



Photo by Keith Daigle

During a religious service offered by Generation Church in Seattle, a young woman struck with inspiration raises her arms to the heavens.

College hits spring target in enrollment

BY ALEX CAHAN
AND SIMONE SNOW
STAFF REPORTERS

Highline reached 96 percent of its spring enrollment target, meaning the college won't lose any state funding next year, college officials announced last week.

Officials attributed high spring enrollment to the college's efforts to boost enrollment, which has been falling for the last three years.

"We've been working very hard in many ways to boost enrollment and retention. ... I'm very happy about it," said Highline President Dr. Priscilla Bell. "It didn't happen by chance but by a lot of hard work."

Bell credits programs such as Weekend College, IBEST (a program aimed at basic-skills training), and hybrid courses for Highline's enrollment success.

"They've been very popular with students that might not otherwise have been here," Dr. Bell said.

Vice President of Student Services Ivan Gorne says he gives the credit for high enrollment to a more active recruitment of students.

"Generally, a whole lot of work by everyone on campus on enrollment management initiatives," Gorne said. "Specifically, aggressive enrollment of ABE/ESL students, supported employment students, and better retention of existing students."

However, it does not mean all of Highline's enrollment troubles are over.

"The fact that HCC enrollment averages at least 96 percent of its allocation for the past two years meant that we will not lose any of our planned allocation for next year," Gorne said of the state funds. "Though, 96 percent was not enough for the college to receive growth FTEs in the next year."

Younger students hurt FTE numbers

BY MICHELLE ERICKSEN
STAFF REPORTER

Highline's enrollment problem would be solved if it could count its Running Start students.

School districts pay state colleges for Running Start students, but the colleges can't count them as students for purposes of state funding.

This year Highline had 802 Running Start students.

Running Start began in 1995 and has been a successful program for 11 years. It's a program for eligible juniors and seniors in high school to be able to attend high school and college simultaneously.

Running Start creates an alternative way for students to transition to college; for high school students Running Start is the most readily available program for college level education.

Recently the program has been growing faster than the growth in high school population.

See Running, page 24

Tuition from students pays for about 30 percent of the cost of running the college. The rest comes from state money, which is based on enrollment, which is measured in FTEs.

FTEs, or full-time equivalent

See Enroll, page 24

Highline students have faith

BY MICHELLE ERICKSEN
AND ALICIA MENDEZ
STAFF REPORTERS

Highline is a diverse campus in more ways than one. While Highline is the most ethnically diverse campus in Washington, it's also diverse in the variety of religions its students practice. Students on campus practice a variety of religions from Christians to Muslims, and Buddhists to Sikhs.

Many students on campus call themselves Christians.

"I was born Christian, and it's a choice I made," said Emanuel Nistrin. "I go to church Sundays and sometimes on Tuesdays I go to a Russian church."

"I consider being a Christian is someone who tries to fulfill the Bible; I can't consider myself right now. There were times when I could consider myself part of that elite group," he said.

"I've kind of slumped away this past year or so, I'm trying to get back on the right track," Nistrin said. "Sometimes I'll bring it (religion) up, like if it's a subject people are already talking about I'll state my opinion."

"I was born into Christianity and I made the decision," said Liz Shimura. "I try to set my-

FAITH



101

Coverage inside

•Mormon students don't mind being thought of as peculiar.

•LDS missionaries walk their faith. See stories, page 16.

•Campus Crusade lets students talk about their faith. See story, page 18.

•Generation Church aims to appeal to youth. See story, page 19.

self apart with my actions and just trying to be different."

She goes to church every weekend.

"In the office [we] talk about religion a lot," Shimura said. "Sometimes there are some pretty heated debates."

"I'm a Christian and I attend church with my family every Sunday," said Wyatt Boeke. "I made a decision in 2003-2004 to become a Christian."

"I try to incorporate (Christian) values into my everyday life," Boeke said. "I'll talk about religion if it's brought up I'm more than willing to speak about it, but I don't go around preaching."

"I'm a Christian Orthodox. I was born into it and I made the decision in ninth grade," said Sarah Girgis. "I think being Christian is constantly trying and not giving up because no one's perfect as long as you're constantly trying and never give up you are an active Christian."

"I'm Catholic, I was baptized Catholic," said Jesse Lopez.

"I'm Catholic," said Rogelio Gordon. "In Panama everyone is Catholic, if my family is Catholic I have to be Catholic. I go to church every Sunday and I pray every time before I take tests."

"Sometimes I do well when I study," Gordon said. "My roommate has a different religion so we avoid the subject of religion."

Student Doris Martinez is Catholic.

See Faith, page 18

INDEX

ARTS.....PAGES 5-8
CAMPUS LIFE.....PAGES 2-3
OPINION.....PAGE 4
NEWS.....PAGES 1,14-24
SPORTS.....PAGES 9-13



Theater, art, music headline Spring Arts Festival

See story, Page 5



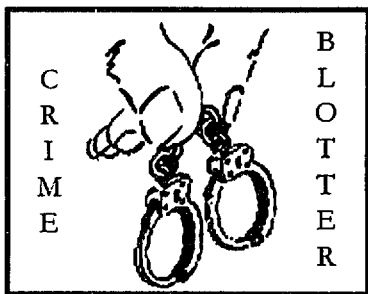
Track teams head to championships in Spokane

See story, Page 10

5/18/06

THE THUNDERWORD

CAMPUS LIFE



Student falls down

A Highline student fell from the sidewalk and injured her right ankle on May 10. Her ankle swelled and she refused the ice pack that was offered to her.

Injury sets again

A Highline student injured his right ankle during a volleyball game in the Pavilion in Building 28 on May 10.

Garbage can burns

A garbage can was found burning on May 11, in the south parking lot next to the Metro Bus station. It was put out with water bottles.

Slippery steps send student falling

Someone slipped on the interior steps of Building 11 causing pain in her back on May 11.

Hit and run leaves lasting impression

A Highline student found her Kia was hit on May 13. An impression of a license plate was left on the rear bumper. The car was in the north parking lot.

Car is broken into

A Highline students' Kia which parked in the east parking lot was broken into May 13. It was found with the passengers side front window broken into and her backpack and sociology book were missing.

Finger is cut deeply

A Highline student injured his left middle finger and had a deep cut in it on May 14. The fire department was contacted and he received medical attention.

Prank 911 hang ups

A 911 call from Building 30 prompted security to investigate on May 14. Security checked the area and found three men who took off running toward the Library. Security contacted Des Moines Police Department and there was no emergency.

-Compiled by R. Livingston

Learn more about transferring

BY CANDACE BOHONIK

STAFF REPORTER

Several representatives from four-year colleges and universities will be on campus to provide information for students who are planning academic transfers.

"It is never too early to start the transfer process," said Siew Lai Lilley, Director of Transfer Center.

A representative from Washington State University is taking individual appointments for Thursday, May 18, 9 a.m. to 3 p.m. Sign up in the Transfer Center, Building 6, upper level, or send a message to



Siew Lai Lilley

transfer@highline.edu.

An adviser from University of Washington, Tacoma campus, will be available to discuss all majors at the information table Thursday, June 1, 9 a.m. to 12:30 p.m. on the first floor of

the Highline Student Union.

"With thoughtful planning, students will be able to figure out the steps needed for a successful transfer: when to apply for admission, financial aid and housing, plus know the requirements for general admission and for the major," said Lilley.

Additional transfer information is available at the Educational Planning & Advising/Transfer Center in Building 6, upper level.

Included in the on-hand literature are checklists to guide first- and second-year students in planning their transfers to four-year colleges and universities.



3151 or at bclinton@highline.edu.

Buy campus-grown plants

Highline's annual spring plant sale is in full bloom.

The plant sale is sponsored by the biology lab and Gerry Barclay's biology class where students learn about the variety of flowering plants and vegetables in the Pacific Northwest.

Biology students with volunteer help from staff and faculty have grown a variety of vegetables, flowers, and herbs.

The plant sale will be held in front of the large greenhouse next to Building 12 on May 19 from 9 a.m. to 1 p.m.

For more information about the plant sale contact Donn Walter at 206-878-3710 ext. 3021.

Child's daycamp offered for free

Highline's Marine Science and Technology center will be

offering a free day camp for 11-13 year olds.

The camp will be held July 10-14 from 8:30 a.m. to 12:30 p.m.

Each of the children needs to write a one-page letter about their interest in science and why they want to attend the camp.

Along with the letter, each child will need a written letter of recommendation from their teacher.

These letters, along with a completed application which can be obtained at Highline, need to be mailed by June 5.

The letters and application can be mailed to Chris Gan at Highline Community College P.O. Box 98000, MS 29-02 Des Moines, WA 98198-9800.

The MaST center is located at Redondo Beach in Des Moines in between the boardwalk and Salty's restaurant.

For more information about Summer on the Sound camp contact Christina Gan, biology instructor, at 206-878-3710, ext. 3695 or at cgan@highline.edu. Also visit the MaST website at www.highline.edu/mast.

New vice president appointed

BY SIMONE SNOW

STAFF REPORTER

Larry Yok has been hired as the new vice president of administration at Highline.

Yok, director of human services at Group Health, was one of four candidates interested in the position.

He is now responsible for Highline's administrative technology, bookstore, business office, construction, contracts and leases, human resources, and security.

Yok was not one of the original finalists. He replaced Nancy Moffat, the executive director for operations in the North Kitsap school district when she dropped out.

After two weeks of forums where staff and faculty were given the opportunity to ask the candidates questions and get any concerns addressed, Highline President Dr. Priscilla Bell made the final decision, and hired Yok.

In an e-mail to the campus announcing her decision, Dr. Bell said "Larry is looking forward to working at Highline fulfilling his desire to have a greater involvement in higher education."

When Yok will begin his work at Highline has yet to be determined.

The other three candidates were Marion Davis, interim vice president of administration at Highline; Kurt Buttleman, vice president of administrative services at South Seattle Community College; and Farhad Javaheripour, vice president for administration at Santa Fe Community College.

Treat Yourself to the Advantage

come down to the

Tutoring Center

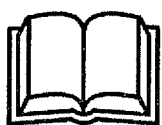
Specializing in turning good students into better students

Sign up for FREE tutoring in:

Accounting

Science

Writing



Computers

Languages

Math

...and most other classes offered at Highline

Building 26 Room 319

Mon - Thurs.....8:00AM - 7:30PM

Fri.....8:00AM - 12:30PM,
2PM - 4PM

Co-Opportunity

COOPERATIVE EDUCATION

Let your future
take flight at
Spring Festival!

Friday, May 19

9 am-noon

Building 28 (Highline Pavilion)

FREE

Featuring more than 40 employers, including Airport Jobs, Alaska Airlines, Des Moines Police Department, King County Library System, Lowe's and Starbucks.

Get real world experience while earning real college credit.



When two worlds combine to make one

Mixed ethnicities presents a mixed experience for individuals

By ANDREA DAVIS-GONZALEZ
STAFF REPORTER

Highline math instructor Jason Ramirez was born into two different worlds. These two worlds collided when his parents, his German mother and his Mexican father, decided to get married.

Both of his grandparents didn't accept the marriage because it was the norm in the '70s for people to marry within their own cultures, Ramirez said. "My mom's mother did not attend the wedding because she didn't believe in it and (to this day) she does not talk to my father at all."

Multicultural and Student Programs Adviser Natasha Burrowes — who has a Caucasian mother and an Guyanese father — said that it was easier for her father's side of the family to accept her parents' marriage than her mother's side. It was not until her mother's parents saw that the marriage was becoming serious that they began to accept it.

"When they saw that they were having kids, they saw that it was going to become permanent. They began to accept my dad," Burrowes said. "I think that people who marry interracially have to deal with different stress levels."

Marriage is hard. Interracial couples have to deal with a lot of prejudice or assumptions." Retention Coordinator for Multicultural Services, Yoshiko Harden-Abe, said that her parents also dealt with a lot of prejudice from her Norwegian mother's parents toward her African-American father.

"The black side of my family was very accepting of interracial dating, because there were black men with white women, it was like tradition. My mom's dad was less accepting, he didn't really want to do anything with my dad and me and he didn't understand my mom being with a black man," Harden-Abe said.

She has dark skin while her older sister has light skin and as a result, Harden-Abe says that both of them have experienced racism while being with a parent of a different skin color.

In the Central District of Seattle — during the early '70s — a few police were suspi-



Graphic by Marquis Faulcon

cious of her sister and her father being together.

"If my dad was walking with my older sister, the police would question her and ask her if she was OK. They would wonder what a black man was doing with a young white girl and she'd have to explain that she was only shopping with her dad," Harden-Abe said.

She also said that she felt like she was being treated differently when she went shopping with her mother.

"When I go shopping with my mom she'll pay with her credit card and they won't ask her for I.D., but I'll be standing right behind her, and when I pay with my credit card they ask me for I.D." Harden-Abe said that this kind of racism still exists today and continues to divide people in so-

ciety.

Other divisions can also be experienced at home, such as what Highline science instructor Chris Gan saw in her family during the holidays. Gan divided her Christmas by celebrating it twice.

She participated in "Danish Christmas" on Christmas Eve — the tree would be decorated with popcorn and she and her mother would weave paper hearts. But she also celebrated "American Christmas" on the 25th with her Chinese relatives. "I grew up experiencing a little bit of both cultures," Gan said.

Another way she became exposed to the Chinese culture was by attending Chinese banquets with both of her parents.

The people there were very friendly and inclusive, but they

hardly understood English, Gan said.

"I kind of felt like an outsider, I've never felt of part of that (culture), but I've identified myself with it." Student Linette Kalicharan said her father knew what it felt like to be excluded at parties.

When her Fijian father attended Indian parties with his daughter and Indian wife, he started to feel uncomfortable. "Sometimes my dad would join in the celebration for a little bit and then he'd just leave," Kalicharan said.

According to the U.S. Census, only 2.4 percent of the population in the year 2000 was of two or more races. In fact, it was the first time that the census has had "two or more races" as a category.

Although Highline's census says that only 1 percent of the students are of mixed heritage, many students who come from interracial families usually consider themselves to be of one ethnicity.

Kalicharan said that categorizes herself as Indian. Her father would have arguments with her mother because he felt his daughter wasn't learning enough about her Fijian roots, she said.

"I remember when my mom would teach me how to speak Indian and teach me about the culture, but my dad had a problem with it because he felt I was more Indian than Fijian."

Sometimes those who have grown up in mixed families say they associate themselves as being of a certain ethnicity or background because they've either become more familiar with the culture, or have been taught to associate themselves as being of one ethnicity more than the other.

Highline student Brittany Clark, who is half Caucasian and half African-American, associates herself with both backgrounds. Clark said that when she attended Ferris High School in Spokane, her peers wouldn't accept her because she was biracial.

Clark said that her high school wasn't very diverse and it was difficult for her to feel included. "Growing up I didn't really fit in with white people because they thought I was too black, and black people thought I was too white," Clark said.

"But I've learned from that. I can't change my racial identity. People will always talk, but you can't let it dictate your actions in life."

Students, faculty, and staff have said that even though they've experienced these problems growing up, they hope that it is something their children won't have to face in the future.

"I think interracial dating is more acceptable now," Burrowes said.

Although it is not considered as much of a taboo as it used to be, Ramirez says that some people are still having problems becoming accustomed to having diverse families.

He also said that students generally segregate themselves by associating with others who have similar cultural backgrounds to their own.

"These days it feels like we're training people to be diverse," Ramirez said.

"We're just human beings," Ramirez said.

Editorial

REX BABIN THE SACRAMENTO BEES



S&A insurance effort is misguided

For the first time in 15 years, athletics has not received the money it needs to pay for sports insurance. The funding, which comes from the Services and Activities budget, is controlled by the S&A Committee.

The committee decided not to fund insurance because of rising premium costs, which have been growing at an alarming rate since 2001, said Athletic Director John Dunn.

One S&A student member said that this is the committee's way of standing up to insurance companies. "It's like taking a stand and saying 'you know what? We're not going to pay your premiums,'" the member said.

Now athletics is finding itself without funding to pay for insurance next year.

While John Dunn said the act could potentially hurt the program, he believes it will end up coming from the S&A contingency fund in the end.

The contingency fund has covered extra insurance expenses in the past, Dunn said, but it has never covered anything like the \$8,000 gap in this year's budget.

So, rather than having sports insurance planned into the S&A budget, athletics is either going to have to receive the funds from contingency, another athletic department fund, or a cut program.

If the school is going to pay for the insurance in the end, then it doesn't matter where it comes from, so why not just plug it into the budget?

It seems like the issue isn't being addressed as much as it's being avoided.

If contingency weren't going to cover the insurance, however, then Highline would be forced to cut a team or athletic program, which would affect the students. Even in that case, one community college choosing not to pay is not going to have any impact on the insurance company.

S&A thinks that other schools could follow suit, though.

"There are a lot of schools facing these issues," the S&A student member said. However, the student also said that the S&A committee didn't make any effort to contact other schools to see if they're going to do the same thing.

Hoping that a group of schools will make a united effort without any communication seems like wishful thinking. If S&A really wanted to make an impact, it would have taken the steps to communicate with other colleges about the issue.

Even if the insurance company did take notice of Highline's refusal to pay, they may not even feel that they were in the wrong. Every company has costs to run, and no one in S&A appears to have looked into whether the increase in premiums is justified.

If the school wants to do something about rising premium rates, it's going to have to take the issue more seriously.

Not including something in the S&A budget isn't going to have an impact on anyone besides the students, and that's who the committee is supposed to serve in the first place.

Mother's day is a time for sacrifice

I wanted to do something special for my mom this Mother's Day, but there weren't many options with a \$7 budget.

Breakfast or dinner was out of the question — my last cooking escapade ended in smoke and tears. Without any real options to turn to, I asked the one person who would know what to do: my mom.

She stood for a moment, thoughtfully tapping her finger on her lips before her eyes lit up. "Why don't you come to church with us tomorrow?" she asked. "I would love that."

I tried to look excited but my feelings must have shown. Inside I wrestled with the horrors of attending Sunday mass: the stiff pews, the dry sermon, the unending string of hymns that were too difficult for anyone to sing.

I dismissed myself from the kitchen and went downstairs, thinking gloomily of the awful morning to come.

The alarm clock ripped me

from pleasant dreams and I groggily made my way to the shower. The ride to the church was long and tiresome; at several points I wanted to tuck and roll out of the car and walk back home.

Comment



Robert Fitzgerald

We arrived at the church and parked in the very back of the lot; I could feel my bad mood increasing. I think my mom could sense it too because the two of us were hardly speaking.

The cathedral was cool and full of dreary decoration. I let myself relax a bit and told myself that mass wouldn't be so bad. After having to stand through three songs and being splattered with holy water I decided that it was that bad.

Mass time moves at half speed. With all of the standing and sitting I felt as if I were singing *My Bonnie Lies Over the Ocean* in slow motion.

By the end of the sermon I was on the verge of a mental collapse. Church has never

been my thing and mass is like church on steroids. My mom and I didn't speak a single word on the way home. When we walked in the front door she pulled on my arm.

She wanted to know why I had gone — it was obvious that I didn't want to. Angry, tired, and still a little wet from the holy water, I told her I didn't know, that I went because I loved her.

My mom smiled and gave me a hug. "That's what being a mom is all about," she said. "Doing things you don't want for people you love."

I thought about it. Every morning the mound of dishes in the sink is gone. The little piles of stuff around the house seem to disappear. Stains, smears, and spills all vanish when I'm not looking.

My mom didn't want to do those things, but she did them anyways. I hugged my mom again and smiled, knowing that next year I would go to mass again and pretend to enjoy it the best I could.

Robert's a momma's boy.

THE THUNDERWORD STAFF

EDITOR-IN-CHIEF.....MICHELLE ERICKSEN
MANAGING EDITOR.....ALICIA MENDEZ
NEWS EDITORS.....ALEX CAHAN
 AUSTIN MACKENZIE
ARTS EDITOR.....RACHEL LUSBY
SPORTS EDITOR.....STEVE PIROTTE
OPINION EDITOR.....ROBERT FITZGERALD
GRAPHICS EDITORS.....MARQUIS FAULCON,
 JEREMY KOCHER

PHOTO EDITOR.....KEITH DAIGLE
REPORTERS.....CANDACE BOHONIK, ERIK BREAKFIELD, KAREN DANIELS, ANDREA DAVIS, FLOYD DECKER, LINDSEY FARAH, EMIL JACOBSON, TREVOR KULVI, AUSTEN LAVERY, REBECCA LIVINGSTON, LYNETTE MARQUIS, BRETT MILLS, ANGELA NELSON, JOCIE OLSON, KAYDEE SMITH, SIMONE SNOW, KRYSTAL VELTMAN, JUDY VUE.
PHOTOGRAPHERS.....ROMAN KLIMENKO, SETH CARLSON.
ADVISER.....DR. T.M. SELL

AD MANAGER.....CANDACE KRUGER
AD REP.....SHARONDA MCCARVER
BUSINESS MANAGER.....KIANA HAYES
OFFICE MANAGER.....NOW HIRING
NEWSLINE.....206-878-3710 EXT. 3318
FAX.....206-870-3771
ADDRESS.....P.O. BOX 98000, DES MOINES, WA 98198
 BUILDING 10-106
ADVERTISING.. 206-878-3710 EXT. 3291
E-MAIL.....TWORD@HIGHLINE.EDU

"Who are these crudely drawn fools?"



Photo by Alicia Mendez

Two students examine work at the pottery sale.



Photo by Keith Daigle

Ben Thomas lays down some hot licks on Monday night.

ART ATTACK HIGHLINE SINGS A SONG OF SPRING

By RACHEL LUSBY

STAFF REPORTER

The Spring Arts Festival got off to a successful start this week.

Kicking off the week's events was the annual, day-long ceramics sale put on by the ceramics department on Monday.

"There were a thousand or more pieces for sale," says Rob Droessler, ceramics professor.

The pieces sold were either donated from past beginning students, current advanced students, and from Droessler him-

self.

Around \$700 worth of ceramic pieces were sold at this year's sale.

Other activities that day included an American jazz performance by the College Choir and the Ben Thomas Group, an exhibit in the library featuring student artwork and another choir performance featuring the Ben Thomas Ensemble.

The gallery includes photographs, prints, sketches and ceramics.

The general consensus among participating faculty is that the

festival has gone well.

"Participation was better than in the past," says art professor Jim Gardiner. "It will get better each year."

He would like to see more visual art, though.

Journalism and writing professor Susan Landgraf has also enjoyed herself, although she was disappointed that the poetry reading was canceled.

"No one submitted anything," she says.

She does however still think that the festival is great.

The Spring Arts Festival will continue through May 20.

The One Act plays will continue until then in Building 4 at 8 p.m.

Other activities include "Ben, Rob, and Rick Do Stuff" at noon on Thursday in Building 7.

"I have no idea," Droessler said of what the trio will do.

Friday at noon the SAAS High School Jazz Band will perform Building 7.

The festival will end with the last One Act play on Saturday in Building 4.



Brynn Fuller sings a solo as the choir performs Monday.

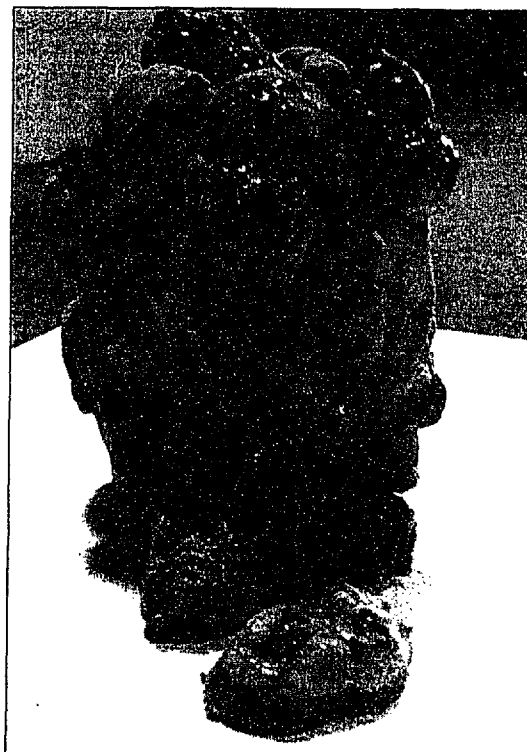


Photos by Austen Lavery

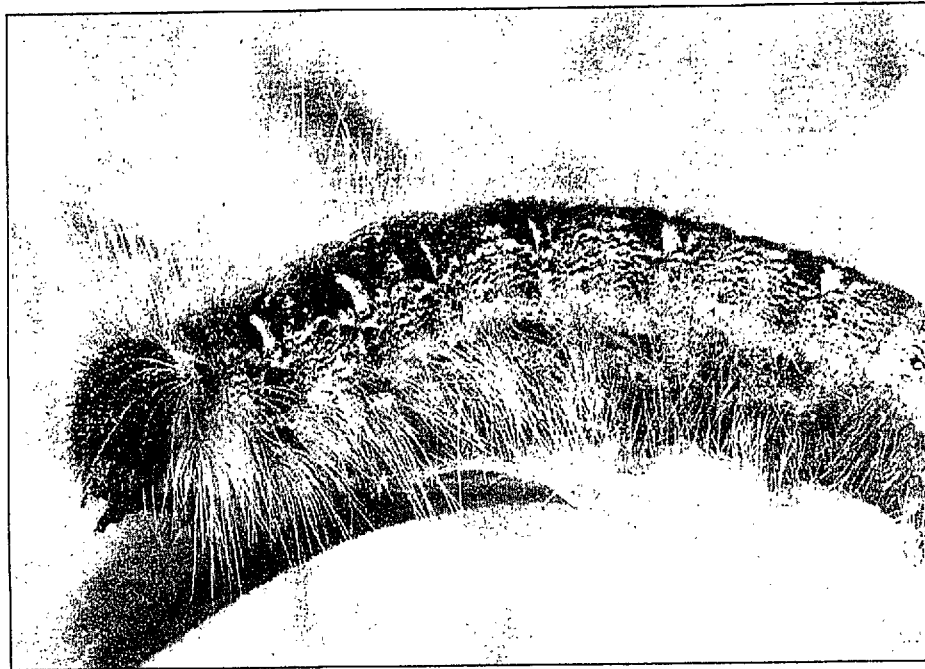
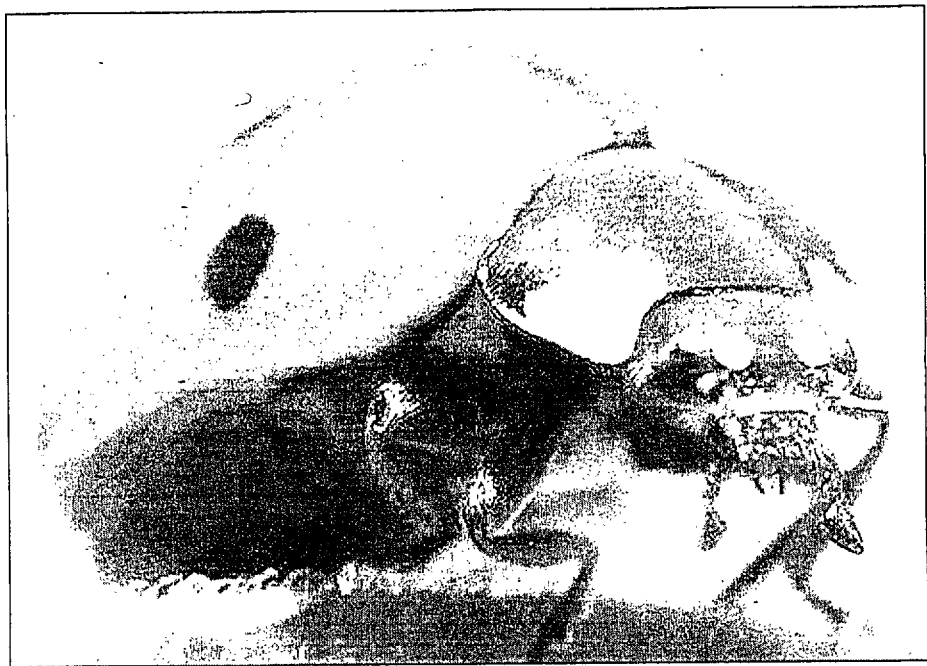


Photo by Keith Daigle

Jared Thomas in the production of Helena's Husband.



Ceramic art in the Library.



Good Bug

Bad Bug

Insects bring both joy and sorrow to every garden

By RACHEL LUSBY

STAFF REPORTER

Obnoxious insects bug gardeners to no end.

They eat holes in leaves and make plants go limp or become deformed.

But not all bugs are bad.

Ladybugs, dragonflies, spiders, and bees, for example, are all beneficial insects that you should want to have in your garden.

Ladybugs eat aphids, those destructive little green bugs that weaken plants by sucking the juices out and by secreting a liquid that sticks the leaf and attracts ugly molds.

"To attract ladybugs to your garden you should plant flowers that will attract them. Some examples are cosmos or coreopsis," says Donn Walter, the biology lab coordinator.

Other harmful insects include meal worms, thrips, caterpillars and spider mites.

Meal worms sometimes feed on seedlings and clip plants off near the soil line.

Thrips feed on pollen and the soft plant tissue.

The leaves then take on a silvery look and the plant or plants become deformed.

Caterpillars feed off of the

leaves of trees and other plants.

Tent caterpillars are especially common in Washington state.

Every few years there will be an outbreak of them and their ugly, white tents will appear everywhere.

They create their silky tents on the branches and new foliage of trees and thereby destroy them.

"The best way to deal with [caterpillars] is both hand-picking the buggers off or cutting away infested branches and disposing of the nests," says Walter.

Spider mites are not actually insects but rather are closely related to chiggers and ticks.

They suck out the juices from plants and stems that make the plant deformed.

They especially like plants that are too dry or phosphate deficient.

There are dozens of bad bugs and not very many good ones to combat them, Walter says.

Spiders feed off the harmful insects that wreak havoc on your garden, which is why you should want them in your garden or yard.

These spiders aren't the giant ones in your basement, they're actually quite small. They like



Photo by Alicia Mendez

A campus bumblebee lands on a flower, helping it reproduce.

to live in compost piles.

Bees, although their stings are painful, are greatly beneficial to your garden. They're nature's great pollinators. Without them you may not have new plants at all.

Besides just keeping the beneficial insects living in your garden or yard, there are other things you can do to keep the bad bugs away.

Attracting birds to your yard is a great way of keeping your garden bug-free.

Birds eat bugs.

To attract birds to your garden you should set up bird houses and plant bright, bold flowers.

Squirrels are something to

keep out of your yard.

"Although people may not agree, stop feeding the cute squirrels," says Walter. "They scare away the birds competing for food and those squirrels will not eat the bugs."

The use of pesticides isn't necessarily the way to go.

They not only kill off the bugs you don't want, but also the ones that you should want.

"In fact," says Walter, "ladybugs are sensitive to the smell of pesticides, so they will stay away from your sprayed garden."

Walter suggests that if you are going to use an insecticide to go with the soap-based types.

"They do not hurt other ani-

mals such as birds," says Walter.

"This type of spray breaks down the sensitive cells of the insects."

The best way to get rid of insects that are ruining your yard is to do it by hand.

"Keep a close eye on your plants and wipe off bad ones with a mild soap or diluted rubbing alcohol, catching any infestation before they start," says Walter.

"Water is another good way to rid your self of bad bugs."

Simply washing the bugs off with water will help keep them off your plants.

Also, just as with weeds, bad bugs prefer plants that are unhealthy.

If you keep your garden healthy then you are less likely to have a problem with harmful bugs.

"That doesn't mean that they won't come along though," says Walter.

You're going to have bugs, good and bad, no matter what you do.

Just keep an eye on your yard and garden, keep it healthy and just generally remain active in its care and you should have no major problems with harmful insects.



Photo by Keith Daigle

Paul Kalchik, Kate Muldoon, and Jude Lizama in 'La Dispute.'

One Acts depict love and pain

By KEITH DAIGLE

STAFF REPORTER

If there is a moral to be learned from the plays in the spring One-Acts it is that love hurts, and sometimes kills; also guys, never buy the girl you like a mint julep, it will only end badly.

Last night was the first time the four student directors pre-

sented their five plays in front of an audience.

The first show of the night was *La Dispute*, written by Marivaux and directed by Aquilla Reed.

Set in medieval times, the play is about an experiment to see who is unfaithful first in a relationship, the man or the woman.

Kate Muldoon plays Egle,

who is almost as enamored with "her" Azor (Paul Kalchick) as she is with her own beauty. Muldoon does a nice job with her character.

The characters lack individual personalities. Adine (Cassandra Franklin) is Egle's other half, while Mesrin (Jude Lizama) is Azor's. The women

See One Acts, page 7

5/18/06

THE THUNDERWORD

One Acts Salmon season promises tasty fare

continued from page 6

BY LINDSEY FARAH

STAFF REPORTER

are vain and confused and the men are lovestruck, jealous and confused.

Notable is Lizamo's performance as the tentative and curious Mesrin.

In the end, the question of who cheats first is not resolved; the point of the play is to show the ridiculousness of asking the question in the first place. However the ending lacks oomph to really make its point.

Amber Johnson directed Bernard Shaw's play, *Petrification or the Fatal Graze*. The play begins with Fitz (Steve Scheide) about to kill his sleeping wife (Magnesia, played by Bri Church). Fitz is interrupted when Magnesia's lover Adolphus (Erik Breakfield) comes over in the middle of the night to show off his new clothes. Over-the-top performances and an enjoyable plot make the play a fun one to watch. Beware the front row, you may get wet.

The Sicilian or Love the Painter, written by Moliere, was presented by Steven Grawrock. Following in the same style that nothing in love is easy, the play is about a grumpy, but not amoralistic lord Don Pedro (Carlos Calvo), who freed a slave so that he could marry her. Afraid she would leave him, he restricts her contact with the outside world.

Meanwhile, Adrastus (Brenan Grant) and his partner in crime Hali (Jonathan Lee) try to come up with a scheme to free her.

The Mint Julip Trilogy is the most modern play, written by Nick Zagone and directed by Jared Thomas. First and foremost, the music is awesome. Opening with Blur's *Song 2*, the soundtrack also includes Nirvana's *Lithium*. The play is about three girls and three guys before, and during a party. They make the mistake of taking each other's advice, resulting in a beer to the face of a girl that the guy likes.

Hammish (Ronnie Rusness) tells the other guys that girls like guys who are jerks. Which ends up working, sort of.

The final play of the night is the directors play, *Helena's Husband*. The play offers its own explanation of how Helen ended up in Troy. Sparta's king and Helena's (Amber Rose Johnson) husband Menelaus (Steven Grawrock) is portrayed as a peace loving king who wants to avoid war at all costs.

The plays are a part of the Spring Arts Festival and will be running Thursday night through Saturday starting at 8 p.m. each night. Admission is \$5 for students and \$6 general.

Salmon season is swimming into town, bringing with it a bounty of healthy, tasty fish.

Salmon is rich in calcium and iron. Prepared right, it can taste every bit as good as it looks.

The season started at the end of April and continues till the beginning of June.

You can either choose farm-raised salmon or wild salmon.

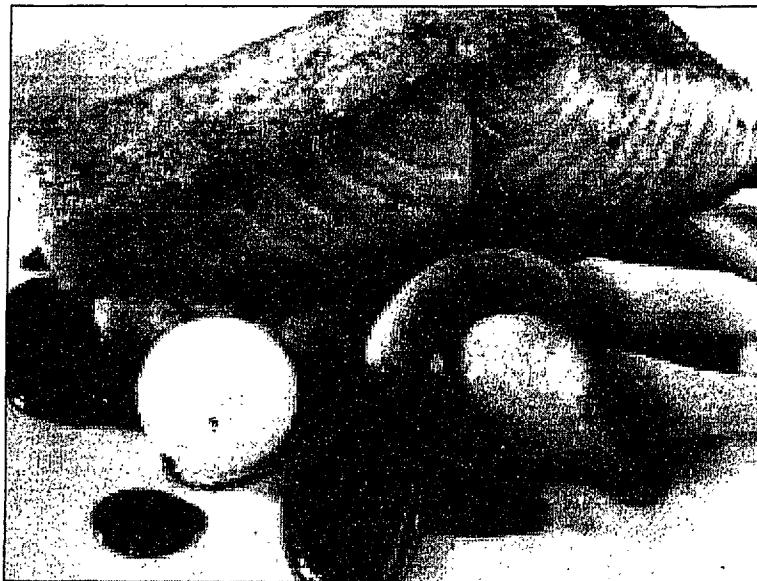
Farm-raised tend to be more consistent in quality, unlike wild salmon where you don't know what you are going to get.

But they may not reach the heights of flavor in a good, wild-caught salmon.

There are many ways to enjoy this delightful fish.

"Barbecuing is the easiest way to cook salmon," said Justin Koeppe at B&E Meats in Des Moines.

Salmon overcooks easily so he suggests you grill it 10 to 12 minutes per inch of thickness



You should also put the flesh of the fish down on the grill for 20 percent of the time and the skin of the fish down 80 percent of the time, Koeppe says.

Another way to cook salmon is to soak a wood plank with water and put it on the grill with the salmon on top.

"Cook the salmon with the zest of lemon on an alder plank and stick it in the oven," said

the kitchen manager at Wally's Chowder House in Des Moines, Rob Webb.

Koeppe suggests if you want that smoky taste, add some cedar chips to your barbecue.

Koeppe mentions pan frying the salmon, to get that full flavor taste.

Before frying the salmon in the pan, smother it in olive oil or melted butter.

Webb suggests an easy way to cook salmon is broil it.

You also could put the fish in parchment paper with vegetables and garlic, then wrap it up and cook it for 15 minutes.

Webb says those who want to lose weight should poach salmon. This is the healthiest method since it adds no fat, though it may lack flavor.

Standing price at B & E Meats for Alaskan Wild King Salmon, the meatiest salmon they sell, is \$13.99 per pound.

The Copper River salmon could be in this week, with an estimated price of \$10.99 pound. Copper River salmon are noted for their flavor, because the fish have to get extra fat to make it up the river to spawn.

Whatever salmon you choose, a good recipe can help bring out the best in it.

"A lot of people don't bother with salmon," said Koeppe, "because people think it is such a hassle to cook. But in reality it isn't"

Centerstage's 'Nickleby' worth the money

BY ALEX CAHAN

STAFF REPORTER

Arts Review

Federal Way's Centerstage Theatre made a bold attempt at recreating a Dickensian tale, and it is to their credit that they do it well.

Centerstage is doing a musical version of Charles Dickens's *Nicholas Nickleby*, directed by Cynthia White, which opened Friday, May 5 and will run until May 28 at the Knutzen Family Theatre in Federal Way.

The music was written by composer Eyvind Kang and lyricist Amy Englehardt, and the book was written by Alan Bryce.

The play begins with an overview of the Nickleby's situation, going through a description of how wealth was inherited by two brothers, one who speculated and gained, the other who speculated and lost. The poor brother had a family, and after his death Nicholas (Jon Lutyens), Kate (Samantha Chapman), and Mrs. Nickleby (Rosalie Hilburn), go to live with their uncle Ralph (K.C. Helmeid), who is less than pleased with this occurrence.

Ralph gets Nicholas a job with Dotheboys Hall, a boy's school with run by the terrible Wackford Squeers (Keith Dahlgren) and his family. Meanwhile Ralph is set upon tearing the family apart and tries using his niece Kate as part of a business deal with a nefarious client.

Through it all Nicholas grows

wiser as to the ways of men; ranging from the kindness of the Cherrybles, whom he meets and works with later; to the cruelty of the Squeers family and their school.

Kang's music and Englehardt's lyrics do an excellent job of advancing the story line, displaying details that would have taken longer to act out.

Some of the songs had irritat-

ingly repetitive tunes, or lyrics, but overall the music was well done.

The actors did an excellent job portraying their characters emotions, from Lutyens' righteous anger to Helmeid's cold and calculating lack of emotion. Chapman, a Highline Running Start student, did a particularly good job of portraying discomfort and fear in the scenes where her character is used in her uncle's business deals.

The costuming (Judy Kent and Dee McGinnis) and makeup are well done and convinc-

ing, especially since several of the boys at Dotheboys were actually portrayed by women.

Many of the actors play multiple roles and the obvious differences in style gave each character immediate recognition.

The set was relatively simple due to the small size of the theater, but the use of props and Steve Cooper's lighting did a sufficient job in separating locations and events.

The play is approximately three hours long with an intermission, but is an evening well spent for those who can bear it.

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



PHO SAIGON
RESTAURANT
AUTHENTIC VIETNAMESE CUISINE

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

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. The first digit is the sum of the other digits

4. 8-Down minus 10-Across

5. Thirty less than 15-Down

7. Seven hundred more than 5-Across

9. Same digit repeated

10. Six more than 9-Across

12. Ten less than 18-Down

14. Five times 12-Down

17. 1-Across minus 3-Down

19. One-half of 4-Across

20. Consecutive digits rearranged

DOWN

1. Four times 17-Across

2. 10-Across plus 12-Across

3. Six more than 14-Across

4. 10-Across plus 19-Across

6. 4-Down plus 16-Down

8. The first digit is four times the last digit

11. Five less than 6-Down

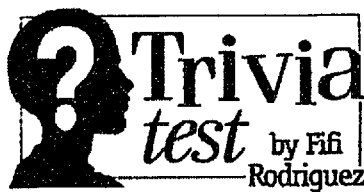
12. 11-Down plus 13-Down

13. Three times 10-Across

15. 1-Down minus 20-Across

16. Digits of 18-Down reversed

© 2006 King Features Syndicate, Inc.



1. HISTORY: Which pope launched the First Crusade?
2. PSYCHOLOGY: What fear characterizes the condition known as ophiophobia?
3. TELEVISION: For which president did James T. West work as an undercover agent in "The Wild Wild West"?
4. GEOGRAPHY: The Irish Sea separates which two islands?
5. GENERAL KNOWLEDGE: What was the Oxford Movement?
6. BIOLOGY: What is a protozoa?
7. MYTHOLOGY: What is a siren?

8. MEDICINE: What is lumbago?
9. ART: Who painted the "Portrait of Dr. Gache"?
10. LITERATURE: Who wrote "The Right Stuff"?

1. Urban II
2. Fear of snakes
3. Ulysses S. Grant
4. Ireland and Great Britain
5. A 19th-century religious reform effort
6. A single-celled organism
7. Half-woman, half-bird creatures whose songs lured sailors to their deaths
8. Lower back pain
9. Vincent Van Gogh
10. Tom Wolfe

(c) 2006 King Features Synd., Inc.

Arts Calendar

•The Rainier Symphony Orchestra presents "Symphony Pops!" May 20-21. The symphony will be performing with The Bottom Line Duo at the Renton IKEA Performing Arts Center on May 20 at 7:30 p.m. and the Foster High School Performing Arts Center on May 21 at 3 p.m. Ticket prices are \$17 for adults and \$12 for seniors and students.

•The University of Washington's 35th annual University Street Fair runs Saturday, May 20 from 10 a.m. to 7 p.m. until Sunday, May 21 from 10 a.m. to 6 p.m. The fair includes a multitude of craft and food booths and admission is free for everyone.

•Stone Soup Theatre will be holding auditions for their next production, William Shakespeare's *The Tempest*, on May 24. The theater is located in the Wallingford/Fremont neighborhood at 4035 Stone Way N. For more information regarding the production, go to www.stonesoup-theatre.com or call 206-633-1883.

Rational Numbers

answers

8	5	3	6
2	4	2	8
9	8	4	1
1	7	6	3
1	5	6	3
2	1	2	1
7	5	3	4

Crossword 101

By Ed Canty

Across

1 Second yr. student

5 Scat singer

9 Stair part

13 Instead of

14 Bay window

15 Verdi's offering

16 Shelved

19 Just get by

20 Holding device

21 Japanese residents

22 Anatomical structure

23 Snappy and The Red Baron

24 Picks up the house

27 _____ Alonzo Stagg

28 A small fragment

31 Hare Krishna, e.g.

32 Plant growth regulator

33 Found at the beach

34 Sky high?

37 Sharp

38 Steelers

39 Trimmed the lawn

40 Slip up

41 Actor DiCaprio, to friends

42 Untidy place

43 Ventilates

44 Go ballistic

45 Catnap

48 Closet pest

49 Tell a whopper

52 Like a Rhodes Scholar?

55 Teens' woe

56 Lucy's brother

57 Joint

58 Kublai or Genghis

59 Fencing sword

60 Leap follower

Down

1 _____ gin fizz

2 Sty sound

3 Rose, for one

4 What

5 Remove data from a disk

6 Parasites

7 Albanian moolah

8 Can resident?

9 Pakistan garments

10 Turner of song fame

11 Garden locale

12 Tiger's goals

14 Final bios

17 Align the paper's edges

18 Consumes

22 Dangerous gas

23 Housemaids

24 Engine starting need

25 A large commercial ship

26 Enroll in college

27 Illinois city

28 Small towns

29 A creek, perhaps

30 President Roosevelt

32 Hairdos

33 Ram

35 In working order

36 Comes before management

41 Follows Bud

42 Ways

43 Anemic looking

44 Rascal

45 Immerse in water

46 Advance slowly

47 Sicilian landmark

48 Quarry

49 Hunky-dory

50 Product of mental activity

51 Sam Adams

53 Tear apart

54 Rainbow setting

Quotable Quote

In America any boy may become President and I suppose it's just one of the risks he takes.

Adlai E. Stevenson Jr.

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

Last week's solution

WATER EVERYWHERE

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

Wishing Well®

5	6	2	5	2	6	8	4	2	5	3	2	3
E	D	B	X	U	O	F	L	S	P	A	I	M
6	5	7	4	8	4	3	8	3	7	6	2	8
F	E	S	O	R	O	B	E	I	E	O	N	E
2	5	2	6	5	7	3	4	2	3	7	3	2
E	C	S	R	T	E	T	K	S	I	K	O	C
3	7	8	5	3	2	5	8	5	3	8	2	5
N	M	O	C	H	O	H	F	A	I	S	N	N
2	6	2	3	2	8	3	6	7	5	2	8	5
F	O	E	G	R	T	H	T	O	G	E	R	E
2	8	2	4	8	5	2	4	6	7	6	8	7
N	E	C	F	S	S	E	O	H	D	E	S	E
4	6	7	6	7	4	7	4	7	4	7	4	7
R	R	R	S	A	W	T	A	I	R	O	D	N

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.

©2006 by King Features Syndicate, Inc. World rights reserved.

Men's track shoots for championship

Men aim for top spot in their events at championship

With both Spokane and Lane being the heavy favorites to win the meet, Highline is hoping to bring home several individual awards for its small, yet highly competitive team at the 37th annual NWAACC Track and Field Championship Meet.

This year's meet will be at Spokane Falls Community College May 22-23, home of the defending champion Spokane Sasquatch.

The meet usually takes place the Thursday and Friday before the Memorial Day Holiday, but due to a scheduling error the meet will be held on Monday and Tuesday next week.

At last year's meet, Spokane knocked off defending champion Highline to win its seventh title in nine years dating back to 1997; their best run since winning 16 straight titles from 1973-1988.

Highline tied for second last year with Lane with 160 points and Clackamas finished fourth with 102 points.

Right now the heavy favorite to win the title is Spokane due to their longstanding tradition and history.

Since track became an official sport back in 1969, Spokane has won 25 team titles and been runners-up 11 times.

"Spokane is the favorite, but we also have the numbers," said Grady O'Connor, head track coach at Lane Community College.

One league rule that all teams must abide by is the number of athletes they can have participating in the meet.

Each team, both men and women, are allowed a maximum of 25 athletes to compete in the meet and it could cost teams several points.

"With only 25 guys allowed to compete, it looks like we're going to have to leave some guys home who are in the top six in their events," said O'Connor.

"We're hoping to get fourth behind Spokane, Lane and Clackamas," said David Caldwell, head track coach at Clark.

Coach Caldwell is in his second year as the head coach at Clark after former head coach Erik Anderson left to become an assistant at Spokane.

Highline comes into the meet with a lot of holes to fill in almost every event, but still hopes



Photo by Keith Daigle
Victor Kimuhu runs in the 10,000-meter run at the Ken Foreman Invite on Saturday. Kimuhu finished in a time of 40:37 which made him the top community college finisher in the race.

to get several top three finishes.

Leading the way for the sprinters will be the duo of Bruce Hubbard and Kenjamine Jackson who are ranked second and third in the 100 and first and eighth respectively in the 200.

Also hoping to help score points for Highline is Miguel Martinez.

Martinez comes in with the potential of getting to the finals in both the 100 and 200-meter dash.

Spokane comes into the meet with athletes stacked in every event.

Leading the way for Spokane will be Andrew Fuller and Mark Curell

Fuller comes into the meet as the defending champion in the steeplechase and hopes to claim his second straight victory.

Another athlete that Spokane will rely on is Kyle Anderson.

Anderson comes into the meet with the fastest time in the steeplechase and is looking to add another All-American finish to his resume.

Curell comes into the meet with high hopes of finally earning his first ever individual title for Spokane.

One team expected to give Spokane a run for its money is Lane. Lane comes in with a lot of fire power and will look to the leadership of freshman distance runner David Morgan.

Morgan comes into the meet with the top time in the 5,000-meter run and the second fastest time in the 10,000 at 31:01.91.

Morgan also comes into the

meet as the reigning individual champion for cross-country

Another runner Lane hopes to rely on is Matt Barnhart, who is the defending champion in the 10,000.

Barnhart won the 10,000 last year because the leader collapsed during the race due to the heat.

Clackamas comes into the meet as a dark horse, but is expected by many to finish in the top three but must do it without most of their distance runners.

The Cougars will rely on the leadership of Josh Cobb and Trevor Snook to help lead the way.

The biggest loss for Clackamas this year was when distance ace John Butkey graduated following the 2005 season.

Clark also has high hopes for its athletes.

At the recent Southern Regional Championship, both Larry McLoughlin and Johnathan Graves qualified for the steeplechase and have several key runners in the 400.

It will be very difficult for Mount Hood, Treasure Valley, and Southwestern Oregon to earn a lot of points because they only have a few athletes who have met the qualifying standards in their respective events.

At last year's meet Spokane won with a score of 236 points followed by Highline and Lane at 160 points, Clackamas at 102 points, Clark 54 points, Treasure Valley 38 points, Southwestern Oregon 37 points and Mount Hood 28 points.

Men finish regular season on high note

Highline men's track team performed well against tough competition at the Ken Foreman Invite. The Invite was hosted by Seattle Pacific University and was not a team scoring affair.

The T-Birds' top sprinters, Kenjamine Jackson and Bruce Hubbard, ran well despite competing against four-year universities.

Head Coach Amber Rowe felt that the weather conditions affected the sprinters.

"The wind was pretty strong, so the sprinters had a hard time," Rowe said.

"They ran well but couldn't lower their times because of the wind."

In the 100 meter dash, Jackson finished second with a time of 10.96, while Hubbard finished in sixth with a time of 11.12.

In the 200 meter dash Jackson finished first with a time of 22.06. Hubbard finished in eighth with a time of 22.68. Miguel Martinez finished in thirteenth with a 23.11, and Rashawn Boyce finished sixteenth with a 23.83.

Coach Rowe is now focused on the NWAACC championships.

"We worked hard on Monday and Tuesday and took Wednesday off. We're going to coast

into NWAACCs now, and we leave on Sunday."

Rowe believes that the team is capable of a strong finish.

"I think we're going to surprise a lot of people. Everybody expects our top athletes to perform, but it's our lesser known guys who are going to surprise people. We have a small team, but we have such quality athletes we could take second or third."

Rowe feels that first is just beyond their reach. "We probably don't have enough athletes to take first. Each team is allowed to take 25 people, and Spokane and Lane will probably both do that. That gives them a huge advantage. I definitely think we could still place second, or third." Jackson is mentally prepared for NWAACCs to begin. "I'm excited for it to start," Jackson said. "I think we have a pretty good chance of winning our events, and a great chance of placing in them."

Charles Young Jr. ran the 100 meters but did not qualify for the NWAACCs and had a tough season filled with injuries.

"This season has been a lot of hard work and injuries," Young said. "I pulled six muscles this year and missed three weeks of practice, so I was definitely held back by injuries."

5/18/06

THE THUNDERWORD

SPORTS

Small team, high hopes

T-Bird foursome hopes to make some noise at championships

BY TREVOR KULVI

STAFF REPORTER

With Spokane favored to win their third straight title, Highline hopes to make an impact with its small team at the 28th annual NWAACC Track and Field Championship meet.

This year's meet, which will be held May 22-23, will take place at Spokane Falls Community College.

The championship meet is usually on the Thursday and Friday before Memorial Day, but due to a scheduling conflict the meet will be held on Monday and Tuesday next week.

At last year's meet, Spokane won it for the second year in a row and for the sixth time in eight years dating back to 1998.

Finishing second last year was Lane with 156 points; Clark was third with 150 points.

Highline finished fourth last year with a score of 138 points led by All-American's Sitges Marshall and Zori Grasamichuck, who have since graduated.

Right now the favorite to win the meet is Spokane, due in large part to their history and tradition.

Since women's track was inducted in 1979 Spokane has won the team title 11 times and been runner-up nine times.

"It is between Spokane and Lane," said Dave Caldwell, head track coach of Clark College. "Both Clark and Clackamas will battle it out for third."

The meet will begin on Monday with the running of the women's 10,000-meter run.

The early favorites to win the event are Katie Gilbert of Lane and Breanna Mercer of Clark.

Mercer currently holds the league lead with a time of 47:30, while Gilbert is considered a favorite as the defending champion in the event.

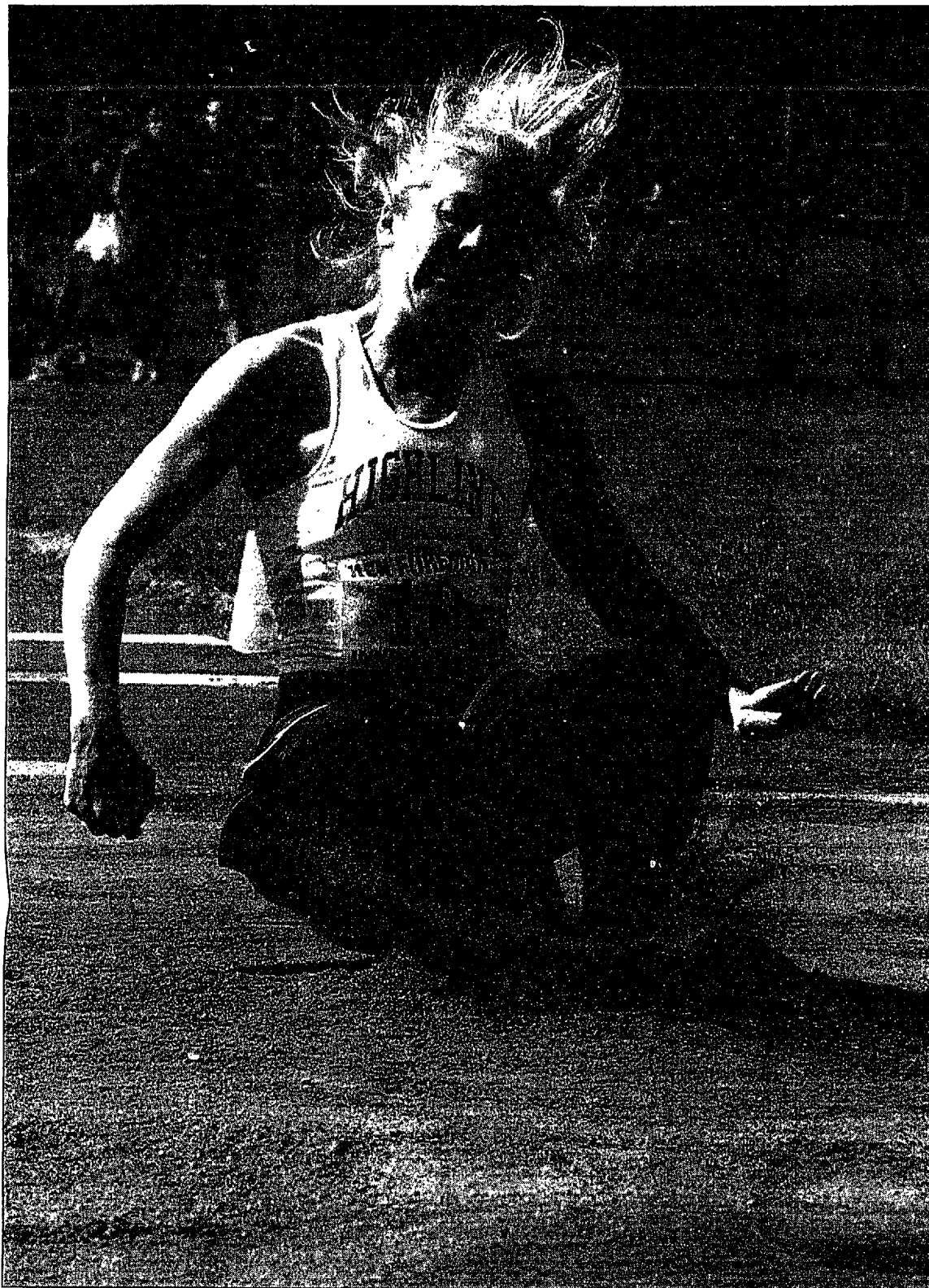
Gilbert won the 10,000 last year with a time of 40:33.84.

Highline comes into the meet with a very small team, but hopes to score some points.

This season Highline will rely on the leadership of Brittany Smith.

Smith comes into the meet as the league leader in the triple jump and in second place in the long jump.

Highline will also look to



Brittany Smith on her way to a fourth place finish in the women's long jump.

Photo by Keith Daigle

Sheree Barbour, Rosie Meeker and Melissa Better.

Right now Barbour is favored to win both the 800 and 1,500.

Freshman Lindsey Farah has been lost for the remainder of the season due to a pinched nerve.

One of the biggest losses from the 2005 championship meet went to Spokane when Molly Burt graduated following the championship meet.

Burt was named the NWAACC high point athlete for the second consecutive year by scoring 47 of Spokane's points.

Burt was also named the meet's Outstanding Female Field Athlete, plus she won the NWAACC Multi-Events last year on her home track.

Another key loss for Spokane is Chelliey Corder. Corder placed second in the 10,000 and placed third in the 5,000. One team expected to make a run at the title are the Titans from Lane

Community College. Lane's biggest strength comes from the women distance runners.

Katie Gilbert returns to defend her 2005 10,000-meter title.

Gilbert lost to Marshall in both the 3,000 and 5,000-meter runs in last year's meet.

Another team expected to make a run is Clark.

Clark comes into the meet with a lot of their athletes near the top of the standings in their events, but must cope with the loss of Kate Burton who set the national junior college record in the hammer last year.

The leader for the Penguins is Lakeesha Cadogan. Cadogan trails Smith in the triple jump, but has the league lead the long jump.

Both Smith and Cadogan are expected to battle it out for the top spot in both events. Clackamas comes into the meet with a lot of holes to due to the large

number of athletes lost due to graduation.

The biggest loss for Clackamas was Lindsey Bartell and Leslie Bartell. Both placed fourth and fifth in the 5,000 and 3,000-meter runs and Clackamas has several freshmen that are in the middle of the standings in their respective events.

The loss of the Bartell sisters could play a big role for Clackamas because they scored 20 points together.

Mount Hood, Treasure Valley and Southwestern Oregon will have a hard time trying to win a trophy because they all have only a few athletes who are near the qualifying marks.

At last year's meet Spokane won with a score of 181 followed by Lane 156 points, Clark 150 points, Highline 138 points, Clackamas 61 points, Mount Hood 57 points, Southwestern Oregon 51 points, and Treasure Valley 7 points.

Barbour breaks 5-minute barrier

BY TREVOR KULVI

STAFF REPORTER

The small, yet highly competitive Highline women's track team came away with outstanding performances at the 20th annual Ken Foreman Invite hosted by Seattle Pacific University.

Heading into the meet, Highline was dealt a huge blow when freshman Lindsey Farah was lost for the remainder of the season due to a pinched nerve.

Leading the way for Highline was freshman Sheree Barbour who ran in both the 200 and 1,500-meter runs.

Barbour used the 200 for speed training as she finished ninth overall with a time of 28.78 which placed her third out of four community college runners.

Her performance in the 1,500 was more memorable. Barbour came into the meet with a season best and league leading time of 5:00.74, and was determined to get a time under five minutes.

When the gun sounded, Barbour took off and never looked back as she crossed the finish line in a time of 4:55.13.

That time now has Barbour in the lead by 12 seconds and is now the heavy favorite to win at the championship meet.

Also having a great day was freshman Brittany Smith as she competed in the 100-meter dash and both the long and triple jump.

In the 100, Smith finished 10th overall with a time of 13.42.

In the long jump Smith finished fourth overall with a jump of 17 feet 3.25 inches and was third in the triple jump with a mark of 36 feet 7.75 inches.

The duo of Rosie Meeker and Melissa Better represented the T-Birds in the women's 5,000-meter run.

Meeker finished in a time of 22:35, while fighting a bad cold and Better finished in a time of 22:27.

Both finished the race as the second and third place finishers for the league behind Jessica Ward from Treasure Valley.

Up next for Highline will be the 2006 NWAACC Track and Field Championship Meet May 22-23 at Spokane Falls Community College. Spokane last hosted the event in 2004.

Fastpitch qualifies for NWAACC playoffs

By ERIK BREAKFIELD

STAFF REPORTER

Thanks to some great clutch hitting, the Highline Thunderbirds fastpitch team rallied in the bottom of the seventh to come from behind and clinch the last remaining NWAACC playoff berth over Grays Harbor, 5-4.

The Thunderbirds will now travel down to Portland this weekend for the double-elimination NWAACC Tournament at Delta Park. Their first game will be against Spokane at 11:30 a.m. on Friday.

Highline finished the regular season 11-28, including 11-17 in the Western Division.

That was good enough for fourth place and the final playoff spot.

The T-Birds entered last Friday's game needing to win to extend their season.

The first game of the double-header started slowly for the T-Birds, however, as they struggled to get any offense rolling and were in big trouble when they found themselves down by three runs in the last inning.

The T-Birds came back, however, taking the victory on a game-winning base hit by pitcher Jennifer Ventoza.

Highline then had no problem disposing of the broken-hearted Chokers of Grays Harbor 10-2 in the second game.

Their task will be tougher this weekend.

Spokane is the first place team from the east division with an overall record of 36-8.

They are led by their two league leaders in home runs,



Photo by Seth Carlson

Yoko Jingi slides into third base against Grays Harbor. The T-Birds won 5-4 and qualified for the NWAACC playoffs.

Amber Fowler (with 23) and Jessica Miles (with 14).

Spokane also carries two pitchers in the NWAACC's top 10 list for lowest earned run average, Jessie LaPlante (2.80) and Stephanie Day (3.04)

"We already faced their main pitcher in the fall," said Highline Head Coach Anne Schmidt, so half of the team has already faced her before.

If Highline wins their first game, they will play the winner of Chemeketa vs. Everett; if they lose they will have to play the loser of that same game.

Schmidt has decided to increase the speed of the pitching machine at practice to help simulate the speed they will most likely be facing this weekend.

"It's about getting base hits and moving people around," Schmidt says.

Highline's strategy is to keep up on the defense and minimize errors, not allowing any one person to beat them.

Pitchers must hit their spots and the offense must continue to keep base-hitting opposing teams to death.

The Lady T-Birds are opti-

mistic heading into this weekend's games.

The team lacks playoff experience and is made up mostly of freshmen, but that has not affected their confidence level in the least.

"I want us to play how we did against South Puget Sound," says freshman shortstop Jessica Ventoza, referring to their first game on May 2, when they held the NWAACC's leading offense to just four runs.

"We have better attitudes this year," says sophomore left fielder Sandra Proulx. Last

year's team finished 3-34.

This year's players say that everybody picks up everybody on this team and they can all turn to each other for moral support.

"I want to contribute, to get my hits down," says right fielder Erin King.

King, like all of the others, hopes to do her best this weekend. The players say they are constantly reminding themselves of Coach Schmidt's belief -- that anybody can beat anyone on any given day, it all comes down to who came to play.

NWAACC SOFTBALL STANDINGS

As of 5/13/06.

NORTH League Overall

Bellevue	31-5	37-7
Edmonds	25-9	29-13
Everett	23-13	29-19
Peninsula	16-18	18-22
Olympic	14-22	22-29
Shoreline	12-24	12-26
Skagit Valley	3-32	3-36

WEST League Overall

S. Puget Sound	28-2	40-8
Pierce	23-7	26-24
Centralia	20-10	21-14
Highline	11-17	11-28
Grays Harbor	8-20	8-28
Green River	0-30	0-38

EAST League Overall

Spokane	24-4	36-8
Wen. Vly.	24-4	33-10
Walla Walla	17-11	23-25
Big Bend	16-12	22-15

Col. Basin	9-16	14-19
Treasure Vly.	10-18	15-23
Yakima Valley	6-19	14-25
Blue Mt.	3-23	10-31

SOUTH League Overall

Lower Col.	26-4	38-7
Chemeketa	22-8	38-8
Clackamas	17-13	23-19
Mt. Hood	17-13	20-16
SW Oregon	7-23	8-30
Clark	2-28	8-34

NWAACC/Horizon Air Coaches' Poll

School Record Votes	
1. Lower Col.	34-5 76 (6)
2. Chemeketa	35-7 59 (2)
3. Wen. Vly.	31-10 46
4. Bellevue	33-5 37 5
5. Spokane	30-8 30 4
6. Clackamas	21-15 29 6

7. S. Pug. Sound	36-8 16
8. Mt. Hood	17-15 13 8

ALSO RECEIVING VOTES:

Edmonds (25-11, 5 votes), Walla Walla (21-25, 1 vote).

First place votes in parentheses.

NWAACC TOURNAMENT SCHEDULE

at Delta Park, Portland

FIRST ROUND

Game 1-LOWER COLUMBIA vs PENINSULA 9:00 a.m.

Game 2-WENATCHEE VALLEY vs CENTRALIA 9:00 a.m.

Game 3-BELLEVUE vs. MT HOOD 9:00 a.m.

Game 4-PIERCE vs WALLA WALLA 9:00 a.m.

Game 5-SOUTH PUGET SOUND vs BIG BEND 11:30 a.m.

Game 6-EDMONDS vs CLACKAMAS 11:30 a.m.

Game 7-SPOKANE vs HIGHLINE 11:30 a.m.

Game 8-CHEMEKETA vs EVERETT 11:30 a.m.

SECOND ROUND

Game 9-Loser G1 vs Loser G2 1:30 p.m.

Game 10-Loser G3 vs Loser G4 1:30 p.m.

Game 11-Loser G5 vs Loser G6 3:30 p.m.

Game 12-Loser G7 vs Loser G8 3:30 p.m.

Game 13-Winner G1 vs

Winner G2 1:30 p.m.

Game 14-Winner G3 vs Winner G4 1:30 p.m.

Game 15-Winner G5 vs Winner G6 3:30 p.m.

Game 16-Winner G7 vs Winner G8 3:30 p.m.

SOFTBALL SCORES

5/13

EVERETT 20, at SKAGIT VALLEY 1 (FIRST GAME)

EVERETT 15, at SKAGIT VALLEY 0 (SECOND GAME)

at BELLEVUE 12, SHORELINE 7 (FIRST GAME)

at BELLEVUE 8, SHORELINE 0 (SECOND GAME)

at SPOKANE 11, BIG BEND 10 (FIRST GAME)

at SPOKANE 7, BIG BEND 3 (SECOND GAME)

COLUMBIA BASIN at WALLA WALLA (CBC forfeit both games)

TREASURE VALLEY 8, at BLUE MOUNTAIN 7

Scoreboard

Upper body strength key to fitness

Strengthen your sails so they don't flap in the wind.

And this is the season to tighten your upper region.

You need to strengthen your upper body, so you won't hurt yourself when you are doing fun activities in the sun or working in the yard.

Head down to the weight room and use the equipment, but before you do, Highline fitness instructor Josh Baker is going to

Fit with Farah



LINDSEY FARAH

give you some tips to use when you are working your upper body.

"Beginners should do three sets of eight

reps, choosing a lift for each muscle group. Don't know what muscle lift works? First ask someone; second, try it and see what is sore the next day.

"Machines are best for new lifters because they are safe. Once a lifter has mastered the technique of a machine they should try free weights as they also train stabilizing muscles," said Baker.

"A great bet for beginners is to use the white machines," Baker said of the Cybex machines in the Highline weight room.

"After you feel comfortable start asking other people in the weight room what they do, and



Photo by Jeremy Kochel

Highline student Ola Idowa works out his pectorals using a chest press machine in the Highline weight room. Such machines help build upper-body strength.

start mixing up your routine."

Experts say free weights are more effective for building strength and muscle mass, but machines are a great way to start. When you start working out for the first time, keep in mind to not use too much weight. Baker suggests you should start at an easy weight where you are less likely to hurt yourself.

It all depends what type of fitness level you are on.

For example, if you never worked out before, Baker suggests you start with the lightest

weight you can find. You're less likely to injure yourself that way.

As you get stronger, he says, you can work your way up to higher weights. And you can always ask for help from the attendant at the weight room. Baker also suggests you should work each muscle group such as chest, shoulders, back, traps, biceps and triceps. Twice a week is plenty for most body parts. Don't work the same muscle group two days in a row, except for cardio.

Weights not only help build

strength, they can help women stave off osteoporosis.

"Lifting weights increases bone density," said Baker. A good thing to keep in mind is to always incorporate cardio with your workouts, to keep your heart up and lean the muscle down.

The more cardio you do the more it will help you get in shape. Your body takes time to change, so you may not see a difference in a week, but you will notice a difference. In this case seeing isn't believing, instead believing is waiting for the final

outcome. "You will see strength gains in the first month, mostly due to neurological adaptations. Size increases tend to kick in from 8-12 weeks, depending on intensity," said Baker. However, though you may be working out more, your weight may not go down.

Muscle is more dense than fat, so it weighs more. This means that even if you're smaller, you may weigh more. However, it's the kind of weight you don't mind putting on.

Lindsey is the strongest woman in the newsroom.

Dawson not satisfied with one championship

The Highline men's basketball team finished the season as NWAACC champions. Now, their coach is No. 1 as well.

Head Coach Che Dawson was named men's basketball Coach of the Year after leading the team to the 2006 NWACC championship.

Dawson's thoughts on the award were simple.

"I am humbled by it," Dawson said. "It's due to a lot of people other than myself that I was able to achieve this recognition."

This is the first time Dawson has won the award.

"It was an incredible season and I'll remember it forever," Dawson said.

Although he's won a championship and a coach of the year award, Dawson is not resting on his laurels. He is already working hard to make 2007 a

successful year, and hopefully bring back the championship to Highline.

After losing four sophomores and two freshmen to universities, new players are required to be successful.

"We're still recruiting," Dawson said. "We've signed two guys from Cascade High School in Everett, and one guy from Bellarmine Prep."

Winning a championship always helps to attract the best players, but Dawson said this was not part of his recruiting strategy.

"There was no expressed indication of that (using the championship to recruit), but there's no doubt it helps," Dawson said.

"An even more important factor was our guys. The recruits turned down offers from four-year universities after coming here and spending time with our guys. They realize that they are coming into a great group of people to be around."

Perhaps the championship was not a recruiting strategy, but it was surely on every recruits mind while they considered Highline. A big part of recruiting that Dawson did not mention is the coach. Many players come to community college to improve and go on to a four year university, and a coach with a good reputation always helps.

Besides helping to recruit

players, the returning players are working hard in the off-season.

"We have a group of guys as committed as anybody in the NWAACC," Dawson said. "They've worked very hard in the off season, especially in the weight room. They realize that winning the championship is not a destination, but a step in the evolution of our program. We want to be up there every year, winning the championship."

The off season training regime is important to keep players from getting complacent. With only two years eligibility it's possible that players may be less motivated the second year after a championship. Coach Dawson is here in for the long haul though, and he wants to keep everybody as motivated as he is.

Although Dawson has won

two awards this year, he would be satisfied with one next year.

"Winning the championship is definitely better," Dawson said. "I'd like to emphasize that it's an individual recognition, but it came from the help of lots of people. Without the support of [Athletic Director] John Dunn and Joy Smucker there's no way we could do what we did this season." Smucker is the chairwoman of the Business Division, in which Dawson teaches paralegal courses.

Although repeat champions are rare in the NWAACCs, Coach Dawson looks to have built a core capable of repeating next year. With a hard working team and great recruits, the team could go a long way next year.

Coach Dawson will be honored at the NWAACC Annual banquet at the Pasco Red Lion on Thursday, June 1.

From the field



STEVE PIROTTE

Saltwater offers quiet retreat



Photo by Jocie Olson

Saltwater State Park has dense forests, beaches, and picnic areas. The tide comes up as far as the trees, but while it is down there is rocky beach for yards.

BY EMIL JACOBSON

STAFF REPORTER

In an effort to settle an argument in 1933 over the name of Mt. Rainier between Tacoma and Seattle, officials from the two cities met on a parcel of land in the middle and buried the hatchet, literally. The land was then dedicated as a state park, and Saltwater State Park was born.

Saltwater State Park covers 8 acres with 1,450 feet of shoreline. The park is nestled in the middle of Des Moines, just off of Marine View Drive.

Saltwater is covered in a dense maturing forest, with parking and picnicking on multiple levels. Saltwater also fea-

tures shelters and a concession building.

The buildings in Saltwater were built in 1935-36 by the Civilian Conservation Corps, formed by President Roosevelt to create jobs during the Great Depression.

"The buildings here in the park have stood the test of time," Ranger Ross McMahon said.

Ross McMahon is a park ranger at Saltwater State Park. He has been working there for almost three years now.

In recent years, construction projects on shelters and free standing maps were finished. Most recently, guard rails built of mortar and flagstone were constructed by volunteer groups. Many of the older buildings,

such as the ranger station, have been renovated as well.

"We try to stay with the old style, to preserve the history of the park," McMahon said.

The upper area features a small parking lot, a few picnic tables, and a few entrances to a trail system that runs the length of the park. The ranger station is next to the parking lot, where visitors can get information about the park.

The lowest level is the main area of the park. From the parking lot, there is a main trail lead-

ing through a small valley overgrown with evergreen and some deciduous trees. The trail has a few smaller trails leading off to the sides that double back onto the main trail.

"The trail is popular with hikers and bike riders," McMahon said. The main trail and many of the smaller trails lead to the campground, which is also accessible from the lower parking lot.

The park features a 50-site overnight campground, though none of the sites have water or electricity hookups.

"Day use is the most popular reservation," McMahon said.

One of the more popular features of the park is its natural beauty.

The park is quiet, and most of the background noise is the sound of nature. Squirrels and small birds can be seen quite frequently.

Adjacent to the parking lot in the lower area is a grassy park area. There are a few picnic tables and a building used for indoor dining. The building also houses a concession stand where food and various memorabilia are sold.

This lower level also includes the shoreline. The shoreline is very rocky, varying from boulder sized rocks down to stretches of pebbles. Small crabs are a frequent site, and one should also watch out for various shellfish. Barefoot beachcombing is out of the question, as barnacles cover everything. Groups of people can be seen looking at the wildlife of the beach and

watching the water.

"Everyone wants to be by the water, especially on a hot day," McMahon said.

Saltwater State Park has a rule that no one can harvest shells from the beach. As a result, the beach is also largely composed of shells, both whole, and broken. The result is a rocky beach with a very organic element. Near the higher part of the beach, the broken shells have become more of a soft sediment, giving the ground a very light soft feel.

"Eight or nine years ago, visitors would remove too many shells, and they stripped the beach," McMahon said.

The park also features a flow of fresh water that empties into the Puget Sound called McSorley Creek.

McSorley is a fast-moving stream that supports various forms of life, from small amphibians and insects to large fish, including chum salmon, which have used the creek bed to lay their eggs for years.

The salmon spawn in the fall, and then in the spring, new chum start their little lives right in the park.

They will return in the fall to complete the cycle. Recent years have seen a decline in the levels of aquatic life in the stream. Ranger McMahon said the staff at the park are forming plans for protective measures of the wild life in the park.

"Our main job is to preserve and protect the park, and its wildlife, for future generations," McMahon said.

Spring Sale



T-shirts \$9.99

or 2 for \$16

Store Hours

Tue-Fri 11am-7pm

Sat 11am-6pm

Sun 12pm-5pm

Shoes Starting

at \$35.00

28717 Pac Hwy S

Federal Way 98003

Phone: (253)839-5202

info@35thavenue.com

www.35thavenue.com

AIM FOR COMPUTER GAMING
THIS FALL! 2006

#6074
CSCI 110 COMPUTER GAMING
MONDAY-THURSDAY 12:10-1:13PM

PREREQUISITE:
COMPUTER LITERACY

FOR MORE INFORMATION CONTACT RAYMOND K. KANG
PHONE: 206-976-3710 X3337
EMAIL: RKANG@HIGHLINE.EDU

Hip-hop lecture emphasizes the need for change

Speaker criticizes today's 'corporate defined hip-hop'

BY JUDY VUE
AND ANGELA NELSON
STAFF REPORTERS

If 50 Cent could translate his 4 million album sales of *Get Rich or Die Tryin'* to the electoral process, imagine the immense power that hip-hop could wield in American politics.

That is the conviction of Bakari Kitwana, author of several books, co-founder of the National Hip-Hop Political Convention and former executive editor of *The Source*, a hip-hop magazine.

Kitwana gave a lecture on May 15 in the Mount Constance Room in Building 8. The topic was "Can Hip-Hop Make the Transition from Cultural Movement to Political Power?"

The lecture was part of Monday's Hip-Hop Summit, whose goal was to "bring consciousness back to hip-hop."

The other events were led by musicians such as the Blue Scholars, Sean Good, and Univesoul.

The entire event lasted from 9 a.m. until 3:30 p.m.

"Hip-hop has to articulate and define a moral center," Kitwana said. "It becomes difficult when hip-hop doesn't reveal a sense of morality."

Kitwana took shots at issues such as the war in Iraq, wiretapping, immigration and high gas prices.

He said people need to define "what politics are in our generation under the influence of hip-hop."

He said he wasn't just talking about what he referred to as "corporate defined hip-hop." He also spoke of underground

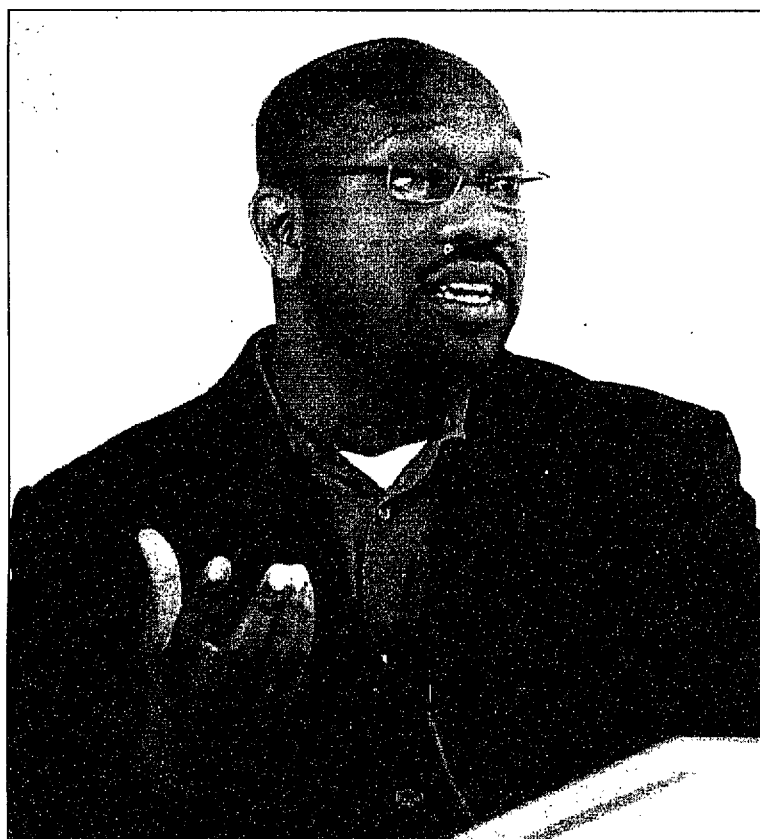


Photo by Alicia Mendez

Speaker Bakari Kitwana suggested that hip-hop could function as a poignant political force.

hip-hop and the roots of how hip-hop came to be developed throughout history.

"Hip-hop has been defined as a youth culture. I don't agree," Kitwana said. He defined hip-hop has a "radical departure from black culture."

He related this to the ages of current mainstream rappers, notably that of Snoop Dogg and Flavor Flav who are close to or well into their 40s.

"Seven-to-8-year-olds are listening to 40-year-old rap-

pers," Kitwana said. He said that young kids are listening to content that is most likely inappropriate for them and how that in itself is not appropriate either.

"At some point we have to take a stand on the morality (of hip-hop)," Kitwana said, citing

the negative depiction of women in the hip-hop culture as one of his examples.

Kitwana said that hip-hop can be used as a tool in politics to "define a moral center."

"We (the younger generation of African-Americans) enjoy the roots of civil rights and black power," Kitwana said. As a teenager during the '70s, he said the era of the Civil Rights Movement was already considered "ancient history."

Kitwana said that this legacy should not be forgotten.

He pointed out how there is a "grassroots segment" of people who make up the fan bases of icons such as Russell Simmons, 50 Cent, and Jay-Z.

He said that these people could help steer hip-hop in the direction that he feels it needs to go to gain political power.

All these points he made eventually led back to what the topic of the lecture was to begin with: using the strong force of hip-hop to begin an even stronger political movement.

Kitwana said that for hip-hop to make a change, the decision lies not with the government, not with the hip-hop industry, but with the people themselves.

Only then, he said, will hip-hop be able to get back to that basic "moral center" that it

needs.

Sean Good offered a workshop - titled "Back to the Basics" - that may have been a step in the right direction. His workshop took place at 10 a.m. and was presented to students from Highline college and Highline High school.

The high school students that attended were from a club called Sekatu, which means "other people" in Swahili.

Good says he was happy for everyone to be here and made groups, using those who were lyrical writers as group leaders. Each group was assigned a topic.

Many groups were happy on the topic that they received, while many were not.

The topics were immigration, war, gas prices, media biases, religion, interracial marriage, and George Bush.

Each group had 20 minutes in all to get lyrics down on paper.

When the time was up each group was put in the front of the room to spit their flow.

Good ended the session by demonstrating his own abilities.

At the end of the workshop he thanked everyone for coming and explained that everyone can listen to music, but dissecting it is total different.

YOU CAN GET YOUR
SCHOOL TUITION
FOR FREE

uniquebob@hotmail.com

Homework wearing you out?
Food for thought:
condition your mind with nutrition.

Normandy Nutrition, Inc.

Herbs, vitamins, homeopathy, and more

Present this coupon
for a 5%
discount on any regular
priced item in the store.

Offer limited to one coupon per
purchase. Coupon not valid
with any other offer.

Store Hours:
M-F 10am-7pm
Sat 10am-4pm

17684 1st Ave So. Burien, WA 98148

Change Your Life for Good

Transfer up to 90 Lower Division Credits

Complete your undergraduate degree and open doors for future opportunity, no matter how busy your life may be.

**Bachelor of Science in
Business Administration**

**Bachelor of Art in
Applied Psychology**

Bachelor of Art in Education

*Scholarships and Financial Aid
available for those who qualify.*

Quality: Over 50 comprehensive programs in business, education and behavioral science.

Flexibility: A generous credit transfer policy accepting up to 90 transfer credits - with or without a prior degree.

Accessibility: Courses are delivered days, evenings, weekends, and online through distance learning.



CITY UNIVERSITY

Change your life for good®

info@cityu.edu
1.888.42.CITYU
www.cityu.edu

Highline speaks about its ESL programs

By LYNETTE MARQUIS

STAFF REPORTER

Highline reached out to the community in its largest effort yet with the new Communities and Families Education Night.

About 300 people speaking several different languages gathered last Wednesday in the Student Union to learn about the opportunities Highline has to offer in education and language skills for ESL (English as a Second Language) students.

The event included tables with representatives for Highline's Education Department, Hotel/Tourism, Respiratory Care, B Tech, Student Services, ABE/ESL, Printing Programs, Running Start, Financial Aid, Washington Mutual, and more.

When attendants entered the Student Union they were handed an agenda of the different workshops occurring at the event. The workshops included an introduction to Highline, job training for people with English as a second language, and learning about paying for college with financial aid. The workshops were either in English, translated in Spanish, or in Spanish.

Volunteers worked as translators to help attendants communicate with representatives, they



Photo courtesy of Sue Kelly

A booth at Highline's Communities and Families Education Night.

also worked as greeters, floaters (conversationalists), and tour guides.

Sue Kelly and other staff members at Highline planned and organized this event to reach Highline's goals for education and community outreaches.

"The goal of the event was to share the educational opportuni-

ties offered by Highline to ELL (English Language Learners) students," Kelly said.

The event was steered towards anyone with English as a second language. Adults seeking English skills as well as running start students seeking education guidance were at the event.

"Many of these students actually arrive here at Highline with degrees from their own countries but need English language skills to enter into the work force in the U.S. That is what our ESL courses help them accomplish," Kelly said.

The event gave attendants an insight to what was available

for them at Highline. It makes it more comfortable to step on a campus you've already seen, and more affordable with the help of financial aid, not to mention less intimidating when you've met the friendly faces who work at the school.

"The biggest challenge," Kelly says, "is getting the word out to the growing ELL community about our programs."

Kelly encourages students on campus to help by participating in this outreach, spreading the word, and helping with regular on-campus activities.

"Highline students can give their time in the classroom assisting ELL students in learning English through the Volunteer Literacy program. Also, former ELL students who have moved on to successful educational and career achievement are welcome to assist us with outreach opportunities to new, incoming ELL students."

The Communities and Families Education Nights are being planned for the near future. Dates are determined for early Fall '06 and Spring '07.

For more information about the event and/or how you can help, contact Sue Kelly at 206-878-3710, ext. 3373, or Linda Benzel at 206-878-3710, ext. 3941.

Latino Café panel calls for tolerance and respect

By JUDY VUE

STAFF REPORTER

A panel of Hispanic students said they want better understanding and acceptance in the U.S. and at Highline at a forum on Tuesday.

The Latino Conversation Café held on May 16, an event geared toward promoting cultural awareness of Latino culture and community, drew in a crowd of approximately 60 people in the Mt. Constance room in Building 8.

The event was headed by speech instructors Laura Manning and Barbara Clinton, and featured a panel of six individuals that was made up of five Highline students and Jaime Mendez, morning host of Radio SOL 1360 AM, a Spanish-language radio station.

The panel discussed issues such as cultural traditions, stereotypes and how they identified themselves within Latino roots.

The individuals shared their similarities, yet their heritages hailed from a number of different countries, including Honduras, Paraguay, Chile, Colombia and Mexico.

Questions were posed by



Photo by Alicia Mendez

Student Ambar speaking at Tuesday's Conversation Café.

Manning and audience members towards the panel concerning what favorite traditions they had, their views on stereotypes and what Highline Community College could do to better assist Latino college students.

Panel members spoke of things such as food, family, hol-

idays and soccer

"Don't be worried about the loud discussions, we're not always fighting, we're having a good time," said Jaime Mendez, referring to exuberant family gatherings.

"One of the things I miss most are the soccer riots," said

Michael Lee, who hails from Paraguay.

Panel members shared their views on what the college could do to assist Latino students.

This included translations of packets into Spanish and hiring people who can speak Spanish.

The issue of stereotyping was tackled as well.

Mendez said that many people don't realize that other countries aside from America are civilized, too.

One audience member, a Ukrainian woman, agreed with Mendez. "People look at your accent if you show your knowledge, and you get judged. Not only America has an education system, we get educated in other countries too. They see us as growing up in forests and jungles," she said.

One of the points concerned in a formal presentation the labeling of "Hispanics" and "Latinos."

According to the presentation that was prepared by Manning's Speech 200 class, "Hispanic" is a term that is used to label people who seek assimilation in America, whereas "Latino" is a term that refers to people resisting assimilation in America.

The discussion soon shifted

to topics of interracial dating, racism in other countries and the inevitable topic of immigration reform in the United States.

In reference to stationing 6,000 troops to secure the border, Mendez sees it as a "strategy" by President Bush to "get as many people as happy as possible."

Mendez approves this decision because it is "a reform that would open the path of citizenship (to immigrants who are already in the United States)."

His approval is a rare thing as he said, "I don't agree with a lot of what the president says."

"It is very unfair to take these people out of the country," Mendez said.

"They (immigrants) have the jobs that people like the least. Maybe the country will benefit from having these people here and granting them citizenship."

In concerns of low labor costs, Mendez said instead of getting angry at the immigrants, "Get upset at the company that is exploiting these people."

In addition to Manning's Speech 200 class, Speech 210 and 213 students helped to organize the event along with Barbara Clinton's Honors students.

Mormons glad to spread the word

Mormon students don't mind being 'different'

By ALEX CAHAN

STAFF REPORTER

Mormons may be considered a peculiar people for their beliefs, but they see it as a compliment.

According to Elder Mihok, a missionary for the Church

FAITH



101

of Jesus Christ of Latter-day Saints (also known as LDS or more commonly, Mormons); being labeled as peculiar means people recognize them and what they do differently.

"It doesn't bother me so much," said Mihok, who like most LDS missionaries declined to use his first name. "I see it as a good thing if we're living the standards we've been given and people notice."

Elder Mihok is a native of Fredericksburg, Va., and is currently serving in the Washington Seattle mission. He left in July 2004 and is scheduled to return in mid 2006.

LDS students on campus share his enthusiasm and conviction about their beliefs in the church.

"I really feel that it's something that's touched my heart," said Stephanie Gildart, president of the Latter-day Saints Student Association (LDSSA). "I've found the more I look and the more I study, the more I feel it is right for me."

Founded in 1830 by Joseph Smith, Jr., the LDS church has some beliefs that are slightly different from more conventional Christian denominations.

However, members are quick to point out that Mormons are still Christians, despite being sometimes labeled as a cult.

"It's a misconception some people have based on things they're heard," said Mihok.



Photo by Jocie Olson

Elders Mihok (left) from Fredericksburg, Va. and Nikolaus (right) from Show Low, Ariz. knock on doors in the Federal Way area. These two are just one of thousands of sets of LDS missionary companions around the world.

"But we believe in Jesus Christ just like any other Christian church does."

Mormons believe in a heavenly father, his son Jesus Christ, and in the Holy Ghost, all of which are separate beings, as opposed to the belief in a Trinity.

Mormons do not believe in the concept of the original sin of Adam, and feel that all men will be punished for their own sins.

They believe that the atonement of Christ can save everyone who shows obedience to the laws and ordinances of the Gospel.

They believe that their church is the same as the original church set up by Christ in biblical times, and believe in modern revelation, prophecies, and visions.

"Christ is our Savior and he makes it possible for us to repent. We also follow the teach-

ings of the prophets from the Old Testament time until now," said Gildart.

Mormons adhere to a strict moral code which includes chastity, honesty, abstaining from alcohol, tobacco, non-medicinal drugs, and coffee.

While it is also true that many Mormons don't drink caffeinated sodas, they technically are allowed to, but it is suggested they don't by the First Presidency of the Church, headquartered in Salt Lake City, Utah.

LDS church members are believers in individual choice regarding religion and in following the laws and statutes set forth by the governments of the countries in which they live. They are also advocates of service to their fellow man.

"We don't have a paid ministry, everyone serves," said Gildart. "Everyone is asked to fulfill callings within the church, but it

is not required of them. They give of their time and talents completely voluntarily.

"The LDSSA has tried to participate in things like the Giving Tree in order to serve around campus. Service really helps other people and it helps yourself to forget about your worries and do something for someone else."

Latter-day Saints believe the church began when a young Joseph Smith prayed and saw a vision of Heavenly Father and Jesus Christ.

This occurred when Smith went out to pray in regards to which church he was to join. He was told to join none of them, and over time was instructed in the way to restore Christ's original church.

This included translating gold plates (the location of

See Mormons, page 17

Missionaries march to share faith

By ALEX CAHAN

STAFF REPORTER

They get chased by dogs, have doors slammed in their face, and sometimes people just say no, but they are doing the work they feel they should do. That is the life of a Mormon missionary.

Missionaries for the Church of Jesus Christ of Latter-day Saints (Mormons or LDS, as they prefer to be called) have been knocking on doors to preach their message for over 150 years. Recently they have become more recognizable as such, and people generally know who they are. However, many people are curious as to what they do.

"We invite people to come unto Christ by helping them understand and receive his restored gospel," said Elder Nikolaus, a missionary in the Washington Seattle mission.

Nikolaus, from Show Low, Ariz.; along with his companion Elder Mihok from Fredericksburg, Va., are just one set of companions out of many all over the area. Both go by the title of Elder during the extent of their two-year mission for their church.

"We left behind our own life and took upon this title as a representative of Jesus Christ," said Nikolaus. While not forbidden to give their first names, most missionaries just don't give out them out by personal choice.

LDS missionaries come from countries all over the world to preach their gospel in every country that will legally allow it. Young men generally leave home when they are 19 and young women can go when they are 21 and return after 18 months. Young men are expected to serve, but it is completely optional for young women to serve as sister missionaries.

Mission calls can be to anywhere in the world but before the missionaries go to where they are sent, they first go to the missionary training center in Provo, Utah

There they learn how to properly serve as missionaries, and are taught how to teach, and get used to the lifestyle.

"In the MTC you're either

See Misson, page 17

Muslim students clear misconceptions

By ALEX CAHAN
STAFF REPORTER

Islam is a religion of peace, and not of terrorism, say Muslim students on campus.

The name Islam itself comes from the Arabic word for peace and submission. Muslim is the name for followers of Islam and shares the same root for peace. Teachers that peace can only be found by submitting to Allah, which is the Arabic word for God, and is the same God that the Jews and Christians have.

"The Quran teaches how to live our lives and how to be a better person," said Sagal Moallin, a Muslim student at Highline. "The meaning of Islam is peace, harmony. It's like connecting and communicating with other people."

"It is peaceful and teaches us to avoid things like drugs and violence. Everything that's good we learn from it," said Ruqra Khalif, another student.

Islam is one of the largest religions in the world, with over a billion followers. The majority of Muslims aren't actually Arabic. In fact the nation with the largest amount of Muslims is Indonesia.

The majority of Muslims are found in North Africa, the Middle East, East Asia, and some Pacific Islands; however, there



Photo by Alicia Mendez

Muslim Highline students, who declined to give their names, gather in the Library between classes.

are large numbers found in Europe, North America, and the former Soviet Union.

There are some beliefs in Islam that are similar to those of both Christianity and Judaism. Muslims use the Quran, but they believe that the Jewish Torah and Christian New Testament are both inspired works that have some flaws through human translation.

For example, Muslims believe that Jesus was a prophet

born of the Virgin Mary, but he wasn't the divine figure that Christians believe he is.

According to Jennifer Jones, a professor who teaches the CGG 165 class on the Middle East, a common misperception is that Islam is oppressive toward women.

However, Islam was a reform for women when it first came out. While the Taliban oppressed women in Afghanistan, true Islam granted women

the right to an education, a share in their family inheritance, and the right to keep their last name if they so choose. The hijab is a guard of the women's modesty, and most Muslim women wear it willingly.

"We wear it because God said if we cover our body we cover our beauty," said Sagal Moallin. "You see these girls in short skirts and men look at them differently."

Women often say that by

wearing the hijab they are not judged by their physical appearance, and some say they feel more liberated than women who feel they must conform to society's view of beauty.

The roles of men and women are clearly defined in the Quran, but it doesn't make one sex unequal to the other. Women are to care for the family and take care of the home, men are to provide for and protect the family.

Another misunderstanding is that the Quran encourages the jihad or holy war against other people and nations.

According to students, Islam is a peaceful religion, and the term jihad is less of a holy war and more of a personal struggle to be a moral person.

Islam permits war to defend the community, but all noncombatants are to be protected.

Of course, there are those who misinterpret the Quran to justify their actions, including the Taliban and Al Qaeda.

"Some people claim to be Muslim, but they don't even study it, and when they do bad things, people think it's us," said Moallin. "Islam is way beyond Osama Bin Laden and terrorists. Islam is the opposite of that — you can't judge a book by its cover. There may be some people like them, but we're not all like that."

Mormons

continued from page 16

which was revealed to him), which were a record of the people in the ancient Americas. This became the Book of Mormon, from which the label Mormon comes from. While Latter-day Saints believe the Book of Mormon to be the word of God, they believe in and use the King James version of the Holy Bible as well.

In the early days of the Church, members were often persecuted by mobs in the areas where they settled.

After the martyrdom of Joseph Smith, they packed up what they could and moved to the Utah territory, where they began to flourish.

Now the church has almost 13 million members worldwide, with missionaries such as Elder Mihok leaving their homes for two years to teach and serve.

"The gospel has brought me a lot of happiness and I want to bring it to others," said Mihok. "I think the knowledge we have is compelling and important because it lets us know where we

FAITH



101

came from and where we're going. It's pretty useful."

Missionary work is something all Mormons take part of, whether they are called on an actual mission or are just going about their daily lives.

"We like being asked questions, so if you know someone who's LDS and sincerely want to know something, just ask," said Gildart.

The LDSSA has meetings every Tuesday and Thursday at 11 a.m. in 10-206 and again at noon in 10-205. Their meetings are a religion class (called Institute) and are open to anyone interested.

Mission

continued from page 16

studying the gospel, eating lunch or dinner, or studying the gospel," said Mihok.

Once in the field the work they do becomes their life.

"We wake up at 6 a.m., exercise for a half hour, then study scriptures for two and half hours. From about 10:30 a.m. until 9 p.m. we are visiting contacts, in homes teaching, or tracting (going door to door). We get an hour off for lunch and an hour off for dinner," said Mihok.

"It's an all-day thing," said Mihok. "By the time we go to bed at night we're pretty tired."

This is the usual schedule six days a week, with a semi-day off called their preparation day or p-day.

P-days are days for the missionaries to do their laundry, grocery shopping, write letters home, and play basketball.

TV, secular music, dating, flirting, and leaving their assigned area are not allowed.

At the end of their mission, when they are released from

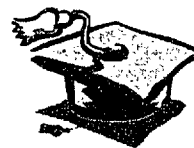
their calling, they are instructed to go back to school, get back into social life, get a job, get married, and return to living normally.

The mission isn't an easy thing, and it comes with its share of difficulties; the worst being companions they don't like (and they can't leave their companion except to use the bathroom, but companions are

changed periodically), homesickness, Dear John letters, and the disappointment when people won't open up to their message, according to Nikolaus.

For contact information regarding missionaries, anyone can call 1-800-438-7557, which will place a call directly to the MTC in Provo, where they will then make arrangements for local missionaries to stop by.

Commencement 2006



This year's Commencement will take place at 3:00 p.m. on Thursday, June 8, 2006 in the Tacoma Dome.

If students have not applied for graduation and they wish to participate in commencement, they need to apply immediately.

Congratulations to all of this years graduates

Group seeks religious discussion from all

By MICHELLE ERICKSEN
STAFF REPORTER

Campus Crusade for Christ encourages discussion about the Bible from Christians and non-Christians alike.

Campus Crusade for Christ has been an active club on campus for quite some time.

"I know prior to me coming I believe it's been here continuously for six years," said Adviser Dusty Wilson.

"It might have been here in the past."

A typical club meeting begins with a prayer, and ends with a prayer.

During the meeting the students have a Bible study where the focus on a chapter of the Bible and discuss it, right now they are going through the book of Ephesians.

"There's no sermon, it's a discussion," Wilson said. "I think that they are students that feel a need to grow and learn more about Jesus, while pursuing their education."

The goal of the club is to win the campus today, and change the world tomorrow, said Wilson.

"We have Bible studies and we occasionally do outreach events," said Club President,



Photo by Michelle Ericksen

From left to right: Matt Newhouse, Gary Belvin, Jenny Phonsouk, and Inna Trofimchik engaged in a discussion about Ephesians.

Gary Belvin.

"The purpose of the club is to share the gospel with students on campus."

Belvin has been the leader of the club for several quarters.

"The old leadership was stepping out and I wanted to be involved," Belvin said.

"I'm in this club because I like to get together with other Christians," said Club Treasurer, Rachel King.

"And to help prepare me to tell other people about (Christ)," she added.

King has been with the club since Fall Quarter 2004.

"We are a local chapter of an international organization, as such we gain continuity and support that other groups don't get," Wilson said.

The club varies from year to year, Wilson said.

"Christianity is about Jesus it's not about how you dress,"

Wilson said. "It saddens me when people get hung up (on stereotypes) and never actually read it (the Bible) for themselves."

"I'm passionate about doing stuff in the ministry because I have a lot of hope about Jesus," said Campus Crusade for Christ staff member, Matt Newhouse.

Newhouse received a communications degree at the University of Utah, where he became involved with the club.

Part of his job is helping different Campus Crusade for Christ clubs on different community college and university campuses.

Campus Crusade is having a meeting this Friday at 11 a.m. on the lower floor of the Student Union.

"We're looking for student leaders who are passionate about the Bible and telling people about Jesus," said Newhouse.

Newhouse is an active part of the club and frequently leads the discussions.

The club meets every Wednesday at 12:10 p.m. in the clubs resource room on the third floor of the Student Union building.

For more information contact Wilson at 206-878-3710, ext. 3338.

Faith

continued from page 1

"I'm Catholic I was born into it," Martinez said. "I haven't talked to people on campus about my beliefs in particular."



Gordon

Martinez does not attend mass. "Life got in the way," she said.

Many of the Buddhist students at Highline come from Japan, but there are others that converted to the religion as well.

"I'm a Buddhist, but I was born Catholic," said Adam Wahlen. "I was completely disillusioned with Christianity, Catholicism especially. I think Catholicism is oppressive."

Wahlen became Buddhist partly because of a combination of himself and high school English teacher.

"I don't eat meat and I basically leave people alone on religious matters," he said. "I don't really pray I meditate."

"Meditation is more restful than sleep, sleeping is like recharging your batteries meditation is like replacing them,"

Wahlen said.

"In Japan almost all people are Buddhist, I'm Buddhist," said Kaplan student Koichi Hagio.

Hagio said it is difficult to practice his religion here because "we don't have a habitat" he said.

Shuichi Omura is another Buddhist student from Japan.

"I was born in Japan so I was born Buddhist," Omura said. "In August we have a special three days so I'll go to the temple with my family, usually my parents go there."

Highline also has a large number of Muslim students,

Yes, I'm Muslim, said Abdinassir Ibrahim Hassan.

"I was born into being Muslim," Hassan said. "When I was a child we went to Islamic school, it's like Christian schools."

"We pray five times a day," he said.

Hassan said he talks about his religion with his friend who is 100 percent Christian.

"She doesn't agree but we've been talking about it," Hassan said.

There is a population of Sikhs on campus. They can be

recognized by their long hair, which is sometimes tucked under a turban.

"I'm a Sikh," said Hardeep Kaur.

Kaur said she went to a temple when she lived in India, but not here.

"I was born Sikh I try to follow the rules with what my religion says like don't cut your hair," she said.

Although she hasn't discussed her religion on campus she said she's been more than happy too.

"I'm very fond of talking about it," Kaur said. "Not many people know about my religion."

Some students believe in god at all, well others are just agnostic.

"I'm an atheist," said Shasta Lewis. "My family were all pretty agnostic so faith has never been apart of our household."

"I only end up talking about it (my lack of faith) in science class," Lewis said. "For the more part I don't parade being an atheist."

"I was raised Catholic until I was eight," said Derek Markland. "My mom tells me I believe in god but I don't, I never bought into it. When I was given the choice not to go (to

church) it was the coolest thing ever.

"I'm an atheist but I try to steer clear of most hardcore atheists. I stay away from the term atheist and prefer the term apathetic agnostic," Markland said. "I think all religions across the board are fascinating they revolve around a similar theme. My main concern with religion is that organized religion spreads corruption. I don't talk about it too much."

Markland said he avoids the topic of religion because people are offended by his views.

"I find most of my friends are non-religious or non-practicing religion," Markland said.

Some students were once part of a certain religion but don't practice it frequently, others were agnostic.

Student Jacob Lizama grew up Catholic.

He has a "stump religion" which means he is stumped about every religion.

Lizama takes what he likes from every religion and places it into his "stump" that all together creates his own religion.

"I got that religion on a guilt trip from having sex. I felt like I was going to hell for like four



Nistrin

months."

"I don't care what the religion is if it sounds good I'll believe it."

He also believes in the Bible and attends church occasionally.

"I believe there's a purpose to life but it doesn't have to be one thing," Adriana Saenz said. "To me it seems absurd to believe."

"It's just based on belief but you can't prove what you believe in," she said.

"My family is very traditional. It was seen as if you don't go to church it's a bad thing," Saenz said. "Yes, I go to church with my mom out of respect if she asks. I won't say no."

"I believe if people have a strong faith in whatever they believe in they shouldn't have to go to church," Saenz said.

"I am an inactive Mormon," said a student who asked to remain anonymous.

"That means I grew up and was born and baptized in the church. I didn't go for personal reasons. Honestly, I didn't remember learning a lot about faith. It was all about rules," he said. "I wanted to know the roots of Christianity. I wanted to know why I believe in God, I didn't want to be just Dogma."



Photo by Keith Daigle

Emotion strikes members of the congregation deeply during a religious service offered by Generation Church in Seattle.

Seattle's new generation of faith

By Austin MacKenzie

STAFF REPORTER

Walking into Generation Church is somewhat akin to walking into a rock concert.

On stage a band is playing, and a throng of college students are swaying and singing along with the music.

Generation Church is a church that has become increasingly popular among the youth, and tailors its services to appeal to younger audiences.

The church is a part of City Church, a nondenominational Christian organization. Generation Church, which meets in several locations in the state, is geared specifically towards bringing the word of God to middle school, high school, and college students by tailoring the messages to events in their lives.

In a region where church attendance is particularly low, Generation Church has to make sure that its message remains fresh, as well as applicable to those who attend.

The service begins with a praise song that many attendees sing along to. The lyrics are projected behind the band, and are generally simple and easy to follow.

There is no preaching for the first 20 or 30 minutes, as latecomers filter in. Once the music has begun to reach its end, a church leader steps up and begins leading the crowd in prayer.

He speaks passionately about how much Jesus loves everybody assembled before him, how Jesus will heal them of their ills and how Jesus will save all of them.

"If you're sick in your body right now the blood of Jesus will heal you," he says, his voice increasing in vigor and volume. "Come on; if you need it just receive it."

The service is conducted in a high-energy fashion. The church leader constantly moves around and speaks about God and Jesus with a distinct southern accent, as well as encouraging the attendees to get involved.

In a recent service, a young woman stepped up and spoke about how Christians have a problem with stinginess.

She spoke about how when the time to give donations to the church, she asked God how much she should give.

She said that God gave her a rather large number, one that she wasn't sure she could afford. She then went on to tell

about how the next day, God told her to double it.

God works in multiples, she said.

The day after she doubled her donation, she went on to say, she found \$1,200 in her bank account.

She went on to speak about how she's prospered under God.

"God's not going to let your car break down," she said. "God's going to bless you with rent. You should release your pocket book; you should give to your church and to your families."

Church attendees say that such testimonials are not regular functions of the services, but they happen occasionally when someone has a good story to tell.

After the testimonial, buckets were sent around to collect the night's offerings while rap music was played over the sound system. After the collection, the pastor, Judah Smith, came up and began preaching. He was much calmer than the leader who had initially presented, but he was no less passionate about spreading the word of God.

"It's more than a religion," Smith said as he welcomed the newcomers to the church, "it's

truly experiencing the reality."

Smith had the congregation open their Bibles and read along with him. He had selected a theme beforehand, and used the Bible passages and readings to explain the theme, always rewording the bible passages in a manner that was easier for the audience to understand. He also interjected jokes and casual, conversation-like messages into his preaching.

"Pray for the Mariners," Smith said. "Well, actually, I'm not sure you can pray at this point."

The themes are selected based on how applicable they are to the lives of college students.

On a recent night, the theme was "I am what I am." Smith selected several Bible passages that were applicable to the theme.

"We're here because we love the Bible and Jesus," he said during the Bible reading session.

Attendees like the way the pastor preaches to them.

"I really like how he interacts with us on a university student level," said Kate Hutchinson, a Highline student who goes to Generation Church.

"He's very relatable and the

topics he discusses are very relatable issues we face every day."

"Nothing's really sugarcoated, it's all straight up," said Alex Bozhko, another student who regularly attends the services.

Although Generation Church meets at 9 p.m. on the University of Washington campus, students are still willing to attend the services, and do so in large quantities. At a recent service, about 700 students were in attendance.

"There's never a time that I don't have homework, but I just make the effort to go every week," Hutchinson said.

"The benefit of the service outweighs other things," Bozhko said. Although a majority of the attendance is from the University of Washington, Generation Church serves a wide range of college students in the area.

"You can probably find a student from every college," said Bozhko.

The popularity of Generation Church is even allowing it to expand to different venues.

"They recently bought a house, and are remodeling it to make a larger sanctuary for more services and events," Hutchinson said. "They're even going to have a café and a bookstore."

Candidates take a stand on issues

BY AUSTIN MACKENZIE

STAFF REPORTER

Seven candidates are competing for two Student Government positions in next week's elections. Of the candidates, five are running for president and two are running for vice president.

Voting for the Student Government president and vice-president will be held on May 24-25. The results are expected to be released by May 29, although it could be earlier or later depending on voter turnout.

Candidates for president include:

- Daniel Nordstrom: Nordstrom is a respiratory care major who feels that the declining enrollment is a problem.

"I am concerned about the decline in the number of full time students enrolled at Highline," Nordstrom said. "The potential effects of losing classes, Student Programs, Faculty, and extracurricular activities are of utmost concern to me. As a concerned student, I cannot allow any decay of programs or Highline's diverse environment."

Nordstrom is also the president of the Breath of Life club and has worked as a volunteer firefighter. He hopes to find a solution to the enrollment problem and help reverse it, as well as promote diversity on campus.

- Dmitry Kvasnyuk: Kvasnyuk is a presidential hopeful who believes he can have a positive impact on Highline.

"I feel as though I could be a positive asset to this school," Kvasnyuk said. "Highline has done so much for me and I just want to give back. I have creative ideas that I think would benefit Highline in all facets of the college."

"If I was elected I would like to stimulate participation in student government and in all student programs by having the school throw parties like spring fling bi-quarterly to inform students, also to make money for the school by implementing fundraising. Also, I would also like to expand the Tutoring Center."

Kvasnyuk feels that he is qualified for the position because he is a natural leader that can take feedback well.

- Ian Davidson: Davidson is a history major who wants to interconnect the student body and make activities more enjoyable for the students.

"I am running because I feel that I can make a difference on campus for the better, by interconnecting the student body and making the activities even more enjoyable for students," Davidson said.

Davidson is a member of the Honors Program, Phi Theta Kappa, the vice-president of the Honor Roll, and on the National Dean's List. If elected, he hopes to work to build up the caucus system, expand the use of the Stu2 newsletter to keep students informed, and emphasize the importance of advertising the events.

- James Birmingham: Birmingham wants to bring about great involvement in the new caucus system created by the constitutional reform.

Birmingham wants to promote collaboration between all the groups on campus, as well as help promote greater participation.

He also wants to make Highline a transportation hub to bring in more students, as well as add another building for the athletics program and expand the weight room facility.

Birmingham also feels com-

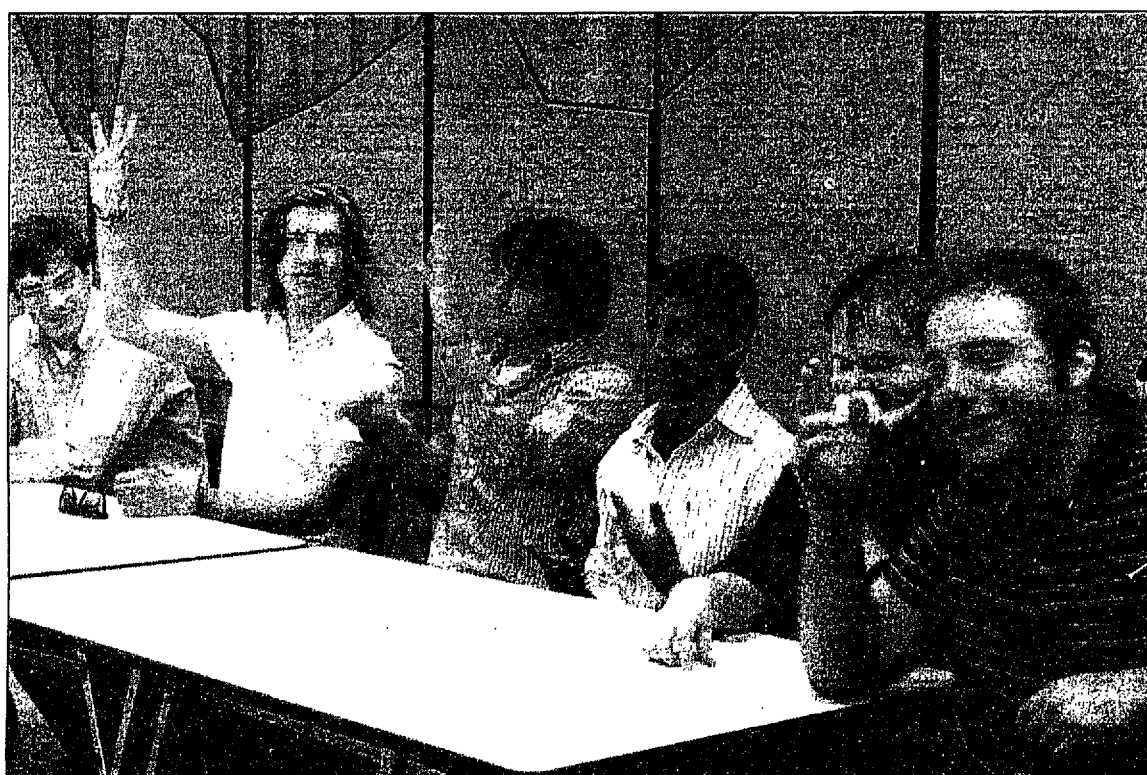


Photo by Alicia Mendez

Ian Davidson, Dmitry Kvasnyuk, Paul Pittman, Gurpreet Singh, Adam Wahlen and James Birmingham at Wednesday candidate's forum. Daniel Nordstrom was in attendance, but is not pictured.

munication about events is a problem.

"Most people don't know that you have to go up to the third floor of the Student Union to find out about clubs," Birmingham said.

"I want to be able to look back and say that I actually did something."

- Gurpreet Singh: Singh favors greater involvement and a more focus on Highline's diversity.

"I think we need to have more enrollment and have more people involved in clubs," Singh said.

Singh also hopes to promote better communication so that things can run smoothly. He spoke of having a bi-quarterly club fair, as well as fundraisers amongst clubs.

Singh places a great deal of emphasis on diversity. "Everyone here seems a little paler than me," he said at a candidate's

forum on Wednesday. "We shouldn't have to have just another white president."

The candidates for vice-president are:

- Adam Wahlen: Wahlen is a history and political science major who wants to help preserve the new changes to the Student Government constitution.

"I'm running for the position of vice-president to give the student body an official they can trust. I feel that during this time of great constitutional change, as well as significant change on the campus itself, that an individual who is trustworthy, dedicated, competent, and, most importantly, one with a drive to make the campus a better place for the whole of the student body, is vitally important."

Wahlen cites his time spent as the president of the Future Business Leaders of America, as well as his experience han-

dling administration and fundraising as his qualifications for the position.

"If elected," Wahlen said, "I would like to work with the president, the Board of Trustees, and the students who will be represented by the new caucus system to ensure the continued success and stability enjoyed by the student government in the past."

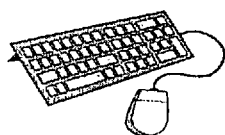
- Paul Pittman: Pittman is a vice-presidential candidate who believes that there should be better communication between the Student Government and the Students.

"There needs to be more student and club involvement," Pittman said. "Club members need to go out and get the campus involved."

Pittman feels that Highline's diversity should be used for the greater good, and wants to help Highline students become more involved and learn more.

Keyboarding Speed & Accuracy

ONLINE



Summer Quarter
begins

June 26, 2006

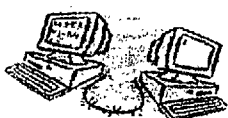
BTech 105 Online
Item #2231, 1-3 credits

Do you already know how to type but need to
improve your speed and accuracy???

If so, BTech 105 is for you!!

Register **TODAY** at
<http://www.highline.edu!!!>

For more information, contact:
Marcia Welch, BTech Instructor
Highline Community College
(206) 878-3710 X3896
mwelch@highline.edu



The Center for Extended Learning is Excited to Present:

Summer Classes

Hospitality Customer Service Certificates

This program prepares new service personnel and veterans, to provide better service, enjoy it more, and increase profitability

Beginning Bellydance

Learn the dance of life! Increase your self-confidence and self-image through the physical benefits of bellydance. Learn basic movement and rhythms.

Fall Classes

Human Resources- Online Certification

3-quarter, 15 credit online program designed for current or prospective human resources-related duties. Participants will gain a better understanding of concepts and learn practical application of human resources functions in the workplace.

Salsa

There's a reason people love salsa! Learn this hot dance that has been packing dance floors everywhere.



For more
information
on classes
through the
Center for
Extended
Learning
or to register
call
(206) 870-3785

5/18/06

THE THUNDERWORD

Sleeping in class for credit

New program hopes to wake students up

By FLOYD DECKER

STAFF REPORTER

Q If you're looking for a career, Highline hopes that you'll wake up to polysomnography.

Nationwide there are outstanding career employment opportunities, with good wages, and benefits for qualified sleep study technologists in a new rapidly growing health related field of Polysomnographic Technology, said Nicky Bly, who is the Highline Polysomnography program manager.

"Polysomnographic is a growing field that provides a living wage job for a fairly lim-



Levy tax passes on third attempt

By JUDY VUE

STAFF REPORTER

After two failed attempts, a levy that will raise property taxes for increased staffing of Des Moines police was passed by voters on May 16.

The results tallied from Tuesday's election were 56.7 percent – 2,385 people – voting yes. 43.3 percent – 1,821 people – voting no.

The levy was an attempt to restore police levels to what they were back in 1999.

The results have made Des Moines Police Chief Roger Baker very happy, as he expressed his thanks to the City Council "for their unanimous support" for the levy lid lift. He also thanked various community groups that campaigned for the levy and "the entire community of Des Moines for their support

R2 teaches the science of politics

By REBECCA LIVINGSTON
STAFF REPORTER

His students call him "R2" but he's no robot.

Artashes Boyajian, known by his students as "R2," is a political science teacher at Highline. He was born in Armenia, is an ex-Soviet and even served in the Soviet Army.

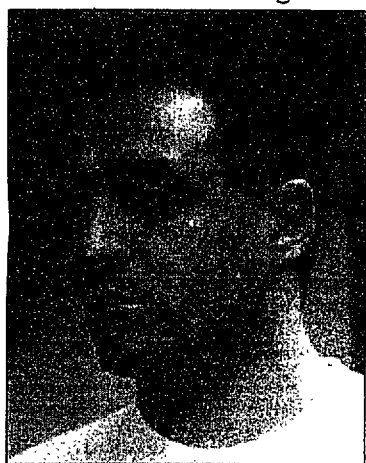
"I'm the enemy," he said jokingly.

His homeland, now the Republic of Armenia, is a country bordered by Turkey, Georgia, Azerbaijan and Iran. Armenia gained its independence from the Soviet Union in 1990.

After graduating from college, Boyajian came to the states in 1995 and attended the University of Memphis in 2000 where he got a master's degree in political science.

Originally, he was a bio medicine major before making a quick switch to political science.

His interest and enthusiasm for political science was fueled by his home country's struggle with democracy and search for optimism. These struggles bothered him and caused him to ponder these topics all the more.



Boyajian

Upon graduating from Memphis, he attended the University of Washington in 2002 where he earned a second master's degree in political science since Memphis did not have a PhD program and the UW did.

"I am not yet a PhD since I haven't written my dissertation, but practically all other requirements are completed," said Boyajian.

At the UW he was a teaching assistant until 2005.

During those years Boyajian realized that he did not want to spend his life doing research and writing papers, but what he wanted to do was teach. "I liked it, I genuinely liked it," he said.

The University of Washington introduced him to Highline since they have a, as he put it, "joint effort with Highline." In April of 2005 he came to Highline with a group of graduates and was able to observe classes and professors.

"I was impressed with everything," he said. "The atmosphere is very nice here." While visiting Highline he learned of an opening for a part time political science teacher. He inquired

about it and ended up with the job.

Boyajian has been teaching at Highline for three quarters now. He teaches Political Science 120 (American Government) and 130 (Comparative Government). Some may find it ironic that someone born in Armenia knows so much more about our government and political system than the average American and is even teaching it.

Boyajian said that his students really like him and they have told him they can see his love for teaching.

Socializing with his students is something Boyajian enjoys and he is a teacher who is informal with his students. But he isn't going to be a "buddy" and he said that some students just don't comprehend that.

He explained that he loves being the one who bridges the gap between the students and knowledge.

"I generally like to explain

something to someone who doesn't know," Boyajian said. "When I see in their eyes that they got it, I feel satisfied and fulfilled."

Boyajian believes that teachers are there for the intermediate students. "That's where the

role of a teacher comes in," he said.

He said that good students don't need teachers since they are already inspired to learn, and poor students often cannot be helped.

To help them, he said with a grin, he is a comedian. It is the one thing that can sometimes draw the poor students into learning.

Evidence of his sense of humor and informality with his students is his nickname of, "R2" as in R2D2 from Star Wars. He even has a picture of R2D2 on

Work individually or in small groups

Math Resource Center

A friendly, supportive learning environment.

The MRC offers a variety of supplemental math learning resources which include math videos, computer tutorials, access to current textbooks, special interest math books, supplemental texts, advising materials, and math related workshops.

Building 26, room 319-41

Spring quarter hours:
Monday - Thursday, 9 am - 4 pm
Friday, 9 am - noon

For information, call
(206) 878-3710, ext. 4343



Photo by Keith Daigle

Artashes Boyajian teaches a political science class at Highline.

the window of his office next to his name.

Traveling is a big hobby for Boyajian and he has traveled extensively. He lived in Amsterdam for a year and he loves the Netherlands so much that he said, "It is possibly the best country in the world."

Two of his other hobbies are chess and table tennis. Boyajian enjoys playing table tennis with his students in the Student

Union Building. "I'm OK, I'm OK. I beat some, I lose some," he said.

When it comes to teaching he said that there are good days and bad days.

On the good days when he can tell students really understand what he is teaching, "I really get a kick out of it," he said. "I like having that sense that I was a part of the reason."

He feels that one of the only

things that is a downer about teaching is when he was not organized or persuasive enough. "That's a bummer of course," he said.

Boyajian said that he would love to teach full time, either here at Highline or elsewhere.

"How to put it in words..." he said when telling of what his favorite thing about teaching is. "When I see I made a difference, that's what gets it for me."

PACIFIC LUTHERAN UNIVERSITY

THE PLU

EXPERIENCE

At PLU you will be challenged to achieve at the peak of your ability, given the support to meet that challenge and, as a result, find success both in college and in your chosen career.

Challenge. Support. Success. They are the PLU experience. They are the tools to excel in life, to make a difference in the world. And it is the reason why so many students see PLU as more than a place to simply attend class; they see it as their home.

Humanities
Natural Science
Social Science
Fine Arts and Communication
Business
Education
Nursing
Physical Education

Tacoma, Washington 98447
800-274-6758
www.plu.edu
admission@plu.edu

CHALLENGE

SUCCESS

Governor's aide: 'Pursue your passion'

By LYNETTE MARQUIS
STAFF REPORTER

Richard Mitchell has always had an awareness of the world and that awareness landed him an important job in Olympia.

Mitchell serves as general counsel for Washington state Governor Christina Gregoire. He received a bachelor of architecture degree from Cornell University and a master of urban planning degree from the University of Michigan, and his law degree from Syracuse University.

When Mitchell took the microphone, he didn't stay there long, instead he spent the hour standing directly in front of his audience, maintaining a more personal approach.

The room was filled with about 85 people, old and young, many prepared with questions.

Mitchell opened with a couple hypotheticals, giving his audience scenarios of complicated situations a governor would have to make decisions for. He immediately engaged audience participation by asking the crowd what they would do in these situations.

One hypothetical Mitchell used was whether an illegal immigrant who committed a misdemeanor should be deported when he has family living here, a stable job, and a clean record. This exercise posed similar questions to the crowd that Mitchell assists Gregoire with as governor of Washington.

Mitchell then talked about the ins and outs of his position as general counsel.

"I deal with extraditions, requests from states, ethics viola-

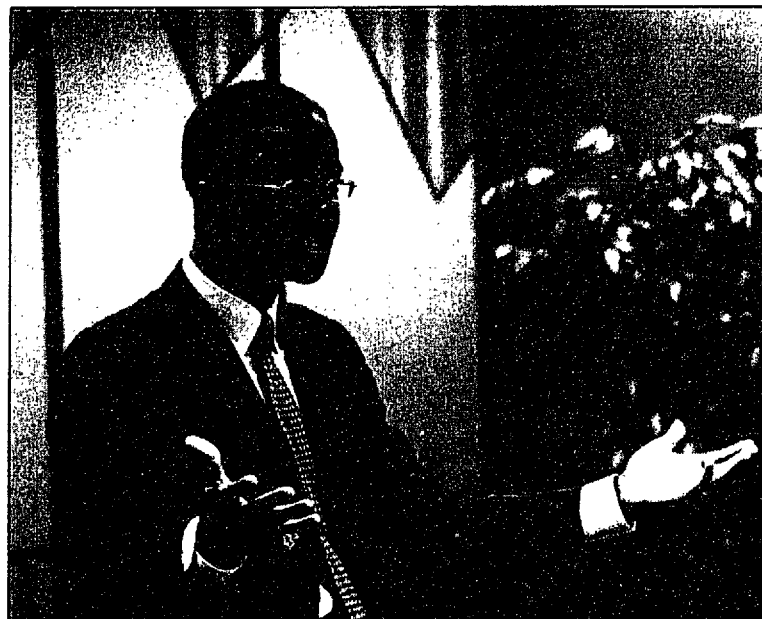


Photo by Roman Klimenko

Richard Mitchell related the ups and downs of his job.

tions, and all legal documents for the governor. I sit at the board as the governor's designee, and advise on issues of concern—such as initiatives," he said.

Mitchell described his career as the result of his pursuance of his passion, which he recommends to students who are interested in public service.

"Pursue your passion. Don't pursue politics," Mitchell said. "Become proficient, use your passion. Start building a public demonstrative commitment like I did."

Mitchell said his transition to get where he is today was more difficult than he thought it would be, but it was what he wanted. He started out in architecture, with a long interest in urban planning. He really wanted to be a designer, but he wanted to add value to what he did. He did this by participating in the community by building "housing for those most at risk in our

community," as he put it.

In school, particularly law school, Mitchell said he had a lot of what other students didn't — an awareness of public affairs. He was born in London, England, to immigrant parents who moved there in the 1940s. His mother was from Guyana and his father was Jamaican.

Mitchell came to the Maryland when he was 13 and at-

tended a private school with a scholarship meant for young African American children with potential. Mitchell says his extreme awareness of public affairs is due to, besides genuine interest, his experiences when he was young as well as all his traveling.

"You should stay informed," Mitchell said at the Colloquy. "You really need to be aware of what's around you."

Mitchell spoke with an English accent, moving his head slowly as he spoke. His eyebrows raised when he listened to questions, flexed when he thought, and he smiled as he elaborated an answer. He stood very straight, wore a suit, moved his hands as he spoke, and appeared to put a lot of thought into his answers.

After about 20 minutes into the colloquy Mitchell began the question and answer portion. Many questions were personal, some were student-related, and some were political. He was happy to answer all the questions.

"After licking my wounds by

not getting the nod from President Bush [for a White House fellowship], I kept my finger in the pot when I was invited to be general counsel for the governor," Mitchell said.

When Mitchell told about how he was called about his job for general counsel on Martin Luther King's Birthday, he described it as "pretty powerful." He said he is the youngest and first man of color to hold this position.

Now Mitchell seems content. "I've reached the point where the concept of rising doesn't come to mind." He said he thinks more of the challenges in the position he already has.

Mitchell closed on the note of why students should be interested in political affairs and vote. He asked a series of questions beginning with "If the governor were not governor," each time naming something that came into effect since Gregoire became governor. He did this to show that the right person in office will give you many advantages, and the way to get that person is to vote for them.



Hundreds of transfer students make the University of Washington, Tacoma their destination each year, and thousands have earned their bachelor's degree here. It's a place where world-class faculty engage students in educational experiences on a beautiful, Historic campus. We have a wide range of degree offerings, a new student center, and many more great things happening-- all right here in downtown Tacoma.

Apply now for Autumn 2006. Most programs are also accepting applications for this Winter and Spring quarters. Talk to your advisor or check out our Web site for more information and a list of upcoming campus visits.

University of
WASHINGTON
TACOMA

(253) 692-4400 www.tacoma.washington.edu

Transfer to UW Tacoma for undergraduate studies in: Accounting • American Studies • Arts, Media and Culture • Asian Studies • Business Administration • Communication • Computing and Software Systems • Education • Environmental Science • Environmental Studies • Ethnic, Gender and Labor Studies • Finance • Geographic Information Systems (GIS) • General Studies • Global Studies • Hispanic Studies • Human Rights • International Business • Management • Marketing • Museum Studies • Nonprofit Management • Nursing (RN to BSN) • Political Economy • Politics and Values • Psychology • Public History • Restoration Ecology • Self and Society • Social Welfare • Urban Studies • **plus graduate degrees and certificates.**

70% of U.S. deaths
are caused by often-preventable
chronic diseases such as
heart disease, cancer, and diabetes.

Centers for Disease Control and Prevention

Find out what you can do about it.
With a career less ordinary.

The world needs a healthy fix and you can help.
Start with a bachelor's degree in natural health.
Please visit college9.bastyr.edu.

BASTYR
UNIVERSITY

Enroll

continued from page 1

lents, are calculated on the basis of 15 credits taken for one FTE, which could be one student taking 15 credits or three different students taking five credits each.

For the 4,880 FTEs enrolled this quarter, Highline receives money from the state, cutting down on tuition costs. In order to keep receiving the same amount of money or get more, Highline will have to carry on efforts to increase and improve enrollment.

"We hit the minimum of FTEs for not returning money to the state. We don't want to see it reduced next year or the year after," Dr. Bell said. "It does not mean that we can relax. We want to still build our enrollment."

To better attract and retain students, more intentional marketing is being planned, aimed particularly at high school students, along with a boost in Outreach Services.

The college is planning on shifting evening classes to more



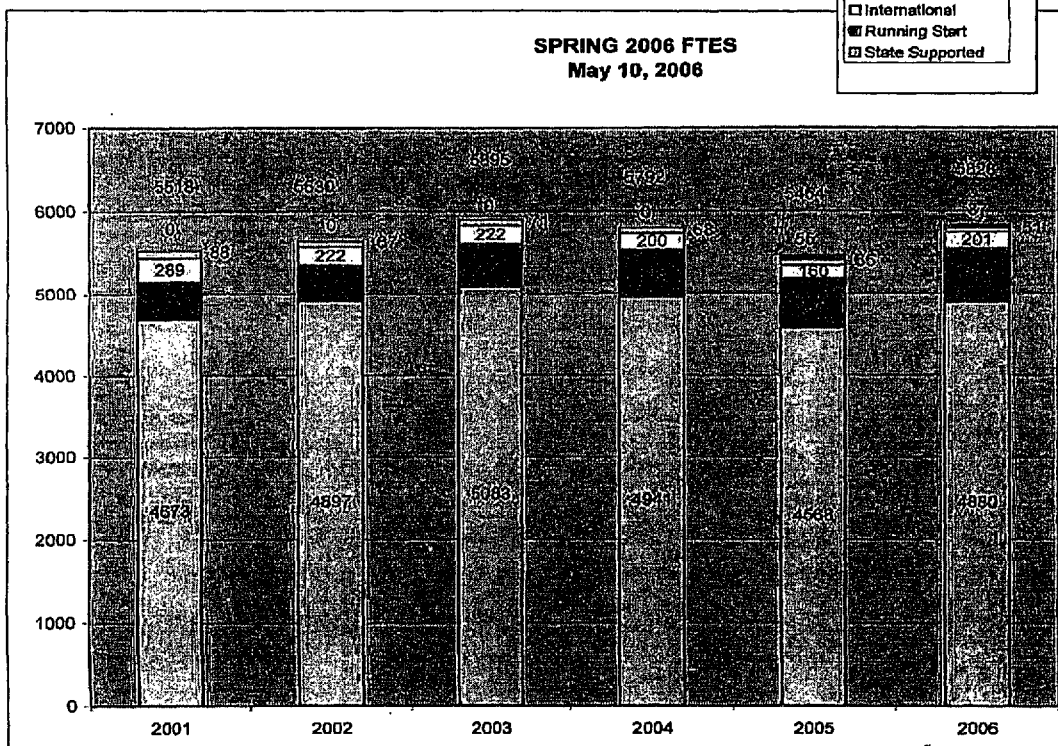
Dr. Priscilla Bell

convenient times and to expand the weekend college. Also, new programs, new venues, distance learning, and a sign advertising the school on Building 99 are in the works.

"We're going to continue with these efforts and do even more," Bell said. "We're going to keep working on all these fronts to make sure enrollment stays strong."

Bell said she thinks the best way to continue to improve enrollment is cater to the needs of the community.

"We get into the mode of talking just numbers as if that's all that matters, but the reality of it is that we need to meet the needs of the community," Dr. Bell said. "It isn't really just a numbers game."



Running

continued from page 1

tion, according to the State Board of Community and Technical Colleges (SBCTC).

Under current state law, contract students, which are what Running Start students are, do not count in the state allocation headcount and full time equivalent (FTEs) Highline is required

to have.

Nonetheless, college officials don't blame the students. "They are state-supported students," said Highline President Dr. Priscilla Bell. "We really welcome Running Start students."

She also added that if they did count "we'd be well over our state allocation."

Dr. Bell, along with other community college presidents, has been working in Olympia

to try to alter the Running Start laws.

The Running Start population has been growing every year at Highline.

In 2001, there were 596 total Running Start students, worth 468 FTEs. By 2006, that number had risen to 802 students, worth 659 FTEs. The Running Start population is now around 10 percent of Highline's enrollment.

Great Deals in Town

SPEND LESS GET MORE®

FREE CAMERA PHONE

Samsung E335

- Built in Camera
- Speaker Phone
- Instant Messenger

Free after \$180 instant rebate.
MSRP \$179.99
Activation of rate plan \$39.99 or higher required.



Get More® 1000 National
WHENEVER Minutes® \$39.99
Long Distance and roaming included

Up to 9 free accessories when
activating a line of service

Leather Case, Car Charger, Car Holder, Phone Chain,
Hands Free, Face Cover, Key Pad, Anti-Radiation Patch

Limited time offer; subject to change; while supplies last; at participating locations only

Limited time offer. New activation required. Rate plan offer requires minimum 1-year agreement. Phone offer requires 2-year agreement. Taxes and fees not included.

Cellular Town
Smart Choice & Smart Savings

Federal Way 1812 S. 320th St. Federal Way WA 98003
Main Store Next to Old Country Buffet • (253)529-5505

T-Mobile
authorized dealer

Lakewood

Next to Market Place
6111 Lakewood Towne Center Blvd. #C
Lakewood, WA 98499
T. (253)588-8771

Tacoma

Royal Plaza
8518 S. Tacoma Way #B2
Lakewood, WA 98499
T. (253)588-6061

Puyallup

Next to Albertson
11012 Canyon Rd. E. #32
Puyallup, WA 98373
T. (253)537-1666

Kent

Next to Albertson
26110 Pacific Hwy S.
Kent, WA 98032
T. (253)941-8800

Bellevue

Across from DMV
545-A 156th Ave. SE
Bellevue, WA 98007
T. (425)643-3727

Seattle

Columbia Tower 3rd floor
701 Fifth Ave. Suite #303
Seattle, WA 98104
T. (206)228-9575

Tacoma

Next to Kyoto Restaurant
8718 S. Tacoma Way #C
Lakewood, WA 98499
T. (253)584-1300

Limited time offer subject to change. CREDIT APPROVAL/ADDITIONAL COSTS: Does not apply to pre-paid. Credit approval and \$35/line activation fee required; \$200/line early cancellation fee applies. Regulatory Programs Fee (not a tax or government-mandated charge) of 86¢ per line/mo. applies; additional taxes and fees may add 6-28% to your monthly bill. Minutes over monthly allotment are 40¢ per additional minute. Partial minutes are rounded up for billing. SERVICE COVERAGE: Service is not available everywhere. For full details, see Coverage Maps available at www.t-mobile.com or at a T-Mobile store. ABNORMAL CALL PATTERNS: Call duration and/or your continued eligibility for any rate plan may be limited or terminated for (a) consumer protection purposes or (b) abusive conduct or abnormal call pattern(s). IN-STORE

REBATE OFFER: Samsung E335 in-store rebate offer expires 04/30/06. Limited to phone shown; Supplies may be limited and offer may not be available at all dealer locations. See store for full details. See T-Mobile's Terms and Conditions (including mandatory arbitration), available at www.t-mobile.com, for cancellation policy, international long-distance, roaming and messaging rates, and additional details that may affect this offer and additional rate plans, and other information and/or contact T-Mobile Customer Care, at 1-800-937-8997, with questions concerning any T-Mobile offer or rate plan. T-Mobile is a federally registered trademark, and the magenta color is a trademark, of Deutsche Telekom AG. Whenever Minutes, FamilyTime and Get More are federally registered trademarks of T-Mobile USA, Inc. © 2006 T-Mobile USA, Inc.