Softball off a rough start this season See page 8



Student creates graffitti-like artwork See page 5



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The Thunderword

MAR 1 5 2007
HIGHLINE COLLEGE LIBRARY
PERIODICALS

MARCH 15, 2007/Volume 46, No. 19/Highline Community College



PATRICK CABELLON/THUNDERWORD

A junior high school student uses a computer in the Highline library to watch anime, even though he is not a Highline student. Other people in the library say it can be irritating.

They're not just here to read

By Brynn Fuller staff reporter

Check this out: Teenage troublemakers are causing problems at Highline's Library.

Escapees from local high schools and junior highs frequently wander onto campus, often ending up at the Library, where they do everything from take up computer time to talking too loudly to relieving themselves in the Library stairwells.

Library staff call Security, whose officers chase the stu-

dents away. But they keep coming back, annoying Highline students and staff.

"The kids come in, and are way louder than any Highline students. They are so distracting the rest of us," said Highline student Rachel Young.

Highline is an open campus, meaning the community can use Highline (in particular Highline's Library) along with students, faculty and staff.

"This problem has been going on for years," said campus Security and Safety Supervisor Richard Noyer. "Every four to six yeas we get a group of kids that cause problems." And although a few of these youths have been admonished for bad behavior while on campus, a solution to this problem has yet to be found.

Incidents in the last year include a juvenile who left his own feces in the Library stairwell. Security admonished the juvenile, who was already building a record on campus.

SEE LIBRARY, PAGE 19

Sweet dreams are made of these

Dreams hold special meaning for everyone, experts say

BY JOCIE OLSON

staff reporter

A Highline professor said that dreaming is actually our brain working on consolidating the events that happened during the day.

"Our brain is wired to make sense of various events and we put them together into a story," said Bob Baugher, psychology professor. "In many cases the story doesn't have any meaning."

"Everyone has four to six dreams a night," Baugher said. "These dreams are often in real time."

Real time means that if it felt like it last for a long time then it probably did.

Most of these stories take place during the first of four stages of sleep, known at the

Student dreams inside

• Students say they dream about a variety of things from being in trouble with the law to dophins to Bob Marley.

See page 18



David Hsu/Thunderword

rapid-eye-movement or REM stage.

During this stage of sleep, Baugher explained, most of our muscles are incapable of moving. "That's functional because if you did move your would act out your dreams," Baugher said.

The fourth stage of sleep is the deepest.

"Nightmares are more likely to occur in stage four," Baugher said.

Also sleep walking or

SEE DREAMS, PAGE 18

Another move for Highline graduation

BY JUDY VUE

staff reporter

Highline graduates might just be able to experience some decent air conditioning at Commencement this year.

School officials say that Commencement may have found a new venue in the form of the Key Arena in downtown Seattle.

The original plan this year was to hold Commencement in Highline's Pavilion.

For the past three years, Commencement was held at the Tacoma Dome.

However, this year, Highline officials did not book the event in time, leading to the decision that Commencement would be held in the Pavilion.

As a result, graduates would be limited up to four family members to invite.

This did not go over well with students.

"Students focused more energy at Student Government [to do something]," said Jonathan Brown, associate dean of Student Programs and Leadership.

This resulted in the executive members of student government

SEE GRADUATION, PAGE 19



HIGHLINE

Driving dangerously

Witnesses report that two cars came onto campus driving erratically and trying to cut each other off at approximately 10 a.ra. on March 9.

One of the cars was a red Ford Escort, driven by an adult male, around 6', with a ponytail, wearing a green jacket with a fur color. The other driver was a 5'10" adult male.

The second driver got out of his car, and then approached the man in the Escort with a baseball bat. The man in the Escort drove away, and the other driver followed. When Security arrived, both men were gone.

Break-in attempted

When returning to his parked car, a Highline student confronted a man who appeared to be trying to unlock the student's vehicle at 10:45 a.m. on March. 9, in the North parking lot. The man stated that he thought the vehicle was his friend's car and departed from the scene.

The student then called Security who then checked all parking lots for the man, but he was nowhere to be found.

Kids told to take a hike

Four male juveniles and one female juvenile were asked to leave the Library on March 12 at 6 p.m. The juveniles were being loud and disruptive. When asked to leave, the juveniles did so without any further trouble.

Computer lab mischief

The first floor computer lab door handle in Building 29 was found to be broken on March 7 at 11:35 a.m. In the second floor women's restroom, the hygiene dispenser was also broken into. Security is unsure if money was stolen from the dispenser, and if so, how much.

Lost Property

One blue cane with a name tag attached was lost in Building 6 or Building 25 on March 12 at 11:50 a.m.

-Compiled by B. Fuller



Skari recieves award

Lisa Skari has been recognized for her work at Highline.

Skari, vice president of institutional advancement, was awarded the Distinguished Service Award by the Association of

Washington Community and Technical College Administrators

The award given was to Skari in honor of her nearly 15



years of service and contributions to Highline.

Having earned her master's degree in business administration from Pacific Luthern University, Skari originally started at Highline as an adjunct instructor in 1992. Two years later, she became the director of cooperative education and internships. She held that position until 1997 when she became the director of instructional budgeting and special projects.

In 2001 she was promoted again, this time to executive director of institutional advancement. She was finally named vice president of institutional advancement in 2005.

During her time at Highline, Skari has authored a National Science Foundation grant and secured two congressional awards for Highline's Marine Science and Technology Center. She also helped raise nearly \$1 million to rebuild the center, and was key in securing the Achieving the Dream and Opportunity Grant programs to offer finan-



Students interview with local hospitality employers at the Internship and Job Fair hosted by the Hotel and Tourism Management. The fair was held on March 13 in the lower level of the Student Union from 1-5 p.m. Program Manager Chris Brandmeir said, "this is really helpful for students because where else can you find 18 employers in one place?'

cial and educational support to low-income students.

Skari is also the president of the Federal Way Rotary Club, a member of the Federal Way Chamber of Commerce Women's Forum Committee, and serves on the board of the Federal Way Norman Center YMCA.

The law of DNA

Law and DNA will be featured at this week's Science Seminar.

The seminar, titled DNA and Forensic Science, will be presented by Mark Prothero, the lead defense lawyer for Gary Ridgeway, the Green River killer. Prothero will be sharing his expertise on DNA analysis and the death penalty with seminar attendees.

Science Seminar is free and open to everyone. It will be held March 16 in Building 3, room 103 from 2:20-3:10 p.m.

Feeling overwhelmed?

Get help!

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http://flightline.highline.edu/tutoring

Club for recovery is seeking an adviser

A new Highline club is seeking an adviser.

The Sober Socialites will be a club devoted to building a community for students in a 12-step recovery program. The club will focus on creating fun and interesting activities for club members that will not involve alcohol or drugs.

The adviser for the club must be a full-time faculty member, understand the objective of the club, attend all club meetings, and monitor club expenses.

For more information or to volunteer for the position, contact Jodie Robinett at 206-878-3710, ext. 3535, or at jrobinet@highline.edu.

Giving options

Learn about volunteer oppor tunities in the area.

Student Programs and Workforce Development Services are hosting the annual Volunteer Fair on April 19 in the Student Union from 9 a.m.-12:15 p.m.

Everyone is welcome to attend the fair to learn more about local volunteer organizations.



Co-**Opportunity**

Cooperative Education

Breeders Theater Internship

Looking to get involved in professional theater?

Breeders Theater is accepting applications for its paid summer internship. Rehearsals for the show begin mid-June, 2007, Monday-Thursday, 7:15-9:30pm. The show runs July 13-29. Rehearsals and the production are in Burien at E. B. Foote Winery, just off 1st Ave. S. on 153rd St. Stipend: \$300.

> Get real world experience while earning real college credit. Building 6, upper floor

Student



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Job # 2590

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Campus Life

Transferring to a four-year university can be expensive

By GARNET WONG-WOO staff reporter

Wherever students plan to transfer to after Highline, the cost for tuition and room and board will be a lot more.

This especially applies to private universities. The cost to attend a private university will override both public universities and community colleges in terms of dorming and tuition.

Several Highline students have already considered which universities they might want to transfer to and how they will pay for the costs.

"I plan to transfer. I'm still in Running Start so I haven't applied. I have looked at other universities. Right now I've looked at Western and UW. I'll probably transfer next spring [2008]," Jason Oguri said.

"Yeah, I plan on transferring to UW Seattle. I haven't applied to UW yet. I'm going to transfer in 2008. I'm not sure how I'm going to pay, probably through financial aid at UW," Jenny Chong said.

Universities offer many dif-

scholarships to help students pay for their costs of room and board and tuition.

"Financial aid will cover tuition, room and board, and various fees. We certainly try our hardest to prepare the best financial aid packet possible for each student - we do not like to see admitted students unable to attend due to finances," said Lacey Henderson, undergraduate admissions representative for Seattle Pacific University.

With a price of \$23,055 for tuition and \$7,818 for room and board for the 2006-2007 school year, Seattle Pacific University offers all types of scholarships.

"Students must complete the FAFSA [Free Application for Federal Student Aid] to receive financial aid, and their application to the university will act as their scholarship application," Henderson said.

Another scholarship, offered at both UW Seattle and Tacoma campuses, is called the Husky Promise. Starting in the fall of 2007 the Husky Promise guarantees that tuition will be cov-

ferent forms of financial aid and ered for any Washington student who is of low or lower middle income.

> One other type of scholarship is The Evergreen State College's Scholastic Achievement Award.

Pacific Lutheran University on the other hand offers a whole scholarship for transfer students.

"The average financial aid package for this year [2006-2007] is \$22,804," said Joelle Pretty, Pacific Lutheran University director of transfer recruit-

Students who hope to attend Seattle University should be relieved to know that the average amount of financial aid per recipient is \$21,163 considering that cost of tuition is \$24,615 and room and board is \$7,503 for the 2006-2007 school year.

At Western Washington University, about 60 percent of students receive financial aid. Western also provides about 600 scholarships for undergraduate students.

The University of Puget Sound gives scholarships to almost half of the transfer stu-

Tuition *UW Seattle \$ 8,001 Tuition oom & Board Meal Plan **\$ 23,450 *Pacific Lutherar University **\$ 4,260 **\$ 3,270 \$ 24,615 \$ 4.371

DAVID HSU/THUNDERWORD

dents attending the school. The scholarships offered vary from academic merit to student talent in certain fields.

Students looking for a college that has a various selection of scholarships, and has a satellite campus close by, might want to think about Central Washington University. The main campus is located in Ellensburg, but a small Central Washington campus is situated here at Highline.

This would eliminate the cost a student would have to pay for room and board, which was \$6,155 in the 2005-2006 academic year.

No matter what university Highline students plan to transfer to here's one bit of general advice to keep in mind.

Jerad Sorber, admissions counselor at The Evergreen State College, said try to submit your applications as soon as possible, take a close look at the curriculum and opportunities offered, and try to visit the university's campus.

Online quarterly gets a new interactive makeover

BY DAVID BIEHN

staff reporter

With Highline's new online quarterly class schedule, students will be able to not only view the quarterly, but be able to navigate through it with a new interactive interface.

The idea for an interactive online quarterly class schedule came from Web Coordinator Nancy Kent.

"I had the vision that I wanted to have an online class schedule," Kent said.

In April 2006 she met with Cathy Cartwright, Scott Hardin, and Criss Blackwell to discuss and plan out what the online schedule was going to be, and how it was going to work.

"It was an extremely laborious project," Kent said.

It has taken about a year since it was first proposed, till now when it is now up and ready for students to use.

Kent is especially proud of the class descriptions that can be altered, added to, and updated by teachers themselves.

"I think it gives a broader and better picture of what the class is about," Kent said.

Cathy Cartwright is a SMS

administrator, and works on scheduling for the quarterly. While developing the online quarterly, she took stock of what they could use from what they had on the computer.

Benefits of the online quarterly include the updated infor-

"We print out the quarterly, and by the time it is distributed some of the information is changed," Cartwright said.

Now students can see if there is anything specific they need to purchase for a class.

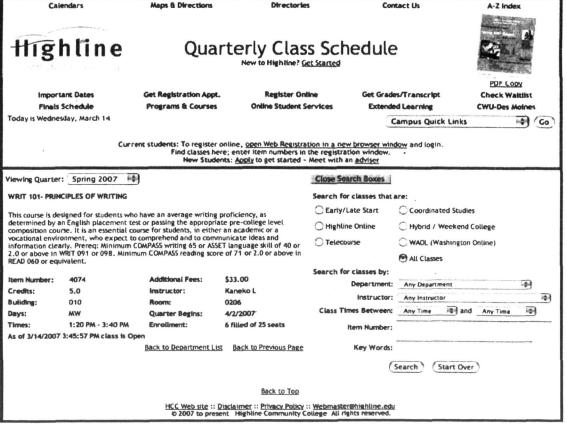
"Administrators will be able to fix any information that is false or out-of-date," Cartwright

One of the more exciting highlights is the capability for students to see how many other students have registered for a particular class.

"It has information on how many spots are available," Cartwright said.

Criss Blackwell, who works in Administrative Technology, was the person who actually put the quarterly online.

He notes that though he works directly with the site, he is not the one that updates the information.



DAVID HSU/THUNDERWORD

A screen shot of Highline's new online quarerly schedule shows a more indepth description of each

"I'm the one that set it up on the web server," Blackwell said. "Nancy makes the changes to the pages."

Even after it has been posted, there will still be a need to adjust and update as time goes by. "It's an ongoing process,"

Blackwell said.

The new quarterly can be accessed at http://onlineschedule. highline.edu/.

Editorial comment

It's time to tear it down and start anew

There's no doubt about it: It's time to drop the curtain on Building 4.

Building 4 is one of the original buildings that were built when Highline was founded in 1961.

With recent reports of odor left by solvent, possible mold and strange illnesses of faculty and students, it's high time to just tear the thing down.

No one is at fault for the state of Building 4. But walking into it, it is clear that the problems that plague it are too overwhelming for a simple renovation.

Building 4 is the central performing arts center for Highline. It is where Highline's music and drama programs mainly conduct their classes and other activities.

However, due to the deteriorating condition of Building 4, classes have had to make do with less than ideal options, such as the library basement and the claustrophobic room 109 in Building 9.

Facilities have been desperately trying their best to soothe the situation, but they are only putting Band-aids on a wounded leg that needs amputation.

However, the solution of tearing down the building and making a new one is a lot easier said than done.

Such a major plan would require money from the state. And if that doesn't work out well, then the prospect of private funding must be addressed.

But whatever Highline's administration chooses to do, the point is clear that Building 4 must be made a priority.

Cracked walls, missing ceiling tiles and bad leaks clearly do not aid in productive learning.

Of course, awesome class facilities don't affect the quality of instruction that goes on in them.

But Building 4 doesn't need to be awesome. It just has to be habitable

Classroom buildings get a majority of their funding from the state Legislature. However, that leaves Building 4 in an ambiguous position.

While classes are certainly taught there, its central purpose is to be a performing arts center. So the possibility of the state funding a possible replacement is uncertain.

If there is anything at Highline that needs vast improvement and financial backing to go with it, this is certainly it.

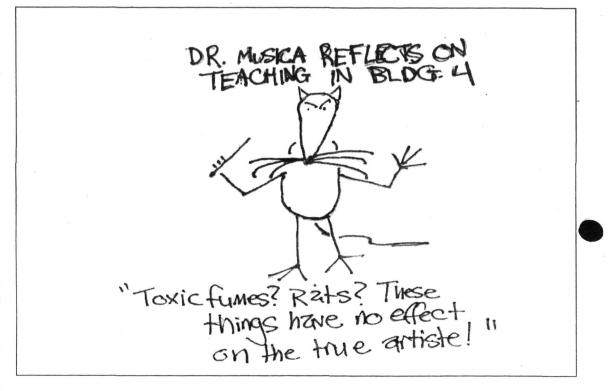
And maybe then can Building 4 be put in the spotlight for something other than its cracked walls and leaky ceilings.

Staff

"405 points on my Subway card and counting." Editor-in-Chief......Simone Snow Managing Editor.....Jocie Olson News Editor......David Biehn Arts Editor.....Alicia Mendez Sports Editor......Kory Farrell Opinion Editor.....Judy Vue Graphics Editors.....Sumeyye Unver, Patricia O'Neill, David Hsu.Michelle Ericksen Photo Editor. Reporters..... Shurvon Haynes, Brianne Beets, Sam Boyd, Andrew Cardenas, Arnel Custic, Jacob Ajang Duot, Melody Ericksen, Brynn Fuller, Alyssa Hoffman, John David Lim. Audra Patterson, Beka Simmons, Meghan Tavares, Yonas Woldemichael, Garnet Wong-Woo.

Photographers......Patrick Cabellon, Jaime Gudjonson, Brian Day, Nicholas Dolan, Jon Louie.

2110	an Day, Micholas Dolan, John	Louie.
,	Advertising Manager	Candace Kruger
	Ad Rep	Anjelica N. Wolf
	Business Manager	Kiana Hayes
(Office Manager	Jasmira Mulic
		Dr. T.M. Sell
		206-878-3710 ext. 3317
	Fax	206-870-3771
	AddressP.O. Box	98000, Des Moines, WA 98198
		Building 10-106
	Advertising	206-878-3710, ext. 3291
		tword@highline.edu



Life isn't black and white

So is Barack Obama black? Hmmm – am I Asian?

In the wake of Obama officially announcing his run for president, questions have been asked.

Some questions have every right to be asked – What do you plan to do about Iraq? How do you hope to improve health care? How do you plan to combat terrorism?

Another question has risen that I find unnecessary.

Obama is the son of a white mother and Kenyan father. His father soon left the picture and he was then raised by his mother in Hawaii.

He sure looks black to me. But perhaps I'm just color blind.

"[Obama] isn't descended from people who were enslaved in America...Thus, we have the question of whether Obama is black," says Seattle Times columnist Jerry Large.

Seems like the black community is struggling to accept Obama as one of their own due to his clearly non-typical heritage that does not involve peace marches and sit-ins of the 1960s.

In a New York Times story written by Rachel Swarns "... while many whites embrace Mr. Obama's melting pot background, it remains...unsettling

Commentary



JUDY VUE

for some blacks who argue that he is distant from the...cultural identities of most black Americans. The black columnist Stanley Crouch has said, 'When black Americans refer to Obama as one of us, I do not know what they are talking about."

Black essayist and Salon writer Debra J. Dickerson writes, "I'm willing to adopt him. He married black. He acts black. But there's a lot of distance between black Africans and African-Americans."

To put it bluntly, I just find this whole thing ridiculous.

Now I know what you're thinking: I'm young, naive and ignorant. Like Obama, my heritage does not involve slavery and the Civil Rights Movement. So who am I to judge Obama's

"blackness" when I am not black myself?

Well I may not be, but my 6-year-old nephew is from his father's side.

What will happen if he chooses to make something of himself like Obama has?

Will his blackness have to be put to the test?

Will he be picked apart because only half of his heritage extends back into slavery while the other half extends back to the mine fields of Laos?

When he's grown and wants to join the NAACP, will colleagues say that they respect him but he is not one of "them?"

If he chooses to take a stand against those who would slew the N-word at him with hatred, does he have no right to be offended because he is not black enough?

On the other hand, what if he was targeted for his Asian heritage?

Our nation is a melting pot and people like my nephew and Obama represent that to the fullest.

We have come a long way to even consider a man such as Obama for president.

But it saddens me greatly that so many people would choose to take us a step back.

Judy Vue is the opinon editor of the Thunderword

Submissions to Thunderword invited

The Thunderword encourages letters to the editor and columns from the college community.

Editorial cartoons on timely subjects also may be considered.

Submissions will be edited for style.

Due to limited space, please

limit your submission to 500 words or less.

Submissions that are too long may be subject to editing for length.

Material that libels others will not be considered for publication.

Letters and columns can be on any subject, but topics of interest to the campus comunity will take priority.

Please include contact information as all submissions must be confirmed as belonging to the author(s).

Deadline for submissions is Monday of each week.

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





Bloomfield brings street style to his paintings



By Audra Patterson

staff reporter

Dave Bloomfield's art has graffiti-like quality that is hard to miss.

Spray-paint, dripping paint, and abstract faces are present in his works. Seemingly random words are scrawled or stenciled across the canvas.

"It's kind of like an urban style; semistreet," said David Bloomfield.

Bloomfield, age 33, has been at Highline for almost two years now, the majority of it in the Visual Communications

"I've drawn all my life, it's kind of like a habit," said Bloomfield.

Bloomfield now uses acrylic paint, permanent pen, oils, and spray paint on canvas in his art. He began painting when he was 21 years old.

Bloomfield said he always enjoyed the piece that he was currently working on the most. Bloomfield likened it to getting a new toy.

His work is influenced by, and he looks up to, artist Jean-Michel Basquiat. Basquiat was a very successful contemporary artist from New York City.

He started as a graffiti-artist selling shirts on the street to make a living. By the early '80s, his work had gained international attention.

He was a huge part of what is now called the Neo-expressionist movement, a very modern style of painting. Basquiat died in 1988 due to a heroin overdose.

Like Basquiat, the majority of emerging artists struggle to publicize their work, Bloomfield being no exception.

"I went through years of rejection letters," Bloomfield said.

He also said he had kept those rejection letters inspiration. for "It definitely gets easier and easier," said Bloomfield, who now has three exhibits in the month of March alone.

"Last year, my main goal was to have a show a month," said Bloomfield.

He succeeded in that goal, showing in 12 or 13 galleries over the course of last year. He also won an informal art competition at Highline last year.

This month he is showing in three galleries.

On March 9, Bloomfield opened a solo display at the Christoff Gallery at 6004 12th Ave. S. No. 17 in Seattle.

He has another solo showing in Seattle at the Essential Bakery Café, 2719 East Madison Street.

Bloomfield's third gallery showing is at GalleryOK at 212 Alaskan Way S. The exhibit opened the first Thursday of the month and will end on March 31.

This gallery is a group showing and one of the artists is Bloomfield's brother, Keith Bloomfield. They have done previous exhibits together, along with their brother-in-law James Anderson, who is a photographer.

The gallery will exhibit works including Critics by Dave Bloomfield and Policy Vacuum by Keith Bloomfield. Zoom In, Zoom Out by DodiRose Zooropa as well as Trout Mouth Mania by James Anderson will also be displayed.

You can view Anderson's vibrant pho-

tographs at www.gallery510.com and Keith Bloomfield's paintings at www. walluv.com.

One difficulty Bloomfield does not have is coming up with ideas.

"I have a million more ideas than I can put out," Bloomfield said.

It certainly shows; Bloomfield has posted 116 images of his artwork on his Myspace page and runs about nine other websites for his art.

One of Bloomfield's websites is http:// starheadboy.mosiacglobe.com. This site contains links to the various other pages he runs to promote his work.

The inspiration behind all of Bloomfield's many paintings is life.

The response to his work has been tremendous, he said. He said his work is very personal and autobiographical; others relate to it because it's all just a part of the human experience.

"The only message I am trying to convey in my work is the way I see the werld," Bloomfield said. "I use my painting as a journal and I put elements of my life into it as purely and raw as possible."

Bloomfield plans to graduate from Highline with his associate of arts degree after taking a few quarters off to work and "see what else is going on in the world," as Bloomfield put it.

After college he wants to find a job anywhere in the art related field.

Bloomfield's next move as an artist is to get representation from an agent or established gallery, circulate prints of his work, and apply for art grants.

Noche de Arte to liberate Latino/Chicano art

staff reporter

The Latino Liberation Grassroots Student Organization will be hosting an art show on March 30 called Noche de Arte.

Latino Liberation is a club, not to be confused with the United Latino Association, even though the founders of the club are also a part of the United Latino Association.

The Latino Liberation Club was formed to address political issues facing the Latino Chicano community.

"We're more of an activist club. We're a lot more out into the community," member Adri-

By ALICIA MENDEZ and Saenz said. "It's good to April 2 for Highline students to raise community awareness because they intend to be more look at the different things in so- to get another chance to see the to local Latino/Chicano artists. ciety. Our group is about more than 'hey this who we are.' ... It's just facing the fact that there are issues in society that people are trying to hide, for example the immigration issue, or social acceptance."

This is the first even the club will be hosting, and though it is held at Highline, it is supposed to be a community event.

The art show will be held twice, in the Mt. Constance room of the Student Union Building.

The first time will be during Highline's spring break, March 30 and the second time will be

Thus far they already have more than 20 artists lined up, though they do not have many female artists.

Unlike most art galleries, and displays, this show will incorporate a wider variety of art all with a Latino/Chicano under-

"All of the art reflects Latino Culture," Saenz said.

Types of art presented will include: drawing, painting, lowrider design, photography, food as art, film, weaving, poetry, song, tattoo work, and graffiti.

The show is purely intended

"One thing that is different about this show is there will be no profit going toward our club, Highline, or the artists," said Soledad Picon who is organizing the show. "We just want to do this for the community. Basically, to get the artists work recognized."

"A lot of people who have the talent don't let it show, or they can be too shy, or think it isn't good enough," Saenz said. "It should be appreciated and displayed because really they are very good."

The club hopes to also gain more members for their club, of a community organization.

'We are about getting politicians to realize that we are apart of this community, and should not be excluded," Picon said ,acknowledging the immigration issue. "We're trying to empower students, and the community to higher education, and being a group where we're all working toward the betterment of the community."

To catch the show, come to the Mt. Constance room in the Student Union Building on March 30 from 6 -9 p.m.

If you miss it, be sure to catch it April 2 in the Mt. Constance

Weston hopes to Blend a diverse sound next quarter

By Alicia Mendez

staff reporter

Spring Quarter is going to start off with a new sound now that, new Blend coordinator, Steven Weston has been hired.

The Blend is a bi-monthly musical venue put on by Student Programs. Every other week a musical artist performs in the Bistro of the Student Union

This past quarter, the Blend coordinator was Steve Simpkins who chose to fill the quarter with Highline student artists.

The last performance of this quarter included Weston and Jennifer Graybill. Both did vo-



Steven Weston

cals, and Graybill played piano, while Weston played the guitar.

That was the third time playing for Highline's Blend so Weston said he has an idea of what a performer has to prepare

Weston is a student at Highline, and said his passion for music is what sparked his interest in the position as Blend co-

"I have a love for music," Weston said. "I like music, I like people, and I'd like to bring the two together."

Thus far Weston said he has one act he would for sure like to bring to the Blend is student Emanuel Arhu. Arhu has performed at the Blend once before, and Weston said he has a lot of people requesting him.

Weston has not set a theme for the upcoming quarter, however his main focus is to bring a wide variety of music to High-

"I'm looking to bring diverse music from different places here," Weston said, "...music that people enjoy listening to."

Weston said he does intend to book performers who are not just from Highline, and has plans to be efficient with booking new performers.

"I know a lot of local musicians...Seattle's whole music scene," Weston said. "I'll go through people I know."

Before bringing artists to the Blend Weston said he will listen to anyone who wants a chance, before actually booking them.

"I have to know what they sound like," he said.

Weston said he will have an easier time booking acts together because the last two Blend Coordinators, Steve Simpkins and Amanda Lewis, set up a well-organized system.

"Because of them, finding Blend artists and keeping track of them is a lot more organized," Weston said.

Weston's biggest concern is incorporating diverse music that students want to hear.

"I'm not going to stick to one genre," Weston said. "I'm going to ask the student body what they want to hear and see if I can get it here."

Squeeze some jelly into your roll this spring with Big Jo

As spring fast approaches all sorts of dessert recipes emerge that have lain dormant through the fall and winter months.

Jelly or cake rolls, also known as Swiss roll in England. are a thin, flat cake that is filled and rolled in a tube or log shape. When sliced this cake displays the inside filling.

These cakes are perfect for any occasion and can be either elegant or simple.

Jelly rolls are baked in a jelly roll pan which is a long, rectangular pan with shallow rims. They can be purchased at any store that sells kitchenware products.

The cake is light and airy and is made without a solid fat and contains more eggs.

Most recipes will call for less flour and usually no baking powder but rather cornstarch.

Filling for the cake can vary as much as the cake itself. Anything from whipping cream and buttercream to jellies and jams can be used to add flavor to your

The eggs are usually separated and beaten before being combined again.

So you could separate the eggs and then allow them to sit for about 15-20 minutes before beating.

The benefit to beating the egg yolks and whites separately is that it makes the cake more flexible and lessens the cracks that may occur when rolled.

To achieve stiff egg whites they need to be beaten for 3-5 minutes on high.

Add any flavoring only after the yolks are thick.

Egg whites are usually folded into the egg yolk mixture but make sure that you do not over mix because this will cause the cake to lose its airiness.

A good tip is to sift the ingredients before measuring, sift Big Jo's Kitchen



JOCIE OLSON

them together and then sift into the egg mixture.

Make sure that the pan is both greased and floured.

You can also grease the pan and then line it with parchment paper and then grease and flour the paper. If you need to, overlap the parchment paper allow a few inches so that the cake doesn't split at the seam when it is removed.

Preheat the oven to the temperature the recipe calls for.

The cake should only take 10-20 minutes. Do not judge if the egg yolks until thick and the cake is done by the color but instead if a cake tester comes

If the cake is under-baked it will be sticky and easily damaged when it is rolled. If the cake is over-baked than it will crack when it is rolled.

One thing that you can do with an over-baked cake is to cut it in squares and make petit fours by icing them.

Remove the cake immediately from the pan or it will retain moisture and will result in a damp cake.

Follow the directions with the recipe on how to cool the cake. Many will call for the cake to

be wrapped in a towel that was sprinkled with powdered sugar.

Once the cake is cooled, fill it with desired filling and refrigerate. These cakes are better after being refrigerated for 6-8 hours or even overnight.

Cut the cake into slices using a sharp knife and enjoy.

For a basic chocolate cake roll recipe try this one:

½ cup of flour

1/4 cup of cocoa powder

3/4 teaspoon of baking pow-

1/4 teaspoon of salt

4 eggs, separated

1 tablespoon of cold water

1/2 cup and 1/3 cup of sugar 1 teaspoon of vanilla

1/3 cup of powdered sugar

Grease and flour a jelly roll pan and preheat the oven to

Sift flour, cocoa powder, baking powder, and salt in a large mixing bowl, set aside.

Combine egg whites and water, beat on high until frothy. Slowly add ½ of sugar and beat until egg whites are stiff and set

In a small mixing bowl, beat gradually add 1/3 cup of sugar. Add vanilla to egg yolk mixture and beat for 2 minutes.

Fold into egg white mixture and then fold in dry ingredients. Do not over mix.

Spread batter in pan and bake 12-15 minutes. Sprinkle a dish towel with powdered sugar and turn cake onto the towel.

Roll up cake and towel together and let stand for 1 minute. Unroll cake and then reroll. Allow to cool and unroll and spread with filling. Chill overnight.

For a quick and easy whipped cream filling use this one:

1 pint of whipping cream

1/2 teaspoon of vanilla 3 teaspoons of sugar

Beat whipping cream on high until soft peaks form.

This is when the beaters are removed from the whipping cream and the tips of the peaks

Add flavoring and beat until stiff this means that the tips of the peaks will not fall over. If whipped cream is not sweet enough more sugar can be add-

For a cake roll that is perfect for spring try this lemon cake roll recipe:

For the cake:

4 eggs, separated

1/2 cup and 1/4 cup of sugar 1 teaspoon of lemon ex-

tract 1 teaspoon of baking pow-

1 tablespoon of oil 2/3 cup of flour 1/4 teaspoon of salt

For the filling: 3/4 cup of sugar

tablespoons of cornstarch

1/4 teaspoon of salt

1 tablespoon of butter

1 tablespoon of grated lem-

on rind 1/3 cup of lemon juice

Preheat oven to 375 degrees. Sift flour, baking powder, and salt into a mixing bowl and set aside.

Beat egg yolks until they are a lemon color. Slowly add 1/4 cup of sugar and beat well. Stir in lemon extract and oil and set

In another bowl, beat egg whites until foamy and slowly add ½ cup of sugar and beat un-

Fold into egg yolk mixture. Fold in dry ingredients.

Line a jelly pan with tin foil and grease. Spread batter evenly and bake for 10-12 minutes.

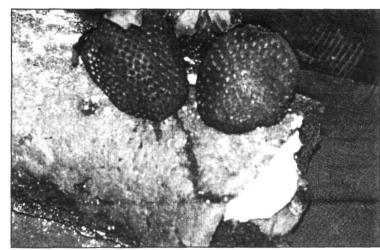
Remove cake immediately and roll in a towel sprinkled with powdered sugar.

Make the filling while the cake is cooling. Mix together sugar, cornstarch, and salt and gradually stir in water.

Bring to a boil for 1 minute stirring constantly. Remove from heat and stir in butter and grated lemon rind. Add lemon juice and stir. Allow to cool before filling the cake.

Spread filling on cooled cake nd re-roll.

Refrigerate 1-2 hours before



GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

23 X X . 31 18 30

DIFFICULTY: * *

cin

* Moderate ** Difficult * * * GO FIGURE!

3 4 4 6 7 8 9

1. TELEVISION: In which 1960s TV show did the character of Dr. Zorba appear?

LANGUAGE: What does "Mardi Gras" mean in French?

3. GAMES: What is the minimum weight of a Major League baseball?

4. FAMOUS QUOTES: Who once said, "Art is a jealous mistress."

5. GEOGRAPHY: Which nation lies directly on the eastern border of Lebanon?

6. THEATER: In what year did the musical "Grease" debut on Broadway?

7. RELIGION: Who were Synd., Inc.

the sons of Isaac?

8. GEOLOGY: What kind of stone is an onyx?

9. MOVIES: Who directed the 1993 film "The Piano"?

10. ANCIENT WORLD: Who is known as the father of history?

10. The historian Herodo-9. Jane Campion

8. Agate 7. Jacob and Esau

6, 1972 5. Syria

4. Ralph Waldo Emerson 3. Five ounces

2. Fat Tuesday

1. "Ben Casey" **Answers**

(c) 2007 King Features

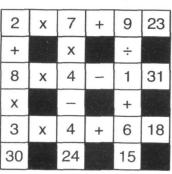
Arts Calendar

Highline College Chorale will perform Joseph Haydn's Paukenmesse, Mass In Time of War, on Monday, March 19, 7:30 p.m. in Building 7.

The choir will be previewing the piece it will be performing at Carnegie Hall later this spring. Featured performers will include Aaron Warnock, math instructor, tenor soloist; Fred Dent, geography instructor, bass soloist; Lynn Bartlett Johnson, mezzo soprano soloist; Joy Graybill, soprano soloist; and Nancy Warren, plano accompanist. Chorale Director Dr. Sandra Glover will conduct.

Preceding the work, HCC Women's Ensemble will demonstrate the style of the Classical Era in several short

Go Figure!



Italian masters.

Performing Arts Visa or Mastercard during business hours at 253-856-5050.

Last week's

___ Weekly SUDOKU ____

Angwer

			AI	ISW	ei			
1	9	8	2	5	3	6	4	7
5	4	3	6	7	8	1	2	9
6	2	7	4	1	9	5	8	3
9	6	2	5	4	7	8	3	1
4	7	5	8	3	1	2	9	6
3	8	1	9	6	2	7	5	4
8	3	9	7	2	6	4	1	5
7	1	4	3	8	5	9	6	2
2	5	6	1	9	4	3	7	8

Diamond Fever

Across

- 8 The Bonesetter's Daughter
- 11 On
- 13 New York city

- 17 Michigan to Ohio State
- 19 French abbot
- 23 Erie, i.e.
- 26 Superbowls, often
- 30 Just about
- 34 Tot hopping locale
- 37 Car buyers' option

- 47 A Starr

- - 55 Base runner's dilemma
 - 60 Souza's instruments
 - 64 Sail boat supports
 - 66 Wan
 - 67 Eye
 - 68 Comes before tau
 - 69 Roger Federer, often
 - 70 Wade's opponent
 - 71 Snoopy
 - 72 Parrot

 - 2 Guess
- **Down**
- 1 Tibetan priest

Crossword 101

By Ed Canty

- 1 Timothy Leary's choice
- 4 Menu items
- author

- 15 Spelunker's domain
- 16 Injure badly
- 18 Lunch treat
- 21 Easy pop fly
- 25 Pahlavi's title, with "the"

- 35 Golf swing result
- 38 Metalware
- 40 Dogma
- 42 Pine for
- 43 "All "
- 45 Escargot
- 48 Sri Lanka, once
- 50 Superior skill
- 52 Italian treats
- 54 RFK's final words
- Chicago..."
- 63 Heaps or scads

- - - 41 Yugoslavian leader 1953-1980



- 3 Tinkers, to Evers, to
- Chance combo

67

- 4 Mongrel 5 Relating to the ear
- 6 Madonna, et al
- 7 Glances over
- 8 Edible root 9 Swear
- 10 Dodge car
- 12 Arraignment actions
- 14 Jim McGarrett's welcome 15 Ear part
- 20 Quick break result
- 22 Surrender
- 24 Revise 26 Relating to the eye
- 27 Not a soul
- 28 Arden, and others
- 29 Shalala in Clinton cabinet
- 31 Pitcher's home run nightmare
- 32 R&B singer
- 33 Itty-bitty
- 36 Rip
- 39 Oval

- 44 Venues
- 46 Dryer result 49 Head holders
- 51 Buddhist dome-shaped shrine
- 53 Coil of yarn 55 Sikorsky, for one
- 56 Astronaut's disappointment 57 Capable
- 58 Swedish toy maker
- 59 Shade trees

65 Utter

- 61 Down wind 62 Relating to blood
 - **Quotable Quote**

Baseball is 90% mental, the other

half is physical. Yogi Berra

week for Thursday's paper.

Listings in the arts calendar

are free. Preference is given

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

Company presents the show How to Fly, Saturday, March 31 at 2 p.m. at the Auburn Riverside Theater, 501 Ora-

vetz Road. The show was originally scheduled for Jan. 13, but was rescheduled due to

rough weather conditions. Tickets are \$6, and are Monday of each

available through Auburn Parks, Arts and Recreation. For more information call 253-931-3043, or go to www.

auburnwa.gov/arts. ·Got arts news? Send items to tword@highline. edu. Deadline is

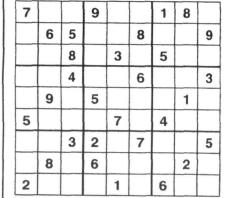
Last week's crossword puzzle solution



to on-campus events. Weekly SUDOKU



by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

DIFFICULTY THIS WEEK: *

★ Moderate ★★ Challenging * * * HOO BOY!

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pieces by Schubert, poetry by Keats and songs of the

Admission is free and open to the public and the campus. Donations to help the Chorale pay for its trip to Carnegie Hall will be accepted. ·Local folk duo Reilly and

Maloney perform Saturday. March 24 at 7:30 p.m. at the Kent-Meridian High School Center, 10020 SE 256th St., Kent. Tickets are \$15 for adults and \$12 for students and seniors. Tickets may be purchased at the Kent Commons, 525 4th Ave. N., or by phone with a

•The Nomadic Theatre

T-Birds stumble to start season

BY KORY FARRELL

staff reporter

The Lady T-Birds softball team had a rough start to their season this week against tough Bellevue and Wenatchee Valley opponents.

Highline lost both doubleheaders, first to Wenatchee Valley at Wenatchee 11-3 and 13-1 last Saturday, then to the Bellevue Bulldogs at home yesterday 15-4, 15-4.

Against Bellevue the T-Birds got down early in the first game, as the Bulldogs scored nine runs in the first inning alone off of pitcher Anna Herried, and then started off well defensively, as Highline went three up, three down.

The T-Birds held the strong hitting of Bellevue off better in the second inning, holding them to one run and scoring two of their own. After being walked, Lady T-Bird Rachel Comstock was brought home on a sacrifice grounder from Carrie Draeger, and sophomore Amanda Houser was batted in after stealing second by recent addition to the team Rylee Denbo.

After scoring twice in the third inning, and three times in the fourth, the Bulldogs held a commanding 15-2 lead.

The Lady T-Birds scored another two runs in the fifth, as Caitlyn Ratcliffe hit a line drive double into left field, and Alexis Nichols brought her in with a double of her own into center. The final run of the first game was scored by Nichols, as she stole third, and then home off of a wild pitch.

"I think we were a little shaky at first, but I think adjusting to all the different batters we all brought together as a team and stuck together as a team against a really good hitting team," Nichols said of the first game.

"I think we need to work on our confidence and pick our heads up," Denbo said. "Because I thought in the first inning we got down kind of fast... then at the end we were three



MICHELLE ERICKSEN/THUNDERWORD

Lady T-Bird Anna Herried winds up against Bellevue with a runner on first.

up, three down really quick."

In the second game of their double-header, the T-Birds started off the first inning better defensively, allowing the Bulldogs to score only one run.

Offensively Highline struggled somewhat early, however, going three up, three down in the first and second innings.

After scoring only one other run in the second, with two outs in the third, pitcher Carrie Draeger gave up four straight walks, allowing Bellevue to walk home on the fourth, putting them up 3-0.

But that was only the beginning of Highline's troubles, as the Bulldogs then cleared the bases with a double shot deep into left center, putting them up 6-0.

After another walk, another

single, and a stolen base off a wild pitch, Bellevue was up 7-0 with runners on second and third. Both runners were brought in with a grounder past the shortstop, putting them up 9-0. After another stolen base and an RBI single into right, the inning was ended 10-0 on a pop-fly.

After another scoreless at bat for Highline, Anna Herried returned as pitcher at the top of the fourth.

Herried started off a little rough with a walk, but then provided the T-Birds with two easy ground-outs and a pop fly.

With one out, nobody on, T-Bird Ashley Carey drove the ball deep to the fence for a double, followed by Comstock being walked, putting runners on first and second. At this point Anna

Herried stepped to the plate and ripped a linedrive into right field, bringing Carey home and putting Comstock at third, but being caught in a pickle between first and second. The T-Birds took advantage of the situation, however, running Comstock home while Herried got out of the pickle and safely to second base. Herried then stole third on a

wild pitch in the dirt, followed by Houser walking to first.

In a continued show of strategic base-running by Schmidt and the T-Birds, Houser drew Bulldog attention in the process of stealing second, while Herried slipped easily into home for a score of 10-3.

Houser then stole third off of a wild pitch, and was brought home after a sacrifice fly by Carrie Draeger to make the score 10-4.

The inning was ended by a strike-out on Denbo.

The Bulldogs put away the T-Birds with a decisive fifth inning, scoring five runs and not allowing the T-Birds any opportunities on base.

Despite the losses, however Head Coach Anne Schmidt and Assistant Coach Wendi Janway said the team had improved.

"Much better than a Wenatchee," Schmidt said.

"Way better than at Wenatchee," Wendi Janway

"We did OK for the first time," Schmidt said. "We struggled a little bit with hitting, I think our average over the weekend [against Wenatchee Valley] was 177, so it was sort of hot and cold, some people did really well and everybody else didn't do so well. That has to improve for us to score runs.

"We go up and down with our hitting and we need to stay a little more consistent where we're hitting and stringing them together so we're scoring runs when we can.

"Offensively there were some better moments; there was a lot of our short game stuff that we like to do," Schmidt said. "That's encouraging, because they get it, and we're doing that kind of stuff and taking the opportunities offensively when we see them, which is huge.

"Defensively we did alright. They're [Bellevue] a really good hitting team," Schmidt said. "We didn't do anything wrong defensively, they just hit our pitching really well today."

The T-Birds next at bat will be at the two-day preseason tournament at Horn Rapids Playfields in Richland at 11 a.m. and 1 p.m. against the top-ranked East Division team, Spokane, in the first round.

"We play Spokane twice, and they're the No. 1 team or No. 2 team in the East," Schmidt said. "It's going to be tough; they're always a really good team. They have solid everything, so we're going to have to hit the ball well."

Highline plays back-to-back double-headers at home against Chemeketa and South Puget Sound on March 23 and 31.



MICHELLE ERICKSEN/THUNDERWORD

T-Bird Caitlyn Ratcliff slides into second against Bellevue.

Tiny T-Bird track team tries to rebuild

By Yonas Woldemichael staff reporter

Highline's track team is going the distance.

That means no more javelin, long jump, hammer throw, and sprints. After losing two coaches in a year, the Athletic Department decided that track would be limited to distance events, for this year at least.

Recently hired Head Coach Christina Loehr takes an upbeat perspective as the season kicks into gear.

"This will be a rebuilding period for the track program here at Highline. I specialize in only distance running and everything has to have a base to build up from instead of trying to cover every area at once," Loehr said. "I hope to have a whole track program within a few years here as it is essential to any power-house track team.

Loehr is a former distance runner, running for the University of Colorado before moving to Washington.

Loehr said there has not been a definite number of athletes on the roster yet but says she believes she will have at least 10 to 12 runners.

"I do not mind having such



MICHELLE ERICKSEN/THUNDERWORD

Highline's distance-only men's track team begins the first of many laps around the track.

a small number of athletes and actually like it better as I will be able to have more time to focus on each individual as an athlete and help them with personal improvements," Loehr said. So while the T-Birds won't be a threat to win the NWAACC crown, individual athletes may still qualify for the finals if they meet qualifying times.

Loehr says she would abso-

lutely love to have more runners out on the track and that they still have a few weeks to join [before Spring Quarter] and it can also count as a class that an individual can get credit for. The decision to downsize track came after the program suffered some turmoil in the last couple of years.

"The track program here has been struggling for about the past 10 years and last year I just made the decision to make it strictly distance," said Athletic Director John Dunn.

"Essentially it was coaching issues with a slight problem in the financial area, but the coaching problems really hurt the program. Now that the team is just distance their budget has been cut as they will not need as much money," Dunn said.

Dunn's predecessor tried to kill the program but failed.

In the past two years former head coach Robert Yates was fired and replaced by Les Black, who resigned after last year's season.

Nonetheless, the men's team won the NWAACC championship in 2004 and finished third the following year, and the women's team had a number of individual champions.

Loehr has now replaced Black and says that she hopes to stick around for a while. Highline's first meet will be Saturday, 10 a.m. at Pacific Lutheran University.



MICHELLE ERICKSEN/THUNDERWORD

Brian Dotson was sixth in the 400 meters last year for Highline. This year he has no place to run in the college's abbreviated track program.

Nowhere to run

Shrunken track program leaves Dotson in the blocks

By Yonas Woldemichael staff reporter

You might see him walking around the Highline campus with his headphones blazing obnoxiously and a gallon of water strapped to his backpack. Or you might spot him at a sporting event screaming erratically to throw off the most determined challengers stepping onto Thunderbird territory.

His name is Brian Dotson and he is one of the many talented sprinters on this campus who will not be able to perform for track fans this spring.

At the end of last year's track season a decision was made to make the running program completely distance.

This decision was made after one coach was fired and another resigned over the past two years.

Even though this change has had some time to sink into student-athletes here, it still comes as a shock to many individuals who attend Highline.

"The track program is really messed up here. Not to offend any distance runners but a long distance race is tedious and boring to watch repeatedly," Doton said.

"They need to bring back sprints. A fast-paced, heartbeating, and intense race is what fans come to watch. That is what really gets them going."

During Dotson's senior year in high school he was part of a team that won the 2A state 4x100 meter championship.

Dotson recalls being the anchor (last leg) of the relay team and had to pick up the slack of his team as he caught two other runners who were in front.

After finishing high school in 2005, Dotson applied to many universities who all told him to first get his associate of arts degree and then re-apply.

"So I decided to come to Highline because I had heard good things about this school. It was all good my freshmen year and now I won't even get the chance to show what I can do before I graduate," Dotson said.

In his freshmen year at Highline Dotson did better than most had expected.

Dotson says that Head Coach Les Black (the previous coach) did not have high expectations as he was unknown at the time and a walk-on.

Using these doubts as moti-

vation Dotson headed into the NWAACC Track Championships in 12th place for the 400 meter race and finished a surprising sixth instead.

"When I came to Highline my personal record for 400 meters was 51 seconds and at NWAACC I ran a 54 second 400. I was hoping to cut off another four to five seconds off my time this year, but my plans have changed," Dotson said.

Since the sprint program has been cut at Highline Dotson has become a student worker in the Physical Education Department.

He is the one of the first guys to arrive at the Pavilion to set up for a basketball or volleyball game and the last one to leave after a good session of clean

Dotson continues to work out on his own but says he would prefer the guidance of an experienced sprint coach who could help him achieve his goal of running for a Division 1 school.

"We need to have a full track program soon because just having distance implies that track won't even be here next year," Dotson said. "All that and a bag of chips."

PLAYING TALL

Highline's Olenthia Dishmon made up in game what she lacked in height

Staff reporter

Heart matters more than height, at least in the case of 5'3" guard Olenthia Dishmon. Dishmon was the captain of the Highline women's basketball team this season.

Dishmon, 20, originally from Gary, Ind. moved to Washington when she was 5. That's when she started playing basketball.

To Dishmon basketball is more than a sport; it's an escape.

"It's somewhere to go to where I'm stressing out," said Dishmon. "Some of the team was glad when the season was over. I'm not."

"You feel free on the court," she said.

Dishmon said whatever she's feeling she can take it out on the court.

"It's like another family," Dishmon said. "The team is your family."

In many respects Dishmon is a lot closer to this year's team than last year's team.

There were 10 freshmen and two sophomores on this year's women's basketball team, including Dishmon.

Coming into last year's team was hard for Dishmon as

she was one of the only freshmen.

"When I first came here it (her height) affected me a lot," she said. "I was scared, I was afraid to play for a college.

"Coach
(Amber
Rowe) recruited me
and she knew
how tall I

was," Dishmon said. "Coach Rowe has been a big part of me. She taught me more in four months than I'd learned in four years of high school."

Dishmon

Dishmon played basketball for Mt. Rainier High School before coming to Highline.

"The coach put me on a c-squad at first, and I'd never played not varsity," she said. "I

was averaging about 20 points a game so after two weeks he moved me up to varsity."

Dishmon said that because of her height she has to constantly prove herself on the court.

"I can jump as tall as a 6-foot player and I can get as many rebounds as well has a post player so put that together and I might as well be a 6-foot player," said Dishmon. "I like being in the air."

Women's basketball Head Coach Amber Rowe said that Dishmon's game as well as confidence has improved this year.

"Last year she never really made the adjustment to college basketball, she had a hard time playing her game," Rowe said. "This year she got over that went to the basket strong and made some great plays at the hoop.

"She had a lot more confidence this year, she probably had two games in a row where she was double digit scoring," Rowe said.

There are advantages to being shorter on the court though. Dishmon said she can dribble lower than a lot of players and the ball is harder to steal from her

"It makes the defender come down more if I dribble low," she

Dishmon said
that taller
basketball
players
are less
willing to
get low to
the court.

Dishmon said that basketball wise it wasn't the greatest season

last year. Dishmon said that this year has been the best season she's had.

Besides being short Dishmon has overcome other obstacles in her basketball career.

"Not playing to the potential that I know I could," Dishmon said.

Dishmon's game isn't revealed by stats.

"She's a good defender and



MICHELLE ERICKSEN/THUNDERWORD

Highline's 5'3" Olenthia Dishmon (right) next to 6'1" teammate Samantha Tinned.

defense doesn't show up on stats a lot," said Coach Rowe. "She does a lot of the intangibles and she brings a lot of energy to the team."

"I worked hard last summer to get that starting position," Dishmon said. "I knew some of the girls coming in were better than me, and I had to push myself harder."

"I get along with the team," she said.

"A lot of the girls came to me with questions," she said. "I felt like I have a duty to them."

"She's a great player, has a great attitude and you can count on her to keep the team going," said 6'1" freshman swing Marcella Litwiller.

Dishmon said that this team has more talent in comparison to last year's team.

"We were talented last year, but this year we have more," Dishmon said.

One of the biggest differences she noticed was the levels of togetherness on both teams.

"Last year everyone on the team hung out off the court, but it wasn't clear on the court," she said. "This year a lot of the girls didn't hang out off the court, but on the court we were a team, a family."

Dishmon said that after preseason the team learned how to play with each other.

"We all came from different teams and there was so much talent but at the same time a lot of different personalities," she said.

The Lady T-Birds came together enough to win the West Division Championship. They finished the season with a 28-5 overall record.

"We put a fright on a lot of teams this year," Dishmon said. "Every team was gunning for us."

The Thunderbirds lost their shot at NWAACC championship title after losing 84-64 to Skagit Valley the first day of the tournament. The T-Birds also lost 6'2" post Kim Dodson within eight minutes of the game.

"The loss really just brought us together," Dishmon said.

The women's team pounded

out three solid wins in the next three days and clinched fifth place in the NWAACC.

Dishmon is graduating from Highline this year with an associate of arts degree.

"I'm leaning more to Sociology," she said of her degree major. "I'm more involved in my education. I want to go somewhere with it."

Dishmon is moving on to Morgan State in Baltimore to study sociology.

"I'm going to try and play basketball there too," she said. "Coach (Rowe) contacted the coach and she sent some tapes.

"I'd rather go off academics then athletics," she said.

Dishmon said that taking a sociology class with Daryl Brice was a big influence on her.

Dishmon has already achieved on of her dreams; she played basketball in college, but college wasn't all about basketball to her.

She will be the first person in her family to graduate from college.

Dishmon's older and only brother attended college for a year for football before dropping out. She and her brother were raised in a single-mom house and her mom didn't have time for college because she was working to support her kids.

"My brother barely finished high school," she said. "I had more pressure on my shoulders to graduate from college and I didn't want to let my mom down."

Dishmon said that one day she hopes to be in a career that will allow her to support her mom. Rather than celebrities such as Michael Jordan, she said, she finds her heroes at home in her mother and brother.

"My mom is my hero, my inspiration, she's everything to me," Dishmon said. "She's the true definition of a strong woman. She's been through a lot and I admire her for that."



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Webb spins hoop success at Highline

By Alicia Mendez

staff reporter

Derrick Webb has earned enough titles in his basketball career to fill two shelves worth of awards.

Webb, 6'3", was starting ward for Highline for the last wo years and has earned a permanent place in Highline's basketball history.

Just last year Webb helped pave the way to Highline earning the 2006 NWAACC championship, where he earned the MVP title of the tournament.

This year, Webb helped his team earn a division title; shares the co-MVP title for the Western Division; led the team to finishing off this year's NWAACCs in seventh place, and earned a spot on the All Star team for the Western Division.

Ironically, he had not intended to play for Highline this

However, a week before this season began Webb changed his mind when he realized this season's team was another winning team.

That's why I came back instead of redshirting," Webb said. "I knew we had a pretty good chance at winning the championship.'

Unfortunately, Highline only placed seventh in the tournament, but Webb wasn't dissatisfied.

"It was definitely disappointing. But I was happy that I was able to play with those kind of players in that time," Webb

Webb said having confidence on the court gives him an edge.

"It pumps you up at the same time," Webb said. "It makes me want to back up what I'm say-

As long as he can remember, Webb has played basketball.

"I was probably playing when I was in the crib," Webb said.

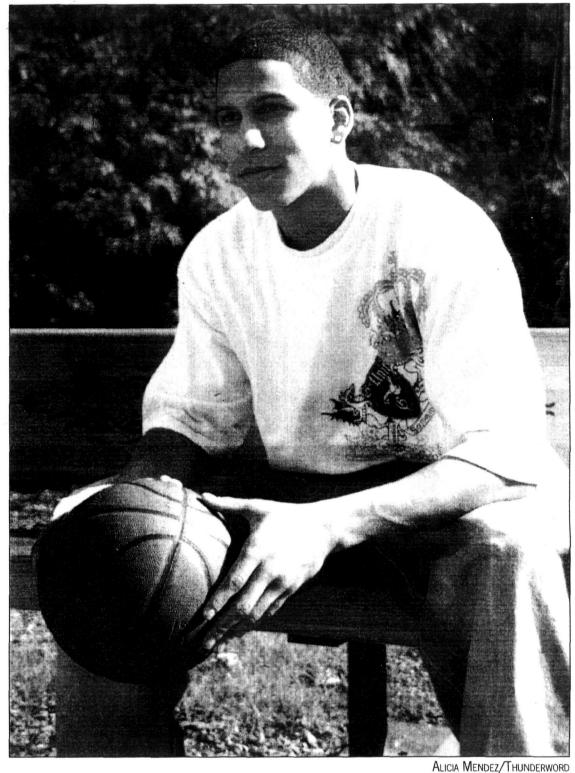
As a kid Webb said he remembers using basketball as a tool to relieve his mind of a torn home and irresponsible parents who chose a life of drugs over raising their son.

"It helps me take things off my mind," he said. "Especially when I was younger, I would play basketball because I had so many problems at the time."

When Webb was 14 he moved in with his aunt and uncle in Port Orchard in hopes of a better life.

In his freshman year of high school Webb excelled in baseball and basketball, and had to decide which he would play year round. The choice, he said, was obvious.

At the end of his freshman year, Webb decided to focus



rest of his life, and hopefully get

paid for it. However he said he

realizes that his chances of play-

Derrick Webb played a second year at Highline after he realized how good this year's team could be.

purely on basketball, and never turned back.

During high school Webb's brother, Anthony Webb, who he also considers his best friend, was Webb's saving grace.

"My brother encouraged me, and taught me a lot. He gives me the criticism [for basketball] I need to hear," Webb said.

Webb averages 16.8 points and seven rebounds a game. He's sixth in the league in assists averaging 4.38 a game.

Webb already has two tattoos and said he plans to get more.

One tattoo, on his left shoulder, is of a spider's web and in the middle of the web is a basketball, the other, on his right shoulder, is a cross with the words "With God all things are possible," underneath.

After high school, Webb was recruited to play for the Thun-

He said the sophomores on the team welcomed him, and made him feel like this was the team he needed to be on.

Webb said being on Highline's team has really taught him the real meaning of togetherness. In his two years at Highline the term togetherness has been a word embedded into the men's basketball team, thanks to Coach Che Dawson.

"I have a lot of good friends on the team. I think we'll all be good friends for years to come,' Webb said.

Togetherness to the men's team not only means having team chemistry, but caring about the team's best interest above their own.

"It's not about my individual numbers," Webb said.

Ideally Webb said he would like to play basketball for the

Have a safe

and happy spring break.

-- The Thunderword

ing in the NBA are slim.

While Webb said he eats, sleeps and breathes basketball, he said he understands it has opened doors for him.

"It's getting me through school," Webb said.

Webb, 20, will continue his collegiate and basketball career at Seattle University with a fullride scholarship.

"I'm going there because I think I can help them win. I think I fit into their program," Webb said. "The guys remind me of the guys here at Highline. It's all about the team chemistry."

Sparking Webb's interest even more into their program was Head Coach Joe Callero. Callero led Highline's men to back-to-back NWAACC championships in 1998 and 1999.

Along with playing ball, Webb intends to study either criminal justice or business.

"I know I have to do well in school to succeed in life," Webb

Webb said the mistakes his parents made with him only further his drive to succeed in life.

"I want to do better than they did. I want to be a way better man and father than my dad ever was for me," he said.

Nowadays, Webb tries to find time in between training, basketball practice, and homework to help his brother coach.

Webb says he owes his brother a lot because his brother is the one who saved him from a life leading downhill.

Because of his brother, Webb said he's stayed focused in school, and stuck with bas-

"I look up to my brother... He's taken care of me. If it wasn't for him, I don't know what I'd be doing right now," Webb said.



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Science Seminar burns images into attendees' eyes

BY JD LIM

staff reporter

Last week's Science Seminar was spectacular. Building 7 rumbled with sounds of exploding balloons filled with different

Science Seminar is a weekly set of presentations by Highline faculty in their areas of exper-

Chemistry instructors Katie Gulliford and John Pfeffer prepared an array of demonstrations which the crowd appeared

More than 50 people attended the show.

The show consisted of more than 10 demonstrations. They included a lot of color changes with chemicals, explosions, eruptions, and torch flames.

The show was scheduled for the beginning of winter quarter, but had to be postponed due to

A mixture of two different chemicals in a tube container amazed the audience with its magically changing color, which looked a bit like a "lava lamp without the lava," Pfeffer said.

The explosions got the audience covering their ears. Pfeffer and Gulliford demonstrated with balloons filled with different gases inside.

One contained oxygen, another hydrogen, and the third a mix of oxygen and hedrogen. That part of the demonstrations created the big bang.

Five-gallon water bottles filled with alcohol fumes left the audience shocked when they

became giant torches.

Elephant toothpaste was saved for last.

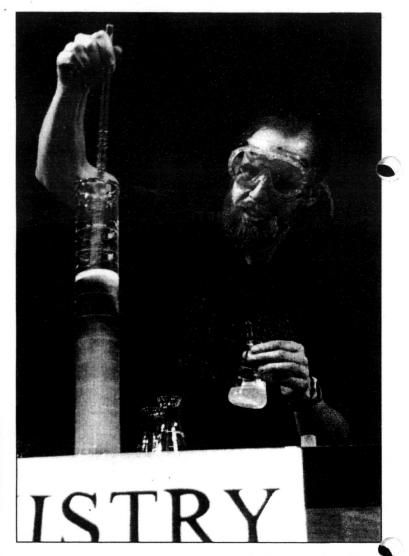
It surely got all the attention when it foamed up and covered the whole table. It stood out with its many colors.

"The purpose of these demonstrations was basically to prove that we can predict what chemicals are going to do," Gulliford said.

These demonstrations were designed to help with the teaching of chemistry, she said.

Next week's Science Seminar will be a lecture by defense attorney Mark Prothero, who defended Gary Ridgeway and wrote a book on it, Defending Gary.

For more information, contatct Dr. Eric Baer at 206-878-3710, ext. 3513.



PATRICK CABELLON/THUNDERWORD

John Pfeffer makes a "lava lamp without the lava."

Highline School District levy passes

Voters within the Highline School district passed an opperating levy on Tuesday to help fund schools in the district.

The levy passed with 64 percent majority, only needing a 60 percent majority to pass.

The four-year operations levy will provide \$140 million for the general fund in the district, which makes up roughly 20 percent of the total general fund for the district..

In the last decade Highline has gotten three levies passed, the last being in 2003.

There are still some absentee ballots to be counted, but it is projected that they will not alter the outcome.



PATRICK CABELLON/THUNDERWORD

Katie Gulliford and John Pfeffer heat up a test tube before dropping in a gummy bear.

Climate Impact Group says global warming is man-made

By JD LIM

staff reporter

Humans are causing climate change throughout the world and humans need to do something about it, a panel said here on Saturday.

The event about climate change and global warming was held in Building 3, Room 102 on March 10. Raising the Temperature: A Global Climate Change Community Roundtable consisted of four speakers that discussed the issue of climate The panel included change. Lara Whitely Binder, Rosemarie M. Ives, Peter Illyn, and Jessica Eagle.

Climate Impacts group outreach coordinator Lara Whitely Binder talked about the current issues of climate change.

The Climate Impacts Group is a research group studying the impacts of natural climate variability and global climate change on the Pacific Northwest.

Carbon dioxide (CO2) mains in the atmosphere for long periods of time and continuously warms temperatures.

"Human activities are the main cause of the increase in concentration of greenhouse gases since 1750," Binder said. 'Temperatures have increased 1.3 degrees Celsius over the past century."

This is will great effect on water supplies, forests, coasts, and agriculture.

"The ice in snowpacks will melt earlier and affect water sources," Binder said. "There will be increases forest fires, erosion, flooding, habitat loss, decreased irrigation, and heat stress."

Mayor of Redmond Rosemarie M. Ives focused more on the the U.S. Mayors Climate Protection Agreement.

The Climate Protection Agreement includes efforts to reduce the United States' dependence on fossil fuels and accelerate the development of clean, economical energy resources and fuel-efficient technologies. Those include, conservation, methane recovery for energy generation, waste to energy, wind and solar energy, fuel cells, efficient motor vehicles, and biofuels.

"I believe that everyone should elect someone that's going to do a good job in the community," Ives said.

"Redmond has taken little steps into making a difference which include recycling," Ives political side. She was one of said. "If everyone just change the original eight mayors to sign one light bulb into a more efficient one, it would make a difference."

Founder and executive director of Restoring Eden: Christians for Environmental Stewardship Peter Illyn took a different approach.

Restoring Eden: Christians for Environmental Stewardship is a network of people working to become a grassroots movement within the church dedicated to encouraging faithful stewardship of the natural world as biblical, moral and wise value.

"Caring for the environment is the core issue," Illyn said. "We should think of what we

can do to solve this issue by working as a community."

Regional Representative of the Cascade Chapter of the Sierra Club Jessica Eagle talked about the facts and statistics.

The Sierra Club's claims 750,000 members working together to protect out communities and the planet. They were originally a hiking club but switched to local issues.

"I'm with the Cool Cities campaign," Eagle said. "Four hundred cities have signed."

Sixty percent of carbon emissions come from vehicles.

"We need to start raising the issue of global warming and carbon emissions," Eagle said. "We need to think more efficient and environmental friendly ways to transport people and

Mt. Rainier is Washington's perilous beauty

BY BRIANNE BEETS

staff reporter

When Mount Rainier erupts at least 100,000 people may die, when it eventually happens again.

Mount Rainier has been elapting for at least a half a million years," Highline geology professor and volcano expert Eric Baer said.

Mount Rainier's most recent eruption was in 1888 and although it was a substantial eruption, it did not cause any deaths.

"It's been an unusually long time for it not to have erupted," Baer said.

Mount Rainier does not erupt in the same explosive way as Mount St. Helens did in May 1980, but there are other dangers that Mount Rainier has.

"It [Mount Rainier] has so much ice and snow up there that it can melt and produce lahars that can do a lot of damage even farther from the mountain than some of the stuff from Mount

Helens," Baer said.

Lahars are a mixture of water and debris that can come down river valleys and destroy everything in their path.

"They're sort of like a flowing wet concrete. If you get caught in them you're dead," Baer said.

Lahars completely destroy houses and tend to dismember people who get caught in their wake.

"Imagine getting hit by a wall of wet concrete filled with big boulders and pieces of trees, going 30 to 40 miles an hour. We don't find survivors from these things, often we just find pieces of people," Baer said.

Lahars have completely annihilated entire cities in other parts of the world such as Colombia; in Nevado Del Ruiz a



JOCIE OLSON/THUNDEROWRD

Mount Rainier, and active volcano, is the highest mountain in the Cascades and in Washington State. The mountain can be enjoyed not only by vistors but also residents. Many outdoors activites can be done such as hiking, climbing, and even swimming.

lahar killed 25,000 people.

"They just totally wiped an entire town out of existence," Baer said.

Mount Rainier has produced extreme eruptions in the past but "not since there have been a whole lot of people around it," Baer said. In the area where Emerald Downs was built there lies an entire forest that was buried beneath a lahar from an eruption of Mount Rainier.

"The Puget Sound used to extend all the way up to Auburn but there was an eruption of Mount Rainier which filled all that in, which is why we have a valley there instead of the Puget Sound there," Baer said.

"The National Park gets a couple million visitors every

year and those are people right on the mountain where they would be impacted by these within minutes of an eruption," Baer said

The substantial amount of snow and ice Mount Rainier has poses a serious threat to visitors on the mountain who would be killed by eruptions, as well as flooding and landslides.

The snow inhibits the ability to track Mount Rainier because "we wouldn't be able to get instruments up there as quickly if it were during winter time," Baer said. The probability of such an eruption happening again is 1 in 100 within the next 100 years.

"Your chances of dying in an automobile accident are about 1 in 100 and we do a whole lot to deal with that danger, yet we don't seem to be doing a whole lot to deal with the danger of Mount Rainier," Baer said.

Prevention can be taken by limiting growth in the area around Mount Rainier and better monitoring of the mountain.

"Right now we only have three to five seismometers and the area around there would be better to have eight to 10," Baer

The reason for the lack of monitoring of Mount Rainier is shortage of funds.

The monitoring of volcanoes in the United States is done by the U.S. Geologic Survey who simply doesn't have enough money to do as accurate of monitoring as they would like to.

"Right now all of the volcano monitoring in the United States is about \$21 million a year total, so it would take twice that much," Baer said.

If Mount Rainier were to erupt, current plans include getting people to evacuate as quickly as possible.

"But you have to evacuate nearly 100,000 people so it would take a long time and I don't think a lot of people know where they should go," Baer said.

In terms of evacuation people would be forced to leave their homes for up to two to three years and "people don't like to be away from their homes for that long; not even for weeks much less years."

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roundation offers students scholarships

Right now there are 44 scholarships available to students through the Highline Foundation.

The scholarship awards, which total \$60,000, range from \$400 to \$2,700.

Applications are available online at www.funds4highline. org/scholarships.htm, in the Financial Aid off located on the top floor of Building 6, in the Foundation office located on the second floor of Building 99, and also in the Student Programs office located on the third floor of the Student Union Building.

Students can apply for one or all of the scholarships by filling

out just one application.

The deadline for the application is April 13 at 4 p.m.

Donations to the Foundation by individuals, community organizations and businesses make the scholarships a reality for many students at Highline.

The Foundation is a nonprofit corporation that is governed by a board of directors.

For more information about the scholarships call 206-878-3774.

For more information about the Highline Foundation contact Rod Stephenson at 206-878-3710, ext. 3696 or at rstephen@highline.edu.

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MICHELLE ERICKSEN/THUNDERWORD

Manuel along with the rest of the Highlines' grounds crew are fast at work keeping the grass trimmed and the campus beautiful. As winter draws to an end, the leaves begin to return on the trees, flowers blossom as they awaken from their winter slumber, and the grass becomes a little greener and grows a little quicker. The last week has brought sunny days and rainy afternoons. Spring Quarter is just around the corner which will bring a new beginning to Highline's students, staff and faculty.

Success fits just right

By Meghan Tavares staff reporter

Suits for Success has spread from Seattle to Highline, clothing poor and homeless women for their job interviews.

It has become the project of three Puget Sound Early College students: Rachel Alton, Bren Fejarang, and Thomas Konecny.

Puget Sound Early College is one of the departments at Highline and is held at the Federal Way campus.

It offers high school students the chance to complete requirements for their diploma while working on their associates of arts college degree.

For their combined studies Alton, Fejarang, and Konecny chose to work on Suits for Success, a project given to them by their instructor, Craig McKen-

This local effort ties into an annual YWCA event, called Send One Suit Week, which encourages the independence of disadvantaged women.

"We thought that this was a good cause to work for, because it's great that these women want to get jobs, and by simply helping them by giving them clothing to wear to an interview, they can possibly make a living for themselves," said Rachel Alton.

Suit Week has provided career based services to more than 45,000 women in 79 cities around the U.S.

Highline's campus is accepting donations until March 16 in Building 6 at the Women's Resource Center.

"The women have to look presentable, so nice looking clothing is recommended," said

Send One Suit Week collects interview-appropriate clothing and accessories as well as financial donations, which support career based activities such as the Professional Women's Group

Dressbarn, the National Title sponsor, has agreed to donate one new suit to YWCA for every 10 suits donated.

Participants in the Suits for Success organization expressed hope for continuing and furthering this program at Highline. They said that it was very rewarding to help those less fortunate than themselves.

"It is just great to know that you can impact someone's life by doing a simple act of kindness," said Alton.

Event to benefit injured child

BY SHURVON HAYNES

staff reporter

A local ministry led by a Highline staff member is hosting a benefit concert for a young boy who lost his left eye while lighting a bottle rocket on New Year's Eve.

The benefit concert will be on Saturday, March 24, in Building 7 at 3 p.m.

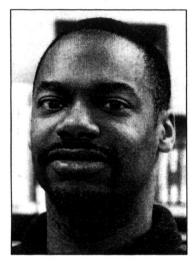
All proceeds raised at the concert will be used to help 6year-old Hosea Chabira's parents cover additional medical bills not covered by their insur-

"There will be singers from all over the Northwest coming together for this special cause. The purpose is to give and be a blessing to others," said Pastor Gerald Jackson, who also works in the Administrative Technology Department.

Servanthood Ministries Revival Center is a multi-cultural, youth-centered outreach ministry that meets on Highline campus every Sunday morning.

During the week Pastor Jackson and his wife, Tanny visit different church members' homes for prayer and fellowship.

"We bring service to the hood, we show love to all people. That is what Servanthood means," said Pastor Jackson.



Gerald Jackson

The ministry has worked in partnership with World Vision and other churches to minister to youth, prisoners, senior citizens and the homeless for more than 15 years.

Their mission is to show God's love through singing, poetry, drama, dance and teaching the Holy Bible.

In December the ministry won an award and performed at the Pageant of Peace ceremony held every year in the White House.

"It was a very humbling experience to minister at our nation's capitol building," said Pastor Jackson.

They also won the "Live the

Dream" award by the Weyerhaeuser Corporation given to those who are making an impact in their community.

Everyone is invited to attend and participate in this event, Jackson said.

"We want to let Hosea and his family know that there is someone who cares, we war help them meet their needs show them love," said Pastor Jackson.

For more information call 253-826-6111 or visit www.gtjackson.com

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On the Move

Drinks all around for Vino's homecoming

BY DAVID BIEHN

staff reporter

Vino, a dog that was reported missing in last week's Thunderword, has been found and returned to his home.

The dog had been missing since Feb. 24, when he disapared after being taken outside by his owner Nicole Losacco.

"I had let him out to use the bathroom," Losacco said.

She suspects that the dog was taken when she went in side briefly.

"I heard him bark outside," she said. "I had only been away for a minute"

She suspected something was wrong immediately.

"He is really well trained, he doesn't run," Losacco said.



They spent a few hours searching the entire area, only to end up coming home empty handed.

Over the next two weeks, Losacco tried desperately to get any information on the whereabouts of her dog. This included putting ads in The Thunderword, and flyers around the neighborhood.

"We spent probably \$300 putting up posters and ads," she

It was not till the end of the second week, when they got a message on their machine, which gave them the hope they had been looking for.

"Somebody had left him an anonymous phone call and said the dog had been taken to a shelter and was going to be put up for adoption," Losacco said.

They quickly headed up to an animal shelter up in Ballard to pick up Vino.

In the end, Losacco had to essentially re-adopt her own dog from the shelter, which included paying for the work that had been done on him.

"I ended up paying \$195 for another round of shots, neutering, chipping, and 10 days in the animal shelter," she said.

It was a small price to pay to get her beloved dog back. When Losacco first got Vino when he was a puppy, he had brothers and sisters. These other dogs were purchased by other members of Losacco's family.

Before getting the message, they had received reports from a teacher that Vino had been seen at a high school.

"We had gotten tips from Mt. Rainier High School saying that a student had a dog matching our description," Losacco said.

The student seen with the dog was a resident of West Seattle. so they suspect that the student was pressured by a parent to return the dog, but instead took it to an animal shelter.

"We think that the mother called. That's just my theory though," Losacco said.

Regardless of whom the caller was, Losacco is just happy to have Vino back home where he belongs.

One last discussion

It's time to read up and eat.

The Book Club, presented by the Intercultural Center, will be holding an end of book discussion on the book Kindred by Octavia E. Butler.

Everyone is welcome to attend. A potluck will also be

It will be held today, March 15 in Building 6, room 164 from

Bringing nations a little bit closer to Highline

BY SIMONE SNOW

staff reporter

Highline is going even more

Community Colleges for International Development, Inc. submitted a proposal to the U.S. Department of State for a grant of \$3 million to fund the Community College Summit Initiative Program, a program to increase international development by bringing 84 students from various countries to the U.S. to attend community colleges and gain practical skills to use in their native countries.

The proposal was accepted, and Highline was chosen as one of seven community colleges to take part in the program.

"CCID recognizes Highline as among the best U.S. community colleges with international programs. They cite our comprehensive international student support offices, exceptional L programs, and excellent cademic programs," said Lisa Skari, vice president of insti-"When tional advancement. they developed their proposal for the State Department, they asked Highline to participate."

Also participating in the program will be students from around the globe.

"Brazil, Egypt, Indonesia, Pakistan, South Africa and Turkey have realized improvements in education, social welfare, economic development and social justice," Skari said. "But non-elite individuals in their countries often do not have access to higher education and economic opportunities.

"CCID and it's partners will change this for a select group of men and women who reflect

N. Kores Portugai Turkey China Morocco Canary Islands (Sp.) Pákistan Algeria U.A.E. Arabia Mauritania Eritrea Yemen Sierra Leone D'Ivoire Liberia Ethiopia Maldives Somalia Gabon Awanda, Indonesia Congó Tanzania Seychelies Mozambique Zambia Zimbabwe Namibia Indian Ocean

Patricia O'Neill/Thunderword

their nations' diversity, demonstrate leadership potential. and articulate a commitment to participate in their homelands economic and social develop-

Skari said the goals of the program are to help the students develop skills to use in workforce and increase economic prosperity in their country, improve their aptitude of the English language, and have them experience life in the U.S.

While the details are not yet final, Highline will réceive an estimated \$243,000 for a 12- to 15-month program to bring 12 students to Highline, starting in either this summer or fall.

"The student selection process is currently under way," said Kathleen Hasselblad, di-

rector of International Programs and Grants. "At this point, it apfrom Turkey, Indonesia, Pakistan, Egypt, and South Africa."

Hasselblad said Highline will offer the students English Language Learning classes and train them in business and hotel and hospital work.

"Part of the grant program is to provide these students with a number of opportunities to connect with our campus and community through presentations in classrooms, participation in volunteer activities, and taking part in student clubs and events," Hasselblad said.

Hasselblad said the program also has long-term benefits for Highline to expand International Programs.

"Once the students leave Highline to return home, we pears that we will have students will stay in touch with them. this will enable Highline to expand our contacts in Pakistan, Indonesia, Turkey, Egypt, and South Africa," Hasselblad said. "It could provide us with additional ways to recruit international students and with additional connections with businesses and professional groups in those countries."

Skari said she believes the campus community will also benefit from the opportunity to learn about the students and their cultures.

"These students will enrich our campus in the same way our current international students do. It is a great opportunity for us," Skari said. "In addition,

these students will participate in home stays, establishing friendships that last a lifetime and transform all our views about a once foreign country and cul-

Also taking part in the program will be Daytona and Hillsborough Community Colleges, Florida; Kirkwood Community College, Iowa; North Harris Montgomery Community College District, Texas; Northampton Community College, Pennsylvania; and Parkland College,

"We all benefit when access to education can improve the prospects for a more peaceful world," Skari said. "This is quite an honor and speaks to the excellence of our international programs."

Students are helping others at a taxing time

BY ARNEL CUSTIC

staff reporter

Taxpayers are now able to file their 2006 tax returns electronically at no charge, thanks to eight accounting students and the Volunteer Return Preparation Program.

The accounting students are from Highline Community College and Central Washington University in a joint attempt to help the public with their taxes.

They will be available each Tuesday, Wednesday, and Thursday from 1:15-4 p.m. in Building 30, room 214 through April 5. Also, new arrivals are not taken after 3:10 p.m. and it is on a first-come, first-serve basis.

To participate in Volunteer Return Preparation Program, the accounting students received professional training over a month's period of time in order to gain a better understanding of how to properly prepare income tax returns.

The training was followed by an IRS and AARP-issued exam that the students were required to pass if they wished to become eligible to volunteer.

Currently, the students are using what they have learned



Patrick Cabellon/Thunderword

An accounting student sits and types at a computer while she helps another student with their tax return. Accounting students will continue to offer free assistance with tax returns until April 5.

from the course and applying it to as many tax returns as they are able to.

For Grace Omoto, a former Highline student and now Central Washington University senior accounting student, the opportunity to join the program has finally come.

"I had an interest in volunteering for this program last year but for some reason I didn't," Omoto said. "Now I'm simply doing it to get a better understanding of how to work with taxes because I want to be able to know what I'm talking about when I get into accounting."

"I took a tax course last year but it didn't make complete sense to me until I started actually doing it and not just talking about it," Omoto said.

This is Omoto's first year in Volunteer Return Preparation Program. She wants to major in accounting but not tax accounting.

The reason that an accounting student such as Grace Omoto would volunteer for this program is because it is a win-win situation for her. For one, she

gets the satisfaction of knowing she helped her community members; two, she received free training; and three, it looks great on her resumes.

Since the accounting students can only do so much, tax-payers' tax returns that become too complicated will be recommended to paid professionals.

Highline Accounting Department Professor Geoff Turck is facilitating the volunteer tax services.

"This is my eighth year facilitating this program now and I must say that my best advice for taxpayers is to come in with at least an hour of availability so that the accounting students don't feel rushed," Turck said. "Also, you have to remember to bring all of your paperwork with you, especially last year's tax returns and anything you've received in the mail relating to your tax return."

The volunteers in the program encourage taxpayers to come prepared with any tax forms received in the mail, such as the W-2, 1098-T, and 1099, as well as the Social Security numbers of family membe Social Security statements, and last year's tax return if applicable.

IRS spokeswoman gives tax advice for students

By ARNEL CUSTIC

staff reporter

Every year, millions of people file federal income tax returns even though they are not required to.

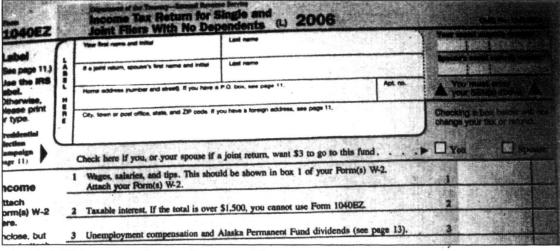
Student taxpayers should be aware of new tax laws and resources before filing 2006 tax returns. As employers are required to mail W-2 forms detailing taxable wages by Jan. 31, the time to be thinking about filing is now.

You will most likely need to file a return if you:

- had taxes withheld from your earnings last year and are expecting a refund
 - owe taxes
- made \$400 or more during self-employment
- earned at least \$108.28 while employed at a church organization

Furthermore, certain scholarships and fellowships are considered taxable income.

A scholarship is generally a paid amount that benefits a student at an educational institution in their pursuit of studies while a fellowship is a paid amount that benefits an individual in the pursuit of study or research.



The 1040 EZ form is one form students must fill out as part of their tax returns. For more information or to contact a tax consultant, visit the IRS website at www.irs.gov.

"If you received a scholarship or fellowship, generally, the entire amount is taxable if you are not a candidate for a degree," IRS spokeswoman Judy Monahan said.

Even if you do not have to file a return, you should file one to get a refund of any federal income tax withheld.

The IRS has compiled information directed specifically to student taxpayers.

The information may be accessed at www.irs.gov/individuals/students.

Most of the changes that af-

fect students for the 2006 tax year are designed to offer greater deductions and tax credits.

The Earned Income Tax Credit allows low-to-moderate income taxpayers such as college students to gain credit on their tax forms.

In other words, you get to keep more of the money that you earned.

Other kinds of income often received by students that are generally taxable include: pay for services performed, self-employment income, investment income, and certain scholarships and fellowships.

For pay for services performed income, when calculating how much income to report, make sure to include everything you received as payment for your services, such as wages, salaries, and tips.

On the other hand, for those that have already filed tax returns and are expecting a refund then IRS' "Where's My Refund?" website will help. To obtain the status of your tax refund all you need is your Social Security number, filing status, and/or the exact refund amount

shown on your return.

"Other changes for the 2006 tax year improve existing IRS services," Monahan said.

The 2006 Tax Rate Schedule posted on the IRS website makes it easy to estimate how much you must pay in taxes or refund eligibility.

Students who made up to \$7,550 in taxable income in 2006 must pay 10 percent of that amount.

Meanwhile, the tax of students whose taxable income was in the bracket of \$7,550 to \$30,650 last year is \$755, plus 15 percent of how much they made over the amount of \$7,550.

Watch out for tax scams. These schemes take several shapes, ranging from promises of large tax refunds to illegal ways of "untaxing" yourself.

The deadline for tax returns has been extended from April 15 to April 17 due to Emancipation Day in the District of Columbia.

For more information or to talk to a tax consultant, visit the IRS on the web at www.irs.gov, or call 800-829-1040 to speak with an IRS representative by telephone.

Instructor wants to reduce stress for students

By Shurvon Haynes

staff reporter

Students can breeze through Spring Quarter with Highline's new Stress Management Course, taught by Licensed Clinical Psychologist Dr. Gloria Rose Koepping.

"There a need dents have help managing all the parts their lives -- home, family,

work and



Dr. Koepping

school. Stress management can help them find balance," said Dr. Koepping.

Students can enroll in Stress Management, item No. 7010 anytime during Spring Quarter and have the option of taking 1-3 credits.

"I will then adjust classes based on participation and individual needs," said Dr. Koepping.

The class will be offered ev-Monday and Wednesday om noon to1:15 p.m.

Some of the stress manage-



ment methods used will be learning special breathing techniques and making relaxing meditation tapes which can help a person become more calm and center their minds before a tak-

Students will also walk on labyrinths and paint mandalas which are a geometric symbolic design believed to create bal-

ing a test, Dr. Koepping said.

ance, harmony and wholeness.

"We can't manage other people but we can manage ourselves and how we will deal with complex situations," said Dr. Koepping.

All students will be required to make a check list of their symptoms, keep a journal of their recent experiences, and create an individualized stress management plan.

"I see the need for students to have a better box of tools on how to eliminate outside stressors," said Dr. Koepping.

Dr. Koepping has been working in the counseling center for 19 years; she teaches career classes and does individual counseling.

If students are interested in

stress management but don't have room in their schedules to take this class, they can make individual appointments with a counselor in Building 6, room 244 or call 206-878-3710, ext. 3353.

Counselors can also help students who are depressed, schizophrenic, or have learning disabilities at no extra charge.

"I want to teach people how to put the heads and bodies back together and have balance now while they are young," Dr. Koepping said, "which will give them more peace and longevity as they get older."

Don't be a stranger

Get to know Nobody Knows. This week's Movie Fridays will screen the film Dare Mo Shiranai, which translated

means Nobody Knows. The movie tells the story of four children in Japan who are forced to fend for themselves after their mother abandons them.

Everyone is welcome to attend the free screening.

Movie Fridays are held every Friday in the Mt. Constance room of the Student Union at

Exploring the world with GlobalFest

BY SIMONE SNOW

staff reporter

Travel the world without ever leaving Highline.

GlobalFest, once called International Night, is returning for a fifth year as an event sponsored by International Student Programs.

"The event used to be called International Night, but we changed the name to Global-Fest to reflect the festival atmosphere," said Amee Moon, asociate director of International tudent Programs.

Moon said GlobalFest is a 'culture festival" for Highline.

The purpose of the event, Moon said, is to give the entire campus community an opportunity to learn about and experience multiple cultures all in one place and night that are represented at Highline by international students and a diverse staff and faculty.

"Highline is wonderfully diverse with students from around the globe," Moon said.

'We want to give students the opportunity to showcase their country and learn about other cultures."

Moon said GlobalFest will have something for everyone.

The event will feature an in-



Amee Moon

ternational fashion show of "traditional dress from around the world," performances by staff, students, and faculty of traditional music and dance from a variety of cultures, a buffet of international food for people to sample, and culture booths for more information on different cultures and hands-on activi-

"Booths will have items from each country on display as well as activities, games or other interactive elements.

"In the Japan booth, for example, we will have a place to make origami candy boxes and play some traditional games," Moon said.

"We'll have games, demonstrations and hands-on craft projects for people to see or try."

Already Moon has booths for Japan, Korea, China, Moldova, Sri Lanka, and Vietnam in the works, and says she hopes to re-

"We want to include as many different countries as possible. We're especially seeking students who have some kind of talent or ability they can teach or demonstrate for the culture booths, like Chinese calligraphy, martial arts, or the didgeridoo," Moon said.

"We are especially looking for students from African, European and South American countries to volunteer to create a culture booth."

Moon said she is also seeking volunteers to perform, participate in the traditional fashion show, stage logistics, help advertise for GlobalFest, and put up decorations for the event to take place on April 27 in the Student Union from 6-9 p.m.

Ticket for GlobalFest will go on sale April 2 in the International Student Programs office in Building 9. The price of the tickets has not yet been announced.

For more information or to

volunteer for GlobalFest, contact Moon at 206-878-3710, ext. 3374.

"GlobalFest gives students a chance to experience Highline's incredible diversity," Moon said. "And most importantly, it's fun."





Highline students often recall their wildest dreams

Staff reporter

In the dream world of Highline students, dolphins jump over barns, and you can only kill the fuzzy black things with chili powder made by Bob Marley.

Scientists say that everybody dreams. Students at Highline are no different. They say they remember a lot of their dreams, and often get the feeling of déjà vu. The world of dreams is a place in which anything can happen. Many students have dreams that defy logic.

"I have the most random dreams, one time I dreamed about a dolphin that jumped over a barn. Another one is when I dreamed of Itchy and Scratchy. Scratchy was running after Itchy, who caught his tail and fell to pieces," said Pongo. "I was watching people through the wall once. Some of my dreams are so real that they're surreal, like déjà vu. Some people call this an involuntary premonition."

"Once I had a dream that

was like another war of the worlds, but there were all these little fuzzy black things running around, and the only way to kill them was to put chili powder on them that was made by Bob Marley," said Naomie, a student.

"One of my strangest dreams was on the night I cracked my wrist, and then I went to sleep and had a dream that I cracked my wrist," said Irina, who didn't give her last name. "Some of my strangest dreams were spiritually related."

"I always remember my dreams, because they're so vivid, said Haroula Panteloudaki. "In my dreams I'm always dying, or someone else is. My family and friends are usually in my dreams, just hanging out. I get the feeling of déjà vu all the time, I've been there."

Student's feelings about déjà vu are a mixture of frustration, fright, and delight.

"I get déjà vu all the time," Maggie Cohen, said. "I'll be doing things exactly how it happened before, word for word, movement for movement."

Déjà vu is defined by dictionary.com as, the illusion of having previously experienced something actually being encountered for the first time.

Cohen's description of déjà vu is perfect, it is the feeling that most people seem to get.

"I remember a lot of my dreams," said Angela Lollie. "Most of them are reoccurring. I keep having a dream of a guy in black trying to kill my family. One time in the dream the guy got unmasked, and the next day I saw him when I was walking to school.

"Most of my dreams are adventures, usually with my family in them."

Many students have dreams in which they are the grand hero

"I remember most of my dreams," said Andrew Lee. "One time I was going to sing Ronnie James Dio on American Idol. "I get the feeling of déjà vu a lot. It's like in that Nicolas Cage movie."

"I remember most of my dreams pretty vividly. I get the feeling of déjà vu a lot too. It really pisses you off, when you aren't sure if it really happened."

"The dreams I remember the most are usually erotic, or they are nightmares," said Dio Baptiste. "The majority of my dreams are really stupid. There was one time when I woke up kicking the air, because I thought that I was Bruce Lee.

"My dreams are mostly about girls, money, and cars," said Louis, who didn't give his last name.

"I am always in trouble with the police in my dreams. They always catch me, but them something happens and I get away.

"I think that you just dream what you are thinking about, at the end of the day. I usually have dreams once or twice a week. I get the feeling of déjà vu a lot. It scares me, like something bad is going to happen," Louis said.

"The coolest dream I had was when I was with five girls, all at the same time."

Then there are students who have dreams that are pretty ordinary.

"When I was little, I remembered a lot more dreams," said Tanya Hagen, a student. "Most of them are just really weird random thoughts, stuff that happens during my day. I have a lot of reoccurring dreams."

"I have bad dreams more than good dreams," said Vincent Williams. "The situations in the dreams are realistic enough, but with unrealistic characters."

Some students hanging out on arm chairs outside of the Mt. Skokomish room shared some of their experiences with dreams.

"The strangest dream I've had was scary, and I wanted to wake up but I couldn't. I was in a place surrounded by clowns, they scare me," said Lilia Lopez, a student. "I remember three dreams out of seven dreams a week.

"I usually have good dreams though, most of them are with my friends and we're just hanging out doing stuff. I don't really get that feeling of déjà vu a lot, well I don't know maybe a little, there is no way of knowing," said Lopez.

Dreams

CONTINUED FROM PAGE 1

sleep talking will occur in this stage of sleep.

Although everyone dreams, Baugher said, most people don't remember their dreams.

"They are stored in short term memory and they begin to fade before we wake up," Baugher said.

There are several things that people can do to help them remember their dreams.

"One way to remember dreams is to sleep longer. What we find is the longer you sleep then you have more dreams as the hours pass by," Baugher said.

Baugher also said another way to remember is to write them down as soon as you wake up.

"Do not rely on your memory. Your brain will think you will remember but you probably won't," Baugher said.

Seattle Psychotherapist John Goldhammer said one way to help you remember your dream is to not have stimulates such as food before you go to bed.

"Give yourself a gradual time to wake up," said Goldhammer also the author of *Radical Dreaming*.

"Suggest to yourself, I'm going to clearly remember my dreams."

Aside from just being an interesting part of our lives, Goldhammer believes that are an immense source of untapped

wisdom.

"Dreams will focus on obstacles," Goldhammer said.
"They tell us about approaching illnesses and things we are doing to ourselves. [It is] usually something that we are doing to ourselves that is detrimental."

Dreams can also have a positive message.

"[Dreams help us] think better of ourselves, nudging us into living more authentically," Goldhammer said.

"[Dreams] add depth to who you are."

There are times when people know that they are dreaming.

"Lucid dreams are anytime you are in a dream and you realize you are dreaming," Goldhammer said.

Sometimes lucid dreamers can control their dreams.

"I've become convinced that it's not a good idea," Goldhammer said.

Nightmares are something that many people have to deal with.

Baugher explained that one way to stop recurring night-

mares is before you go to bed tell yourself, I'm going to have pleasant dreams and if it's bad I'm going to get through it.

"Write out the dream, change the ending, and read it before you go to sleep," Baugher said.

"Be consistent. It's a way to soothe yourself before you go to sleep."

Although many people try to interpret dreams both Baugher and Goldhammer said there is only one person who should interpret dreams.

"My opinion is that the best

person to interpret dreams yourself," Baugher said.

Baugher said that the best question to ask is, what do you think you brain is trying to tell you?

"The best person [to analyze the dream] is the person who had the dream," Goldhammer said.

Goldhammer explained that another person can help, if they don't interpret, but rather ask questions.

"The dream will interpret itself," Goldhammer said.

GENERAL SURGEONS

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Library

CONTINUED FROM PAGE 1

"One individual, prior to being admonished, had done various things throughout campus including the incident in the library," said Noyer.

Due to these sorts of incidents, the Library has tightened its rules regarding use of comters in the library.

For example, computers in the library now have signs affixed to them that read "HCC students only." This is not to keep the community from using the library, only to "let Highline students know that they have priority in the library," said Highline reference librarian Jack Harton.

But that hasn't solved the problem. These incidents that have occurred, "go beyond just skipping school," said Harton.

"I don't understand why this keeps happening, these kids should be in school," said High-



MICHELLE ERICKSEN/THUNDERWORD

Two non-Highline students use a computer in the Highline library to surf the internet and look at Myspace.

line student Maria Edwards. "When I was in school, we weren't allowed to leave campus during the day."

"The Highline School District currently has a closed campus policy," said school district employee Sheri Russom. This means that students are not allowed off campus during the day.

The only exception from this

rule are juniors and seniors with "good standing" from the senior high schools, who are allowed to leave their campuses at certain points during the day.

If the schools were alerted to the misbehavior of a student on Highline's campus during regular junior and senior high school hours, "There would be some sort of disciplinary action taken, although it would be up the building administrator to determine what action that is," said Mt. Rainier's director of Security, Tony Deman.

Currently, Highline does not enforce the school district's closed campus policy.

"It is not our policy to alert the school district of the juveniles being on campus or being admonished," said Security Supervisor Richard Noyer.

Meanwhile, Highline students say they are tired of the disruptions.

"I go to the library so that I can get work done, but I can't think when kids are loud and distracting," said Highline student Jake Adams.

Get your aid here

BY SIMONE SNOW

aff reporter

The check is not in the mail.
Previously, financial aid checks were kept on campus for students to pick up. That all changed in Summer Quarter 2006.

"Summer 2006, the attendance form was abolished and HCC began mailing checks as a pilot to see if it would be a more expedient means to deliver funds to students," said Kate Bligh, associate dean for enrollment services.

Bligh said it soon became apparent that it was not more expedient, and instead made it more difficult on students who began to complain about the timing of when they received their checks.

"The major concern has been at it is difficult to predict when checks would arrive in students' mail boxes," Bligh said. "Some tudents were not getting their checks until the end of the first week of the quarter, which we considered to be quite late."

Concerns were also raised over the possibility of sending checks to the wrong address.

"The administrative computing system is very old.... There are multiple data bases that house address information and these are very cumbersome to keep current. It is very easy to mail a check to an old address," Bligh said. "Additionally, not all students provide us with the most current addresses."

Furthermore, Bligh said by mailing the checks, the college

had no power over what would happen to them, and had no way to track them.

"Once the checks had left campus, the college had no control over them," Bligh said. "By keeping financial aid checks on campus, staff know where they are at all times."

The Highline business office and cashiers proposed switching back to the old system of disbursement, saying it would eliminate frustrations for both staff and students.

The intention was for financial aid checks to get to students by the Saturday before classes began. However, Bligh said not every check made it on time, leaving some students in a financial bind.

"Once a check went into the mail, all we can advise a student whose check was not received early in the first week of classes was to wait several more days to see if it comes in the mail," Bligh said. "Cancelling the check and reissuing it is not a good solution because that is time consuming also and, in some cases, just delays disbursement of the funds."

Bligh said starting Spring Quarter, financial aid checks will be disbursed on campus.

The checks will be available on April 2 and 3 in Building 2 from 10 a.m.-5 p.m., and at the cashier's window in Building 6 from 5-7 p.m. After April 3, all checks will be available at the cashier's window.

Students must bring picture identification to pick up their checks.

Graduation

CONTINUED FROM PAGE 1

Daniel Nordstrom, Paul Pittman and Jennifer Graybill - inviting key Highline officials to an executive meeting to discuss the issue.

Larry Yok, vice president of administration, said the Commencement Committee reviewed the cost estimates for the Key Arena as alternatives were being considered.

"As it turned out, when we got estimates back, the arena seemed a good choice," Yok said.

Despite the good news, there is still a small possibility that the plan may not go through.

Currently, there is "no signed contract," says Larry Yok.

"Until there is ink on paper, I tend to be more cautious," he said.

"We're No. 2 behind the Sonics," he said. "If they go to the playoffs, which is unlikely, they get the arena."

Yok said that to reduce the cost of the Key Arena, approximately \$20,000 of catering would be cut off.

This does not upset Jonathan Brown in the least.

Students would choose to have more family members rather than a cookies-and-punch reception, which has been the normal routine, Brown said.

"I feel students will greatly benefit at having more tickets," said Brown.

If things go through as planned, graduating students will be able to invite more of their family members to the



Larry Yok

larger venue. Yok says that eight tickets will be allowed per student.

Student Body President Daniel Nordstrom said he is very happy to hear the news.

Nordstrom will be an emcee at this year's commencement.

The possibility of doing this at the Key Arena makes him excited and nervous at the same time.

"Personally, I'm stoked," he says.

Nordstrom's excitement is echoed by Donna Longwell, coordinator of events.

Longwell says that during all the meetings with Student Government, things "evolved when Student Government expressed an interest in possibly helping us to fund a venue."

Although it is not an official figure, Highline officials say that the cost of the Key Arena may be \$36-37,000.

On the other hand, the cost of holding Commencement at the Pavilion is uncertain.

"I can't give an exact figure," Longwell says. "[But] I know it would have been substantial."

In order to hold Commence-

ment at Highline, there would need to be equipment rentals and a big tent set up to accommodate students' family members, Longwell said. The college would also need to comply with proper safety standards by the fire department.

In any case, Longwell says that all of this would end up costing much more than holding Commencement at the Key Arena.

Yok says that there were "initial bids for equipment and supplies that totaled around \$70,000" for the Pavilion, but plans would have been made to reduce the cost to make it affordable.

Although Student Government has extended an offer to give financial support if need be, Longwell says that "nothing is certain about anything" although she does hope that the Sonics continue not to play well in order to ensure Highline its spot at the Key Arena.

Despite the uncertainty, there is no doubt that both students and officials are very excited about the possibility.

"I feel pretty good about it," said Yok, "and I'm much more comfortable [at the Key Arena].

"Students are my priority," said Longwell, "[and we] are determined to make this a wonderful Commencement."

Commencement will be held on Thursday, June 14 at 3 p.m. Those participating in Commencement will have to arrive at 2 p.m.

Invitations to participate in Commencement will be mailed in early May to graduation applicants. All who plan to participate must then notify the Registration and Records office.

Highline's updated, colorful new image

By Jocie Olson

staff reporter

Highline has had its colors done.

Last week the Communications and Marketing department sent out index-size cards with Highline's new color scheme. This is part of the college's new branding strategy.

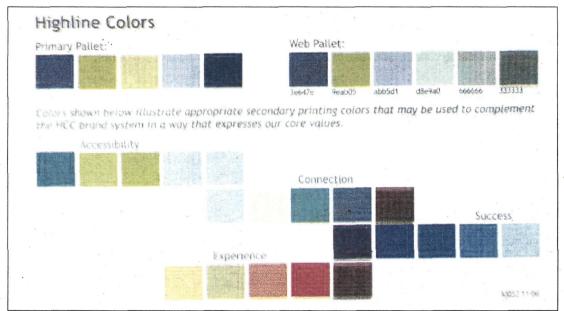
Director of Communications and Marketing Kelly Maloney said she believes the colors were chosen because they are reflective of our environment.

"It speaks to just being in the Pacific Northwest in general," Maloney said.

The colors were chosen by the data compiled by the people who were surveyed by a company Highline hired to do research.

"Arscentia was the company hired to help us with our branding. The wording came from Bridenbaugh Communications, a firm hired to do research," Maloney said.

The firms interviewed key frontline staff and people who interact with students.



The Highline color pallet is intended to make Highline more recognizable as a college and as a brand. Communications and Marketing representatives say they will be available to assist campus members in all of their logo needs.

"They came up with key messages that resonate with our different audiences," Maloney said

Highline paid about \$25,000 for a community perception survey.

So what are Highline faculty and staff supposed to do with the colors?

fees may add 6-28% to your monthly bill. Minutes over monthly allotment are 40¢ per additional minute. Partial minutes are rounded up for billing. SERVICE COVERAGE: Service is not available everywhere. For full details, see Coverage Maps available at www.t-mobile.com or at a T-Mobile store. ABNORMAL CALL PATTERNS: Call duration and/or your continued eligibility for any rate plan may be limited or terminated for (a) consumer protection purposes or (b) abusive conduct or abnormal call pattern(s). MAIL-IN and IN-STORE REBATE

OFFER: Motorola V3 Razr (tatoo) mail-in rebate offer expires 03/31/07, in-store rebate offer expires 03/31/07. Limited to phone shown; Supplies may be limited and offer may not be available at all dealer

Maloney explained many faculty do their own marketing and with the templates provided for them on Highline's communication and marketing website.

"So all of our images and messages are consistent," Maloney said.

The templates provided now are just the beginning.

"We hope to have hundreds so that they have an individual look for programs but still stay within the brand standards," Maloney said.

Maloney said that she wants to give the people at Highline a higher level of customer service.

"We are listening to the cam-

(including mandatory arbitration), available at www.t-mobile.com, for cancellation policy, international longdistance, roaming and messaging rates, and additional details that may affect this offer and additional rate plans, and other information and/or contact T-Mobile Customer Care, at 1-800-937-8997, with questions concerning any T-Mobile offer or rate plan. T-Mobile is a federally registered trademark, and the magenta color

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pus and instituting changes," Maloney said.

The last changes to be instituted are the business cards and the letterhead.

"As people run out of business cards and letterheads then they will get new ones," Maloney said.

Branding is an important part of any business.

"A brand is your audiences" perceptions of what you are, who you are, what you do and how you do it," Maloney said.

"It is essentially how your audience sees you. So it's important to make sure, as an organization, you live your brand. A lot of people think brand is a logo. Although it includes your logo, it's really inclusive of everything. It's creating an experience for our audience," Maloney said.

For general information contact Kelly Maloney at kmaloney@highline.edu or at 206-878-3710, ext. 3146.

To request a tutorial contact Helen Buller at hbuller@highline.edu or at 206-878-3710, ext. 3951.



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