

## Highline eyes grant program

By MICHELLE ERICKSEN  
STAFF REPORTER

Highline has an opportunity to get part of a \$4 million state program to help low income students.

The Opportunity Grant Pilot Program is a three-year project that will distribute \$4 million to eight to 10 different community and technical colleges. It will provide money for low income students that are studying nursing, or other business related fields.

Its targeting areas to increase post-secondary education for low income students in job specific programs, said Tina Bloomer, director of the student achievement program for the State Board of Community and Technical colleges (SBCTC).

"It's a pilot program so it won't be in all the colleges," Bloomer said. "We're targeting students that are in the 200 percent poverty level."

"We're looking at programs in high demand in occupation," Bloomer said.

Bloomer said that colleges might select to do this in different ways.

"We're hoping to have the program implemented by fall," she said.

Highline will be applying for the grant, and they think they have a good job of getting it.

Vice President for Institutional Advancement Lisa Skari is optimistic about Highline's chance of winning the grant since the college has been recognized nationally on several occasions.

"I have to think that within our own state we would be very competitive and successful," said Skari. "The fact that we have a high percentage of students with great need, it's very competitive across the state."

"They've been very vague about selecting their pilot schools," said Skari. "It's

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## Barbour wins big at NWAACC track



Photo by Trevor Kulvi

Sheree Barbour runs the 800 meters at the NWAACC track championships Tuesday in Spokane. Barbour won both the 800 and 1,500 to lead the Highline women to a sixth-place finish at the meet. The men's team also finished sixth. The fastpitch softball team nearly upset No. 1. Spokane at the NWAACC tournament in Portland. For this and more sports, see pages 9-10.

## Somalis seek financial help for homeland

By MICHELLE ERICKSEN  
AND REBECCA LIVINGSTON  
STAFF REPORTERS

Somalia students from Highline are hoping to raise money to support their drought-stricken, long-suffering country.

The dinner, hosted by Highline's Somali Student Association, will be at the New Holy Community Center Gathering Hall on May 26 from 5-8 p.m. Tickets are \$10, which gets you in and pays for dinner.

"They have been through a lot," said Somali Student Association member Cowsar Mohamed. "We want to take advantage of this opportunity (in the United States) so we can go back to Somalia and help our people."

Somalia is located on the east coast of Africa on and north of the Equator between the Gulf of Aden on the north and the Indian Ocean on the east. The drought so far is affecting six countries which are: Djibouti, Ethiopia, Kenya, Rwanda, Tanzania and Somalia.

Somalia is suffering from a combination of war and drought. Up to a million people need as-



sistance, according to the United Nations.

Low food production is a result of no national government in Somalia. They have been without a central government since dictator Mohamed Siad Barre fled the country in 1991 when rebel forces overthrew his regime. This led to a civil war that continues there now.

The Somali students hope to raise \$5,000, which will be donated to the United Nations Children's Fund. UNICEF's primary focus is on helping in the areas of health care, nutrition, water, environmental sanitation and education.

The students say that although they are relatively safe

See Somalia, page 16

## Trio brings story of Tent City to Highline

By JUDY VUE  
STAFF REPORTER

They look just like any other person you'd see around Highline. The difference is the place they call home is worlds apart from what you may call home.

Highline hosted a panel of three homeless tent city residents on Tuesday in the Mt. Skokomish room of the Highline Student Union.

The event was organized by Laura Manning and Phi Theta Kappa and included a drive to gather donations of food items,



Photo by Austen Lavery

Pamela, Kerry Hussman, and Kirsten Gaydos are all Tent City residents. They came to Highline to talk about their experiences.

hygiene products and books for Tent City Four in Woodinville.

Tent cities are encampments

set up for homeless people to take shelter in. There is one in Seattle and one in Woodinville,

which is also the city that the speakers came from.

Tent cities are sponsored by the organization SHARE/WHEEL (Seattle Housing and Research Effort and Women's Housing Equality and Enhancement League.)

Kerry Hussman, Kirsten Gaydos and Pamela (last name not provided) were the Tent City residents that came to speak about their experiences, in addition to Tent City advocate and volunteer Lynn Matthews.

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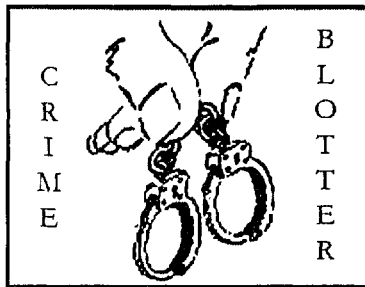


Vote today in student elections  
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5/25/06

THE THUNDERWORD

## CAMPUS LIFE



## Two men threaten officer's life and job

Two men were removed from the Library on May 17 for causing noise and being a disturbance. They were seen there again later in the day and when Security asked them to leave they told the officer that they wanted to come back and burn this place down and kill him. The Des Moines Police Department was contacted and the men ran off and were last seen going down 25th Avenue.

These same two men were seen in the Library on May 22 and the Des Moines Police Department was contacted and they searched for the men but could not find them.

## Library still plagued by disturbances

The Library contacted Security about a man who was uncooperative with the use of a computer on May 22. He would not show ID to the Library staff and when Security arrived he had already departed.

The Library had asked for Security to check ID due to there being a lot of noise on May 22. Everyone who had no ID left without problems.

## Garbage can on fire again

A garbage can was found on fire on the southwest side of Building 26. It was put out with water bottles.

## Selling T-shirts

A person was reported selling T-shirts in the south parking lot. He was asked to leave and he departed a few minutes later.

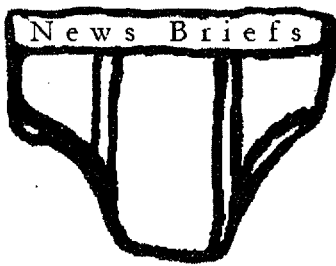
## Car towed

Pete's Towing removed a Dodge 1996 that was parked in the south parking lot.

## Dog inside

There was a complaint about a man with his dog and a tennis ball inside Building 29 on May 23. He was asked to leave.

-Compiled by R.Livingston



## Club takes donations to support mothers

Highline's Respect Life club is hosting a donation table for new mothers and mothers-to-be who cannot afford baby supplies.

Thursday June 1 and Friday June 2, from 8:30 a.m. to noon, the table will be set up outside the bookstore on the second floor of the Student Union.

Respect Life is looking for a wide range of donations. "New or used clothes size preemie to 5, disposable diapers, receiving blankets, bibs, strollers, baby swings, baby bathtubs, baby backpacks or diaper bags," said Christina Radmacher, the president of Respect Life.

All donations go directly to Pregnancy Aid.

"Pregnancy Aid, located in Des Moines, is a volunteer run pro-life pregnancy support center. They provide emotional support and advice about housing and food and give supplies to mothers who are pregnant and are struggling financially," said Radmacher.

For more information, contact Christina Radmacher at 206-243-7886.

For more information about Pregnancy Aid, contact the center at 206-878-3770. Their hours are Monday and Wednesday through Friday, 10 a.m. to 1 p.m.

## Free coffee, snacks, poetry

Come and enjoy coffee, doughnuts, and poetry at Highline's Breakfast Club.

The club is a weekly event given by Multi-Cultural Services and the Inter-Cultural Centers.

This week, the theme for the club will be Your Season. It will be a chance for students to cel-



Photo by Alicia Mendez

Student Tracy-Ying Zhang accepted the mathematics award from Rosemary Adang, who was filling in for Joe Wilcox during Highline's Student Awards Ceremony Wednesday. The ceremony recognized 76 students who had excelled in various activities.

ehrate their favorite seasons and how it relates to them.

Everyone is encouraged to bring a poem to share.

The Breakfast Club is held on Friday from 9-10 a.m. For more information, contact Sharonda McCarver at smccarve@highline.edu.

## Uganda to be shown in film

Get an inside look into life in Uganda.

Today, May 25, there will be a showing of *Invisible Children*. The film is a documentary made by three men from California, which depicts the lives of children in Northern Uganda who are forced to flee from the Lord's Resistance Army on a daily basis.

The showing will take place in Building 2 from 12:30-2:00 p.m. accompanied by some discussion before and after the film.

For more information about the film, go to [www.invisiblechildren.com](http://www.invisiblechildren.com).

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

ries, contact Woody Moses at 206-878-3710, ext. 3649, or at [wmoses@highline.edu](mailto:wmoses@highline.edu).

## Graduation is nearly here

For some, it is an emotional and meaningful rite of passage. For others, it can be tedious and grueling. For many, it is both.

Highline will hold Commencement 2006 at the Tacoma Dome on June 8 at 3 p.m.

The student speaker will be Alicia Akerman and the Distinguished Alumni Speaker will be Ezra Teshome, who graduated from Highline in 1973.

"Over 1,300 students have graduated or will graduate this academic year. Over 400 of those graduates will participate in this year's Commencement ceremonies," said Danielle Mottley of Registration and Records.

For students who wish to participate and are eligible, you must go in person to Registration and Records in Building 6 to apply. The final deadline to apply will be June 2.

For more information, contact Mottley at 206-878-3710, ext. 3328.

## Listen close for music colloquy

This week's Honors Colloquy presents It's Music to My Ears by Highline graduate Jessica Graybill. She will play selections from her recent piano recital and answer questions about how to develop your artistic talent.

Honors Colloquy will be on Wednesday, May 31 from 12:10-1:15 p.m. in Building 7.

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

## Commencement 2006



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

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

**Congratulations to all of this years graduates**

## Election season comes to Highline

BY AUSTIN MacKENZIE

STAFF REPORTER

Today is the last day to decide who will serve on the Highline Student Government next year.

In one of the most contested elections in recent years, five candidates are running for the position of Student Government president and two candidates are running for the position of Student Government vice-president.

The presidential candidates are:

• **Ian Davidson:** Davidson believes in connecting the campus and ensuring that everyone has an opportunity to make their voice heard.

"I've served in many leadership capacities, either official or unofficial," Davidson said. "I'm willing to work with others."

"I will connect the students together and bring activities that people really want," Davidson said.

Davidson also believes that people should be able to get more out of their experiences at Highline.

"I'm going to make Highline more than just a stop on the road to education. I'm going to make it a real college experience," he said.

• **Dmitri Kvasnyuk:** Kvasnyuk is a Running Start student who believes that the campus is a beautiful place that needs to have its potential realized.

"Michelangelo once said, 'I saw the angel in the marble and carved until I set him free.' When I came to this campus,

I fell in love with it. I want to work for the students and set the angel free. I want to show the beauty of Highline," Kvasnyuk said.

Kvasnyuk supports greater communication amongst students and student government, and believes that his youth will give him a fresh view on the issues.

"I think a president and the students should have a clear

voice with each other," he said.

His attendance of church and his good standing in the community are reasons Kvasnyuk believes he should be elected.

"I want to become a better leader," he said.

• **Daniel Nordstrom:** Nordstrom is the oldest Student Government candidate. He is the president of the Breath of Life club, and has worked as an EMT.

"I've had quite a bit of experience with Student Government," Nordstrom said.

Nordstrom's has successfully raised over two thousand dollars with his club.

"We raised enough money to outfit the entire club in scrubs," Nordstrom said. "We went from \$200 to \$2,250."

"I've seen the process, I've been involved in the process. I'm very concerned about how the next step in that process is going to happen," Nordstrom said.

"I want to develop the position of president into more than what's in the job description. My hope is to get office hours established and have people showing up regularly."

• **James Bermingham:** Bermingham supports the caucus system Student Government is implementing next fall, and wants to work hard to keep it running.

"It's a terrific idea but it relies a lot on whether students will get involved," Bermingham said.

Bermingham also wants to work to expand the weight room facilities on campus.

"I've talked to John Dunn and Jonathan Brown," he said. "I know they both support something like that, and I think I can get it done."

Although Bermingham has had no formal experience, he believes that he is still a strong candidate for the position.

"I've always been able to keep a cool head, I can work under pressure," he said.

"Next year because of the constitutional reform you're going to need someone with strong leadership qualities to push it through and someone with a willingness to work around the clock. These elections really will effect how Highline operates, and I feel that I'm the best candidate."

• **Gurpreet Singh:** Singh could not be reached for an interview.

The vice-presidential candidates are:

• **Paul Pittman:** Pittman believes in greater communication between Student Government and students.

"I believe I can make a difference for Highline for the better," Pittman said. "I want to connect

with the off-campus community and have more communication with clubs throughout campus."

"I've had several leadership opportunities. I like to meet new people and bring them together," Pittman said.

Pittman feels that Highline is a good campus with a lot of good things going for it.

"I'd like to see great things out of the great Highline campus we have already," Pittman said. "I'm happy with most of the clubs we have already. We can learn from that."

• **Adam Wahlen:** Wahlen wants to bring greater participation from Highline students with things like campus-wide fund raisers and an emphasis on the new caucus system.

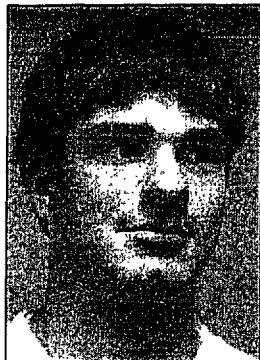
Wahlen believes his experience with administrative positions will help him serve on Student Government.

"Back in high school I was president of the Future Business Leaders of America. I was also on the Student Council budget committee for two years," Wahlen said.

"I feel I'm better qualified [for vice-president] and I have more ideas," Wahlen said. "I have more drive. If I'm tasked with this position, I'll help it move forward."

"I'm trustworthy, I'm a likeable person, and I'm easy to get along with."

### Presidential candidates



- **Ian Davidson**
- Wants to connect the campus and make sure that everybody is able to make themselves heard. He also wishes to help people gain more from their experience with Highline.
- "I will connect the students and bring activities that people really want."



- **Dmitri Kvasnyuk**
- Wants to bring out the beauty of Highline and help Highline realize its potential.
- "Michelangelo once said, 'I saw the angel in the marble and carved until I set him free.' When I came to this campus I fell in love with it. I want to work for the students and set the angel free."



- **Daniel Nordstrom**
- Has been heavily involved in the process and wants to see it successfully take the next step. He also aims to make the position of president into something readily accessible.
- "I want to develop the position of president into more than what's in the job description."



- **James Bermingham**
- Hopes to bring about greater student involvement through the new caucus system.
- "Next year because of the constitutional reform you're going to need someone with strong leadership qualities to push it through and someone with a willingness to work around the clock."



- **Gurpreet Singh**
- Wants to see an increase in student enrollment and involvement and more events on campus. He also feels that the great diversity of Highline should be encouraged.
- "I think we need to have more enrollment and more people involved in clubs."

### Vice-presidential candidates



- **Paul Pittman**
- Hopes to promote better communication between students and Student Government.
- "I want to connect with the off-campus community and have more communication with clubs throughout campus."



- **Adam Wahlen**
- Wants to bring campus-wide fund raisers and promote the caucus system.
- "I feel I am better qualified and I have more ideas."



# Editorial

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Email: kirk@theblade.com

## Running Start is costing Highline

Highline, having met its enrollment target for Spring Quarter, is slowly limping away from its financial insecurity. In the aftermath of this enrollment dilemma, it's hard to ignore some of the finer issues that contributed to this problem.

One of those issues is the Running Start program. Running Start allows high school students to attend Highline (and other community colleges) free of charge, fulfilling both high school and college requirements. The school receives funding for the students, but they do not count toward Highline's Full Time Equivalent (FTE) count; one FTE is the equivalent of one student taking 15 credits or three students taking five credits each.

Every year Highline receives state funding for a certain number of FTEs, which cover 70 percent of each students' education costs (the other 30 percent comes from tuition). If the college fails to meet the number of FTEs it is given funds for, the college could lose future funding from the state.

Considering that Highline floundered in fulfilling its FTE numbers for Fall and Winter Quarters, not counting Running Start students is a painful reality for the college to accept. If Spring Quarter had followed the trend and failed to hit its mark, it is very possible that Highline would have lost funding for next year.

Highline, it seems, just barely made the cut.

However, if Running Start students could count toward the FTE count, Highline wouldn't have a problem. As of right now, Running Start is made up of 802 students, about 10 percent of Highline's student body. If counted, these students would contribute 659 FTEs to Highline's total count.

Running Start is an excellent program — no one wants to see it go. Considering that Highline cannot claim 10 percent of its students, though, it's one that is causing more damage than not.

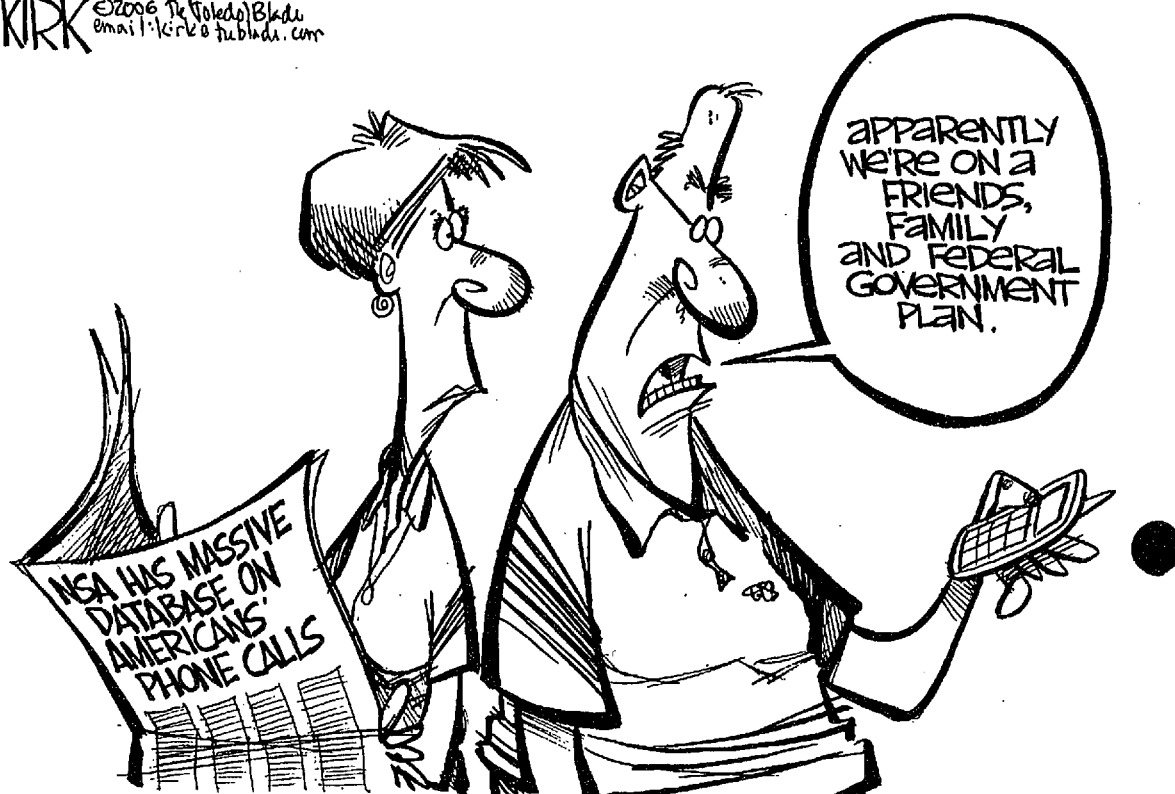
If Running Start wasn't offered at Highline, it's not unreasonable to assume that at least some of these people would attend as regular students. With that considered, Highline is suffering a direct loss of possible FTEs.

Even though Running Start is causing losses for Highline, it would be a poor decision to refuse to offer the program.

Instead of reshaping or cutting the program, there should just be one simple adjustment: count Running Start students towards FTEs. It's not like the state doesn't acknowledge these students; Highline receives funding for them. Why then, will the state not allow Highline to count Running Start students towards FTEs?

It seems as if this is an oversight or just a very poor decision. As of right now, Highline President Priscilla Bell is attempting to convince state legislators to make a change; ultimately, the decision can only be made by this group.

The community colleges can't make the change; they can only hope to push state legislators to take that action. Hopefully the policy is reshaped soon so that Highline can continue serving its students: Running Start and traditional students alike.



## Guilt, innocence, and lucky breaks

A few weeks ago I was pulled over for speeding.

I sat contemptuously in my car while an officer wrote me a ticket. "This conversation is being recorded," he told me. I made no reply, only nodded and glared, feeling grim as I sat buckled to my seat in the hot afternoon.

He wrote me up and I left promising to argue the ticket.

I knew I had broken the law. I often travel down the hill on South 240th Street well over 50 mph; on that particular afternoon he had nabbed me going 53.

At home I prepared the envelope, knowing I was still going to contest the violation (if only out of my contempt for the court) but unsure of what grounds I would use. Trying to say I wasn't speeding was out of the question; I knew they would never buy it. All seemed hopeless, until, at a supreme instant of recognition, I saw it. Small and scribbled, the number I read was totally inaccurate.

The officer had marked me as speeding in a 25 mph zone — I had been speeding in a 35. I licked the envelope with a wry smile and sent the thing away. Several days later I received a court date and set about taking pictures to bring to the court as evidence.

### Comment



Robert Fitzgerald

The Des Moines Municipal Court is a modest building that is only a block away from the police station. The courtroom was stocked with cheap chairs and angry defendants. The judge peered at the audience over the tops of her spectacles.

I watched defendants plead their case.

One young man claimed that he couldn't have been speeding because he was in second gear and his second gear "don't go more than 30."

Another man claimed that he couldn't have been detected by the radar because the cop didn't look like he was looking. In both cases the men were found

guilty.

Eventually my name was called and I took my seat. The judge asked for my defense and I produced the picture, never claiming I wasn't speeding but instead proving that there had been a small technicality in the writing of my ticket.

The judge dismissed my case. I walked past the other two men who were as guilty as I, knowing that the only difference in my case was that the officer had made a small error.

No justice was served in the courtroom. I'm as guilty as those other men but slightly more lucky. I didn't deserve to have my case dismissed, but that's just how the court system works.

However, I'm not going to press my luck further. There will always be cops writing tickets, and next time, the officer may not be distracted enough to make a mistake. I escaped the clutches of the court this round, but now I'm going down 240th at 30 mph.

*Robert lives life in the fast lane but is slow on the uptake.*

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*"If I could dance like that I wouldn't be going to school."*

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# Grawrock explores the world of theatre

BY KAREN DANIELS

STAFF REPORTER

Steven Grawrock witnessed two births last week.

The first was welcoming the birth of his first child, Rhys, born last Friday.

The second was the showing of the first play Grawrock directed, Moliere's *The Sicilian* for the Student Directed One-Act Plays.

In this Spring's One-Acts Grawrock acted, directed, and designed the lighting along with instructor Rick Lorig.

Grawrock has worked with the drama department since fall of 2004 working as stage crew, this year as master electrician, and helping with the elements of theatrical design.

Even when not acting in the quarterly play, Grawrock stays active in the department by being the light board operator for the Spring One-Acts in 2005 and stage manager for *Book of Days* last fall.

Grawrock and his wife Kammie first came to Seattle from Oregon after she got a job here.

"Highline offered the most theater classes in the area so I gave it a try, I realized what a great department they had and stayed," he said.

Grawrock is majoring in theater and has been studying under Dr. Christiana Taylor.

"Christiana is so cool, I've learned a ton. I used to slur my words, I used to have verbal releases, my technique has definitely gotten better and a lot of that is from the way Christiana teaches."

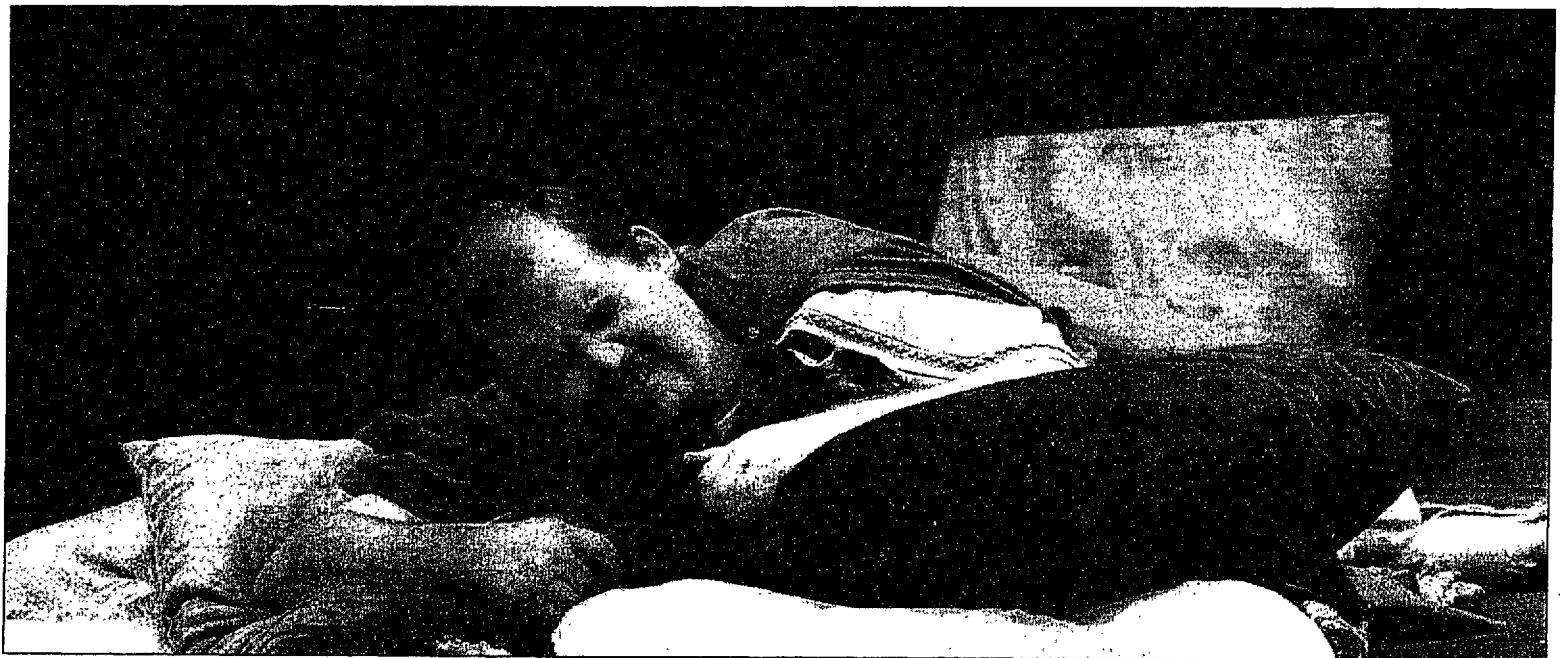


Photo by Keith Daigle

Steven Grawrock plays the King of Sparta in *Helena's Husband*, the director's play for the One Acts. He also cast and directed Moliere's *The Sicilian*.

During Grawrock's freshman year of high school he decided to audition for the school play rather than continue with sports. He then began to discover his passion for theater.

While in high school, Grawrock preformed in *Oklahoma*, *Guys and Dolls*, *Peter Pan*, *You Can't Take it With You*, and *The Pirates of Penzance*.

Grawrock has been cast in substantial roles at Highline and played the prospector in *Madwoman of Chaillot*, the love-struck lord in *Twelfth Night*, the lovable old man in *The Seagull*, and as the king of Sparta in *Helena's Husband* in the One-Acts.

"My lifetime goal is to act on the globe, even if I were to be an extra who dies in *Henry V*," he said.

Next year Grawrock will be

attending Southern Utah University in Cedar City, Utah.

"It has good support from town, because it's such a small town everyone supports the theater there," he said.

Cedar City is tied with the Utah Shakespeare Festival.

"It's one of the best/better festivals in the U.S.," Grawrock said.

Grawrock is very excited about this because he will be able to act in the Shakespeare Festival while getting his degree.

"I want to be a high school or college theater teacher but I want to do professional work as much as I can," he said.

"I've been given opportunities this year to be a teacher," he added.

Christiana Taylor and Aimee

Bruneau both have him lead their beginning acting classes this year.

For the One-Acts, Grawrock had to find a short play then cast and direct it.

After reading a few plays he finally decided on Moliere, a classical French writer.

"...I read *The Misanthrope*. (Moliere's) writing was very clever and he wrote everything in rhyming couplets," he said. "I found *The Sicilian* and it was the right length for a one act. It's light and it's fun; it's got physical comedy built in."

"I love classical theater so much. Finding this play made me happy that I could direct it in a classical realm," Grawrock said. "I think it's a great experience for people to act in classical theatre - I think it's really fun

to dress in period costumes."

*The Sicilian* is about a young Frenchman who tries to steal his love from a rich Sicilian lord.

"It's been a fun experience, different from acting," Grawrock said about directing.

"I think it's made me want to (be a drama teacher) even more but there's nothing quite like acting"

Grawrock wants to teach drama but also said he loves English and would like teaching mythology or Shakespeare classes.

"(Kammie) knows it's not going to be easy for me to be an actor or teacher but she believes it's more important to have a job that makes you happy than one that makes a lot of money. The best thing is she supports me with what I want to do."

## Portfolio review gives students a chance to be seen

BY JOCIE OLSON

STAFF REPORTER

More than 30 of Highline's most creative students will showcase their work in the 25th annual Portfolio Review.

"It's a tradition of the visual arts community to publicly display the samples and work that students have accomplished and created," said Gary Nelson, program coordinator of the Visual Communication program and art professor at Highline.

Visual Communications is a two-year program where students learn to work in electronic imaging, graphic design, illustration, and web design.

"It's to showcase everything the students have done in the past two years," said student Ryan Murray, art director for the show.

The review is also a compe-



Photo by Jocie Olson

Art director Ryan Murray and a student from the production illustration program work on the *Arcturus* literary magazine.

tition between the students who will be judged according to the design, detail, and functionality of their work.

The students projects range from oil paintings and photography to commercial art.

"It gives the students an opportunity to reflect on what they have done and it raises

the awareness of the existence of the program," Nelson said. "It [also] gives the students an opportunity to learn how to organize, plan, and execute an event."

Everything from designing the posters to procuring raffle prizes has been done by the students, Nelson said.

They also sent out invitations to top agencies who will come to see what the students can do.

This is the first year that another program has been included in the review.

"There's going to be a few exhibits from the interior design program," Murray said.

Nelson explained that the biggest challenge is to allow the students to do the work instead of doing it himself.

Another challenge for him is finding funding for the scholarships that are given away.

For Murray the biggest challenge is planning the layout of the event from location to refreshments.

"This year the students have undertaken bigger challenges and so far have met the challenges," Nelson said. "The quality of the artwork is better than ever."

Lilie Radchuk, a student in the program, not only put her portfolio together but she also designed the fliers for the event.

"My biggest challenge is to not overdue it," Radchuk said.

One goal that the program has is to spark the interest of future students and get the program noticed.

"We want a big turn out. It's hard to advertise the fact that this is our coming out," Murray said. "As an artist all we want is to be seen."

The Portfolio Review will be showing on June 1-2 in the Student Union building with an open house will be Thursday, June 1 from 4-8 p.m.

For more information about the Visual Communication program contact Gary Nelson at 206-878-3710, ext. 3506 or at gnelson@highline.edu.

## Veggie Victory

Don't know beans about corn? Don't get your carrots in a bundle

By RACHEL LUSBY

STAFF REPORTER

The first step in planting a successful summer garden is preparation.

"Preparation is the hardest and most important part," says Tukwila True Value employee Mike, who declined to give his last name.

You should choose a sunny location for your garden; do not begin your garden in a shaded area.

Next you should dig into the soil, according to hgtv.com, about 6 to 8 inches.

Then remove any rocks or debris that may be in the way.

You should then spread a layer of compost over the top and then mix it in.

If you are a first-time gardener you should start simple.

Vegetable starts are best for those who have little-to-no window space to grow their own starts or who have little experience with growing vegetables Mike says.

"If you want simple, starts are the simplest," says Mike.

Easy vegetables to grow include carrots, radishes, parsnips, corn, squashes, cucumbers, beans, and peas.

Other popular gardening choices, such as tomatoes, are possible to grow in the Pacific Northwest but it does take extra effort because the wet climate makes it more difficult.

You should be sure and check that the weather is going to be regularly warm.

For those who want to start from seeds, you should always follow the instructions on the package carefully and it is smart



Photo by Jocie Olson

Why buy your veggies from a grocery store when you can grow them in your own backyard?

to start the seeds in a window that receives a lot of sunlight.

The package will tell you what the proper care and spacing for the plants are.

After you have your veggie garden planted, you have to keep it up.

Watering is important, but you have to have the right balance.

You don't want to wait until the soil is completely dry to water, but you also don't want the soil to be soaking wet.

Also, don't depend on rain as a source of water.

Northwest summers tend to have long dry spells and droughts happen annually because of this.

To determine whether your garden needs to be watered you can stick your finger about 1 inch into the soil, if it is dry then you

need to water.

A sprinkler works best for watering your garden.

Keeping harmful bugs and weeds out of your garden is important as well.

Mike recommends ecological methods rather than chemical for getting rid of bugs and weeds.

Mike says there are products that are supposed to kill off the grubs that munch on your plants but at the same time they also kill off the earthworms, which your garden needs to grow.

Fertilizing is another important factor in keeping you vegetable garden growing.

Adding a layer of compost and mixing it into the soil before you even plant your vegetables is a must, but you should still keep your soil fertilized after this.

Mike recommends the ecological route for fertilizing as well.

Steer and chicken manure are both good for fertilizing your garden.

Mike does not recommend products such as Miracle Grow.

"You end up with more foliage than fruit," he says.

\*\*\*

If you are looking for vegetable starts to plant in your garden, Highline's biology department still has some starts left over from Friday's plant sale.

The plant sale hit an all time high in profit and in the number of plants sold, but there are still plants left over.

"We still have a good representation of the vegetables remaining," says biology lab coordinator Donn Walter.

The money from the sale goes to caring for the greenhouse and buying plants for next year's sale.

There was also a fund-raiser for the "FatCat Fund."

The money from this goes to taking care of biology lab mascots Stubby the cat and his sister Domino.

The money buys food, kitty litter, and pays for doctor visits.

Anyone wanting to purchase vegetables or donate to the Fat-Cat Fund should go see Walter in the biology lab.

## The Blend is sweetened by Choklate

By BRETT MILLS

STAFF REPORTER

Kolesta Moore returned to Highline as Choklate and she was very tasty.

Moore, who uses the stage name Choklate, was Team Highline's Blend artist at The Bistro on Wednesday. She is a former Highline student.

Moore has been singing professionally for four years.

"I graduated from high school and all my girlfriends started having kids," said Moore. "So I moved up here in a big U-Haul truck."

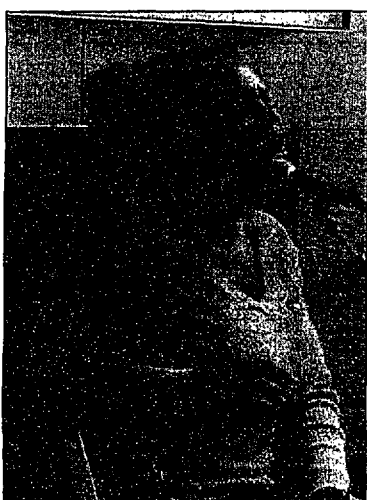
She is a former president of both the Black Student Union and Student Government here at Highline.

Singing is something that Moore fell in to.

She walked into a studio one day and was asked to sing a verse on someone else's song. She then was told that singing was something she should pursue.

The Bistro was full of students relaxing in-between classes.

Some students were relaxing with friends, studying, or grabbing a bite to eat all with Moore's soulful voice decorat-



Kolesta Moore singing the background.

"The people were really nice, they seemed into it [the music]," said Moore. "I'm appreciative of them."

The performance was relaxed and laid back. There was even a section of the performance that was improvised. The DJ would play songs and Moore would sing to them as they came.

Many students were pleasantly surprised as they walked into the Bistro by Moore's powerful but smooth soulful voice.

Some students couldn't fight the urge to dance and could be seen bobbing their heads or tapping their toes.

Moore's bright smile and warm personality only added to

her performance.

Moore has many influences including: Sam Cook, Curtis Mayfield, Marvin Gaye, Lots of Gospel music, Brandy, Alicia Keys, and Anita Baker.

She recently was on her first tour in Europe. She toured all

over Western Europe to places such as France, Denmark, and the Netherlands.

"Touring was hard work," said Moore. "I had never worked that hard in my life."

Coming up for Moore is a show at The Showbox in Seattle

on June 24. She has a website on Myspace with the URL [www.myspace.com/listen2chok](http://www.myspace.com/listen2chok).

Anyone that is interested in getting one of Moore's CDs can do so by contacting her by e-mail at [choklatemusic@gmail.com](mailto:choklatemusic@gmail.com).

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5/25/06

THE THUNDERWORD

# Rock music experiences a rebirth

By KEITH DAIGLE

STAFF REPORTER

After the grunge wave in the early '90s, rock music has been on a plateau. It has only recently begun to undergo a reformation and discover itself again.

Rather than reinventing the wheel, the sound coming out today celebrates what is already right about rock music.

No frills rock is not a new concept, see the Ramones, Sex Pistols circa 1970, however music for the sake of music is something that cycles regularly in popularity.

Two such examples of this are the young bands Halestorm and Mercy Falls. No space-ships or tiny Stonehenge stage sets here.

Last Wednesday as a part of the Equinox tour, bands Halestorm and Mercy Fall opened for Shinedown and Trapt at the Showbox Theater.

Guitarist and lead singer for Halestorm Elizabeth (Lzzy) Hale is beautiful, with a voice to match. It is suprising to hear such a powerful voice come from such a tiny person.

Hale's voice is reminiscent of Janis Joplin. If Big Brother and the Holding Company had been a hard band they would have sounded like Halestorm.

The band hails all the way from York, Penn. Last week was their first time in Seattle.

Halestorm makes music a family affair; Lzzy Hale and drummer Arejay Hale are brother and sister. They have been playing music together for nine years, since Lzzy was 13 and Arejay was 10.

The band also includes guitarist Joe Hottinger and bassist Josh Smith.

Lzzy Hale described the hardest part of being in a band as staying together and just continuing to play no matter what.

"You either have to become a family or kill each other. You have to make that choice to just keep going," said Lzzy Hale. "That is the hardest part of being in a band is trying find people and keep it together."

Lzzy Hale said that music is her life, and she cannot imagine doing anything else.

"It's a part of us. It's kind of like that one staple that makes you who you are, that defining staple. We wouldn't be ourselves if we were doing anything else," Lzzy Hale said.

"If I wasn't playing music I would be involved somehow in the music business," agreed Arejay Hale.

Halestorm has a five-song E.P. out titled *One and Done*. It may be hard to find; the best place to get it is online.

Mercy Fall are Arizona rockers who should have been from Seattle. With a sound that is best described as post-grunge, Mercy Fall infuses blues and other influences into a hard-hitting rock sound.

Lead singer Nate Stone has a voice that at times sounds like Kurt Cobain and other times like Chris Cornell.

Guitarist Jeff Lusby and drummer Ethan Rea were in a blues band before Lusby formed Mercy Fall. Stone was also performing blues before Mercy Fall, playing gigs in Arizona.

Bassist Kieran Smiley was



Photo by Keith Daigle

Lzzy Hale, lead singer for Halestorm, rocked the Showbox Theater last week.

also on the stage before joining the band, but as an actor not a musician. Smiley and Lusby were old friends and he picked up the bass at Lusby's insistence.

Most of their influences are from Seattle, the including such bands as Pearl Jam and Alice in Chains.

The band spent six months in a cramped beach house in Rhode Island for six hours ev-

ery day working on the music. From this Mercy Falls first CD, *For the Taken*, was born.

"The songs that ended up on the album are actually a pretty wide range from really hard rock to pop ballady," Stone said.

Smiley said that one of the best parts of playing music is being in front of a crowd.

"The most rewarding thing is every night you are playing a show. No matter how tired

or worn down you get as soon as you get on stage and there's people there, it's unbelievable," said Smiley.

Stone said that he does not remember what happens when they play a good set.

"If it is a good show, I don't really know what happens," Stone said.

However, if it is a bad show, the band usually remembers it better than they would like to.

"We either totally check out in this bliss like unconsciousness or we become really hypercritical of ourselves and walk off stage going 'we just ruined it, we're horrible people,'" Smiley said.

Added Stone, "But it's worth it. Either way. When you walk off stage beating yourself up it is a chance to learn. Become a little bit more mature about it."

Stone is grateful for how far the band has come already, but remains humble about it.

"To have it move up to this level where we play for a thousand people a night is just crazy. I feel like we've worked hard for it; I don't feel like we deserve it. I don't think anybody does you know. It's destiny, or it's luck or whatever and I think that it is our responsibility to treat that properly," said Stone.

"We were given a gift to be out here and doing it, and we'll do the best we can and try not to fuck it up."

Mercy Fall's *For the Taken* is in stores now. They will be returning to Seattle Monday, May 29 playing with Seether and Faktion at El Corazon (formerly Graceland) in Downtown Seattle.

## Hot topic: I'm probably more punk than you

I recently saw that the youth chain store Hot Topic has decided that this is the year that they would celebrate "30 years of Punk Rock." Funny, I thought. They haven't had any years of punk rock to date.

A few days later a song came out on the radio called "Hot Topic is not punk rock" by MC Lars, thereby confirming what I have always known. Unfortunately, a substantial amount of people think that Hot Topic is punk.

Have they been there? Hello Kitty I-pod cases and Sponge Bob wristbands? Not punk. But people don't understand. I watched a concert with a friend who complained about the preppy girls who shouldn't be there. Ironically, she shops at the same

stores and wears the same styles. Not punk.

What is punk? Punk is anti-establishment, but in bite sized word format. Punk is being against the current state of things - government, society, homework, etc.

It began with poor British kids hating society, such as the boys in the Sex Pistols. They wore clothes pins in their torn clothes and truly didn't care. The music is rough, and not always talented, but always angry and calling for change.

But punk began to end when magazines came out telling mindless kids what the hot hair colors were and where to buy the best safety pins. Punk had become popular and commercialized. That is when the posers took over - slaves to popular

image. You can tell the people who think they're punk because they display it the most obviously.

What they don't realize is rebellion is in the mind, not the clothes. True punk doesn't conform to what everyone else is doing, especially people in fashion magazines. True punks are more subtle.

Anarchy often goes with the idea of punk. Unfortunately, true anarchy doesn't exist. You see, anarchy is chaos. Chaos is created via fighting, but fighting exercises power. Power is government. Therefore, logically, anarchy is government.

Look at the mug shot attached to this column. Your immediate thoughts would be something along the lines of "dead sexy, but no punk." Well, you're only half right.

I dress to impress the girls that I'm interested in, but I think

and do what I feel like in spite of society. Nothing defines my image but me, and political correctness goes against everything I stand for. Therefore, I am punk.

True punkedness is also rebellion for the sake of change. For example, I am not fond of certain aspects of our local government. So do I dye my hair blue and swear at people in order to rebel? No. I vote, I educate myself; I strive to make the change. You can do more damage in the system then out of it. The difference between selling out and buying in is that the buyer owns the seller. That is punk.

Slacker kids in trench coats with angry t-shirts and Mohawks? They aren't punk, they're just hooligans. Chains and pins for the sake of shock value are not punk rock. And most importantly, Hot Topic is

not punk rock.

Hot Topic is a company based upon popular youth subcultures that want to be rebellious and anti-authoritarian. That company makes millions perpetuating the image. What money you spend at Hot Topic can be better spent on an underground local band. Way more punk.

Jon Stewart is punk rock. Starting your own band is punk rock. Wearing a tie with jeans and an untucked shirt - punk rock. DIY (do it yourself) ethics - doing what you feel is the right thing for better change from that which is corrupt - that is the most punk you can get. One man can't change the world, but one man trying to despite the odds - that is what separates the punks from the posers. I am punk rock, and don't you forget it.

Alex only eats fruit if it's Johnny Rotten.

### Cahan's EP



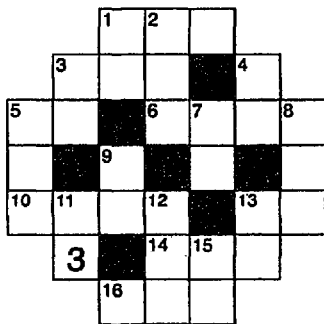
Alex Cahan

# PUZZLES

## Rational Numbers

by Linda Thistle

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



### ACROSS

- Consecutive even digits in descending order
- Five times 5-Across
- Seven more than 9-Down
- 1-Across plus 8-Down
- 16-Across plus 5-Down
- Seven less than 11-Down
- Consecutive digits rearranged
- Consecutive digits rearranged

### DOWN

- 4-Down plus 13-Down
- 7-Down times 13-Down
- The first digit is three times the last digit

- Consecutive digits in descending order
- 12-Down minus 11-Down
- The first digit is four times the last digit
- 3-Across plus 2-Down
- Four times 13-Across
- Consecutive digits in ascending order
- One-half of 6-Across
- Same digit repeated
- Five more than 3-Down

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## Crossword 101

By Ed Canty

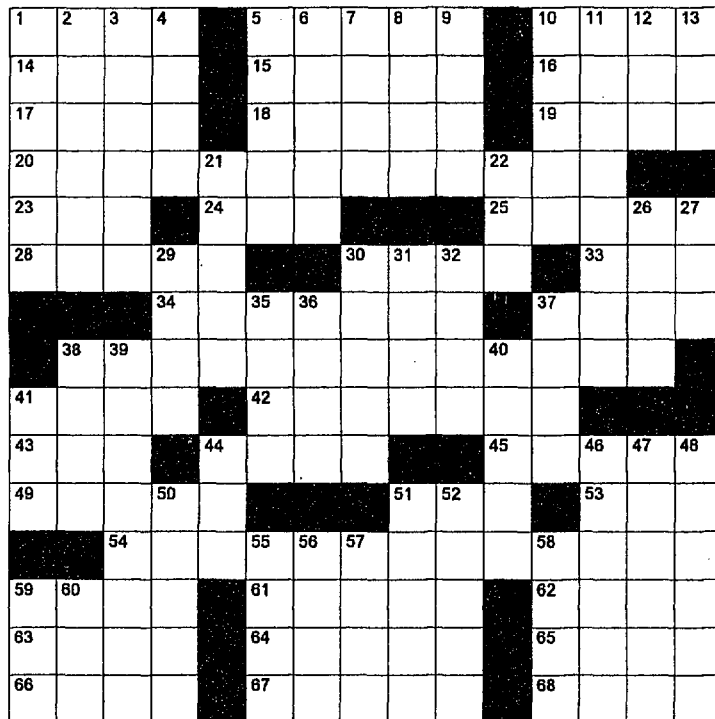
### British Proverb

#### Across

- Elec. current units
- Discontinues
- Swindle
- World's longest river
- Place for steaks
- Songstress Natalie
- Sign
- Man from Mars
- Type of vaccine
- Start of proverb
- NY time
- Cackler
- Learn by repetition
- Unsupported statement
- Mild exclamation
- Buck attraction
- Uninspiring
- Layabout
- Proverb continued
- Billy, for one
- Sideways pass
- Totally
- Understands
- Arrive at a destination
- Beauty parlor
- Floor covering
- Brut
- End of proverb
- Hotshot
- Imprecise but close
- Shaped with an axe
- Topnotch
- Not fixed firmly
- Geographical region
- Manipulates the outcome
- Hack's measuring device
- Water source

#### Down

- Battery terminals
- Brunch serving
- More than enough
- Mailed
- Trunk resident
- Claw





# Barbour finishes as All-American

**Freshman wins two events on the same day to get her third All-American award**

By **TREVOR KULVI**

STAFF REPORTER

SPOKANE—Freshman Sherree Barbour led the NWAACC standings all year in her events. Any hope her opponents had of a meltdown were quickly put to rest.

She ran in both the 800 and 1,500-meter runs. In the 1,500, Barbour took the lead from the start and never looked back as she won her first individual title with a time of 4:59.85.

Later that day, Barbour earned her second individual title of the meet with a winning time of 2:19.69, which is a new personal record for her this season.

With both wins, Barbour now has three All-American Awards to her resume including the All-American award she got back at the cross-country championships.

"The other girls wouldn't let me start out behind them so I lead from the start," said Bar-



Photo by Trevor Kulvi

*Sherree Barbour celebrates her first place finish on the podium.*

bour.

Tamara Starodubtseva of Lane finished second and was considered by many to give Barbour a run for her money, but it never materialized. In the

end, Highline finished in sixth place with a total of 40 points. Spokane won their third straight title with a score of 266 points, followed by Lane with 206 points and Clackamas with 88

points.

With the meet being a two-day affair, preliminaries for events 800-meters and below took place on Monday before the finals on Tuesday.

In the past, there were prelim heats for the 800, but due to the number of scratches from the event, there was only one heat which was the finals.

Also running distance for Highline was freshman Melissa Better who ran in the 10,000-meter run. Better finished seventh overall with a time 48:09.

Katie Compogno of Spokane won the event in a time of 43:26.70. Better also competed in the 5,000-meter run with freshman Rosie Meeker. Meeker finished in fifth in a time of 21:36.52, and Better finished ninth with a time of 23:24.43. Breanna Mercer of Clark won the event with a time of 19:56.70.

Representing Highline in the field events was freshman Brittany Smith who competed in both the long jump and triple jump. In the long jump, Smith finished second overall with a jump of 17 feet 4 inches.

Lakesha Cadogan of Clark won the event with a jump of 18 feet 4.5 inches. In the triple jump, Smith finished third overall with a jump of 36 feet 7.5 inches.

Natalie Abersfeller of Spokane won the event with a jump of 37 feet 5 inches. Both top three finishes by Smith earned her All-American honors.

## Men's track finishes sixth with smallest team

By **TROY SMITH**

STAFF REPORTER

SPOKANE- Highline came home with less hardware than expected after their top two sprinters, Kenjamine Jackson and Bruce Hubbard, were upset in their respective events at the NWAACC Track and Field Championship Meet.

Even though Highline finished sixth in the team standings with a score of 32 points, there were several key contributors to the team.

Spokane won their second straight title with a score of 287 points followed by Lane with 242 points and Clackamas with 80 points.

"It was a tough year," said Jackson. "We worked hard through a coaching adversity and we did the best we could."

With the event being a two-day affair, events 800-meters and below required preliminary heats on Monday to determine the finals for Tuesday.

Leading the way for Highline was the duo of Hubbard and Jackson.

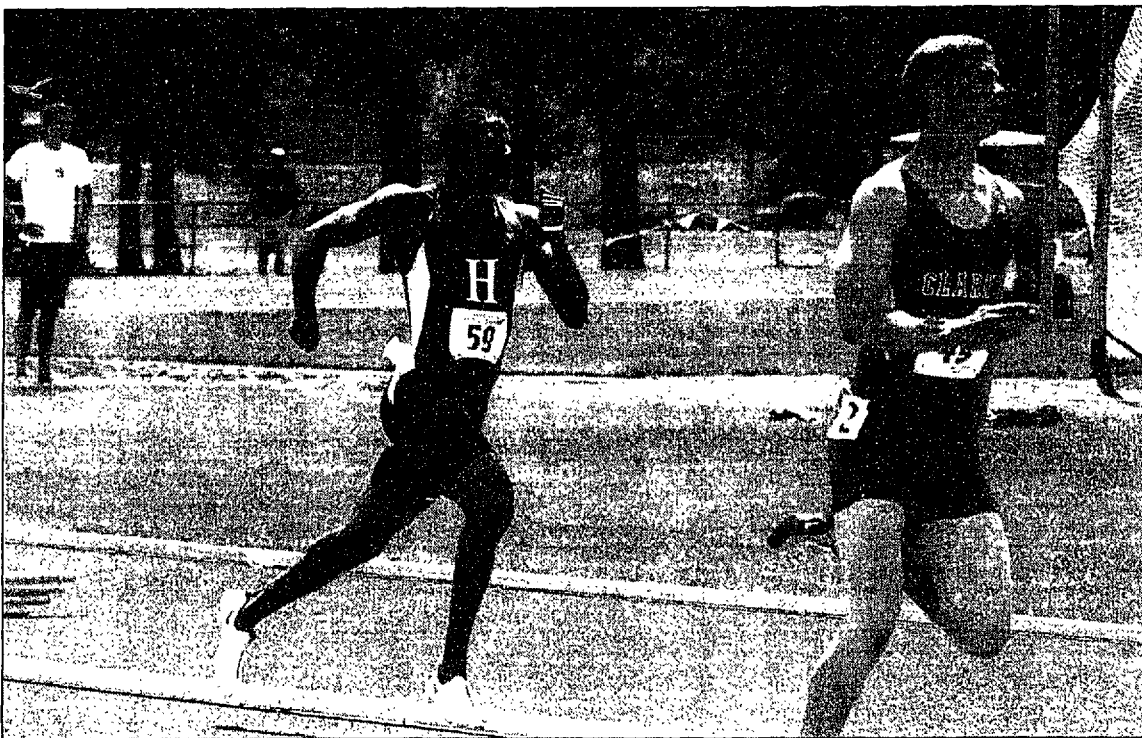


Photo by Trevor Kulvi

*Brian Dotson rounds the track as he finishes his 400 meter run. Dotson finished in sixth place.*

Heading into the meet, both were considered favorites to win. Hubbard won the title last year and Jackson was the defending 4A state champion.

Both Jackson and Hubbard qualified for both the 100- and 200-meter dash.

In the 100, Jackson quali-

fied for the finals with a time of 10.76 and Hubbard qualified with a time of 10.90.

In the finals, Jackson finished third with a time of 10.92 and Hubbard finished fifth with a time of 11.07.

Deji Adebayo of Spokane won the event with a time of

10.81.

Jackson also qualified for the finals in the 200-meter dash with a time of 22.23.

In the finals, Jackson was neck and neck with Marcus Dillon of Lane, but finished second in a time of 22.01.

Dillon won the race in a time

of 21.96

Hubbard and Jackson were joined by Rashawn Boyce and Miguel Martinez in the 4x100 meter relay. Highline finished second with a time of 42.06.

Spokane won the race with a time of 41.58.

Brian Dotson was the only competitor for Highline in the 400 with a time of 50.94.

Representing Highline in the throwing events was Jeff Vick who participated in the shot put, discus and javelin, but was unable to qualify for the finals.

Highline was well represented in the distance events with the trio of Trevor Kulvi, Noah McDonald-Robbins and Victor Kimuhu.

Kulvi ran in the 10,000-meter run and placed sixth with a time of 34:37 to claim his first-ever NWAACC award.

McDonald-Robbins ran the 1,500-meter run in a time of 4:16.51 to place 11th and placed 10th in the steeple chase with a time of 11:13.98.

Kimuhu also ran in the steeplechase and finished 11th with a time of 11:45.35.

5/25/06

THE THUNDERWORD

## SPORTS

## Fastpitch eliminated from finals

## Highline finally meets its end

BY ERIK BREAKFIELD

STAFF REPORTER

The Highline fastpitch team fought for an upset against top-ranked Spokane over the weekend and just missed in Game 1 of the NWAACC playoffs, losing 4-3.

They then dropped to the elimination bracket and lost 11-1 to Everett, knocking them from the tournament.

The team had a tough mission last weekend May 19-21. As they took infield on the hard Oregon diamond, they prepared for an even harder tournament.

"The team was bickering during warm-ups, but Amanda Houser stepped up and made a comment just before the game that had an affect on people," Head Coach Anne Schmidt said.

Houser kept up the positive chatter throughout the game while on offence and on defense.

"She was a great vocal leader," Schmidt said.

Highline came to play and struck early in the first inning against Spokane in Game 1.

Yoko Jingi led off with an infield single and moved to second on a sacrifice bunt from Houser.

This brought up Jessica Ventoza who got an inside pitch and turned on it, muscling her eighth home run over the fence in left field.

"That's a great way to start



Photo courtesy of www.jeffhinds.com

Jennifer Ventoza winds up for a pitch against Spokane Community College. Highline narrowly lost 4-3 against the no. 1 seed from the Eastern Division.

off the first inning," Schmidt said.

The T-Birds followed the first inning with solid defense

and with more quality base hits they stayed in the game against the East Division's best record.

"Defensively, our outfield did

a fantastic job; Sandra Proulx made a couple great catches. And the infield turned a double-play after a fielding error that

got a runner on first base. That was a great moment," Schmidt said.

Highline played a great game against Spokane, aided by four great innings of work by pitcher Jennifer Ventoza, who held Spokane's homerun leaders to just one.

But the T-Birds couldn't hold out long enough for the upset and fell when Spokane was able to rally and string base hits together off relief pitcher Keresa Steichen in the sixth.

Spokane then took the lead and the win, 4-3.

"Spokane made some key defensive errors that got some people on base, but they were able to pull it out in the end," Schmidt said.

Highline then moved on to face Everett in the second round of the NWAACC playoffs.

But before Game 2 could even begin, Highline had beaten themselves with more disagreements in the dugout and it wasn't long before the Everett Trojans walked off with an 11-1 win.

Fueling the Trojans' victory were home runs by Allison Hall (9) and Robyn Schlins (4), the loss went to Ventoza of Highline.

"The greatest thing that the players have come away with is simply the experience of being at the NWAACC tournament. It's important to have the experience of being there and getting the team back," Coach Schmidt says.

Schmidt said the experience will serve the team well next year. Most of the line-up is freshmen, and should be back for another season.

## Scoreboard

SOFTBALL SCORES  
CHAMPIONSHIP ROUND

MT HOOD 14,  
WENATCHEE VALLEY 6  
Wenatchee Valley finishes fourth.

CLACKAMAS 13, MT  
HOOD 12  
Mt Hood finishes third.

CHAMPIONSHIP GAME  
LOWER COLUMBIA 9,  
CLACKAMAS 1 (5 inn)  
Lower Columbia wins their eighth ever title and seventh in eight years.

THIRD ROUND  
WENATCHEE 12, vs EV-  
ERETT 10  
EDMONDS 15, PIERCE 6  
SPOKANE 10, CENTRA-

## LIA 2

SOUTH PUGET SOUND  
9, vs BELLEVUE 7

LOWER COLUMBIA 10,  
vs MT HOOD 2 (5 inn)

CLACKAMAS 6, vs  
CHEMEKETA 5

WENATCHEE VALLEY 5,  
EDMONDS 4

SPOKANE 7, SOUTH  
PUGET SOUND 5

MT HOOD 7, SPOKANE  
5

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CLACKAMAS 7

WENATCHEE VALLEY 7,  
CHEMEKETA 4

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any other coupon.  
Offer expires 05/01/06.

# Leg workouts improve fitness

Your legs are jiggling like Jell-O. Lately you have been finding yourself in a recliner or a chair most of the time, wondering why your legs are flabby.

Maybe it's time to get up and walk to the gym and work your legs into shape. Leg strength helps everything else, from keeping that spring in your step to preventing a pulled muscle while you are playing Frisbee with friends this summer.

"It is not particularly difficult to strengthen the legs," says Highline physical education teacher Josh Baker. There are tons of options as far as types of lifts.

"Be creative and try some new lifts. Just be careful and have someone check your form," Baker says. He suggests training certain muscle groups to keep them balanced. For example, many people focus on the quads (the front of your thighs) and forget the hamstring (the backside).

This is a mistake. If you forget to train all your leg muscles equally, you will increase your risk of injury.

A good way to work all your leg muscles is walking.

"Try walking or running up stairs. It depends on the person's ability," said Jackie Ferra, a Federal Way Bally Fitness personal trainer.

Switching to various workouts is a good way to work your legs and use different muscle groups.

Ferra suggests riding the bike to strengthen legs. The Stairmaster is also a great way to keep your legs in shape. When in the gym, don't be shy -- ask a personal trainer to give you tips to success. Suggestions may

## Fit with Farah



LINDSEY FARAH

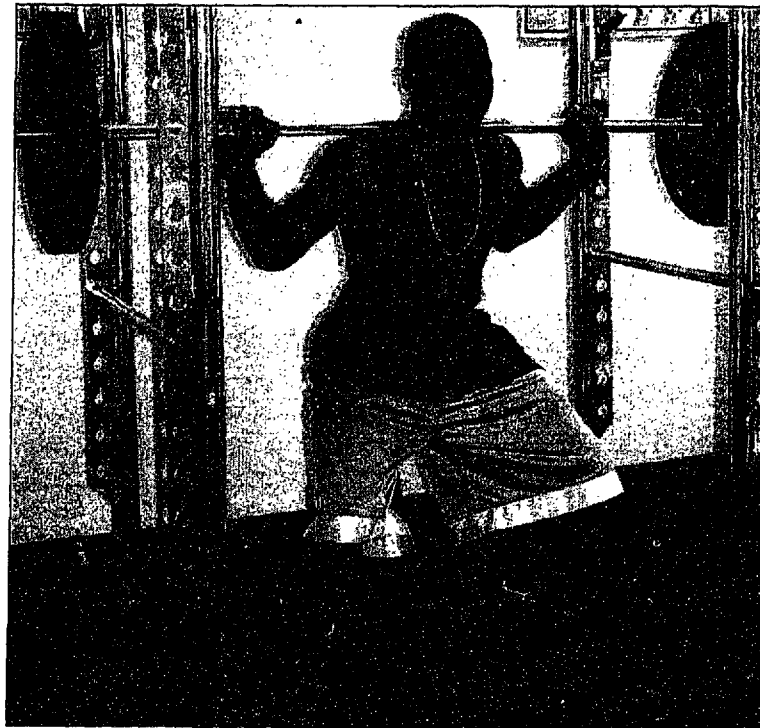


Photo by Alicia Mendez

Rashawn Boyce does squats to work out his quads in Highline's weight room.

vary from each personal trainer.

"Squats with dumbbells and squat jumps are good strengthening exercises. Again it all depends on the person's ability,"

said Ferra.

Squats involve standing with your feet about shoulder width, then, while keeping your back straight, bending your knees and

lowering your body until your thighs are parallel to the floor.

Squat jumps add an extra flourish to this exercise. When you come out of the squat, push off at the top and jump, then come back down to the bottom squat position.

Machines at many gyms can help with specific muscle groups, such as calf raises; leg extensions, which help your lower quadriceps; and leg curls, which help your hamstrings.

When doing squats or any activity involving weights, be cautious of how much weight you are using, so that you won't hurt yourself. With any weight exercise, start at the bottom and work your way up slowly.

Baker and Ferra both agree you should not neglect stretching. Not stretching increases your chance of injury.

"Your workout always depends on the person's ability," said Ferra.

Lindsey is the squat champion of the newsroom.

# Shocking news: baseball is boring

Most baseball fans feel that little needs to be changed about the game. They love the teams, the clichéd sayings (such as "baseball is a game of inches"), and most of all, the statistics.

However, I do not love, or even like, many aspects of our national pastime. Everything about it is too long or too slow. The games are too long, the season is too long, and the action never really happens. There are too many statistics and they don't mean anything. Why

would anybody care about a statistic that you have to calculate? I play and watch sports to get away from math. As an avid watcher of soccer, the constant breaks in baseball seem to drag on even longer in comparison.

These shortcomings are especially apparent when compared to real sports such as rugby or kickboxing. Rugby is the most popular sport in New Zealand and Australia. Anybody who has watched New Zealand's national team, known as the All Blacks, knows that rugby is a bruising, angry sport. The athletes wear no pads and are liable to hurt each other at any moment. Any frustration they have with the referee or the game is

taken out on the other team.

Another game that is similar but even less structured is Australian Rules Football. In this game, the national sport of Australia, two teams of nine wage war against each other inside a circle, trying to throw a ball through a goal. There are no positions and few rules. The referees serve more as decoration. What more could we expect from a country founded by convicts?

Aside from an occasional bench clearing argument (they rarely ever fight), not much action happens on the baseball field.

Recently, a minor league player threw a bat into the chest of the umpire over a disputed strike three. This leads me to the first point that could improve baseball. The guy had the right idea: he just used it on the wrong person.

The solution is to let the players carry the bats around the bases and use them on the opposition at will. Players will no longer need to take frustration out on the umpire; they can just take it out on the other team each time they pass by each other. This will also bring a much needed action boost to

the game.

Imagine how much more thrilling the game would be if each time there was a hit the first baseman risked getting clobbered. Aggressive base running would take on a new meaning.

The natural progression of this is to let the field players have bats as well. Not only could they get a guy out by throwing him out, they could get people out by hitting them out.

Off-field issues can often make up for a lack of action on the field.

Right now, the steroids issue is the biggest talking point. Many people believe that athletes should be tested and thrown out for using steroids. However, the solution to baseball is the opposite.

To make baseball more interesting, players should be required to take more steroids than they are already taking. A common side effect of steroids is mood swings and anger. The increased strength and anger of the players is exactly what the game needs to inject some excitement into it. Coupled with the new leniency with carrying bats, the game could become quite lively.

However, these new rules could make any sport more interesting. Baseball is not the only sport that could stand more action.

Improving baseball is more

than just an idea: it is our duty as Americans. We need to follow in Canada's footsteps and add fighting into our national sport. Canada took hockey and decided that they needed more contact. In other "lesser" countries, mostly in Europe, fighting is frowned upon and rarely happens. When it does, the referees move to break it up quickly. Players involved in fights are suspended for two games. In the NHL, composed mostly of Canadians, fights happen frequently and are never broken up. Fighting is punished with a five minute penalty. If you go to an NHL game, there is a 36 percent chance of seeing a fight as well.

Canadians maintain that "fighting is part of the game."

Baseball is all right, but it could still stand more action. But upon reflection, what sport couldn't stand more action? Soccer could use more goals, football could use less stops, and nobody watches basketball anymore.

If only baseball had the flair of soccer, the brutality of rugby, or the nonstop action of basketball. However, it seems pretty unlikely that any of these changes will occur, so I guess I'll just have to deal with baseball the best way possible: watch soccer instead. Steve plays softball with an ax.

## From the field



STEVE PIROTTE

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Students gather for a barbecue outside the Student Union.

Photo by Michelle Ericksen

## *A festive start to spring*

The Spring Festival and Career Fair were a success again this year, organizers said.

Last Friday's events were put on for local high school and junior high schools. More than 500 high school students and 90 junior high students all participated, said Jason Prenovost, Outreach Services director.

The Career Fair portion of the event brought employers, college departments, and universities to Highline to meet and talk with students.

"The Career Fair was exceptional this year. We had terrific attendance from employers, transfer universities, and Highline instructional depart-

ments," said Nancy Warren, director of Workforce Training, who organized the fair.

Various workshops were offered to the students such as: How to Choose a Career, Choosing the Right College or University, Paying for College, College Survival Skills, and Powerful Resume Writing. A barbeque, caricatures, inflatable boxing rinks, and a disc jockey were all offered in the upper campus near the Student Union Building.

"I think the activities on the upper campus put on by Student Programs were great. It went over really well," Prenovost said.



Photo by Jocie Olson



Photos by Seth Carlson



Photo by Michelle Ericksen



The campus descends like locusts on the plant sale, above, while students go for big boxing, below. Another students talks to military recruiters, far left, at the Career Fair, including Bryce Fisher, who does double-duty as an Air National Guard officer and Seattle Seahawk.

## Printing program wins awards

**Highline able to prevail despite tough competition**

By **KRYSTAL VELTMAN**  
STAFF REPORTER

The Printing Program at Highline won a total of nine awards last Saturday at an event sponsored by the Seattle chapter of the International Association of Printing house Craftsmen.

To further the significance of these awards, this year there was no student category and no other community college won any awards at the event, said Printing Program Manager Bill Cox.

Highline received one gold award for Crosscurrents 2005, which is a full color book containing 122 pages. Crosscurrents is a literary book which includes work done by Washington State Humanities teachers. Two silver awards were given to Highline for the Licton Spring Review 2005 book, which is for students and staff at North Seattle Community College and Making the Connection poster.

Six bronze awards were re-



*Jennifer Holmes operates a printing press as part of Highline's Printing Program*

ceived for the Living it Up calendar; 2005 Fine Art Auction catalogue for a fund raising auction for the Northwest Painters Society; 2005 Printing Program brochure to promote Highline's printing program; Explore Experience and Discover season program, Historical Des Moines brochure, and D.A.W.N. stationary package.

Highline competed against other commercial printers in the greater Seattle area and across the state of Washington.

Other printers who were in this competition had advantages such as more employees and more printing presses. It was competitive, Cox said.

"We have evolved in the past four years at Highline," Cox

said. "We set out to make a new program and plan an ambitious program."

"We are self-supporting and this program generates money to support itself," Cox said. "We do printing for other colleges and state agencies."

According to the Highline website, students who enroll in the Printing Program at Highline

spend an average of 12 hours per week involved in real world production tasks. Students also attend lecture and do research on the topic. They then put their skills they learned in the classroom to practical application by performing the associated tasks. Students get experience in every aspect of the printing trade from design, prepress, preflight, press, and bindery to customer service, shop management and printing sales and marketing.

"Generally we have between 10 to 20 students enrolled in the program at a time. It varies because there are so many job offers out there that students leave as soon as they get a good offer," Cox said.

Students can earn either an associates of applied science degree or a certificate of completion degree in the program.

The associate of applied science degree which takes 92 credit hours of printing classes and general education. This degree can be earned in two years according to the Highline website.

The certificate of completion can be earned in five quarters, requires 60 credit hours of printing classes, and emphasizes on preparation in specific job skills required for entry-level employment.

## Highline's Dr. Elizabeth Chen named trustee of the year

Dr. Elizabeth Chen, the vice chairwoman of Highline's Board of Trustees, has been named Trustee of the Year.

The award is given by Washington's Trustees Association of Community and Technical Colleges, and it is the highest award a trustee of a two-year college can receive. It was given to Dr. Chen in order to honor her more than 10 years of work at Highline.

Before coming to work as a trustee, Dr. Chen earned both her master's degree and Ph.D. in statistics from the University of Wyoming.

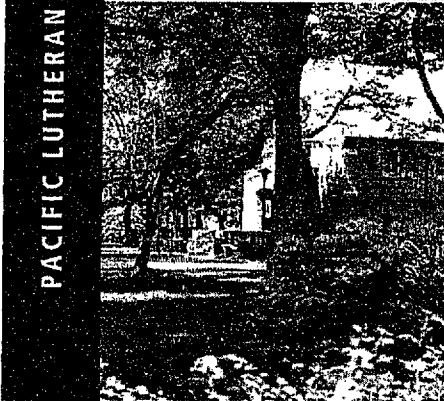
In a press release given to the college, Dr. Edward Command, former Highline president, said "While her degrees are in math-

ematics, she is an expert in Chinese language and culture."

Dr. Chen has made many contributions to the Asian American community. She has worked closely with Highline's exchange program with Yangzhou University in China.

Outside of Highline, Dr. Chen is a board member of the South Puget Sound Chinese Language School and an adviser to the Overseas Chinese Affairs Commission.

In the press release, Michael Park, mayor of Federal Way, said "[Dr. Chen] has been a vital community leader and has been instrumental in developing and organizing programs for our city's very diversified population."



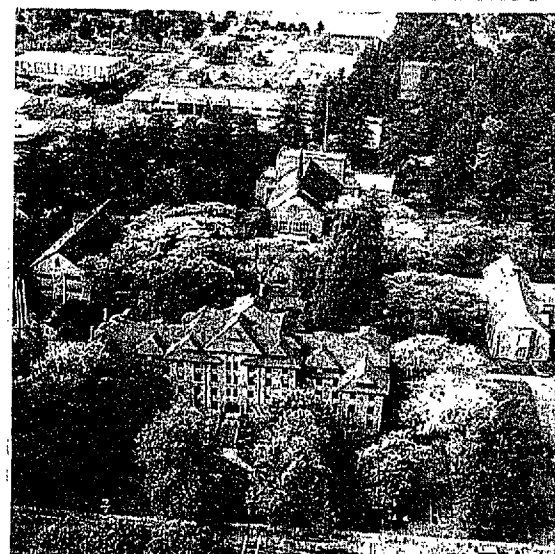
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## Interviewing Power on its way

Career Connections is presenting a workshop designed to help students with interviewing.

Tom Washington, author of *Interview Power*, will be speaking to the students about the interview process and what to

expect.

Career Connections will be from 12:10-1:00 p.m. on Friday, May 26 in the Mount Olympus Room in the Student Union.

For more information contact Diana Baker at 206-878-3710, ext. 6026.

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# Self defense club leads fight against fear

By LYNETTE MARQUIS

STAFF REPORTER

Highline students can now kick up their confidence in safety with the new Self Defense Club.

Self Defense club president Christina Radmacher decided early this quarter that it would be a good idea to start a club devoted to teaching students how to defend themselves.

The classes are taught by Russell Myers, a martial artist who began practicing in Tacoma under Grandmaster Kim when he was 15 until he received his black belt. Grandmaster Kim is the founder of TuKohg Moosul, the rare martial art of the special forces in South Korea.

"The style is actually a melding of about 20 other martial arts," says Myers. "It's very rare."

Myers currently teaches lessons at West Seattle Church of Christ, where he met Radmacher and next year's club president, Megan Mohr, whose father used



Photo by Jeremy Kochel

Candace Harry flips Russell Meyers in the self defense club. The club meets in the old weight room.

to be a student of his.

The leaders of this club say self-defense is very important, and that this club is a great opportunity for Highline students.

"If you've ever felt the least bit uneasy walking alone at night or in a bad area of town,

be sure to come to at least a couple classes," Radmacher encourages.

"People who learn how to defend themselves have the right to defend themselves and the responsibility to defend others they see in trouble," said

Myers.

The club isn't like regular clubs with leadership meetings and event planning; the members only meet to learn defense moves.

The classes are constructed on a very casual basis. "Unlike

a karate class, you can drop in for a lesson whenever because, for this quarter, there is no difficulty level. There are no fancy moves because this is practical self defense," Radmacher said.

"When I start out teaching students, I teach them basics that will do the most damage," said Myers. It isn't until later that Myers increases difficulty level, adding what he calls multiple flavors.

Radmacher also says you don't have to worry about exercise clothes. "Wear anything that you are comfortable in. I recommend a light t-shirt and comfortable blue jeans or other pants or shorts."

Currently the defense classes are held in Building 28a, which is somewhat hidden behind the gym.

The last meeting will be next Wednesday, May 31, from 1:15 to 2 p.m.

For more information, contact Christina Radmacher at 206-243-7886, or Russell Myers at 206-227-4746.

## Yok hopes to assemble vision

By SIMONE SNOW

STAFF REPORTER

Larry Yok, the newly hired vice president of administration at Highline, says he is looking forward to beginning his work with the college.

Yok was one of four finalists up for the vice president position. After two weeks of forums where staff and faculty were given the opportunity to ask the candidates questions, Highline President Dr. Priscilla Bell made the final decision and hired Yok on the morning of May 15.

"I'm very excited about it," Yok said. "Highline is at a point when it's changing... It offers opportunities and change provides a challenge for me."

However, the challenge is one Yok says he is willing to meet. Already he has had to overcome a hurdle when he was not chosen as an original final candidate. Yok was chosen after Nancy Moffatt, executive director for operations in the North Kitsap School District, dropped out of the running.

This has not diminished Yok's enthusiasm for Highline or community colleges.

"[Community colleges are] the real part of higher education," Yok said. "It deals with people trying to learn skills important to their careers."

Yok says he hopes to "assemble a vision," and that he believes his "ability to do a strategic plan" will be a great asset to Highline.

In regards to more specific plans, Yok said "Dr. Bell and I haven't had a chance to sit down and meet to work out a plan." Yok does not even know when he will begin working at Highline.

This has not stopped Yok from thinking over ways to assist and develop the college. To deal with problems with enrollment, Yok said he plans to "work with members of the executive staff." He also said he would look at what has and has not worked in the past, in order to make improvements for the

future.

To create a positive work environment, Yok said he likes to find a balance between having both hands-on and hands-off approaches toward his work.

"It's sort of a combination," Yok said. "People need to do their jobs without interference from me... I think, for me, it's the ability to look past each individual job and remain focused on the overall objective [that is important]."

"I'm very anxious to meet the people I'm working with. I met some of them during the interview process and I was very impressed by them."

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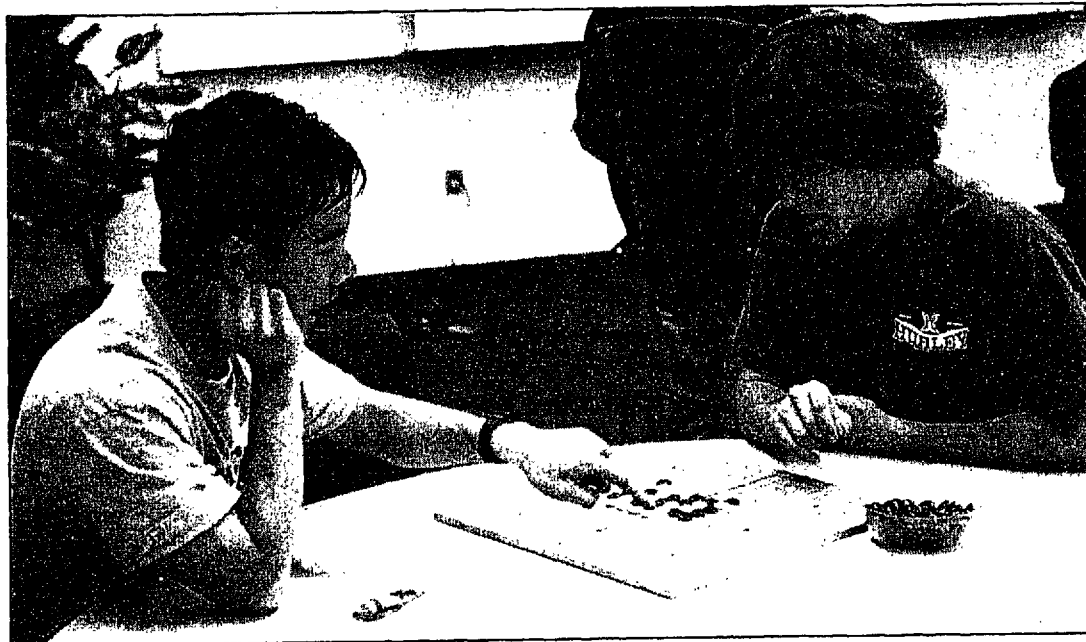
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## Students on the Go



Photos by Roman Klimenko



Students Huy Pham and Brent Cleary, above, enjoy the open house social event by playing the international game "Go" in the Student Union on Wednesday. Two other students, left, who attended the event are competing on the Dance Dance Revolution game. Ice cream, Dance Dance Revolution, and other games from around the world were offered at this ice cream social. The event was intended as a goodbye to participants in the Conversation Pal program. More than 120 students trailed in and out taking advantage of the ice cream, friends to meet, and games offered.

## Tent City

continued from page 1

The event drew approximately 30 people and opened with a brief video and slide show montage featuring pictures and video from a tent city in 2004.

The video caused Lynn Matthews to tear up.

"It's a phenomenal and transitional opportunity," she said of the value of tent cities.

That feeling was shared by the three people sitting by her who call this place home.

Pamela has been a resident of Tent City Four for two months.

"Tent City is needed for survival. When you're out on the street alone, you become prey," she said.

"There are 8,000 people homeless but only 2,500 beds for shelters. Within these communities (tent cities) there's no violence or drugs," she said.

Tent City residents say they strive to be just that. "We elect what we call executive committee members," said Kerry Hussman.

He said Tent City is run by

a "democratic system" that follows one code of conduct: No drugs, alcohol or violence.

"Those are our Ten Commandments," Hussman said.

One student asked if they ever felt as though their way of life was like a vacation.

The adamant answer was no.

"(Living in tent city) is not a 24-hour vacation," said Hussman. "We don't have fire pits; we don't go into the woods drinking beer."

However, he does admit the hot summer can be nice, but reminds the audience of the unrelenting bitterness of a Seattle winter.

Hussman shared a method he uses to keep warm at night.

"Throw a rice bag in the microwave and you can have a nice warm pillow for an hour," he said with laughter from the audience.

However, the brief moment of levity subsided as discussion turned toward each individual's story on how they ended up in their current situation.

Kirsten Gaydos calls herself a "15-year veteran drug addict."

"I've been sober off of heroin for 30 days," she said, with a small hint of pride in her voice.

She was a pre-med student at the University of Montana.

An abusive relationship resulted in her returning to her hometown of Portland.

"Portland took my child after four days," she said.

She is grateful for having a

home in Tent City.

"They've helped me realize I am a worthwhile person," she said.

Gaydos' goal in the next 10 years is to become a doctor or midwife.

She already has certification as a medical assistant.

Pamela was living in an area of Florida that was ravaged by four hurricanes.

She and her boyfriend moved to Seattle.

"My boyfriend flew off and promised he'd send money," she said. "Then I got evicted in July."

Despite where she is, Pamela has high hopes for the future.

She hopes to pursue a bachelor's degree in psychology within the next 10 years.

Hussman, the youngest one of the bunch, does not share any academic goals, but that does not lessen his ambitions.

"I'm too busy going from day to day," he said. He hopes to get back into bartending as an occupation and maybe one of these days, "I'll be serving a cocktail to you at the next rave."

Before pursuing their ambitions, all three have experienced many difficulties that have come in the form of communities objecting to the presence of tent cities.

"The only way we can fight the stereotypes is to talk to people," said Pamela.

That simple act has changed the minds of many opponents of tent cities.

"They see us talk and see we're capable of speaking for ourselves and that we're intelligent. It's just the fear that they look at us and see themselves," she said.

"I believe that scares the hell out of them."

"The big bad homeless people are camping in our backyard and we met them and turns out they're really nice people," said Hussman, bringing back the humor. "What's going on here?"

Despite the opposition, the tent city in Woodinville still garners much support.

"The generosity can be overwhelming, especially after all the bad publicity," said Hussman.

He told a story of how they had received so many donations to the point where they ended up donating surplus items to other charities, including women's shelters, Goodwill and the Salvation Army.

Tent City Four relies solely on donations to get by.

There is no additional funding that comes from the city of Woodinville and Lynn Matthews shares an ominous fact.

"There's an organized opposition against Tent City on the Eastside," she said.

She also said this opposition is based on fear.

"What we can do as homeless advocates is to write, write, write," she said.

Only then, she said, will politicians fully welcome the residents of Tent City.

Tent City Four is hosted by Northshore United Church of Christ in Woodinville.

Although the drive at Highline is now over, you can still find ways to help.

Anybody is welcome to volunteer their time and tour the city at 18900 168th Ave. NE, Woodinville.

For further info, you may also call 206-618-3901.

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## The Thunderword

The Thunderword has openings for Fall Quarter, including:

- Graphics editor
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If interested, bring a resume and work samples to 10-106, or contact [thunderword@highline.edu](mailto:thunderword@highline.edu), or call 206-878-3710, ext. 3291.

Students interested in writing for the newspaper are encouraged to register for Journalism 101 for fall; photographers are invited to take Journalism 105.

5/25/06

THE THUNDERWORD

# NEWS

## Somalia

continued from page 1

in America, the troubles in their homeland are never far from their thoughts.

"These guys don't have help from the UN," said Abdinor Farah. "We still have relatives back there."

"We send money back home to support our family," Fardow-sa Abshir said.

"Somalis are tight. We eat off the same plate, we look out for each other," Farah said.

The troubles have touched everyone who lives in Somalia, the students said.

"Some nights I could hear bullets and I would have to hide under my bed," Abshir said. "I saw people die in front of me."

Farah supports his family in Somalia. He sends money to his cousins so they can go to school.

"Education is very important over there," he said. "If they had agricultural skills they could survive better."

Student Layla Elmi said the war had a big impact on her education.

"We've been traumatized by the civil war," said Elmi. "A lot



Layla Elmi

of students left Somalia when they were very young."

Elmi herself left Somalia when she was 13.

"I pretty much remember very vivid stories," Elmi said. "We moved from place to place looking for food and shelter, basic survival needs."

Because of the war many families were constantly moving and education for many was put on hold.

"I was in fourth grade when the war broke out, the teachers started shutting the doors and there were gunmen on the streets. That's the last time I was in a classroom," Elmi said.

Elmi's mother was a teacher in Somalia and her father had a

Ph.D. in law.

"My parents tried to home school us because they couldn't afford school because they weren't working," she said.

Elmi's father still lives in Somalia and whenever he calls he always wants to know how his children are doing.

"We missed so much school during the war," Elmi said. "I think that the war affected me in a lot of ways there's a big gap when we were moving from country to country, the education just got lost."

Elmi said she still struggles with math because she missed so much of it at an early age.

Elmi's family moved to Kenya, where her aunt who lived in the United States supported them and helped them move to the United States.

"If you didn't have a relative to support you, you were screwed," Elmi said. "Every Somali person when they migrate from their country they try to do the best they can."

"We're just trying to live the American dream," Farah said.

The New Holy Community Center is located at 7054 32nd Ave. S. in Seattle. For more information contact: Amal Mahmoud at 206-407-7256, or Guileed Yusuf at 206-334-7518.

## Grants

continued from page 1

geared toward educational advancement of low income adults. There's a strong employment emphasis."

The grant aims toward students where financial barriers are keeping them from getting an education, she said.

"It helps with enrollment but also with the retention piece," said Skari.

At most the grant will go to about 45 students.

"We have to submit a 10-page proposal to the State Board. It's a concept paper," Skari said.

The grant appropriates 90 percent of the money to students although students do not receive an individual check, Skari said.

The money will cover student expenses such as child care, tuition, books, etc; it varies on a individual basis, she said.

"The student actually never gets a check; it covers education costs," Skari said. "It's financial need based then it's based on the need of the student."

The other 10 percent of the money will go to the college but it has to be used for student services.



Lisa Skari

If Highline is selected it will have to submit yearly reports to the State Board.

"If you are selected three years of funding are guaranteed," Skari said.

The application for the grant is due on June 30, and the tentative date set for the winning colleges to be announced is July 14.

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### Lakewood

Next to Market Place  
6111 Lakewood Towne Center Blvd. #C  
Lakewood, WA 98499  
T. (253)588-8771

### Tacoma

Royal Plaza  
8518 S. Tacoma Way #B2  
Lakewood, WA 98499  
T. (253)588-6061

### Puyallup

Next to Albertson  
11012 Canyon Rd. E. #32  
Puyallup, WA 98373  
T. (253)537-1666

### Kent

Next to Albertson  
26110 Pacific Hwy S.  
Kent, WA 98032  
T. (253)941-8800

### Bellevue

Across from DMV  
545-A 156th Ave. SE  
Bellevue, WA 98007  
T. (425)643-3727

### Seattle

Columbia Tower 3rd floor  
701 Fifth Ave. Suite #303  
Seattle, WA 98104  
T. (206)381-0707

### Tacoma

Next to Kyoto Restaurant  
8718 S. Tacoma Way #C  
Lakewood, WA 98499  
T. (253)584-1300