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 Nistrian. "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," Nistrian 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 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 in 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 Gergis. "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 religions."

Student Doris Martinez is Catholic.

See Faith, page 18

**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, IMEST (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 funding. "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

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**Theater, art, music headline Spring Arts Festival**

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Track teams head to championships in Spokane

See story, Page 10
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 transfer@highline.edu.

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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.

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Move to a new school with ease

Feel comfortable moving on to a new school.

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.

Co-Opportunity

Cooperative Education

Let your future take flight at Spring Festival!
Friday, May 19
9 a.m.-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.
Mixed ethnicities present a mixed experience for individuals

By Andrea Davis-Gonzalez
Staff Reporter

Highline math instructor Joni 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 it was easier for her father's side of the family to accept their 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 we 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. Registration 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 was no prejudice in 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 suspicious 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 society. 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 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 asking 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 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 bi-racial.

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.
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 unequaled 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.

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 anyway. 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.
By Rachel Lusby

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 himself.

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.
Good Bug

Insects bring both joy and sorrow to every garden

By Rachel Lusby

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 mealworms, thrips, caterpillars and spider mites. Mealworms 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 bugs 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 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 animals 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.

Bad Bug

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

Photo by Alicia Mendez

One Acts depict love and pain

By Keith Daigle

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, never boy the girl you like a mint julep, it will only end badly.

Last night was the first time the four student directors presented their five plays in front of an audience. The first show of the night was "La Dispute," written by Marivaux and directed by Aqul Reed. 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. Adline (Catherine Franklin) is Egle's other half, while Merin (Jude Lizama) is Azor's. The women See One Acts, page 7
Salmon season promises tasty fare

BY LINDSEY FARAH
STAFF REPORTER

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 overcook 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 aider plank and stick it in the oven," said the kitchen manager at Wally's Chawder 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.

According to 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

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' Nicholas Nickleby, directed by Cynthia White, which opened Friday, May 5 and will run until May 28 at the Knotez 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, through going 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 Lutyns), Kate (Samantha Chapman), and Mrs. Nickleby (Rosalee Hilburn), go to live with their uncle Ralph (K.C. Lutyens) and Helmied, who is less than pleased with this occurrence.

Ralph gets Nicholas a job with Dethboys Hall, a boy's school with run by the terrible Wackford Squeers (Keith Dahler) 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 cli-

As the songs had irritating repetitive tunes, or lyrics, but overall the music was well done.

The actors did an excellent job portraying their characters emotions, from Lutyns' righteous anger to Helmied'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 (Sandy Kent and Dee McGinnis) and make-up are well done and convincing, especially since several of the boys at Dethboys 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 theatre, 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.
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 NAIA Track and Field Championship Meet.

This year's meet will be at Spokane 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 Grade S. O'Connor, head track coach at Lane Community College.

One league rule that all teams must adhere to is a 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 boles to fill in at almost every event, but still hopes 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 Batley 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 336 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.

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 NAIAACC championships.

"We worked hard on Monday and Tuesday and took Wednesday off. We're going to coast into NAIAACCs 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 expected 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 NAIAACCs 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 NAIAACCs 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."
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 do 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 Grassmann-chuck, 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 Brenna 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 40:23:34.

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 Britany 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

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 Invitational hosted by the T-Birds.

Heading into the meet, Highline was dealt a huge blow when freshman Lindsay 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 400-meter hurdles.

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 in 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.

As this year was a great day for 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 7.25 inches. Barbour 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 hit by pitcher Jennifer Ventosa.

Highline then had no problems 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 two league leaders in home runs, Yokos Miki (with 23) and Jessica Miles (with 14).

Spokane also carries two pitchers in the NWAACC’s top 10 list for lowest earned run average. Jessica LaPante (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 optimistic 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 Ventosa, 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 Probst. 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 week.

The end says 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.

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Photo by Seth Carlson

NWAACC SOFTBALL STANDINGS

As of 5/13/06.

NORTH League Overall
Bellevue 31-5 37-7
Edmonds 29-6 29-13
Everett 23-1 23-9
Highline 16 18-2-2
Olympic 14-2 22-9
Shoreline 12-4 12-26
Skagit Valley 3-3 3-8

WEST League Overall
S. Puget Sound 28-2 34-8
Bellevue 31-5 37-7
Edmonds 29-6 29-13
Everett 23-1 23-9
Highline 16 18-2-2
Olympic 14-2 22-9
Shoreline 12-4 12-26
Skagit Valley 3-3 3-8

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.

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

Scoreboard

Winners 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

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)

at COLUMBIA BASIN at WALLA WALLA (CBC forfeit both games)

TREASURE VALLEY 8, at BLUE MOUNTAIN 7
**Upper body strength key to fitness**

Strengthen your sills 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 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 start mixing up your routine.”

Expecting 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.

“Dawson is the strongest woman in the newsroom.”

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**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 NWAACC 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 hard 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.
Saltwater offers quiet retreat

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 features 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 leading through a small valley grown with evergreen and some deciduous trees. The trail has a few smaller trails leading 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. 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 gravel 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 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 amphipods 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.

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The tide comes up as far as the trees, but while it is down there is rocky beach for yards.
Speaker criticizes today's 'corporate defined hip-hop'

BY JUDY VUE AND ANGELA NELSON

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 University.

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 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 as 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.

"Sevento-8-year-olds are listening to 40-year-old rappers," 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 Hightline college and Highline High school.

The high school students that attended were from a club called Sekans, 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.
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 attendees 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 attendees communicate with representatives, they also worked as greeters, floaters (conversationalsists), 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 outreachs.

“The goal of the event was to share the educational opportunities 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 attendees an insight to what was available to 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 can 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 and Spring.

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 as a forum today.

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 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, holidays 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 educational 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 intercultural 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 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.
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 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.

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

"Christians 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 teachings of the prophets from the Old Testament up 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 caffine or soda, they are technically 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 one of them, and over time was instructed in the way to restore Christ’s original church.

This included translating gold plates (the location of which is not yet known), and using them to reconstruct his vision of the First Presidency of the Church.

Missions are marching 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.

Missions 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 Nikolau, a missionary in the Washington Seattle mission.

Nikolau, 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 Nikolau. 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 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
Muslim students clear misconceptions

BY ALEX CAMAN
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. Muslims is the name for followers of Islam and shares the same root for peace.

Places that peace can only be found is by studying the Quran, 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 Kupra Khaiti, another student.

Islam is one of the largest religions in the world, with over a billion followers. The majority of Muslims aren't actually Arab. 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 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 CCG 165 class on the Middle East, a common misconception is that Islam is oppressive towards 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 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 LDSSSA 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.

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.
Group seeks religious discussion from all

**By Michelle Ericksen**

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, Gary Belvin.

"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)," 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 206-478-3710, ext. 3338.

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**From left to right**: Matt Newhouse, Gary Belvin, Jenny Phoumsook, and Bena Trajimchluk 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.

"When I was a kid I think I just didn't do much," Belvin said.

"But I was stumped because of my beliefs in particular.

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 Wahl.

"I was completely disillusioned with Christianity, Catholicism especially. I think Catholicism is oppressive," Wahl said.

Wahlin become 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," Wahlin 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.

Shuchi Omara is another Buddhist student from Japan.

"I was born in Japan so I was born Buddhist," Omara 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 more than happy to.

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

Some students believe in god at all, 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 apatheistic," 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 is ripe for corruption. I don't talk about 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 religions," Markland said.

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

Student Jacob Lizzma grew up Catholic.

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

Lizzma 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 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 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 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."
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 listeners filter in. Once the music has begun to reach its peak, 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 what Christians have a problem with sinners.

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 reliable and the topics he discusses are very relevant 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 cafe 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

"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 among my greatest concerns. As a concerned student, I cannot allow the (keyword) to progress any further. I plan to work on this problem to 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."

- Ian Davidson

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 campus system, expand the use of the Student newsletter to keep students informed, and emphasize the importance of advertising the events.

- James Bermingham

Bermingham wants to bring about great involvement in the new campus system created by the constitutional reform. Bermingham wants to promote collaboration between the groups on campus, as well as help promote greater participation in campus life.

Bermingham 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.

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

- Gurpreet Singh

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 just have 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 handling 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 campus system to ensure the continued success and stability enjoyed by the student government in the past."

Paul 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 club involvement," Pittman said. "Club members need to get involved and 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.

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Sleeping in class for credit

New program hopes to wake students up

BY FLOYD DECKER  STAFF REPORTER

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

Nationally 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 limited amount of time to learn," Bly said.

According to a recent internet report by the Upper Chesapeake Sleep Disorder Center in Maryland, more than 30 million Americans suffer from sleep disorders, and the number is growing.

Millions of people are being tested annually in sleep laboratories nationwide. There are few formal nation wide training programs, but there is a fast growing immediate need for qualified polysomnographers. These people are sleep study technologists, said Bly.

These specialists work in laboratories where they assess patients and prepare them for sleep studies. They also operate, monitor, and troubleshoot sleep computer systems to analyze sleep patterns.

The polysomnographic technicians use these specialized skills to help physicians diagnose and treat sleep disorders.

Currently there are 25 sleep disorder clinics in the State of Washington, with anticipation of more to come as demand requires.

The growth pace of sleep disorder clinics has swiftly outpaced the number of polysomnographers that are needed to work in the clinics laboratories.

Three years ago several Washington state colleges became aware of these rapidly growing needs for sleep disorder technicians, nationally and statewide.

The four colleges came together to develop a program to fill the voids and meet the needs of sleep disorder clinics.

From their years of dedicated research and development, Nicky Bly has been a driving force behind Polysomnography - her efforts have put air into the lungs of the program.

Highline, in consortium with Olympia College, Edmonds, and Tacoma community colleges, have developed two polysomnographic technology programs.

“It is a very unique situation that has taken three years to come together,” said Bly.

The programs are very limited, because the colleges are still in the pending process of getting all of the accreditations to accommodate the two new programs.

At the programs’ progress each quarter, the colleges plan on increasing the student enrollments.

The certificate program in Polysomnographic Technology is a full-time, three-quarter program.

Admission is limited to 15 students between all four participating colleges.

The associates of applied science degree program are full-time, seven-quarter, two-year program. Admission is limited to five students between all four participating colleges.

Both tracts require various prerequisite courses. “The programs answer the needs of the community by providing training that has not been readily available,” said Bly.

Registration for admission to these programs is only accepted at Highline.

Applications for programs are currently being accepted through beginning day of Fall Quarter.

For information on advising and getting prepared to apply contact the polysomnographic technology program manager, Nicky Bly at 206-879-3710, ext. 3677, or Email: nicky@highline.edu

Attendance at a Polysomnographic Technology information session is strongly recommended, Bly said.

All information sessions will be held on Highline’s main campus in Building 26, Room 219.

Holiday session dates are as follows: May 3, 1 p.m., May 10, 11 a.m., June 14, 11 a.m., July 12, 11 a.m., July 19, 6 p.m., Aug. 2, 1 p.m., Aug. 9, 11 a.m., and Aug. 16, 6 p.m.
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.

"In 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.

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, be he then 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 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."

Artashes Boyajian teaches a political science class at Highline.

Photo by Keith Daigle

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The Thunderword
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 Greigore. 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 scenario 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 Greigore 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 violations, 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 pursuit 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.

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.

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 Greigore 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.

Richard Mitchell related the ups and downs of his job.

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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 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 to cater to the needs of the community.

"We get into the mode of taking 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."

Dr. Priscilla Bell

Running

continued from page 1

Running Start students."

She also added that if they did count "we'd be well over 4,880 FTEs."

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.

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."

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