THE THUNDERWORD

APRIL 20, 2006

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HIGHLINE COMMUNITY COLLEGE

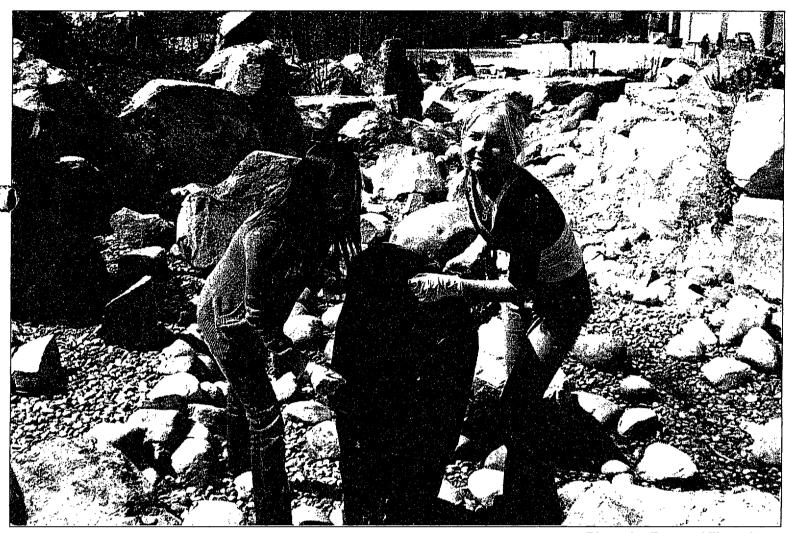


Photo by Roman Klimenko

Student volunteers Sheng Vang and Galina Vasyanovich picking up garbage around campus as part of Earth Day activities.

"Clean-up crew scours campus

BY SIMONE SNOW

STAFF REPORTER

People at Highline can be very messy.

Student volunteers met out side the Student Union for a campus clean-up on April 18 in honor of Earth Week. They collected an astounding 15 bags of garbage just from the lower half of campus alone.

"Cigarette butts were the main culprit," said Tracy Brigham, Highline faculty member. "We [also] found a totally intact balsa wood plane."

Tugging on blue and white latex gloves, many volunteers commented how thankful they were for the sunshine and warm weather. With a black garbage bag in hand, they picked up trash such as plastic bottles, aluminum cans, candy wrappers, and cigarette butts.

For over an hour, 20 volunteers ambled around the lower they're people. My question

half of campus, navigating around other students, flowers, and shrubbery in pursuit of any litter left on the ground.

"It wasn't as big of a group as we had last year, but we still got a lot done," Brigham said. "It makes [the volunteers] feel like they've made a difference."

Brigham emphasized how important it is for people to respect their surroundings.

"They should care because

is: why don't people care?" Brigham said. "We share this planet and we're not taking very good care of her. If we want her to take care of us, we need to take care of her."

Brigham also wants Highline students to feel pleased with their school setting.

"We can make our environmental issues local," Brigham said. "We want people to feel

See Clean, page 16

May 3

BY AUSTIN MACKENZIE

STAFF REPORTER

Students will soon be asked to vote on an initiative that can drastically change the way Student Government operates.

On May 3, a vote will be held to change the constitution that Student Government operates under. If it passes, this change will drastically decrease the amount of elected officials on Student Government, as well as open up new areas for students to become involved in Student Government's workings.

The timing of the vote is in compliance with the 10-day policy for any constitutional reform. Although it is usually preferable that constitutional reform have a longer grace period to inform the general student body, there isn't enough time in this case, Student Programs officials said.

"We're trying to keep policy with the general elections," said Jonathan Brown, associate dean of Student Programs.

If this resolution passes the amount of executive positions in Student Government will be reduced from seven to three, the president, vice president, and the speaker of the caucuses.

See Election, page 15

Two Student Government officials call it quits

By Austin MacKenzie

STAFF REPORTER

Two Student Government officials resigned last week.

Jacob Jennings, the vicepresident of legislation and Julian Torres, the treasurer and club diplomat, both stepped down from their positions.

Although the resignations

are unrelated, they do share a common theme. Jacob Jennings was offered a job with the United Parcel Service (UPS), and promptly dropped out of Highline and accepted it.

While Julian Torres is remaining in school, finances were one of the factors in his decision.

"We can only claim 15 hours

a week," Torres said. "That's not enough for tuition."

In addition to his need for more hours, Torres is also busy with his own activities in the community.

"I got really busy with this whole immigration bill, just organizing around the community," Torres said.

"It sucks having to leave; I

really enjoyed the club diplomat position since clubs are what mattered to me the most.

Torres is working with his successor, Katie Hutchinson, to help get her up to speed.

"Katie can do really good work," said Torres.

All of the duties and projects of the resigning members will be either passed on to their suc-

cessors or dropped. While he was still the vice-president of legislation, Jennings was working to get a sidewalk up the hill from the north parking lot. With him gone, the project may or may not go forward, depending on how his successor, Alex Bozhko, handles it. Jennings

See Resign, page 16

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Time to get your hands dirty in the garden

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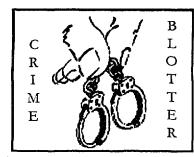
T-bird Sprinters shine in weekend meet

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CAMPUS LIFE

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Lexus was stolen

A gold Lexus was stolen from the east parking lot on April 18.

Punctured tire

A Highline student reported he had his tire punctured while he was at class on April 12.

Library disturbance

A librarian phoned security because a man refused to leave on April 12. She said he yelled an obscenity at another person, but he was gone when security arrived.

Disorderly conduct on campus

Seven people were asked to leave the premises due to disorderly conduct in Building 23 and 25 on April 12 who no had

Bleach spill in eye

A woman was putting bleach bottles away in Building 9 and spilled some in her right eye on April 12. She quickly washed it with water and no damage was done.

Stranger lurking around child care

Child care reported a strange person hanging around on April 12, but the person had left when security arrived on the scene.

Side ache

A Highline student said her left side hurt near her ribs and stomach, but declined medical attention and a friend took her home on April 12.

Injured ankle

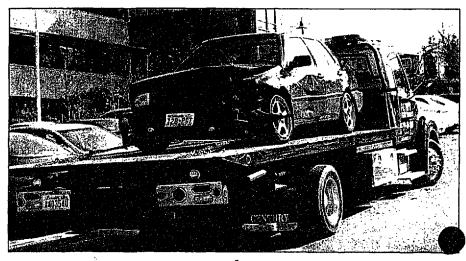
A Highline student injured her ankle on the volleyball court in Building 28 on April 12.

Lost Property

A white gold ring with a red heart and two diamonds on each sidewas found in the women's restroom in Building 6 on April

-Compiled by R. Livingston





Photos by Jocie Olson

At left two of the three vehicles are shown after they had been hit by a rolling Volkswagen after the bus crashed into it. At right the car first hit by the rolling bus is towed out of the S-outh parking lot.

Metro bus rolls and hits cars in lot

By Jocie Olson AND REBECCA LIVINGSTON STAFF REPORTERS

A Metro bus rolled loose and hit a moving vehicle, causing it to spin around and hit three parked vehicles.

Police were called at 8:50 a.m. on April 18 to the South parking lot.

"It just ro lled away when I was changing from front drive to rear drive," said the bus driver, who had to stand I to change the gears.

"It star ted rolling with no driver," sai-d Officer Haglund from the Deas Moines Police Department.

The bus Init a silver Volkswa-

gen Jetta which a woman was driving, causing it to spin and hit three more cars: a red Toyota, a black Volkswagen, and a silver Honda.

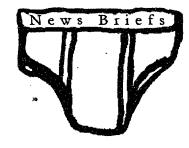
"The Jetta may be totaled," said Chief of Security Richard C. Fisher.

There were only minor injuries to the woman driving the

"They were lucky no one was seriously injured or even killed," said Fisher.

The bus driver was on his rest "They don't put blocks under the tires at all down there," said Fisher.

Police are still investigating why the bus' brakes failed.



Celebrate democracy

Highline will be celebrating College Civics Week to inspire students and citizens to participate in democracy.

Secretary of State Sam Reed will be speaking at Highline on April 26 in the Student Union Mt. Olympus room from 3:30-4:30 p.m.

For more information about

College Ciwics Week contact Brenda Landers, administrative progream specialist, at blanders@secstate.wa.gov or contact the COffice of the Secretary of State at 360-902-4154.

Gain b etter work h abits

Career Connections presents the Green V-Vorkforce, a workshop on how to create a more engaged and I resourceful work-

Bob Rosmer, author and humorist, will be speaking today in Building 77 from 10-11 a.m.

For more information on Career Connectations contact Erik Tingelstad = at 206-878-3710, ext. 3599.

Nominate great faculty members

Nominate a faculty member for the 2006 "Outstanding Faculty Award." All full-time permanent faculty members are eligible for the award.

A gift of \$1,500, presented by Puget Sound Energy, will be given to the winner to be used as they see fit.

Each nomination needs to have written statements about what the nominee has contributed to Highline. Forms will be available in Buildings 6 and 8.

The forms for nominations need to be received at the Office of Instruction in Building 9 by May 8 no later than 5 p.m.

For more information contact

Carrie Jolicoeur at 206-878-3710, ext. 3711.

Recycle old cell phones

Puget Sound Early College students will have a table set up today to show what electronic waste is and the problems that it causes.

The students will also be collecting old cell phones and chargers to recycle. Highline students can bring these things to their table which will be located on the bottom floor of the Student Union. Their table will be set up from 10 a.m. to 2 p.m.

For more information contact Craig McKenney at 206-878-3710, ext. 5626.

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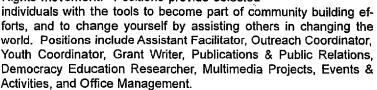
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The Institute for Community Leadership offers interns the opportunity to integrate into the Civil Rights movement. Positions provide selected



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CAMPUS LIFE

4/20/06

THE THUNDERWORD

BY JUDY VUE

STAFF REPORTER

ighline has a class on campus about the best-selling book in the world and it's not about a wizard boy who rides broomsticks.

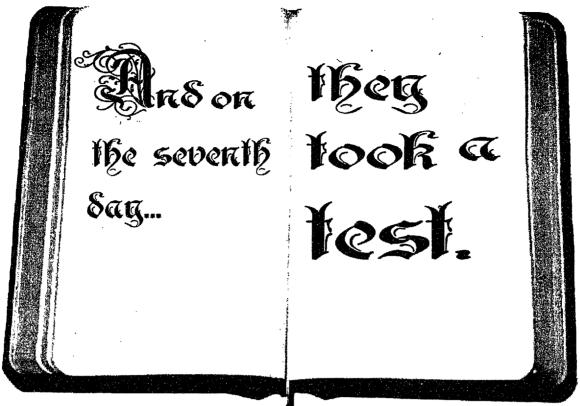
"The Bible as Literature" is a Humanities class that is taught by Shannon Proctor. "There's a lot to learn, wheth-

er you believe (the Bible) or not," Proctor says.

She teaches the class much like an English professor would teach the works of Fitzgerald, Dickens, and Woolf.

In one class period, students covered the battle between David and Goliath, the New Testament where Jesus chastises Martha and Abraham's test from God to sacrifice his son. After all readings, details were analyzed and questions were considered to gain a deeper comprehension of the stories. In their lessons, students learned literary devices that could be applied towards these readings, such as the use of foils (an idea or person that contrasts to another idea or person) and personification (the use of human traits on a non-human entity.)

"It's hard to find many outside sources about the Bible in a literary perspective unless you go to a specifically Christian college," says Proctor who also



Graphic by Marquis Faulcon

Proctor preaches the Bible's value as literature in new class

is pursuing a master's degree in theology at Fuller Theological Seminary in Seattle. "All these books I had to check out from Seattle Pacific University's library in order to research what to teach this class," she says as she gestures towards three stacks of books in her office.

"We teach our students to think critically. To ignore it (the Bible) is to stick your head in the ground. To not look at these things doesn't give students credit. They have heads and can think for themselves." And that appears to be what

these students do. Their enthusiasm is evident as ideas are shared in class discussions that can range anywhere from Matthew's interpretation of the resurrection of Christ; in-depth analysis of Adam and Eve; to further examination of the relationship between Cain, Abel and God.

Much of this enthusiasm emanates from Proctor herself. "Shannon's an excellent teacher," says student Skyler Nichols. "She's not preachy. She's like a bigger college kid."

All the analysis also appears

to be as mind-numbing as it is fascinating.

"Don't we seem to be overanalyzing too much?" asks one student during class discussion. Proctor did not echo his concern as she responded with a drawn out but playful "No" akin to a young child losing her recess privilege, as she proceeded to emphasize the importance of analysis.

"In our quest for what is true in life, the Bible can shed a lot of light. The experiences we experience are all there in the Bible. Abraham having to sacrifice, Esther having to make a big decision, David and his enemies, these are things we can identify with. The Bible stories are great stories. It is such a pervasive book I almost feel like you have to study it at least a little bit to get a liberal arts education. An educated person knows what is in the Bible, whether they think it is religious truth or not."

Many students have taken this class to further their understanding of the Bible in another perspective.

"I've read it in church front to back. I may have been considered a Jesus freak," said Nichols with laughter.

Nichols is not the only one with prior knowledge of the Bible. "I was recommended to this class because I was taking a Lent class at my church," said Cortney Smith.

Proctor says understanding the Bible is a critical thing. "A Christian's first impulse is to defend themselves," said Proctor. "If you're going to defend your religion, then you need to know what it's about."

The Bible does have its many detractors. For instance, there is Dan Brown, author of another controversial best seller, The DaVinci Code.

"To me, it's a sappy romance novel. Brown seems to be using pseudo-history to punch back at the Church. It seems like thinly-veiled hate speech," Proctor

"It doesn't speak to what the purpose of writing the Bible was. When you use faith, you're not referring to actual documented history. That's why it's called faith."

"It's all contextual," Proctor says. "Look at how we viewed Jesus 60 years ago to how we do now. It says a lot more about us than about Him."

The experience of teaching the class is something that Proctor certainly appears to be eager

"I'm hoping to teach it again in the fall," Proctor said. "But it isn't up to me, it's up to administration. I love (teaching the class) and hope to teach it again very soon."



Shannon Proctor leads a discussion with her class about Noah's Ark from the book of Genesis.

Jnity Week confronts media stereotypes

BY CANDACE BOHONIK

STAFF REPORTER

Interrogating American Popular Culture: What's Real in the "Reel" World is the theme of Unity Through Diversity Week, April 24-28.

Unity Through Diversity Week encourages a more indepth look at diverse cultural issues and "strongly reinforces Highline's cultural diversity policy," Multicultural Retention Coordinator Yoshiko Harden-Abe said. "It goes beyond the food, fun, family, people programs."

"Students are encouraged

to question where they obtain information and to look at alternative forms of media," said Harden-Abe.

One aspect of an alternative media source is an interactive listening station that will be set up in the Highline Student Union.

•Hip-Hop as Mass Media: The Politics of Popularity and the Colonizing Image will be presented Monday, April 24, with lectures at 9 and 10 a.m. in the Mt. Olympus Room at the Highline Student Union.

•Also offered on Monday, April 24 is The Bronze Screen: 100 Years of Latino Images in

Hollywood, 2:10 p.m. in Building 7.

•Former Staff Sergeant Terrell Carrington will share how his experience in Iraq differs from mainstream media's representation of the Iraq war. The lecture, entitled A Soldier's Story, is scheduled for Tuesday, April 26, 9 a.m. in the Mt. Olympus Room at the Highline Student Union.

•Multicultural Services staff invites you to attend the Grand Opening Reception of the Inter-Cultural Center, Tuesday, April 26, 1:30 to 3 p.m., Building 6, room 164.

At the new ICC students,



Yoshiko Harden-Abe

staff and faculty can learn about upcoming programs, services and resources.

•Hip-Hop and Blackface: Lecture and Discussion will take place Wednesday, April 27, 12:10 p.m. in the Mt. Olympus Room in the Highline Student

·LesBiGay Identity as Commodity: Lecture by David Skover, professor of Federal Constitutional Law, Seattle University School of Law is scheduled for Friday, April 28, 10 a.m. at the Highline Student Union, in the Mt. Olympus Room.

The goal of this Unity Through Diversity Week "is to promote critical thinking skills regarding the mainstream media social force," said Harden-Abe.

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OPINION

THE THUNDERWORD

Editorial

Student Government is missing the main point

Student Government is proposing serious changes for its constitution. If the vote — taking place May 2 — passes, the number of executive Student Government numbers will drop from seven to three.

In order to fill the vacancies, Student Government is proposing the formation of caucuses, which are groups that hope to "create leadership opportunities."

These caucuses will be open to all members of the campus community. One speaker will be elected by each caucus, who will present the different ideas of its members and will have one vote for each topic on behalf of the entire caucus.

In short, these caucuses hope to deliver the ideas and concerns of the student body. While the idea is noble, it may be a longwinded solution to a simple problem.

That problem is student involvement. Caucuses are Student Government's response to a lack of interest. In the current system. student clubs have one vote per issue; in fact, four club representatives are required at the meetings in order to take a vote.

However, despite roughly 40 clubs on campus, Student Government is hard-pressed to get enough representatives into a meeting to take a vote. The idea behind caucuses is to bring in more voting bodies.

The change to a caucus system won't create new votes — both caucuses and clubs get one apiece — but will simply create a new way to vote.

Student Government seems eager to make a change that really isn't going to do anything. Even with a new program in place, there is no guarantee that anyone is going to take advantage of it.

If next year is anything like this one in terms of student involvement, the campus can expect to see the new caucuses fail — miserably. At that point Student Government will consist of only two members: the president and vice president. Then they will be back to where they are now: hoping for club representatives to show up to make votes.

Student Government is trying to take a failing system and make it more complicated. The real issue here is student involvement — not how that involvement takes place. After a million constitutional changes nothing is really going to change unless students get involved.

The reduction of executive council members needs to take place — there are too many people being paid for not doing enough.

However, creating a caucus system isn't going to generate student involvement: the bottom line is that the campus isn't inter-

Instead of trying to force an election concerning useless change, Student Government needs to come up with a constitution that will create a tighter, more efficient program.

With a vote that is only 10 days away, the campus will be making a rushed decision on something it shouldn't pass. Students will vote on an ambiguous "leadership program," one that isn't solving the real issue and is only making things more complicated.



America holding back on promise

the brave." Those lines are from a song that I can never forget: The Star Spangle Banner.

When my famfrom Guatemala to Los Angeles in 1989, it was one of the first songs I had to learn in kindergarten.

At 4 years of age, this country was already preparing me to learn about the freedom that existed in this land.

"Land of the free." That's what many people are proclaiming right now — to be free.

Martha Molina

They came to the United States to search for the freedom that their native countries could not provide them with. Millions of immigrants risk their lives to escape poverty, warfare, hunger, and violence.

"Home of the Brave." The millions of immigrants who cross the border illegally are brave people too. They leave their families for a foreign land that they pray will bring them of a boost for the U.S. econo- for the Thunderword.

"Land of the free. Home of the riches that they've heard of. I'm not saying it's right to cross the border illegally, but I'm not saying it's wrong, either.

You have to take ily and I first migrated **Comment** each person's story and think about what they are doing and if it's right. HR-4437 ideally is

supposed help prevent terrorist from coming in through the Mexican-American border. But what about a 35year-old man, who is a husband and a father of

eight children, and lives on less than a dollar a day?

Is it wrong for a person to find a way to survive?

Many of the people who come into this country undocumented do it to help themselves as well as their families.

They come here to work. They clean our homes, take care of children, cook and serve our food at restaurants, pick the fruit and vegetables that we buy at the grocery store. I wouldn't

The only crime that they have committed is to enter this country illegally. But what about all the murderers and drug dealers that are able to walk our streets and enjoy freedom? They are the ones who are causing conflict. Why doesn't the government go after them?

I was fortunate enough to come in to this country legally. I never had to live under fear — under the fear that some day the INS will show up and take me away. Undocumented people live under fear. They don't know when their unlucky number may be called.

For the past month I've seen protest after protest, student walk-out after student walk-out, silent people finally having a

What is being sought is am-They want to be considered one of the brave that help keep this country together. They aren't criminals. They are people who want to be free.

Highline student Martha Maconsider that a crime, but more lina was previously a reporter

STAFF

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"What is that, the mating lizard dance?"

PHOTO EDITOR......KEITH DAIGLE REPORTERS.....Erik Breakfield, LINDSEY FARAH, JOCIE OLSON, TREVOR KULVI, SIMONE SNOW, KAREN DANIELS, KAYDEE SMITH, ANGELA NELSON, CAN-DACE BOHONIK, ANDREA DAVIS, AUS-TEN LAVERY, JUDY VUE, EMIL JACOB-SON, LYNETTE MARQUIS, FLOYD DECKER, KRYSTAL MEDVEDICH, BRETT MILLS, REBECCA LIVINGSTON, JOHN THOMSON. PHOTOGRAPHER......ROMAN KLIMENKO

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4/20/06 THE THUNDERWORD

Dirty work

Spring is the time to break out your gardening tools and dig in the dirt

BY RACHEL LUSBY

STAFF REPORTER

Good gardening starts with dirt, says Biology Lab Coordinator Donn Walter.

At this time of year gardeners new and experienced should be preparing the soil and choosing plants to put in their gardens.

Soil is one of the most important factors in whether your plants are going to turn out healthy and strong.

To help yourself determine whether your soil is ideal for planting or if it needs anything, Division Secretary Sabine Walter, wife of Donn Walter, suggests buying a soil test kit which is available at most home and garden stores.

To prepare the soil for planting one should choose an appropriate spot for the plant or plants, dig it up, remove any sod, and then add some sort of fertilizer such as compost that has manure in it.

Nitrogen is crucial to plant growth and one should be sure that the soil includes plenty of

"Nitrogen is a nutrient for plants that makes plants stronger," says Donn Walter, who is a botanist by hobby.

When preparing the soil, you should also know the needs of the plants you have chosen. Some plants require more acidity in the soil that others.

if the acidity level isn't right,"

The acidity in the soil is what bold color.

You also need to make sure the plants are in the appropriate location. Some plants need more sunlight than shade and

You don't want to place a plant that needs mostly shade in direct sunlight or it will die.

To find out the amount of sunlight or shade a plant requires, and how much acidity in the soil it needs, you can look on the packaging the plant came with whether it was a bulb, seed, or full plant.

a good idea to rotate your crops from their locations the year be-

vantage of the nutrients in its new location.

"Hydrangeas won't be blue

says Donn Walter.

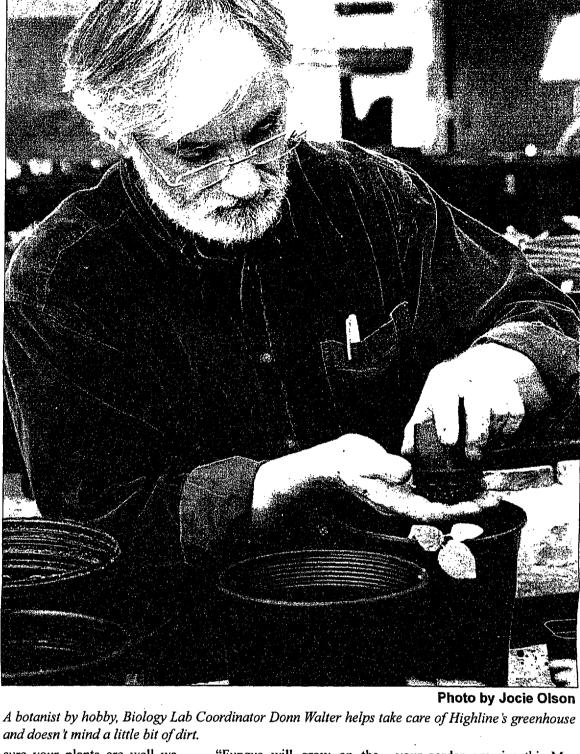
gives the hydrangea flower its

viceversa.

For planting vegetables it is

Don't plant the same vegetable in the same spot every year. This way the plant can take ad-

Once you have done your planting, you then need to make says Sabine Walter.



sure your plants are well watered.

You have to be careful when watering though. You want the soil to be moist so that the plants don't dry out, but you don't want the soil to be soggy or sopping wet because the roots may rot out.

"Don't water from the top,"

"Fungus will grow on the plant if you water from the top," adds Donn Walter.

Another thing to remember about plants is that they do require a lot of attention, so be sure not to overwhelm yourself.

"First-time gardeners shouldn't plant too much," suggests Donn Walter.

your garden growing this May by providing a place to purchase various plants with the annual spring plant sale.

The plants in the sale will all have been started by the Plant Biology class here at Highline.

Giving your plants a healthy start by providing optimal soil conditions and plenty of atten-Highline will help you get tion will ensure that they grow.

Helios Trio coming to play benefit concert

BY RACHEL LUSBY

STAFF REPORTER

Dr. Tanya Stambuk always wanted to be a musician.

"I really loved music since the age of three," says Dr. Stambuk "I used to play the piano by ear at that age. My mother took piano lessons while I was still a toddler and sometimes I would play her pieces by ear. I always wanted to be a professional musician."

Currently, aside from teaching at the University of Puget Sound, she is a member of local musical group The Helios Trio,

who is scheduled to perform at Highline for The Estonia Piano Concert Series on April 24 at 7:30 p.m. in Building 7.

The Helios Trio is a local chamber group made up of three women who are each accomplished, well-traveled musicians. The trio is comprised of Dr. Stambuk, a pianist, Cecilia Archuleta, a violinist; and Meg Brennand, a cellist.

Dr. Stambuk's career has taken her across the United States and throughout Europe.

She is professor in The School of Music at the University of Puget Sound and has performed at Highline before, for the inaugural concert in 2001.

Violinist Cecilia Archuleta has appeared as a soloist with the Mexico City Philharmonic and has been specially requested by the First Lady of Mexico to perform for the President of Mexico. She has performed with the Seattle Symphony and The Pacific Northwest Ballet Orchestra.

Brennand is a professor of cello at Seattle Pacific University. She is a modern and baroque cellist and a graduate of the Eastman School of Music.

The trio was formed by Dr.

Stambuk and one of her friends and colleagues, who was the original violinist in the group.

"We really wanted to perform together and so we decided to form a piano trio," says Stambuk. "She knew an excellent cellist, Brennand, and we met together and the three of us just happened to work together really well. Since then, the first violinist decided that she and her family are going to move to Australia. Meg knew Cecilia and we performed at a concert together. So now we have a new member in our trio."

The centerpiece of the up-

coming Estonia Piano Concert Series is the Estonia grand piano. The piano is a grand sight at nine feet and is worth \$65,000 and is one of only two in the Puget Sound area.

Dr. Stambuk is happy to be returning to perform again at Highline.

"I really enjoyed performing at Highline a few years ago," says Dr. Stambuk. "The audience was wonderful and appreciative."

The Estonia Piano Concert Series is free and open to the public. Donations will be accepted.

ARTS



Photo by Rachel Lusby

RaShawn Noble performed this Wednesday in the Fireside Bistro.

The Blend to take a two week break

After RaShawn Noble's performance, the Blend will be taking an extra one-week hiatus before Todd Zimberg's performance.

The Blend is a concert series from 10:30 a.m. until 12:30 p.m. in the Bistro. It usually takes place every other week.

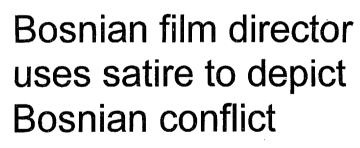
This week's Blend performer was RaShawn Noble on April 19.

The next performer will be Todd Zimberg on May 10.

This is an unusual twoweek break from performers, instead of the usual one week.

The extra week was needed between musicians because of scheduling conflicts. As of press time, the performer on May 24 has not been confirmed; however, the Blend will still be having a Highline Idol competition on May 31.

Even though there will be a break from the Blend for the next two weeks, Todd Zimberg, a professor here at Highline, will be performing in the Bistro on May 10 from 10:30 a.m. till 12:30 p.m.



By Austen Lavery

STAFF REPORTER

The Seattle area will get a taste of Bosnia through a onenight movie presentation.

Bosnian film director Benjamin Filipovic brings two of his movies to the Foster High School Performing Arts Center April 29, at 6 p.m. and 8:30 p.m.

The first film, *Mizaldo*, is a bitter, self-satirical take on the Bosnian war, shot on location during an attack in Sarajevo.

Filipovic co-wrote and co-directed the film. won first prize at the 1994 Mediterranean Festival in Rome.

Filipovic's second film, Well Tempered Corpses, is a dark co-medic film set in post-war Bosnia-Hercegovina. The film centers around two coroners who

make a bet about how many corpses will arrive. Even the coroners are not prepared for the unlikely events that unfold.

The film was presented at the 2005 Cairo International Film Festival, the 2005 Chicago International Film Festival, and the 2006 Bangkok International Film Festival.

Filipovic studied directing at the Faculty of Film and Television Academy of Performing Arts in Prague, Czech Republic.

He is a professor of directing at the Academy of Dramatic Arts in Sarajevo and Tuzla. He will be attending the presentation

Tickets will be sold at the door, \$5 for Mizaldo and \$7 for Well Tempered Corpses.

Foster High School is located at 4242 144th St. in Tukwila.

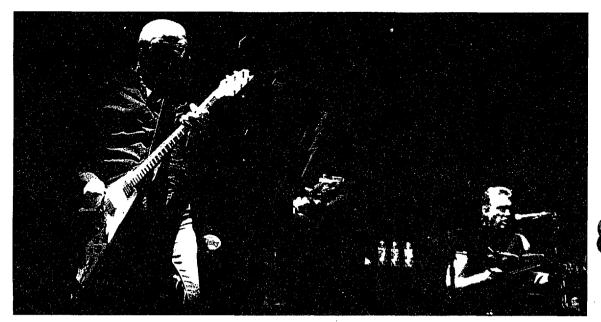


Photo by Keith Daigle

From Left to right: Guitarist Dave Catching, Lead Singer Jesse Hughes, and Drummer Josh Homme performing at the paramount.

Eagles of Death Metal flying high

By Keith Daigle

STAFF REPORTER

They came, they saw, they rocked.

The Eagles of Death Metal are stripped down no frills rock that finds a louder voice by being understated.

Not metal at all, they have a sound straight from the '70s, reminiscent of old blues and rockabilly.

Don't let the description fool you though-the Beatles they ain't, nor Metallica.

Speak in Tongues, one of the fastest songs still has blues influences. When they rock they sound like an amped up version of the Rolling Stones, if the Stones were a garage band. Or a sexed up version of Weezer. Their lyrics are not graphic, however there is no mistaking thier intentions.

In contrast, songs such as *The Flames Go Higher* and *Kiss the Devil* are straight blues.

The list of band members is

continually changing, however the two main people are lead singer and guitarist Jesse Hughes and drummer Josh Homme.

Homme is best known as the frontman of Queens of the Stone Age. Homme has several different bands and projects that he works on, each very different from the others.

Hughes and Homme are old friends, and the band was formed after Hughes got divorced and began jamming. Homme released the first Eagles album, *Peace Love and Death Metal* on his own record company, Rekords Rekords.

The Eagles are currently touring with the Strokes, promoting their latest CD *Death by Sexy*.

The Ballad of Queen B and Baby Duck is about the relationship of Homme and lead singer and guitarist of the Distillers, Brody Dalles. Dalles makes a guest appearance on the track adding backing vocals.

They were in town at the be-

ginning of the month, playing two shows, one at Easy Street Records before their main show opening for the Strokes the following night at the Paramount.

It is hard to beat the intimacy and closeness you feel with the band at Easy Street, or any other smaller venue.

There were probably only a couple hundred people packed into the store, weaving around the CD bins and crowded in front of the tiny stage. At Easy Street the tempo remained upbeat performing songs such as I Only Want You, and Whorehoppin, as well as I Want You so Hard (The Boys Bad News) and Chase the Devil from their new album.

The Eagles are a band that knows their limitations and stays well within them. Exploiting what they have to its fullest potential.

They put on a helluva show. When they come around again they are definitely worth going to see.

25632 Pacific Hwy. South #10 Kent, WA 98032 (253) 946-2233 block south of Fred Meyer & Schuck's Auto Supply inside Cedarwood Square

1 block south of Fred Meyer & Schuck's Auto Supply inside Cedarwood Square



Delicious Vietnamese Food Dine in-Take Out Open 7 Days a Week Mon- Sat 10:00am-9:00pm Sunday 10:00am-5:00pm

Student Specials for the month of April



One medium soft drink

FREE

With the Purchase of any Entree

Offer limited to one coupon per order. Not valid with any other coupon. Offer expires 05/01/06 One Egg Role

FREE

With the Purchase of any Entree

Offer limited to one coupon per order. Not valid with any other coupon.
Offer expires 05/01/06

4/20/06 THE THUNDERWORD

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 four times the first digit
- Two times 1-Down Sum of the digits of 12-
- Down
- Consecutive digits rearranged
- Four times 5-Across
- Three times 4-Down The last digit is the sum
- of the other digits Seven more than 16-
- Across Digits of 15-Down reversed
- Six times 11-Across
- 1-Across plus 3-Across 16.
- One-fifth of 14-Down 18.
- 8-Across minus 1-Across

DOWN

- Same digit repeated
- One-fifth of 9-Down
- Ten more than 14-Down 1-Across plus 1-Down
- Forty more than 15-
- Across Digits of 6-Across
- rearranged
- Ten less than 2-Down The last digit is the sum
- of the other digits
- One less than 4-Down
- 17. 12-Across plus 4-Down

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$St_{\scriptscriptstyle -}$ by Fifi

1. FIRSTS: From where in the United States did Charles Lindbergh start his famous solo flight across the Atlan-

2. CARTOONS: When did the cartoon "Woody Woodpecker" first appear?

3. HISTORY: When did New York first open its subway system?

4. GAMES: What is the diameter in inches of a standard basketball goal rim?

5. ASTRONOMY: When did Galileo build his first complete telescope?

6. OPERA: Who wrote the opera "Madame Butterfly"?

7. GENERAL KNOWL-EDGE: What is the name of Yale University's sports

was the mom's name on "The

9. MOVIES: Who portrayed the Phantom of the Opera in the 1925 silent movie of the same name?

10. LITERATURE: What yer's aunt?

8. Shirley

6. Giacomo Puccini

6091 '9

4. 18 inches

1. Long Island

Answers

Synd., Inc.

teams?

8. TELEVISION: What Partridge Family"?

was the name of Tom Saw-

10. Polly

9. Lon Chaney

7. Bulldogs

3, 1904

2, 1940

(c) 2006 King Features

the Kent Art Gallery for the month of April. The gallery is located on 220 4th Ave. in Kent City Hall. It is open Monday through Friday, 8

holidays. Admission to the gallery is free. For more information contact the Kent Arts Com-|F|R|E|O|N mission at 253-856-

Rational **Numbers**

answers



ERE

- 1 Rake in

- 20 Terminate
- 22 Adjusts
- 24 1943 movie star
- 28 Group of cattle
- 30 W's bug
- 36 Higher up
- 40 Former Sen. Luce
- 41 Early felon
- 42 Ostrich cousin
- 43 Backgammon need
- 44 Katie's show
- 45 Chinese dumplings 47 Scram!
- 49 Film reviewer
- 51 Fill with dismay
- 55 For a short time
- 57 Citrus hybrid
- 59 Pod resident 60 California valley
- 61 Handy desk item
- 64 Unwritten 65 Type of bud
- 66 Actress Lanchester
- 67 Totals
- 68 Facial expression
- 69 Willie Randolph's team

Down

- 1 RFK's wife
- 2 Seattle's Key, e.g. 3 Peruses
- 4 Bottom line
- 5 Nylon stocking measure

By GFR Associates • • • Visit our web site at www.gfrpuzzles.com on 700 E. Main Street in Au-

who transforms into a wom-

an consumed by passion.

burn. Giselle is the tale of a

young, innocent peasant girl The

April 22 and 23 at 1:30 p.m. Ticket prices are \$12 for students and seniors and \$17 for adults.

52 iPod manufacturer

55 Crossword puzzle beast

Quotable Quote

Son, always tell the

remember what you

••• Sam Rayburn

said the last time.

truth. Then you'll

never have to

54 Dishes out soup

58 Movable barrier

63 Tailor's border

53 Smallest

56 City district

62 Dismiss

Wishing 🆀 Well®

8 5 5 2 2 7 6 2 В Μ Т G 0 3 2 8 3 2 6 3 5 2 M D Ε D N 3 2 6 3 Ε 0 R 0 5 2 5 6 5 6 5 6 0 Ν D G 4 6 5 2 2 5 2 2 3 5 O 7 5 8 8 5 3 8 4 E 0 E W Ν 3 7 8 3 7 8 3 8 7 Т ОТ О -Ν V KGNE

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Crossword 101

By Ed Canty

- 6 Soviet gymnast Korbut 7 Sugar producer
- 8 JFK initials
- 9 Calming drug
- 10 Form a mental image 11 Rug saver
- 12 Give off
- 13 Poor grades 18 Like Harvard buildings
- 23 Drug educ. acronym
- 25 Wedge
- 27 Weapons 29 Moola in Gambia
- 31 Diva's output
- 32 Shot glass 33 Look at
- 34 Bullets
- 35 NASA structure
- 37 Saloon
- 40 Tug of war and tractor-pull
- 41 Poultry hangout
- 43 A painful sore
- 44 Subject matter
- 46 Court contests
- 48 Blouse
- 50 Witch spell

show

APSES

website http://www.ci.kent. wa.us/.

•The Rainer Symphony's next performance will be in collaboration with the Evergreen City Ballet as they perform Giselle at the Au- will be a.m. to 5 p.m. except on burn Performing Arts Center

Last week's solution

CHINESE PROVERB

ABACA DESIRABLE AORTA 5050 or go to their DONTUSEAHATCHET

EKE SEPT HOAR MEAT ALBERTA REPEAT CLOUD RIS POOLSBIRE TOCHASEAFLYFROM E S S B O O S T ROAM BLUNTAGENDA S C H L E P S T R E E IIIPRO THOU | V | I | Y O U R F R I E N D S H E A D ISTENING HOARD

W A I T S

Arts Calendar •The Helios Trio will join in on the fifth annual Estonia

> 7:30 p.m. Monday, April 24. The purpose for the concert is to raise money for performing arts scholarships available at Highline. The Helios Trio is a renowned, three-member, all-female musical ensemble comprised of pianist Dr. Tanya Stambuk, violin-

Piano Series in Building 7 at

ist Cecilia Archuleta, and cellist Meg Bernnand. The concert is free, and donations will be accepted.

•Mixed media artist | 2 Theresa McLean will be the featured artist at

SPORTS

Track runs well against universities

By John Thomson

STAFF REPORTER

Bruce Hubbard shot off the block and took first place in the 100-meter dash with a time of 11.07.

The men's track team followed suit and had another good meet at the Spike Arlt Invitational in Ellensburg.

Hubbard beat out teammate Kenjamine Jackson, who took second place, also with a time of 11.07.

Both Jackson and Bruce competed in the 4x100 relay along with Miguel Martinez and Charles Young.

They placed fourth in Saturday's meet with a time of 43.40.

The Spike Arlt Invitational was held on Saturday, April 15 at Central Washington University.

The Thunderbirds placed eighth out of 12 teams at the meet with a score of 29.

Central Washington College won the meet with a score of 203. Highline was the only community college at the event.

Hubbard and Jackson both had qualifying times good enough for the GNAC (Great Northwest Athletic Confer-

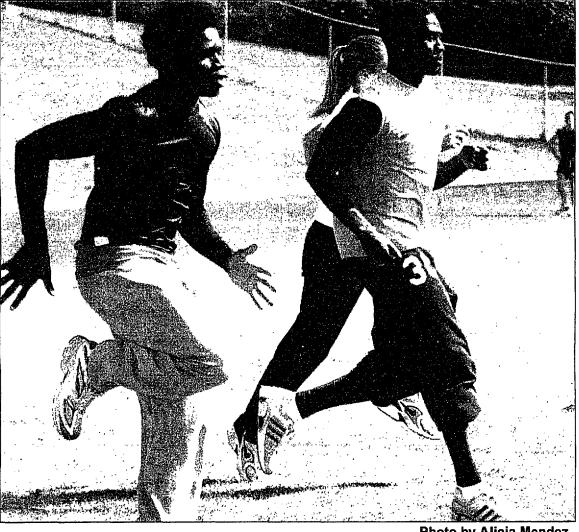


Photo by Alicia Mendez

Kenjamine Jackson and Bruce Hubbard prepare for a meet by running wind sprints in practice.

ence), where universities such University compete.

Hubbard and Jackson are as Seattle Pacific and Seattle ranked as the top two in the NWAACC 100-meter dash,

Hubbard with a time of 10.82 and Jackson with 10.87.

Jackson also ranks second in

the 200-meter dash with 22.11, just one one-hundredth of a second behind Nathan Ingrao of Lane.

"Kenjamine and Bruce have a very good chance to be seen on a national level," said sprints coach Les Black.

"I was pleased with the performances out there. A lot of guys are getting closer and closer to qualifying for the championship."

Among those performances was Miguel Martinez, who placed ninth in the 100 meter run with a time of 11.63.

Noah McDonald placed 12th in the 1,500-meter run with a time of 4:17.60.

Trevor Kulvi placed sixth in the 3,000-meter steeplechase with 10:33.80.

Jeff Vick placed eighth in the shot put with a distance of 40' 11" and seventh in the discus throw with a distance of 110'

The T-Birds have only four meets left until the NWAACC Championships.

The team's next meet is on April 27. The T-Birds will head down to Eugene, Oregon to compete in the Oregon Invitational at the University of

Players and standings change quickly in NWAACC

Bad seasons can be long and frustrating.

In the past I have played on sports teams that have fallen short of greatness.

My third grade basketball team played hard, but we struggled to a 2-10 record. This was the first and last season of basketball for me.

Even at Highline, where sports teams are generally competitive, teams have down years.

The plus side is that athletes here do not quit the sport after one bad season.

Another major difference is that in the NWAACC, where Highline plays, things turn around in a hurry.

STEVE PIROTTE

Right now softball is coming off one of their worst seasons in recent history, but they are now vying for a playoff spot after starting preseason 0-10,

Highline improved right in time for regular season. They are now tied for fourth place in the NWAACC Western Division at 3-5.

Such turnarounds are typical

of NWAACC teams. While it is common to see losing teams turn their season around, it is more common to see championship teams dismantled and miss

the playoffs the next From the field season.

> Most recently, the Columbia Basin women's basketball team won the 2005 NWAACC championship, only to miss out on the 2006 playoffs entirely.

South Puget Sound men's soccer had their best season ever in 2004, reaching the championship

game. The next year was a different story as they finished last in their division with only four

The up-and-down nature of the NWAACC playoffs is caused by eligibility limits.

Players are eligible for only two seasons, and many do not come back for a second season.

The great turnover of athletes in the NWAACC makes dynasties of champions extremely

Few teams are able to repeat as champions, and fewer can



Highline CC alum Brian Scalabrine plays in the NBA. He started out with the N.J. Nets and now plays for the Boston Celtics.

claim the crown for three years

To repeat as champions a team needs great players, and great players in NWAACC have a history of moving on to universities quickly.

Although many players will find the NWAACC to be the last throw of the dice, almost as many other players will successfully move on to a university.

Some players may even move on to professional sports. While this is rare, it is not impossible.

The prime example of this is Brian Scalabrine, who led Highline to their first NWAACC basketball championship in 1998 and now plays for the Boston

Scalabrine played only one year at Highline, in order to preserve his eligibility for Southern Cal. Highline won a second championship with Scalabrine in street clothes, but a year later missed the playoffs entirely.

Although championships are great, it is important not to dwell on the past. I know from personal experience that the head coach of men's soccer, Jason Prenovost, has put the 2004 championship team behind him and has focused his energy on recruiting players to win another championship.

This is the most important part of a successful program in any league, but particularly at the community college level. Every year, coaches must forget about last year's results and focus on recruiting for next year.

In the fast moving NWAACC, this is the best way to win a championship.

Neither a good season nor a bad season is worth dwelling on because there is always next year. And in the NWAACC, nobody can really tell what next year is going to be like.

Steve was voted most likely to write by his teammates.

4/20/06 The Thunderword

Small track team places last

BY TREVOR KULVI

STAFF REPORTER

ELLENSBURG—With the weather changing and not knowing what was coming next, the Highline women's track team still came away with great performances and a 12th place finish at the Spike Arlt Invite hosted here by Central Washington University.

The 12th place finish by Highline made them the top community college team at the meet.

Central Washington won the title with a score of 181.50 points. Seattle Pacific was second with 154 points and Northwest Nazarene was third with 122 points.

"It was a great day even though there were not a lot of personal records," said distance coach Barry Carel.

The first event of the day was the combined men's and women's 10,000 meter run. Freshman Melissa Better represented the T-Birds in the race and finished eighth overall for the women with a time of 47:30.

The time for Better was a 30 second improvement from the WOU Open in March and now has her currently ranked eighth in the standings for the league.

Also running for the Highline distance team was freshman Rosie Meeker, in the 5,000 meter run.

Meeker finished in a time of 21:24 to place seventh overall in the race, plus finished as the top community college runner in the race.

Representing Highline in the women's 800-meter run was freshman Sheree Barbour. Bar-

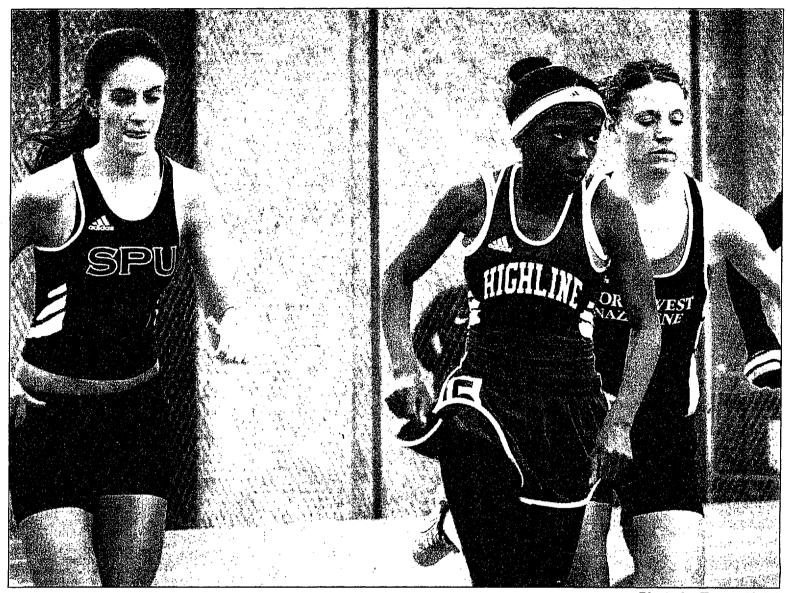


Photo by Trevor Kulvi

Sheree Barbour competes in the 800 meter in the Spike Arlt Invitational at Central Washington University. The team finished in last place as the only community college team.

bour finished ninth overall in a time of 2:25 which still has Barbour near the top of the conference standings. (Barbour's time of 2:24.27 from the Shotwell Invite is still the top time in the league, but only by 47 hundredths of a second in front of Luda Lukashova of Clackamas.)

Freshman Lindsey Farah ran in the 400 meter run and

also participated in the javelin. In the 400, Farah finished 15th overall in a time of 1:05 and had a throw of 71-03 in the javelin. Both performances made Farah the top community college finisher in her events.

Also competeing in two events was freshman Brittany Smith, who participated in both the 100-meter dash, and the long jump.

In the 100, Smith finished seventh overall in a time of 13.33.

The time currently has Smith ranked seventh in the conference standings and well within striking range of the qualifying time.

In the long jump, Smith placed second overall with a jump of 16'8.

Kelsey Cooley of Seattle Pacific University won the event

with a jump of 16 feet 10.75 inches.

Up next for the Highline women's track team is the prestigious Oregon Invite at historic Hayward Field on the campus of the University of Oregon in Eugene.

The entire team will not go because of the tough qualifying standards to get in to participate.

Fastpitch loses but still looking to playoffs

BY BRETT MILLS

STAFF REPORTER

Highline's hopes of making the playoffs took a hit as they lost two games to Pierce on Tuesday, April 18. The first game ended 4-3 and the second game ended 13-1.

Although they lost, Coach Anne Schmidt was pleased with the performance in the first game.

"We played really well in game one," Schmidt said. "Jennifer Ventoza pitched a great complete game, probably her best game of the year so far. She is steadily improving each week. We lost 4-3 in the bottom of the 7th after holding them to two runs from the first inning. Mary Raab had two RBI's that game, Keresa Steichen hit the ball hard and went 2-4 in both games and Yoko Jingi hit 4-6 in both games. Defensively, we were solid."

Unable to shake off the late inning loss, the T-Birds lost the second game heavily.

"Things just couldn't seem to go right," Schmidt said. "We had only three hits and defensively were really flat. A lot of easy, routine plays didn't get made."

The Lady T-Birds participated in the NWAACC Crossover Tournament last Friday, April

14

Highline played Southwestern Oregon and lost by a score of 8-0 in a five-inning contest. The Thunderbirds had only three hits and they committed one error.

Highline also played Edmonds in the tournament and lost that game by a score of 8-0. The team had only two hits and committed three errors.

Schmidt was unhappy with the performance in the crossover. "The crossover was difficult" Schmidt said. "We struggled offensively and defensively."

The focus of the season is to make the playoffs. Schmidt be-

lieves this is within their grasp.

"We need to beat Grays Harbor and Green River the next two times we play them," Schmidt said. "It would help to split with Centralia and Pierce. We need to play as well as we did in yesterday's first game against Pierce and hit the ball more consistently throughout the lineup."

Coming up on Friday, April 21, South Puget Sound will travel here to play Highline in a 2 p.m. match up. So far this season South Puget Sound has played the Thunderbirds very tough. Schmidt expects a tough game, but believes success is possible.

"Friday's game against SP-

SCC will be a challenge. They are a hard-hitting team, but if we can string some hits together and score runs, we can hang with them," Schmidt said.

On Saturday, April 22, Highline travels to play Centralia. Centralia is currently in third place in the Western Division. with a league record of 5-3. Next Tuesday, April 25, Green River travels here to play Highline.

In the last meeting Highline's offense exploded for 32 runs in two games. The Thunderbirds were successful on defense as well, only committing two errors. Green River is currently in last place with an 0-10 league

SPORTS

Scoreboard -

Weight room is open all year for working out

NWAACC SOFTBALL STANDINGS

NORTH

Overall

League

Bellevue 11	- 3	16-4			
Everett 8-	4	12-8			
Edmonds 11-	·5	13-7			
Peninsula 8-		10-9			
Olympic 5-		9-14			
Shoreline 3-9		3-11			
Skagit Vly. 1-13		1-15			
5.1.a.g.t 1j. 1		,			
WEST					
Lea	gue	Overall			
Pierce '	7-1	14-6			
	5-3	5-5			
G. Harbor 3	3-5	3-11			
	3-5	3-13			
Green River	0-8	0-16			
EAST					
-		Overall			
Wen. Valley	10-2				
Spokane	8-3	14-6			
Walla Walla	9-5	14-18			
		11-8			
Big Bend	7-7	13-8			
Col. Basin	4-8	7-9			
Yakima Valley		11-10			
Blue Mountain 0-12 6-18					
Dido inoditalii o ia o io					
SOUTH					

Scores

6-0

6-0

3-3

2-4

2-6

League Overall

12-6

14-1

16-3

4-7

2-11

5-11

BELLEVUE 10, at PENINSULA 1 (FIRST GAME) BELLEVUE 11, at PENINSULA 0 (SECOND GAME)

Clackamas

Lower Col.

Chemeketa

SW Oregon

Mt. Hood

Clark

OLYMPIC 10, at SKAGIT VAL-LEY 0 (FIRST GAME) OLYMPIC 7, at SKAGIT VAL-LEY 5 (SECOND GAME) SHORELINE 4, at EVERETT 0 (FIRST GAME) at EVERETT 5, SHORELINE 4 (SECOND GAME) CENTRALIA 20, at GREEN RIVER 2 (FIRST GAME)

CENTRALIA 23, at GREEN RIVER 2 (SECOND GAME) at SOUTH PUGET SOUND 15, GRAYS HARBOR 5 (FIRST GAME) at SOUTH PUGET SOUND 8, **GRAYS HARBOR 5 (SECOND** GAME) at PIERCE 6, HIGHLINE 2 (FIRST GAME) at PIERCE 13, HIGHLINE 1 (SECOND GAME) CHEMEKETA 8, at MT HOOD 1 (FIRST GAME) at MT HOOD 5, CHEMEKETA 3 (SECOND GAME) at LOWER COLUMBIA 5, Indian Hills (IA) 2 (FIRST GAME) Indian Hills (IA) 11, at LOW-ER COLUMBIA 2 (SECOND at BELLEVUE 4, Indian Hills

(IA) 1

Indian Hills (IA) 17, at BEL-LEVUE 0 SOUTH PUGET SOUND 18, CLARK 12 SPOKANE 4, LOWER CO-LUMBIA 1 WENATCHEE VALLEY TREASURE VALLEY 7 MT HOOD 15, WALLA WALLA OLYMPIC 10, BLUE MOUN-TAIN 6 LOWER COLUMBIA 9, WAL-LA WALLA 0 **OLYMPIC 9, PIERCE 7** SOUTH PUGET SOUND 11, **EDMONDS 10** SPOKANE 11, MT HOOD 10 CLARK 8, EVERETT 7 **CHEMEKETA 8, SPOKANE 2 EDMONDS 11, CLARK 10** SPOKANE 13, GRAYS HAR-BOR 1 SOUTH PUGET SOUND 7. YAKIMA VALLEY 5 CENTRALIA 6, SKAGIT VAL-LEY 5 CHEMEKETA 5, BLUE MOUN-TAIN 0 SW OREGON 8, HIGHLINE 0 (5 inn.) TREASURE VALLEY 7, PIERCE 5 WALLA WALLA 8, EDCC 7 LOWER COLUMBIA 5, BIG BEND 4 SPOKANE 9, OLYMPIC 1 MT HOOD 10, SOUTH PUGET SOUND 7 SOUTH PUGET SOUND 19, **GRAYS HARBOR 5** CLARK 7, BIG BEND 4 COLUMBIA BASIN 9, SW OR-OLYMPIC 3, YAKIMA VALLEY

EDMONDS 8. HIGHLINE 0 EVERETT 23, SKAGIT VAL-

PIERCE 12, SW OREGON 4 BLUE MOUNTAIN 12 . CEN-WENATCHEE VALLEY 15, **CENTRALIA 3** CHEMEKETA 6, EVERETT 5 COLUMBIA BASIN 8, TREA-SURE VALLEY 6 CHEMEKETA8, WENATCHEE VALLEY 4 WENATCHEE VALLEY

TREASURE VALLEY 2 (FIRST GAME) at WENATCHEE VALLEY 10, TREASURE VALLEY 2 (5 inn.) (SECOND GAME)

OLYMPIC 9, at SHORELINE 1 (FIRST GAME) OLYMPIC 6, at SHORELINE 4 (SECOND GAME) at EVERETT 5, PENINSULA 2

(FIRST GAME) at EVERETT 4, PENINSULA 3 (SECOND GAME) at LOWER COLUMBIA 8,

CLACKAMAS 0 (6 inn.) (FIRST GAME) at LOWER COLUMBIA 9, CLACKAMAS 0 (5 inn.) (SEC-OND GAME)

BY LINDSEY FARAH

STAFF REPORTER

Kick back, pedal fast, and work out.

By heading down to the weight room in Building 21 and jumping on a stationary bike, treadmill, elliptical trainer, or even the Stairmaster.

"It's fun, free, and fits into my schedule," said Highline student Virginia Brown.

The weight room is located in Building 21 down stairs in room 102, open Monday through Thursday 1-5 p.m. and on Fridays noon-3 p.m.

"Hitting the weight room is a good place to workout, get in shape, or even stay in shape," said Highline student Miguel Martinez.

Working out is the only way to get in shape.

"It's a fun way to meet new people," said Brown.

More and more students who venture into the weigh room have made friends or acquaintances working out, which makes time go by fast while you are getting fit.

"I observed several students who have started little workout groups. This is great for motivation and they give each other new ideas," said Assistant Basketball Coach Josh Baker.



A staff member does dumbell curls to help strenthen her arms.

room are very convenient for all student, faculty, and staff.

"The stationary bike is an easy way to maintain your cardio, plus it is one of the best machines to read magazines," said Martinez.

Unlike most gyms where it may feel awkward and unwel-

The machines in the weight coming due to all the super in shape people, instead at this weight room you will feel welcomed and comfortable in your surroundings.

> The weight room is just the perfect place to work out, get in shape, and stay fit.

> "Doing cardio, resistance training, and flexibility are all great ways for students to stay healthy, keep their energy high, handle stress and increase their self esteem," said Baker.

> When in the weight room you do not have to worry about the amount of time you spend, Baker suggest doing at least 20 minutes of working out because it is more beneficial then not working out at all.

You should also workout four to five days of the week, make sure to have two to three days of the week. Those days you can just kick back and relax.

"Having a quality fitness center on campus is so convenient, it takes away just one more excuse of why people are not able to exercise," said Baker.

The weight room is also a good place to workout and help with certian things while in season as well.

For example, if a long jumper wants to work on their legs, a good way to help is by doing lunges while holding a barbell, with out any weight on it, on your shoulders.

This exercise helps strenthen the quadraceps in the legs and helps you jump farther.



Photos by Lindsey Farah

Jessica Wilson riding the stationary bike as part of her workout.

4/20/06 The Thunderword

Counseling Center helps students

By Andrea Davis-Gonzalez STAFF REPORTER

Caution: School can cause stress.

The Counseling Center helps students cope with stress and issues such as loneliness, eating disorders, relationships, and suicide.

The four counselors at Highline — Patricia Haggerty, Thressa Alston, Lance Gibson, and Gloria Koepping — have seen them all. The main purpose of the Counseling Center is to assist students with obstacles that interfere with the learning process.

These obstacles include de-



Thressa Alston

ciding on a major, struggling in a class, or dealing with personal issues.

But out of the types of coun-

seling—educational, career, and personal — personal counseling is the most prevalent. The Counseling Center has been available to students since Highline first opened its doors in the fall of 1961.

Thressa Alston, one of the counselors at Highline, said that the majority of issues that she tries to help students with are those who have experienced domestic abuse as children.

On the other hand, Lance Gibson, another counselor in the center, said that most of his clients seek help in learning to deal with their physical and mental disabilities.

Whether they are suffering from personal issues or need simple career advice, students can receive assistance at the Counseling Center's location on the second floor in Building 6. More than 200 students each quarter benefit from the center.

With soundproof walls and an inch-and-a-half thick door, all of the students' information remains confidential.



Dr. Gloria Koepping

In addition to the one-on-one discussions, the Counseling Center hosts a screening day each quarter to encourage students to learn more about themselves.

This quarter's screening day was held on April 6 in the Student Union observing National Alcohol Awareness Day. Many resources are provided to assist students.

These resources include information packets and self-questionnaires which help students to make new adaptations one person at a time.

"I think I have the best job on this campus," Counseling Psychologist Dr. Gloria Koepping said.

She added that she enjoys her position of helping students at Highline organize their schedules as well as their lives.

She shares this sentiment with her coworkers.

"Touch somebody's life because you may never have that chance again," said Alston.

Alston tries to help make new college experiences less frightening.

She said that aside from personal counseling, she helps students learn to deal with the most common academic barriers.

These barriers include time management, procrastination, and test anxiety. Counselors are available in the Counseling Center Monday-Thursday between 8 a.m. and 5 p.m., and Fridays between 9 a.m. and 5 p.m.

For an appointment contact Office Assistant Kathy Day at 206-878-3710, ext. 3353.

Nanotechnology: It's much bigger than you think it is



STAFF REPORTER

Nano robots won't take over your brain, but could take the tumor out of it.

This is nanotechnology as presented by Amelia Phillips at the Science Seminar last Friday.

Phillips has degrees in astronautical engineering, archeology, and technology management.

The Science Seminar is a weekly presentation every Friday by experts on topics that relate to science.

Nanotechnology is technology at the molecular level, which is about one millionth of a millimeter and could revolutionize many aspects of life including the computer, medical, and environmental industries, Phillips said.

Nanotechnology was originally in the form of science fiction about mini robots taking over your brain or the eliminating the human race.

"It's something I believe in, science fiction turning into science fact," Phillips said about taking ideas people accept as fiction and making them scientific realities which could benefi people rather than hurting.

Scientist are learning to manipulate, shape, and teach atoms to act in ways benefiting people and are speculating they will eventually be able to replicate anything.

Nanotechnology can potentially be used in the medical

field with nano-tubes placed in broken bones instead of setting the bone in a cast. It is being researched as a new treatment for cancer, injecting nanoparticles into the cancer.

Quantum dots, a type of nanotechnology, can help test results that would have taken days, to come back in hours. Quantum dots can create colors and potentially replace light bulbs.

To clean up pollution, nano sponges could be created by coating nanos with elements that attract other specific molecules, and separate them.

Scientist around the world are researching nanotechnology, Phillips said. The U.S. has already put almost \$500 million into this research since the 1990s.

Nanotechnology is trying to build from the molecule up to create anything but with the technology they have possible consequences that our bodies could reject the nanos.

Nanotechnology might also open a new form of nuclear war that doesn't create fallout, Phillips said.

There are many potential dangers in nanotechnology especially if it's developed to a point where it can think for itself.

Nanotechnology could be our answer for making synthetic oil, treating cancer, and helping pollution.

Science Seminar is held in Building 3-102 from 2:20 till 3:10 pm.



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NEWS -

Center helps student's skills

By FLOYD DECKER

STAFF REPORTER

The Highline Writing Center is currently conducting a series of grammar and writing workshops on how to become better

"We help students to become better writers is the motto," said Rosemary Adang, coordinator of the Highline Writing Center.

The workshops focus on English grammar, building effective editing and proofreading skills, and writing techniques.

The remaining workshops run each Wednesday from April 26 to May 31.

The workshops are open to all Highline students, are free, and require no prior registra-

The workshops will be held on in the Tutoring Center Building 26, room 319-1.

All sessions will be held in the Writing Center Department on Wednesdays, from 10-10:50 a.m. and again from 1:30-2:20 p.m. The schedule of events are as follows:

April 26, Common Errors, this workshop will help you learn how to avoid some common errors. These errors include subject-verb agreement, tense shifts, fragments, run-ons, and comma splices.

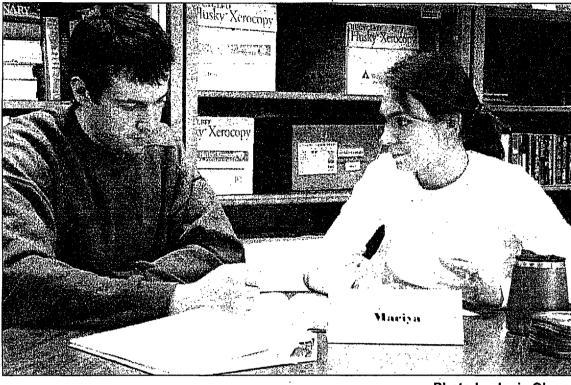


Photo by Jocie Olson

Writing tutor Mariya Gapartsyna helps student Oleksiy Bezverkhyy in the Writing Center in the Tutoring Center, Building 26, room 319-1

•May 3, Punctuation 101: this session will discuss the importance of punctuation and their uses.

•May 10, The Wily Comma: this workshop will discuss where, when, and how to use this punctuation mark.

•May 17, Semicolon, Colon, and Dash: in this session the writing instructor will be teaching how to use these punctuation marks properly.

•May 24, Citing Your Source, :his workshop will discuss styles and techniques on citing your sources and how to avoid plagiarism.

•May 31, Writing Portfolio Cover Letters: this final workshop will provide you with some helpful tips on preparing good cover letters.

To get the most out of this workshop, the writing consultants recommend that you bring drafts of the essays you are considering for your final portfolio.

In addition to the writing workshops, the Writing Center also offers free one-on-one help with writing to all Highland students.

"I think that when students come to college they often think about learning from their teachers. We are glad if they want to learn from their teachers, but it is equally important for them

to learn from each other," said Adang.

"When I was in Creative Writing 151, I used the writing lab for feed back and to be a better writer," said Nick McCoy, a student writing consultant in the Writing Center.

The Writing Center is about students helping students to learn to write better. The Writing Center helps students from basic writing through the highest levels of 200 courses, and also honor courses.

Students can participate in the Writing Center througout the entire quarter. The writing center officials encourage students to participate throughout their time here at Highline.

Many students become such good writers from participating in the Writing Center they go on to become student writing consultants, Adang said.

If you need help with writing you can go to the Writing Center and make an appointment with a writing consultant.

"It is important for students to be good writers because, during college, you will need good writing skills in many of your classes, and later in your careers," said Adang

For more information call 206-878-3710, ext. 3822

Program to honor extraordinary women

By Angela Nelson

STAFF REPORTER

The Woman's Program is now accepting nominations for the Annual Extraordinary/Ordinary Woman's Awards.

Nomination forms are available in the front office of the women's program, which is in located in Building 6. You may drop off your nomi-

nation at the program office or e-mail it to cholland@highline.

The Woman's Program has been presenting these awards for the last 24 years.

These awards recognize women who have accomplished their goals and have overcome major obstacles in their life.

Jean Munro of women's programs said anyone is eligible to be nominated, or to make a nomination.

"We usually recognize four to six women on campus, or in the community who have faced barriers in their life," Munro said.

"These women have overcome many obstacles to further emergency funds help prevent



their education."

The awards ceremony will feature motivational speakers from the community who will speak about issues women are now facing.

The festivities will also include a silent auction, which will help raise money for the program.

The items that will be auctioned are all thanks to donations from the Highline community.

Cindy Holland, advising coordinator for Workfirst, says the many students from missing school.

"All funds go directly to emergency money. This could be for tuition, books, or even a utility bill," said Hol-

Funds raised will also help Workfirst Recipients and working parents gain a college education, Holland said.

Workfirst is a program that is required by the state of Washington for anyone receiving Temporary Assistance for Needy Families.

The Woman's Program counts on nominations so they can pick a winner for the award.

When nominating someone you must share why you feel this person deserves to be rec-

If a winner, the individual will be presented an award during the ceremony.

The awards ceremony will be held on May 9, 11 a.m. to 3:30 p.m. in the Student Union Building.

For more information see Womens Programs, Building 6.



MSA hosts speaker

Highline's Muslim Student Association will be hosting a speaker today. The Association has not released the name of the speaker or what the topic of dis-

The event will be located in Building 7 at noon.

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Science Seminar

This week's Science Seminar will be a panel discussion on Life after Cheap Oil.

The speakers will be Bob Maplestone, T.M. Sell, Michael Campbell, Carla Wittington, and Woody Moses.

Science Seminar is on Friday, April 21 at 2:20 in Building 3,

For more information about Science Seminar contact Woody Moses at 206-878-3710, ext. 3649 or at wmoses@highline. edu.

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THE THUNDERWORD

Photo courtesy of Emmanuel Arhu

During last year's International Night an East Indian dancer wiggled her way into the audience's hearts.

International Night brings culture to Highline students

By CANDACE BOHONIK

STAFF REPORTER

Food, fun and festivities are the focus of International Night hosted by International Student Programs on April 28.

The annual event, from 5:30 to 9 p.m. at Highline Student Union, celebrates the international flair that Highline prides itself on. You are invited to wear a cultural costume, bring a date or family members, and participate in this once-a-year activity.

"International Night is an opportunity to experience the cool cultures of the people who are around us everyday at Highline," said Laura Manning, who teaches Intercultural Communications and attended the event last year. "The international community at Highline is an amazing resource. There are gifts of people sitting next to us

who we can learn from."

Included in the price of admission is a buffet dinner featuring an array of international cuisine: Thai chicken wraps, beef moussaka, vegetable kugel, Polynesian mango chicken with jasmine rice, mango sorbet and almond cookies. International cultural booths will represent 15-20 countries. A variety of musical performances will be showcased in the Highline Student Union as well as in Building 7.

The evening will also include. the Mr. and Miss International Night Competition. Aisha Hassan, editor of Mosaic, Highline's international student newsletter, stressed that this is not a beauty pageant or talent show, but rather a contest to highlight interesting international students.

International Night began with Highline's International Club four years ago.

"It is the biggest event International Student Programs has to bring international culture into magnification, to have fun, eat, get to know each other and experience the diversity at Highline," Hassan said. "It's a day for international students to reflect and remember where they came from."

Tickets are available at Highline Student Union and through Student Development. Tickets must be purchased by noon on Thursday, April 20. The cost is \$10 for adults and \$5 for children.

If you have artistic talent, or an eye for design, and would like to volunteer to assist with decoration, or if you would like to host an international booth, contact Oanh Nguyn at onguyn@highline.edu. For more information contact International Student Programs at 206-870-3725, ext. 3725.

Phi Theta Kappa officials are elected for 2006-2007

BY KRYSTAL MEDVEDICH STAFF REPORTER

Phi Theta Kappa has elected

officials for the newyear. Newly elected officials for 2006-2007 Phi Theta Kappa include President Sandeep "Sonny" Jhajj, Vice President Anna Lee, Financial Officer Andrew Wilson, Public Relations Officer Anne Ramsey,

Recording Of-

ficer Marie Marquis, and Student Retention quarter we typically do some Officer Lynette Marquis.

Sandeep "Sonny" Jhajj

society for students at two-. year colleges.

Highline has several hundred students along with alumni members who currently are in Phi Theta Kappa.

"The reason Highline students join Phi Theta Kappa is to network with smart, like

minded students," Ex-Financial Officer Cindy Valerio said.

Cindy Valerio

"It is a great way for students to get involved in community and campus service projects,"

Valerio said.

Through Phi Theta Kappa, students gain more experience as a leader and are able to tap into many different scholarship

> opportunities. Phi Theta Kappa looks great on your professional

sort of service or goodwill proj-Phi Theta Kappa is an honor ect that gives back to communi-

ty such as food drives, book drives, making hats for chemo patients, etc. Within the next few weeks, we are doing a big event to collect items for Tent City IV. Also, there are conventions you can attend each quarter that are educational

and focused on increasing leadership skills. We also like to do a couple of fun social events each quarter too," Valerio said.

Phi Theta Kappa is an

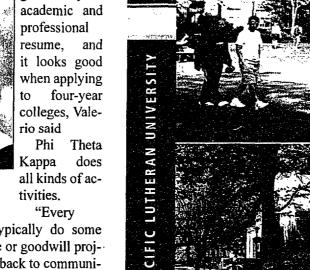
international honor society, ning until April 22. with chapters all over the world. This year is the 88th international convention, being held in Seattle, starting today and run-

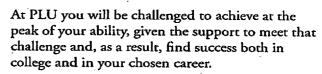
Not everyone can join Phi Theta Kappa.

Once you have completed 12 credits and have a 3.5 GPA, you are eligible to sign up.

Then, you complete an application and take that along with the one time application fee to Marta Reeves.

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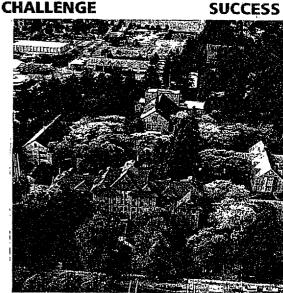
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NEWS-

Salsa dances spices up Fridays





Photos by Roman Klimenko

The United Latino Association is hosting salsa dancing lessons on Fridays through the month of April. Highline alumnus Jose Bonillo taught students and staff some basic salsa steps on April 7. Above is pictured Doris Yolani and on the left is Rachna Karnik. Salsa lessons are held in the Student Union, and the next sessions will be noon to 1:30 p.m. on Friday. You don't have to have been to the previous sessions. Ben Thomas will be teaching.

Revisions made to Strategic Plan

By ALEX CAHAN

STAFF REPORTER

Highline officials have made some changes to the school's strategic plan.

"The strategic plan is a guiding document for the college. It guides the development and operating terms for the college," said Vickie Ropp, speech instructor and one of the three cochairs of strategic planning.

"A solid strategic plan contributes to excellent instruction and support services which contribute to both transfer and professional technical students' success."

According to Ropp, some of the new and enhanced areas of the strategic plan are recruitment and retention, strengthening of weekend and evening college degree programs, and "sustaining an open, honest, and collaborative environment that responds to the needs of the school and promotes good stewardship of the school's finances."

"We've [the committee] felt we'd been doing an excellent job at completing initiatives, but we wanted to do more," said Ropp. "We're making a greater effort to recruit and retain students. We want to reach out to community and have more comprehensive services at off campus locations."



Vickie Ropp

They want to make the other Highline facilities in Federal Way and White Center offer more classes so that students can have easier access to the programs and opportunities offered at the main campus. This makes classes more accessible for students who might not be able to make the commute every day.

The hybrid, weekend, and evening classes were instituted as part of this since they make classes available around a working schedule.

Developing an alumni program is something that is being looked at and considered.

The school wants to continue to recruit, retain, and support staff and faculty of different ethnicities.

The school is looking at creating linkages with new transportation initiatives. This could

possibly include a bus route to the school from the Kent Sounder station.

The strategic planning committee would also like to regularly update signage around campus for disabled individuals, as well as evaluating and updating safety procedures for all individuals on campus.

These are only a few examples of what is being done, however.

The entire strategic plan will be placed on the college website after approval from the Board of Trustees.

The Board is also in the process of rewriting the mission statement which will be posted with the plan once completed.

Revising the strategic plan was a collaborative effort by the three co-chairs of strategic planning – Ropp; Patti James, institutional researcher; and Lisa Skari, vice president of institutional advancement – and six task forces representing students, staff, faculty, programs, infrastructures/services, and community involvement. It took over a year to do.

They went over the current strategic plan to see what the school had been doing, specifically what had been done well, and determine what needs to be changed or could be done better.

According to Ropp, the big goal of the strategic plan is

reaching out to the students and the community.

"We make sure what we do fits what they need," she said.

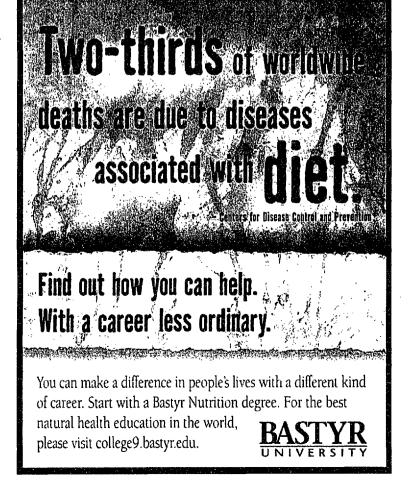
The first strategic plan was set in place in 1994.

When Dr. Priscilla Bell became president in 2001, all the initiatives of the plan were revisited and rewritten.

According to Ropp, it is typical for a college to rewrite plans

like this every five years or so to keep them up-to-date and to find out what needs to be changed or added.

"One of the beautiful things about Highline is its collaborative thinking," said Ropp referring to the plan. "We've examined everything that we do to make sure it's top notch. I'm impressed with all Highline's ability to do that."



4/20/06 THE THUNDERWORD

Wine class brings culture

By FLOYD DECKER

STAFF REPORTER

Wine, dine and have a fun time. The Highline Hotel and Tourism Management Department is featuring a Wine and Dine class, beginning Friday, May 5, through Friday, May 19.

The classes will be held three Fridays 6-8 p.m., on Highline's main campus Outreach Center, Building 99, Room 101-F, the item number is 9824O.

You must register now and before the first class starts on May 5.

The registration fee is \$99 plus a \$75 lab fee. Also you must bring a wine glass to class, and purchase a book.

For more program information, please call Chris Brandmeir, coordinator of Highline's Hotel and Tourism Management Department, 206-878-3710 ext. 3855.

The course consists of three two-hour classes. After finishing the classes you may request a certificate of completion.

In these classes you can learn



Chris Brandmeir

and experience the perfect pairing of wine and food.

"We will talk about the differences and similarities in how food is cooked, how it is seasoned, how it is served with side dishes, and how the interaction with six major flavors that we taste impact our choice of wines," Brandmier said.

This is a demonstration and tasting class. Students will have the opportunity to learn when to select certain wines

The intent is to place greater power in the hands of the nonelected officials. "I hope for a restructured Student Government that will bring more student voice," said Brown.

If this proposal is passed by the students, it will be sent to the Board of Trustees for final approval."I don't know when we'll hear back from the Board of Trustees," said Brown. "Probably in the first week of

Even without the official approval of the board, the elections will move forward as planned.

"I don't see it causing a problem if we hold an official election," said Brown.

spects the opinions of its Student Government."

reform is expected to be online.

either a paper ballot or computer kiosks for students to vote

tutional reform vote proceeds, elections for the Student Government officials are expected to be held in the third week of May. Voting will probably be both online and on paper ballots distributed in the Student Union.

Spring brings songs of praise



Photo by Jocie Olson

In the lovely early spring weather, Erica Hansen, Nesuston Simpson, Ashley Schilperoort, Rachel Fuhrman sing Christian songs outside of the Student Union. As we move towards summer, the weather has been improving dramatically from the rain and cold of winter. Students are now much more likely to spend their time outside of doors to take advantage of the nice weather. However, this is still the Northwest, and rain is expected to roll in over the next two days.

and how to pair appropriate foods to accompany those

In the class students will demonstrate using three seasonal menus on how to pair the wine and food for spring.

Brandmeir said that this Wine and Dine Course will be a unique and interesting opportunity about what foods go best with what wines.

"Washington state is the second largest wine producers in the Country. It has great food resources, vegetables, fresh produce, fish, beef, also poultry, and to know what different wines goes with different foods can compliment many foods," said Brandmeir.

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Election

continued from page 1

the speaker of the caucuses. The speaker of the caucuses will represent the caucuses that will be formed under the new constitution.

The intent of the caucuses is to form several governing student bodies with specialized interests that don't necessarily coincide with a specific club.

Caucuses may represent a broader interest covered by many clubs, such as multicultural issues or politics, but as a whole they will provide the opportunity for students to have a say even if they aren't heavily involved in the club system.

While a representative from the clubs will have a say in the associated council, as will each of the three executive council positions, a caucus chair elected by each caucus will also gain a vote on behalf of their own caucus.

This new format will give a greater power to students, as well as take away power from the executive council.

As it stands the associated council has seven members of the Student Government and a representative from whichever clubs that choose to send a member to the meetings.

Under the new system, there

will only be three members of the executive council, as well as representatives from both the clubs and the caucuses.

"The Board of Trustees re-

Voting for the constitutional

There are also plans to have

Regardless of how the consti-



4/20/06

THE THUNDERWORD

Resign

continued from page 1

was also responsible for going to Olympia and lobbying on the college's behalf, a duty that will now be passed on to Bozhko.

Torres has taken steps to ensure that his own projects are still taken care of.

"I'm still doing the intercultural leadership coalition," Torres said.

"Katie [Hutchinson] has been going to the Services and Activities meetings. Huy [Pham] might take over the food con-

continued from page 1

proud of where they go to

Many of the volunteers of the

"I want it to look nice," said

Highline student Jamie Moore.

"This is where I go to school.

It's a chance to make up for

what I've done [to pollute the

Clean

school."

clean-up agree.

campus] so far."

tract."

The food contract was a project that Torres had undertaken earlier in the year. Several clubs were unhappy with the price and quality of the food services, as well as the fact that they had to go through the campus food provider in order to obtain food for their meetings.

If Pham is unable to take up the project, it may simply not proceed any further.

While the resignations might be considered an inconvenience, they're not unheard of.

"They just turned in their resignations. It's pretty normal," said Jonathan Brown, associate dean of Student Services.



Photo by Alicia Mendez

"This is our campus," said Liz Shimaura, another student. "It would be nice if you didn't have to walk around it stepping

Students were also participating for class credit.

on cigarette butts all the time."

"It's for class," said Sheng Vang, a student of Highline. "It's an assignment basically. I didn't really think about it until I had to do it."

However, students still got something out of the experiHighline students Dave Klein, Brett Wittman, and Yura Malamura cleaning the upper campus durning the sun bleached afternoon. The campus clean was part of a series of events for Earth Week.

"If we all did our part then it would be clean," said Highline student Monique Wells. "I was just saying how I'm quitting smoking, and here I am picking up cigarette butts. It's kind of ironic."

NEWS-

The clean-up continued in the upper half of campus on April 19.

Photographers Wanted

If you like strolling around Highline's scenic campus, come work for the Thunderword, and take pictures. Come to Building 10, room 106 or call 206-878-3710, ext. 3317



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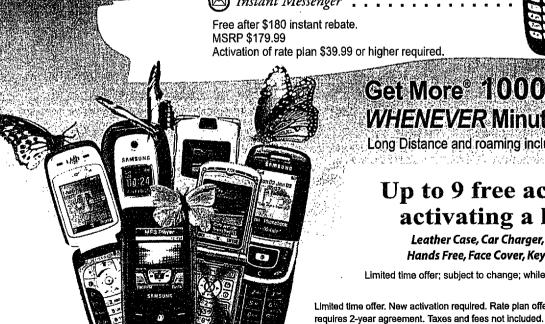
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