To dream of a successful education

Highline helps students realize their ambitions

By CODY STOLZ
Staff Reporter

Ruth Tial Par moved to the United States one year ago from Burma in the hopes of achieving a better life.

Tial Par has had many obstacles on her path toward higher education. She is wheelchair-bound and does not speak English as her first language.

Despite these obstacles, Tial Par has taken two ESL classes and has attained 35 college credits in less than one year at Highline.

Tial Par is currently studying to become an administrative assistant, and hopes to be done with her degree soon. She has been able to do this because of the advising she got through Highline’s Achieving the Dream program.

Achieving the Dream is a program with a goal of providing added help and support for low income students, students who are taking English as a second language, and students who are placed three levels below college math.

Two years ago Highline received a grant of $600,000 from the Washington-based College Spark fund-raising program so that it could participate in Achieving the Dream.

Highline is focusing on three main subjects with its Achieving the Dream program. It is working on increasing Math 91-97’s effectiveness, make non-credit ESL classes credit courses, and increasing the success of students, the Code of Conduct, Highline’s expectations of students, the Code of Conduct, and the possible sanctions for students’ breaches on the Code.

The non-student said he was watching the first amendment right to freedom of speech. The student started crying when he asked her these questions and told him she didn’t have to answer him.

“It is difficult to impose serious sanctions such as probation or suspension on a student for calling another student a name,” said Castro.

A student said she was being racially harassed on April 14. She said that another person, who is a non-student but audits a class at Highline, called her a Somali pirate.

The non-student said he never submitted the form she would need to complete in order for us to take judicial action. She was here on a student visa, if America was the enemy, and if she’s enjoying reaping the benefits America is giving her.

Highline officials disagree with this kind of behavior. “We encouraged her to file a formal incident report, and gave her the form she would need to complete in order for us to take judicial action,” said Tonì Castro, vice president for Student Services.

“She never submitted the form, so we were not able to formally pursue the complaint, it is up to the aggrieved person to file a complaint in order for us to take judicial action.”

The student rights and responsibilities code covers Highline’s expectations of students, the code of conduct, and the possible sanctions for violating the code.

One of the code’s expectations is: “Members of Highline Community College accept the responsibility to promote a learning and working environment which ensures mutual respect, civility, honesty, and fairness.”

“Members are expected to uphold the college’s values and ethics necessary to maintain a positive campus climate,” said Castro.
**Student in print shop robbed of insurance**

A Highline student who works in the print shop was robbed on May 19 in Building 16. While working, she left her purse in the break room. When she was leaving, she opened her wallet to pay for the bus and noticed that all of her cash was missing. She said there was $120 in her wallet to pay for car insurance.

**Smokers on the roof**

Four unidentified males were reported smoking and running on the roof of Building 7 on May 21. They were gone before Security arrived.

**Student’s car hit by unidentified culprit**

A student reported that his car was struck by an unknown driver in the east lot on May 22. There were no witnesses. No contact information was left.

**Crusty elevator stops in Student Union**

The elevator in Building 8 got stuck on May 19. It opened when Security arrived. The inner track was dirty and the doors were opening very slowly.

**Car moves from spot**

A vehicle rolled out of its space on May 18. A Security officer put a tire block under the rear wheel and contacted the owner. The owner moved the car.

**Skaters busted riding boards on sidewalk**

Two teenagers were skating on the inner walkways of Building 23. Security told them to leave and they complied.

**Lost and Found**

The following items have been reported lost between May 19 and May 26: North Face black pullover jacket, Samsung cell phone, iPhone, sunglasses, and a reading lab skill book, thumb drive, iPhone, sunglasses, and a black pullover jacket.

-- Compiled by Yuriy Torchilo

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**Restoration to take place at Highline**

The Environmental Club is planning to clean up Highline with a Summer Restoration Project.

The restoration project involves removing invasive plants such as blackberry and ivy plants.

The project begins June 23 and goes through Summer Quarter.

Anyone interested in helping will be meeting every Tuesday at 1:30 p.m.

Volunteers will meet on the north side of Building 28 and walk down to the tennis courts.

Volunteers can expect to work at least one hour. The work day could go longer whether and need permitting. Volunteers need to bring their own gloves, sunscreen, sturdy clothing and a refillable water bottle.

Clippers and other tools will be provided. Volunteers are welcome to bring tools to share.

**Campus smoking ban turns out to be hot air**

A sign posted in the smoking shelter near Building 2 threatened a smoking ban on campus.

The handwritten sign said that administration was planning to ban smoking within the next two weeks if smokers didn’t start picking up their cigarette butts.

The sign added that if a ban was put into effect smokers would be fined $40 if caught in smoking on campus.

“IT’s not an official sign, administration doesn’t post handwritten signs,” said Larry Yokl, vice president of administration.

“There’s no such plan,” he said. Although we would be appreciate people picking up their butts.

“Don’t write any plan down.”

The sign has since been taken down.

**Free clothing for unemployed students**

A professional clothing drive will be held in the Mt. Skokomish room of Building 8 on June 3, from 9 a.m. to 3 p.m.

Women’s Programs and Conference Services are co-sponsoring a “work appropriate” clothing give away for students who need clothes for job interviews.

“Many of our graduating students are stressing about their job hunting because of clothing issues,” said Donna Longwell, Interim Hospitality Services Manager.

“We are hoping to provide free and no questions asked clothing in hopes of adding ‘Self Esteem’ to their many talents.”

All clothing at the drive will be free.

Please contact Longwell at extension 3777 and/or bring the clothing to her office in Building 1 prior to June 2.

**Basket raffle success**

The basket raffle event put on by the Make a Difference Club last Friday, May 23 raised approximately $450.

All proceeds will be donated to the RISE Foundation to improve child education in Cambodia.

**Calendar**

- Self Assessment and Writing Portfolio Cover Letters,
  a workshop will be held at The Writing Center, building 26, 1:30-2:20 p.m., on May 28.
- Understanding Logarithms,
  a workshop will be held at The Math Resource Center, Building 26, room 319, 2:20-3:30 p.m., on May 28.
- Other Tricky Punctuation Issues,
  a workshop will be held at the Writing Center, building 26, 4:45-5:50 p.m., June 2, 9:9-50 a.m., June 3, and 1:30-2:20 p.m.
  on June 4.

**Corrections**

In the May 21, 2009 edition of the Thunderword, U.S. Air Force Capt. Ed Hrivnek shouldn’t have been depicted as the author of Operation Homecoming, although he did contribute to the writing of the book.

In the May 21, 2009 edition of the Thunderword, answer nine on the trivia test should have been referred to as L’Oréal instead of L’OrZal.

Send your corrections to Thunderword@highline.edu.

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**Wanted to be a Journalist?**

Take Journalism 101 Fall Quarter

**Find out more information about 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)

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Spanish-speaking Legal Assistant/Paralegal - $321 - part/fulltime

Assist attorney with litigation preparation, discovery preparation and organization, client intake, witness preparation for local, state, and federal cases.

Location: Seattle Wage: $13-15/hr Hours: M-F up to 40

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**Old Spaghetti Factory in Tukwila - $309 - Part-time**

Hosts, Bussers, Servers, Kitchen Staff, Accounting.

Evenings & weekends

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**For more information about co-ops, these jobs and more, log on to www.myinterface.com/highline/student**
President has got green goals

Chris Pennington, next year’s Student Government president, has green plans for the school.

Pennington was unopposed in this year’s Student Government election for president.

Pennington says he would like to see green collar job training at Highline.

“It’s the wave of the future,” Pennington said.

There is a lot of funding available for those who want to go into green industries, Pennington said.

He will be getting an associate’s degree in Mechanical Engineering.

He also plans on transferring to Oregon Institute of Technology and getting his Bachelor of Science in Renewable Energies.

Going green has been in Pennington’s family for generations.

His great-grandfather bought land in California because there was a geothermal pocket of water underground.

This past quarter at Highline, Pennington co-created the Renewable Energies club, which is now called Resfa or Renewable Energies Student Faculty Association.

He said one of the plans they have is to hook up generators to Highline’s workout gym.

When it comes to creating more awareness for political issues, clubs and outreach at Highline, he is all for it, Pennington said.

“People need to see and hear to be aware,” Pennington said.

“We need to be using different senses for outreach,” he said.

Pennington said he definitely wants to address the concerns of the student body.

“I’m an advocate for cameras on parking lots and it is a really serious issue,” Pennington said.

He is advocating for more televisions in eating areas focusing on political areas.

“The goal is to interconnect clubs with politics at this school,” he said.

When describing himself, he said he is a big-picture person.

“‘I’ve always looked outside the box,’” Pennington said.

“The needs of many outweigh the needs of few,” Pennington said.

Pennington said that he is a single, 26-year-old father and has a son who is a little over 2½ years old.

“I intend to take a sabbatical this summer to focus on life and my family and son,” he said.

The reason for taking the sabbatical is so he can plan for the future and see that his life and family life is secure.

Pennington said that he will take a trip down to California and Arizona this summer.

While in California he will be painting condos.

His father owns a painting business and Pennington helps him when he is needed.

“Last summer and winter was the slowest my dad and I have ever had with painting,” Pennington said.

He said work is picking back up and his father is overworked.

Pennington has also had many different jobs besides painting.

He has been in advertising, internet advertising, real estate, finances, and construction.

Pennington wins student election unopposed

Chris Pennington will take the helm as president of the Student Government next year, after running unopposed in the election, the vice president will be appointed in June.

By DAN BOZE
Staff Reporter

Chris Pennington, next year’s Student Government president, has green plans for the school.

Pennington received 95.3 percent of the vote, with 141 total ballots cast for him. A total of 148 ballots were cast; 28 were hand-cast ballots and 120 were electronic.

There were seven missing ballots, three invalid ballots, and four non-voting ballots.

However, there were no candidates on the ballot for Student Government vice president.

Originally, there were two candidates. Ashley Burman dropped out because she was accepted into University of Washington and Jesus Sablan resigned because Student Programs learned late in the race that he was not taking enough credits to qualify for the office.

In place of elections this year, Student Government will select the vice president for the 2009-2010 school year.

The Student Government will hold a meeting sometime before Tuesday, June 2 in the Student Programs office on the third floor of Building 8.

They will be taking a look at applications for the position and pick the top two or three for the position.

Lance Frank, the current Student Government president, will interview the candidates and make a decision.

The appointment committee will also include chairwoman Kelli Tracey, the current Student Government vice president, and Jonathan Brown, the associate dean of Student Programs.

There may be one other person sitting in on the appointment committee from Student Programs, Tracey said.

A decision will be announced Tuesday, June 2.

Vita Mulykirkuk/THUNDERWORD
Chris Pennington will take the helm as president of the Student Government next year, after running unopposed in the election, the vice president will be appointed in June.

Mock trial will preview the defense for murder trial

By RAPHAEL LINHARES
Staff Reporter

Highline students have the opportunity to help on a real court case by participating in a mock trial on Friday.

Highline will host the mock trial to help defense attorneys test their defense for an upcoming trial.

Buzz Wheeler, an instructor in the paralegal department and one of the people responsible for the exercise, said the mock trial was requested by the defense attorney and a jury consultant.

Wheeler said the defense expects to have a “sampling of regular citizens” on the case, and that they plan to receive some feedback on it.

The mock trial will be based on a real crime that is going to go to trial next July. The case involves the murder of a prostitute; both the defendant and the victim were under the influence of drugs.

The defendant has been accused of beating and stabbing the prostitute to death.

“A very sad story with unsympathetic principals,” Wheeler said.

The purpose of the trial will be to gather information on how a possible jury will respond to the defense’s arguments, based on a claim of self-defense and diminished capacity.

Understanding possible jury response could make a critical difference in trial strategy and/or plea bargaining,” Wheeler said.

He said it will be a good chance for people not involved with the legal system to see the proceedings of it.

“It would be interesting for anybody,” he said.

Wheeler said that several of these were held in the past. Earlier this year, the students participated in a mock trial of a cold-case murder. A cold case is a criminal investigation not solved for a considerable time.

Due to legal reasons the defense case will not be fully disclosed.

Anyone interested is encouraged to come, since the objective is to gather as many opinions as possible.

To attend to it, it is necessary to sign up. Drop-ins will not be accepted. For more information contact Buzz Wheeler by e-mail at bwheeler@highline.edu.

Movie friday features lesbian love, taboo

Movie friday this week will present the film Saving Face, a movie about love and family, in honor of Asian-American Heritage Month.

The movie was written and directed by Alice Wu. It runs just over an hour and a half.

According to the Internet Movie Database, the movie is about Wil, a Chinese-American surgeon, who is in love with her boss’ daughter, and her struggle to help her widower mother deal with the news that Saving pregnant without a husband.

Movie Fridays are free to attend and include popcorn.

Saving Face will be shown Friday, May 29 at 12:30 p.m. in Building 7.
Student elections run solo

Last week’s student elections didn’t have much to do with Highline’s students. Since both vice president candidates dropped out, the position is set to be chosen by a small group of people in Student Government including the current vice president and student president, Lance Frank and Kelli Tracey.

Though to be fair, students were allowed to vote for the president position. Chris Pennington, the one person running, received 141 votes out of 148. Goodness only knows what happened to the other seven.

In order to fill the position of vice president, Student Government had to come up with something. But why not delay the election for vice president until next fall? Why did they take away the power from the students?

Student Government is run by students for students, but it’s also supposed to be elected by students. Students are supposed to have the ability to choose the people who represent them.

We are no longer running on a system of democracy. But on the other hand, we will have the position filled for the next academic year.

The new vice president will have a lot on his or her shoulders because he or she was not elected by the students. The vice president will have to prove that he or she belongs in the position, having had no chance to plead a case prior to the election.

Part of the problem stems from the fact that Student Programs could have done more to advertise the election. If the candidate positions had been made known to the student population at large, then maybe we wouldn’t have landed in this position in the first place.

Hopefully, the new president and vice president (whoever that may be) can learn from this and plan better for next year. That way they won’t have to make a decision that takes away from the students.

This year students weren’t allowed to vote for a vice president and they only had one option for president. Was it worth it all the time and effort to setup the voting when the position was already set?

To be honest, the election was a little pointless this year.

Opinion

Honor Program is rewarding

My time in the Honors Program at Highline has definitely been a challenge.

Right now, I am scrambling to complete one more honors option and a 15-page paper for the capstone 299 class.

I would love to just float through my last three weeks, but I have to focus on finishing a comprehensive seminar paper on my first week, almost two years ago.

The Honors Program is headed by Dr. Barbara Clinton. The program begins with Barbara’s honors seminar class.

Of everything in the whole program, this may be the most useful. You don’t need to do the entire program to take this initial class. You just need to establish a 3.2 GPA or higher.

The reason the seminar is so helpful is because Barbara not only helps you create an entire portfolio filled with resumes, personal statements, scholarship essays and letters of recommendation, but she helps you learn to play the game of college.

Moving through the academic world can become daunting. Barbara knows the tricks of the trade.

She also encourages students to look beyond their safe schools and into possibilities that will best benefit them. I learned a lot through this first class, and because of it I have essays and resumes in my pocket for whenever I need them.

After I took the seminar in Fall of 2007, I decided to continue with the program and I also became an Honors Instructional Intern for the next two quarters and helped other students put together their portfolios.

The next step in the program was to set up several opportunities to do extra projects in each class for the little word “HONORS” next to the class titles on my transcript.
Who Said It?

Across
1. Chooses
5. Father
9. Church distributions
14. Type of music
15. Ivan the Terrible, e.g.
16. Early morning hr.
17. Aviator’s tool
19. Rude book
20. Start of quip
21. Quip continued
23. Bit of work
24. Ms. DeGeneres
25. Some weight loss schemes
29. Actor Ed and family
33. Govt. property org.
34. Draw out
36. Quip continued
37. Heard in church
39. Suffix with ranch
40. Witherspoon of “Legally Blonde”
41. College in New Rochelle
42. Window-shop
44. Caesar’s 1002
45. Quip continued
47. Quip concluded
49. Smidgeen
51. Financial planner’s meas.
52. Rifle attachment
55. Waylay
59. “Hole __” Golfer’s dream
60. Author of Quip
63. ___ Sedat
64. Klin
65. Quickly
66. Markets
67. Unexplained
68. ___ corpus

Down
1. Anthem opener
2. Pullover
3. Ballet wear
4. Like deli meats
5. Casey of the Yankees
6. Social ending
7. Sally Field’s “Norma __”
8. Flynn of film
9. Sheriffs’ helpers
10. Feathers
11. Kind of jet
12. Levy of the Bills
13. “Peter Pan” pirate
14. Osmand and Antoinette’s dream
15. Sheep’s cry
16. Certain mortgage payments
17. Alphabetical series
18. “___ You Like It”
19. Corn Belt state
20. Financial planner’s meas.
21. “Quip” continued
22. Curses
23. Seating section
24. Partiality
25. Memory unit
26. “Quip” concluded
27. Osmond’s 1002
28. Unexplained
29. Social ending
30. Lout
31. End of a newsletter
32. ___ Sedat
33. Curses
34. Partiality
35. End of a newsletter
36. “Quip” continued
37. Lout
38. Early morning hr.
39. Partiality
40. Search thoroughly again
41. Memory unit
42. Navigable channels
43. Outrageous mistakes
44. Corporate
45. “Here’s looking ___”
46. Partiality
47. Diarist Frank
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Crossword 101

By Ed Canty

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Art Calendar

• Several students in High School will be taking place on June 1 and 2 in the Mount Olympic room in the Student Union Building.

Students from the Graphic, Interior, and Drafting Design programs will have their work on display for students, faculty, family and business professionals.

Judging will take place on June 2, with awards to be handed out at the close of the show.

• The last Blend performance will be taking place have?
7. HISTORY: Who tried to assassinate George Wallace while he was campaigning for president in 1972?
8. GAMES: What is also known as “liberty steaks” during World War I in America?
9. ANIMAL KINGDOM: How many arms does a squid have?
10. MEASUREMENTS: How many tablespoons are in one-fourth cup?
11. MEDICINE: Which vitamin is essential in blood clotting?
12. U.S. STATES: Which U.S. State has a license plate spelling?
13. LITERATURE: Who wrote the novel “The Great Gatsby”?
14. LIT: Which one of the seven dwarfs in the film Snow White and the Seven Dwarfs did not have a beard?
15. Sciences: Why is broad-mindedness just another way of saying a fellow is too lazy to form an opinion?
16. LANGUAGE: What did Peter Sellers play in the movie Dr. Strangelove?
17. VOCABULARY: Ballet wear
18. VOCABULARY: Jewelry
19. VOCABULARY: Type of music
20. VOCABULARY: Kind of jet
21. VOCABULARY: Curses
22. VOCABULARY: Partiality
23. VOCABULARY: Memory unit
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Chorale chants it out for final performance

By DIO-JEAN-BAPTISTE  
Staff Reporter

Highline’s Chorale will be having their final performance of the year.

“Thursday, June 4, 2009, 7 p.m., in Building 7, is the final concert of the 2008-2009 series entitled, Chant to Avant Garde,” Dr. Glover said, the Chorale director.

The Chorale will be performing four pieces of music for this showcase.

Two of the pieces will be from Mozart. The first Mozart piece will be Dixit. The second is Laudate Dominum, which will feature Amanda Sample as the soloist.

“Chorale is a good outlet for those who like to perform, but don’t necessarily like to be in the spotlight,” said Zoe Westbrooke, a member of Highline Chorale.

“It’s a great way to make friends,” Westbrooke said.

Westbrooke is in her second year of being involved with the Chorale.

“It’s more challenging. Not only sight reading, but also the higher caliber of pieces that we work on,” Westbrooke said in regards to why she’s involved.

“Choir isn’t just for the loud people, we need the quite people too,” Westbrooke said.

Chorale is always in need for more guys, said Westbrooke. With guys in choir it makes the Chorale sound richer and fuller, Westbrooke said.

Whether a person is going for musical education, performance, composition or for any music majors or minors, it’s most likely going to be required at a university level that you have some chorale experience, Dr. Glover said.

Chorale performances have usually been done in lots of different languages ranging from Italian to Japanese. For the final performance on June 4, the Highline Chorale will be singing in French, Latin and Spanish.

The singers also get lessons on proper pronunciation of the languages, that they will be singing in, as to not get things incorrect, but as close and true as possible.

“We get a background story on each of the pieces of music that we’re performing before we start learning them, and about their composers as well, why they were written the way they were, and much more,” Westbrooke said.

“Due to the way that Building 7 is built, you get a surround sound experience with the choir,” Westbrooke said.

“In spring concerts all the women wear full length formal dresses in a variation of colors of their choice, so we’re also very colorful,” Westbrooke said.

This will lighten the mood for the audiences; because in normal performance the Chorale is usually in all black dresses and tuxes. This will give it a light, fun and inviting atmosphere for the audience, Westbrooke said.

“We’ll all look very nice and we sing pretty good too,” Westbrooke said in regards to the upcoming show.

This will be an opportunity for the students of Highline to broaden their experience with music. There have been a lot of hours of practice and rehearsals put into this upcoming show, Westbrooke said.

“We’ve all worked really hard and our final product will show that,” Westbrooke said.

For anyone who cannot make the 7 p.m. performance on June 4, but would still like to check out the show, there will be an open rehearsal from noon to 1 p.m. on Thursday, June 4, the day of the show.

This performance will also be featuring the Highline String Ensemble as well.

For more information on Highline’s Chorale or how to be a part of Chorale for next year, you can contact Dr. Sandra Glover by e-mail at sglover@highline.edu, or by phone at 206-878-3710, ext. 6170.

Church singing artist performs at Blend

By DIO-JEAN-BAPTISTE  
Staff Reporter

The last Blend performance of the year will take place on June 3.

The Blend is a biweekly show that is coordinated by Highline Student Programs, which provides local musical artist a venue on which to display their musical talents for the students of Highline.

The Blend is held on Wednesday in the Bistro in the Student Union building from 10:30 a.m. to 12:30 p.m.

The performer for this upcoming event is Vince Coppola, a solo acoustic guitarist and singer. He will be accompanied by his friend Aaron Smith, a percussionist who will be playing a Djembe African hand drum, keyboard and doing backing vocals.

Coppola has been playing guitar for three years.

He said his style of music is a mixture of acoustic folk, pop rock, and overall alternative rock music, such bands and artists like Oasis, Howie Day, Matt Nathanson, Matt Wertz and Jack Johnson.

Coppola comes from a church background so he is more familiar with playing church music.

“I got started through my church,” he said.

Coppola has not performed a show outside of the church atmosphere yet, so the Blend will be his first public performance.

“This is my first show and I’m very excited,” Coppola said.

He will be playing original compositions as well as some covers tunes.

Coppola is hoping for a solo career in music, preferably in worship music, but is also open to the consideration of secular non-church music too.

Coppola does not have a web link to his music yet but said he is hoping to get one soon.

Highline Student Programs is currently looking for a new blend coordinator for Fall Quarter.

For Blend coordinator, Student Programs officials said they are looking for someone who’s passionate about music or who would like to gain experience booking artists and/or organizing shows.

Previous experience is not essential, just a willingness to learn and commitment of time, Student Programs officials said.

For further information e-mail Natasha Burrowes at nburrowes@highline.edu or at 206-878-3710, ext. 3256.

Artists display work in Portfolio Show

Highline’s annual Portfolio Show is coming up on June 1 and 2.

At the show, students display the body of work of students, faculty and potential employers.

It takes place in the Mt. Olympus room of the Student Union from 10 a.m. to 8 p.m.
All Highline’s a stage

Spring One-Acts shine as student-directed shows take the stage

By COURTNEY SANKEY
Staff Reporter

Students took the stage at Highline last week with the student-directed Spring One-Acts. The Spring One-Acts are a festival at Highline that are student-run shows. They are student-directed, acted, and costumed.

Everything is done by the students in the Drama Department, but they do have the watchful eyes of Dr. Christine Taylor, head of the Drama Department and Richard Lorig, a drama professor.

The set for the show was built by Lorig and his stagecraft students. They built up the stage with an L-shaped, runway-style platform in the middle.

The entire set was painted black, which left it as a blank canvas that the directors could make over to what they needed.

While it is nice to have a permanent piece of set on stage it can also be a challenge.

Some of the directors had to change their movement on stage to make use of the platform in their scenes. Some used it more than others, and utilized it very well.

The program started with the whimsical tale The Ugly Duckling by A.A. Milne, directed by Jared Stratton.

The story is a charming fairy tale that uses a princess in place of a duckling in it’s growth to become a beautiful swan. Though it has many more twists than a real duckling’s, it made for a fun performance.

But in the course of happily ever after you do not get to see the wedding or the reveal that was supposed to take place. It just ends very abruptly.

Where was the wedding you hoped for? The entire plot of the show is to get the princess married, and you are deprived of that privilege.

The costumes took on a medieval theme with full gowns for the women and tights and long tunics for the men.

The set never changed and was very simple, two thrones on the top level of the riser and a stool on the middle level.

The actors were a little shaky at first with nerves getting the best of a line or two, but as the show progressed the nerves calmed and everyone got into a good pace and rhythm.

They played up the jokes well and even got some physical comedy into the mix, like when Dulcibella punched the King in the face when he tried to take her hand.

Tyler Arnes’ king was a little timid and could have been played up more. His voice on stage was good though and used very well.

Dulcibella, though pretty, is anything but bright, and Sophia Villanueva’s portrayal of her is massively entertaining and steals the show. She gives more comedy in her short time on stage then the others put together.

Villanueva’s far-off looks, ranging from space cadet to intense paying attention to the king who is trying to coach her in regality are hysterical and one couldn’t help but laugh.

It was a fun play mixed with a good moral about loving and believing in yourself even if no one else will and that everyone deserves a happily-ever-after, but left the audience wanting more.

Next came a musical interlude delivered by directors Villanueva and Stratton. The song, Duet, was well done as Stratton’s guitar playing. It was to make up for the fact that there were supposed to be four shows instead of three.

Mathew Hopkins’ show, The Rising of the Moon by Lady Gregory, was unexpectedly cancelled.

However, was it necessary? The break, though pleasant enough, was out of place. During part of the song they tried to get the audience to participate with some clapping but to no avail. After it was over you just thought, “huh that was unexpected.”

A contemporary show, Degas C’est Moi by David Ives, directed by Brennan Grant was the third in the line-up.

Degas is about a man who decides to take a break from reality and spends the day in the fantasy world of French impressionist painter Edward Degas.

As his journey throughout New York as Degas goes on he wonders about life and the repetitiveness of normalcy. In the end he decides that it’s good just being himself.

Director Brennan Grant added a bit of a twist when he decided to make Degas, or Ed as he called him, into two different parts; his persona (Ryan Russell) and his internal thoughts (Danny Vogt).

It was a brilliant way to discuss what he was thinking as opposed to what he was actually saying. It was a challenge in the way these two characters now had to mirror each other in both facial expressions and movement, which they pulled off masterfully.

“It naturally came together,” Russell said. “We played off each other a lot”

“We also taped a [number of our rehearsals], Vogt added. “We would watch them and see where we had to sync up a little more and where we could improve a little more.”

Grant’s use of the stage was choreographed like a dance and he used every bit of it. He had his actors behind the platform, off stage, on the top of the platform, anywhere and everywhere.

Besides the two Degas and his lovely girlfriend Doris, the rest of the actors had several memorable parts.

Brennan Grant was absolutely memorable. His over-the-top inner thoughts with an endless stream of memorable Degas’ work. With each character she gives a different performance and gives them each their own distinct personality.

Renee Vogel, who played Renoir, a newswoman, and the inner thoughts of the young lady, was absolutely memorable. Her non-speaking role as Renoir was hysterical with a fake moustache under her nose.

Her accent as a New York newswoman was well done and her over-the-top inner thoughts with her polka dot vest were child-like.

The last show of the program was director Sophia Villanueva’s production of Medusa’s Tale by Carol Lashof.

Medusa’s Tale is about Medusa herself and what made her the Greek tragedy she is today. But it is from her point of view. Through this tale we learn what happened to her and how the hero Perseus managed to subdue the monster we know her as.

The acting in this show was her rich and Canyon’s "per- formance". Everyone pulled together to create a great program. But it is a shame that it only lasted for the one weekend because they left you wanting more.
By ALLIE LARD
Staff Reporter

The well-known Northwest Boychoir will perform music from the local Duwamish tribe tomorrow, Friday, May 29.

The choir has been displayed in Consoli dated Works, Jack Straw New has been displayed in Consoli and released two CDs of his musical me because of my writing."

a musician and a graphic artist Landgraf said.  "People who are Susan Rich to bring in artists, W. Green, who discussed death son Green's father, Dr. James Here, Bullet Brian Turner, the author of 18, some of whom started train turner known Northwest American classics, and classic Ameri- tribe as well as spiritual songs, Duwamish/Snohomish songs, and several spiritual songs. “It’s wonderful that the Tuk- wila centennial has provided us with an opportunity to preserve help share our heritage, language and culture with those who may not realize what a strong pres- ence we still have.”

Along with the choir, fiddlers Phil and Vivian Williams will perform American folk tunes performed at the first wedding in Tukwila in 1862, and “Sing- ing Feet,” a group of young Native Americans will perform both song and dance. The concert will be at 7 p.m. at the Foster Performing Arts Center in Tukwila. Tickets are $15 for adults and $10 for seniors and chil- dren. The River Legacy CD will be available at the concert for $15 as well. Tickets can be pur- chased at the concert as well as in advance through Brown Pa- per Tickets.

For more information, visit www.northwestchoirs.org/ events.

Seattle International Film Festival seeing stars

By TIFFANY BELL
Staff Reporter

Celebrity directors are coming to Seattle for premiers and honors at the Seattle Interna- tional Film Festival.

The festival has been around for 35 years. The two week festival is claimed to be the largest international film festival in the United States.

This year’s festival started last Thursday and runs until June 14, and is almost three weeks of various films from around the world. The venues include: The Egyptian; Harvard Exit, Nep- tune Theatre; Northwest Film Forum; Pacific Place Cinema; SIFF Cinema; Uptown Theatre; and a few other locations in Se- attle as announced. A full list of the movies is included at www. SIFF.net.

The ticket prices are $5 for students with an ID on the day of show; the regular-price matinees are $8 and the regular and performance prices are $11. Tickets are available at any of the venues.

As a bonus, if you decide to buy a SIFF membership during the festival, you will automatically be entered into a drawing for a trip to Hawaii. This year Spike Lee was pre- sented with the Golden Space Needle award for outstanding achievement in directing. A tribute ceremony and dinner featured a montage of his past work; a question and answer session; and a screening of his latest film, Passing Strange, a documentary-like film transla- tion of the Broadway musical of the same name by musician Stew, about a songwriter in L.A.

SIFF will also welcome Francis Ford Coppola, the director of the Godfather movies. Coppola will show his new movie, Tetro, at 7 p.m. on June 10. SIFF will host an earlier tribute to Cop- pola at 5:30 p.m.

The ceremony will fea- ture Coppola, and stars of the film Vincent Gallo and Alden Ehrenreich. Screen- ing only tickets are $25. Some newer things at SIFF in- clude an outdoor screening, a scavenger hunt with clues on Twitter and throughout the city to find a free ticket, and the “Gay-la,” which will feature homosexual-themed movies.

The festival has always been known for its technological ad- vancements. In 1995 it became the first festival to broadcast a movie completely over the in- ternet without a satellite. In 1998 SIFF has continued its advance- ments with a web site: www. SIFF.net. SIFF has a place on the web site to post movie re- views, and an iTunes applica- tion that allows people to search through movies, locate venues, buy tickets and use the visual filter for quick search through cover shots of movies.

SIFF will also host its annual “secret festival.” The Secret Festival is a special event where people buy tickets to a movie without knowing anything but the time and place of the movie and sign an oath not to tell any- one what they saw.

By ROCHELLE ADAMS
Staff Reporter

Spring Quarter’s Highline Listens event will feature Seattle artist Paul Rucker and Highline instructor Susan Landgraf.

Highline Listens is a quarterly event that features the work of authors and other types of artists.

Past guests have included Brian Turner, the author of Here, Beetle and instructor Alison Green’s father, Dr. James W. Green, who discussed death in children’s literature.

The event “was started by Susan Rich to bring in artists, specifically writers, but artists, Landgraf said. “People who are creating and in this case obvi- ously it’s Paul [Rucker] who’s a musician and a graphic artist and me because of my writing.”

Rucker is a cellist, a com- poser and a visual artist. He has released two CDs of his musical work. Rucker’s music ranges from to pop to rock and from jazz to classical. His artwork has been displayed in Consoli- dated Works, Jack Straw New Media Gallery, the Washington State Convention and Trade

The Northwest Boychoir will perform in Tukwila on Friday

Boycchoir serenade Tukwila

Paul Rucker, a professional cellist, will perform today at noon.

Center and On the Boards.

In addition to performing, Rucker will also talk to a High- line class. Paul will talk to my Mass Media class because they couldn’t link him up to a mu- sic class,” she said. “But I fig- ured that since music was part of what we were doing in Mass Media that that would be a fit.”

Landgraf described Rucker’s musical work as “various” with him composing audio, our participation within the perfor- mance. “He’s really able to go with whatever,” she said. “Sometimes he asks the audience, ‘What’s your favorite color?’ Somebody will say, ‘Blue.’ Then he plays a piece that sounds blue to me. He’s very adaptable. Spontane- ous. He can do things off the cuff.”

At the event, Rucker and Landgraf will perform together, with her poetry and his music. He will also perform on his own.

Landgraf encourages people to come to this event.

“Come with questions,” Landgraf said. “Come with a willingness to see what hap- pens. Paul is really great.”

The event takes place today, May 28, from noon to 1 p.m. in the Mt. Constance room of the Student Union.

Highline Listens to cello, poetry
Arts

Kaplan Idol

Seven acts strive for super-stardom

Students of the Kaplan program flooded to Building 2 last Friday to witness seven acts vying for the title of Kaplan Idol.

The Kaplan program is an on-campus English language program for international students who are preparing to study at Highline.

Nozomi Yoshinaka and Joo-Shin (Jessica) Song won first place for their rendition of the duet *Anata To*.

Tang-Jhen (Josh) Shen and Ming-Hsien (Brian) Chen danced their way to second place to the song *Mambo No. 5*.

Yong-Won (Neo) Seo received third place for his song *Tahengyi Da*.

Peng Yang (Corey) Sun and Jing Jing Xiong, left photo, performed the song *All About You* with Sun on guitar and Xiong on keyboard and vocals.

Pei-Kai (Ken) Chien, bottom-left photo, put on a magic show. Mio Kamiya, bottom-right photo, performed a solo classical guitar piece.

Yeon Jae Jeong and Megan Nestor performed a minuet by Bach on guitar and violin.

Breakdancers battle in Burien

By NATHAN LUCYK
Staff Reporter

The battle for dance supremacy will be returning to Burien for a third edition on May 29.

The Battle for Burien is a breakdancing competition for dance crews and individual dancers. The battle was originally started as a fundraiser for the Burien Teen Leadership Council.

The first competition was held in March, 2008 and had an attendance of around 95. The attendance grew to 220 for the second battle and the third is expected to continue the growth.

“There was so much growth from the first battle to the second that we wanted to go for a third,” said Amanda Morales, Burien recreation program specialist.

The Battle for Burien Volume Three will feature three different types of battles. Two of the types are restricted to beginners and intermediate skill levels only.

The three-on-three battles consist of dance crews competing with each other. The battles are restricted to lower level dancers.

The gauntlet type is a one-on-one battle with dancers being randomized on who battles who; this is also restricted to less advanced dancers.

There hasn’t been a problem in the past with advanced dancers wanting to battle in the restricted categories, Morales said.

“Advanced dancers are respectful of the request not to battle and to give the new up-and-coming dancers a chance to show their stuff. There’s never been a problem in the past,” Morales said.

The third type is grudge matches, where dancers can request to battle anyone they want, regardless of skill, giving advanced dancers a chance to show their moves.

The clothing store Pac Sun will help sponsor the event, and will be providing clothes and gift cards as prizes for the winners to go along with the bragging rights.

Judging the battles will be three known dancers. The known judges are Tim Chips from Fraggle Rock and Tim da Pit from Massive Monkey, with the third still to be announced.

A fourth volume of the battle is being planned for around November, Burien Parks’ Morales said.

The battle will be at the Burien Community Center Auditorium on Friday, May 29 at 7 p.m. with tickets at $5. For more information call 206-988-3711 or e-mail amandam@burienwa.gov.
The Thunderword / May 28, 2009

By BRIAN GROVE
Staff Reporter

The whine of Boeing 737 engines can’t disturb the peace and serenity of the Highline SeaTac Botanical Garden.

Nestled beneath the north flight path of Seattle-Tacoma International Airport lies an oasis of botanic beauty, a testament to nature’s resilience and the persistence of people.

That beauty will be on display as part of the Highline Historical Society’s Highline Garden Tour, June 13 from 10 a.m. to 5 p.m.

The garden is at 13/75 24th Ave. S. in SeaTac.

The botanical garden is just one of the three tours that will be taking place that day, including tours in Burien and Normandy Park. It’s been around for 10 years and was started by a group of community volunteers in 1999.

The volunteers got their inspiration from a garden at the home of Elda and Ray Behm at 159th and Des Moines Memorial Drive, which was scheduled for demolition because it was in the shadow of SeaTac’s Third Runway. Around a half dozen volunteers worked with the City of SeaTac to develop an agreement to use 11 acres in North SeaTac Park where Elda’s garden could be transplanted.

The transplant took six months and 200 volunteers.

In 1999, the volunteers included a nonprofit corporation and began the process of maintaining, planning and growing Elda’s original Paradise Garden into a regional public display.

Highline SeaTac Botanical Garden President Wendy Morgan said the park is for the benefit of the community.

“The mission of the Highline Botanical Garden Foundation is to manage and develop a community-owned garden based on a plant collection that demonstrates the best horticulture and environmental practices and that creates beauty for public enjoyment,” she said.

Morgan also said the garden is a place where people can go to get away from their busy, everyday lives.

“As a public garden, the facility is a seasonal display of plants, and an example of how such plants may be cultivated in private gardens. It is also a place to appreciate our heritage. Both the Paradise Garden and the Seike Japanese Garden were reclaimed and replanted to preserve their beauty and their tribute to our love of plants and garden,” she said.

The Seike Japanese Garden, also saved from the SeaTac Airport expansion, is a tribute to a fallen Japanese-American soldier who died in World War II.

Shinichi Seike emigrated from Japan in the early 1920s and opened an import-export business in Seattle. Like thousands of other Japanese Americans, the Seike family was interned during World War II.

The garden is dedicated to his middle son, Toll, who died in the service to the U.S. Army in France.

In the early 2000s, the Port of Seattle notified the Seikes that it would purchase the nursery and surroundings because it was within the crash zone of the Third Runway.

The Seike Garden was carefully moved to its new site in 2005. The pond was dredged using the original blueprints, and the contractor digitally photographed each inch of the original garden so that everything could be moved and placed in its original spot in the transported garden.

One thing that wasn’t minor about moving the park was the cost: $300,000.

Future plans for the Botanical Garden include a fuchsia display garden in 2010 and the installation of a Natural Yard Care Garden in 2011.

Tickets for the Highline Garden Tour are $12 for groups of four or more, $15 for advance purchase, and $18 on the day of the tour. Visit highlinegarden.org for more details.

LEFT: On the easternmost side of the gardens is the recently relocated Seike Japanese Garden. ABOVE, FROM TOP: The distinctive leaves of the gingko tree have begun to pop out. Delicate pink flowers dot the landscape. A young girl hopes to catch a scent in the King County Iris Society’s garden. An extensive water feature babbles through the Elda Behm’s Paradise Garden.

RIGHT: Kids find the bridges over the water features a great place to get nose-to-nose with nature. TOP RIGHT: Alder and ferns are depicted in the distinctive iron entrance gates designed, built, and installed by Iron Idiom.
Wrestling brings in a star-studded recruiting class

By BRIAN GROVE
Staff Reporter

The Highline men’s wrestling team will be boosting their squad for next season with the addition of 16 new wrestlers to complement its returning sophomores.

Highline, which was injury prone last year, will be returning three All-Americans in Marshall Giovannini, Aaron Smith and Justin Purves. Smith, 133 pounds, and Giovannini, 157 pounds, are likely to be ranked No. 1 in the nation for their weight classes. Purves, 125 pounds, should be in the top four.

As for the recruits, Highline Head Coach Scott Norton said the incoming wrestlers have what it takes.

“It is the best recruiting class we have ever had. A lot of those kids will make immediate impacts, and should place very high,” he said.

“These are some of the best wrestlers in the State of Washington,” he said.

The recruiting class includes Class 1A state champion Ryan Eidsmoe, Gray, Derek Driccillo and Steven Romero. Two one-time state champs John Camp and Sam Ott, as well as state runner up in Tyler Wooding, 125 pounds; John Tweed, 141 pounds; Kyle Foster, 157 pounds; Tyler Story 165 pounds; Andrew Miller, 165 pounds; Robert Miller, 174 pounds; Darren Faber 197 pounds; California standout Joey Kravitz, 141 pounds; Justin Whitney, heavyweight, third in state Andres Garcia, 189 pounds; and Isaac Garfias, who was fourth in state at 215 pounds.

Coach Norton said that he is not only looking for success on the mat, but in the classroom as well.

“The main thing I look for in my wrestlers is good grades. I want to make sure we are bringing students to Highline, not just wrestlers,” he said.

“Next, I look at work-ethic. Talent only takes you so far and hard work can usually overcome anything. Last, is their High school accomplishments, whether they placed in state or not,” he said.

Every wrestler recruited for next season has a scholarship.

“We are allowed to offer scholarships to 16 athletes, which we have done. Our budget is one of the smallest in the country,” Norton said.

“It’s next to impossible to compete with the Oregon schools who offer 16-full tuition waivers and North Idaho, who seem to have an endless budget.”

Norton also said that with all this talent coming in, his goals for the team are high and Highline should be monsters on the mat.

“My goal for next season is to have my sophomores get their AAs, and become national champions, All-Americans, or National Qualifiers. As a team our goal is to win or place very high in the nationals. We have a ton of talent coming in next season,” he said.

Norton also attributed his success in the team’s past seasons and recruiting to the collegiate administration.

T-Bird track makes its point

By CHRIS WELLS
Staff Reporter

Highline’s only track runner, Ryan Eidsmoe, gave the Thunderbirds a 9th place finish at the NWAACC championships with one point.

Eidsmoe completed in the 800 and 1,500 meters over the weekend in Spokane.

In the 800-meter run, he competed in the preliminaries and finished with a time of 1:57.96 in 8th place.

In the 1,500-meter run, Eidsmoe managed to show a lot of improvement over the season and said he had several people helping him.

“Overall I was really happy with the results of the season and support from my coaches, family and girlfriend,” Eidsmoe said.

“I was the only runner their support kept me motivated throughout the season.”

For the team, high and Highline should be monsters on the mat.

“I’d also like to thank John Dunn, the athletic director, and the President Jack Berrington.

“Without the support of these two, we wouldn’t have a program. John has always supported our program,” he said.

“Kids come to Highline to wrestle because it’s one of the better wrestling programs in the country.”

Highline’s season is scheduled to start on Oct. 31, with the Southwestern Quad in Coos Bay, Ore. at noon.

Scoreboard

Featuring schools with spring sports

Women’s softball final 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 Walla 18-10 .643 37-19
Tr. Valley 10-19 .357 15-28
Yak. Valley 8-20 .286 15-25
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 14-10 .571 17-10
SPS 7-17 .292 7-36

Eidsmoe

Coach Norton

A Highline student plays tennis at the Marge Command Courts on the southwest end of campus.

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
Southwestern Ore. 10-9 .526 35-19
Mt. Hood 9-10 .474 27-12
Cheneketa 7-13 .350 19-22
Clark 4-16 .200 20-26

Men’s baseball final standings

North Division

League/Pct/Season
Sk. Valley 19-5 .792 32-10
Edmonds 17-7 .708 28-18
Everett 14-10 .583 29-18
Bellevue 13-11 .542 29-20
Douglas 11-13 .458 19-22
Olympic 5-19 .208 17-28
Shoreline 5-19 .208 16-24

East Division

League/Pct/Season
Col. Basin 23-5 .621 14-9
West Valley 16-12 .571 22-21
Tr. Valley 14-14 .500 26-27
Blue Mount. 13-15 .464 24-26
Spokane 12-16 .429 20-18
Walla Walla 12-16 .429 25-21
Yak. Valley 12-16 .429 25-20
Big Bend 10-18 .357 21-25

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Sports
Mixed Martial Arts makes its triumphant return to Highline this weekend. The Highline wrestling program will host its third annual Mixed Martial Arts Fund-raiser on Saturday, May 30, with doors opening at 7 p.m.

The official name of this year’s events is Turning Ama-teurs Pro – Washington Cage Fighting Championships. The idea for these events was conceived by Reese Andy, who competed at an elite level of wrestling after college.

In 2005, Andy decided to start a career in Mixed Martial Arts. Andy’s professional career consists of fights in the Ultimate Fighting Championship. He always knew in his heart that he was a competitor and needed an outlet to compete.

“Most of the [fighters] out there work full-time jobs and then come into the gym and train full-time,” he said. “It takes a toll on you, physically and many people need the money to supplement their income and motivate them to stay in the gym and work,” Andy said.

Mixed Martial Arts is a sport that has been gaining popularity in the United States in recent years.

Mixed Martial Arts is a combat sport between two martial arts competitors. Two practitioners of martial arts enter into a ring or cage to compete against each other with specified rules that allow both to freely use their discipline.

Several disciplines of martial arts have become popular in recent years for their effectiveness in competition.

Some of these fighting styles are wrestling, kick boxing, Muay Thai, Brazilian jiu-jitsu and Judo.

The goal of a Mixed Martial Arts practitioner is to be well-rounded in all disciplines and prepared for anything.

More elite fighters have turned to training camps where they bring in coaches from several areas and work out one-on-one to hone their skills.

It is not uncommon to have a world champion wrestler, an Olympic boxing coach and a Brazilian jiu-jitsu black belt in the same gym working out with fighters.

Mixed Martial Arts competitions consist of three five minute rounds with a one minute break in between.

Each round is scored on a 10-point must system similar to boxing with the winner of each round receiving 10 points and the other fighter receiving 9 or less.

A fighter has several ways in which they can win a fight. Submission either by a physical or verbal tap out, technical knockout with the referee stopping the contest, decision via the scorecards, disqualification, forfeit and no contest are some of them.

One of the amateurs fighting this weekend is Ryan “Wrecking Ball” Hayes. Hayes is a 30-year-old union ironworker from Issaquah.

Hayes began training about two years ago and made his fighting debut at last year’s show.

He was never really into combat sports before this; one day, he decided to go to the gym and has been committed since, he said.

Hayes has been training Muay Thai and hopes to make his professional debut within the next year.

The goal of this year’s event is to create opportunities to help amateur fighters become professionals.

It is important for amateurs to gain experience in the cage outside of practice at the gym. Amateurs need to be given a venue to display their talents and get rounds under their belt, Reese Andy said.

Several gyms in the area have fighters that train in the gym for two years and never have a chance to compete. They need to be given opportunities, he said.

Proceeds from this year’s event will go to help the Highline Wrestling program.

This money will go to help with scholarships, travel and gear.

The night’s events will include 11 Mixed Martial Arts and two kickboxing bouts.

Tickets for the event are $20 for general admission, $35 for floor seating and $50 for ringside with tickets available at the door.

“Most of the [fighters] out there work full-time jobs and then come into the gym and train full time. It takes a toll on you, physically.”

– Reese Andy, Mixed Martial Arts fighter

Personal Fitness Trainer

Want a career that’s in high demand?

Then get your career on the fast track with a degree or certificate from Highline Community Colleges Personal Fitness Trainer program.

Choose between two program options:
- An Associate of Applied Science (AAS) degree can be completed in two years
- A certificate can be completed in one year

Need help on how to get started?

Get one-on-one advice on what you’ll need to succeed from program coordinator Josh Baker.

Contact Josh at jbakery@highline.edu or (206) 879-3710, ext. 3997

What are you waiting for?

Visit flightline.highline.edu/pft today!
Many students feel that they can eat anything while they are young and healthy, and it won’t affect their health in the long run; however, if they keep eating this way, their health won’t last forever.

Highline student Tigist Beyene said she can eat anything and everything.

“A healthy diet is eating whatever you want to eat because I don’t gain weight. I only eat two meals a day. I snack all the time – one day I ate a cheeseburger, spaghetti and two cupcakes, all in one hour,” she said.

Young and slim, the product of a fast metabolism, Beyene’s physical appearance does not show any signs of her unhealthy eating style. On the outside, she looks fit and healthy; nevertheless, eventually the surface will reflect these eating habits.

This mentality of eating carelessly the road to health problems and a decreased quality of life in the future, physical fitness and health experts say. A good metabolism and youth will not last forever.

Highline physical education and personal fitness trainer instructor Darin Smith said it is important to make good choices regarding your health today.

“After age 30, everything goes downhill. There is a physiological and psychological downward trend toward decline,” Smith said.

A lifestyle choice may seem a long way down the road from today.

However, “the choices you make right now in college affect the lifestyle choices for the rest of your life,” Smith said. “You’re making critical lifestyle choices now; you are setting the standard for the rest of your life. Neglecting nutrition now will lead to weight gain, stress, a lower immune system, and lower energy.”

Bridgette Lee, registered and certified dietician working for WIC Pregnancy Aid in Snohomish County, said the way you treat your body today has a great effect on your overall health in the future, contributing to an incidence of chronic diseases, such as heart disease and cancer.

“What we do now is important for both short and long-term health. Although genetics play a role in cancer and other diseases, an unhealthy lifestyle can cause those diseases to surface faster and a healthy lifestyle can keep them at bay longer,” Lee said.

A healthy lifestyle requires good nutrition and healthy habits.

Lee said people should choose foods from all the food groups including someone’s favorite “unhealthy” food, like ice cream or cookies every once in a while, because it’s healthy to deprive yourself of something you love,” she said. “Moderation in everything is really key; a healthy diet can include any food as long as certain ones are eaten in moderation.”

People should choose foods that are enjoyable to eat, and find new ways to make your favorite foods healthier, Lee said.

As a healthier choice, Lee recommends using whole wheat pasta instead of refined pasta. She uses whole wheat pasta with an olive, caper, and garlic sauce she created as a healthy meal, and an alternative option using a store bought sauce. 

Joshua Baker, Highline’s personal fitness trainer program manager, instructor and cross country coach, said people should not cut out a whole food group.

He said people should be aware of the portion size they are consuming, as well as eating a variety of foods, such as whole grains, lean meats, and especially fruits and vegetables.

Baker suggested everyone “eat the rainbow of fruits and vegetables to receive a variety of vitamins and minerals.”

“The FDA recommends getting half your grains whole, eat- ing three-five servings of fruit and vegetables each day, and consuming three servings of low or fat-free dairy products, but limiting cheese,” Brown said.

Brown also recommends using the United States Department of Agriculture’s food pyramid at mypyramid.gov to find your calorie needs.

Another tip Brown gave is to be consciously thinking about the food groups you’re consuming throughout the day.

“A good way to see what you are eating is to use a food diary and write down everything you are eating is to use a food diary and write down everything you are eating throughout the day, and how you are feeling,” she said.

Brown recommended consuming more vegetables because they are full of nutrients, and a “free food,” food that has so little amount of calories and carbohydrates, that it doesn’t really affect blood sugar levels, she said.

Dietician Lindsey Willis said that while people know they should eat nutrient-dense foods to sustain their bodies, it is difficult in today’s busy society for them to acquire sufficient funds or make time to properly take care of themselves.

Taking the time to start healthy lifestyle habits now will ensure healthy habits in the future, she said.

“By developing healthy eating habits now, you are building a foundation and setting yourself up for success later in life,” Willis said.
Burien Towne Square

By LIZ PHILLIPS
Staff Reporter

Burien officials hope the new Towne Square will keep people coming downtown.

The mixed-use development, at South 152nd Street and Fourth Avenue South, will be formally opened on June 13. It features commercial, public and residential space, a combination that city leaders hope will keep people coming to Burien’s evolving downtown core.

“By having mixed-use commercial and residential spaces, it will really help the city achieve the density requirements and add safety to the community,” said David Johanson, senior planner for the city of Burien.

While the Highline High School band, civic leaders and the usual ribbon cutting will open the Towne Square in about an hour on June 13 (starting at 10 a.m.), it has taken 10 years to put the whole project together.

The development includes a new King County Library, City Hall, transit station, recreational park and condos and townhomes.

“This is the biggest thing that has ever happened to Burien. It is going to be a big party,” said Susan Coles, community development assistant for the city.

The Towne Square is approximately 150,000 square feet. The property includes 122 upscale condos, townhomes and some combined studio lofts and office spaces.

Dan Rosenfeld, founder of project developer Urban Partners, is not worried about impact of the dim economy on selling space in the Square.

“Things will pick up,” he said.

Rosenfeld said that despite the recession, with prices down, people are looking to buy. Prices for residential space in the Towne Square range from mid-$200,000 to upper $300,000 range.

Rosenfeld declined to name any potential retail tenants for the development.

Everybody wants to own,” Rosenfeld said. “People may not take a vacation but everyone needs a place to live.”

Rosenfeld said he has been very pleased to have a chance with this project.

“Both my father and grandfather worked their whole lives in Burien,” he said. “This is truly a dream come true.”

“When Burien first became a city, the people said that we need a public place to gather that is at a central point in the city,” Cole said.

In 1999, the project really began to take off. The city held weekly meetings and invited members of the community to join in and give the design team ideas, Cole said.

“They asked them what they wanted to see in this city,” Cole said.

This led to continual community workshops and involvement with the designers, but the real catalyst would be the reconstruction of South 152 Street, said Johanson, the senior planner for the city.

After the reconstruction, the city was able to purchase a seven-acre piece of land and refocus on the design plans, Johanson said.

With the reconstruction, Puget Sound Educational Service Department became partners and added additional land to the project creating an ideal space, he said.

With this extension of land, it became possible to start really putting the plans in motion and speaking with contractors. As the interest began rising through publicity and word of mouth, eventually, the King County Library System decided they wanted to get involved as well.

“It has truly been a long revolution,” Johanson said.

The city has estimated that the new Towne Center will bring in at least 1,000 people, circulating and interacting with in the center, per day, said Dick Loman, economic developer for the city of Burien.

“I feel it (the Burien Towne Center) is going to have a very positive influence on the city,” Loman said. “It is all really exciting.”

By David Uffington

Sharing the harvest: Investigate ahead of time to find soup kitchens in your area that might want your excess vegetables. You might end up with much more than you can consume.

Sell your extras: Depending on your local laws, you might be able to set up a weekend stand at the end of your driveway to sell your vegetables.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Write to him at columnreply@gmail.com. (C) 2009 King Features Synd., Inc.
Alumna answers call in medicine, writing

By SHANNON SEVEREID
Staff Reporter

Dr. Linda Petter, chief of the Department of Family Practice at St. Francis Hospital, family practitioner in Tacoma and author, has been named Highline’s 2009 Distinguished Alumni Award winner.

Petter will be honored for outstanding work in the health care field during Highline’s June 11 Commencement.

Lisa Skari, vice president for Institutional Advancement, explained the award in an e-mail: "The Distinguished Alumni Award honors individuals who attended Highline and who are making outstanding contributions in their chosen fields of endeavor," she said.

Each year, nominations are taken from campus and the community, Skari said. Those nominated for the award must be alumni of Highline and have attended Highline prior to 2004.

"Nominees must have made significant contributions through community service, noteworthy professional achievement and/or recognized leadership," she said.

Petter was nominated for the award by Toni Castro, Highline’s vice president for Student Services.

"Dr. Petter embodies the values of Highline Community College. She is dedicated to serving a diverse community and is passionate about promoting personal and public health," Castro said.

Petter discovered her care for personal and public health in 1980, when she attended Highline.

Petter chose to begin her college career at Highline because it was convenient, close to home and cost less than attending a university.

"Little did I know the impact it would have on me," Petter said. "In my first year at Highline I learned a lot – it was a defining year for me."

Petter’s first year at Highline was spent focusing on prerequisites to become a nurse.

Throughout the course of this academic year, she met students and influential instructors who encouraged her to change her career path and become a doctor.

The encouragement of one teacher was especially influential:

"My biology teacher, Mr. Wright, told me, ‘If you work hard you can achieve anything you want,’” Petter said.

Petter listened wholeheartedly to this advice, working hard to achieve her dream of becoming a doctor.

"In my opinion, that first year, the defining people I met and [their] opinions, helped me decide what was best for me in a career," Petter said.

Petter graduated from Highline with an Associate of Arts degree in 1983.

After leaving Highline, Petter spent the next 15 years completing her education.

She received a Bachelor of Science degree in molecular biology and a Bachelor of Arts degree in English with an emphasis in writing from the University of Washington in 1989.

From the University of Washington, Petter went on to attend the University of Osteopathic Medicine & Health Sciences in Des Moines, Iowa with plans to become a surgeon.

In medical school, Petter was the student council secretary and editor of the school newspaper. In 1995, she graduated from medical school.

During graduation, Petter received the Outstanding Resident Award, granting her acceptance into the surgery program.

After medical school, Petter began her residency at the Mayo Clinic in Minnesota. Within her first two years of training, Petter changed her mind and switched her specialty from surgery to family practice, she said.

She completed her residency at the Mayo Clinic in 1995 and the University of Illinois’ Carle Hospital in 1998.

In her last year as a resident, Petter was chief resident and awarded Resident of the Year.

"[Becoming a doctor] is a long process, but I’d do it again," Petter said.

After finishing her residency, she packed up her belongings and drove all the way back to Washington state.

By November of 1998, she had opened her family practice.

Petter described family practice as a place to treat the whole family; there is a nice follow through with family history, she said.

In her practice, she treats anyone, from birth to death, with a variety of conditions, from sore throat, to depression, to physical aches, Petter said.

In addition to her family practice, Petter is also the author of the book Common Medical Sense, published in 2005. The book covers over 60 health care topics and common health issues including headaches, back pain, the common cold and when you should see a doctor, Petter said.

Petter has written a second book, Health Care on a Budget, which is waiting for a publisher.

This book addresses issues doctors want patients to know about health care and immediate and long-term, cost-saving tips to help consumers save money, she said.

"The past is very much in the present: one achievement leads to the next step," Petter said. "I am still working on achieving the dream.

“It is a long road ahead, and I am constantly learning, accepting criticism, and listening to what people have to say.”

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Visiting students looking for family, friends

By RAPHAEL LINHARES
Staff Reporter

Mentor families are needed for next year’s Community College Initiative Exchange Program. For the school year of 2009-2010, Highline will be receiving students from the Community College Initiative for the third year. The college was one of the first participants in the program, which accounts for more than 35 community colleges among its participants.

The scholarship focuses on giving international students the opportunity to come to the U.S. for one year and study subjects related to their major. For the 2008-2009 academic year, Highline received 18 students from Brazil, Egypt, Indonesia, Pakistan, South Africa and Turkey.

For the next academic year, Highline will receive 16 students from these countries plus students from El Salvador, Guatemala and Cuba.

The students are scheduled to arrive here during Summer Quarter, when all of them will go through a pre-academic course. Some of them will be staying at Highline for the rest of the academic year, while some will be sent to other participating community colleges.

Mentor families are needed for every student. Jennifer Granger, the program coordinator, said the Summer Quarter is considered a critical one; it is the time students first arrive and they need to adapt fast in order to catch up with studies.

The students from this year said they recognize how important and helpful it is to have a mentor family.

Mohammed Hassan, one of the students from Egypt, said he had issues adjusting in the beginning.

“Even though you do not notice right away, things are really different from back home. “With my mentor family, I was able to experience holidays like Thanksgiving and Christmas,” he said. “It was nice learning more about the culture here.”

From celebrating holidays to regular everyday activities, such as grocery shopping, the mentor families have the possibility to participate as much as they can in the student’s life.

The mentoring program consists of matching a family with a student and having the mentor family help the student during their stay while learning about the student’s own culture.

Bevin Taylor, an ESL teacher here at Highline, also participated in the program, mentoring Sanderson Sousa, a student from Brazil. She said they had all kinds of experiences, from meals to movies and weekend trips.

One of the things that attracted her the most was the possibility of participating in an international exchange program with Brazil and not having the responsibilities of hosting a student.

Taylor said she really enjoyed the experience, and that it was nice to get to know her student on a personal level.

“I made a new friend,” she said.

Alice Madsen, dean of instruction for professional technical education here at Highline, also participated in the program, mentoring Sanderson Sousa, a student from Brazil.

“It was an easy thing to say yes to,” she said.

Taylor had Busisiwe Twala, from South Africa, as her student. Taylor said she really enjoyed the experience, and that it was nice to get to know her student on a personal level.

“I made a new friend,” she said.

Sousa, Madsen’s mentor student, said he enjoys the cultural exchange and that he enjoyed many activities with his mentor, from bowling to a trip to Canada.

“The mentor family approach is important for a greater experience in the program,” he said.

In order to apply, it is not necessary to be a faculty member, but it is advised since it will give both the student and mentor the chance to interact with each other on a more personal level.

The program is selecting families for the next academic year and any person interested can contact the program manager Jennifer Granger through her e-mail: jgranger@highline.edu or phone: 206-878-3710, ext. 6113.

Services and Activities cuts not as deep as expected

By RACHEL MARSH
Staff Reporter

Cuts to the Highline Services and Activities (S&A) were not as drastic as expected, but most programs around Highline are still being impacted.

The preliminary S&A Budget has been decided after many weeks of deliberation. The S&A budget committee members have been examining all of the requests in the context of S&A revenue projections.

The budget committee was expecting a tight year, said Associate Dean Jonathan Brown.

They asked S&A budget managers to consider the impact of 10 percent reductions.

The cuts were being suggested because of the economic downturn, larger state budget cuts and spending that the college is asking S&A to reduce.

By last year, when students pay tuition, 10 percent of it goes to the S&A budget.

This funds all non-instructional, extra-curricular programs that Highline offers, from athletics to the Thunderbird.

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 gets.

Everything was very uncertain until recently, when final deliberations began. The committee began reviewing specific budgets and determining whether the requests that were made were reasonable.

This year’s preliminary located budget is $1,960,878, which is 15 percent less than last year’s total budget of $2,297,459.

Out of the budget requests, 25 were granted, 30 received less than they wanted and three were given more.

Some programs, such as the ethnic cultural program, were cut by as little as 3 percent, while others faced much greater cuts. Phi Theta Kappa was cut by 55 percent.

The contingency fund was given $147,978, over 60 percent less than the previous year.

The S&A Committee discovered that cuts did not need to be as much as previously thought, but they still wanted to reduce as much as possible.

“It doesn’t look good if we sit here, spending lavishly, when we are in a recession,” Student Government President Lance Frank said. “We don’t know how stable we are now financially.”

Vice President of Student Services Toni Castro said, “Once we get out of this economic downturn, it’s difficult to predict where we’ll be.”

“We need to make sure we have a healthy contingency balance,” Jonathan Brown said.

The preliminary budget was sent to all of the S&A budget managers last week, after the committee voted to approve it.

“The preliminary budget is a chance for budget managers to review the numbers we are considering for next year and to have a chance to attend open hearings in order to petition our decision,” S&A Budget Committee Chairwoman Ashley Sousa said.

“After the committee has heard from all budget managers wishing to petition our decisions, the committee will be finalizing and voting on the budget for next year.” The final budget will be voted on within the next two weeks and will then be presented to the Board of Trustees at their June meeting for approval.
Des Moines City Council election approaching fast

By JENNY SCHMEICHEL
Staff Reporter

Three of the four current council members will run for re-election in the upcoming Des Moines elections.

Every four years, a majority of the Des Moines City Council positions are up for election. This year the city council seats are held by: Dave Kaplan, Ed Pina, Carmen Scott and Susan White.

Pina has announced he will not seek a second term. Instead, his son, Matthew Pina, will be taking his place in the running.

“I think he will be a very strong candidate,” Pina said referring to his son. “I’ve enjoyed seeing him being on the council. I hope I’ve contributed as much as I think I have.”

Before Pina ran for the city council, he was on the Highline School Board for 12 years.

He said he helped create a committee to support the four existing council members that they felt weren’t doing a good job.

The committee was successful in removing the four council members from their positions, he said.

“Now it isn’t a group of people doing what they want. It’s a group of people doing what’s best for the city,” Pina said.

“I’ve enjoyed doing that.”

Susan White will be running for her third term on the city council this election.

“I’ve tried to be a voice of real listening to the citizens,” White said.

Her main goals, if re-elected, will be to see the Des Moines Beach Park finished, a passenger-ferry demonstration next year, and the downtown Des Moines area finished.

“I totally support our parks and recreation,” White said. She was able to get the Des Moines Beach Park on the National Record Historic District and secured funding for its rehabilitation, she said.

“Being elected can really do something for your community,” White said. “I’ve learned that it’s about relationship building, and I’ve felt I’ve built some wonderful relationships.”

Dave Kaplan has also announced he will be running for re-election. If elected, this will be his third term in office.

“My hope is we continue to make progress, I don’t want to see anything reversed,” Kaplan said.

Lack of diversity in K-12 teachers is a growing problem

By ANDREA VASSALO
Staff Reporter

Highline professor Patricia McDonald is researching the lack of diversity in the K-12 teacher career field.

As coordinator for Highline’s Education Department McDonald hopes her research will help create a more equal learning environment for students from every background.

“I grew up in West Seattle, a very diverse neighborhood racially and socio-economically,” McDonald said.

With the goal of achieving her doctorate, McDonald said, she hopes her research will bring an increase in the number of people of color choosing careers in education.

“There is a lot of research out there to identify obstacles toward success for students of color in higher education. Many of them apply to careers in education as well,” McDonald said.

Points of interest in her research include the language barriers, socio-economic barriers and traditional teaching programs that don’t create learning environments that embrace non-traditional students and their ways of learning, McDonald said.

McDonald said she passion for this work began 15 years ago.

She has had many opportunities to work with current K-12 classroom teachers to make the needs of students of color in the classrooms achievable.

McDonald said that Highline’s Education Department has spent time for the past year in revising the program outcomes and curriculum to identify what Highline wants its students to achieve while going through the program. Creating educators who are culturally competent is a thread found throughout the courses, she said.

“Culturally competent educators will provide more inclusive environments for all students to be successful,” McDonald said.

There will be a teaching equity conference in collaboration with Central Washington University’s Education Department. McDonald said. McDonald hopes to attract men and students of color interested in careers in education.

The conference will be on Saturday from 9 a.m. to noon and there will be a luncheon from noon to 1:30 p.m. The conference is free, however if you are interested in attending please register at www.teachingequity.com

“A lot of people will be there to talk about the need for diversity,” McDonald said.

You can contact her at pmdonald@highline.edu or call her at 206-878-8710, ext. 3405.

Variety show by speech students in Building 2

The students of the Speech 213 class will be presenting a Performance Café next week.

Speech 213 is a class presented by the speech department that helps students hone their presentation skills. A café in this context refers to a way show, not a restaurant.

The Performance Café is a regular part of the 213 class.

The students will be presenting a variety of creative works including readings, dance, music, physical performances and more. The performances will include a commentary and question/answer period for each one.

Everyone is welcome to attend at any point in the performance process.

Each performance is set to finish within 8 minutes.

The performances will be held on Tuesday, June 2 and Thursday, June 4, from 1:30 to 3:30 p.m in Building 2.

...
Policy
continued from page 1

which includes health, safety and welfare of the campus community.”

The Code is available at highline.edu on the student services website.

Each Code violation is handled on a case by case basis, as there are many factors and circumstances to take into account such as previous violations, the violator’s mental and emotional state.

Other factors include whether or not the violator was responding to previous mistreatment, and if witnesses don’t agree on what happened.

“There is no easy or cut-and-dried policy for responding to most Code violations,” said Castro.

The non-student was reminded of the diverse student body at Highline and that he needs to be respectful of other ethnicities on campus.

However, “This case is not as clear-cut as some other code violations, because he didn’t threaten the student or harass her, to our knowledge,” said Castro.

“We have to balance the perpetrator’s right to freedom of speech with the victim’s right to respect and civil treatment on campus.”

In the past several quarters, there has been an increase in the number of Code violations relative to student misconduct and disruptive behavior.

In the spring, summer and fall quarters of 2008, there have been 42 cases of Code violations. In 2009, there have already been 55 reported incidents with just two quarters into the year.

“Sometimes it’s simply students’ disregard for others and a lack of understanding of what’s expected of them in an adult learning environment,” said Castro.

“The majority of violations are in the areas of academic dishonesty such as cheating and plagiarism, disorderly behavior and failure to follow instructions.”

Christy Choe/THUNDERWORD

A Highline student takes full advantage of a sunny, lazy day by taking a nap on the grass.

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students who place three levels below college standard.

“We are looking at how many people make it from low-level math to college standard and move on to achieve 15 or more credits,” said Jeff Wagñitz, the dean for instruction for transfer programs and a key figure in Highline’s Achieving the Dream program.

“We want students to move forward and since starting the program we have seen an increase of 8.2 percent in the number of students who did enroll in a higher level math class,” Wagñitz said.

“We also want to increase cooperation between different departments, and encourage that they work together to benefit the student,” Wagñitz said.

Highline is placing a lot of emphasis on advising, and helping students get the knowledge they need to move forward with their education.

“The advising that they gave me really helped me achieve my goals and now I finally have an end in sight,” Tial Par said. “Advising is key, especially if you’re at risk,” said Lisa Bemhagen, a writing teacher and the writing representative for the Achieving the Dream program.

It is especially hard for ESL students to move up in math to catch up and advising can be a great asset to them, college officials say.

Of all the students who took the Compass in preparation of Fall Quarter, 488 qualified three or more levels below the math standard.

Moreover, out of those students, only 123 enrolled Fall Quarter 2007 in a math class.

Highline then sent mail invitations to these students asking them to be part of an intervention group that was studying the effect advising had on students.

Of the 50 students in Highline’s intervention group, the number of students who then enrolled in the first quarter of the program to 21 now.

When Highline looked into the students who generally don’t make it at Highline, many of them are students who place three or more levels below the math standard.

In the two years since starting the Achieving the Dream program, Highline has seen a 22.3 percent increase in the number of students who successfully completed Math 91-97.

These students generally trend to put math off, and registration in higher math courses is generally low.

In a control group at Highline that did not receive advising, only 36.7 percent enrolled right away in subsequent math.

“We are focusing on getting people to class, and register right away. A large majority of the people who drop out do so because of procrastination when registering,” said Amy Ehrlich, a math professor and math coordinator for the Achieving the Dream program.

The success of this program is clear. Tial Par is a good example of how this program works.

“I really appreciate all the work they did for me. Several months ago I was considering moving to Dallas because I was not happy with where I was in life,” she said.

“The Highline counselors were key in my decision to stay and I don’t think I would be near where I am today without their help,” Tial Par said. “Advising has been key to keeping me on track.”

### **Transit continued from page 1**

The University Link does not signal the end of light rail construction for the area, however.

During the 2008 election, voters approved the Sound Transit 2 plan. Along with expansion of the ST Express bus system and the Sounder rail system, the plan also provides for 36 miles of Link light rail expansion, said Patrick, “Including the south corridor to Highline Community College and the Redondo/Starlake area [in Federal Way].”

Before construction on the rail can begin, however, processes involving environmental considerations, engineering, route preferences and selections, and contracting have to be completed, he said.

“Our board is still working on the timeline. The board meets every two weeks,” Patrick said.

“If we want to hold to the 2020 schedule [for the Highline link] then we should start in the next year or two,” he said.

Sound Transit will hold public meetings once things are in progress, Patrick said.

“The bottom line for getting to Highline is 2020 and Redondo/Starlake 2023,” said Erik Chipps, a senior planner for the project.

“As far as the station location goes there’s a whole lot of process. The plan approved was very vague,” he said.

The preferred plan for Highline’s station is that it will be adjacent to the school, across from Pacific Highway South to the east.

Other Link extensions on the Sound Transit 2 plan include expansion of the rail to the north, through Lynnwood, to the east, through Bellevue and to the Overlake Transit Center.

Long term plans include not-yet-funded projects extending the link rail to Tacoma, Redmond, and Everett.

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