



Festival unites communities in Federal Way/ P8-9



Des Moines Creek Trail is almost ready for use/P10

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The Thunderword

Highline Community College

Transfer roulette

Thanks to state budget cuts, transferring to a four-year has become a gamble

By **MELISSA L. SMITH**
Staff Reporter

Transferring to a university without an associate's degree will be more difficult due to state budget cuts. Each Washington university is determining how to cut millions of dollars from its budget over the next two years. As a result, admissions are being curtailed and tuition is going up.

"We are funded by the state to educate a certain number of students and so that is the target enrollment that we shoot for," said Norm Arkans, University of Washington associate vice president for Media Relations.

"When the state writes its budget, it has a formula; there's a certain amount of money they provide per student. You can't educate the same number of students without the same amount of money," Arkans said.

Educating fewer students entails an even more competitive enrollment process at most schools. Students with associate's degrees will have a sub-



Jessica Lovin/THUNDERWORD

stantial advantage over those who plan to transfer without.

Among the state's public four-year schools:

- At the University of Washington, transfer students who are best prepared for their major are most likely to be admitted.

This includes students who have already completed an associate's degree.

- At Washington State University, only transfer students with associate's degrees were accepted after May 1.
- Central Washington Uni-

versity guarantees acceptance for students with associate's degrees and a grade point average of 2.5 or higher.

- The Evergreen State College accepts all credits transfer stu-

Please see Transfer, page 16

Work study has plenty of jobs, nobody to take them

By **KANDI CARLSON**
Staff Reporter

If you are looking for work, work study may be the answer you are looking for.

"Work study is a great opportunity," said Diana Baker of Work Force Development Services.

At this point, Baker has not seen any decline in the availability of work, she said.

"What I don't have are students who want to do work study."

The work study only allows a student to work a maximum of 19.5 hours a week, Baker said.

"Students may [not be interested in work study] because they want to find more employment or focus more on their studies," Baker said.

"What students may not understand is that work study is a type of financial aid," Baker said.

"So it does not count against expected family contribution in

calculating financial aid eligibility."

Students' expected family

contribution is how much a student is expected to contribute to their education cost, Baker said.

This amount does not reflect what a student can pay.

What that means is that work study does not affect a student's financial aid award.

In addition to not affecting a student's available financial aid, students can earn their practicum credits while getting paid to work, Baker said.

In fact, "many employers end up hiring their work study employees into full-time positions," Baker said.



Baker

"For students who don't have any working experience, work study is great," Baker said.

The first step is to apply and that is done through the Financial Aid office, Baker said.

Once Financial Aid determines eligibility, a letter is sent to the student, telling him or her to meet with Baker for an orientation, she said.

She helps students put together a plan and find work that is appropriate for their course of study.

Students are required to find a position that is related to their individual field of study, Baker said. Employment opportunities vary greatly and can be found both off and on campus.

Some of the jobs available to students include: accounting assistant, billing clerk, medical records assistant, receptionist, English tutor, legal file clerk and switchboard operator, to name only a few.

More than 250 jobs are available to students.

"Work study is available every quarter but is dependent on the student's financial aid," Baker said.

There are fewer jobs available during Summer Quarter, but "in the fall, there will be a flood of jobs available," she said.

This is because transferring and graduating students have left those positions, Baker said.

Depending on the type of work study a student participates in, he or she can work on or off campus.

There are two types: federal and state. Federal work study offers positions on campus but state work study can be on or off campus.

Federal work study is minimum wage, whereas State work study can range anywhere from minimum wage to \$17 an hour.

Students interested in finding out what positions are currently available can look at the job board located in the upper lobby of Building 6.

"Come in and talk to me."

Student elections hit a snag

BY **DAN BOZE**
Staff Reporter

Highline students will not get a chance to vote on the new vice president for Student Government.

The only two candidates for the office dropped out over the last week, and Student Government officials say they will appoint a new vice president.

Voting for president, where there is only one candidate running, continues today in the Student Union.

Vice presidential candidate Ashley Burman dropped out last week. The remaining candidate, Jesus Sablan, dropped out late Monday afternoon.

"We found out he didn't meet all of the qualifications," said Jonathan Brown, associate dean of Student Programs.

"We want to make it clear that he came forward himself and offered his resignation," Brown said.

Student Government and Student Programs officials apparently hadn't noticed on Sablan's candidate application that he wasn't taking enough credits to qualify, until he mentioned the fact in a candidate forum last week. Student Government officers need to be taking at least eight credits; Sablan was only taking five.

That leaves officials in Building 8 scrambling to find a replacement.

"We're going off the past and interpretation," Brown said. "The circumstances are outside the Constitution."

The Constitution makes reference to special elections, and Student Government positions were filled in special elections in fall 1998 and 1999.

However, Student Government President Lance Frank said there isn't enough time this year to run a special election for the vacant office.

"Elections need to be at least two to three weeks," Frank said.

Student Government elec-

Please see Elections, page 14

The Thunderword / May 21, 2009



Graduate ring sales representative robbed

A representative for Jostens was in the bookstore to sell graduation gowns and rings on May 12. When she returned to her car, she noticed the driver side door had the lock punched out. About \$800 worth of material was stolen, including clothes that she had just bought and two suitcases with three pairs of shoes.

School janitor's ribs fractured by table

Two custodians were moving folding tables from the first to second floor of Building 8 on May 12. As they were transporting the table mover into the elevator, the wheel of the mover got stuck on the elevator track.

One of the custodians was struck by the corner of the table.

He found out later that he had fractured his rib when he went to see the doctor.

Shouting student silenced by staff

An agitated student was swearing loudly to himself while waiting for a scheduled meeting with an instructor in Building 29 on May 13. A faculty member told him that his behavior was causing concern with the staff members who overheard him. The student apologized and said he would be quiet.

Student injured in fall

A Highline student fell in the west side stairway in Building 23 on May 14. She injured her back and had breathing complications.

South King Fire and Rescue arrived on the scene. She was transported to Highline Hospital for further evaluation.

Reported car prowler was just locked out

A man was reported trying to break into a car in the south lot on May 18. When Security arrived, he said it was his girlfriend's car and that she had locked herself out. He was waiting for a spare set of keys because he couldn't get in.

-- Compiled by Yuriy Torchilo

Donate to win prizes, help Cambodian kids

A charity drawing of prizes is being held this Friday to help raise money for the education of children in Cambodia.

The Fundraising to Make a Difference Club organized the event.

Tickets are available between 10 a.m. and 1 p.m. in the Student Union until Friday. The base price is \$1, but people may donate as much as they wish.

There are fourteen prizes; thirteen baskets and one set of Chinese hanging puzzle pictures.

Basket themes include garden vegetables, movie nights, games (including a game for the Wii), books, mathematics, international goodies, dog supplies, toys, bath and beauty, tea, Scottish prizes, a "relax and indulge" set and a surprise basket. The baskets have been put together by different people and departments from across campus.

The drawing will be held on Friday. Attendance is not necessary to win.

Leadership Lounge offers networking

Student Government is hosting an event to encourage students to get involved.

The Leadership Community Lounge is an opportunity to meet new people and strengthen your network.

The objective is to gather students that are in clubs, invite new members for those clubs and expose what is going on with the clubs.

Refreshments will be served, and everyone is welcome.

The Leadership Community Lounge will be Friday, May 22 from 1-2:30 p.m. The event will take place in the Student Government Office, in the third floor of Building 8, the Student Union building.

Ceremony for student awards on Wednesday

The student awards ceremony will be held on campus on Wednesday, May 27 from 5:30 to 8 p.m.

The student awards ceremony is an opportunity for the campus community to come together and celebrate the outstanding achievements of Highline's students this past year.



Brian Grove/THUNDERWORD

Students look over the gift baskets in Building 8 to see what the fundraiser has to offer.

There are two categories of nomination; one for outstanding scholastic achievement in each department or activity, and another for program contributions in a certain department or organization.

Roughly 45 students were recognized last year.

The theme for this year is to reflect on your success, framing your future. Nominees will be notified by mail or email.

Women In Action awards ceremony

The 27th annual Woman In Action Awards were held Wednesday in the Mt. Constance Room.

The award was previously called the "Extraordinary/Ordinary

Woman Award" and was changed to more accurately describe the women, said Deana Rader, director of Women's Programs.

"This year we had a whole bunch of nominees," Rader said.

There were nine winners: Kristina Mason, Nodia Cheban, Therese Amell, Eena Hibbs, Laura Westergard, Helena Bello, Nancy Kent, Laura Worthington and Laura Spivey. Unbeknownst to one another, Westergard and Bello nominated each other.

All the winners received a plaque and a small gift.

Calendar

•The HCC Drama department will be putting on three student-

directed plays through May 23. They are being held in Building 4, room 122. Tickets are \$7 and a dollar off discount is available for bringing friends.

•"Self-assessment and Writing Portfolio Cover Letters," a workshop will be held at the Writing Center in Building 26, room 319, from 4-4:50 p.m. on May 26, 9-9:50 a.m. on May 27 and 1:30-2:20 p.m. on May 28.



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)

HOT JOBS

~ Office Assistant/Bookkeeper ~ 5309 ~ Part Time, 2 positions

Looking for an assistant/bookkeeper. Must be outgoing, have bookkeeping exp. phone, multi-tasking, scheduling, organizational and customer service skills. Work in a fun, family-oriented atmosphere. Location: South Center / Wage: \$10/hr + ben. / Hours: 20-25/wk flexible/ 1 position during the weekends.

~ Receptionist/File Clerk ~ 5316 ~ Part Time

Answer multiline phones Sat & Sun, file for accounting and service offices. Must be friendly and have great phone & communication skills. Location: Kent / Wage: \$9-10 / Hours: 22-24 Tues & Thurs flexible, Sat & Sun 9/10-6

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

Professor on exchange heads home

By KANDI CARLSON
Staff Reporter

Peijen “PJ” Chen has journeyed from the northwest of China to end up in the northwest of the United States.

He is part of an exchange program with Shanghai Jiao Tong University.

In the fall, a teacher from Highline and SJTU exchange places for one year.

Now, after having spent the last year teaching Chinese at Highline it is now time to return home.

Chen has a bachelor of arts degree in language from SJTU.

“One of the top ten universities in the country,” Chen said.

His 24-year-old daughter graduated from the same university and is now working for an American company in China as a senior tax adviser, Chen said.

Chen enjoys traveling and new experiences, he said. Before coming to Highline he volunteered to go to Xinjiang in China to help with their education, he said.

The province of Xinjiang is located in the northwest corner of China. It is a vast land that borders Russia, Kazakhstan, Kyrgyzstan, Tajikistan, Pakistan, Mongolia, India and Afghanistan.

The people of Xinjiang are shepherders and live a simple life, Chen said.

“The people there are really pure,” he said.

He spent three years living with the people and “really loved the life,” Chen said.

“They eat, dance, drink and work,” he said.

Chen said that the “students



Christy Choe/THUNDERWORD

Peijen Chen, a professor on exchange, says that he has learned a lot from his experience here.

are very good and you can see your result immediately.”

The fresh air, pure life and beautiful scenery provide even more reason to return, Chen said.

When that journey came to end he came to Highline through the exchange program, which is now in its 11th year.

“It’s a win-win program,” Chen said.

“I improved my English and computer skills.”

“In the end my students [back

home] will benefit,” he said.

He did not have much computer experience when he first arrived at Highline, Chen said. He is grateful for all the help the library and computer department staff provided.

“When I had difficulty they all helped,” Chen said.

He often worked very late in his office, calling the security department for an escort through the parking lot, he said.

Instead he was escorted all the way to his apartment, locat-

ed just off campus.

He is very grateful for the extra effort in making him feel safe, Chen said.

He has enjoyed his experience here because there is a lot of help, he said.

“My secretary [in China] cannot compare to my secretary here,” Chen said.

He is grateful and would like to repay the teachers and staff in Building 5, he said.

“I will keep this experience in my memory [forever].”

Outlook outage is resolved after long fight to fix it

By JAREN LEWIS
Staff Reporter

Highline’s staff and faculty e-mail server was out of commission for two days starting from last Wednesday, May 13.

Server staff worked near-constantly to fix the problem – Administrative Technology Server Administrator Michael Bradley and Instructional Computing Server Administrator Kurt Giessel worked as much as “53 hours in a 60-hour period” to repair the system, said Bradley.

“Why it happened is a mystery,” Bradley said.

“The engineers at Microsoft were also stumped.”

Bradley said their theory about why the outage occurred is a “communications error” in the inner workings of the server.

“This is the first issue in about

two years,” Bradley said.

Philosophy instructor Cheedy Jaja was only a bit inconvenienced.

“I teach most of my classes online,” she said. “So I was able to communicate with students through Blackboard for the most part.”

“I think I had one person leave me a phone message.”

Behavioral Science instructor Michele Manber also found alternative ways to keep in touch.

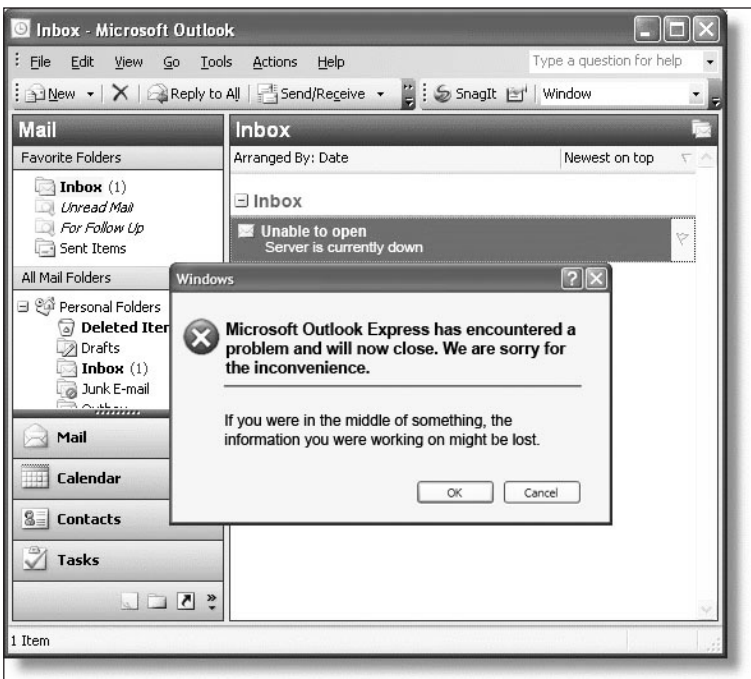
“I explored different talking strategies – such as talking, on the phone,” Manber said.

“Also, a lot of my students are on Facebook.”

“My only worry was if students’ papers would get through,” Manber said.

“But I don’t think any were lost.”

“Because of the nature of the work, the better network folks are at their jobs, the less noticeable



Jessica Lovin/THUNDERWORD

they are,” said Pete Babington, Highline’s director of facilities.

“[Highline’s] unusually excellent network reliability is a direct result of AT[Administrative

Technology]’s high standards and diligence.”

“We really appreciate everyone’s patience,” Bradley said. “This was really a team effort.”

HIV virus spreads to 150 more everyday

By KURTIS LOO
Staff Reporter

Every day in the U.S. 150 people are being infected with HIV.

Highline psychology professor Dr. Bob Baugher spoke at Wednesday’s History Seminar to an audience of more than 50 people on “A U.S. History of HIV.”

Human Immunodeficiency Virus kills white blood cells in the body that are critical to a person’s immune system. When HIV weakens your immune system, a person is more likely to become infected with diseases. The most common disease from HIV is AIDS (Acquired Immunodeficiency Syndrome).

“HIV is transferred through intercourse, blood transfusion, needle sharing or from mother to child during pregnancy,” Dr. Baugher said.

The origin of HIV is unknown, but most scientists suspect that it occurred from humans hunting in different parts of the world and the interaction between animal body fluids and humans created HIV, Dr. Baugher said.

When airfares tumbled and became more affordable for public use in the 1970s, HIV was able to spread globally and more rapidly.

In 1983, there were 1,000 cases of people with HIV in the U.S. In 1991, that number grew to 240,000 people.

In Dr. Baugher’s “Must Know About AIDS” fact sheet, of the 1.5 million people infected with HIV in the U.S., 1 million of them had advanced to AIDS by the end of 2008. Some 600,000 of them have died.

Of the 75 million people in the world who have been infected with HIV, 30 million of them have died.

To find out how to get tested for HIV anywhere in the King County area call: The HIV/STD Hotline: 206-205-7837.

There is no cure for HIV but Dr. Baugher believes there will be one in the near or distant future as scientists continue to search for one.

“Someday we are going to have a cure,” Dr. Baugher said.

Next week’s History Seminar will be “European Witch Trials,” presented by Highline history professor Teri Balkenende. History Seminar meets Wednesdays at 1:30-2:20 p.m. in Building 3, room 102.

Editorial comment

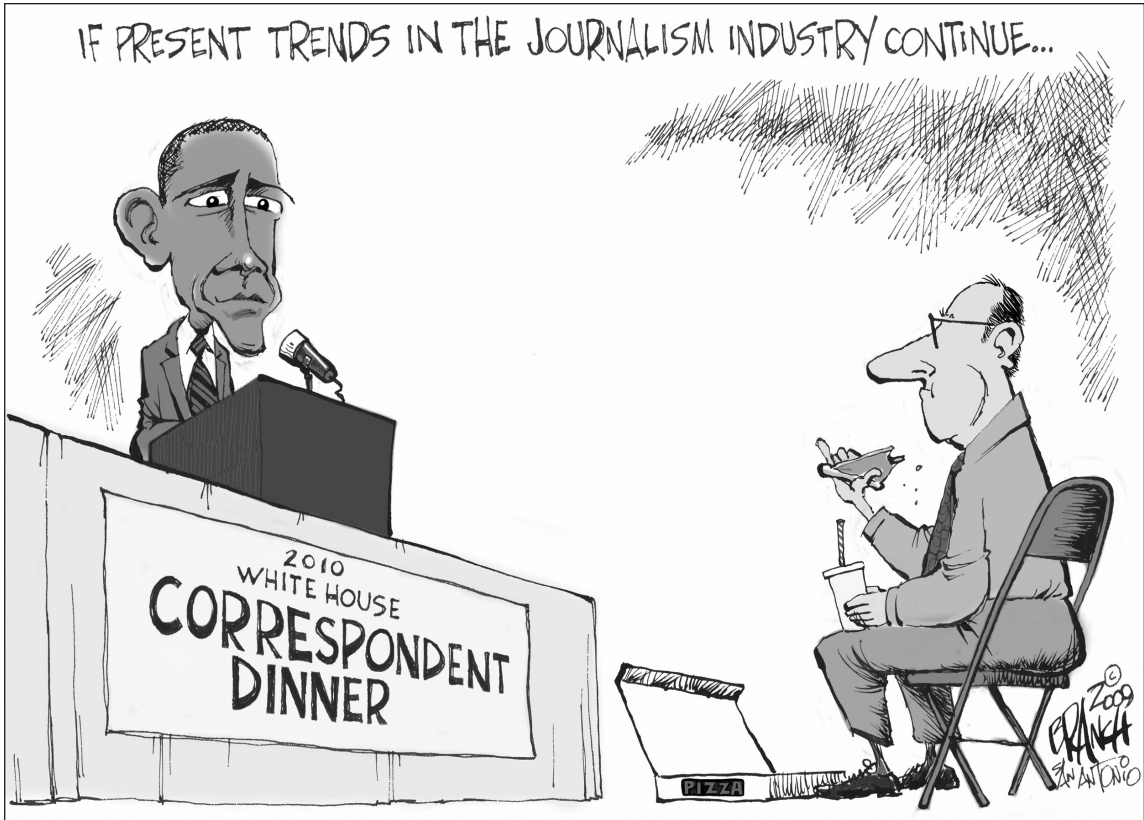
Nobody cares anymore

This week Highline students are supposed to vote for the Student Government president and vice president for next year. However, there is only one student running for president, and currently no one is running for vice president. The initial vice presidential candidate was actually forced to drop out of the running when someone discovered that he had only taken one class here at Highline. In order to run, candidates are supposed to have eight credits. Unless there is a write-in, the position of president will be set and the vice president is now going to be hand-picked by the current president, Lance Frank. So what is the point of voting? Why should students care to vote if nobody even cared enough to run? What is the motivation behind any of this? And why is there such a lack of involvement? Student Government president of a community college is a big position of leadership and an excellent resume opportunity. More than that, it is an opportunity to do more than just talk. The people in these positions have the capability to, at the very least, try to make a difference. While a president or vice president at Highline probably won't have the power to lower tuition or keep the childcare center open, they can certainly make an attempt and learn a lot from the process. There seems to be a disconnect and a lack of interest between the category of students that are "involved" on campus and those that are not involved. One possible reason for the lack of involvement is because Highline students don't live on campus like students might at a four-year university. Most of us drive to class, leave and drive to work. These Student Government positions are conveniently located on campus and they're paid. Students need jobs, and these jobs kill three birds with one stone: money, school-schedule friendly, and resume worthy. Student Programs could have done a better job promoting the positions because students that aren't involved on campus probably didn't know about the opportunity to run. In the end, it was only one student out of thousands.

Staff

I don't need a gun, my body is a lethal weapon.

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I'm sick and tired of school

I don't know about everyone else, but I am tired of being in school. With graduation only a month away, it should be "go" time, but the opposite happens. Lethargy kicks in, supreme underachievement follows and hanging on to a respectable GPA by a pinky finger is the result. Every weekend, I push aside the fact that I have two long papers to write and a countless other homework assignments, and instead, I go to the beach, get lunch with friends and spend lazy happy hours on the front porch.

I begin to daydream about my childhood. In kindergarten through 8th grade, the month of May basically meant summer. We spent hours playing softball outside and the remainder of the day was filled with endless chit-chat. By the time Memorial Day weekend rolled around, school was basically a giant party. With Memorial Day next week, I cannot even allow myself to think about summer. I need to tape garbage bags across my windows and drown out the sound of birds singing. Now instead of a giant party, Memorial Day weekend means crunch time. The end of each quarter means papers, presentations, dreaded "group" projects and finals. With all of these tasks I'm supposed to be doing, I have become amazed at my ability to spend so much time doing absolutely nothing. Sometimes I'll sit down with my computer in front of me. I'll open a word document and stare at it. I'll write down a few random lines. Then I will proceed to look at pictures of "friends" (aka people I don't really even know) on Facebook and watch cat videos from my sister-in-law on YouTube.

Commentary

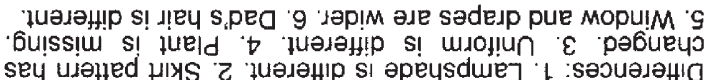


Katherine Tacke

I'm generally a fairly focused person, but not in May, especially not when the temporary end is in sight. If I want to make matters even more depressing all I have to do is consider the fact that I will be in school for the foreseeable future. I know that the fact that I can be in school is a great privilege and I should count myself lucky and not complain. But we all get burned out, especially in Seattle, because we're all so darn pale. I think a lot of students at Highline are suffering from "senioritis." The parking lots fill up slower, people stop coming to class and procrastination becomes inevitable. Just yesterday two different people said out loud, "I hate my life right now." It is always at the end of a quarter when students' lives come crashing down around them. Multiple problems combine and cause stress, which in turn results in illness. Everything piles up and takes students down. It really doesn't help that Seattle only has 71 sunny days a

year. When they roll around, we need to take advantage. Despite all of this I know that once summer gets into gear, I'll be longing for those rainy days when my life was actually productive. I think that the quarter should work backwards. I wish instructors would make all the papers and projects due early in the quarter. When the quarter begins, I have motivation and excitement. I want to be in class. But now, I'm just barely chugging along. My optimism is failing. I've become the little engine that almost could. Even though I am the equivalent of a dead log right now, I will complete everything that I need to. But I won't like it. Katherine will get sophmoris as a senior. 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, something happening locally or even something happening nationally. Disagree with an opinion column? Agree, but think something was left out? Write a letter to the editor! Begin your letter with "Dear editor:" and then speak your mind. Tell us your name and include your relationship with the college. Are you a student? Staff? Faculty? E-mail your submission to: thunderword@highline.edu. Please limit your submission to no more than 400 words.

BY
HENRY BOLTINOFF



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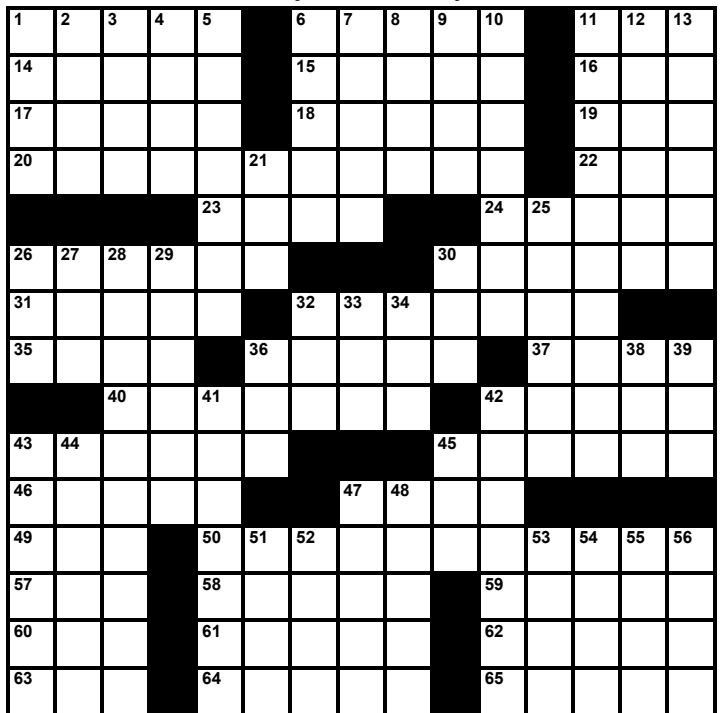
Across

1. It's sometimes clear?
6. Map book
11. Shaq's pos.
14. Big summit locale
15. Reside
16. Lament
17. T-Bone, e.g.
18. Description for 17 Across
19. Lots of mos.
20. Famous flyer becomes
rosy homerun king?
22. _____ Magnon
23. Pen sound?
24. Fished for morays
26. Nighttime biter
30. Sea spots
31. Fool
32. Old Weimar state
35. Taboo
36. Best man's speech
37. Salon sound
40. Sent over the web
42. Question of location
43. "Animal Farm" author
45. Lion, e.g.
46. Actress Knightley
47. Scent
49. F.B.I. worker
50. Ice-cream flavor becomes
bet taker's stash?

Down

1. Abnormal growth
2. _____ of office
3. Out of the wind
4. Shiner

By Pete Canty



5. Pizza order
6. Madison Ave. worker
7. Adjust slightly
8. Shakespearean king
9. Choir member
10. Foxy quality?
11. Laundry service becomes
tear wiper?
12. Castle tower
13. Fixes the 18th green
21. Use a shovel
25. Inventor Otis
26. Recycling place
42. How an orator might
speak
43. Gave the go-ahead
44. Delight, as with stories
45. Sushi topper
47. Gumbo veggies
48. Easily confused
51. Sesame starter?
52. Brewery kiln
53. Curved molding
54. Forearm bone
55. Zeus and Odin, e.g.
56. Party thrower

A hair on the head is worth two on the brush.

• • • *Irish Proverb*

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

BAR ASSOCIATIONS



- Got arts news? Please

send your information to roadams@highline.edu or call the arts editor, Rochelle Adams at 206-878-3710, ext. 3317. Campus events will get priority, but all non-

7. INVENTIONS: Which scientist played a major role in the invention of peanut butter?

10. FAMOUS QUOTES:
Who once said, "A dog is the only thing on earth that loves you more than you love yourself."

ANSWERS

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Last week's

Weekly SUDOKU

Answer

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

Performances will include David Ives' *Degas C'est Moi*, directed by Brennan Grant; *The Ugly Duckling* by A.A. Milne, directed by Jared

Weekly SUDOKU

by Linda Thistle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 6 | | 7 | 2 | | 9 | |
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| 3 | | 1 | | 2 | | | | 8 |
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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campus items are welcome.
Please include all your con-
tact information.

Plays bring laughter, tragedy and heart

By **COURTNEY SANKEY**
Staff Reporter

A Greek, a Frenchman, and a duck walk into a bar - no, this is not a bad joke, it is the program for Highline's Spring One-Acts this week.

The Spring One-Acts are a festival of student-directed and student-acted one-act plays performed at Highline.

Three shows will be staged: *Medusa's Tale* by Carol Lashof, directed by Sophia Villanueva; *Degas C'est Moi* by David Ives, directed by Brenan Grant; and *The Ugly Duckling* by A.A. Milne, directed by Jared Stratton.

Medusa's Tale is about how a young, beautiful girl became the monster that she is today in Greek mythology.

The serpenthaired Medusa today is known as the woman who turns men to stone with her stare.

"It's Medusa's side of the story," Villanueva said.

Medusa's Tale first debuted at St. Mary's College in California in 1991, the same year that it was published. Lashof is a professor at the college, teaching both drama and its history.

In David Ives' *Degas C'est Moi*, a man wakes up one morn-



Gene Achziger/THUNDERWORD

Jared Stratton and Bethanie Russell rehearsing for Carol Lashof's *Medusa's Tale*.

ing with an idea of being Degas, the famous, French impressionist painter, for the day. He then goes out and roams the streets of the city under the influence

of Degas.

"I want people to take from it our fear of an uneventful, not unique life," Brenan Grant said. "[No one wants] to go through

life just being, they want [something] more."

Ives' tale was first published in 2001 and is one of his more well-known pieces. He is

known for being a contemporary American playwright. The backdrop of New York was his inspiration when writing *Degas C'est Moi*.

The Ugly Duckling by A.A. Milne takes an old tale and adds a bit of humor as well as a healthy dose of heart. An awkward princess gets switched with a beautiful maid to meet her prince and love blooms in an unexpected way.

"[It's] a fairy tale romp mixed with a classic good message," Jared Stratton said.

A.A. Milne is best known for his beloved character Winnie the Pooh. He was a British author who was known more for his plays, then his stories, before he got the idea for Winnie the Pooh. He lived in England his whole life, from 1882-1956.

The Drama Department was dealt a blow as one of its own had to put an end to his show.

Mathew Hopkins had some work issues that left him unavailable for rehearsals with his cast. Hopkins could not be reached for comment.

Last night was opening night for the Spring One-Acts which run through Sunday. Tickets are \$7 for students and \$8 for general admission, for the 8 p.m. shows.

Student Portfolio Show gets needed upgrade

By **COURTNEY SANKEY**
Staff Reporter

Highline's Portfolio Show gets a face lift this year with advances made to improve the turnout as well as the quality of the show, organizers say.

The Portfolio Show is an event that showcases the talents of the graphic, interior and drafting design students at Highline.

This year 40 students get the opportunity to display their gift of design for friends, family, students, faculty and business professionals. This is four more students than usual get to participate.

In the past only 36 visual communication students were able to show their works, due to the lack of boards that the pieces are put on.

But with the help of a little fund raising- they made \$400 with a bake sale held earlier this quarter- they were able to purchase four more boards to help expand the show.

Along with the boards, the Portfolio's art director, Carol Burnham made the investment for a new mailing list that contains more than 2,700 potentially interested business contacts in the King County area alone.

With the list in hand, Burn-



The Portfolio Show's main artwork to advertise the show.

ham, as well as other visual communication students, have had the painstaking task of going to each web site to find an actual person to contact.

"Using the keywords; graphic design, interior design, and drafting; this list came out for us," Burnham said. "It gave us [business] names and contacts, but no e-mail addresses. Now students are feverishly working at getting those e-mail addresses to put together several e-mail blasts."

Getting the business profes-

sionals to come out to the show is one of the main focuses of the show this year. The reason that the students do the Portfolio Show is to develop and build their portfolio that they will be taking to interviews once they graduate the program.

"[The focus of the show] is to get exposure and feedback as well as build their portfolios," Graphic Design head Gary Nelson said. "The college community puts on the show, it's up to the students to knock on the doors."

As well as being on display for students, faculty, and business professionals, the Visual Communication students will also have judges roaming throughout the show.

The portfolios will be judged according to the design program that the students are in.

Between 8-10 judges per program will be making comments, giving advice and filling out a criteria sheet to give positive feedback and ultimately award prizes. Awards, which have not

been decided upon yet, will be handed out for the three best portfolios on display.

Admission to the Portfolio Show is free and runs on June 1 and 2 in the Mount Olympic Room of the Student Union Building. It opens at 10 a.m. and goes until 8 p.m. both days.

However on June 1 from 5 - 8 p.m. It is friends- and family- focused, and on June 2 from 5 - 8 p.m. It is business professional-focused. Judging is on June 2 from 3 - 5 p.m.



Central Washington University's Youth Theater program is touring around the Pacific Northwest with their production of *Mama Tomcat's Flying School*.

Central's traveling cat show comes to Highline

By **COURTNEY SANKEY**
Staff Reporter

Central Washington University's Youth Theater tour is coming to Highline Tuesday, May 26.

The Youth Theater program will be traveling all over the state from their Ellensburg campus.

The program, which is fully funded by Central's Services and Activities Committee, will be offering free admission to this year's show *Mama Tomcat's Flying School* by Spring Hermann. The Youth Theater program has been traveling around Washington, Idaho and Oregon since the 1960s.

"It's a very successful pro-



In the play, *Mama Tomcat's Flying School*, cats find a seagull egg and teach the bird who hatches from it, how to fly.

gram that benefits students throughout the state," said Leslee Caul, Central's director of Marketing and Development in the Theater Arts Department.

"[It] also offers real world touring experience to our [theater] majors."

Mama Tomcat's Flying School is about a group of rough

and tough alley cats who adopt an abandoned baby seagull. The cats fall in love with the young bird only to realize that it is them who will have to teach the bird to fly.

The ensemble for this year's show consists of the same six theater arts majors from Central that were in the original cast of five actors: Tyson Dailey, Tom Lees, Lauren Pearsall, Madison Rengli and Katie Wheeler, with one stage manager, Allison Stephens.

The troupe will be running around the state with the lights, set, costumes and props in a 12 person van.

They start their day off in the early morning, driving from Central's main campus in El-

lensburg, to one of the locations that they have been booked, mostly elementary schools.

There, they serve as the crew unloading the van and setting up their set. Next comes make-up, hair, costumes and then it is show time.

Sometimes after a show they will hold small workshops for different classes and hold a quick question- and-answer session.

After all is said and done, they load up their van and either head to another show or head back to Ellensburg.

The play is for families but can be enjoyed by people of all ages. The free show can be seen Tuesday, May 26, at 1:30 p.m. in Building 7.

Festival brings new folklife to Seattle

By **TIFFANY BELL**
Staff Reporter

The Northwest Folklife Festival returns to Seattle this Memorial Day weekend.

The 38th annual festival has become a tradition to Seattle.

The Folklife festival organizers said they are dedicated to the preservation of cultural heritage, cultural art and traditions as well as growth and development.

The atmosphere at Folklife is all about community.

"The focus is on fun and what makes us individually special and exploring what makes each other unique," Molly Haas, marketing manager for the festival, said.

One big exploration of different cultures is the uncommon market, which has 38 food booths with food from all over the world and more than 100 arts and crafts vendors.

The cultural focus this year is going to be on the Centennial of the 1909 Alaska-Yukon-Pa-

cific Exposition, which was a celebration held at the University Of Washington celebrating growth and development in the Pacific Northwest.

The Northwest Folklife Festival will also focus on sustainability with its new Living Green Courtyard, which will feature products with sustainable ingredients and will also be environmentally safe. The courtyard will feature music from local bands.

The festival as a whole is going green by including compost receptacles for food waste.

The festival is one of the largest and most varied free folk life celebrations in North America.

The festival pulls in an audience of about 250,000 people per year.

Performances vary from folk singers to cultural dances to entertainment for children. The opening performance Friday at 3 p.m. will feature a speech by Mayor Greg Nichols at the Comcast Mural Amphi-

theater, followed by Chinese Lion Dancers and Nordic musicians.

On Saturday, the 8-bit showcase will resurrect old-school gaming sounds into electronic mixes by Leeni and Fighter X and Sabrepulse from Scotland at the VERA project from 6 to 9 p.m.

The Sunday headliners include the Seattle Chinese Orchestra, Dragon Art Studio puppeteers, as well as classic Chinese traditional and folk music by Kathy Gong-Greene.

From 7 until 10 p.m. Monday the festival pays tribute to Huddy "Lead Belly" Ledbetter, Legendary folk blues musician. This will feature contemporary artists covering his songs and style.

The festival is free with a suggested donation of \$5.

"We understand with the status of the economy and people's situations, extra money is hard to come by, so the festival is free with just a suggested donation," Haas said.



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SPECTATOR SPORTS GRILL



Korean festival strives to unite the community as one

RIGHT: Performances included breakdancing and a B-boy battle. BELOW, FROM LEFT: Traditional music was performed by a musician from Kyung-ki Province; Bonsai Master Su-young Yoo trims a 300-year-old specimen; Morning Star dancers performed a traditional fan dance; audience members were mesmerized by the Japanese Taiko and Odori dance artists; and Korean ribbon hat dancers spun their head-bobbling magic.



By **ROCHELLE ADAMS**
Staff Reporter

Local Koreans shared their culture in Federal Way last weekend, through the annual Han Woo-Ri Festival.

The festival debuted in 2005 to celebrate Korean American culture and share it with the community. Included in the event were live performances, exhibits, activities and food.

Patrick Doherty, Federal Way economic development director, said that the name of the festival means "united as one or all together." The meaning is in line with the purpose of the festival, which is "bringing people of other cultures together to understand this culture," he said.

This year's Han Woo-Ri Festival drew the biggest audience attendance they've ever had, with an estimated crowd of 5,000 over the three days, Doherty said.

Doherty said most Americans don't know very much about this culture because Koreans came to the United States relatively recently, after the Korean War, just a little more than 50 years ago.

"Think about the other European cultures, like the Italians or Greeks or Irish, they've been around in our country for a long time and the population - the numbers are pretty high," he said, "so they've had a chance to be present throughout the communities in our country and make their presence known."

Activities in the festival included a walk-a-thon, a bonsai exhibition and demonstration, calligraphy, a traditional tea ceremony demonstration and live performances. There was also a representation of Japanese culture through taiko and an odori dance. These inclusions were a gesture in reaching out to the Japanese community.

The most popular features in the festival were the live performances.

"The more modern, contemporary performances seem to bring in more people than the traditional performances," Doherty said.

A live performance that attracted a large audience was the B-boy performance.

The term B-boy is a nickname for breakdancers.

The Korean breakdancers performed on both Saturday and Sunday. The Sunday show included a breakdancing battle between the B-boys from Korea and Pacific Northwest B-boys.

On the festival's stage, the dancers spun like tops and thrust themselves into the air with one-arm handstands, as they competed against each other and entertained the crowd.

Adding background music to the battle, a DJ mixed it up with his own improvised sounds, while the breakdancers show closed the festival.



Des Moines Creek Trail project nearing end

By **BRIAN GROVE**
Staff Reporter

After 13 years, Des Moines is reaching the end of the trail.

The Des Moines Creek Trail was conceived in the early '90s and its completion will become a reality with the recent grant of \$579,000 by the Legislature. Des Moines is providing \$589,000.

The project has been facilitated in two phases; the first was completed in 1997.

The first phase of the project was a partnership between the cities of Des Moines and SeaTac, King County, and the Midway Sewer District and included a two-mile section of bicycle/pedestrian trail constructed from the Midway Sewer District treatment plant to South 200th Street.

The final segment will start at the treatment plant at 1200 S. 216th and end at the Beach Park, 22030 Cliff Ave. S. and involve paving the last mile of the Des Moines Creek Trail.

Overall, the 2.5-mile, gravel bicycle and pedestrian trail connects three park systems: the 70-acre Des Moines Creek Park; the 22.5-acre Des Moines Beach Park Historic District and Tidelands; and the 14-acre Des Moines Marina.

The final section of the trail will connect the treatment plant to Des Moines Beach Park, via a one mile off-road trail consisting of a 12-foot wide asphalt surface with 2-foot shoulders on either edge. Appropriate drainage structures and vegetative and other buffers will separate the trail from sensitive areas.

A sidewalk segment connecting the trail to downtown Des Moines will be constructed from the Beach Park and North Marina entrances along Cliff Avenue South to Fifth Avenue South. Also included will be the improvement of the waterfront pathway to connect the Beach Park promontory to the Marina.

Des Moines Parks and Recreation Administrative Assistant Annette Chomica said economic development is likely to come from this connection.

"The more people you bring through an area, the more economic activity you have," she said.

Another aspect of the Waterfront Connection is the Dining Hall Rehabilitation and the Auditorium Rehabilitation projects.

"The path goes right by the restoration buildings," Chomica said.

"All of the buildings won't be moved because they are historic."

The Des Moines Creek Trail passes directly through the



Brian Grove/THUNDERWORD

Visitors enjoy the sun and good weather on a recent day at the Des Moines Beach Park.

Beach Park Historic District on the shore of Puget Sound and adjacent to the marina in downtown Des Moines.

The Beach Park Historic District is a landmark listed on the City of Des Moines, King County and Washington Heritage registers of historic places and is also on the national register. It was Des Moines' first site for commerce, serving as a log mill that brought additional development to the town in the late 1800s.

Early docks at the site provided the landing for the Mosquito Fleet and other boating opera-

tions which were the means of transportation to and from Des Moines in the early 1900s. The site became known as Draper Park in the '20s and then Covenant Beach Bible Camp in the mid-'30s through the late '80s.

In 2008, the dining hall was lifted to avoid further flooding damage to the building and a new foundation spanning the creek was designed and constructed. Currently, the Dining Hall Interior and Access Project is in the design and permitting phase. It will be completed in phases with the emphasis on meeting code requirements in

order to reopen the building. Added decking and other aesthetic improvements will also be added. It is anticipated that the project will be delayed until 2010 or as funds are available.

The Auditorium Rehabilitation Project has already been designed, permitted and is ready for construction and awaiting the completion of the Des Moines Creek Dredging Project before proceeding.

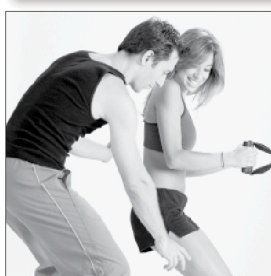
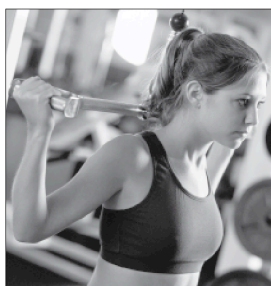
The auditorium project includes interior and exterior restoration and renovation to bring the building up to current code.

Improvements include the ad-

dition of a fire suppression system, Americans with Disabilities Act access and restrooms, stage improvements, windows and doors, heating and ventilation system, insulation, exterior patio, and walkways.

In preparation for the Auditorium Project, drainage improvements surrounding the buildings were completed in late winter of 2007.

Chomica said the city Parks and Recreation Department projects are scheduled to finish by early spring 2010 and would only be held back by limited funding.



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Rid hockey of violence to attract more fans

In game five of the National Hockey League's Eastern Conference semifinal playoff series, Scott Walker of the Carolina Hurricanes threw a punch at Aaron Ward of the Boston Bruins that was thought to have broken an orbital bone in Ward's face.

A fight broke out in traditional NHL style, and Walker was given a game misconduct, a fighting penalty and an instigator penalty. The league handed down an automatic one-game suspension. Later, the league rescinded the suspension after a hearing and decided only to fine Walker \$2,500.

"We respectfully disagree, but we will abide by the league's ruling," the Boston Bruins organization said after the decision was made.

I would have to disagree also, especially after the one-game suspension the NHL handed to the Bruins' Milan Lucic just one round earlier for a cross check to an opponent's head that knocked his helmet off.

A cross check is a penalty where a player holds his stick in both hands, across the front of his body, and hits an opponent

Commentary



Liviu Bird

with it.

The victim in this instance, Montreal Canadiens' Maxim Lapierre, was uninjured. He felt good enough to go after Lucic and start a fight, anyway.

NHL Disciplinarian Colin Campbell thought it was right to suspend Lucic for one game after that incident, but didn't see fit to suspend Scott Walker for a much more serious punch to the face.

"What is clear is that [Lucic] delivered a reckless and forceful blow to the head of his opponent," Campbell said after reviewing the incident.

Sure, Mr. Campbell, but I

would consider a punch thrown at an exposed face to be a little more serious than striking a helmeted head with a stick. Not much more serious, but anybody who saw both incidents or cares to look them up on YouTube will see just how unaffected Lapierre was by having his helmet taken off. That's what helmets are for, after all.

Regardless of the hypocrisy of the rulings, these kinds of incidents in general need to be eliminated if hockey is to remain viable and entertaining.

The violence in hockey drives outside fans away before they can be drawn into the sport, which is full of fast-paced, end-to-end action, as any sport where the athletes get around by skating would be.

The amount of skill it takes to skate at such a high level (maneuvering through players, stopping and changing direction quickly, sending up a shower of snow from the ice) is impressive enough, without considering the stick handling and hitting also involved.

Unfortunately, the only clips of games that are memorable to those who have never seen

a game live are the violent hits that keep players out for weeks on end and the fights that are punished by five-minute penalties.

Sometimes, hockey feels like the way a Danish friend of mine used to put it: "I went to watch a fight and a hockey game broke out in the middle."

It was this side of the game that nearly kept my mom, now a hockey fanatic, from falling in love with the game. I'm from Fairbanks, Alaska, which has a large hockey following. Former University of Alaska Fairbanks Nanooks' Head Coach Guy Gadowsky nicknamed Fairbanks "Hockeytown," and I don't think it's a bad way to describe the place.

When I was 5 years old, I won two free tickets to a UAF hockey game, and I decided I would take my mom. She brought a book, thinking she would rather immerse herself in a fictional world than partake in the real-world action unfolding in front of her.

Within two minutes of the opening faceoff, her eyes were as wide as the puck itself, following the action and yelling,

"Go! Go! Go!" Unfortunately, she was cheering for the wrong team, but that was the start of her infatuation with the sport, which has survived to this day.

Before then, my mom would refuse to watch hockey, calling it "barbaric" and not seeing the entertainment value of it.

Ultimately, the sport should be about the entertainment. To make it more entertaining and draw in more fans, perhaps the league needs to take a stronger stance on the violence, without eliminating the traditional, ingrained physicality of the sport, and highlight the more skillful parts of the game.

The National Hockey League has changed the rules to add more goal-scoring opportunities to the game and keep it flowing with fewer stoppages, which enraged some purists, as any rule change would. However, they are somehow unwilling to change the rules to protect the players that provide the goals and added entertainment.

Maybe they think violence is entertaining. But this is hockey. If you want to watch people fight, go to boxing or wrestling or ultimate fighting.

T-Bird women bringing in a strong class

By BRIAN GROVE
Staff Reporter

The Highline women's basketball team has signed four new Lady T-Birds to their roster for the upcoming '09-'10 season.

The players who have been signed for Highline are Heather Hitch from Enumclaw High School; Bree Morkert-Burling from Capital High School; Jessica Anissipour from Mountlake Terrace High School; and Jessica Morgan from Auburn High School.

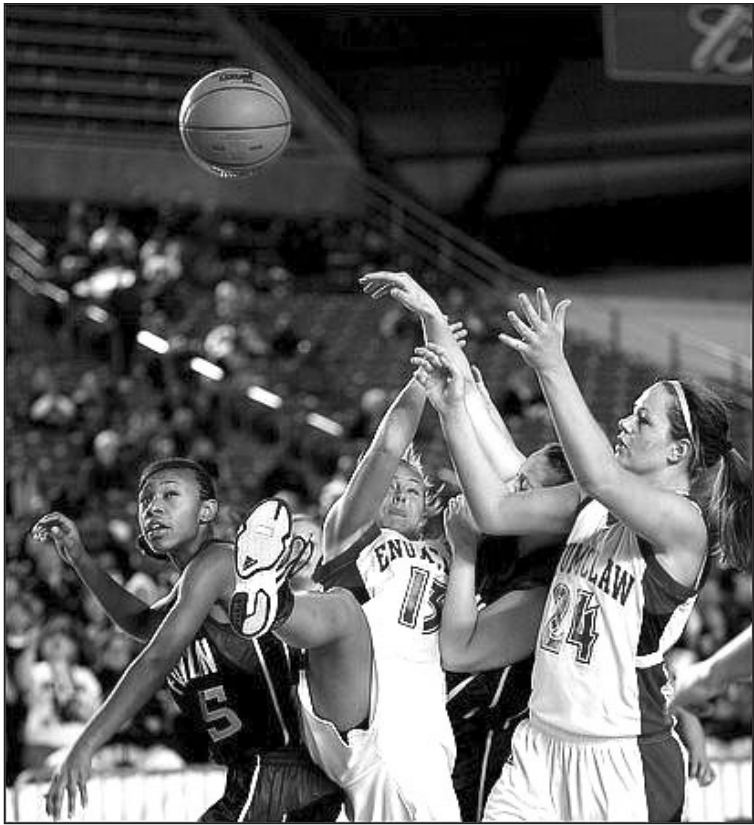
Hitch, a forward, averaged 10.9 points per game.

Morkert-Burling was second-team All League for the 3A Western Cascade Conference and averaged nine points a game for the Cougars, with 21 steals. She was also a team captain.

Anissipour was an honorable mention for the 3/4A Wesco league.

Morgan averaged 9.2 points per game this season for the Trojans.

With a lot of returning players, Highline head coach, Am-



Hitch, 24, takes a shot against Franklin in the Washington state 3A high school basketball tournament.

ber Rowe, has high expectations for the upcoming season.

"With potentially nine returning players, we look to be very competitive in the West Division and also compete at the NWAACC Tournament," she said.

Last season, the Lady T-Birds went 16-14 overall and finished third place in the West Division, qualifying for a trip to the NWAACs.

The Lady T-Birds' trip to the NWAACC Tournament last sea-

son was their first in two years.

However, since Highline basketball is only a two-year program, players are graduating and moving on to other schools rather frequently.

Getting new players every season is key to keeping a program going.

Coach Rowe said the hardest thing about recruiting for a community college is that most players don't want to make this transition step before transferring to a four-year program.

"A lot of the players really have their mind set on going to a four-year college.

"Sometimes, a community college holds a sort of stigma for them. Trying to convince them that community college is a good place to start is the hardest job," she said.

Highline does have some money for basketball scholarships this season, but not enough to give to every single player.

"We rely on a lot of financial aid to help," she said.

Rowe also said that while skill on the court is important, they look at who the player really is during the recruiting process.

"We obviously look for talent first, but then once we establish that they could play for us at Highline we then shift to see what kind of person they are," she said.

"Attitude and personal character are very important to us. We also want kids who are going to go to class and want to move on to play at a four year college."

Highline's pre-season play generally starts the third week of November, but the number of pre-season games will be reduced due to budget cuts.

League play for the Lady T-Birds starts Saturday, Jan. 2, 2010 when Highline takes on the South Puget Sound Clippers in Olympia.

Scoreboard

Featuring schools with
spring sports

Women's softball
standings

North Division

League/Pct/Season

| | | | |
|------------|------|------|-------|
| Bellevue | 20-4 | .833 | 30-12 |
| Shoreline | 17-7 | .708 | 25-16 |
| Olympic | 17-7 | .708 | 28-14 |
| Everett | 16-8 | .667 | 21-23 |
| Sk. Valley | 9-15 | .375 | 10-24 |
| Peninsula | 5-19 | .208 | 5-28 |
| Edmonds | 0-24 | .000 | 1-35 |

East Division

League/Pct/Season

| | | | |
|-------------|-------|------|-------|
| Wen. Val. | 22-6 | .786 | 39-12 |
| Spokane | 22-6 | .786 | 37-11 |
| Blue Mt. | 18-10 | .643 | 26-17 |
| Walla Wal. | 18-10 | .643 | 37-19 |
| Col. Basin | 13-15 | .464 | 20-24 |
| Tr. Valley | 10-18 | .357 | 15-28 |
| Yak. Valley | 8-20 | .286 | 15-27 |
| Big Bend | 1-27 | .036 | 2-40 |

West Division

League/Pct/Season

| | | | |
|--------------|-------|------|-------|
| Pierce | 20-4 | .833 | 26-19 |
| Centralia | 17-7 | .708 | 18-16 |
| Green River | 10-14 | .417 | 10-16 |
| SPS | 7-17 | .292 | 7-36 |
| Grays Harbor | 6-18 | .250 | 8-30 |

South Division

League/Pct/Season

| | | | |
|-----------|-------|------|-------|
| Low. Col. | 18-2 | .900 | 37-7 |
| SW Oregon | 11-8 | .579 | 39-13 |
| Clackamas | 10-10 | .533 | 21-21 |
| Mt. Hood | 9-10 | .474 | 27-12 |
| Chemeketa | 7-13 | .350 | 19-22 |
| Clark | 4-16 | .200 | 20-26 |



Coach Rowe

Grill up some healthy BBQ this summer

By **SHANNON SEVEREID**
Staff Reporter

The amber sun dips low in the sky as the smell of juicy meat assails your nostrils. You cut into the mouth-watering main course and taste the tiny morsel drenched in spicy sauce.

Summer is on the horizon; it's grilling season.

Barbeque is a method of cooking that varies geographically throughout the United States: Texas, Kansas City and North Carolina all have their own form or method of barbequing, said culinary artist Surtida Shelton, or, as she likes to call herself, "the chef in residence" at the Metropolitan Market.

"Usually, barbeque is a beef brisket, rubbed with dry spices, and cooked slowly over low-heat charcoal and wood chips. Sauce is later glazed over the meat or served on the side," she said.

However, a barbeque doesn't necessarily need to be used solely for traditional barbecued meats.

"You can grill anything on a barbeque, except maybe eggs. You just have to know your grill – the hot and cool spots," Shelton said.

Shelton said grilling is a healthy way of eating because you don't add any oil to the food.

Traditionally, when cooking in a pan on a stove, you add a tablespoon or so of oil or butter – essentially fat – to your food; in grilling, no additional oil is needed, she said.

In order to keep food from sticking to the grill, Shelton recommends spraying a towel with oil and rubbing it on the grill's grate.

Many different healthy options are available when grilling: lean meats, like chicken or turkey; fish; or lean steaks, she said.

For sauces, Shelton said people should make their own, as opposed to buying them from a store.

"The benefits of making your own sauce are the absence of preservatives, which guarantee a shelf-life of two years; control of ingredients, such as salt; and freshness, which lets people save money by eating seasonally," she said.

Limitless options exist in creating your own sauce: fruit juices, orange, lemon, and lime; honey and agave nectar, for a sticky sweetness; and marmalade or plum jam as a thickening agent, Shelton said.

Cynthia Lair, author and faculty member at Bastyr University in Kenmore, also agrees



Christy Choe/THUNDERWORD

Chef Surtida Shelton grills up some asparagus in the kitchen.

on the benefits of homemade sauces.

Homemade sauces make it easy to adjust to your taste: you can make the sauce as spicy or sweet as you like or limit sugar and salt.

Lair finds the benefits of homemade sauces extremely valuable for everyone; she added a homemade recipe of barbeque sauce to one of her cookbooks.

Lair also suggests buying local produce, meat, and eggs, which can be found at high-end grocery stores in your area.

"Buying local grass-fed beef and free-range chicken is health-wise better for the animals and for us," Lair said. "Grass-fed beef has one-eighth the saturated fat conventionally raised beef has."

H.D. Hotspurs' owner Dick Lowe said the key to a healthy barbeque is eating in moderation.

As a way to eat healthy at a barbeque, he recommended eating grilled vegetables, pulled pork, chicken, or brisket and staying away from ribs because they have more fat, which gives them their flavor.

Kelly Brown, Highline alumnus and registered and certified dietician for Sea Mar Community Center, said barbequing is a great way to prepare food.

"Barbeque is one of my favorite ways to eat because it's so easy to eat healthy. How-

ever, you have to be conscious and make good decisions."

Good decisions include choosing bison instead of beef burgers; wheat buns instead of white; chicken sausage instead of hot dogs; chicken or shrimp kabobs instead of ribs; baked potatoes instead of potato salad; and grilled veggies instead of coleslaw, she said.

When grilling meat, it is important not to burn or char it because "the grill's high temperature can trigger substances in the muscles proteins of meat, chicken, and fish to produce cancer-linked chemicals known as Hetero-Cyclic-Amines (HCAs)," Brown said.

One can prevent charring or burning meat by keeping the heat low and cooking longer, Brown said.

In addition to choosing healthier options when it comes to grilled meats, you can also choose to create healthier side dishes.

For side dishes, culinary artist Shelton said, "Eat raw as much as possible."

She explained that we eat too many cooked foods. Raw foods have natural enzymes which aid in digestion, she said.

"With grilled fish I love to make butter bean, corn and avocado salad."

"The salad complements itself well because it has a mix of cooked and raw vegetables," she said.



Jim Minion, contest official for the Kansas City Barbeque Society and owner of a local catering company, suggested tomato and cucumbers with a balsamic vinegar and olive oil dressing as a tasty side dish.

As a sweet ending to the perfect barbeque, Minion recommended a dessert of grilled

fruit: banana or pineapple.

Culinary artist Shelton also said grilled fruit is an excellent choice for dessert with a bit of ice cream or frozen yogurt.

"Why not make your own ice cream – that way you can control the sugar, among other ingredients," she said. "Panna Cotta, Italian custard made with milk, cream, and gelatin, is also another great choice with fresh strawberries and basil syrup."

Hosting a barbeque is an excellent way to kick off the grilling season, with multitudes of healthy choices for delicious meals, including dessert.

Turn Up the Heat Molasses BBQ Sauce

This BBQ sauce is excellent and can be used in many creative ways. Use the sauce for meats or beans. Reprinted with permission from Feeding the Young Athlete by Cynthia Lair (Moon Smile Press, 2002).

Makes 4-6 servings

1 tablespoon olive oil
1/2 onion, chopped
3 cloves garlic, minced
4-ounces tomato paste
1/4 cup apple cider vinegar

1/4 cup maple syrup
4 teaspoons molasses
1 teaspoon Dijon mustard
Pinch of chipotle chili powder or cayenne
1/2 cup water
1 teaspoon sea salt

Heat the oil in a large skillet. Sauté onion and garlic until soft. Whisk together tomato paste, vinegar, syrup, molasses, mustard, chili powder and liquid in a bowl. Add the tomato sauce to skillet and simmer about 10 minutes until it thickens.

Keep things fresh with Surtida Shelton's Butter Bean, Corn, and Avocado Salad

1 -15 ounce can butter beans, drained
1 -15 ounce can corn, drained
1 large avocado, diced
2 tablespoons good extra virgin olive oil
2 tablespoons lemon juice
1 tablespoon fresh parsley, chopped
Salt and pepper to taste

1. Combine the beans and corn, and toss with the olive oil and lemon juice.
2. When ready to serve, dice the avocado and add. Toss gently to combine all the ingredients. Sprinkle with the parsley and serve. You can also add shaved parmesan cheese to the top before serving.

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Class starts July 20 and runs through August 13th.

for more information about the MaST center, visit www.highline.edu/mast

Fresh veggies are back on the market

BY LIZ PHILLIPS
Staff Reporter

It's springtime and Jose Esquidem and his family are on the road.

Esquidem and his family haul fresh produce from their 80-acre farm in Yakima to farmers markets on the west side.

They have been participating in farmers markets for more than 10 years now, including the Federal Way Farmers Market for the last three years.

Their farm is completely family owned and worked. Esquidem, along with his two brothers and father, raise everything from asparagus to zucchini.

Esquidem said that occasionally his father will ask some of his uncles and cousins to help, but "only family."

The Esquidems travel generally around three hours to get to the west side. They participate in 12 farmers markets a week, leaving them home only one day a week.

"Monday is the only day we're home; the rest we're traveling," he said.

Currently the Esquidems are staying in hotels, but during the duration of the season they will be renting a house.

On a recent Saturday, people gathered in groups to check out his fresh beets, asparagus, onions and rhubarb.

Esquidem said he feels that the friendly environment and fresh produce is what draws people in to farmers markets.

At the market, shoppers bounce from booth to booth, eyeing the various handicrafts, food, veggies and locally grown flowers.

Karla Kolibab, Federal Way Farmers Market manager, estimates around 3,500 visited the market on its opening day, May 9.

The opening day consisted of chef demonstrations and gardening classes, as well as kid's crafts going on throughout the day.

"I hope it is a place to have a good time. There really aren't many places where you can shop, browse, show off your pet, meet friends, enjoy live music and just have an all-around pleasant time," Kolibab said.

"I love when people meet at the market for breakfast or lunch and stick around for awhile. It shows me that the time I have put into this is working," she said.

The Farmers Market season kicks off Mothers Day weekend and runs through the end of October.

"I think it will be great fun



Liz Phillips/THUNDERWORD

Opening day for the Federal Way Farmers Market at the Federal Way Commons on May 9 featured farm fresh bouques just in time for Mother's Day.

to be open on Halloween this year," Kolibab said.

Kolibab helped to create the Federal Way Farmers Market six years ago.

"It was great fun to start a business from the very beginning. I have enjoyed every step of it. You never know what the true results will be, but you just keep going on," Kolibab said. "With the energy we put into it, and the vendors we recruited and the location of the market, it just hit."

In the beginning, Kolibab said, it was a bit challenging to find vendors.

"For the first three to four years I found vendors wherever I could. I would go to craft shows looking for handmade products that could be a possible market product. You just hit and miss along the way. Farmers

are harder to come by," Kolibab said. "I sent letters, postcards and called. The problem is that they usually don't have another truck or employee to go to another market."

The market is all about providing fresh vegetables to the community and helping local farmers prosper, Kolibab said.

"We love the small farmer. It really helps to keep them going. I would much rather have a few of the same products from a few vendors than one huge farmer," Kolibab said. "It's about choices, personality and getting to know where your food comes from. We know immediately when a vendor does not fit in with the rest."

The last few years, Kolibab said, people have actually been calling her instead of vice versa. It leaves more options and

makes the whole process easier, although she still has to be selective, she said.

"It takes a while to build up the farmers at the markets. And even when you get them, not all stay, and not all make what they should. It also depends on what

the customers want to see at the market," she said.

The Federal Way Farmers Market is in the parking lot of the Federal Way Commons mall at South 320th street and Pacific Highway South, in the parking lot near Sears. Every Saturday 9 a.m. until 4 p.m.

The atmosphere and the knowledge of buying local products is what makes people return to farmers markets, Kolibab said.

Jose Esquidem said the market is very family oriented and that people enjoy that aspect of it. But it's the sales that keep him coming back.

Esquidem said that the opening of the market was a little disappointing for him.

"It was a slow start. I wish it would have been warmer, it draws out more people," Esquidem said.

Sales should warm up along with the weather, he said.

"The farther along in the season the busier we get," Esquidem said.

"In August there are tomatoes, cherries, peaches, corn and watermelon," he said.

Esquidem said that tomatoes are his favorite and are defiantly worth waiting for until the end of the season.

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For more information, contact Nancy Warren at nwarren@highline.edu

Elections

continued from page 1

tions have been held in the fall before, but Frank said that wouldn't allow the new vice president to receive training before the start Fall Quarter.

Frank said he has the authority to appoint a vice president, while Brown said he didn't think the appointment is outside the bounds of the Constitution or By-laws of the Associated Students of Highline Community College.

"The student body president can appoint anyone, with recommendations," Frank said.

The by-laws do provide for the president to appoint students to fill vacancies for non-elected positions. However, the vice president is not mentioned in this section.

Article III, Section 1 of the By-Laws of Section of the Constitution of Associated Students at Highline Community College says, "the ASHCC President may appoint members to serve on special committees or as ASHCC representatives as necessary."

The new vice president will be chosen by Frank after candidates are interviewed by a committee including Frank, Brown and current Vice President Kelli Tracey.

There maybe someone else from the Student Programs office to sit in as well.

"This year circumstances are different; we're going to do our best to see that Student Government stays strong or in strong hands," Tracey said.

The vice president election committee will give the top two or three candidates to Frank, who will interview them and then make a decision.

Tracey said they need the committee, including Frank.

"In spirit of our office, we value in collaboration," she said.

"I have confidence in this year's Student Government to make the decision," Frank said.

Anyone interested in applying for the Student Government vice president position can get an application in the Student Programs office on the third floor of Building 8.

Applications are due in the Student Programs office on Wednesday, May 27.

The decision will be made on Tuesday, June 2.



Lance Frank

Price of GET credits increasing fast

By **NICHOLAS MCCOY**
Staff Reporter

The cost of a unit from the GET program, which gives people the opportunity to prepay their tuition at today's prices, is about to go up.

GET, or Guaranteed Education Tuition, is Washington state's tax-exempt, prepaid tuition plan.

Participants can purchase up to 500 of the program's units. One year of tuition at the costliest state school is guaranteed to be paid for by 100 units.

Unit prices are adjusted each year to account for economic factors, including changes in tuition costs and investment yield fluctuations.

The price changed this month from \$76 per unit to \$101 per unit.

"It was a program enacted by the State Legislature in 1997. We've been open 11 enrollment years," said Larry E. Lee, the deputy director of GET.

"It has tax advantages as allowed by the IRS. Any money put into a GET account is tax exempt," he said.

The break-even point is currently two years.

The program currently has approximately 106,000 accounts, with 13,000 students currently using the GET benefits, Lee said.

When students redeem their accounts, the unit payout is determined by the current cost of a year's tuition at either the University of Washington or Washington State University.

"If [a year's tuition is] \$100,000 at the UW, that's what we'll pay [for 100 units]," he said.

This payout is regardless of the cost of a year's tuition at the school the enrolled student attends. Students can use up to 125 units in a year.

"If you went to Highline Community College, 100 units pays about two years," he said. Enrollment in the program likely would not benefit current Highline students, Lee said, because of the lengthy time frame before an account breaks even, let alone accrues a gain. For most students, it's already too late to start an account for themselves.

The program may still be useful for a few students, however.

"You can use it for graduate school. It still pays out at the undergraduate rate," Lee said.

The price of a unit increases each year to account for changes in tuition costs and economic factors. The exact changes made in unit costs are determined with the help of an outside actuarial firm contracted by the state. The contracted firm

makes recommendations based on complex calculations.

The recommendation is then taken into consideration by the GET committee, who set the actual price.

The committee is comprised of the head of the Office for Financial Management, the state treasurer, the executive director of the Higher Education Coordinating Board, and two citizen members appointed by the governor.

"The price for a unit goes up usually on May 1 of each year," Lee said.

The price can be adjusted in September if required; however, so far, that has never been necessary, Lee said.

"The unit price is looking at the estimates of future tuition, the cost of running the program and an amount for stabilization reserve," he said.

"Because the rates of tuition aren't always predictable, the reserve offsets for years when the price of tuition is higher than expected or investments don't yield as expected," Lee said.

The money the GET program takes in is distributed into a number of investments, with 40 percent of the program's assets being put into government secured bonds, 40 percent into US equity funds and 20 percent into

"Our program is one of the fastest growing in the country."

—Larry E. Lee,
GET Program director

international equity funds.

There are two ways to purchase units, Lee said.

One plan is the Lump-Sum plan, in which participants buy as many units as they want, when they want, at the price currently set by the program. Each year the cost of the units increases.

The other plan is the Custom Monthly Plan. Participants commit to purchasing a set number of units each month, for a certain number of years. Under this plan, the price of the units remains the same as when the participants committed to the contract; a 7.5 percent finance charge is included in the contract.

"The monthly payment is frozen," Lee said.

The program will maintain the account for 10 years after the person designated as the account beneficiary has graduated high school. The account can be

maintained after that if a written request is made.

If the beneficiary of the account chooses not to attend college, the holder of the account can choose to transfer the account to another potential beneficiary, or they can choose to cash it out.

Accounts are cashed out at the current tuition price.

Students who choose to attend college out of state can still receive the benefits of the account; their tuition will be paid up to that year's usual tuition payout price. Students are responsible for making up the difference.

"The benefit of saving ahead of time is not only are you avoiding tuition increases, you don't have to deal with student loans. Better to save on current tuition costs," Lee said.

The GET program is one of several different programs across the country operated as a Federal 529 Plan, which enables education savings. In the other type of program, the value of an account depends on stock market values.

"Our program is one of the fastest growing in the country," Lee said.

For more information on the GET program, visit www.get.wa.gov.



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Combat trauma leaves legacy of issues to address

By **CODY STOLZ**
Staff Reporter

Soldiers face many difficulties when returning from a war zone to civilian life, a former military officer said here last week.

Retired U.S. Air Force Capt. Ed Hrivnak spoke last Thursday, May 14 about the mental toll of war on soldiers.

Hrivnak is the author of the book *Operation Homecoming*, which has been turned into a popular PBS documentary.

Hrivnak’s presentation was Highline’s Memorial Day ceremony, as the campus will be closed on Monday, May 25.

Soldiers today face many more health problems, including combat fatigue and post-traumatic stress disorder, especially when they return to everyday life, Hrivnak said.

Post-traumatic stress disorder is the most common mental illness suffered by soldiers today and can include everything from a complete mental breakdown to flashbacks.

“Nobody prepared us for the emotional cost of war. We had no training on what it’s like to lose someone or how to deal with the stress of war,” Hrivnak said.

“The entire concept of combat casualties has changed, people who by all standards should be dead are being saved today because of advances in medicine,” he added.

Today in Iraq and Afghanistan, for every combat death



Christy Choe/THUNDERWORD

Ed Hrivnak, author of *Medevac Missions*, gives a presentation on veterans issues on Thursday.

there are approximately 13 wounded. That leaves thousands Americans who have gone through a very traumatic event and lived to tell about it.

People who go through such things often find themselves suffering from post-traumatic stress disorder in some form, he said.

The military did not plan for the amount of casualties that it faced in the war, or how long the war would take. The military ran out of medical supplies six weeks after the initial invasion of Iraq, Hrivnak said.

Not only that, but the military had no mental health plan prior to 2007, he said.

“We are all human. Somehow people get the idea that

because we’re in the military, we are somehow unaffected by what we see and go through, that we have received some type of special training to prepare us for the psychological hardships of war,” Hrivnak said.

“A new disorder was even created during this war, compassion fatigue, or feeling like you’re not doing enough, that the other person is sacrificing so much more than you, and

you are not doing your part,” he said.

“We go through all kinds of training on how to lead and be a good commander, but we had no idea with how to treat our people who are emotionally fatigued by war,” Hrivnak said.

“My job was especially hard; I was a flight nurse and was responsible for caring for over 80 wounded soldiers at a time on some flights. You can’t help but

wonder if you could have done more to save that person, which would be a form of compassion fatigue,” Hrivnak said.

“Out of my crew, two of my nurses went on to careers away from the nursing field, and one had a complete mental breakdown and ended up living on the street,” Hrivnak said.

“The military has not done enough to help our returning soldiers. If more was done, my friend might not have ended up on the street,” he said.

The military has increased resources for caring for mentally ill soldiers. Training for suicide prevention is now given to leadership and a cooling off period, usually about three months long, has also been implemented for soldiers who will be returning to battle.

“Everyone can help, though if you know someone returning from war, don’t be afraid to sit down and talk with them. Sometimes all a soldier needs is for a person to listen to them,” Hrivnak said.

“Always assume that they have changed in some way, and don’t be afraid to ask them what they need. You could potentially save someone’s life,” Hrivnak said.

Memorial events kick off

By **CODY STOLZ**
Staff Reporter

Memorial Day on Monday, May 25 will feature many local ceremonies and festivals in the Puget Sound area.

Some of the larger ceremonies include the ones at the Tahoma National Cemetery in Kent, the Vietnam Veterans Memorial in Olympia and The Museum of Flight in Seattle.

Tahoma National Cemetery will kick off its ceremony at noon, and will feature the Bellevue community band, a marching of the colors, and several guest speakers.

The marching of the colors will be performed by members of all branches of the U.S. Armed Forces and members of the Veterans of Foreign Wars organization.

The key speakers in the ceremony will include: Lt. Col. James Stocks, inspector instructor 4th landing Support Battalion Ft. Lewis; Women’s Veterans of Foreign Wars association representative Vivian Carmen;

and William Jayne, the coordinator of cemetery development.

Olympia’s ceremony will honor all those who gave their lives during the Vietnam War. It will be held at the Washington State Vietnam Memorial at 2 p.m. The ceremony will include a Thunder Run, a type of motorcycle rally, and the unveiling of the name of Platoon Sgt. Richard E. Dodd, 11th Armored Cavalry on the memorial.

The Seattle Museum of Flight will conduct a ceremony featuring patriotic music and several guest speakers from the Tuskegee Airmen, including retired U.S. Air Force veterans Lt. Col Charles A. Lane, Lt. Col. Hiram E. Mann and Major Levi H. Thornhill.

Other ceremonies in the area include the Evergreen-Washelli 83rd Annual Memorial Day Service, on Aurora Avenue in Seattle at 1:30 p.m., and NAM-VETS Day of Honor, at Bethlehem Baptist Church 4818 Portland Ave, Tacoma, at 11 a.m.

There will be a national moment of remembrance at 3 p.m.

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Transfer

continued from page 1

students with associate's degrees bring from other institutions.

•Western Washington University widely accepts transfer applicants before associate's degree completion.

•Eastern Washington University also accepts transfer applicants with no specific emphasis on associate's degrees.

Officials at most schools agree, however, that the process of transferring is much easier with an associate's degree.

"If we need to reduce enrollment in future quarters at the UW, the most competitive transfer applicants will definitely be those prepared for direct entry into a specific major," said Philip Ballinger, University of Washington director of Admissions.

Former Highline student Kelsey Anderson has seen both sides of being a transfer student. She transferred without an associate's degree from Highline to Central Washington University in the spring of 2005.

Anderson transferred back to Highline in the fall of 2005 and completed her associate's degree with an emphasis in early childhood education in 2007. She

then transferred back to Central, this time with her associate's degree, in the fall of 2008.

Due to the recent changes in university enrollment in the state, non-degree transfers will likely be much more difficult and much less common. Associate's degrees became crucial for students at Washington State University a few weeks ago.

James L. Tinney, Washington State University director of media relations said the university was forced to stop accepting further freshmen applications due to state budget cuts. However, the school resumed making offers to transfer students after May 1.

Washington State University, however, is only one example of the asset the associate's degree has become to transfers.

Besides being typically more prepared for their major, students with associate's degrees are also more likely to be accepted by colleges despite low high school and SAT/ACT scores.

Kathy Gaer-Carlton, acting director of Admissions at Central Washington University, said, "Students that earn a DTA (direct transfer associate's degree) are guaranteed admission as long as their GPA is 2.5 or greater."

At The Evergreen State College, their policy promises that all credits from an associate's degree will transfer instead of "being picked apart on a course by course basis," said Doug Scrima, director of Admissions at The Evergreen State College.

The benefit of this policy is that students will typically have a guarantee of needing only 90 credits to complete their bachelor's degree after transferring.

"This is the significant transfer policy difference between Evergreen and our sister institutions. DTA transfers (and certain vocational/technical transfers) recognize that all their degree credits apply to their BA or BS. This policy has not changed," said Scrima.

There are still some schools that are not necessarily partial to transfer students who have completed associate's degrees.

"For most students, completing their transferable associate's degree is the most efficient and most affordable route to earning their bachelor's degree," said Jeanne Gaffney, senior assistant director of admissions at Western Washington University.

"But, we also recognize that there are always students for whom transferring sooner makes the most sense, often so students

can gain access to courses necessary for their degree requirements," Gaffney said.

At Western, applicants go through a comprehensive admissions review process.

"This process, which includes the personal essay, can be very helpful in helping the Admissions Committee understand a student's reasons for wanting to transfer prior to completing their associate's degree," Gaffney said.

"A student who transfers with the AA (associate's degree) in hand will have EWU's general education core requirements completed. A student who does not have the AA will be advised about the best courses to take when they come to EWU, including general education requirements that link to their chosen major," said Larry Briggs, Enrollment Services manager at Eastern Washington University.

"We advise students to transfer when it works best for their educational goals and for their particular circumstances. Some students will no doubt conclude that it makes economic sense to complete an AA before transferring, but as suggested by our transfer applications, many students are also deciding that they

are ready now to begin at Eastern to complete their baccalaureate degree," said Briggs.

Despite this advice to possible transfer students, Briggs said, "Colleagues at other four-year universities with decades of experience in admissions are describing this year as among the most difficult they have ever seen to predict just where we will all land in the fall."

College officials agree that hopeful transfer students should plan the transfer process early, apply early and know which credits will transfer to their school of choice.

"I know that students are worried about the state's budget problem and how this will impact their application to the four-year colleges," said Siew Lai Lilley, Highline adviser.

"Remember that the state four-year colleges are in the business of enrolling and educating students each year, so they are always going to be recruiting students," Lilley said.

Lilley's advice to transfer students is to apply early to their college of interest and to have a back-up plan.

"This is the same advice I have given to students over the years whether there is a budget issue or not," Lilley said.

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