Tuition will rise again

By Alex Cahin
Staff Reporter

Students will pay 5 percent more in tuition after a vote by the Washington State Board of Community and Technical Colleges. The state board voted on the bill on Wednesday April 5, and the increase will take effect in the 2006-2007 academic year, and will involve all community colleges in the state, including Highline.

However, the board is encouraging community colleges to set aside 2 percent of tuition to be used for financial aid for needy students, which could help.

"In reality the board doesn't have to tell schools what to set aside, it's a local decision; but the board wants to get the message across that some students are being hurt by the increase in tuition. The vote by the board recognizes the hope that students have access to higher education even with the tuition increase," said Suzanne Ames, director of communications for the State Board of Community and Technical Colleges.

This decision could harm Highline's efforts to boost enrollment. According to Dr. James Peyton, director of the Center for Community Research and Evaluation and an economics professor at Highline, for every dollar increase in tuition, the school loses one to three Full Time Enrollment equivalents (15 credits worth of classes), which is what enrollment is based upon.

Highline is scrambling to meet enrollment requirements because enrollment determines how much money the school receives from the state. If the school is under enrolled, the school loses money.

According to Ames, the board is spending time and effort to study the implications that the increase in tuition has.

See Tuition, page 12

Shooting incident scares student

By Jodie Olson
Staff Reporter

Three teenagers used a pellet gun to shoot at students and buses on Tuesday, April 4.

Police were called, but the suspects left the scene before police arrived.

The teens apparently started shooting at buses, then switched to people.

One student said she was shaken by the experience.

"The first thing I did was press the blue emergency tower across the lane, then they started pointing the gun at me and then I asked the Metro driver to call the police," she said.

When she went to the emergency tower in the parking lot to try to call Highline Security, the phone wasn't working. "What am I supposed to do when I call for help and get no response?" she said.

The security office said that they are checking the phones to make sure that they are working.

"I know a few others got hit," the student said.

See Shooting, page 12

College seeks recycling vendor

By Simone Snow
Staff Reporter

Highline will soon look for companies to bid on the contract for the disposal of Highline's recyclables.

Currently, Highline recycles cardboard only in Building 8 and paper collected in approximately 92 containers scattered around campus.

The Recycling Committee, established three years ago by Student Government, has been striving to expand the recycling program to include other raw materials, and believes a new recycling program is needed.

A recycling program that had been developed to allow for the recycling of not just paper, but aluminum, glass and plastic as well was cut several years ago. Highline workers used to sort through all the recyclables, separating white from colored paper, throwing out non-recyclable materials, and cleaning every can for proper disposal.

Since the program was not cost effective, it was put to an end. Now, all aluminum, glass, and plastic products end up in the trash, driving up fees for garbage disposal.

"[Recycling] reduces the amount we have to pay for tipping fees, or the amount of garbage that is taken away," said Huy Pham, a Student Government senator and a Recycling Committee member.

Pham, an Allied Waste Company, hauls away Highline's garbage for about $35,000 every year. If the amount of garbage were to decrease, that figure could shrink.

"A recycling program will reduce the cost in waste disposal, which reduces the school's operating expenses, thereby allowing money to be spent elsewhere on campus," Pham said. "Recycling can benefit both staff and students alike."

The Recycling Committee has taken it upon themselves to help establish a recycling program for Highline. They have already taken steps towards their goal.

"We had a petition drive to demonstrate support. A recycling initiative [for] aluminum, plastic, glass, and paper," Pham said.

The Recycling Committee succeeded in convincing the administration to make that same initiative a school policy in June 2005.

To take the establishment of a recycling program a step further, the Recycling Committee has also been "trying to educate people on reducing waste," said Woody Moses, a Highline biology teacher.

The Recycling Committee also brought representatives of companies responsible for hauling away recyclables to campus. The representatives assessed Highline's recycling situation and noted the best way to develop a recycling program would be to have one large bin for all recyclable materials to go into.

See Trash, page 11
Two cars are hit in parking lot

A female reported that someone hit her front bumper of her car in the East parking lot.

Someone’s Nissan Sentra was hit in the South parking lot and a note was left saying a black Bronco backed into it.

Seizure leads to fall

A woman fell off the stage area due to a seizure.

In Building 8 on April 5, the woman collapsed. The fire department was contacted and arrived on the scene for medical attention.

Man disrupts class

A man with a mental disorder disrupted a class he attends on April 5. He is on medication and his doctors say he can attend college.

Disorderly conduct inside Library

Two men were asked to leave the library due to disorderly conduct on April 6. At the same time six others were asked for ID, who had none and were asked to leave.

Fire alarm pulled

The fire alarm was pulled in Building 23 on April 10. The fire department responded and discovered that the alarm was faulty and needed to be fixed.

Lost Items

Someone lost a white lunch bag in Building 26 on April 6.

A Black Adidas purse was lost in Building 26 on April 7.

A red warm up Jacket and blue Samsung phone were lost in Building 26 on April 7.

A man reported that his calculus book was stolen from Building 26, room 319 on April 10.

Two keys were lost on April 10.

A brown purse was lost in Building 8 on April 10.

Someone lost their USB disc on April 11. Contact 206-353-4809 with any information.

-Compiled by R. Livingston

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**Transfer events benefit students**

By Candace Bohonik

Attention all transfer students: if you are planning to transfer to a university, some important transfer events are scheduled to aid you in planning for your major while you are at Highline. Different universities have varying requirements. Knowing the requirements of the universities you plan to attend is beneficial to your planning and preparation for your transfer.

"If you are interested in attending at any time in the future, you need a proactive transfer plan," said Siew Lai Lilley, director of the transfer center. "Early planning is key to successful transfer.

April events will take place in the Highline Student Union. May events will be announced at a later date.

Blood drive draws success

The dual blood drive that was on April 10 and 11 was very successful. It was Cascade blood service's first time coming to Highline. "It was very successful," said a representative of Cascade.

They also said they really enjoyed coming to Highline. With an hour left to donate they had 37 people donate and 26 pints of blood.

They were very thankful to team Highline (who put on the blood drive) for providing pizza.

A student prepares to have her blood drawn during the blood drive.

and they thought that really attracted more people.

Highline looks for VP candidate

Highline College has named four finalists for the position of Vice-President of Administration. Hearings for the final candidates will begin the last week of April.

The position is one of the most important on campus and oversees seven different departments: the bookstore, security, construction, human resources, business office, administrative technology, and contracts and leases.

The four finalists are Kurt Buttleman from South Seattle Community College, Marion Davis from Highline Community College, Farhad Javaherpour from San Francisco Community College, and Nancy Moffatt from North Kitsap School District.

The interviews will take place during the weeks of April 24 and May 1.

Davis will have her forum on April 26 from 9:45-10:45 a.m.

Buttleman on April 28 from 9:45-10:45 a.m.

Javaherpour on May 2 from 9:45-10:45 a.m., and

Nancy Moffatt on May 4 from 9:45-10:45 a.m. The exact locations of the forums are still to be assigned.

Correction

There is no grade requirement to participate in the honors colloquy; all students are welcome to participate.
Earth Week teaches to watch your step

BY KAREN DANIELS
STAFF REPORTER

Highline will have its first Earth Week on April 17 through 21 to celebrate Earth Day on April 22.

Earth Week is five days with five different themes: Air, Water, Food, Transportation, and Lifestyle.

Highline’s Student Environmental Club and the Environmental Club, the Earth Week sponsors.

This is The Environmental Club’s main event for the year. The Earth Week theme is “watch your step,” referring to our ecological footprint.

An ecological footprint calculator estimates the amount of earth needed to support everyone on the planet, everyone who shares your personal lifestyle.

“When we’re trying to do is reduce our ecological footprint,” Moses said. “We pollute the air, we pollute the water, the amount of land used for consumption.”

These are things he hopes to address during Earth Week.

“The two biggest things you can do to help the environment are eat less meat, and get rid of your car,” Moses said.

Biologist instructor Woody Moses is in charge of Earth Week as well as the faculty adviser for the Environmental Club, the Earth Week sponsors. This is The Environmental Club’s main event for the year.

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“Our goal is to reduce the environmental footprint,” Moses said. “We pollute the air, we pollute the water, the amount of land used for consumption.”

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The two biggest things you can do to help the environment are eat less meat, and get rid of your car,” Moses said.

Instructor Tracy Brigham is also involved in Earth week.

“I wanted to get involved – I teach a section on environmental awareness in my global studies class,” Brigham said.

Air-Monday: In the Highline Student Union from 10 a.m. to 2 p.m. there will be a Clean Air Forum with State Rep. Dave Upthegrove and Richard Stedman, executive director of the Olympic Regional Air Agency.

Water-Tuesday: In the Highline Student Union from 10 a.m. to 2 p.m. the Highline’s Water Center will have a marine critter table with sea stars, crabs, and anemones.

Food-Wednesday: In the Highline Student Union from noon to 1 p.m. there will be a Food Forum with Tom Wolf, a farmer and author of “Farmers Market Gardening.”

Transportation-Thursdays: In the Highline Student Union from 10 a.m. to 2 p.m. there will be a presentation on Oceans and Human Health by Rohnie Paranjape, Science and Research Director of the National Oceanic and Atmospheric Administration’s North-West Fisheries Science Center.

Lifestyle-Friday: Sarah Massette will be speaking on Toxics in the Home from noon to 1 p.m. in Building 3-102.

Also on Friday there will be a Science Seminar on Life After Cheap Oil, a panel discussion with Bob Mapstone, T.M. Sell, Michael Campbell, Carla Wittington, and Woody Moses in Building 3-102 from 2:20 to 3:10 p.m.

There will be a campus cleanup starting at 1:30 to 3 p.m. on Friday in the Highline Student Union on Tuesday and Wednesday.

For more information on Earth Week or The Environmental Club contact Woody Moses at 206-878-3710, ext. 3649.
Student Programs changes policy

**Dear Editor,**

We are writing to announce a new considered initiative with our Associated Students of Highline Community College (ASHCC), our campus student government. In light of recent college restructuring and a reduction of staff, the associated student government's office of Student Programs, ASHCC Executive Council is considering proposing a reform of our governmental structure. The guiding concepts for this consideration are as follows: 1) to honor and magnify the distinct contributions of student leaders within our governmental structure, 2) to provide additional access to governance functions the constituents we serve, and 3) to ensure that resources and opportunities remain for those seeking leadership development and involvement at Highline Community College. We have had open discussions that are starting points for possible reform. We have questions to help us inform a possible new governance structure. What if there were fewer elected executive positions in our ASHCC to require a stronger reliance on representative roles in our decisions? What if our primary work was to create leadership access for all students as opposed to providing access to campus activities for all students? What kind of structure would evolve in our student government if we modeled our practices around the concepts of servant leadership? We need your help in insights as we probe possible reforms. At this point, we believe some changes would be a positive thing for our student population.

If we remain student-centered and approach governance reform with students' needs and interests in mind, we strongly believe that in a year from now we'll be able to better represent our HCC students. Those interested in this initiative are encouraged to contact us at the ASHCC offices in the HSU, 3rd Floor or e-mail us at stugov@highline.edu.

We are considering both a Constitutional Reform Committee to address this issue and/or a public hearing to get feedback on proposed changes. Thanks for your consideration.

— Paul Kalchik, ASHCC President
Jonathan Brown, ASHCC Advisor

**Write to us**

E-mail your article to thunderword@highline.edu.

For more information, contact the Thunderword at 206-878-3710, ext. 3317. Due to limited space, please limit your letter to 300 words.

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**OPINION**

**Editorial**

**Immigration reform requires careful thought**

Protestors took to the streets all over the nation Monday, demanding rights for undocumented immigrants. The protest was in response to the ongoing immigration debate that is splitting the country onto either side of the fence. Unfortunately, the sides that people are taking are too widely divided, and the masses are avoiding the middle ground. The opposing opinions are clashing in our nation’s capital, and with the U.S. Senate crumbling last week, it’s difficult to imagine a final decision appearing any time soon. At the core of the immigration argument is the employment issue. Immigrants are filling jobs that Americans do not want to do. However, there is a trend of illegal immigrants taking jobs, like construction, that Americans still want. The result is that wages are dropping. The issues regarding immigration reform are numerous, ranging from rising health care costs to whether or not the U.S. has the right to secure its borders.

Hopefully, the break will allow Congress to mull the issue over, allowing for a little bit of flexibility and compromise. However, the possibility remains that resolutions could be hardened, and the opposing sides could remain just as obstinate.

While it’s important to have a variety of ideas converging in Washington D.C., blind, unwavering commitment to those ideas won’t serve anybody.

The truth about immigration reform is that there is no correct answer. The bottom line is that immigrants are crossing the border, but even the tallest fence can be dug beneath or cut through.

And as badly as some Americans do not want to admit it, the country does rely on illegal immigrants to an extent. There will always be a number of illegal immigrants in the U.S.

Making those immigrants felons isn’t going to solve anything. As a result, our prison population will increase. Because of the nation’s fear of creating citizens, America will find that it has created criminals instead. It’s also important to remember that the people crossing our borders aren’t terrorists—they’re here to find work. In that sense, illegal immigrants are Americans too, and it’s difficult not to sympathize with their position.

On the other hand, granting immediate citizenship to people who are breaking the law isn’t going to do anything except encourage more illegal immigrants.

As a nation, we do have the right to secure our borders—the question boils down to whether or not it’s the right thing to do. Either extreme of the issue offers more problems than solutions. Taking the middle ground does not ensure an ideal solution, but it offers one that may be more beneficial than not.

There is no clear cut solution for immigration reform. The best decision will not be sudden or extreme, because such decisions often result in a program that is doomed to fail eventually. The topic needs thought, deliberation, and a healthy composition of ideas from a variety of influences.
ARTS

RaShawn to lend soul to The Blend

BY KAYDEE SMITH STAFF REPORTER

By night RaShawn Noble is a surgical technician, but she doubles as a musician.

She will be performing in the Bistro on April 19, from 10:30 p.m. - 12:30 p.m.

RaShawn is the second spring performer booked for the Blend, a twice monthly concert series hosted by Team Highline every other week.

Noble works graveyard as a surgical technician as she pursues her musical career in the earlier parts of the evening.

RaShawn describes her musical sound as, "R&B, really soulful with a hip-hop influence."

RaShawn’s musical sound and lyrics are inspired by life itself, she says. The ups and downs are woven into her lyrics and beats. Pain and hurt are the main influences of her music, RaShawn says.

Life inspires RaShawn to express herself through music.

She started playing music by “beating the piano (keys)" on her grandmother’s piano.

RaShawn says the early experience of playing the piano proceeds go toward a variety of charities that the rotary supports.

The black tie Black Cat Gala, held on Friday March 10, raised over $2,600. Former state representative, Rick Jacobson said that it was very successful, "It went very well. We had a great turnout of people."

RaShawn Noble is what started her relationship with music. A few years later, she was taking lessons.

RaShawn has been performing for the past six years. Recently, she traveled to New York for studio time, in hopes to have a record out by next fall.

She says the reason she is still unsigned is because she is awaiting the right manager to walk into her life. RaShawn says she needs someone who knows the music business very well before she signs the big-contract-record-deal.

RaShawn’s hip-hop, soulful, R&B performance in the Bistro on April 19, is free to the campus.

Charity from Poverty

People drank wine while raising money for charities at the Poverty Bay Wine Festival.

The second annual Poverty Bay Wine Festival raised over $30,000 and $10,000 more than last year.

The festival, which ran March 10 through the 12, features over a dozen local wineries and the proceeds go toward a variety of charities that the rotary supports.

The black tie Black Cat Gala, held on Friday March 10, raised over $2,600. Former state representative, Ric Jacobson said that it was very successful, "It went very well. We had a great turnout of people."

There is an application and screening process for all newer artists looking to be represented at the gallery.

"We never repeat artists at the gallery," said O’Dell. "We arrange a calendar the year before."

Although the gallery is small, there are two distinct rooms, the Mazzaconi and Northwest rooms where art by affiliated artists and Northwest artists are presented.

One can find various media such as pottery, jewelry, crafts, stained glass, watercolors, pastel and acrylic designs and matted paintings.

Because of the many different styles, the gallery has had many of the members shown their work at Highline’s very own Fourth Floor Gallery.

From three-dimensional butterfly hanging on the walls to Native American inspired paintings, to landscapes, this gallery has it all.

I think touring the galleries is a very great experience for students," said O’Dell.

The Seahurst Art Gallery offers free tours to students, and are made by appointment only with the gallery.

"Students should tour galleries. They need to do that," O’Dell said, noting an open house on April 21 from 5-8 p.m.

The artists will be presenting their work that evening, and accompanying them will be live music by Rachel Greenspan.

The Seahurst Art Gallery is located at 15210 108 Ave, S.W. in Burien. It is open Tuesday through Saturday from noon-5 p.m.

‘Steel Magnolias’ stirs up tragedy and laughter

BY ERIK BREAKFIELD STAFF REPORTER

Comedy shadows tragedy in the Valley Community Players performance of Steel Magnolias, a local theater show with a good laugh every other minute.

The play is about six women in the small town of Chinquapin, Louisiana whose lives all revolve around the friendships they have developed at Troy’s beauty salon.

When you enter the house in Carco Theater in Renton, on the black and shining stage you are introduced to nothing short of a professional level set.

Complete with full-size barber shop mirrors, chairs, hair dryers and anything else you might find in a hair stylist store.

It even includes a counter where only things missing are all of the hair care products for sale.

The only technical part of the show found unfavorable was the small radio on stage that played opera music too loud and stole focus from the actresses on stage.

When the lights dim and the show starts again and get comfortable in the nice chair you’re in, as the first 10 minutes of the show will most likely go by slow.

But after the “warm-up" and all six characters get onstage the show really picks up and it is not long at all before the audience is getting involved with laughter.

Do not expect anything like you might have seen in the movie however, these are obviously not the same actresses and the show is actually different.

This entire performance takes place in the beauty shop and the cast includes only the six female leads.

The six women in these six leads are Michele Solano as Troye Jones, Ellie Simpson as Clairee Belcher, Lucy Oaks as Ouiser Boudreaux, Debbie Featherston as M’Lynn Ettenton, and Elizabeth Castonquay as Shelby Ettenton.

These ladies bantam back and forth at each other for the entire show with insults directed at themselves, each other, their husbands, pretty much everybody except for the audience is

Director Vincent Orduna’s skills in getting a laugh do not however transfer to his ability in drawing tears.

It is when the show becomes serious and then tragic that the acting begins to lack emotion.

The events leading up to the end of this story were rushed and sudden and the characters onstage are in a state of denial. This makes it hard for the audience to really grasp what is happening, even though the event has been foreshadowed multiple times.

So the worst is realized the characters appear unaffected and unchanged by the loss, there is no apparent reaction to the tragedy other than the smaller amounts of dialogue in the script.

But based on the comedic value of the show, is it worth the $12-14?

Yes, this was a very funny play.

When the pace of the performance picks up and the actresses find their grove it gets to be pretty good, so take a break, don’t take it too seriously and get ready to laugh.

The show runs April 7-23 at the Carco Theater in Renton.

The performances are Fridays and Saturdays, April 7, 8, 14, 15, 21 and 22 at 8 p.m. There is an earlier show on Thursday, April 13 at 7:30 p.m. and a Sunday Matinee, April 23 at 2 p.m.

Individual ticket prices are $12 to $14 and can be reserved through the Valley Community Players by calling 425-226-5190. Tickets can also be purchased at the box office on each
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
1. One-half of 6-Down
2. 14-Across plus 11-Down
3. The first digit is the sum of the other digits
4. The last digit is the sum of the other digits
5. Three less than 1-Across
6. Consecutive digits in ascending order
7. Digits of 4-Down reversed
8. One less than 6-Down
9. Consecutive digits in descending order
10. Six more than 3-Across
11. 9-Down minus 15-Across
12. Nine times 1-Down
13. Ten less than 3-Down
14. Six times 8-Across
15. Two times 1-Down

DOWN
1. Same digit repeated

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Trivia test by Bill Rodriguez

1. LITERATURE: The novel "Sweet Thursday" is a sequel to which book?
2. MUSIC: What state was Jojo leaving in the Beatles' song "Get Back"?
3. HISTORY: Who was the leader of the 1790 mutiny on the Bounty?
4. TELEVISION: What was the name of Ed Sullivan's first TV variety show?
5. MOVIES: Who starred with Spencer Tracy in the movie "Adam's Rib"?
6. GAMES: What is the distance between the foul line and the pins in bowling?
7. LANGUAGE: What does the Greek prefix "rhino" refer to?
8. PLAYS: Who was awarded a Pulitzer Prize for drama for "The Heidi Chronicles?

(edited)

9. MEDICINE: What is the common name for the disease called varicella?
10. BIBLE: What is the shortest verse in the Bible, found in the New Testament?

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Chinese Proverb by Ed Canty

Across
1 Air conditioner additive
2 Manila hemp
3 Night
4 Main artery
5 Worth having
6 Beginning of proverb
7 Just get by
8 Fall mo.
9 Kind of frost
10 Pork
11 Edmonton locale
12 Say again
13 Fill with gloom
14 Eye part
15 NFL contests
16 Anger
17 Proverb continued
18 Letter
19 Encore
20 Stray
21 Outspoken
22 Schedule
23 Acknowledgment
24 Squirrel
25 Active
26 Marriage ceremony, e.g.
27 God of love
28 Photos
29 Slide
30 Manual laborers
31 Press
32 Highway
33 Highway
34 Jane Austen novel
35 Competent
36 Ministrone, e.g.
37 Complimentary
38 Conserver
39 Utter impulsively
40 Dry
41 Japanese enterater
42 Flair
43 Group, e.g.
44 Flair
45 Church

Down
1 Disappear gradually
2 Chess piece
3 Sea eagle
4 Cooperstown Giant
5 Queasiness
6 Proficient
7 Comes before generation
8 Residue
9 Bush former org.

Wishing Well

5 8 4 6 5 8 5 8 3 8 5 3 2
E A B B S B T U Y S A O G
5 8 6 5 4 8 5 8 2 5 2 3 5
B I E L E N I E O S A U H
3 6 8 2 6 5 7 2 6 6 4 8
C P S L E G B O S P R G A
3 4 5 8 4 3 6 8 5 8 3 2 6
O E O R N P T S A N E A I
2 6 5 8 7 3 2 6 5 6 2 7 4
R E L R E B B A C T
2 3 7 6 6 3 7 8 2 8 6 2 7
C E H T H O I H P E I O
3 4 7 6 7 6 6 4 7 3 2 3 2 3
E S L N Y T E V T E E R

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Last week's solution

CHILL FACTORS

L A C Y F I R S T S I P S
A C H E A V I A N T R O T
K I N N I K O N D U R O T
E E L M E R E T A S T E
L A I T Y P O U T
D E W W E L S B A R R A C K S
R I D E S H A V E N O N E
A L O C E E S A E M E N
F L U B A L L E R F U M E S
T A T T E R E D P A R O L E
O N L Y S A R A N
A S P I C A C R E A C A B
C O O L H E A D E D L O P E
I S L E R H I N O F E L S
D O L T E A T E N I D E S

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Fastpitch moves into fourth place

By BRETT MILLS
STAFF REPORTER

The Lady T-Birds have their first three wins of the season. Highline had improved record last week with a record of 3-3. The Thunderbirds started out the week sweeping Green River in two games.

Then, South Puget Sound swept Highline in two games last Monday.

Most recently, Grays Harbor came and split two very close games with the Thunderbirds.

"[The game] was great. We scored a lot of runs against Green River. That was fun," said Head Coach Anne Schmidt.

The Thunderbirds got their first win of the season by beating Green River 12-0 in their first game on April 7. Highline was efficient with 12 runs from 8 hits. Jennifer Ventozza was the winning pitcher.

The winning pitcher for the second game was Keraeni Steichen. Green River was held to only three hits. Jessica Ventozza hit another home run while going 4 for 4.

"We did everything right defensively and everything right offensively," said Assistant Coach Mark Hall.

With a 3-13 record (3-5 in league) Highline is well on their way to improving upon last season.

The Thunderbirds are tied for fourth place in the Western Division with Grays Harbor.

With their three wins they already have the same amount of wins that they had all of last season.

The Lady T-Birds played two tough games against South Puget Sound on Monday, April 10. They lost the first game 14-1, before falling 18-0 in the second game.

Highline only managed a total of six hits and one run during the doubleheader against South Puget Sound.

"We can’t win ball games without scoring runs," said Assistant Coach Hall.

The most recent games were on Tuesday, April 11 against Grays Harbor. The T-Birds bats came alive against Grays Harbor, with 20 runs and 25 hits in two games.

Grays Harbor won a very close contest in the first game by a score of 8-7. Highline had 11 hits to Grays Harbor’s eight hits in the first game.

The Lady T-Birds won another close contest in the second game by a score of 13-10.

The Thunderbirds hit Grays Harbor with 13 hits to six. The winning pitcher for Highline was Jennifer Ventozza.

Coming up the team will be competing in the NWACC Crossover Tournament at Walla Walla Point Park in Wenatchee, Washington on Friday, April 14.

They will be playing Southwestern Oregon in their first game at 10:15 a.m.

Highline has a few days off until their next games. Their next games after the tournament are on April 21 with South Puget Sound coming to play here at Highline.

The coaches said that in order to get some more wins the Lady T-Birds’ entire lineup needs to hit and score runs, not just a few players.

Both Head Coach Schmidt and Assistant Coach Hall said that if the team can get some more hits and score some more runs than it will make it easier on the pitching.

Proulx has high ambitions in school and sports

By TREVOR KULVI
STAFF REPORTER

One incident that happened last season led to a very frustrating season for sophomore Sandra Proulx. Proulx plays center field and left field, on a rotating basis for the Highline women’s fastpitch team.

Last year, as a freshman, Proulx only played in four games due to a broken thumb she sustained in a game against Peninsula College.

During the game, she was sliding into third base and the third baseman accidentally stepped on her hand. Her thumb broke and she missed the remainder of the season.

Of the four games she did play in last year, two were against Bellevue Community College. At the time, her sister Amanda was playing for Bellevue.

Proulx has been playing fastpitch for the last nine years.

"I started playing because we had a family history of fastpitch players," said Proulx.

Proulx came to Highline for the start of the 2004-05 school year after graduating from Lindbergh High School in Renton.

While at Lindbergh, Proulx earned several awards. She was on the honor roll, named second team centerfielder for the Sea- mount League and was the team captain her junior and senior year of high school.

While playing at Lindbergh, Proulx always gave 110 percent no matter what and helped lead Lindbergh to the state playoffs twice during her tenure.

As a freshman in 2001, Lindbergh lost in the first round to Jackson 3-0.

As a sophomore in 2002, Proulx again led her team to the state tournament, but lost in the quarterfinals 5-3 to Sammamish.

Proulx chose Highline after graduation because of its outstanding tradition.

"I chose Highline because it was a good school to play at and my boyfriend was here as well," said Proulx.

After missing almost all of last year, Proulx hopes to lead Highline back to the NWACC playoffs after Highline struggled through its worst season in 12 years.

"We have more talent and enthusiasm to play ball this year," said Proulx. "Here it’s more intense because people come here because they want to be, and training starts early, unlike high school. It’s almost like a full time job here."

Personally, Proulx has set some high goals for herself this season.

"I want to master the left hand side of the plate and have fun with this being my last year," said Proulx.

After Proulx graduates from Highline, she hopes to continue with her education at Seattle University where she will major in nutrition.

Her ultimate goal in the field of nutrition is to help people be healthier in hopes they can lead a healthier life.
Men's track finishes fourth at UPS

By John Thomson
Staff Reporter

The Highline men's track team placed fourth in the Sho-twell Invitational thanks to some great performances.

The Thunderbirds scored 59 points in the meet, which was held on Saturday, April 8 at the University of Puget Sound, which placed them fourth in the team standings.

Western Washington won the meet with a score of 192.50. Puget Sound was second with 172 points and Pacific Lutheran University was third with a score of 96 points.

This was the first of four meets that Highline will compete in that keeps team scores.

"I thought the team did fairly well," said Sprinter Coach Lee Black. "The weather wasn't the best but we dealt with it."

The team fought through the rain and wind and ended up with some great performances.

The sprinting duo of Ken-jamie Jackson and Bruce Hub-bard played their part.

Jackson placed third in the 100-meter dash with 10.87 and second in 200-meter dash with 22.29, both NWAACC qualifying times.

Hubbard won the 100-meter dash with a 10.82 and placed sixth in the 200 with a 23.34, both NWAACC qualifying times.

Another key sprinting performance was by Miguel Martinez, who placed ninth in the 100 with a time of 11.43 and eighth in the 200 with a time of 23.40.

The Highline 4x100 relay won with a NWAACC qualifying time of 42.59.

The relay consisted of Jack-son, Hubbard, Martinez, and Rashawn Boyce.

That time has Highline in second place in the league ahead only Spokane, which ran a time of 42.55 at the Dusty Lane Open.

Trevor Kulvi and Noah Mc-Donald placed second and third in the 3000-meter steeple-chase with times of 10:35.33 and 10:35.62 respectively and has them in range of the qualifying mark for the championship meet.

In order to qualify for the steeple chase in the championship meet, an athlete must run a time of 10:24 or better at least once during the season.

Kulvi also represented High-line in the men's 5,000 meter run. He finished the race in a time of 16:27.78 which was good enough for a 17th place finish.

Brian Van placed seventh in the triple jump with a distance of 40 8/25."

The coaches were pleased with the team's performance.

"Everyone really put in a great effort at the meet," said Coach Black.

Looking forward to the rest of the season Coach Black said: "The biggest thing for me is that we get through the season with good grades and a small amount of injuries. Hopefully we can get a lot of our guys to qualify for the championship."

Many of the track athletes have qualified and a lot of others are close.

As the team is getting ready to head into the latter part of the season, attitudes have been great and the athletes are having fun.

Coach Black added, "This team may not have great indi-viduals but the quality of the indi-viduals has been outstanding."

The Thunderbirds head to Central Washington University in Ellensburg for their next meet.

Expected to join Highline at the meet will be Western Washington, Pacific Lutheran, Seattle Pacific, Saint Martin's, Seattle University and Club Northwest.

This week marks a very important time in training for the men's track team.

With the championship meet only 42 days away, everyone is scrambling to get qualifying marks for the championship.

Once the athletes have quali-fied for the meet, the only thing the have to worry about the rest of the season is seedings and how the rest of the league does in their events.

At the championship meet, the top 16 athletes, except for the steeple chase and both relays, will compete in the meet in hopes of getting a team win.

In the steeple chase, the top 12 athletes will run at champi-onships while all eight 4x400s will have an entry in the 4x100 and 4x400 meter relays.

As of right now most of the men's team has qualified for the championship meet and it still leaves a lot of time for the non-qualifiers to qualify.

Women's runners sprint through bad conditions

By Trevor Kulvi
Staff Reporter

FACOMA – The Highline women's track team came away with great performances and an eighth place finish at the 26th annual Sho-twell Invitational hosted by the University of Puget Sound on April 8, despite the horrible weather conditions.

Western Washington won the meet with a score of 180 points, Seattle Pacific was the runner up with 167.5 points and Pacific Lutheran University was third with a score of 122 points.

"The weather was horrible," said Head Coach Amber Cooper.

"I would have packed my things and left the meet, but it was a good meet to be at. We met the high standards we set for ourselves."

Freshman Brittany Smith had a great day in the 100 meter dash, the triple jump despite the fact that the weather was unfa-vorable.

In the 100, Smith finished fifth overall and was the top community college finisher with a time of 13.34 seconds.

In the triple jump, Smith fin-ished third overall and again was the top community college placer with a jump of 36' 11.5".

Also representing Highline in the field events was freshman Lindsey Farah who competed in the javelin for the first time.

"I was very impressed with Lindsey's performance in the javelin even with it being her first time ever," said Coach Rowe.

Farah finished 10th in the javelin, but was credited with scoring points in the event because two athletes in front of her were competing unattached and they were unable to score points.

Running for the first time since the UW Outdoor Preview was freshman Shereer Barber, in the 800 meter run after missing the WOU Open due to a hip flexor injury.

Barber finished fourth overall with a time of 2:34.27, which currently still has Bar-ber in first place in the league and has already qualified her for the NWAACC Championship Meet.

Representing Highline in the women's 5,000 meter run was the duo of Melissa Better and Rosie Meeker.

Meeker finished in a time of 21:15.08 which placed her 14th in the race, while Better finished in a time of 22:57.25 which was good enough to place 16th in the race.

Both performances also made Meeker and Better the top two community college finishers in the race and currently has them within striking distance of the qualifying standards for the championship meet.

The quadrate of Smith, Far-ah, Meeker and Barber ran in the women's 4x400 meter relay.

Highline finished the race in a time of 3:50.36 to place fifth in the meet which made them the top community college team to finish.

The time currently has them third in the league standings behind only Spokane and Lane.

Up next for Highline will be the Spike Art Invite hosted by Central Washington University on Saturday, April 15.

This will be the second meet of the year that will keep team scores.

The Spike Art meet will sig-nify the half-way point of the season for the Highline women's track team.

Following the Spike Art In-vite, will be the prestigious Or-gon Invite at Hayward Field on the campus of the University of Oregon.

The entire team will not go to the Oregon Invite because ath-letes must qualify for the meet and the standards are tougher than the NWAACC championship meet standards.

Basically, if an athlete quali-fies to compete in the Oregon Invite, the will have also quali-fied for the NWAACC cham-pionship meet.

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What Time? Fri 2pm-7pm Sat 10am

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Stay fit with a variety of workouts

You are not getting younger, but your middle is getting rounder.

Experts agree that good workouts should include a variety of exercises.

A good fitness program should include some work on the muscles that the experts call the core.

"Abs are a good way to exercise not to burn fat," said Josh Baker, physical education instructor and certified strength coach.

Baker says you should strengthen your core so when you are doing other activities, like mowing the lawn or picking up the groceries, you are less likely to hurt yourself.

"Do a variety of different types of sit-ups," said Baker.

He suggests six exercises to strengthen your abs:

- **Regular Sit-ups**
  - Lie on your back with knees bent, feet flat on the floor and shoulder width apart, fingertips at the side of your head. Sit all the way up, bringing your chest to the top of your thighs, lower to the beginning position and repeat. Keep your feet on the floor at all times.
  - Boxer Sit-ups
    - These are exactly like regular sit-ups, but as you sit up, twist your right elbow to your left knee and then left elbow to your right knee (quickly), return to the beginning position and repeat.

- **Straight Arm Sit-ups**
  - Lie on your back, knees bent, feet shoulder width apart. Extend your arms straight over your head, biceps covering your ears. Sit-up, bring your chest to the top of your thighs, lower and repeat. Keep your arms overhead the entire time.
  - Crossover sit-ups
    - Assume the Regular Sit-up starting position. Cross your right leg over the left and place your right arm straight out to the side. Place your fingertips at the side of your head, raise your left shoulder to your right knee, lower and repeat. Complete the prescribed repetitions and switch to the other side.
  - **Best Leg Crunch**
    - Lie on your back, bend your knees and raise your legs (bending at your knees) so your thighs are perpendicular to your body and your feet and calves are parallel to the floor. Place your fingertips at the side of your shoulders and back off to the floor in a curling motion, lower your torso to starting position and repeat.
    - Quick Best Leg Crunch
      - Same as Best Leg Crunch, but as quick as possible.
      - "You can do sit-ups when you are watching TV, rather then sitting back and watching TV eating ice cream," said Baker.

He also suggests that if you have an exercise ball or if you have access to one you can do abs on it and put less stress on your back.

Such balls can be purchased for as little as $20. Ab workouts can help you get that rock-hard six pack, but Baker says that's not the only thing you have to do.

You have to include cardio workouts - such as jogging, walking, aerobics or bicycling - and make sure you have a healthy diet.

**Scoreboard**

**NWAACC SOFTBALL STANDINGS**

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**SOUTH League**

- Yakima Valley 3-6
- Blue Mountain 0-12

**STANDINGS**

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**CORRECTIONS**

Jennifer Ventozan was mis-identified in a photo in the sports section of in last week’s paper.
Protesters rally against reform of immigration laws

BY LYNETTE MARQUIS STAFF REPORTER

Organizers of Monday’s protest against immigration reform say the event shows that many Americans support immigrant rights.

“It showed that over 25,000 people support immigrant rights, and that was just the people who were able to make it,” said Julian Torres, president of Highline’s United Latino Association and an organizer of the student rally that preceded the main event.

“It empowers people to feel free to speak what they feel,” he said.

The student rally drew about 150 people. Torres was among the speakers. After the initial rally, students and supporters marched to join the main protest at Fourth Avenue and Jackson Street in Seattle.

The main purpose for rallies is to get student’s voices out because a lot of these students will be affected. Deportations will separate families,” Torres said.

Students and supportive organizations met front of Union Station on Fourth and Jackson at 2 p.m. Ready with handwritten signs, megaphones, and handouts about the march, the group of about 30 people sauntered its way to the rally location.

The march was led by three people, including Torres, holding a large sign reading Sign the Liberation March. The march lasted a few blocks before it ended in Highway Park on Maynard Avenue and King Street where other protesters were waiting with electronic rally equipment, signs, handouts, and stands selling T-shirts, buttons, flags, and newsletters.

The rally was sponsored by the Freedom Socialist Party and the Radical Women. The crowd consisted mostly of high school students accompanied by their parents and members of the sponsoring but included college students from local colleges such as South Seattle, Seattle Central and Highline, as well as people who were just passing by.

Signs were hung out as an invitation to everyone to participate in the protest. Signs read everything from innocent “We’re Not Criminals, We Just Want to Work,” to blunt statements like, “Your justice system is a whore.”

Even young children held small signs saying “Open the Borders” as their mothers held them.

Flyers explained the need to “demand unconditional amnesty for all undocumented immigrants and open borders for working people.”

“This is the opportunity for students to gather before joining the other protest. This gives them their own voice,” said Jonathan Hurd, Freedom Socialist Party member. Hurd explained the reason the Socialists helped endorse the rally, “We see the attacks on immigrants as attacks on all workers. Ultimately dividing the working class. The real criminals are the corporations exploiting the immigrants.” He held a sign that read, “No One Is Illegal. Full Rights For All Workers.”

“Show people that together we are stronger and they can’t kick us out,” said Roxana Garcia, Highline High School student. Garcia later read a poem into the rally’s microphone about being brown in the United States.

For a little over an hour, several speakers spilled their hearts out in the microphone set up at the park. They spoke Spanish and English, in poetry, chants, and five-minute speeches.

“The U.S. government is waging war on terrorists against immigrants. But we know better. The terrorists did not cross the border. Immigrants are not terrorists,” said Carrie Hatcher, an activist for Youth Against War and Racism, in her speech.

Ramy Khalil, a local antiraw and labor activist, talked about a nationwide strike planned for May 1 when immigrant workers are not to show up at work and students are not to go to school.

“Tell everyone and participate in this to being exploiting corporations to their knees,” Khalil said.

“I hope Highline students walk out to show support,” for the walkout, Torres said.

“The purpose for student walkouts is to show disagreement with the [congressional] bill. Could you go to school and concentrate when your family is separated? If you’re family is deported or you are deported, there’s no way you could still go.”

“Highline has been good to Latino students,” said Torres, “especially with the ULA. Highline has been very consistent, which is great because it coincides with the diversity of policies.”

Torres explained that walkouts aren’t against the school, they are to show support and protest.

At the rally, Torres spoke about the thousands of people who die trying to cross the border to work here. He said the immigrants are trying to get a better life by coming to the United States, all in Spanish. He spoke on the liberation movement to much cheering.

Later on, Torres had a Mexican flag tied around him.

“People assume I’m Mexican when they look at me. I was born here and I’m treated like a foreigner. If I’m being treated this way in an American society, I’m going to show pride to be a Mexican with the flag.”

The crowd and speakers were very diverse, one speaker introduced himself as a son of Egyptian immigrants, and another said she was Czechoslovakian. The crowd was mostly Hispanic-American but was not without other ethnic support.

Only a few speakers at the rally spoke English. Torres said the rally was directed towards Spanish-speaking students, but the Spanish at the largest protest was because many of the immigrants are still learning the language.

“It’s also a way to keep culture and Americans diverse,” Torres said.

Along with the chant “Estaos Unidos no nos nada Latinos” in megaphones—which means “The United States is nothing without Latino”—protesters were reminded to stay on the sidewalks and out of traffic’s way while marching.

Police on bikes followed on the street by the sidewalk to keep protesters in line as well as protect them.

Often times the streetlights would be green and traffic would have to wait and watch protesters cross. Between crosswalks, cars full of supporters passed by honking and waving and taking pictures, the people in the march would cheer and wave American flags.

New drugs will lower cost; work better

BY EMIL JACOBSON STAFF REPORTER

Pharmacogenetics is the science of medicine, a Highline professor said here last week.

Chedly Jaja, who teaches philosophy but also is pursuing an advanced degree in genetics, spoke at last Friday’s Science Seminar. The weekly series highlights current topics in science.

Pharmacogenetics is a hybrid of the words pharmacy and genetics, Jaja said.

“In the coming years, pharmacology will be based in genetics,” he said.

Jaja noted that among the five leading causes of death—heart disease, cancer, stroke, respiratory disease and diabetes—current medical cures work only for 30 to 50 percent of victims.

Pharmacogenetics offers the promise of drugs tailored to individuals’ particular biochemistry. Drugs could be made to fit the particular genetic make-up of a group of people, hopefully leading to a higher rate of cures.

The effectiveness of [current] medication is based on the metabolism of the person,” Jaja said.

Jaja said that there is a spectrum of individuals, from those who metabolize slowly to individuals who metabolize very quickly. When a doctor writes a prescription, Jaja said, he or she is basing the decision on an assumption that the drug works for most people.

He offered the example of codeine, used in the UK for pain relief. There, 95 percent of the population will get pain relief from codeine. That last 5 percent of the population doesn’t have a gene that allows the drug to work.

“The current doctor’s practice of prescription is a hit-or-miss method,” said Jaja.

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New ideas for Student Programs

BY AUSTIN MACKENZIE  STAFF REPORTER

Student Programs could look very different next year. Highline students may see a drastic decrease in the amount of Student Government officials; a Team Highline that works largely on a contractual basis; and a greater involvement for club leaders and officials.

Jonathan Brown, associate dean of Student Services, and members of Student Government are discussing the changes, which could require a change to the student Constitution and a vote of the students to take effect.

The plan being considered could drastically reduce the amount of paid student positions in Student Programs.

Student Government could be reduced to two positions instead of the current seven. Team Highline, the student-run events board, could be run on a contractual basis, with groups of students hired for a period of time and paid throughout that time. Student Programs recently lost Fred Capetany, the Student Programs assistant director. Since the college is not going to hire someone else to fulfill his position, Student Programs needs to be streamlined for greater efficiency, Brown said.

“I’m doing about 70 percent of Fred’s job,” Brown said. “We’re over capacity.”

The plan also calls for a major change in focus.

Currently a lot of activities on campus are dictated by Team Highline and students are given the option to attend if they so desire. The new model calls for greater involvement, giving students more of an opportunity to make their own events.

“We’re expecting to see a larger, involved student body and less paid student leader positions and more access to student leader positions because our program will be more responsive to student needs,” Brown said.

“Highline would have to pay for someone to collect recyclables around campus. That shouldn’t be too expensive though. It’s probably only a 5-10 hour a week job,” Moses said. “Ultimately, the recycling program should save the college money, but I’m not sure if the administration will view it as such.”

Danni Thiele, purchasing manager for Financial Services, says differently.

“We don’t know if it’s going to save money,” Thiele said.

Thiele said the greatest benefit Highline might receive from recycling would be the conservation of raw materials and the education on recycling companies would provide for staff, faculty, and students.

Thiele shares the hopes of the Recycling Committee to have a recycling program going by spring, most likely starting with Building 8 and then spreading to the rest of the campus.

“I feel there is a real need to recycle more on our campus,” Thiele said. “I hope to have a recycling program in place this spring.”

For more, “be conscious of what you’re throwing in the recycling containers,” said Dave Kress, supervisor of Central Services/grounds. “Make sure it’s paper products.”

Kress went on to describe how people misuse Highline’s recycling containers, saying he often finds things such as food products in the recycling which he has to remove and throw in the trash.

Kress hopes that with the further development of a recycling program, such problems will diminish.

“We want to see one universal container [for recyclables],” Kress said. “That’s the easy solution. We’ve been working towards that.”

Until Highline has a recycling program covering more than just paper, the Recycling Committee has been encouraging staff, faculty, and students to reduce the amount of waste they produce, and to take recyclable materials home where they can be properly disposed of.

“People are people and a lot of times when it comes to change people become wary of it,” said Paul Kalchik, Student Government president. “One of the biggest challenges is just getting the message across.”

After last year’s elections where every candidate ran unopposed, there is still some concern within Student Government that with or without the changes to the amount of positions, there still may not be a lot of involvement in the election.

However, both Kalchik and Brown seem unconcerned.

“I think that grassroots are really where our numbers are. We have some really strong leaders in our clubs who will step up,” Kalchik said.

Learn to write a better resume

Learn to write a winning resume at Career Connections, Friday April 14, 12-10 p.m. in the Student Union, Mt. Skokomish room.

Bob Rosner will discuss the “green” workforce at a session on Thursday, April 20, 10-11 a.m., in Building 7.

For more information contact Erik Tinglestad at 206-878-3710, ext. 3599 or at etingle@highline.edu.

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continued from page 1

on students. There are other options, such as charging different rates for time of day, and college location.

"The state board wants to better understand their options besides tuition increases before their next budget request," said Ames.

When the state Legislature sets the budget it also sets a maximum that tuition can increase and part of that budget is determined on the increase. A portion of the budget includes the amount that is counted as revenue from the increase.

The Legislature determines the budget on a biannual basis as well as determining how much money technical and community colleges can take from the state. Meanwhile, the state board has the responsibility of allocating the money to each individual school and determines the tuition level under the mandated maximum. The individual boards of trustees determine school fees and how the money is used.

Highline has little leverage when it comes to tuition. "We don't have a choice - tuition is set by the system and we have to follow it. The option Highline has is we can use 2 percent of the increase for waivers. That's an option but we haven't discussed it yet. I think it's a board [of trustees] decision," said Ivan Gorine, vice president of student services.

Tuition is actually rising at a faster rate than inflation. "Inflation is the general price level increase - cost of living is probably a more accurate way of saying it," said Dr. Peyton. "If your wages are going up approximately with inflation that means you are able to buy the same amount of stuff as before. But if your wages don't go up with inflation, you may be making more money, but you are able to buy less stuff!"

"Very broadly, students are being asked to pay for a greater share of their educational experience," said Dr. Peyton. The biggest reason for the rate of increase over inflation is that the school's expenses are increasing and bills have to be paid. "The cost of education is rising for a variety of factors - we are serving students at higher levels, there is new technology, we want to pay our faculty competitive salaries, and there is the need to offer a state-of-the-art education," said Ames.

Covering the costs has come from somewhere and the only options are student tuition and the state. The shifting of burdens from the government to the individual student increases the portion of the overall cost borne by the student, hence the tuition increase.

The amount of money from the state depends on the funding formula. "The current funding formula is very enrollment driven," said Gorine. "In good times a growth embedded formula is a good thing, but in bad times it's not. Funding formulas are difficult to change because no matter what you do can't meet everyone's needs and expectations, according to Gorine. The state board is looking at other options for funding formulas besides relying on student enrollment. The current system has been in place since 2001. "Each state does it differently. We need to determine what is best for our state," said Ames.

There used to be a system that charged the same tuition for 10 credits that it charged for 18, so it advantaged the student to take a full load. Now the burden has shifted somewhat onto the shoulders of the full time students since the cost is per individual credit. This has actually had a big impact on enrollment. The effect of the increase is not yet known.

"There is always cause for a concern," said Gorine regarding enrollment. "What's the price point at which students say 'I can't afford this'?

He hopes that the 2 percent waiver will help. Regardless of what is decided, higher education remains the top priority.

"The state board strives to create opportunities for students at all levels and it understands that the level of tuition has effect on whether the student goes to college or not, and the state board is trying to work so there are waivers and financial aid so they can attend college," said Ames.

The juveniles were gone when the police arrived. So far the she is the only one who has reported the incident and at this point she is the only victim.

These boys should have been in school but were troublemakers out for a thrill," she said.

The victim explained how the incident has changed her life.

"I am depressed, paranoid; I don't feel safe on campus anymore. I have to carry a cell phone and now I have to buy mace," she said.