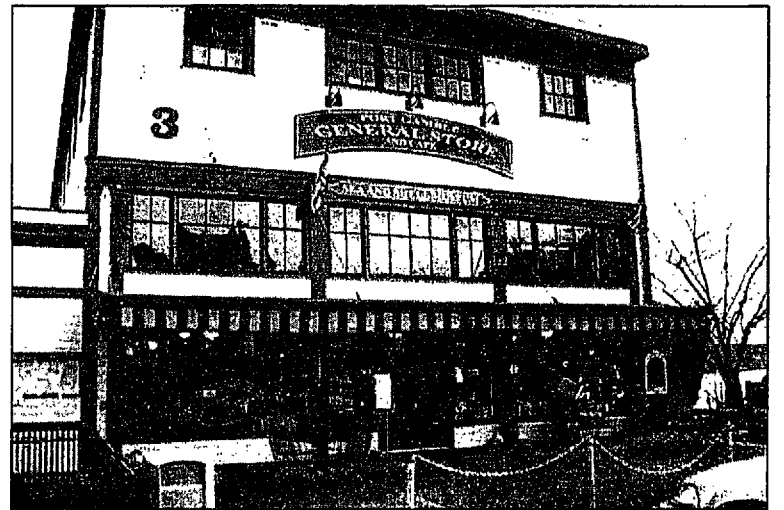
tivals and special days that will try to draw in visitors, and it's those days that Playle hopes to draw people into The Dauntless.

"I'm trying to aim for seasons and festivals," said Playle.

Port Gamble also offers a

Children's Saturday. Crafts and music are set up to appeal to children and Playle is setting up a part of her store specifically for children.

"There's a little house in the back of the bookstore that will be the children's bookstore,"



The General Store in Port Gamble is just one of the buildings that adds to its old-time charm.

said Playle.

There is also Civil War reenactments and medieval festivals that happen throughout the year, and she is currently looking for Civil War and medieval books to sell during those festivals.

Playle has been accumulating books for over 15 years, storing them in her storage shed and closets.

She currently has between 8,000 and 10,000 books in her home.

"They're all in my living room and bedrooms right now," said Playle.

Every quarter the Library Technicians have a book sale, however this quarter they didn't as Playle purchased all the books for her store.

Her shop won't open until April and she's currently get-

ting everything ready before the books come in.

Every weekend, and in the mornings before she comes to work at Highline, Playle is in Port Gamble getting The Dauntless set up.

Once the store opens Playle will move to Port Gamble from her current residence in Des Moines and work full time in her bookstore.

The name, The Dauntless, comes from an old sailing ship, said Playle. As the town is on the water, it keeps with the nautical theme.

The excitement of the opening is building, and when it's open it will hit, said Playle.

"It's all so new, that's what's exciting about it," said Playle. "Every day is new and I'm learning more things all the time."

Former Highline student triumphs over obstacles

By MICHELLE ERICKSEN

STAFF REPORTER

After overcoming incredible hardships, language barriers, and escaping from a communist country, a former Highline student went on to law school.

Ana Popp, who came to Honors Colloquy last Wednesday, was born in Romania in 1982. Romania was a communist country.

She went to a private school halfway across the city, because her parents wanted her to have a good education. In 1989, after the revolution, her parents decided to move from Romania to give their children a better chance for education.

"We had to sneak out of the country because the Romanian government would stop you if they knew you weren't coming back," Popp said.

Her family came to the United States as political refugees. Popp's mother was the only one who could speak a little English; she had taken English in

high school.

They came to the United States with \$1,000 and nowhere to live. Her father saw a man having car problems and since he knew something about cars he helped him fix his car.

The man was a very nice gentleman who took in her entire family, and became their benefactor for the next two years.

Popp was 10 when she came here. Her parents sent her to public school where Popp had a

hard time.

"I spent more time trying to fit in rather than on focusing on the education my parents brought me here for," Popp said. "I barely graduated from high school."

Popp started working at the GAP when she was 16 and worked there for four years. Her mom insisted that she go to college, so Popp started going to Highline.

After taking a coordinated

study with Barbara Clinton, she became more motivated. She realized it wasn't hard to apply herself and get good grades.

Popp graduated in 2002 from Highline with an associate of arts degree. She went on to the University of Washington where

she graduated with a degree in speech and communications.

Popp is currently going to law school. She was inspired to go to law school by her own experience as a refugee and wanted to help other refugees who come to the United States.

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Teacher

CONTINUED FROM PAGE 1

"If I could give students any advice about college it would be to assume and accept that you are now responsible for your success or failure. Don't blame it on your parents or your teachers, but on yourself. It is a hard lesson to learn, but it is up to you now," Stegall said.

Terry Meerdink, mathematics coordinator at Highline, said that one of the keys to success in college is to get basic courses out of the way at the beginning of the college experience.

"Many people put off taking basic courses because they think they will be as easy as they were in high school. I would recommend that someone take math all the way through high school and then get it over with as soon as they get to college," Meerdink said.

She said that the transition can be difficult because classes move a lot faster at college than they do in high school. She said that one of the most valuable things students can learn is how to schedule.

"One of the exercises that I require all of the Math 81 instructors to teach is out of the textbook and includes a section on scheduling and managing time," Meerdink said.

"It is a skill that students can apply to their lives past their college experience. They can use the weekly schedule for all of their classes as well as for work and their lives after college," Meerdink said.

Psychology professor Dr. Bob Baugher also said he feels that things learned at college can be life-changing. He said that an important element is having an open mind.

"The biggest mistake I see is that students are closed-minded. They want list of facts — they don't want to be told that there are a lot of different answers or that each of us has to find our own answers," Baugher said.

While Baugher admitted that there are those whose focus is

on getting a degree instead of an education, he said that his goal is for students to take advantage of what Highline has to offer and walk out of a classroom with a different perspective.

History and Political Science teacher Jim Glennon also views Highline's offerings as valuable and said he believes that the community college is the greatest democratic innovation for three reasons.

"First, you choose to come here. Second, you don't have to stay here. And lastly, you can choose to come back any time you are ready and there is no stigma attached," Glennon said.

Dr. Eric Baer, professor of Geology at Highline, feels that the support and expertise offered to students by the faculty at Highline as well as the high level of academic expectation are keys to its success.

"We hold students to the same academic rigor as all of the four-year schools and some students are very shocked by the academic level we require them to attain. We would be doing them a disservice if we didn't require it. They would transfer unprepared and find that they had wasted two years. If the standards were not the same, we would be setting students up to fail," Baer said.

Professor Baer said that his advice to students is to take classes that will be academically challenging.

"Choose classes that you know will challenge you and if they don't — complain, complain, complain. If the class is not up to par, it will cost you in the end," Baer said.

With such high expectations, Baer said that the support students will find from the faculty is vital to their success.

"The secret is support. That is the only way we can do what we do. Highline is much more personal than most four-year schools. Instead of classes of around 300, there will be classes of around 24," Baer said.

"Students are able to get help they need at the Tutoring Center. They don't have to deal with teachers aides, but instead

the faculty is easily accessible and ready to help for hours on end. Teachers are able to know and care for their students — that's what we are here for," Baer said.

Glennon espouses the same dedication to his students.

"My successes are lived through the lives of my students — they are the battery that keeps me going," Glennon said.

"In general, there is a stereotype that teachers are not expected to get to know their students. But here, you can't get lost. Students can get as much help as they need or want. There is not a teacher in this building that does not give extra and their differences complement one another. I am amazed at the commitment of the faculty here — it makes me proud to be a teacher," said Glennon.

He said that he sees the biggest need of students as the need to make connections.

"There is that level of trust. If I can get them to feel comfortable, I can reach them at a crucial time in their lives. It is like the teacher on *Mr. Holland's Opus* said: 'I will do anything to get them to learn,'" Glennon said.

He said that if there was one thing he tries to change in his students, it is their attitudes.

"If I can change 'I have to' to 'I want to,' that reflected change in attitude can change around a person's entire life," Glennon said.

Mold claim not found in building

BY KEVIN GARBER
STAFF REPORTER

The trail of the mold has run cold in Building 6.

According to the Health and Safety Committee at Highline, complaints have surfaced about toxic mold in Building 6 that is causing symptoms such as tiredness, headaches, and sinus infections.

Facilities has been made aware of the situation, but so far has not found any mold in the building.

"We're in the process of investigating," Director of Facilities Pete Babington said.

Babington also said that Facilities has checked the ventilation systems, a place where mold tends to collect, and did not find any traces of mold.

"We're not done looking," Babington said.

He points out that the normal operations of the building cannot be interrupted and Facilities still must perform its normal duties, so it is hard to find time to search for the mold.

Babington also said that the only complaint he knows of was an anonymous complaint to the Health and Safety Com-

mittee, which identifies no area where the smell is coming from or seems strongest, as well as nobody Facilities can question to find out such information.

Facilities has found one problem in the search for mold.

The room that houses the motors for the elevators had a broken exhaust fan, so it is possible that the smell that is causing the problem came from that.

The other area of interest Babington mentioned is an area in the old bookstore that had flooded and could possibly have the moisture that mold requires to grow.

"At this point we don't know enough to know," Babington said.

Babington said that Facilities will continue to check the building and see if there is any mold and if so how to dispose of it.

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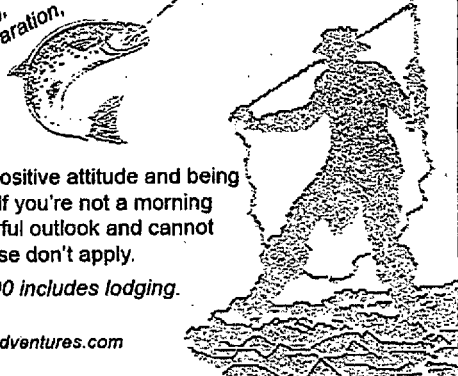
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Students

continued from Page 1

"I don't think that they push you enough in high school. They kind of leave it up to you, what you want to do. They just try to get you through high school," student Jon Limbeck said.

"I expected [my time at Highline] to be fast, get in, get done, get out," said James Turner, who has since become involved in Student Government.

Turner's extracurricular activities, combined with homework have provided a challenge, "I ended up with more work than I expected," he said.

"In high school we had a full load of classes," student Christine Kim said. "In a way, college is kind of easier. Maybe it's because I'm not taking as many classes now."

"I thought it would be harder than this. It's not that hard," student Kyung Lee said.

"A lot of people here seem more mature than at four-year schools like the University of Washington or Western Wash-

ington University," said Kevin McMullin who has friends at both schools.

McMullin, who attended Decatur High School before coming to Highline, said that his work now is easier than when he was in high school.

Student Nissa Moore, who attended Seattle Central Community College before coming to Highline, says she misses the paid non-student tutors that Seattle Central provided.

Some students expressed their frustrations with the hit-and-miss nature of getting good professors.

"Some teachers I've had teach at the University level," said student Chris Dillon. "When I had two hours of homework a night in a class, it was a pain but I came out knowing the material with a good grade. But in a class where there is no homework and just tests, I'm failing," Dillon said you can take easy classes here and transfer totally unprepared. "I can name 10 people I know who went to four year schools and dropped out," he said.

Student Chelsea Jefferson said classes here are more demanding and more interesting

than in high school, noting that people are also more mature.

Jefferson said she's primarily had dedicated professors, but did a writing course that lacked structure which did make the class more difficult.

Investing time in the college outside of classes has proved helpful for some.

"I came to school probably not really ready. I was scared to death when I walked in here," student Marilyn Gerhardt said. Gerhardt is now on the library staff.

Student Kyle Drosdick who attends both Highline and UW said that he sees the two as equally demanding.

"It's different from a four-year school. In here you need to find a way to get involved," said Drosdick, a former president of the Environment Club.

"If you don't get involved you can get really lost," Drosdick said.

"There are lots of really good faculty [here]," said Drosdick.

He says he never felt comfortable telling people he was an aspiring photographer until he was empowered by his interaction with professors.

Bill

continued from Page 1

ordinating Board conduct a study to determine how well Running Start students are doing in their college-level courses in comparison to their WASL and college entrance scores.

The bill also requires that

the study include a review of the completion rate of courses taken by Running Start students compared to their WASL and college entrance exam scores, as well as looking at causes for students not completing courses while in Running Start.

The bill was passed by the Senate on March 8, and is now awaiting action by the House Higher Education Committee.

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Additional Regulatory Programs Fee of 86¢ per line/mo. applies. This is not a tax or government-mandated charge. Taxes and other charges (including Universal Service charges) additional. If you are not satisfied with our service, you may cancel within 14 days of activation (longer in certain states, e.g. 30 days in CA), with no early cancellation fee. Both this offer before activation, and this plan after activation, may be modified and/or discontinued by T-Mobile, with or without notice and with respect to all or only certain customers. 30¢-45¢ per additional minute (or fraction thereof), depending on plan. 5¢ per additional text message. Rates are for calls originating and terminating in the U.S. Coverage only available on our U.S. GSM/GPRS network and the network of our U.S. roaming partners ("Get More network"). Credit approval, \$35 activation fee and 1-year agreement required, with \$200 early cancellation fee per line. Unused allowances lost. Partial minutes used are rounded up and charged at the full-minute rate; calls are measured from when the network begins to process the call (i.e., before the phone rings or the call is answered) through the network's termination of the call. Billing of roaming charges and minutes of use or services may be delayed to a subsequent billing cycle. Call duration and/or your continued eligibility for this plan may be limited or terminated in T-Mobile's sole discretion, especially if monitoring of your usage discloses abusive conduct or abnormal call pattern(s). Devices sold for use on our GSM/GPRS system may not be supportable on or compatible with other wireless systems. Weekends are midnight Fri. to 11:59 p.m. Sun., based on commencement time of call. Nights are 9:00 p.m. to 6:59 a.m., based on commencement time of call. Mobile-to-mobile means a directly dialed call between T-Mobile subscribers while on our U.S. network. Call minutes currently rate in the following order (as available): weekend/night, mobile-to-mobile, WHENEVER. Phone/Rebate: At participating locations; while supplies last; phone or accessories may be substituted for items of equal or greater value; additional taxes and shipping charges may apply. Rebate offer requires purchase of the phone listed and new activation on a qualifying rate plan. You must be on a qualifying rate plan when rebate is processed. Allow 8-10 weeks for rebate check. Use of our service constitutes acceptance of our terms and conditions (including mandatory arbitration), viewable on www.t-mobile.com. Additional restrictions apply; see a brochure and our terms and conditions for details. T-Mobile is a registered trademark of Deutsche Telekom AG. ©2005 T-Mobile USA, Inc.

Federal Way Main Store :

1812 S. 320th St.
Federal Way WA 98003
T. (253)529-5505
(206)228-0261

Bellevue

545-A 156th Ave SE
Across from Driver L Dept.
Bellevue WA 98007
T. (425)643-3727

Auburn

3312 Auburn Way S. Ste C
Auburn WA 98092
T. (253)833-8235

Edmonds

23830 HWY99 N #117
Edmonds WA 98026
T. (425)775-5321
(206)356-1743

Tacoma

8518 S. Tacoma Way #B2
Lakewood WA 98499
T. (253)588-6061
(253)227-5252

Shoreline

16053 Aurora Ave N (HWY 99)
Shoreline, WA 98133
Next to AA Electric
T. (206)546-1903