



**Bang a drum,
Japanese style!
Join Taiko
drumming/P8**



**Highline men
fall in the
semifinals of
NWAACCs/P16**

March 12, 2009 / Volume 48, No. 20

Index

Arts	7-8	Puzzles	6
Campus Life	2-3	News	1, 9-12, 18-28
Opinion	4-5	Sports	13-17

The Thunderword

Highline Community College

NEAR-DEATH BY METH

John Rodocker recovered from a decade long meth addiction

By **MAX DUBBELDAM**
Staff Reporter

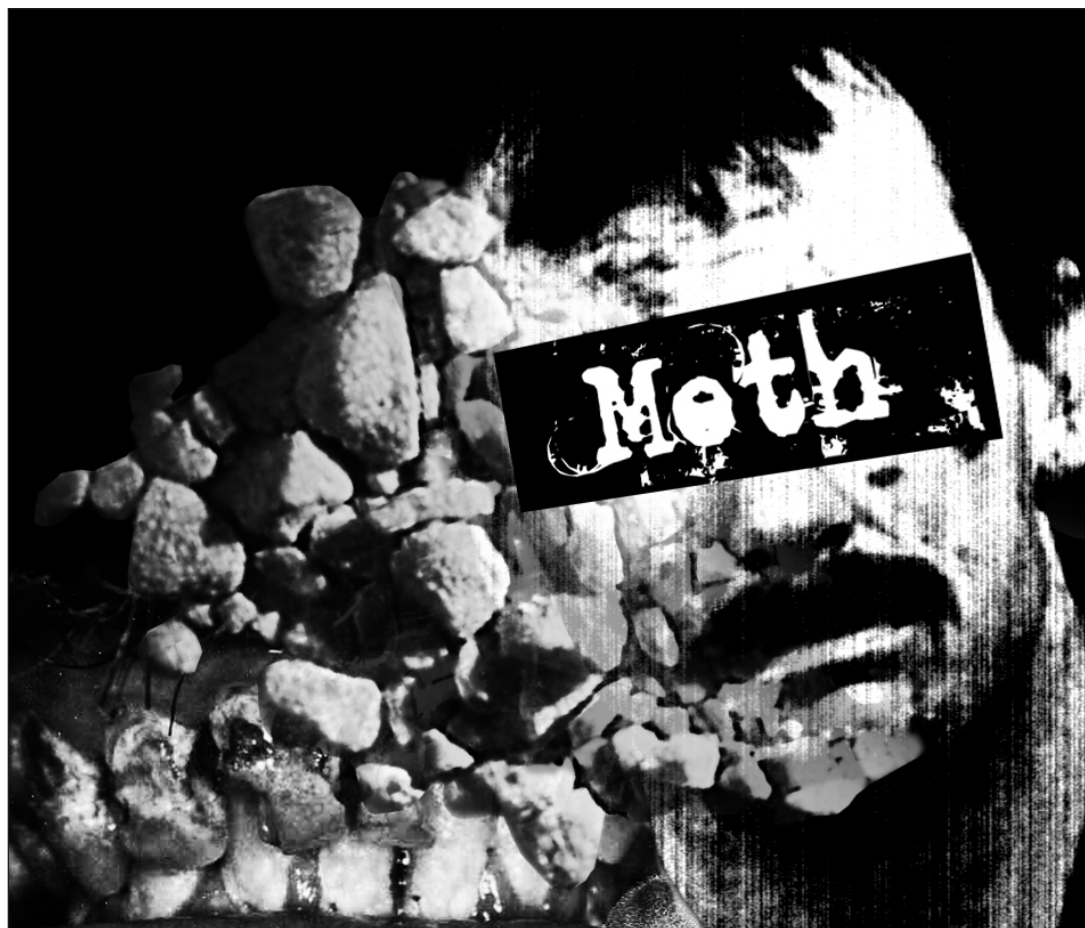
John Rodocker was 30 years old staring at a jail wall. His body carries a decade of narcotics abuse, and he has alienated his family. That's when he took the first step to saving his life.

Rodocker had a heavy addiction to methamphetamines through most of his 20s. Now in his 40s he has been ten years sober.

Methamphetamine is a synthetic drug that is either snorted, swallowed, injected or smoked.

Meth is an acute central nervous system stimulant; in the brain it provokes the artificial release of chemicals that produce temporary euphoria, according to <http://www.myaddiction.com/methamphetamine.html>.

Rodocker was born in



Charlie Dubbeldam/THUNDERWORD

1969 in the Kent area and has lived all his life in Washington.

His years of substance abuse do not show readily on his face. He looks like an average man of 40 with mid-to-short length hair.

He came from a lower

middle class family and during his youth he felt like he didn't fit in anywhere.

"When I was young I met a group of people that I finally felt that I was comfortable with, they just happened to be the people that were using drugs," he said. "I finally

found a place that I thought I could fit."

Rodocker started using drugs at a young age and said he smoked his first joint when he was 9 years old.

"I really didn't get into

Please see Meth, page 28

S&A budget still up for deliberation

By **RACHEL MARSH**
Staff Reporter

A lot of uncertainty remains about what the S&A Budget will look like in the future.

Even with funds saved from the closing of the Early Childhood Learning Center and a large Rainy Day Fund, cuts to the S&A Budget are still being deliberated.

The S&A budget is Highline's services and activities budget.

By state law, when students pay tuition, 10 percent of it goes to this budget. This funds all non-instructional, extra-curricular programs that Highline offers, from athletics to the Thunderword.

The money that goes into the budget is tied to Highline's student enrollment. The more students who attend the college, the more money the S&A budget gets.

With enrollment next fall expected to be the same as it is currently, the amount of money going into the budget should be close to what it is now.

But Highline's administration has recently made a request for the S&A funds to take over the payment of athletics and co-curricular stipends, as well as the cost of the commencement ceremony, totaling roughly \$140,000.

To make this decision, a budget task force was assembled from student leaders associated with Student Programs. They had four meetings over a span of three weeks.

This group ultimately recommended to Student Government that the full request by the administration be funded with \$50,000 from the contingency fund and the remaining from Highline's Fund Balance Account, also called the Rainy Day Budget.

"A formal request from administration has not come through yet, so we have not really begun to discuss what is going to happen," Lance Frank, Student Government president,

Please see S&A, page 27

Student rally in Olympia could be in vain

By **LIZ PHILLIPS**
Staff Reporter

OLYMPIA - Students lobbied to forestall further school budget cuts here last week. But the chances of avoiding cuts look slim, legislators say.

Around 400 people gathered Thursday, March 5 at the state capital for the rally. Some 17 different community colleges from all over Washington state.

"The purpose of the rally is to bring attention to community college students as a force that will contribute to the economic recovery of the state of Washington. The rally hopes to remind legislators that today's students are tomorrow's workforce," said Jonathan Brown, associate dean of Student Programs.

"As for making a difference,

•The final budget cuts won't be known until the official revenue forecast is in. **Please see page 24.**

I think that it is always good for legislators to come face to face with the constituents that keep them in office," Brown said.

More than a dozen students spoke against proposed cuts to the state budget, which will also affect colleges, including Highline.

Felicia Graham, Highline student, spoke about the child care center closure at Highline and the lives that it will affect and how people need to stand up and do something about it.

"We have to stand up and continue to fight," Graham said.

Please see Rally, page 27



Liz Phillips/THUNDERWORD

Carolyn Eldridge of Highline speaks at the rally in Olympia.

The Thunderword / March 12, 2009



Gunpoint robbery

Three students of Kaplan International were robbed at gunpoint last Sunday, March 8. The robbery took place at South 232nd Street and 26th Avenue South.

The Des Moines Police Department is investigating the robbery.

Bomb threat on campus

There was a bomb threat last Tuesday when a man called Highline and said that there was a bomb on campus.

A Highline operator answered the phone and the man on the other end said that he was from People for the Ethical Treatment of Animals, and that there was a bomb on campus.

Campus Security took every precaution to keep the situation under control. The Des Moines Police Department was called and they did a full search of all buildings and grounds on Campus but found nothing.

The Des Moines Police believe that the man meant to call Highline Hospital because they do medical testing on animals.

Juveniles found smoking pot

A Security officer found three juveniles smoking marijuana inside Building 3. The officer was doing a routine inspection of the building and heard voices while on the northwest side of the third floor and found the three smoking marijuana. The officer told them that they can not be hanging around smoking pot and that the campus was closed. The three abruptly left campus after the confrontation.

Student found shoplifting

A female student was caught trying to steal an item out of the bookstore last Wednesday. They banned her from the bookstore until she meets with the vice principal of students.

Student complaint

A student came to the security office on Monday and started to complain about another student in a class. After the teacher heard both sides he said that he will take the necessary steps to resolve the matter.



Tomb of the Movie Friday

Winter quarter's last Movie Friday will be *The Mummy: Tomb of the Dragon Emperor*.

The film will be shown tomorrow, March 13, at 12:30 p.m. in Building 26, room 213.

The Mummy: Tomb of the Dragon Emperor was directed by Rob Cohen, and stars Brendan Fraser and Jet Li; it is the third film in the The Mummy franchise.

The film was a commercial success, earning over \$40 million in its opening weekend.

It went on to earn over \$100 million domestically and almost \$300 million worldwide.

The film was not received as well critically: review aggregator rottentomatoes.com found only 21 positive reviews of 161 counted, while metacritic.com gave the film an average rating of 31 out of 100 based on 33 reviews.

One of the film's few positive reviews came from the Chicago Sun Times' Roger Ebert, who described the film as "just plain dumb fun."

Science Seminar returns in Spring

Science Seminar has set its schedule for Spring Quarter.

Science Seminar is a weekly presentation on various subjects; presentations are held Friday at 2:20 p.m. in various rooms, and are free to the public.

Science Seminar can also be taken as a one-credit class.

The Spring Quarter schedule is:



Cody Nguyen/THUNDERWORD

Surprise snowfall interrupted warming weather last Monday.

•April 3: The Science of Sustainable Seafood, presented by Rus Higley

•April 10: The Reform Math Movement, presented by Mayra Hernandez

•April 17: Psychology and the Paranormal, presented by Bob Baugher and Sue Frantz

•April 24: Importing air Pollution from China, presented by Heather Price

•May 1: Life on the Edge, presented by Beth Mahrt

•May 8: Undecided topic, presented by Ron Davidson

•May 15: Exploring Ancient Inca Mathematics through Khipus, presented by Chris Gan

•May 22: The Man in the White Suit: Fabrics and Innovations, presented by Meg Ryan

•May 29: Undecided topic, presented by Igor Glozman

•June 5: Undecided topic

History Seminar schedule decided

The schedule for Spring Quarter's new History Seminar has been decided.

History Seminar is a weekly presentation modeled after the current Science Seminar, organized by history instructor Tim McMannon. It will be held Wednesdays at 1:30 p.m. in Building 3 room 102.

As with Science Seminar, there will be a one-credit class

available, but all of the seminars are open to the public.

The schedule for the seminars is:

•April 1: Introduction to History Seminar, The Poison Squad, presented by Tim McMannon.

•April 8: Remembrance of the Dead in Post-World War I England, presented by Ben Montoya

•April 15: Myra Albert Wiggins, Artist and Poet, presented by Susan Rich

•April 22: Environmental Justice and the Duwamish River, by Jonathan Betz-Zall

•April 29: The Pig War at 150 Years, Michael Vouri

•May 6: American Indian Resistance Movements, presented by Lonnie Somer

•May 13: The History of HIV, presented by Bob Baugher

•May 20: Slave Historiography, Stanley Elkins, and the Emergence of the New Social History, presented by Tommy Kim

•May 27: Undecided topic,

presented by Teri Balkenende

•June 3: Women in Peruvian History, presented by Ruth Windhover; Machu Picchu, presented by Ellen Hofmann

Highline honors most distinguished alumni

Highline will be honoring its past alumni with the 2009 Distinguished Alumnus Award.

The Distinguished Alumnus Award was created in 1990 by former Seattle Mayor Norm Rice.

Eligible alumni include those who attended Highline before 2004 and made a "significant contribution through community service, noteworthy professional achievement and/or recognized leadership."

Nominations can be sent by email to ayoung@highline.edu.

Blood drive April 8

The Student Nursing Club is sponsoring a blood drive on April 8, to be held in Building 2. It will run from 9 a.m. to 3 p.m., with a lunch break from 11 to 11:45 a.m.

Those interested in donating should set up an appointment at the Puget Sound Blood Center website, www.psbcc.org.

It is also possible to go to the blood drive without an appointment during the times listed.

Members of the Nursing Club will be making appointments from 11 a.m. to 1 p.m. on March 30 in Building 8.

For more information, contact Teresa Trillo at 206-870-3710, ext. 3646.

CO-OPPORTUNITY: Cooperative Education

Want to find out more information about doing an internship? Check us out!

Contact Merridy Rennick, Career Specialist
206-870-3710 ext. 3148 mrennick@highline.edu
Drop by for a visit: 2nd floor of Building 6 (room 222)

STUDENT JOBS:

Client Services Rep. ~ 5112 ~ Part time

Provide excellent customer service, receive and process Meals on Wheels and Mobile Market orders, assist in application process, respond to program inquiries and requests, and complete daily procedures and duties for ongoing operation of the program. Location: Belltown
Wage: \$12.02/hr Hours: 18/wk M,W,F 8:30-3pm

Math Tutors ~ 5126 ~ Part time

Math tutors to assist Elementary, Middle School and some High School students in mathematics during afternoons/evenings and Sundays. Tutor students in maximum of 5:1 ration, assist with math homework, & use pre planned lessons. Location: Kent
Wage: \$9+ DOE Hours: 6-12/wk M-Thr 4:30-7:30

For more information about co-ops, these jobs and more, log on to www.myinterfase.com/highline/student

Free Tutoring!!!

Feeling overwhelmed? Get help?

Visit the Tutoring Center in Building 26, Room 319

Tip of the week:

"The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be."

-Horace Bushnell



Sign up for help in:

Accounting/Business, Languages, Math, Science, Computers, Writing, and more!!

Mon-Thurs 8am-7:30pm & Fri 8am-1pm

<http://tutoring.highline.edu>



Ami Nguyen/THUNDERWORD

Nursing students Marisela Soltero, Maryna Haydash, and Marina Savitkero demonstrate how to aid breathing and check vitals.

Conference for women seeks help, volunteers

By ALEA LITVINENKO
Staff Reporter

Presenters and volunteers are needed for the Expanding Your Horizons conference.

The conference will be held Friday, March 20 from 11 a.m. to 4:40 p.m. at Highline.

This is a day of career explorations in math, science, and technology through hands-on workshops for seventh, eighth and ninth grade girls.

The workshops are presented by professional women in various fields.

The mission of the Expanding Your Horizons conference is increasing girls' and young women's interest and achievement in math, science, and technology.

The conference generally serves about 400 to 650 girls.

"Brochures are handed out to 13 different districts so that girls are able to register," said Kimberly Miller, the program assistant from the Women's Programs and Work First Services.

"The fee for attending the program is only \$20."

Each student will attend three 50-minute presentations. Presenters will teach three workshops and see approximately 18-20 students per workshop.

"There is such a low percentage of females in Highline's technical programs, we want to introduce the course to them so they know the program could be an option for them to attend," said Miller.

"Seventh, eighth, and ninth grade is a pivotal time to start planning for your future, so we want to present the technical programs to girls at a young age when credits start to count," she added.

The conference will include breaks for snacks and lunch. The workshops include biology, chemistry, coaching, computers and technology, ecology, geology, engineering, fire service, math and finance, medical technology and health sciences, and zoology.

This year's Expanding Your Horizons conference is sponsored by America Association of University Women and the Highline Women's Programs office.

If you are interested in being a part of this event, or for more information about the program, contact Andrea Lancaster at atinney@highline.edu or call the Women's Programs at Highline, 206-878-3710, ext. 3842.

Nurse hopefuls face tough competition

By VITA MULYARCHUK
Staff Reporter

Highline Student Alena Barvinenko has a 3.9 grade point average and is on the verge of completing her nursing prerequisites.

But that doesn't guarantee her an entrance into Highline's nursing program.

Some 150-200 students apply every year but only 72 are accepted; 48 of which are first year students and 24 LPNs.

"That's many more than we have places for," said Teri Trillo, Nursing Department coordinator.

Trillo served as a flight nurse in the Air Force reserve and an emergency office nurse for almost 14 years. She took over as Highline's Nursing coordinator in September of last year.

"There are three factors in our admissions criteria," Trillo said. Pre-requisite grade point average, Test of Essential Academic Skills performance, and overall experience in the health care field determines who will fill the spots in Highline's nursing program.

"Do the best you can do in your pre-reqs and understand the processes," Trillo advised.

The program has eight prerequisites including: Writing 101, Biology 151 and 250, Psychology 100 and 215, Human Anatomy and Physiology I and II, and Math 97 or higher must

be completed with a minimum grade of 2.5 in each course in order to be eligible.

"High grade point average predicts success," Trillo said.

"If you can't do well in the prereqs, then your chances of doing well in the program are low. The trend we're seeing is students repeating courses and that's not an answer," she added.

In order to maintain a satisfactory grade point average, students may retake a prerequisite twice.

The requirements however, are tightening for the next Fall Quarter and only a second retake will be allowed in the prerequisite courses.

Test of Essential Academic Skills (TEAS) is a recent addition to the admissions criteria.

TEAS measures academic achievement in the subjects of math, science, reading, and writing and gives the instructors a general idea of where students stand academically.

Experience in the health field is yet another factor to consider.

"You should have a CNA license or volunteer in order to increase your chances of being accepted," said Barvinenko.

Anything from volunteering in a health care setting to being licensed as a respiratory practitioner adds points to an application.

With the competitiveness of the program, the more points an

applicant accumulates, the more promising the student's future appears to be in the program.

For many students, the primary goal is to make it within the measures of the nursing program, however, the battle doesn't end there.

"It's not a question of getting in, but rather getting through it once you're in," Trillo said.

"The curriculum is tough and being in a clinical with no medical background can often be daunting for students," she said.

The two-year program is composed of six quarters with 10-12 credits each. A one-fourth to one-third portion of the program is lab time and clinical sessions in which the students put their skills to practice in a health care setting.

Five quarters into the program, Highline nursing student Dawn Secilia is facing the challenge of keeping her grades at 80 percent or higher while juggling five classes and a family.

"I think we have a very competitive program," she said.

"The graduates from this program are able to pass the National Council Licensure Examination the first time through and when we do our clinicals, the hospitals are thrilled to have us working there," said Secilia.

Clinical space is a factor limiting the number of students Highline's nursing program can

accept, Trillo said.

"We compete with university nursing programs, LPN and other associates programs for hands-on clinical space," she said.

"After all, the poor nurses can only handle a limited number of students at a time. Though it is a challenge, nursing students have a support team of instructors to guide them through," said Secilia.

"They are our conscience keeping us on the right track," she added.

In fact, Highline's nursing program has an average drop-rate of only one percent in a two year time frame.

"We genuinely care about our students and work very hard to keep them where they need to be throughout the program," said Trillo.

After completing her eighth and final prerequisite, Barvinenko will be applying for Highline's nursing program in the Fall Quarter.

Highline is her first preference but if worst comes to worst, the program at Tacoma Community College is another option available, Barvinenko said.

Barvinenko said she doesn't believe that Highline's nursing program is too demanding.

"Competitiveness pushes us students to try our best, but in the end it's definitely worth it," she said.

Editorial comment

Jail will provide relief for the system

The new jail that will come to Des Moines will have citizens supporting it and some opposed to it, but the beneficial aspects seem to outweigh the bad.

Des Moines, Tukwila, SeaTac, Federal Way, Renton, Burien and Auburn have formed SCORE, the South Correctional Entity, because King County has informed these cities that the county can no longer hold their misdemeanor offenders after 2012.

The county only has room for felons. Misdemeanors are more common and usually result in shorter jail stays, averaging 14 days.

The cities have been working together to find a way to solve this problem in an efficient and long-term way. Many cities have come up with short-term solutions including paying to have offenders transported to Yakima.

This has proven spendy and other short-term solutions such as using the prisons in Auburn and Renton are unavailable because there just isn't enough room for everyone.

A study in 2006 showed that by 2026, 1,440 more beds will be needed in the county, 700 in the south-county area. Now Seattle and surrounding northern cities are also faced with the issue of creating more room for prisoners as well.

The estimated cost of the project is \$81 million. SCORE has plans to start building in September 2009 on the 14-acre property that belongs to the Port of Seattle on South 208th Street and 18th Avenue South. The operation of the jail will be paid by the cities based on their usage of the facility.

Nearby neighbors of the 14-acre property have mixed views though, as nobody wants a jail in their backyard. Apparently the area is filled with garbage and commonly has drug users and other trespassers. The jail would obviously discourage trespassing but would add noise and traffic to the area.

But the project is efficient; the jail will provide stability and will protect taxpayers' dollars. It will also keep our police officers close at hand. The fact that we can cut transportation not only means less money spent, but less officer time spent too.

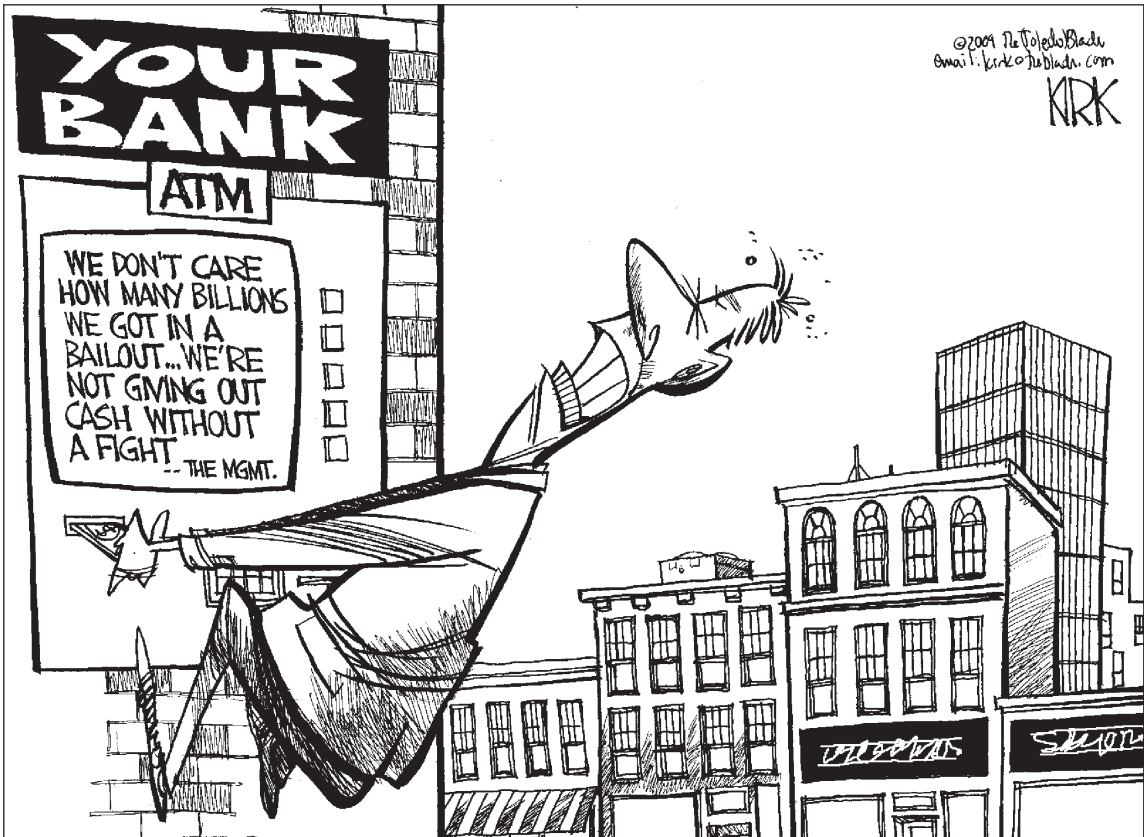
The project will create much-needed jobs in today's economy. The project is expected to take approximately 21 months and then once built will require around 120 employees.

The decision to expand will not only solve the problem of where to put all of our law-breaking citizens, but it will help protect our law-abiding citizens with jobs, safety and security and lower taxes.

Staff

"Its the killing what I likes."

Editor-in-Chief	Max Dubbeldam
Managing Editor	Jaren Lewis
News Editors	Liz Phillips, Ashley Mathews
Arts Editor	Rochelle Adams
Sports Editor	Chris Wells
Opinion Editor	Nicholas McCoy
Graphics Editors	Charlie Dubbeldam, Jessica Lovin
Photo Editor	Ami Nguyen
Reporters	Sidney Pacampara, Brian Grove, Christian Cooper, Yun Hwang, Nikole Johnson, Kayla Leliefeld, Alea Litvinenko, Livia Mahaffie, Rachel Marsh, Darin McClurg, Vita Mulyarchuk, Tori Paterson, Amber Peter, William Schlepp, Grant Snypp, Zane Stearman, Katherine Tacke, Duane Villines
PHO	Nick Dalton
Photographers	Loren David, Sol Lee
Advertising Manager	Jaime McCall
Advertising Rep	Jonathan Baker
Business Manager	Glenn Rivera
Librarian	Now hiring
Adviser	Dr. T.M. Sell
Newsline	206-878-3710, ext.3317
Fax	206-870-3771
Address	P.O. Box 98000, Des Moines, WA 98198, Building 10-106
Advertising	206-878-3710, ext. 3291
E-Mail	tword@highline.edu



Piracy prosecution far reaching

On April 17, the Swedish government is expected to rule on case whose result could have broad reaching consequences for the accessibility of free speech on the internet.

This requires a bit of explanation.

The Pirate Bay is a website founded in Sweden that, essentially, provides links and data for files that people can download. These data files are known as torrents, and using a certain kind of program, the information in the torrents can be used by a person to connect to other computers containing a file, and download them. Some, but not all, of the files that these torrents link to are copyrighted, and are thus shared illegally.

This really ticks a number of the copyright holders off.

As a result, the website has been at the center of a lot of controversy for a long time.

In 2006, the website was briefly offline as a result of the Swedish police attempting to raid and confiscate the website's servers.

Multiple attempts have been made in different countries to require ISPs to block the website. Last year, an Italian court-order to block the website rendered to website inaccessible to users from the country for about a month, until a judge overturned the court order.

A judge in Denmark ruled that ISPs could be held accountable for copyright infringement practiced by its users. In response, the country's largest ISP blocked the site. An Irish ISP has blocked access to the website in response to pressure from an anti-piracy lobbying group, and an ISP in Norway may face a lawsuit from the same group for refusing to censor the website.

The case in Sweden, however, is possibly even creepier. Rather than simply pursuing

Commentary



Nicholas McCoy

companies tenuously involved in the facilitation of the piracy, specific individuals are on trial for involvement.

The owners of the website along with a business man, who, through his company, sold services to the website, were charged by Swedish prosecutors for promoting other people's infringement of copyright.

Now, although the website is clearly intended to facilitate internet piracy (it is called The Pirate Bay), it seems like a bit much that you can be prosecuted for being involved in a website that doesn't actually host or transfer anything illegal.

It seems like a rather abstract thing to prosecuting someone on.

And what's at stake for these men isn't just some money, either.

The men being charged could face jail time.

Now, I understand this, maybe, if they were physically, personally responsible for copying or personally distributing the content.

Maybe.

But they aren't. They aren't even involved in the actual running of the website.

Now, in any case, you may wonder what the heck this has

to do with you--after all, you live in America. You aren't in Sweden. You probably don't run a torrent tracker or even any website at all.

Except that it does matter, because if this succeeds, anti-piracy companies here will want to do the same thing. The Pirate Bay hosts information about how to find files, not the files themselves.

Google, after all, hosts information about how to access things. Could the people associated with Google be prosecuted for not censoring their content?

Copyright violation isn't a violent crime. In this case, it involves little bits of code on someone's computer being transfer to another computer.

Charging someone with a crime for that is already a little weird.

Allowing people to be personally prosecuted for allowing that transfer to happen is just really freaking scary.

Write to us

The Thunderword invites letters and guest commentary from members of the campus community.

You could write a letter to the editor to express your opinion about something happening on campus, locally, or even something happening nationally.

Write a letter to the editor!

Tell us your name and include your relationship with the college. Include whether you are a student, member of the staff, a member of the faculty, or other.

You could share your thoughts with the whole campus.

E-mail your submission to: thunderword@highline.edu. Please limit your submission to no more than 400 words.

Please provide contact information for confirmation purposes.

Other states are finding ways to avoid cutting higher education

As Washington state prepares a new biennial budget with cuts to higher education, it must take into account corporate layoffs and the current state of our economy.

Our state's economy has been projected by economists to lead the country out of recession. Our international trade, aerospace, and high-tech industries are forecasted to be the leaders.

Over the past several years layoffs and cutbacks by these economic leaders have crippled our state's economy. In April of 2007 our unemployment was at an all-time low of 4.4 percent. It is currently around 7.4 percent. Boeing has planned for a workforce reduction of 4,500 people in the second quarter of this year. It has also been rumored that Microsoft will cut up to 10,000 people across the board with 1,400 already laid off this year.

Neither of these layoffs is quite as big as the implosion at Weyerhaeuser. Weyerhaeuser currently employs about 23,900 people worldwide. At the end of last year, Bruce Amundson,

Commentary



Jon Baker

Weyerhaeuser spokesman, said that approximately 7,000 of those were in Washington state. About 2,500 people work at the Federal Way headquarters. At the peak of Weyerhaeuser's employment, right after the 2002 takeover of Willamette Industries, it employed 56,787 people, more than double its current level.

Weyerhaeuser's Federal Way headquarters will cut its payroll by 40 percent, or 1,000 jobs.

These cuts will leave Weyerhaeuser half as big as it was two years ago, from 37,900 employees at the end of 2007.

If these companies are expected to lead our state out this recession it is vital that they have a talented and trained workforce to acquire employees from. These laid-off employees will not be ready to re-enter the workforce without going to back to school and learning new skills. Even as demand for worker retraining is hitting all time highs. The state has proposed cutting back the money allotted to these programs.

According to John Huber, program manager for Worker Retraining at Highline, 50-100 potential students have been sent away since Winter Quarter because of a lack of funding. Of the 10,000 total students in Worker Retraining programs, 500 are here at Highline. Highline received \$400,000 to cover the tuition and expenses for students. Students only receive help for the first quarter they come back to school for retraining.



Lawmakers in other states have been able to realize the importance of having a trained workforce; even though they are cutting budgets, they are increasing dollar amounts to higher education. Oregon Gov. Ted Kulongoski has proposed increasing general fund spending on higher education by 5.3 percent, or about \$47 million, in the upcoming two-year budget.

An increase in funding for higher education will provide a more educated workforce with actual degrees in the fields they work in. Economists and education officials predict the state's economy, and major employers like Microsoft Corp., will need to import those degrees if the

state does not produce them. Enrollment in colleges and universities is at an all-time high now. But without the funding to maintain those enrollments, the state could miss out on the opportunity to increase its degree production.

If the lawmakers in our state want students and the workforce to help relieve the economic pressure on our state they must help. If lawmakers do not at least maintain funding for higher education at current levels, our state's economic forecast will not brighten. Without a brighter workforce, or economy will not brighten.

Jon Baker works in advertising at the Thunderword.

Watching 'Watchmen' is stranger than the film

Last week, March 6, *Watchmen* opened in theaters.

Watchmen is based on the similarly-named 12-part comic by Alan Moore and Dave Gibbons, considered one of the most intelligent works in the history of comics.

It has earned its fair share of critical and commercial acclaim – debuting at the top of the box office charts with over \$83 million worldwide in its first weekend, and winning over a number of reviewers. As gathered by review aggregator rottentomatoes.com, 152 reviews of 235 counted have been positive.

Response from fans of the original comic seems to be tentatively positive: most will likely mention some trivial changes from the original that they disliked, but the consensus is warm overall.

The average opinion of the viewer who hadn't read the original work first tends to vary a bit more. A common criticism seems to be the shortage of adrenaline-pumping action; another, that the story was too convoluted, or that it focused too much on character development and not enough on the "central plot" of a murder mystery-turned-conspiracy.

The former is to be expected – *Watchmen* was billed as a superhero flick, and the film's trailers emphasized the action. In a

Commentary



Jaren Lewis

marketing climate prepared by explosive blockbusters such as *Spider-Man*, *Hulk* and *Batman Begins*, trying to sell a movie full of masked vigilantes as anything but an action-packed romp would be difficult, if not foolish. All of this in light of director Zack Snyder's particularly short film canon – a remake of *Dawn of the Dead* and 2007's colorful gore-fest *300*.

So imagine this crowd's surprise upon sitting down for close to three hours of exposition on human nature and the mythology of superheroes. The film has its fair share of action, to be sure, and where it's found it matches Snyder's previous *300* in viscera and broken femurs; but the actual quantity of fist-pumping fight scenes is

fairly low for what was marketed as an out-of-season summer blockbuster.

However, each of these complaints stems from a common fault on the audience's behalf – entering the film with false expectations, and being unable to adjust to what the film really has to offer. Action lovers were left cold by a film too busy having something to say for nonstop fisticuffs, and those disappointed with the plot simply failed to realize they were watching the wrong one.

This is certainly not to say the film is without flaws: many reviewers have, accurately, criticized the film for its overt reverence to the original. The film is often too busy ensuring its perfect faith to the original work to make an identity for itself, and many of Snyder's directorial choices were too obviously more interested in titillating fans than in making a functional film – see soundtrack cues in reference to the original such as *Ride of the Valkyries* and *99 Luftballons*, each comical in its audacity and failure to match the mood of the scene.

However, many fans of the original are uninterested in acknowledging these flaws, and will simply shout back at the film's detractors that they haven't read the original – that they don't get it.

And, far too often, they don't. Anthony Lane's review in *The New Yorker* reads like petty hate mail, assuring his readers that no superhero team with more than a few members is worth their attention, berating original author Alan Moore for his "ambitions of political satire" and calling the film "grimy with misogyny" despite the film's conscious treatment of the theme – the mistreatment of women throughout the film is never glorified, and in fact one particular rape scene is used as the final nail in the coffin of the reputation of a central character.

There is certainly a range of people who simply "did not get" *Watchmen*, which is a shame, vindicating as it does the equal range of fans who, well, don't get it.

Richard Corliss of *Time Magazine* writes a poignant review, in which he avoids trivializing the film or simply reiterating inanely that its faithfulness does it more harm than good, and instead looking at the actual flaws of the film – Snyder's inability to convincingly direct a romance, for example, or the flat translation of the work's political messages. Even when he does address the film's adherence to the source material, it's with an eye for detail and reason, not a simple damning.

Many *Watchmen* fans could use a read-through of this review, because a fair part of the online fan community has been quick to generalize any criticism as merely another case of the big bad mainstream media not taking their picture books seriously – anybody who isn't a devout comics fan like them has no business reviewing comic movies.

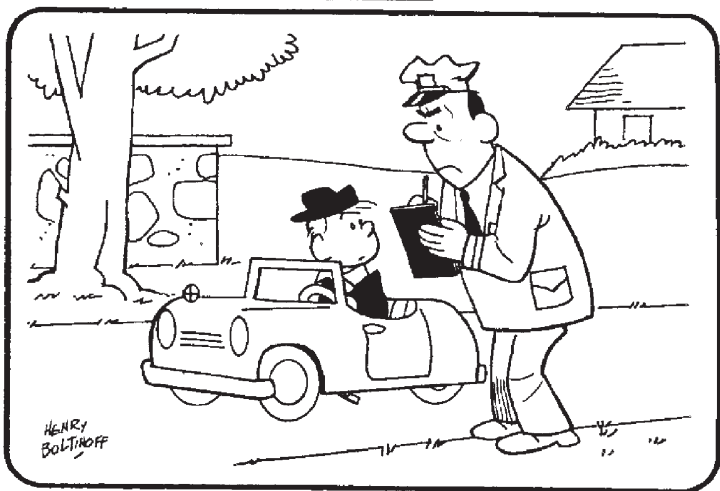
But while the film is clearly concerned more with entertaining the existing fan base than appealing to new viewers, *Watchmen* is still a high-profile major release with a budget of \$120 million, so demanding that outsiders mind their own is downright foolish. And would be a pity, given what the movie has to offer to a less comics-indoctrinated crowd – the oft-lauded opening credits sequence and Dr. Manhattan's soliloquy on the nature of time stand powerfully on their own, regardless of the viewer's familiarity with the source material.

What I can say, as a devout fan of the original comic book, is that as much as the film was an enjoyable and entertaining experience, it was also extremely flawed, and had hardly anything to say that it didn't ship wholesale from Moore's original masterpiece.

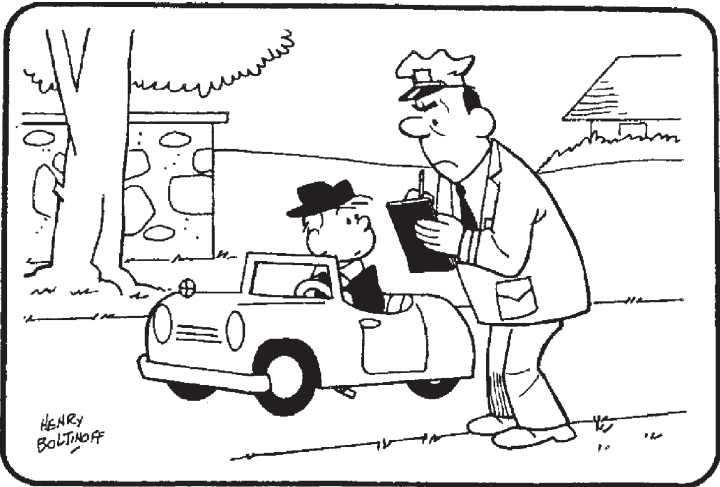
Somewhere, Jaren is watching you.

HOCUS - FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tires are black. 2. Tree limb is missing. 3. Pocket has been moved. 4. Wall is higher. 5. Back bumper is missing. 6. House is lower.

© 2009 King Features Syndicate, Inc. World rights reserved.



1. MEDICAL TERMS: What would a patient with alopecia be lacking?
2. LITERATURE: Which of Shakespeare's plays featured a character named Caliban?
3. U.S. STATES: Which four states within the United States are referred to as commonwealths?
4. ARCHITECTURE: Where would a reredos be found?
5. LANGUAGE: From which two words is the term "cyborg" derived?
6. MYTHOLOGY: In American Indian mythology, which creature can cause thunder and lightning?
7. TELEVISION: What was the name of the concierge in

Gilmore Girls?

8. MOVIES: What was the name of Harrison Ford's spacecraft in "Star Wars"?
9. ENTERTAINERS: Singer Olivia Newton-John came to the United States from which country?
10. FAMOUS QUOTATIONS: Who once said, "I couldn't wait for success, so I went ahead without it."

- Answers
1. Hair (baldness)
 2. *The Tempest*
 3. Kentucky, Massachusetts, Pennsylvania and Virginia.
 4. An ornamental screen or wall behind an altar
 5. Cybernetic organism
 6. Thunderbird
 7. Michel
 8. The Millennium Falcon
 9. Australia
 10. Jonathan Winters

(c) 2009 King Features
Synd., Inc.

Arts Calendar

- BodyVox brings breathtaking physicality, striking imagery and belly-laugh inducing wit and whimsy to Kent's Spotlight Series. This Portland-based contemporary dance company comes to Kentwood Performing Arts Center, 25800 164th Ave. SE, Covington, on Saturday, March 14 at 7:30 p.m.
- Tickets are \$20 for adults and \$18 for seniors and youths. Tickets are available on-line at www.kentarts.com.

by calling 253-856-5051 or in person at the Kent Commons (525 4th Ave. N.).

Last week's
Weekly SUDOKU
Answer

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

English Teacher's Nightmare

Across

1. At the summit
5. Goalie's feat
9. Act as lookout, e.g.
13. Paul's ox
14. Cancun title
15. First name in scat
16. Theater sign
17. Terra _____
18. Sound astonished
19. Dieting abode?
21. Pool contents?
22. 4th quarter comeback
23. Shipbuilding wood
24. Honda model
27. 1998 World Cup winner
29. White collar crime
30. Part of a flight
32. Buddhist sect
34. Many a blog post
35. Freddie Prinze role
36. Fiddling emperor
37. It's next to nothing
38. Bullwinkle, for one
39. Director DeMille
40. NY license plate word
42. Author Carson
43. Arm bone
44. Salesperson
46. Jotted down
48. Chicken in a diving position?
52. In the thick of
53. Lab vessel
54. Pressing need?
55. Chandler ____ of *Friends*
56. Ford and Subaru
57. Icicles locale
58. Eye sore
59. Rod attachment
60. Triple Crown winner Seattle _____

Down

1. **Fourth person**
2. **Sitcom set in a garage**

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

Crossword 101

By Bill Deasy

1	2	3	4			5	6	7	8		9	10	11	12
13					14						15			
16					17						18			
19				20						21				
			22						23					
24	25	26						27					28	
29						30	31					32		33
34					35						36			
37					38						39			
	40		41						42					
		43					44	45						
46	47					48						49	50	51
52					53						54			
55					56						57			
58					59						60			

3. Final wds.
4. Fade gradually
5. 1988 Olympic site
6. Not sitting well?
7. Congressional action
8. Failed amend.
9. Mediterranean arm
10. Confused slay?
11. Choice word
12. Bugler's melody
14. Take to task
20. Word before hat or tack
21. Drive or reverse
23. Peter, Paul, and Mary, e.g.
24. '60s hairdo
25. Icabod of Sleepy Hollow
26. Holiday candy uprising?
27. Clock part
28. Spine tingling
30. Monopoly token
31. Frank McCourt book
33. Former Steelers coach Chuck
35. *Last of the Mohicans* heroine
36. Formal wear for men
38. Heed
39. Author Caleb
41. Promise
42. Stinks
44. Box
45. Bathroom staple
46. Collars
47. Fail to mention
48. It may be full of hot air
49. Caspian Sea feeder
50. Possible pirates' parking space
51. Was aware of
53. Way off

Quotable Quote

Teachers open the door but you must walk through it yourself.

• • • *Chinese Proverb*

•The Highline Library Gallery presents the paintings of Joyce Roberts, 7 a.m. to 9 p.m. March 12-13, 16-20, 30-31; 8 a.m.-5 p.m. March 23-27; 9 a.m.-5 p.m. March 7 and 14; and 2-10 p.m. March 8 and 15. Admission is free. Joyce Roberts specializes

in acrylic paintings, but she has also used a wide variety of materials, including pastels, pen and ink, pencil and mixed media, and styles - from realistic to abstract/pop art expressions.

•Got arts news? Send your information to road-ams@highline.edu.

Last week's crossword solution

PARADOXES

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

Weekly SUDOKU

by Linda Thistle

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

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!

© 2009 King Features Synd., Inc.

Professor calls students blank canvases

By **KATHERINE TACKE**
Staff Reporter

Building 16 contains ink oozing out of packets in the printing press room, doodles of cartoon characters in the drawing studio, humming Apple computers, and students and teachers having philosophical discussions about goat milk. This is home to the Visual Communications Program at Highline.

Instructor Gary Nelson has been leading the program through its changes and fluctuations since 1984. Each quarter he is joined by various adjunct instructors depending on the classes being offered.

This winter he is working with Laura Worthington, Apple Ngarmkrerkchote, Diana Boyd, and Brian Morris.

"The program covers image creation that conveys custom-made messages to specific audiences," Nelson said. The program covers assorted media including print, electronic imaging, and web design. It is broken into two paths: A two-year associate's of applied science or a shorter certificate of completion. The degree covers many areas including advertising, business, drawing, web design, lettering, indesign, photoshop, and digital photography classes. The certificate program is a more compact version.

Currently 70 or 80 students are in the program. Nelson said that around 65 percent of a class will complete the program. But any Highline student can take

advantage of specific classes towards a main track associate's degree.

"I'm real pleased with the success of the students. It's a good way of life for people who are creative and willing to compromise their creativity to reach communication needs," Nelson said.

Nelson finds joy in the creative process.

"Creative people have interesting attitudes. I like to challenge creativity. Higher order thinking is what I really enjoy."

Nelson said that he tries to encourage students to live the business of being creative.

"I view students as a design project or a blank canvas, raw material that I can turn into a marketable product."

He said that no matter the creative medium, you will produce quality work if you live in your creativity. Nelson explained that the learning process maintains some traditions.

"They include embracing this idea that most people that come into this work are visual learners."

He said that the best kind of teaching would be for instructors to inspire and motivate students and then students would dive into the work without concern about the right way or the wrong way, but learn through trial and error.

There are many stories of students' successful transitions from Highline's program.

Ailoon Chi, visual communications alumna, entered a com-



Sol Lee/Thunderword

Gary Nelson teaches students in his visual communication classes.

petitive program at the University of Washington.

Another alumna, Karen Smith, became a graphic designer at Bartell Drugs shortly after completing the program.

Two current visual communication students have found some success already. Abdul Hawasli and Thuong Nguyen can be found working in student programs in a darkened room lit only by the dim computer screens that create electronic imaging and web design.

Hawasli said he discovered the visual communication pro-

gram almost by accident.

"I found a whole new world. I was just sucked in," Hawasli said. Hawasli had originally been working to get an associate's degree with an emphasis in art, now he is completing an associate's of applied science. This degree will have greater benefits toward his future education.

"I know when I go to the University of Washington I'll be skipping a lot of classes," he explained. If not, he'll be ahead in the basic classes because of his experience in Highline's

program. Hawasli and Nguyen explained why the program is successful. The graphic design software is up-to-date so students can stay in touch with the progressive technology.

"We get to use expensive software for free," Hawasli said. Nguyen and Hawasli said that the program is very hands on. They said that one of the benefits is sharing their artwork in class because there are many different points of view and a project that an individual might think is great can be improved by a group input.

Another big plus that is involved with the program is the print shop on campus.

Hawasli found success when he received first place in the program's portfolio last year and Nguyen placed in the top 10.

This year the program has a portfolio scheduled for June 1 and 2 in the Mt. Constance room. There will be a combination of displays covering interior design, visual communications, and drafting and engineering.

The tentative plan is to have family and friends enjoy the artwork on one night, and then have businesses view it the other night. Students that are creative, enjoy drawing, are good at problem solving, have the ability to work as a team player, and have an interest in computers might find a niche in the Visual Communication Program.

To find out more or apply online, visit flightline.highline.edu/vc/ or contact Gary Nelson at 206-878-3710 ext. 3506.

Chorale: A place to make friends and stretch abilities

By **LIVIA MAHAFFIE**
Staff Reporter

Highline's Chorale has proven to be a great experience for several students, who encourage all to sign up and audition.

The Chorale is a performance choir class that is open through audition and led by Dr. Sandra Glover, music professor at Highline.

If you'd like a sense of what the Chorale is all about, check out their concert tonight, March 12 at 7 p.m. in Building 7.

Admission is free and all are welcome.

The concert will include a diverse selection of pieces, featuring Eric Whitacre's *Hebrew Love Songs*, which will be sung in Hebrew, as well as Aguilars' rendition of *Psalms 120*. With their hard work paying off, several students, Zoe Westbrook, Anna Boyd and Greg Johnson say Chorale has been a worthwhile experience; it's a great place to make friends, and Dr. Glover is a great professor.



Loren David/Thunderword

The Chorale students rehearse for the upcoming performance.

"My Chorale experience has been amazing. It's my first year at Highline and my best friends were made in Chorale," said Boyd, first soprano and violinist in the Chorale.

Westbrooke, alto in the Chorale said, "I love choir not only for the people, but it's a good opportunity to learn classical

music and world music."

The Chorale has put a focus on world music for the Spring Quarter. *Hebrew Love Songs*, by Eric Whitacre, is the featured piece for their spring performance and will be sung in Hebrew. "I've learned to sing in different languages and the Chorale has been good for building

self esteem," said Westbrook. Johnson, a third-year tenor in the Chorale, thinks Chorale has been an overall positive experience. "I learned a lot more in Chorale than in high school. There is a higher sense of professionalism."

However, each musician does face some challenges.

Westbrooke said, "Getting the music memorized is the most challenging part of Chorale. You can't hide behind other people, because you all contribute to make one voice."

Boyd said, "Getting a group together is a challenge, since there aren't a lot of string players."

One problem the Chorale has been facing this year is a lack of male singers.

"Sometimes it's hard to get the appropriate sound with the different pieces due to the lack of male singers," said Johnson.

Even through the challenges, all three musicians agree the Chorale has been a great experience and Dr. Glover has made a

great contribution to their positive experience.

"I'm definitely happy with the Chorale. Dr. Glover is an amazing musician," said Johnson. "She [Glover] knows everything about everything about music."

Westbrooke agrees with Johnson regarding Dr. Glover.

"Dr. Glover is an amazing director. She's picked a great variety of pieces for the year," said Westbrooke.

If joining Chorale is of interest to you, all three musicians highly recommend it. "I encourage everyone to sign up and try out for Chorale," said Westbrooke. "I even try to recruit people in my classes."

Boyd said, "I recommend choir to anyone who is interested. It will stretch everyone's singing ability."

If you would like more information on the Chorale, contact Dr. Glover at 206-878-3710, ext. 6170, visit her in Building 4, room 102 or send her an email at sglover@highline.edu.

Yamato Taiko Club is a cultural boom

By **TORI PATERSON**
Staff Reporter

If you're interested in the Japanese culture or drumming of any sort, you might want to give the Yamato Taiko Club a try. The club specializes in the art of the taiko drum.

"The main focus of the club is drumming; it's the thing that brings us all together," said Melody Ericksen, the club's president.

The club meets every Tuesday and Thursday from 3 to 5 p.m. in Building 7. If you're interested, the best way to get more information about the club is to show up at one of the meetings.

Yamato Taiko formed in early 2007, and many students are involved in the club. Around 20 students come to each meeting. Having started as a mostly Asian club, now it's a very diverse group of people, and no one is excluded from the meetings.

"When people see the diversity of color involved in our club they feel it's something that they can be a part of too and be comfortable, because they are not the only ones in the club who are different," Ericksen said.

Through the club, people can further understand the Japanese culture and their way of taiko drumming.



Loren David/THUNDERWORD

Yamato Taiko Club meets twice a week in Building 7 on Tuesdays and Thursdays to practice the art of taiko drumming and learn about the Japanese culture.

During the meetings, members have a lot of fun; everyone is comfortable and eager to play. They meet weekly to practice and to increase their skill. They also work to create different harmonies with each other while they drum at different speeds and tempos.

All the practicing isn't in

vain. They actually perform at various events. Yamato Taiko has performed previously in the '07 and '08 Global Fests at Highline, as well as during the club fairs. The members of the club demonstrate the specific type of Japanese drumming. These events have also aided in gathering more members for the

club.

There are three upcoming performance events that are being planned for right now; the 2009 Global Fest, a senior expo, and the upcoming Japanese anime festival called Sakura-Con, being held in April.

Last quarter, they also held a potluck where the members

could taste foods from different cultures.

"I would say that our club is a very great success, we are large and very active, with regular attendees and everyone always enjoys themselves," Ericksen said. Everyone is welcome to stop by and check it out for themselves to see if they're interested.

Drama students take charge during Spring Quarter one-acts

By **ROCHELLE ADAMS**
Staff Reporter

The actors will be taking up the director's chair next quarter during the Drama Department's Spring One-acts. Instead of putting on one long production, every Spring Quarter the Drama Department puts on a series of student-directed one-act plays.

One-act plays are plays with only one-act that "tend to be shorter in length, usually somewhere between ten minutes to twenty-five minutes in length," drama instructor and set designer Rick Lorig said. "We've had as many as seven or eight plays in the past. Sometimes we've had as few as four and those tend to run a little bit longer."

The directors involved are advanced students who have gone through Drama 121; Drama 122; and Drama 225, Directing for the Stage. Once they have taken these classes, they are eligible to direct a one-act play in the spring.

The students eligible to direct this year are Jared Stratton, Sophia Villanueva, Brenan Grant and Mathew Hopkins for the second time.

Lorig said the one-acts bring variety into the year since they



Richard Lorig



Jared Stratton



Dr. Christiana Taylor

are a change from the full-length plays they put on in fall and winter quarters.

"It's a different format and it introduces students to the short story format," he said. "It's sort of that final step for those students who are planning on pursuing acting. A lot of the kids who are directing are not going to want to go on and direct later. They're probably going to go on and pursue acting. But the great thing about them getting the opportunity to direct is they end up with the experience of seeing what it's like to have to lead others, to have to guide them and as an actor you come away with a very, very different experience from having to run it from the side of the director."

The students who choose to

take part in the one-acts choose multiple plays they might be interested in directing and submit that list to Lorig and Dr. Christiana Taylor for review. Lorig and Dr. Taylor then approve the plays depending on whether they meet the criteria they set forth for the students.

"We look at things like cast size and the quality of the work and whether it's going to be a good challenge for them," Lorig said. "We're in the beginning of those stages right now. The students are selecting their plays right now and I have no idea what they're looking at."

Auditions will be held the first week of Spring Quarter on April 1, 2 and 3 at 2:30 p.m. in Building 4, room 122.

It will be a general audition

with all of the student directors, where anyone is allowed to audition as long as they are a student. After which the student-directors, Lorig and Dr. Taylor get together to discuss who will cast which actor. In the past, some actors have appeared in more than one show.

"Because the shows are shorter in length, we tend to get more people who show up to audition who are just casual about theater or just exploring it or who have never done a show before," Lorig said. "For people who are just dipping their toe in the water, it's kind of fun getting in on that."

Lorig said the people who have the best time during the one-acts are the ones who aren't officially drama students, yet

decided to try out for the play.

"They just have a great time and they might not do it again ever," he said. "It's really fun in college to take that risk and have that fun experience."

The actors who are cast are required to enroll in Drama 290, Theatre Practicum. The credits they receive for that course depend on the size of their role in the play. Someone with a smaller role won't be required to attend all rehearsals and will be receiving fewer credits.

Once rehearsals for the play begin, the student-directors have a large amount of control over each of their productions.

"If they get themselves in a tough bind where they're not sure what they're doing, [Dr. Taylor] is always there to advise them from a directing standpoint and to deal with acting issues," Lorig said. "I'm there to support them with all the elements of the comprised spectacle, scenery, costumes, lights."

The one-acts will begin running on Wednesday, May 27 through Saturday, May 30 in Building 4, room 122 at 8 p.m. Tickets are purchased at the door at 7:30 p.m., costing \$8 for general admission and \$7 for students.

A wine to remember

Alzheimer's took Highline alum Sherrill Miller's husband. Now she's answering back with a new wine.

By **KATHERINE TACKE**
Staff Reporter

By the time Sherrill Miller decided to make a special tribute wine, her husband could no longer recognize her.

Miller, a local business owner and Highline alumna, wanted to make a wine to benefit Alzheimer's research because her husband, Rich Higginbotham, was suffering from the dreaded disease.

Miller met Higginbotham when she was only 18; he was living above her in an apartment building. Miller was going to the University of Washington after graduating with an associate's degree from Highline in 1975.

In 1991 the couple, who were both wine drinkers, visited the E.B. Foote winery, then in South Park. The winery had opened in 1978 under Eugene Foote.

"When we came into the winery, Eugene was ready to retire," Miller said. "We hocked our house and bought the winery. Eugene worked with us the first fall."

Foote showed them the ropes. They have been making top-quality wines ever since.

Miller and her husband kept their full time jobs and worked at the winery on the side. Miller was a teacher for 26 years and Higginbotham worked as a food



Wally Monroe/THUNDERWORD

Highline graduate Sherrill Miller took up winemaking after a nearly 30-year career in teaching elementary school.

service manager for King County jails. In 1999 they moved E.B. Foote from its home in South Seattle to Burien.

"In 2001 Rich retired to work full time in the winery," Miller said.

The couple ran their winery through hard work and the help of volunteers.

They focused mainly on reds; Higginbotham wanted to make a Bordeaux-style blend. In 2002 they had the grapes needed to make a wine they called Perfect a Trois.

It wasn't long after that Miller started noticing some unusual, out-of-character signs in Higginbotham. Miller said they both knew something was wrong but Higginbotham didn't want to broach the subject. He began to forget

where he put things, she said.

"One day he couldn't find his glasses – he was wearing them on his head," Miller said.

She said that there was one event that really opened their eyes. Higginbotham had always been the one to drive to the Columbia Valley to pick up the grapes.

"He drove over to the vineyard and got lost. After that, other things started becoming more apparent," Miller said.

They visited the doctor and Higginbotham had blood tests, an MRI, and a CT scan. In 2003 Higginbotham was diagnosed with younger-onset Alzheimer's disease. Miller said that often times everything is ruled out before a diagnosis can be given for this disease. It can only be confirmed after death, she said.

Alzheimer's disease attacks the brain's electrical connections, Miller said. As the Alzheimer's Association website explains, Alzheimer's is a progressive and fatal disease; it is the most common form of dementia; and it has no cure.

Plaques and tangles are the two prominent forces in attacking the nerve cells. Plaques build up between nerve cells and tangles form inside dying cells. The brain starts to deteriorate, Miller said.

Miller explained that Alzheimer's runs in families and Higginbotham's father had the disease, although back then it was called "organic brain dysfunction."

"Rich's speech was affected

early on. In a short time he wasn't able to speak coherently at all. It was just a jumbled mess," said Miller. "He wasn't able to chew food anymore."

Miller said her husband began to have issues with time and needed many reminders. She said that at first she would have to set out his toothbrush for him; later she would need to put the toothpaste on the toothbrush.

She slowly began to do more and more without even realizing it.

"He willingly gave up the [car] keys and he admitted that wine bothered him because of the medication," said Miller.

"I also learned how to lie," she said. She explained that it was easier to create stories that "the doctor said" for his safety and well-being. Miller said that it was like living with a 10-year-old at this point.

"In the first year after his diagnosis we had very emotional conversations about the winery and about end-of-life," she said. "That way, as things would decline, I knew what had to be done because we had made the decisions together."

Higginbotham would come to the winery and sit in the side room on his favorite chair to be close to Miller so that she could look out for him and make sure he ate his meals.

"As a teacher I naturally started adjusting," said Miller. "It was almost like having an infant."

In May 2008 Higginbotham began getting up every night;

this is common in patients with Alzheimer's and is referred to as "sun downing."

"That's when I realized I had to find a home," Miller said.

In Alzheimer's, the brain shuts down and basically the patient's life is going in reverse, Miller said.

After a while their brain cannot breathe, she said, but usually patients die before that. In Higginbotham's case it was pneumonia. He died in September 2008.

"When Rich passed away, he wasn't a funeral guy. Instead of a funeral we had an Irish wake. More than 400 people came and we had a celebration of his life – with wine," Miller said. "All parts of his life are represented here at the winery."

Miller shared wines from her personal cellar. Everyone took home a bottle.

Miller had been preparing a new wine before Higginbotham's death. "Before he went in the home I decided to make a special wine."

"Making the wine was an emotional decision. It came from the heart, it wasn't about business," said Miller. "He didn't know me at that point."

And of course it had to be Higginbotham's favorite style, a Bordeaux-style blend. Remembrance was born. It's a Columbia Valley 2007 vintage red wine with 60 percent Cabernet Sauvignon, 30 percent Merlot, and 10 percent Cabernet Franc.

Please see Winery, page 10



Rich Higginbotham and Sherrill Miller at the winery in better times.

The Thunderword / March 12, 2009

Volunteers raising dough for children with sales

By **CHRISTIAN COOPER**
Staff Reporter

Highline's Volunteer Association sold cookies and popcorn recently to help a child live.

The Highline Volunteer Association (HVA) held a fund raiser in the Student Union on Feb. 26. The proceedings were donated to World Vision to help children suffering from HIV and AIDS.

"World Vision is a child sponsorship organization," said Mandy Pai, a student organizer.

Pai said it costs \$35 a month to adopt a child.

"With our earnings we will sponsor one. It will be our HVA child," Pai said.

The event was for everyone on campus and the faculty was able to get theirs delivered to their office, Pai said.

"We raised \$764 to donate to World Vision," said Yuru Yang, HVA vice president. "We hoped get to \$500."

World Vision is a private anti-poverty organization that is headquartered in Federal Way.



Ami Nguyen/THUNDERWORD

Members of the Highline Volunteer Association sell baked goods in Building 8 recently. The group is raising money to help children suffering from HIV and AIDS.

The group sold baked goods and popcorn in the Student Union and across campus. The day before, they advertised for pre-orders and delivered popcorn directly to people's offices on campus.

The response was generally good, the organizers said.

Some people said they wanted to watch their weight so they just donated to the cause, Yang said.

"I was surprised how many people wanted to help donate."

The event was the first time the Highline Volunteer Association has officially got to plan

and organize a fund raiser of their own, said Yang.

The HVA provided a variety of different treats.

"We sold everything, cupcakes, muffins, brownies, cookies, popcorn you name it," said Shanti Liang, HVA president.

Liang said a member of the

HVA had a baking party where members baked the treats for the event.

The Volunteer Association plans on doing the event again but there is no expected date.

For information, contact Yuru Yang at yyang@highline.edu.

Winery

continued from page 9

"I felt a great deal of pressure to make this wine the best it could be because Rich's picture is on it," said Miller.

The wine was bottled last February and will be released Thursday, March 26. Higginbotham would have turned 62 years old on March 20.

The wine is going to be central to E.B. Foote's "Step into Spring and Stamp out Alzheimer's Disease" event. Fifty percent of the purchase price of each \$28 bottle of Remembrance sold will go to the Alzheimer's Association as well as 50 percent of the \$5 price on the commemorative wine glasses. 10 percent of any Perfect a Trois sales will go to the association all year. Visitors can also make donations directly.

The event will begin on Thursday, March 26 from 5 to 9 p.m., it will continue on Friday, March 27 from 11 a.m. to 9 p.m., Saturday, March 28 from 11 a.m. to 7 p.m., and will conclude on Sunday, March 29 from noon to 6 p.m.

There will be a \$5 tasting fee that can be applied to the pur-

chase of bottle of wine.

There are 795 cases of Remembrance which could raise approximately \$133,000 for the association.

"I would be flattered and honored if the wine sold out that weekend," Miller said. "People will be buying from the heart in support; it's not about how much it's going to cost."

"This has been very therapeutic," Miller said of making Remembrance. "It's been the silver lining in my cloud."

Now Remembrance will help fight the dreaded disease that took Higginbotham from his wife.

The label on Remembrance tells it all. Beside the picture of a smiling, healthy Rich Higginbotham, is the following:

"This wine is a tribute to Rich, the wines we made, and the memories he leaves behind. A toast to Rich-- my husband, my winemaking partner, my best friend. Love, Sherrill."



Higginbotham

Making wine takes time, patience

By **KATHERINE TACKE**
Staff Reporter

Before wine makes it to the store and into your glass, it goes through a long period of development.

Sherrill Miller, winemaker and owner of E.B. Foote winery in Burien, has to begin this process with the grapes.

"We have two growers in Eastern Washington, Milbrandt and Graves," said Miller.

She explained that the growers are a bit of a dichotomy because Milbrandt has around 1,000 acres on the Wahluke Slope in Mattawa and Graves is family-owned with around 10 acres in the southern Columbia Valley near Goldendale.

Miller said that she talks with the growers in fall and they mutually agree on a picking date. She drives over to get the grapes the day that they are picked.

"Volunteers help crush red grades, then they ferment nine to 14 days in large, plastic containers called open fermenters,"

said Miller.

Then yeast is added. It changes the sugar into carbon dioxide and alcohol and generates heat, Miller said.

Miller said they press the wine off the skins, the liquid goes into a tank, and then into oak barrels for a year or two.

The white grapes have a slightly different process. They are crushed and pressed on the same day, Miller said. Just the juice ferments. It's in the tank for three to six weeks, and then in the barrels for around five months.

"We label and bottle each wine one at a time," Miller said.

E.B. Foote releases approximately 2,200 cases of wine each year. Miller enjoys reds but also creates whites, including her award-winning chardonnay and Sweet Sherrill.

"I am drawn to reds because I like the fuller body and greater complexity of a red wine over a white wine," she said.

E.B. Foote has also created a

Bordeaux-style blend that they call Perfect a Trois. It has won more than 30 awards between the 2002 through 2005 vintages.

"Variations, called blends, are determined by the winemaker," Miller explained.

"Blend samples are created in a glass with percentages of each varietal noted, and when the winemaker has the blend that he or she wants, that percentage of each varietal is blended together in a tank and bottled," she said.

E.B. Foote makes several blends, including Perfect a Trois.

"Perfect a Trois is the perfect three -- Cabernet, Merlot and Cabernet Franc," Miller said.

E.B. Foote is open for tasting on Tuesday and Thursday evenings from 7 to 9 p.m. and on Fridays and Saturdays from 10 a.m. to 4 p.m. It is located in Burien at 127B SW 153rd St.

For more information, visit the website at <http://www.eb-footewinery.com/index.html> or call 206-242-3852.

By **AMBER PETER**
Staff Reporter

About 300 years ago, an earthquake shook the Pacific Northwest so massively that its consequent tsunami hit Japan approximately 5,000 miles away. Experts now say the Pacific Northwest is due for another big one.

The Pacific Northwest lies near a subduction zone named the Cascadia subduction zone, and in that zone lies a ticking time bomb.

A subduction zone is the downward push of the outer shell of the earth, or a tectonic plate, shifting under another tectonic plate. In our region of the Cascadia subduction zone, the Juan de Fuca micro plate is being pushed downwards and underneath the major North American plate at a rate of 40mm/year or about the speed of your fingernail growing.

"I love the Cascadia subduction zone, it gives us our volcanoes, it gives us our mountains, all the stuff you love about the Pacific Northwest is thanks to that subduction zone," said Dr. Eric Baer, a Geology professor at Highline.

Dr. Baer's affection for the Cascadia subduction zone may not last long. At this very moment, the Juan de Fuca plate is creating a huge amount of stress under the North American Plate and when the two plates finally give in, the Pacific Northwest will have an enormous Cascadia earthquake.

But unlike the average earthquakes the Pacific Northwest has experienced in the recent past, the Cascadia earthquake is projected to be of a 9.0 magnitude or greater.

Measuring magnitude is a way of recording the movement and energy released by an earthquake. Magnitudes of 3.5 or less are generally not felt by humans, but are detectable by a seismograph, which is a tool for measuring the location and magnitudes of earthquakes. Magnitudes of 8.0 or greater are the

THE BIG ONE



SCIENTISTS SAY THE PACIFIC NORTHWEST IS OVERDUE FOR A REALLY SERIOUS EARTHQUAKE

most extreme earthquakes and can create major catastrophic damages that span over several thousand miles.

The Cascadia subduction zone is so massive that immediate damage from the earthquake itself could span from Vancouver Island to northern California.

"There could be moderate shaking at first or there could be violent shaking immediately, we don't know," Dr. Baer said.

But what geologists do know is that the shaking will last a long time. In comparison to the Nisqually earthquake of 2001 which lasted approximately 45 seconds and had a magnitude of 6.8, it is estimated that the shaking of the Cascadia zone earthquake might last anywhere from two to 10 minutes. In addition to the earthquake, a tsunami will also likely follow.

A similar example of what

"There could be moderate shaking at first or there could be violent shaking immediately, we don't know."

— **Dr. Eric Baer,**
Highline geologist



the Pacific Northwest might encounter is Indonesia's 9.0 magnitude earthquake from 2004. Upwards of 227,898 lives were lost and approximately 1.7 million people were displaced due to the earthquake and the result-

ing tsunami. The consequent destruction stretched to over 14 countries.

But not all earthquakes are damaging or even physically detectable by anything but seismographs and are actually fairly common. Our region's last earthquake occurred in January and only had a magnitude of 4.5.

These kinds of earthquake, referred to as "shallow earthquakes," are most common and are rarely felt except by seismographs.

"Deep earthquakes," like the Nisqually earthquake experienced in 2001, are usually in the magnitude range of 5.0-7.0 and are more moderate but still able to do damage. They are the second most common type of earthquake.

The most catastrophic earthquakes, referred to as "the big ones," are the least common of the three; this is exactly the type of earthquake geologists and seismologists expect the Casca-

Prepare yourself before it happens

By **AMBER PETER**
Staff Reporter

The key to surviving an earthquake could be being prepared.

The Kent Fire Department offers a seven-week training session, called CERT, where people can learn how to prepare and stay safe during a natural disaster (not just a Cascadia earthquake).

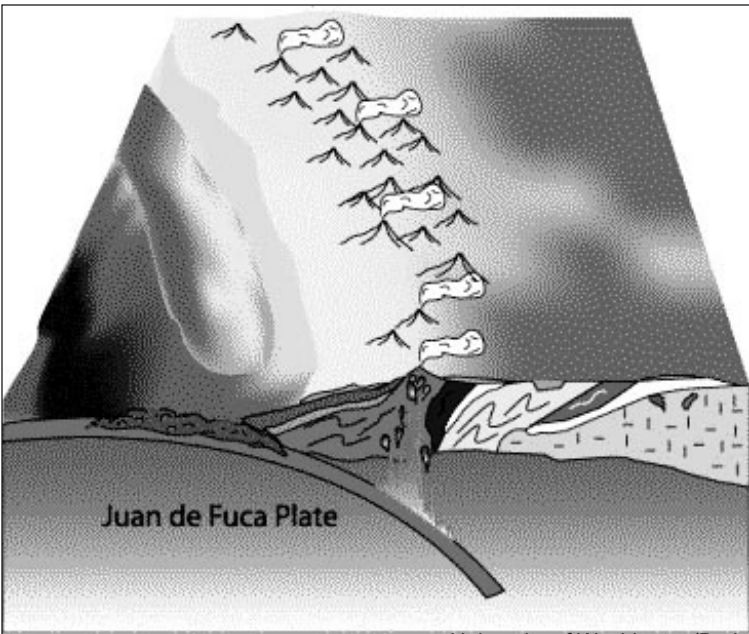
Despite official advice that every household should have enough basic supplies such as water, food, and gas to last for three to four days, the reality is that every household should gather enough supplies to last for about a whole week.

After a Cascadia earthquake hits the Northwest, there won't be a Wal-Mart or Fred Meyer open for some time. Luckily, being prepared and making your own survival kit is easy.

The most essential item every household needs is water. An average person drinks about two quarts of water a day so every household should store a gallon of water for each person living in the house (and don't forget pets).

Don't store the water in containers that can decompose or break easily, such as glass bottles or milk cartons. Instead, store water in plastic containers.

Please see Prepare,
page 12



The Juan de Fuca plate is sliding under the North American plate. That kind of interaction, called a subduction zone, is what causes earthquakes.



University of Washington/Burke Museum of Natural History and Culture

dia subduction zone earthquake will be.

The last "big one" shook the Pacific Northwest in the year 1700. Although the region is due for another "big one," the exact time and place cannot be accurately predicted.

According to scientists, in Southwest Washington the average time interval between the seven most recent earthquakes is 500 years.

It has been approximately 309 years since the last big earthquake, but that doesn't necessarily mean we should expect another one in 200 years.

The intervals that earthquakes can span in Washington range from 200 to 1,300 years and could happen anytime in between.

Staff reporter Ashley Mathews contributed to this article.



Cody Nguyen/THUNDERWORD

Building 7, variously known as Toad Hall, the Turtle building and the Lecture Hall in its history, turns out to be the most earthquake-resistant structure on campus.

The safe one: Building 7 might be quake-resistant

By **AMBER PETER**
Staff Reporter

Theoretically, let's say that you are at Highline when a Cascadia-size earthquake hits. Do you know what places are safe and what to do afterwards?

Most of the buildings on the campus were built around the 1960s before earthquake standards were required for construction.

The worst buildings anyone can be under during a Cascadia earthquake would probably be buildings 1, 2, and 3. The ceilings of these buildings have about 6 inches of concrete that has potential to cause damage to whatever or whomever may be standing underneath.

But, there are many new or remodeled buildings that were constructed with the latest seismic ratings for new building structures. These buildings are:

- Building 0, the Early Childhood Learning Center
- Building 7, the Turtle Building, (able to distribute energy around itself)
- Building 8, the newly rebuilt Student Union (light material yet sturdy)
- Building 25, the Library
- Buildings 26 and 23.
- Building 29, the Higher Education Building (built very heavy yet strong)
- Building 30, the Instructional Computing Center

Unfortunately, some places may be affected worse than the rest of our region.

The Kent valley is one of those regions. The Kent valley is prone to jiggle and break apart more easily because it lies on soft sediment that will give way

in the event of an earthquake.

All major cities in our region will be hit hard as well. This is purely because of the extremely tall high-rise buildings that can be top-heavy and not able to hold up against major shaking.

Fortunately, many new buildings have been built with up-to-date seismic standards.

The major concerns with buildings during a Cascadia-size earthquake is metal fatigue the iron supports might suffer due to the earthquake lasting several minutes. The fear is that the metal will snap under the fatigue of being bent too much over several minutes of shaking.

Seattle's Pioneer Square will most likely suffer a large amount of damage because it's the oldest part of Seattle.

Built before the 1930s, the brick buildings of Pioneer Square were constructed with fire prevention in mind—since brick doesn't burn and Seattle had experienced a great fire shortly before the buildings were constructed.

Highways and freeways, especially the Alaskan Way Viaduct, will be also affected tremendously by an earthquake. During the 2001 Nisqually earthquake, the Alaskan Way Viaduct shifted three inches—only a half an inch short of a full collapse.

Ultimately, the most dangerous place to be during a Cascadia earthquake is along the Washington and Oregon coast line. Not only is the coast closest to the epicenter of the earthquake and likely to encounter the most devastation, but the coast is also in danger of being

hit by a tsunami caused by the quake.

The Washington State Emergency Resource Guide lists some ways to protect yourself (wherever you are) when an earthquake hits.

If you are indoors drop to the ground, take cover by getting under a sturdy table or other piece of furniture, and hold on until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building away from glass, windows, outside doors and walls.

Despite the fear of building collapse there still lies a probability that debris and glass can fall off of the buildings and crush anything in its descent. Staying inside and taking cover under a table or strong structure is probably your best bet.

If you are in bed when an earthquake strikes, stay there. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place aforementioned in the paragraph above.

Doorways are to be used as shelter only if it is in close proximity to you and you know it is strongly supported.

Stay inside until the shaking stops and it is safe to go outside.

Many of the 120 fatalities stemming from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Most earthquake-related casualties result from collapsing walls, flying glass, and fall-

ing objects.

Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on and above all, do not use elevators.

If you are outdoors stay there. Move away from buildings, streetlights, and utility wires or anything that can topple down.

Once you are in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls.

Ground movement during an earthquake is seldom the direct cause of death or injury.

If in a moving vehicle stop as quickly as safety permits and stay inside the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If you are trapped under debris, do not light a match. The quake may have caused a gas leak. Do not move about or kick up dust and cover your mouth with a handkerchief or piece of clothing.

Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

The main concern during an earthquake is the safety of individuals. With these tips from the Washington State Emergency Resource Guide and proper resourcefulness everyone is able to be prepared in the event of our next "big one."

Prepare

continued from page 11

Try to avoid pasta, rice, beans or any other foods that require a large amount of water.

Another essential item is a first aid kit. If there is going to be an earthquake, most likely there will be injuries.

This may sound like a lot of supplies to keep in your house but when any natural disaster hits the Northwest, you will be glad you were prepared.

Recommended food:

- Canned meats, fruits, vegetables, juices, milk or soup
- Salt, pepper and/or sugar
- Comfort food like cookies, cereal, coffee or tea
- Vitamins
- Pet food if you have pets
- And special dietary items.

Other items:

- Paper cups, plates, and plastic utensils
- Battery-operated radio with extra batteries
- Flashlight and extra batteries (most likely, the power will go out after an earthquake)
- Non-electric can opener or a utility knife so you can open all those canned goods
- Small fire extinguisher, a gas leak is very possible after an earthquake
- Matches stored in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flares
- Paper, pencil
- Needles, thread
- Medicine dropper
- Wrench to turn off gas and water

Professor gives breast feeding an A

By **AMBER PETER**
Staff Reporter

Breast milk offers many benefits for not only the baby but also the mother and society, said a nursing instructor at the science seminar last week.

Marie Esch-Radtke talked about the benefits of breastfeeding an infant versus feeding the infant formula.

All mothers can agree that they all have been at the crossroads of choosing either feeding their infant breast milk or formula, and all the complications in between.

According to Healthy People 2010, 77 percent of mothers in America feed their infant breast milk instead of formula. 50 percent of those mothers continue



Esch-Radtke

months.

“What’s so important about breast milk is that breast milk is made perfectly for babies to eat; formula is made out of cow’s milk, which is perfect for cows,” said Marie Esch-Radtke, a nurse instructor. “And no matter what they [scientist] do to try to mangle with the molecules by taking things out and adding things in, it will never be human baby breast milk.”

There are many benefits for feeding an infant breast milk or formula, but there are also complications and risks from both, she said.

The benefits of breast milk for infants include strengthening the immune system, preventing and protecting against possible allergies and assisting in the development of jaw, tooth and speech. Breast milk also contains all the nutrition a baby needs, is always the right temperature and amount.

“You don’t have to worry about heating it up under the water or putting it on your wrist to see if it’s the right temperature,” said Esch-Radtke.

For mothers, breastfeeding can be a great benefactor because nursing can use up a lot of extra calories, delays normal ovulation and menstrual cycles, lowers the risk of breast and ovarian cancer and saves mothers money on buying formula.



Breastfeeding also helps out society because it saves cost on health care. Breastfed infants have shown to have fewer sick care visits, prescriptions and hospitalizations.

Breastfeeding is also better for the environment, because there is less trash and plastic waste generated compared to using formula cans and bottles, Esch-Radtke said.

However, breastfeeding in public can lead to controversy. Breastfeeding may be a private matter to some, but others don’t like having to hide in order to feed their children.

Many other countries and cultures around the world are perfectly fine with breastfeeding in public, Esch-Radtke says, whereas America encourages breastfeeding if it’s not where anyone can see it (such as a bathroom cubicle).

There has even been a controversy with Facebook in which many accounts were censored because some female users were posting pictures of their infant while breastfeeding.

Facebook stated that the website “doesn’t allow sexually explicit content,” whereas the mothers begged to differ.

The mothers formed a group called “Hey Facebook! Breastfeeding is not obscene,” and the group now has more than 120,000 members and also hosted a nurse-in (mothers breastfeeding their infants) inside the Facebook headquarters.

There is now an international breastfeeding sign that can be seen all over the world and even on campus. There is one in the Childcare Center, there are two in the nursing lab and there is even one in Esch-Radtke’s office.

“You put that up [the international breastfeeding sign] and women know that they are welcome. I don’t care who the woman is, if she needs to breastfeed her baby, she can come to my office,” Esch-Radtke said. “I have an extra chair. I won’t bother her.”

Science Seminars are every Friday at 2:20 p.m. in Building 3; admission is free and open to the public. This week, Dr. Tim McMannon will be discussing Galileo.

Managing stress: six ways to assess, rest, and decompress

College students are well acquainted with stress, since they deal with major life changes, academic pressure, work schedules, social stressors, deadlines and financial concerns.

Unfortunately, too much stress can impact your mental health, impair your immune system and increase your risk for heart disease, diabetes, back pain and digestive problems.

Stress is part of life, so you can’t get rid of it completely, but you can learn to cope with it and manage your stress effectively.

•Build coping skills.

Assess the things that stress you and determine if you can change the circumstances or your behavior to make them more manageable.

Practice stress inoculation to confront smaller fears before taking on larger ones (practice a speech in front of friends before giving it to a large audience).

Look for opportunities to simplify and organize your life



Get fit now!



Darin Smith

instead of living crisis to crisis.

•Manage your time.

Often it is procrastination and a lack of planning that causes a person to feel rushed and under pressure.

Plan ahead and budget your time instead of waiting until the last minute. Prioritize tasks with a to-do list and break up large projects into smaller steps.

•Change the way you think.

Stress is not always a bad thing; in fact, it often helps motivate us to achieve our goals.

If we change the way we perceive stress, we can turn a seemingly overwhelming obstacle into a rewarding challenge.

Focus on the things you can control, and worry less about

the things you can’t.

Keep a positive attitude and a sense of humor, and learn to “go with the flow.”

•Exercise!

Exercise helps condition the body to deal with stress and has relaxing effects that persist several hours after a workout.

Exercise can provide a “time-out” from stressful distractions, and also releases feel-good chemicals in the brain.

•Eat right.

Eating healthy can give you the energy you need to deal with stress.

Avoid too much sugar and caffeine, which can disrupt your sleep and make you jittery and tense.

•Get enough sleep.

Lack of sleep causes you to be irritable and fatigued during the day, which causes stress. Stress makes it hard for you to sleep. See the pattern?

Practice relaxation techniques.

Stress increases muscle tension, heart rate, respiration rate and blood pressure.

Relaxation techniques like yoga, tai chi, meditation, massage and deep breathing reduce this stress response by clearing the mind and slowing down the body.

Darin Smith teaches physical education at Highline.

Throw together a Greek salad

By **AMBER PETER**
Staff Reporter

Anyone can have the taste and flavors of the Mediterranean right in their house by making a Greek salad.

Both very delicious and nutritious, this salad can make anyone feel as though they were at the Mediterranean seafont. This salad will serve four people. For this recipe, you’re going to need:

6 ripe plum tomatoes
A handful of black olives
2 avocados, peeled, halved and pitted then cut into wedges and tossed in lemon juice
1 large shallot, peeled and finely chopped (looks sort of like an onion)
1 large teaspoon of dried oregano
Herb vinegar
Extra virgin olive oil
Sea salt and ground black pepper
1 romaine lettuce, outer leaves discarded, inner leaves washed and dried
12oz of feta cheese



Amber Peter/THUNDERWORD

Bring the taste of the Mediterranean home with this Greek salad.

For dressing:
3 ½ tablespoons of lemon juice
10 tablespoons of extra virgin olive oil
Sea salt and ground black pepper

To make the dressing, just blend all the ingredients together.

For the salad, start by cutting your tomatoes irregularly into half-inch shapes.

Simply mix them into a bowl

along with the olives, avocado, shallot, a majority of the oregano, a splash of vinegar and a large splash of olive oil, salt and pepper, and set it aside for about five minutes.

Shred the lettuce into pieces; leave the smaller leaves whole, and add them to the bowl along with the lemon oil dressing.

Crumble large chunks of feta cheese over the salad and, once again, add more olive oil and sprinkle with the rest of the oregano.

The Thunderword / March 12, 2009

Highline finishes sixth in NWAACC tournament

By **CHRIS WELLS**
Staff Reporter

KENNEWICK, Wash. - The Highline men's basketball team won their first two games and lost their next two as they fell short in the NWAACC tournament finishing sixth.

After easily beating Columbia Basin and Olympic, 73-65 and 95-78, the T-Birds faced the Lower Columbia Red Devils in the semi-finals and lost in overtime 79-77. In the third place game they faced Yakima Valley and with the result of the game against the Red Devils still lingering, they lost again, 81-73.

Paul Mickelson, Highline's sophomore guard, said it was bad luck that resulted in the losses.

"We played our hearts out every game," Mickelson said. "The first half of the tournament we played well, but the ball didn't bounce our way the second half of the tournament."

In the first game on March 5, Highline showed its force early on against Columbia Basin by running out to a quick lead of 11-1 at the 16:47 mark.

The Hawks slowly chipped away at the lead by taking 3-point shots on nearly every possession. Andy Maxwell, a 6'4" sophomore forward out of Skyview High School in Idaho, was the most prolific 3-point shooter on the team in the first half, going 3 of 6.

Highline finished strong at the end of the half going into the locker rooms with a 43-27 lead. Vaughn Gaines showed his veteran leadership, with 11 points on 4 of 6 shooting and 7 assists. Kelly Edwards also was a force with 11 points, 4 rebounds and 3 assists at the half.

In the second half, Highline came out flat and Columbia Basin took advantage cutting the deficit to a single point with just under 10 minutes remaining. Leading the comeback for the Hawks was Skylar Montoya, a 5'10" sophomore guard from Borah High School in Idaho, who finished 19 points on 7 of 21 shooting and had 5 rebounds.

Highline managed to wake up and went on to defeat the Hawks 73-65.

Gaines continued his run of good play, ending up with 15 points and 10 assists in 34 minutes. Tied for the lead in points in the game was Edwards, finishing with 19 points on 5 of 9 shooting and had 7 rebounds in 33 minutes.

Columbia Basin continued hoisting up 3-pointers and finished with a total of 45 attempts, but made only 12.

With the win, Highline advanced to the quarter finals



Brian Grove/THUNDERWORD

Highline's Kyle Perry shoots a hook shot over a Columbia Basin defender in the first round.

which took place on March 6 and they came to play as they pounded Olympic into submission.

Highline left no doubt as the game never got close. The T-Birds got off to a 15-0 run before allowing their first point at the 15:30 mark. The lead later reached a game high of 21-4.

At halftime the score was 39-30 as Olympic picked up its defense and managed to trim the deficit to single digits late in the half.

Coby Gibler, Highline's star center, led the way in the first half with 16 points on 7 of 10 shooting and he had 7 rebounds, 5 of which were offensive.

Also contributing to the offensive spurt was Edwards with 12 points on 4 of 5 shooting

from beyond the arc and he had 7 rebounds to boot.

In the second half, Shedrick Nelson came out on a mission to improve on his 3 points in the first half. On the first three possessions of the half, Nelson took three straight 3-pointers and made them all leading to a quick timeout by Olympic as Highline quickly jumped out to a 48-32 start to the second half.

Later in the half, Highline started to run away with the game over the eighth ranked Rangers from Bremerton.

Coach Dawson was able to pull all of his starters from the game and got everyone in that suited.

The highlight of the game was when Kyle Perry, Highline's backup 6'9" freshman

center, dribbled the ball up from the back court late in the game and crossed over his defender at the top key and hit a jumper from the free-point line. The move brought the entire Highline bench to their feet after seeing the play.

With a final of 95-78, Highline showed itself as the team to beat in the tournament.

Getting starters out of the game was something that Coach Dawson said he was happy to have the luxury to be able to accomplish.

"It was nice to have that ability to do that [pull starters out]," said Coach Dawson. "One of the challenges in these tournaments is to find ways to get those guys out of there, so it was nice to be able to get them some

rest."

The T-Birds luck came to an end when it faced West Division rival Lower Columbia in the semi-final.

Lower Columbia, a four seed entering the tournament, stunned the entire NWAACC by taking out No. 1 seed Spokane in the first round by a score of 69-43. In the next game they played a surprisingly bad Chemeketa team and beat them easily 74-57.

Highline had already beaten Lower Columbia twice this season by scores of 77-70 and 86-58, but this one wasn't meant to be easy.

At the time of the first timeout at 16:47, Highline was up by a score of 11-7.

The game slowly got closer as it carried on and after seven lead changes and seven ties; the Red Devils went to the locker room at the half with a 39-33 lead.

Showing signs of life for the T-Birds was their big man down low, Gibler. He had 12 points and 6 rebounds in his 16 minutes.

On the other end, Marice Tolliver, Lower Columbia's star forward, was a force to be reckoned with. With 13 points on 6 of 11 shooting, Tolliver was well on his way to his biggest game of the tournament.

The T-Birds were able to keep within a few points for a while in the second half while trading baskets with the Red Devils, but it wasn't long before Lower Columbia pulled away with a lead of 67-55 with less than 10 minutes left.

As hope of the championship game began to fade, Highline amazingly regained their swagger and pulled to within three at 67-70 with 1:52 left in the contest.

Highline continued to steal the momentum and pulled even at 72-72 with 20 seconds left with Lower Columbia having a chance to win it in regulation, but Tolliver was unable to connect on a buzzer-beater sending the game into overtime after an amazing come back from Highline.

With a full head of steam and all the momentum, Highline came out fast in overtime as they took their first lead since the middle of the first half at a score of 76-74 with 3:20 left.

The intensity turned up as Highline maintained a 77-76 lead with just 16 seconds left when Lower Columbia took a timeout to set up a potentially game winning shot.

Lower Columbia turned to their leader to put them ahead and that's exactly what he did.

Please see Basketball, page 15

Lady T-Birds struggle in NWAACC appearance

By Brian Grove
Staff Reporter

KENNEWICK, Wash. – The Highline women's basketball team went two and out in last weekend's NWAACC tournament after suffering losses from Walla Walla and Mt. Hood.

The Lady T-Birds were the first team out of the tournament, finishing 16th overall.

Despite going out so soon, Highline Head Coach Amber Rowe said the team didn't give up.

"I was proud of them, I thought they played hard. They played till the final buzzer and you've got to be proud of that," she said.

On Thursday, March 5, the Lady T-Birds opened the tournament against the second seed in the East, the Walla Walla Warriors.

The Warriors took it to the T-Birds, 73-50, knocking Highline to the consolation bracket.

At one point, Walla Walla led by as much as 26 points, and was on fire from the perimeter.

"They were 72 percent from the three-point line the first half and 50 percent overall. We on the other hand couldn't buy ourselves a basket," said freshman guard Jaki Fairfield.

"We were getting stuck on screens, so it was almost like we were double screening and getting stuck on ourselves. So they



Chirs Wells/THUNDERWORD

Two Lady T-Birds go up for a board against Mt. Hood.

were wide open a lot, but they definitely shot the ball well," Rowe said.

Nancy Johnson and Kati Isham led the attack for Warriors with 20 and 18 points, respectively. Isham also tore down 12 boards for Walla Walla.

For Highline, sophomores Kameka Nolen and Jazzmn Montgomery scored 10 points apiece for the T-Birds, and Tera McCann-Soushek had six rebounds.

Despite the Warriors driving the chariot most of the way, Highline players and coaches stayed optimistic about their chances in the tournament.

"They just said to keep our heads up and not get down or else it will show tomorrow. We can still play for fifth and that's nothing to be ashamed of," Fairfield said.

Coach Rowe also said Highline's play could be attributed to the fact that none of the players had been part of a tournament of such magnitude.

"I thought we came out kind of shell-shocked and flat the first game. None of us have ever been here before or a stage this big aside from some girls who went to state," she said.

Coach Rowe also said that the team needed to focus on

what they could do tomorrow and be mentally in tune.

"With this team, it's either we're here or were not. There isn't really a middle ground. We're either really really good or just mediocre," she said.

"We're not gonna put a lot of focus on what Mt. Hood does, cause it's really about what Highline does. If we play like we did today, we'll get beat, but if we play like we've been playing against Lower Columbia and other teams, I don't think there's a team that can beat us."

On Friday, March 6, Highline players awoke at an ungodly hour to play the Mt. Hood Saints at 8 a.m.

They were defeated handily, 83-64.

"That's what happens when you lose, you have to play really bad hours," Fairfield said.

Highline was also without sophomore guard Randi Olson, who was injured in Highline's first game against Walla Walla.

The Lady T-Birds ran a tougher warm-up than the Saints, but it seemed as though their shooting woes from a day before had carried over.

Mt. Hood took an early lead, 11-5, five minutes into the first half, with both teams having difficulty making easy shots.

Ten minutes through, the Lady T-Birds took the lead, 17-15, when freshman guard Ariassa Wilson sparked High-

line's offense with several consecutive buckets, but the team's trouble hitting free throws allowed the Saints to pull away. At the half it was 38-26, Mt. Hood.

In the second half, a jolt of life seemed to come back into the Lady T-Birds when freshman guard Dani Carlman hit back to back threes.

Later on however, Highline's inability to hit free throws coupled with Mt. Hood sinking shots left and right resulted in a deficit too great for the Lady T-Birds to come back from. The Saints won by 19 points.

Coach Rowe said that losing sophomore Randi Olson hurt the team more than she had anticipated. Her defense and leadership on the court were greatly missed.

Bright spots in Highline's offense included Ariassa Wilson, Montgomery, Soushek and Dani Carlman with 14, 14, 12 and 11 points respectively. Soushek also had 13 boards for the Lady T-Birds.

Although the Lady T-Birds came up short, the team said they played hard and didn't need to dwell on the loss.

"If we left it all out on the court, then we have no reason to hang our heads," Fairfield said.

The 2009-10 Women's basketball season will begin for Highline in October, after fall athletics have commenced.

Basketball

continued from page 14

With just 16 seconds left, the Red Devils inbounded the ball to Tolliver who received a screen and drained a 3-pointer with Gibler in his face to the dismay of all of the Highline team and supporters.

Now with only 8 seconds remaining, Highline came out of a timeout looking to tie or win with the score sitting at 79-77 Lower Columbia. But it wasn't meant to be as Highline wasn't able to get a good look at the end and fell short as the Red Devils celebrated at center court.

Coach Dawson said although the outcome was hard to take, there are positive things to take from it.

"Part of this whole thing is understanding how to take the bad with the good. At the end of the day all of this stuff is character building opportunities," said Coach Dawson. "It's a life lesson, whether we would have won the title or not, it's a life lesson."

Gibler led the way for the T-Birds with 21 points on 7 of 16 shooting and 16 rebounds in 39 minutes.

Also picking up a double-double, Edwards had 11 points and 12 rebounds.

Nelson also finished with a solid 17 points on 6 of 17 shooting.

Playing a role in the comeback in more of a silent way was Perry.

Although he finished with just 4 points, he came in and played big minutes for the T-Birds and even grabbed a steal at a key moment in the game.

On the Red Devils' end, Tolliver was a one man wrecking crew as he scored 27 points on 12 of 21 shooting and had 9 rebounds in his 36 minutes on the court.

Jeray King, a 6'1" freshman guard, came up big as well with 15 points on 6 of 9 shooting, 10 rebounds and 5 assists.

The head coach of Lower Columbia, Coach Roeffler, said beating Highline was a big win.

"I think Highline is the best team in the tournament, to beat them is incredible. They made us uncomfortable by changing their defenses up and they guarded us well throughout the game.

"We hung in there after we pissed away the lead and were able to pull it out in overtime. I have the utmost respect for

Highline and to beat them in a big game like this with their talent and coaching is a big testament to my guys," said Coach Roeffler.

On March 8, the final day of the tournament, Highline played in the third place consolation game against defending champions Yakima Valley, who they actually lost to in the first game of the season by a score of 96-79 at home.

From the beginning, it seemed like Highline wasn't really all there mentally. After the heartbreaking loss the night before and missing Gaines for much of the game due to a knee injury suffered in the Lower Columbia game, Highline's play suffered.

The game went back and forth in the first half before Highline eventually secured the lead going into half by a score of 32-30.

Edwards led the way going into the half with 8 points on 3 of 6 shooting.

Picking up the slack on the glass was Stedman Richardson who contributed 8 rebounds.

For the Yaks, Nico Sandoval had a good half with 11 points on 5 of 9 shooting and 6 assists.

Their star player, Rico Wilkins, was off to a slow

start in the first half with just 2 points.

The Yaks came out fast in the second half and the T-Birds were never able to fully recover as the game ended in a final of 81-73.

Coach Dawson was able to put all of his seniors in the game during the last few seconds and sub out his starters to give everyone one last chance on the court in the white and green.

Edwards finished off a good tournament and career with 16 points on 5 of 11 shooting and 6 assists.

Richardson was the key collector for the T-Birds in the game with 12 rebounds and he added 6 points.

The Yaks star player, Wilkins, picked up his game and finished with 18 including 4 big 3-pointers that put the dagger into Highline's chances. Sandoval finished with 23 points and 12 assists.

Gaines said although it was disappointing tournament as a whole, there were plenty of positives.

"Overall I thought we played well. A lot of guys stepped up off the bench and I liked how we stayed together as a team through the whole tournament," Gaines said.

"It would have been good to play in the championship game, but I couldn't have asked for a better season from my fellow teammates."

In addition to Gaines, Edwards had a similar opinion of the tournament.

"We played hard and together the whole tournament and that's why we had the success we did," said Edwards. "We all knew that we had a great chance to win it all, but the ball has to bounce our way sometimes. Regardless of the end result, I had a great time at the tournament."

Coach Dawson said that although there are things to improve on, there was much to be happy with.

"We certainly could have played better at times. But the ball has to bounce your way a little bit sometimes. If Tolliver's shot last night just happens to not go in we probably win that game."

"You have to play pretty well for four straight days against quality teams," Coach Dawson said.

"We had some hiccups along the way, but that isn't what you can always control. As long as the effort was there it's something to be proud of."



Brian Grove/THUNDERWORD

Highline's Shedrick Nelson drives past Lower Columbia's Clint Burgoyne at the NWAACC tournament in Kennewick.

Highline Outdoor Activities Club in full swing

By **TORI PATERSON**
Staff Reporter

If you like getting out and actually doing things, you might want to check out the Highline Outdoor Activities Club.

"The idea of the club is that every member has an active voice," said Raphael Linhares, one of the founders of the club.

The new club was founded in fall, and got off to a slow start, Linhares said. It's beginning to pick up now, and a lot of people are willing to help promote and establish it.

About 10-15 people are actively involved. In addition, the Snow Lover's Club, a club for people who love snow and snow-related activities, is also helping, since their purposes are similar.

No exact meeting time has been chosen yet, as the members are trying to find one that fits into everyone's schedule. Right now, their meetings are being held with the Snow Lover's Club meetings, every Wednesday in Building 8, from 2:30 to 3:30 p.m. in the Clubs Conference Room.

"From the time I arrived in Washington state—I'm originally from Brazil—people would always tell me how beautiful the surroundings were and how many outdoor activities could be done in the area," Linhares said. "Even so, we realized that most Highline students are either unaware of this, or don't know where to look for information about those activities. So the idea of the club is to promote these activities in a friendly and fun environment."

Although they have no events set up yet, they're planning a lot for the spring quarter, assuming the weather is better.

"Given the current economic crisis, we are trying to focus on ways to have our activities and give something back," Linhares said. Some events planned for the future include a sponsored charity hiking trip, a charity paintball showdown, and a fundraising walk-a-thon.

Anyone interested in joining the mailing list, or knowing more about the Highline Outdoor Activities Club can email the club at hccoutdoor@gmail.com.

Highline season ends how it started

By **CHRIS WELLS**
Staff Reporter

KENNEWICK, Wash. — The Highline men's basketball team finished the season as the best team in the West and with a final position of No. 6 in the NWAACC.

A newcomer to the team this year, Kyle Perry, thought the season was a little bumpy at times, but those bumps helped in the end.

"Our season was filled with some ups and downs, which in the long run helped us a lot because it kept us together and stronger as a team," said Perry.

Finishing up with a final record of 15-1 in league and 22-9 overall, Highline improved from last year's record of 12-4 in league and 19-15 overall.

Coby Gibler, Highline's star center, said the team was a lot closer this year.

"I'd say this season was better in the sense that we played really well and we played together," Gibler said. "The togetherness allowed us to go as far as we did."

Highline entered the season with seven returning players and eight freshmen, making a good balance for both this year and next.

The beginning of the season was a struggle, as they started just 5-6 in their 11 non-league games.

But as the season went along, both the freshmen and sophomores matured and jelled together and the team quickly started making waves in the

NWAACC.

The T-Birds started off 6-0 in league before running into West Division rival Tacoma on Jan. 24.

After that first loss in league, everything started to click for Highline as they went on to win the remaining nine games of the season.

When it was all said and done and the last baskets were scored during the regular season, Highline was the team that showed itself as the top force in the West Division and even had the coach of the year, Che Dawson.

The NWAACC tournament was a letdown in terms of where they placed, but they did play well enough to compete with any team in the tournament.

Gibler said that although the NWAACC tournament didn't go as planned, it was still a great season.

"I thought this season was a success even though we didn't win the championship because we still won the division, which isn't easy and we all grew as basketball players," Gibler said.

Kelly Edwards, one of the seven sophomores leaving after this season, said the pinnacle point of the season had to be winning the West championship.

"I feel that the season went well. The league championship was a huge accomplishment for us," Edwards said.

Another two-year player at Highline, guard Paul Mickelson, had a similar take on the season.

"We accomplished our goal



Brian Grove/THUNDERWORD

Highline's Coby Gibler scoring in the paint.

for the season by winning out the West Division," Mickelson said. "As far as the tournament, winning the championship was so close, yet so far away."

With a new season beginning next October and new players coming in, it could be easy to forget a group of players from the past. But Coach Dawson

said this is a group that means a lot to him.

"This is a really unique group of guys. They are a very silly group of guys, maybe a little too silly at times over the years," Coach Dawson said. "They all have made incredible strides in the classroom, on the court and as individuals."

Highline looking forward to next year

By BRIAN GROVE
Staff Reporter

KENNEWICK, Wash. – The Lady T-Birds may have finished dead last at this seasons NWAACC Women’s basketball Championships, but that won’t stop the team from having bright hopes for next season.

Highline will most likely have nine returning sophomores, all with the experience of being in the tournament.

These players include Jordan Beale, Dani Carlman, Ariassa Wilson, Lauren Hill, Adriana Aukusitino, Jaki Fairfield, Garlena Tovia-Fiota, Patrice McKinnon, and Tera McCann-Soushek.

“I think that the freshmen now know what level they need to play at to be competitive in the postseason,” said Highline Head Coach Amber Rowe.

“Anytime you have sophomores that have been there it really helps. I think we will be a pretty solid team next year,” she said.

Not only does Coach Rowe have high expectations for next season, but so do Highline’s players.

“I think we’re going to be a lot better next year. We’ll all have played together for a year and not a lot of teams have that,” freshman guard Jaki Fairfield said.

“Now we know what everyone’s strengths and weaknesses



Brian Grove/THUNDERWORD

The Highline women’s basketball team supports the men after being knocked out of the tournament.

are,” freshman guard Lauren Hill said.

The Lady T-Birds now know what it feels like to go two and out in the NWAACC tournament and are determined not to follow suit next season.

“We know how it feels to lose, and we don’t want to feel like that again,” Hill said.

“I think it’s a good experience,” Coach Rowe said.

“It’ll be a whole different ball game for the freshman next year. They did not want to leave, and I think that’ll be in the back of their minds.”

Highline’s freshmen ac-

knowledge that their sophomores played a big role in making this team a success.

“We’ll definitely miss our sophomores. They contributed in making the team we’ll be next year,” Fairfield said.

Last season, Highline had a league record of 7-10 and an 11-17 record overall. They finished in fifth place in the West Division behind Lower Columbia, Centralia, South Puget Sound, and Grays Harbor, respectively. This season however, the Lady T-Birds moved up two rungs on the ladder and finished in third place.

They sported a league record of 11-5 and an overall record of 16-14. Grays Harbor is the only team from the West who did not return to the playoffs this season.

Highline’s players say that not making it to NWAACCs last season gave them drive to make it this season; and now that they’ve been there, they are hungry for more.

“We also felt like we had something to prove because we didn’t even place last season,” Fairfield said. “We’re such a young team and you’ll be seeing us again next season.”

Highline track program will be cut this year

By KAYLA LELIEFELD
Staff Reporter

Athletic Director John Dunn said it would be better to cut the track program next year than to nibble away at all the athletic programs.

Dunn announced recently that the track program will be cut next year in response to a 10 percent reduction in the Service & Activities Budget.

S&A committee members, however, have said that no cuts have been made to the budget, which should be finalized sometime in Spring Quarter.

The S&A budget is funded by student fees paid as part of tuition. The more than \$1 million budget pays for everything from athletics to the Thunderword.

Dunn said cutting one program would be better than trimming all of them.

“In years past when we had to make cuts, we tried to go across the board, and it did not work – everyone suffered,” said Dunn.

This year they are trying to figure out the smartest option, which seems to be cutting the track program, Dunn said.

“The track program had already been scaled back several years ago; it was basically for our distance runners to run in the spring,” Dunn said.

In an effort to preserve the cross country team, they thought it would be the best decision to offer up a couple of coaching stipends for cross country and cut the track team, Dunn said.

This will preserve the rest of the programs, said Dunn.

“So that’s our plan for now.”



John Dunn

Highline softball over before it ever started

The Highline softball season is officially cancelled.

Athletic Director John Dunn said that although he regretted having to do it, it had to be done.

“It is with great disappointment that I announce the cancellation of the 2008 – 09 Softball season. After many attempts to add more freshmen to our incoming freshman class and keep the six returning players

from last year’s team, it has now become apparent that there will not be enough softball student-athletes to field a team,” Dunn said.

“Further, with pre-season competition already beginning and league play starting at the end of the month, it was only fair to both the division and the league that we make a decision this week.”

Although this season is over,

Dunn said that Coach Graf will start the process of getting a team ready for future years.

“For now, Coach Graf will continue to work out the four student-athletes that remain, while at the same time beginning the process of rebuilding the softball program,” Dunn said.

Dunn said this was a hard decision to make, but dedication from current players was an is-

sue.

“Clearly, this is not something that the athletic department envisioned, but with the lack of commitment from the majority of returning players, we were forced to make this decision,” said Dunn.

As of right now, the Highline softball team will be back in action next February for the 2010 season, with the first game taking place in March.

Scoreboard

NWAACC Men’s scores

3/5
Tacoma 83, Blue Mt. 65
Highline 73, Col. Basin 65
Chemek. 84, Skagit Val. 61
Yak. Val. 67, Clark 39
Bellevue 76, Linn-Benton 53
Low. Col. 69, Spokane 43
Olympic 80, Mt. Hood 75
Clackamas 76, Whatcom 72
3/6
Yak. Val. 79, Bellevue 67
Low. Col. 74, Chemeketa 57
Highline 95, Olympic 78

Clackamas 71, Tacoma 60
Whatcom 82, Blue Mt. 80
Mt. Hood 78, Col. Basin 70
Spokane 67, Sk. Valley 64

NWAACC Women’s scores

3/5
Umpqua 101, Bellevue 53
Col. Basin 59, Centralia 58
Clackamas 65, Peninsula 51
Walla Walla 73, Highline 50
Skagit Val. 79, Mt. Hood 72
Yak. Val. 58, S.P.S. 45
Lower Col. 74, Tre. Val. 66

Lane 78, Whatcom 61
3/6
Lane 68, Col. Basin 59
Skagit Val. 69, W.W.C. 63
Umpqua 89, Low. Col. 61
Mt. Hood 83, Highline 64
Clackamas 63, Yak. Val. 57
Centralia 62, Whatcom 39

Men’s basketball standings

NWAACC Tournament
Tournament/Pct/Season
Clack. 4-0 1.000 29-3
Low.Col. 3-1 .750 20-11
Yak.Val. 3-1 .750 25-7
Bellevue 3-1 .750 27-6

Whatcom 3-1 .750 21-9
Highline 2-2 .500 22-9
Olympic 2-2 .500 21-8
Mt.Hood 2-2 .500 22-8

Women’s basketball standings

NWAACC Tournament
Tournament/Pct/Season
Lane 4-0 1.000 27-5
Skag.Val. 3-1 .750 27-2
Umpqua 3-1 .750 29-3
Walla Walla 3-1 .750 21-7
Mt.Hood 3-1 .750 19-12
Clack. 2-2 .500 21-9
Yak.Val. 2-2 .500 25-7
Centralia 2-2 .500 25-5



Liz Phillips/THUNDERWORD

The site selected for the jail is currently uninhabited and used by bikers and some walkers.

Des Moines hopes to lock up new jail

By LIZ PHILLIPS
Staff Reporter

Local officials say that they need to build a jail and Des Moines is the most likely location.

The cities of Auburn, Burien, Des Moines, Federal Way, Renton, SeaTac and Tukwila have banded together to build a jail, frustrated by the costs of sending prisoners either to King County or farther away.

The project, called SCORE (South Correctional Entity Multidirectional Misdemeanant Jail), will cost an estimated \$80.5 million. It will break ground in September and is scheduled to open in July 2011.

The cities will share the cost, prorated by the percentage of inmates coming from each city.

The jail will be built on an unoccupied site South of 208th street and 18th Avenue South. It is near the Tyee Valley Golf Course and the Federal Regional Detention Center off of

Pacific Highway South.

Officials from Des Moines and other local cities say the jail is needed to house prisoners convicted of misdemeanors. Now the cities must ship such prisoners to other jails, ranging from King County Jail to Yakima.

Federal Way Mayor Jack Dovey said the city currently is spending \$2 million a year for jail space, even as King County and Yakima are running out of room.

King County has told local cities that suburban cities would need to find alternatives for jail space by 2012. Yakima official say they could be full by 2010.

“We will be getting money back,” said Des Moines City Councilman Dave Kaplan. “We will be paying significantly less than what we were paying King County.”

The cities agreed on Des Moines as the site for the jail because it is easy to get to and has the land, courtesy of the Port of

Seattle’s buyout of homes in the flight path of Seattle-Tacoma International Airport.

“We looked at a whole bunch of different sites,” said Ed Pina, Des Moines city councilman. “It was placed the nearest (to the cities involved) with a short ride.”

“We have been contemplating what our long term jails needs are for the past three or four years probably longer than that, more like the past five or six years,” Kaplan said. “King County has no space for us.”

“I think it will be a plus for several reasons,” said Des Moines City Councilwoman Carmen Scott.

Scott said that one plus would be its location – you can’t see it. Two, the city is in need of additional income. Three, the jail is for holding people who have committed misdemeanors with the longest stay being 14 days, and then the person is driven back to the original city the crime was committed.

Kaplan said there haven’t been many obstacles with the project.

“Many people recognized the fact that we need a jail,” he said. “We are always going to have people in jail.”

There are a series of meetings planned throughout the year. The meetings will be held at Renton’s city hall at 8:30 a.m. The dates are March 25, April 22, May 27, June 24, July 22, Aug. 26, Sept. 23, Oct. 28, Nov.

25 and Dec. 23.

SCORE is currently seeking citizens in the participating cities to form a community outreach team to work side by side with SCORE. The team would participate in answering questions of the community members and helping get the voice of the community in the project.

If you are interested in getting involved, send your letter to SCORE Outreach Team, 1055 South Grady Way, Renton,

Seniors learn about local services

Highline will be holding an event aimed at local seniors on March 27.

The event, the South King County Senior Expo, will display business and personal services for seniors.

Exhibitors will include Edward Jones, the American As-

sociation of Retired Persons, Wesley Homes and others.

The event will be free to attend, and will be held on the first floor of Building 8 from 10 a.m. to 2 p.m.

Marina Inn

ALL STUDENTS WELCOME!!

Free Continental Breakfast Daily (Coffee, milk, juice, bread, and cereal)
All utilities included (Electricity, gas, water and cable)
Bed, bathroom, study table, heater, and air conditioner in every room
Room discounts available for visitors and groups
15% off at some local restaurants
In room fridge and microwave
Housekeeping once a week
Free local calls
Wireless internet service
Study room available
Exercise room and sauna
Laundry facilities
Airport pick up available

Quad Occupancy: \$280/month
Double Occupancy: \$475/month
Single Occupancy: \$750/month
Daily & Weekly rates available
Submit your application online today @ www.marinainn.org

Marina Inn is located in the calm, quiet, and beautiful city of downtown Des Moines. Only 5 minutes from Highline Community College and 2 blocks from the Marina. Many restaurants and shops in the area. Supermarket, bank and metro bus within walking distance.





Cody Nguyen/THUNDERWORD

Accounting professor Geoff Turck.

Free income tax help available on campus

By **DUANE VILLINES**
Staff Reporter

Some Highline students will do your taxes for you.

Every Friday until April 10, from 1 to 7 p.m. in Building 29, room 308, Highline accounting students will be available to do simple taxes. Geoff Turck, an accounting instructor at Highline, is in charge of this program.

"They can't do corporations, and they're less qualified for business," as well as rental income and proprietorships, Turck said.

In order to get your taxes prepared, you must bring a number of items, including: income tax return; W-2 forms from your employer(s); SSA-1099 if you collect Social Security; 1099-G if you're unemployed; 1099-R if you have a pension or annuated income; dependent care provider info (if any); official

documentation for yourself and all dependents; form 1098-T and other available tuition statements; receipts or cancelled checks if itemizing deductions; and any other 1099 forms.

The service is free, even including electronic filing. However, it will require your time, as it may take as long as an hour.

The program has been going on at Highline for at least the last 10 years, Turck said.

Eight students are involved, including a couple of Central Washington students.

Turck says that the students are doing this so "they can show they have some experience. They show that they are involved in their community."

For more information, you can contact Geoff Turck at 206-878-3710, ext. 3117, <http://flightline.highline.edu/gturck>, or at his office in Building 29, room 235.

Manage your money with care

By **JONATHAN BAKER**
Staff Reporter

When the economy is struggling, managing your money becomes even more important.

With the Dow Jones at its lowest levels since 1997, it is essential for students to understand money. Undergrad students should be saving money, understanding debt, and leveraging their education.

Dan Altmayer, a financial adviser for Edward Jones, says that students need to pay themselves first when they receive money. Students absolutely need to get in the habit of setting money aside for future emergencies and expenses.

The majority of students have some form of financial aid or student loan helping them through college.

"Students necessarily take on debt for their college education," Altmayer said. "Your in-



Dan Altmayer is a financial adviser and a Highline trustee.



come earnings are substantially higher during your lifetime if you have a college education. By going into debt early in your life for college, you will actually leverage your ability to have a much higher income later on in life."

Many young people get into trouble with their debt by not using their debt rationally and as part of a plan.

Immediate gratification and spending money on consumer goods, such as electronics or cars that are a little out of their budget, are two of the biggest places students get into trouble.

Going into debt for an education or a house, which will appreciate in value and make money, can be good. Going into debt for other things is probably not helpful for the long term.

There really is no set amount of debt that is acceptable for a college student to take on. Student financial aid forms take into consideration current debt, as well as family contribution, to determine what a reasonable amount of potential debt is to be taking on.

"Students should be focusing on how long it will take them to pay off their debt once they begin making payments," Altmayer said.

Keep realistic goals for future spending habits and decide how much debt you can later afford to pay off.

"You need to take a look at the total debt and what your payment plan is going to be to get that debt paid off," Altmayer said.

For returning students that have been in the workforce and already have money saved up, it is very important to keep the money safe, but still get a return on the investment.

Students need to take into account the adjusted rate of return when they think about investing. The adjusted rate of return takes into account inflation and taxes on the earnings your investment makes.

"There are things like short-term, tax-free bonds that may be suitable for some people," Altmayer said.

These bonds provide a higher income than savings or money market accounts. This income is also tax-free. Using these bonds will keep the principle safe and provide a higher yield on your investment.

"The big picture is managing the difference between current debt, current income, finishing your education, and then focusing on getting a reasonable or good job later on in life," Altmayer advised.

Students should be planning for an economy that will have changed in two years. Hopefully students will all be facing a stronger and more robust job market.

Continuing to do well in your current courses of study, so you can graduate in a reasonable amount of time, will help you avoid accruing unneeded debt, and help you get into the workforce faster.

Continue to be cognizant of your total debt level and always be thinking about the plan as to how you will be able to pay that debt back over time.

Don't get snookered buying a used car

Buying a used car doesn't have to be an anxiety-ridden experience, but it does require diligence on your part to make sure of what you're getting.

Here are some things to watch out for if you're in the market to buy a used car:

- Buy from a licensed dealer. While you can get a good deal from an individual seller, you have more protections and recourse with a dealer.

- Look at the title. A number of cases have been reported where a buyer will purchase a car, expecting that the dealer has taken care of any original loan, only to discover later that there's a lien on the car and the bank wants its money. This is becoming more of a problem with small dealers

Dollars and sense
by David Uffington

that go out of business and don't pay off liens.

- Learn to identify vehicles that have been in a wreck. Watch the airbag light. It should come on when you start the car and then go out. If it doesn't, the airbag might have been deployed. Try out all the moveable parts, like doors and trunk. Be sure they align. Check the paint in the daylight and look closely at trim and the edges of chrome. Peel back rubber seals.

Take the car to a mechanic to be checked.

- Learn to identify vehicles that have been in a flood. Check the interior carefully. Does everything match the way it should or have some parts (seats, carpet) been replaced? Does everything work? Air bag lights, radio, window locks? Turn on the heater and see if there is a mildew smell. Check under the dash for wires that are no longer flexible. Arrange to have the car put on a lift and check the undercarriage with a flashlight and small handheld mirror to see areas that might have been missed in cleaning.

It can be worth your while to go online and find a site that will, for a fee, check the history

of the car you want to buy. You could discover that the car has had multiple owners (a red flag), was in an accident and had a salvage title until it was rebuilt, was used as a rental vehicle or was auctioned off. While not foolproof, those reports can be valuable in giving you the history of a vehicle.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Write to him in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

(c) 2009 King Features Synd., Inc.

Scholarship offered to likely teachers

Students planning on transferring to a four-year institution and interested in teaching or administering at the community college level can earn a scholarship of up to \$1,200.

The Association of Washington Community and Technical College Administration and Exempt Staff is offering a scholarship to one student completing their transfer degree and attending a four-year institution in fall 2009.

Applications, which can be found at <http://www.learning-connections.org/Association/scholarships.htm>, are due by May 15.

Applicants also need to provide copies of all colleges transcripts, and two letters of recommendation from faculty.

Financial aid deadline is a rite of spring

By YUN HWANG
Staff Reporter

It is neither too late nor too early to begin preparing for next year's financial aid applications.

The deadline for the 2009-2010 school year financial aid application is June 1, 2009.

Applying for financial aid might seem bothersome, but it is definitely worth the try. Students can apply for financial aid by filling out the Free Application for Federal Student Aid form, which determines student eligibility for federal student financial aid.

Any student with a US citizenship and a valid Social Security number is eligible to apply.

The associate director of Financial Aid, Kim Bobbitt, says the current economic crisis is playing a role in budgets of students and schools, but efforts are being made to help the students as much as possible.

"Colleges will see an increase in enrollment due to the economic status and we will see our budget decrease," Bobbitt said.

"Our goal is to not have these changes negatively impact students," Bobbitt said. "It is not difficult to apply for financial aid."

Highline students expressed the need for financial help.

"I'm broke," said an anonymous accounting major as he waited in a long line in front of the financial aid office. "School



"Colleges will see an increase in enrollment due to the economic status and we will see our budget decrease. Our goal is to not have these changes negatively impact students."

— Kim Bobbitt,
associate director,
Financial Aid.

is expensive if you try to pay your own way."

Bobbitt suggests a few tips for students which would increase their eligibility for receiving financial aid.

"Students should apply for financial aid early and make sure they have turned in all the required paperwork to our office by the financial aid deadline," she said.

The suggested time for submitting the financial aid application is six weeks prior to the deadline.

"It is also important that students read all the paperwork given to them by our office and from the federal processor," Bobbitt said.

Craig Carroll, the chief executive officer of Student Financial Aid Services, Inc. also encourages student to be careful

in answering the questions when applying for financial aid.

"Getting the FAFSA right is as important as getting it in early," he said.

The Highline Financial Aid Department also provides help for students throughout the application process.

"We conduct FAFSA on the web workshops throughout the year to help students with this process," Bobbitt said.

Bobbitt also suggests that students check www.fafsa.ed.gov and www.finaid.org for more information.

For more information visit the Highline financial aid website at www.highline.edu/stuserv/financialaid/ or call 206-878-3710, ext. 3358.

If not eligible for Highline financial aid, loans are available for students as well.

Sallie Mae is the nation's leading educational loan firm, which serves more than 10 million students and parents.

"Federal student loans are a good option to pay for college because interest rates are set by the government and fixed for the life of the loan," said Erica Eriksdotter, Sallie Mae's spokeswoman.

Along with student loans, Sallie Mae also offers college planning assistance and scholarship database.

"Sallie Mae offers several new resources in the current economic climate," said Eriksdotter.

Eriksdotter highly recommends that students complete the FAFSA.

"Not only will students get access to the cheapest student loans, but also be considered for state grants – free money," she said.

For more information, visit www.salliemae.com or call 888-272-5543.

The Consumer Bankers Association also provides help for students by finding loans and working to modify policies to stakeholders' best interests.

"Many of our[CBA] members provide student loans for their customers, and CBA works to help improve federal student loan policy to benefit all stakeholders: students, families, schools, lenders, and other organizations involved in student lending," said Wes Huffman, Consumer Bankers Association's spokesman.

tion's spokesman.

College Bound Aid is another program that the Consumer Bankers Association provides, which allows students and families to plan for higher education finance in advance.

The program can be accessed at www.collegeboundaid.com.

Their website, www.studentloancrossroads.org, also provides relevant and helpful financial information.

"Building on the blog format, the site features information, updates on breaking developments, and lender perspectives on higher education finance," Huffman said.

Huffman also mentioned few suggestions for students.

"There are thousands of financial aid and possible scholarships out there," he said. "Always exhaust grant assistance before turning to loans. If you do need loans to fund your education, federal student loans offer more favorable terms and conditions than private students loans."

Students may find more information at the CBA website at www.studentloancrossroads.org or contact via e-mail at info@studentloancrossroad.org.

Trustee, husband fund scholarship

By ALEA LITVINENKO
Staff Reporter

Low-income parents can receive financial help from Highline through a new program.

A \$1,000 scholarship will be awarded in fall 2010. Additional scholarships will be awarded annually beginning in fall 2011. This scholarship will benefit low-income, single parents who plan on continuing their higher education at a four year university or college.

The Sugar Tiger Scholarship Endowment was established because of Dr. Elizabeth Chen, a member of Highline's Board of Trustees, and her husband Mark.

There are four credentials that you must meet in order to be eligible for the scholarship.

"You must have a GPA of 3.0 or higher, you have to be a single parent, you must have a low-income and you are required to be first generation of your family to have attended college," said Rod Stephenson, executive



Dr. Elizabeth Chen

director of the Highline Community College Foundation.

The Foundation is a private, non-profit organization that raises money to support the college.

To apply for the Sugar Tiger Scholarship Endowment you have to submit an application through the standard Foundation application process. The scholarship will not be handed out until the fall of 2010 but it is never too early to start applying.

"The scholarship will be continued in perpetuity," Stephenson said.

Elizabeth and Mark Chen have been long time supporters of Highline and higher education in Washington state.

In May 2006, Dr. Chen was named the "Trustee of the Year" by Washington state's Trustees Association of Community and Technical Colleges, honoring her years of service to Highline and the higher education system. She was a longtime college professor before becoming a trustee at Highline.

"We are extremely grateful, and cannot say thank you enough," Stephenson said of Elizabeth and Mark Chen's generosity.

If you would like to help make a donation, contact the Foundation at their website, www.Funds4highline.org.

The Foundation offers a number of scholarships to students. Applications will be available March 30, and are due by April 30.

Rally in Olympia for gay civil rights

There will be a rally in Olympia in support of LGBT rights today, Thursday, March 12.

The rally begins at noon on the steps of the Capitol Building.

The event is being organized by the Religious Coalition for Equality and Equal Rights, and involves clergy, elected leaders and "hundreds of groups and individuals supporting full equality for LGBT individuals and families," according to an event release.

The focus of the rally will be a call for the immediate passage of the "domestic partnership bill."

The bill in question, "expanding the rights and responsibilities of state registered domestic partners," gives domestic partnerships of same-sex couples the same legal weight as heterosexual marriages.

The Senate bill, 5688, was passed 30-18 on March 10.

The companion House bill, 1727, is awaiting a second reading as of March 2.

Want
to be a
Journalist?



Take
Journalism
101 Spring
Quarter

News

Item#
4170
Daily at 11am





Ashley Mathews/THUNDERWORD



Cody Nguyen/THUNDERWORD

Almost like spring

After snow on Monday, the sunny part of early spring returned to Des Moines. Although temperatures remained chilly, the sun brought out the beauty of the area, from a seagull sunbathing at the Des Moines fishing pier, above, to sun-spangled bamboo on campus, below. Beached driftwood made a collage at Saltwater State Park, left, while the view from above the park showed Puget Sound sparkling between here and Vashon Island.

The National Weather Service predicts similar weather for the rest of the weekend, with lows in the 20s and highs in the 50s, with a slight chance of precipitation.



Ashley Mathews/THUNDERWORD

Cody Nguyen/THUNDERWORD



Recessions are inevitable, professor says

By GRANT SNYPP
Staff Reporter

President Barack Obama's stimulus plan should help the economy, a Highline professor said.

Kevin Stanley, an economics professor, said government intervention may help alleviate some of the lack of consumer spending, which normally accounts for 70 percent of the American economy.

"For many individual households concerned with the prospects of possible job loss, trying to reduce consumption and increase savings may be the sensible thing to do," Stanley said.

Although that is the right response for the individual or family, "if the whole economy responded like that then we would be plunged further into depression," said Stanley. The stimulus package should help provide a momentary boost in economic activity that will lessen the severity of the current economic downturn, at least in the short run.

He contends that economic crisis in a capitalist system is in part a by-product of the free market itself. When investors see that the market has limited opportunities and that they would be better served by investing at a later date, they stop investing. That results in a shortage of capital today, which can result in slower growth or contraction.

Stanley said students should understand that this won't be the only recession in their lives.

"Though every recession or crises has some features that are unique, recessions and crisis are not new. If history teaches us anything about the economy it's that capitalism has always been prone to recessions and crisis," he said. "If there is anything certain in the current meltdown, it is that this will not be the last meltdown."

Stanley is from Salt Lake City, Utah. He attended the University of Utah for his bach-



Ami Nguyen/THUNDERWORD

Kevin Stanley is in his first year of teaching economics at Highline.

elor's degree and Columbia University for his master's in sociology, and is currently working on his doctorate in economics at the University of Utah.

He first took an interest in economics at a fairly early age.

"I first took economics in high school. I remember being intrigued by the idea that economics could help improve conditions of the world's poorest citizens," Stanley said. "Much of economics is oriented toward understanding markets and the behavior of businesses and consumers."

Stanley said his interest is in how the economy affects people.

"I have always been more interested in economics as a means to improve the conditions of those that the market has left behind, or even harmed," he said.

This is Stanley's first year at

Highline.

"My partner and I have always loved Seattle and the Pacific Northwest. When Highline had an opening for an economist, I applied. I also found the diversity in the student body attractive," he said.

"Before my son was born (he is now 3), I was an avid snowboarder. I am looking forward to getting back into riding again and teaching my son to ski over the quarter break. I am also an avid runner and huge baseball fan," Stanley said.

Stanley said he's not sure how the economy is affecting his students.

"The recession affects everyone differently," Stanley said. "A particularly interesting feature of recessions is how differently they impact different groups in society."

"There is obviously tremendous suffering on the part of

those that face layoff, foreclosure or some other economic calamity. On the other hand, those that do not lose their job during recessions often see their purchasing power increase due to falling prices.

"There are more students in my classes this quarter, but I am not certain how many are attending because of layoffs or retraining at work," said Stanley.

"This is a common feature of many recessions – enrollment tends to go up. This is certainly related to a decline in the other opportunities that are available

in the job market. In that sense, we can say the 'cost' of attending college – measured in terms of what you give up [opportunity cost] – may be lower for many students during an economic downturn as the cost of attending college [is effectively lowered because of the lack of other productive and lucrative opportunities]."

Stanley shied away from attaching any timeline to the recovery process.

"Economists much smarter than me do not seem to be in agreement on this point."

City to celebrate 50th birthday at Highline

A black tie affair is coming to Highline's Student Union on March 21 to celebrate the city of Des Moines' 50th anniversary.

The gala will include cocktails that start at 6 p.m., a silent auction, dinner at 7 p.m., dancing and a performance by local entertainer Joey Jewell. Jewell, along with an orchestra, will sing in a Frank Sinatra style.

This is just one of the events that will take place this year, said Donna Longwell, Highline instructor and chairwoman of the event.

Des Moines' birthday was

June 17, 1959. The gala will benefit the big birthday celebration in June. Tickets for the gala are \$75 per person; a table for eight can be purchased for \$560.

The evening is open to the public, Longwell said.

"It will be attended by Mayor Bob Scheckler, numerous dignitaries including legislators, council members, and former mayors," she said.

Tickets are available at Corky Cellars or Washington Mutual on Marine View Drive in Des Moines, or at the Des Moines

Park and Recreation, 1000 S. 220th St.

For information, call 206-870-6527 or 206-870-4366.

This summer's festivities include "an expanded display of fireworks over Des Moines on July 4, followed by a concert by Junior Cadillac; and an anniversary summer festival on July 18 with a Seafair-sanctioned grand parade, car and boat shows, cultural activities, a sock hop and barbecue, children's activities, a teen dance, and the Des Moines waterfront farmers market," Longwell said.

Love Carefully.

Annual check-ups, birth control, emergency contraception, early abortion, HPV vaccine, testing for pregnancy and STIs, education and treatment.

Planned Parenthood
of the Great Northwest
www.ppgnw.org 1.800.230.PLAN

Ask if you qualify for reduced fee services. We'll bill most major insurance companies.

Planned Parenthood® is a 501(c)(3) not-for-profit organization. ©2009 Planned Parenthood® of the Great Northwest.

In Kent across the street from Fred Meyer at 10056 SE 24th.

A long road to Highline

Educational planner Mouy-ly Wong survived flight from Cambodia

By **BILL SCHLEPP**
Staff Reporter

Mouy-Ly Wong works in the Highline Resource Center as an educational planner and retention coordinator, and has been working at Highline for five years. But behind her extremely long title and her warm smile, there is a story of struggle and survival.

Mouy-Ly Wong was born in Cambodia and came to America as a refugee during the genocide of the Khmer Rouge period.

She does remember a little about her early childhood before the genocide broke out. She said that they are more like snapshots of her past. She said that her memories as a child are very warm, things like playing outside with friends, getting ice cream from the ice cream man, just a normal childhood.

In 1979, the leader of the Cambodian Communist movement, Pol Pot, wanted to start the country off on a brand new slate. Pol Pot thought that killing all the wealthy, the highly educated and the families in business was a good way of starting the country over again.

Wong said that he was “similar to Hitler” in the way he dealt with people. In this period there were approximately 2,000,000 deaths.

When the genocide started, Wong and her family were forced into separate concentration camps and were forced to stay for around two years.

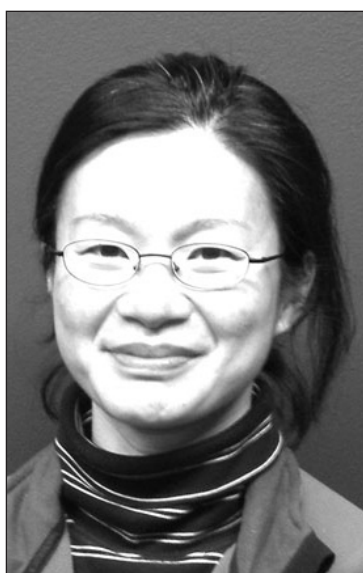
“I am fortunate not to be able to remember a lot of the shooting and killing itself,” Wong said.

To this day some of her family members suffer from the memories of some of the terrible things they witnessed during the genocide. This is known as post-traumatic stress.

She said that they would separate the families into different concentration camps by putting the fathers in one camp, and the women and children in the other. She said the reason they did this was “so you can’t escape, so there is no possibility of leaving your loved ones, because you would not leave without them.”

She said that there were three children in her family, including her older sister and her older brother. And in order for their mother to have any food for them she would have to work in the rice fields from around 4 a.m. to sometimes 9 p.m.

Her mother’s reward for this work was rice porridge, which consists of “a simple bowl, filled with murky dirt and a couple grains of rice.”



Mouy-ly Wong

In the camp you wouldn’t get any food if you didn’t work, no matter how sick you were. She said that she doesn’t remember seeing much of her mother in the camp because she was out working all day.

When their mother left, the children were left alone on the camp the whole day. To stay out of the sun, they set up a small tent-like covering.

She said that during the day the children had to do something to keep themselves occupied, because a child cannot sit in one spot for hours. So to keep themselves busy “we would go out and find little rocks, and we would make them into marbles,” she said.

Because her mother was out in the fields all day she said that “our sister was really our provider, she was like our mom. She would take us out across the river sometimes to find food.”

They would look for things like beetles, crickets and insects to bring back to the camp so they could fry them up and eat them.

Wong said that once in a while the mothers were allowed to visit the husbands. Her mother told her father that they were in a very bad situation and that the kids would not have enough food, and that they couldn’t hold out like this much longer – that they had to escape.

The following night, their father met up with them and they all got out of the camp without getting caught.

Wong said that once they got out they felt so lost. She compared being lost in the woods to running away from a tornado: which way would you go? What direction would you take?

“I remember my mom telling me that she would have her knives ready,” Wong said. “So she would sit with all of her kids surrounding her.”

Wong said that she can remember hearing wolves in the night, and said that her mother

just didn’t know what to do about it.

The way they got past wandering through the forest without starving was because her mother had some extra rice from the camp that she would slip in her pocket. At the camp there was a rotation on who would get the extra rice from the fields. So their mother would cook up some rice with some salt and sugar for them to eat.

They had no idea where to go, Wong said, but after days of wandering through the forests of Cambodia they miraculously made their way to a refugee camp.

“Today I could say that God was watching over us,” Wong said.

She said that she is still amazed that her family made it through all of the things such as bandits, mines, booby traps, wild animals and all of the other dangerous things to make their way to safety.

But once they reached the refugee camp, their problems weren’t quite over. While they were there, her mother was pregnant and soon to be due with their little brother.

When they were about to leave the country and escape to

either France or the U.S., her mother went into labor so they could not leave. Her mother thereafter gave birth to her little brother.

A guard who worked at the camp wanted to have a son but could not have one.

“Because my mom had a son, he told my mom that we can’t leave unless she gave him my younger brother,” Wong said.

Her mother said no and told him that they would not leave unless the whole family was going.

To this day, Wong said, she doesn’t know what her mother told the guard, but somehow he let them go without taking her little brother away.

Around 1980 they finally made it to America.

When they arrived they moved into the Rainier area of Seattle.

Wong said that they were a little different from many other people who lived in the area, and that some thought that they were strange because they had things such as roosters and chickens in the house.

But, she said, “In Cambodia, that’s what you do is farm.”

She also said that growing up here could be tough at time, be-

cause some of the other children could say hurtful things.

“The people that were in my class, there was a lot of jokes and things like that, that were pretty hurtful for a young person” Wong said.

But despite it all she was able to get through all of the hurtful things others said.

She also said that it was very hard to learn English because “it’s nothing like Cambodian.”

Some of her teachers as a child told her not to speak Cambodian at school, and to speak more English.

She said that she didn’t speak it as much as she would have liked throughout her lifetime from then on. Because of this, she said that she lost some of her Cambodian language.

Today, Mouy-Ly Wong and her family are very close and still get together often.

Although she has been in America for 28 years, she has never gone back to visit Cambodia, and she may never go back.

Her mother told her that she doesn’t want her to go back because she feels that it’s not the same Cambodia because of the terrible incidents that happened while they still lived there.

Apply all of your qualifying Associate Degree credits to a Bachelor’s Degree.

Apply your qualifying associate degree credits and earn a bachelor’s degree at DeVry University. We offer bachelor’s degree programs that can lead to rewarding careers in Business, Information Systems, Healthcare Technology and more.

Students who have completed their associate degree can earn their bachelor’s degree in as few as 1 1/2 years. So think about completing your education in an accelerated degree program that’s just right for you.

To get started, visit
DeVryCompletion.com/HCC or call 866.215.3847

DeVry University is accredited by The Higher Learning Commission of the North Central Association, www.ncahlc.org.

Program availability varies by location.

© 2009 DeVry University. All rights reserved.

DeVry
University

We major in careers:™

3600 S. 344th Way
Federal Way, WA 98001

Highline’s budget hinges on revenue forecast

By **SIDNEY PACAMPARA**
Staff Reporter

State officials are waiting for the next revenue forecast to see how to weather the economic storm.

The General Fund-State revenue forecast will be released on March 19. It is part of Washington’s official economic forecasts released quarterly and prepared by the Washington State Economic and Revenue Forecast Council. It serves as the basis of most budgeting in the state.

The forecast will give a prediction of the amount of money being collected by the state through different revenue agencies. The state gets most of its tax money through sales and property taxes; the recessionary economy means that sales tax collections are down.

The amount of revenue subject to be collected provided by the forecast will help direct the

Legislature and the governor’s office with how much needs to be cut on the state level, said Desiree Carson, office administrator for the Economic and Revenue Forecast Council. She said the forecast’s purpose is to only provide the numbers, and it is up to the different departments to use the numbers as they see fit.

“[The forecast] is created so both (Legislature and the governor’s office) have numbers to work with,” Carson said.

Those numbers will have an impact on funding for colleges such as Highline. Tuition only pays for about 30 percent of a student’s education, with the rest of the money coming from the state. Highline already has trimmed 7 percent from its budget in anticipation of state budget reductions.

The numbers that the forecast council prepares for the state are a result from numbers on the

national level. The forecast begins, Carson said, by looking at the national economic forecast provided by IHS Global Insight, a financial and economic coverage organization, and other supplemental national forecasts.

The November 2008 quarterly economic and revenue forecast publication, made to summarize each official economic forecast, refers to IHS Global Insight as “the primary driver for the state economic forecast.”

Carson said the national forecast is reviewed by the Governor’s Council of Economic Advisors. A model for the state is produced, she said, and is used by the forecast council to lay the foundation of the state forecast.

The forecast council is led by Executive Director Arun Raha and includes Carson and three economists.

An econometric model is used, linking the national forecast to the model of the state. The forecast

is reviewed and later finalized.

Carson said the economic forecast numbers predicted have generally been smaller than what has actually been collected, but the recent trend has resulted in revising the numbers to a smaller amount.

The February 2008 forecast initially projected \$31.9 billion but was lowered to \$30 billion for the November 2008 forecast, a 5.8 percent decrease.

Carson said another revision to lower the amount might occur for the March forecast.

Budget reductions that have occurred have been made in preparation of the March forecast. The forecast council provides an early guidance forecast that isn’t official but offers as a “heads up” of what will be expected, Carson said.

A belt-tightening bill was signed in February that will cut the year \$32 million for spending.

“It also restricts specific activities such as hiring, traveling out of state, purchasing equipment, contracting, etc,” said Charles Earl, SBCTC executive director, in a recent released memorandum.

“The colleges had already been planning for this cut, as we saw it coming, so many had already taken steps to make those current-year cuts before the bill passed,” Runyon said.

Janelle Runyon, director of communications for the Washington State Board for Community and Technical Colleges (SBCTC), says the March forecast is one of their main concerns at the moment.

She said the State Board is waiting for the Legislature to provide their biennial budget and any other major changes will be made after the economic forecast is released.

“We are on wait and see mode,” she said.

International students cleaning up Highline

By **DARIN MCCLURG**
Staff Reporter

International students are showing their love for Highline and its environment with multiple volunteer opportunities planned.

The first event, centered on cleaning up around Highline, took place last Friday. Volunteers went around to the smoking areas on campus picking up cigarette butts and other garbage to make the campus a cleaner place.

The events are being put together by students from the International Leadership Student Council. The international council is made up of student leaders who plan activities, events, and trips throughout the year.

“When I walk by the smoking area and there are so many cigarette butts on the ground, it makes me sad,” international council Social and Cultural Events Coordinator Takuya Kawamura said.

Kawamura doesn’t want to discourage smokers though.

The goal is not to get people



Students dig for cigarette butts on campus last Friday.



The residue of an hour’s collecting.

to quit smoking, but to make the campus cleaner, Kawamura said.

If you are looking for volunteer opportunities, there will be more on the way.

“Next I’m thinking about doing an event to encourage people to recycle,” Kawamura said. The event would take place sometime in Spring Quarter.

This Saturday, March 14, students

can participate in another volunteer event to help clean at Des Moines Beach Park, 22030 Cliff Ave. S.

Volunteers are needed to help clean up trails and to clear out ivy from the ground and trees because it is thought to harm the local trees.

“I want to have this event to help restore our local park as well as activate the love that our students have for our lovely environment,” said Ha Truong, Volunteer Bank coordinator for the international council.

The Volunteer Bank is a pro-

gram that helps students find volunteer opportunities in the community. The program often provides multiple volunteer opportunities on and off campus every quarter.

There are no limits on the amount of people who can participate, but you will need to sign up in advance to make sure there are enough gloves and tools for everyone.

Volunteers are also encouraged to bring their own equipment if they can.

To sign up, go to the International Student Programs office

in the fifth floor of the Library and sign a waiver available at the front desk. After that, you’re good to go.

“Show up at 9 a.m. in front of Building 29 on Saturday to take the bus with us, or be at Des Moines Beach Park at 9:30 a.m. if you decide to go by yourself,” Truong said. The event will probably last around three hours.

“I hope the people who come to the event will have fun, have a great time volunteering, and learn more about our environmental situation,” Truong said.

And on the seventh day, they tested

Proctor makes offering of Bible lit class

By **GRANT SNYPP**
Staff Reporter

Shannon Proctor will be teaching a course next quarter on polygamy, incest, fratricide, and talking animals. And it's all in the Bible.

Proctor, who teaches speech and mass media, has worked at Highline since 1998. Her academic accomplishments include, "a master's in speech communication from University of Illinois and a master's in divinity (a practical theological degree) from Fuller Seminary this summer," said Proctor.

She said The Bible as Literature could benefit all people, including those who aren't Christian.

"This class is for anyone. One of the purposes of a liberal arts education is to have some understanding of major literary works – the Bible counts as a major literary work," said Proctor.

She also said that for those who may be considering reading the Bible by themselves and for fun, that this is a great way to get credit for doing what one may be considering anyway.

"Some people have never read the Bible, so this class will give them an introduction to a text that many find difficult. You have to remember that this is ancient literature – you just don't pick up a book by Aristotle and read it for pleasure; it takes work to understand it," she said.

"The class counts as an Area I humanities, and most students need at least one of those," Proctor said.

Her reason for wanting to teach this class is "because I love the Bible. It's more enter-



Highline professor Shannon Proctor promises a great read in studying the Bible.

Cody Nguyen/THUNDERWORD

taining than any superhero movie Hollywood puts out. Where else can you get brother killing brother out of jealousy, a prisoner who rises to be second in command of Egypt?"

Analyzing the Bible will be the main focus and objective for this class.

"The only textbook required is the Bible, so we will be reading it a lot," she said. "We focus on the major stories: Creation, Abraham, Moses and the wanderings, David, the Exile, Jesus' ministry and the early church and Paul's writings. We read the Bible, we figure out how it

was understood by its original audience and we discuss how the author(s) communicated their message. We also look at Biblical themes in other areas like art and film."

She has had experience with this class and subject before.

"I have taught this class once before and it was great," she said. "They [the students] gave presentations on their favorite Biblical character, they wrote their own Proverbs (wise sayings) and parables (short hypothetical stories with a point). We watched *Jesus Christ, Superstar* and made fun of the 1970s. It

was fun."

She said it's not hard to separate her faith from her teaching.

"I am a Christian. Maybe I am being naïve, but I find it very easy to separate my faith in the Bible from teaching it as literature. First, most Christians look at the Bible as a piece of literature," Proctor said.

"Plus, this class isn't an evangelistic endeavor; the purpose is not to make Christians out of the students. The purpose is to increase their Biblical literacy (so they do well on game shows like *Jeopardy*.)"

She said she intends to go

about teaching the Bible as literature, rather than divinely inspired truth by emphasizing the secular truth.

"Anyone who teaches literature knows that stories communicate truth. The Bible is no exception," she said.

"Just like a novel by Jane Austen communicates truth about English society in the 17th century, the Bible communicates truth about ancient societies," Proctor said. "In The Bible as Literature we seek to find that truth, small 't'. In a Christian-based Bible study one would seek the Truth, big 'T'."

Engineering students put power in paper for contest

By **NICHOLAS MCCOY**
Staff Reporter

Highline will race in the 2009 Human Powered Paper Vehicle Competition at Eastern Washington University on April 4.

In the competition, students at different schools form teams to design and construct a vehicle out of 90 percent paper (by weight) and which can be powered by a human being.

"They prepare and design their vehicles in Winter Quarter and then we take them and we

race them in April," said Richard Bankhead, the Engineering Department coordinator.

The maximum total weight of the vehicle is 75 pounds, and each vehicle must be able to support a rider weighing 120 pounds at a minimum. Penalties are taken if the rider is forced to touch the ground in the course of the race.

The race was founded in 1997; Highline participated for the first time in 2004.

Highline won first place for presentation last year, with a

vehicle called Gears of War. In 2007, Highline swept first place for both presentation and performance.

Highline will have two teams participating in the race this year, Team Avocado's Number and Team Weyerhauser's Revenge.

Team Avacado's Number includes Jason Miklovich, a drafting student; Gursh Singh and Ryan Zanger, who are pursuing mechanical engineering; and Idil Ahmed, an architecture student. The team's name is a pun

based off of the Avogadro constant, also known as Avogadro's Number, which is used to quantify the number of atoms or molecules present in a substance.

"The symbol of our team is an avocado with the number 23 in superscript," Miklovich said.

"We're building a life-size human hamster wheel," Miklovich said.

"Making anything other than paper out of paper is a bit of a challenge. Our design really pushes the boundaries of what's possible with engineering, let

alone with paper," he said.

Team Weyerhauser's Revenge includes J.R. Moss, who is studying mechanical engineering; Mike Jurasek and Viet Ong, who are studying electrical engineering; Nimesh Perera, who is pursuing Human Centered Design Engineering; and Miyako Takitani. They are designing a three-wheeled rowing powered car.

"Basically it's a rowing design. We pull a cord towards us and it goes around a pulley and spins the wheels," Moss said.

By GRANT SNYPP
Staff Reporter

Finals are quickly approaching and students are starting to feel the pressure.

Students say that the stress can be both a hindrance and a positive thing.

Shawn Joseph, 19, says that stress is an issue of concern for him.

“Yes, stress definitely begins to mount for me by the end of the quarter. In the beginning, the stress is really low. I feel that not as much is expected of me,” he said.

David Sanchez, 16, said, “by the end of the quarter stress really isn’t a factor for me. I feel good at both the end and start of the quarter because at the start I am excited because I am looking forward to how well I will do, and at the end I am excited because I feel I will be rewarded for my effort.”

Sara Ahmed, 21, also said stress becomes a factor later in the quarter.

“The final and those things together make it a pretty stressful period. At the beginning you don’t really have that much stress, like everything is the beginning and it’s all OK, but when the exams are scheduled closely together it can be rather overwhelming and nerve racking,” she said.

“Yeah, tell me about it.” Jazmin Rico, 20, said. “In the beginning I only feel positive motivation towards school and in the end the stress is definitely there, what with finals, among other things, signing up for classes for next quarter and getting the books.”

Many factors contribute to creating stress for students.

“How I feel at the end of the quarter depends on what clubs and other obligations I have, but what is consistent between all the quarters is a lot of late-night studying near the end of the quarter,” and procrastinating, Joseph said.

Jessica Tan, 17, possesses fear because, “I put in so much work and when the end comes around I am fearful that I won’t be rewarded for my hard work,” she said.

Ishmael Katende, 23, said “My stress level increases every time there is an exam, but it doubles up when the end comes around because it is now the end and there are no more chances.”

International students such as Hanna Jazzyca, 20, and Dilara Ozgoren, 19, have stress because English is their second language and that makes learning during a lecture particularly difficult for them.

For Jazmin Rico, stress is a result of having a full plate of responsibilities.

“I am a parent so I got a lot of responsibilities and that creates stress. I don’t have a lot of time

STRESS FEST



Jessica Lovin/THUNDERWORD

Students deal with end-of-quarter stress

to go to school, do my homework, or the time to make much money. I like to do activities with my friends to relieve stress without my baby,” she said.

Just as the reasons for experiencing stress differ between people, so too does the way in which they cope with it.

David Sanchez copes with stress by “trying to stay focused and calm.”

Sara Ahmed deals with her stress by “removing myself as much as possible from the stressful situation for a while and try something different like watching movies or listening to music and then go back to studying.”

Ozgoren says she deals with stress by “meeting new American people to practice my English or by talking to and sharing my feelings with other non-

native speakers who share my problems and I don’t feel so bad.”

Still others don’t bother to try to cope with stress and instead just learn to coexist with it.

“I just deal with it and continue forward,” Ishmael Katende said.

Stress affects people in all sorts of ways, some of them bad, some of them good.

Tan says she suffers physically from the stress.

“Stress can give me headaches and make me lose sleep because when I lay in bed, I think about the source of the stress and then it is difficult to doze off,” she said.

For some people it makes them more reclusive.

“Stress gives me headaches and I am usually not interested in hanging out with anybody,

unless I have to. I don’t want to hang out with other people and get them down about how stressed I am and also I know that hanging out with my friends wont diminish my stress,” Ahmed said.

Bruna Shehu, 28, said that stress has a positive impact on her schoolwork.

“The stress affects me kind of positively, and it makes me get my work done. I do procrastinate a little but to help lessen the stress, I do begin to do my work more actively,” she said.

But most agree that the overall net effect is negative.

“Stress affects me by making me anxious and that leads to the rushed or hurried actions that can sometimes result in mistakes, and when I am stressed and studying I don’t like to be bothered,” Shawn Joseph said.

Highline students receive honor

Two Highline students have been named members of the 2009 All-Washington Academic Team.

Highline Student Government President Lance Frank and Running Start student Tierney Kuhn will each be recognized by Governor Christine Gregoire at a March 26 awards ceremony at South Puget Sound Community College in Olympia.

They will also each receive a \$250 scholarship from Key Bank and a \$500 scholarship from the Northwest Education Loan Association.

Adviser needed for poker club

A student group would like to reform the Poker Club and is in need of a faculty or staff adviser.

Club advisers should be familiar with the subject of the club and able to put in the time to work with the students involved.

For more information, contact Jodie Robinett in Student Programs, jrobinet@highline.edu.



Rally

continued from page 1

Nathaniel Anderson, Pierce College student, spoke on what he felt were the two main concerns: services and activities being cut and the access for students.

Anderson said that it is important to offer a variety of classes so students can be ready to enter into their majors once they approach the four-year university level.

Dr. Michele Johnson, Pierce College district chancellor, talked about how society needs education to be something that is obtainable.

"We need to keep the door open and help create a solution," Johnson said.

Shane Voss, Grays Harbor student, said the audience are the ones who need to make the change and that society needs to focus on rebuilding and regaining the community, state and country.

After about two hours of talking students still weren't done sharing. Students reassembled outside on the steps of the Capitol building for more.

Adam Kortlever, Associated Student president at Bellingham Technical College acknowledged that one rally will not likely make a huge dent in any decision by legislators.

"This rally was one step of many that need to be taken in order for our voices to be heard. The student voice is a strong one; we are the backbone of our state and our nation. We provide for the future, we create the future, we are the future," Kortlever said.

Kortlever said he thought that the rally went well. "The support we had during the Student Rally was amazing; we shook the walls of the Capitol and rattled the minds of our Legislators.

Students came from all over to be heard, many had very moving testimonies about their struggles with trying to earn a higher education," Kortlever said.

"Legislators desks were bombarded with slips of paper that many of the rally's attendees filled out with questions,



Liz Phillips/THUNDERWORD

An audience member spoke out against the Legislature saying that they were just thinking of the numbers and not the students.

comments, and concerns. It is a rare opportunity to see so many people united for a single cause and I am blessed to have been a part of it," Kortlever said. "We will never stop in our fight towards justice, for the rest of our lives and for the rest of time, we will seek to better this earth and all who inhabit it. Our voice will be heard."

Although organizers and participants praised their efforts, many legislators said they had no idea the rally was taking place, and only four actually saw it.

Although the testimonies were heartfelt and student involvement is important, legislators say it won't be making a huge impact on the budget cuts.

"Student activism is very important to remind legislators of the importance of education funding. My political career began as a student activist and I think it is critical for students to speak up and participate," said

State Rep. Dave Upthegrove, D-Des Moines.

"The unfortunate reality is that we have to cut \$8.3 billion in services in order to balance our budget, and higher education will face painful cuts."

Legislators say the recession is killing state tax collections, and that the budget must be cut as a result.

"I am very concerned about the budget cuts being considered. As chair of the Health Care Committee, I am especially worried about cuts that will do real harm to vulnerable people. But the economy is creating a disaster for our state's budget, and we are being forced to consider cuts at least in the short term, that will be extremely painful," said Senator Karen Keiser, D-Kent.

Still, legislators didn't discourage the students' efforts.

"A combination of efforts will make the difference in the long run. In itself students

simply coming down for one day to protest won't make the difference. The protest in combination with further communication with the legislature will make all the difference. I suggested that students call or email their Representatives and Senators. If large numbers weigh-in on the tuition issue then you can make an impact," said State Rep. Deb Wallace, D-Vancouver. "What I suggest students consider is asking that the cuts be minimized to higher education and that tuition be set at the state mandated cap adopted into law," Wallace said.

"It is absolutely essential that student voices be heard to push, prod and advocate for higher education funding. This is a serious time and everything helps. Students can't disengage and expect the Legislature to do the right thing without a little help from activists," said State Rep.

Reuven Carlyle, D-Seattle. "The community and technical colleges are the foundation of our economic recovery strategies and the showing by students last week was awesome," Carlyle said. "We're living in extremely serious times and we need students to step up and step up and step up."

"I think having students come to Olympia is very important to influence the decisions that will be made this session. I am especially concerned that some of our community colleges are looking to raise tuition or other fees that would place an additional burden on students who are already struggling with debt," said State Rep. Tina Orwall, D-Normandy Park.

"Unfortunately the economy has not stabilized and we have a growing budget deficit that is quite daunting. This will result in cuts to higher education and in other critical areas such as human services," Orwall said.

S&A

continued from page 1

said.

"I can say, however, that when a request does come through, the task force will again be called on to delve deeper into the request and come up with a sound recommendation for Student Government."

Frank said that the S&A Budget Committee will play the greatest part in that decision, especially as to the amount of money coming out of which ac-

count.

Right now, the option that makes the best sense is using funds from both the contingency account and the Fund Balance Account, to prevent the Fund Balance Account from getting too low.

A large portion of the S&A Budget has been allocated to the Early Childhood Learning Center each year.

Now that the Early Childhood Learning Center has closed, there is a great amount of extra funds.

Last year, \$71,000 was set

aside for the Early Childhood Learning Center and the year before, around \$85,000 was allocated.

"Because of Highline's decision to close the ECLC, the S&A Budget will now have about \$71,000 in unallocated funds," Frank said.

"Though we understand the circumstances under which the administration made this decision, we are disappointed that it ended in that way and feel that S&A funds were being used well when they supported the ECLC."

There is a current committee called the Childcare Transition Task Force that is helping to make the closing of the Early Childhood Learning Center easier for the parents who would have been using the childcare center next school year. They are also looking into a possible childcare voucher to help those parents.

Most of the unallocated funds will be used to support the Childcare Transition Task Force.

"I will say, however, that we do not guarantee that the

voucher program will work, it is still in its fledgling stages and there are a lot of questions that still need to be answered by the CTTF," Frank said.

It will be a couple more months before any official decisions are made and as of now, nothing is certain.

"For the upcoming biennium, it is difficult to say what will happen," Frank said, "but through all of this, it is Student Government that makes the final decision on funding requests and where the money comes from."

Meth

continued from page 1

it hardcore until my high school years,” he said. He added that he did participate in sports but that he never felt like he fit in with the jocks and the preppies.

Rodocker said that as time went on his disease of addiction progressed and that marijuana eventually led to harder things.

“A lot of times I drew the line in the sand and said ‘this is it’. Then I’d end up crossing that line and I’d draw another one,” he said. “Addiction and drugs, it’s a progressive disease. It’s never going to get better. It’s always gonna get worse.”

He dropped out of high school his junior year, and said that he couldn’t hold a job.

“When I found the drug that I just fell in love with, and that was methamphetamines, I couldn’t put it down, I couldn’t stop,” he said. “I lost everything. That’s when I first realized ‘Hey, maybe I have a problem with this.’”

After high school Rodocker joined a rock ‘n roll band. His lead guitarist was a house painter and got him into the trade of painting, but he said that he just couldn’t hold a job.

“For me it was like my addiction was always talking to me. My disease of addiction would

talk to me in my own voice,” he said. “What I would do is I would go out and get a job, get a few paychecks, get a little place of my own and get a girlfriend. That’s when my addict would start talking to me.”

Rodocker said that the addict in his head would tell him that “You’ve got it going on now, now you can do drugs responsibly” and that “It’s gonna be able to be different this time”.

Rodocker would start using a drug casually during the weekends, but eventually it would take over his life again.

“For me, once I picked up that first drug it was all over, because I didn’t know how to stop,” he said. “I’d [lose my] job, be unable to pay rent, eventually the girlfriend [would] get tired of it so she’d leave, and there I’d find myself again on the streets.”

“Every six, nine, 10 months I was finding myself evicted, out on the streets again, then I’d run back to the parents’ house,” he said. “Through their unconditional love they’d let me in, but then it just kept going.”

Rodocker said that while at his parents’ house he would take and sell items of worth just to get another score. He added that the lowest he ever felt was when he took stuff from his grandmother’s house after she died.

“That’s the one that really

hit me hardest. But I’ve broken into houses and stuff like that, just whatever it took to get another drug,” he said. “But the one that really sticks with me is taking all my grandmother’s stuff after she passed away.”

Rodocker said that the drugs themselves stopped being enjoyable the deeper he spiraled into his addiction.

“At first it was fun, I had a fun time doing it, and then it became a job of getting it every day, and after that it was straight misery,” Rodocker said. “I would land in a hole and I would keep digging. Towards the end it was just for me to feel normal, it was no longer fun.”

Rodocker said that he told himself a lot of times, and that he was really sincere about it, that “this is it, I’ve had it, I’m never using it again.” However he said that after a few nights sleep he would be back on another run.

“It proved to me then [that] I could not do it alone, I needed help, I needed the help of a support group,” he said. “I’m so glad I just got out of the grips of it.”

The grip of addiction had left Rodocker on the edge of society.

“I’ve lived on the streets. I’ve lived under overpasses, I did whatever I had to do to get another drug, and it was misery.”

Rodocker said that the cycle continued through his 20’s, and that he finally got clean when he was 30 years old.

“I was living on the streets and I was going to jail on a regular basis. I’d find myself sitting in the jail cell, staring at the cinder block wondering ‘how’d I get here again?’” Rodocker said. “It came to a point in my life where I had to do something different.”

While he was in jail Rodocker went to Narcotics Anonymous meetings within the facility.

“They were throwing hope my way, so I just kept going,” he said.

He said that when he was released from jail he freaked out because he didn’t want to go around the old areas, or be around the old people.

“I went to my parents’ house, and they were done with me, they were like ‘every time you come here, you rob us, you take everything of value out of the house,’” he said.

He said he called the minister that helped him out in the jail, and that he put Rodocker up in a hotel for the night. The following day the minister took Rodocker to the Salvation Army in downtown Seattle where he started his road to recovery.

Rodocker worked at the warehouse for the Salvation Army. They provided housing

for him. In exchange he had to go to nightly Narcotics Anonymous meetings.

“I left everybody I knew behind and went to Salvation Army and started a new life,” Rodocker said. “I got clean July 5, 1999, and I’ve been clean ever since.”

Rodocker said that it definitely is the drug, and not the person himself, that leads to the addiction.

“Methamphetamine in my personal opinion is a very evil drug. Here I am 40 years old, and what it’s done to me physically is that it has just ruined me,” he said.

“I’m losing all my teeth, these are all fake,” he said showing his teeth and pointing. “[They’ve been] totally rotted out because of use of methamphetamines. [And] my face is all broken down. It’s an evil drug.”

Rodocker has picked up his old trade and has steady work as a commercial painter.

He now gives back to the community by speaking at different facilities as a recovering addict.

“There is another way, if there’s anything I’d like to say is that there’s hope for people that are in active addiction, because a lot of people get out there and they feel like there’s no way out,” he said. “I’m here to tell you man, there’s another way. If I can do it anyone can do it.”

DO SOMETHING GOOD
FOR YOU &
THE ENVIRONMENT

GET GREEN

RECYCLE YOUR BOOKS & GET CASH
HIGHLINE CC BOOKSTORE BUYBACK
MARCH 16 - 20, 2009
Monday, Wednesday & Thursday:
9 am - 5 pm
Tuesday: 9 am - 6 pm
Friday: 9 am - 1 pm
STUDENT ID REQUIRED