



**Kaplan students
strut their stuff
at talent show/
P9**



**Garden soars
underneath
airport's flight
path/P10-11**

May 28, 2009 / Volume 48, No. 28

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The Thunderword

Highline Community College

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 attaining 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



Christy Choe/THUNDERWORD

Ruth Tial Par said that she benefitted greatly from the Achieving the Dream program.

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 par-

ticipate in Achieving the Dream.

Highline is focusing on three main subjects with its Achieving the Dream program. It is working on in-

creasing Math 91-97's effectiveness, make non-credit ESL classes credit courses, and increasing the success of

Please see Dream, page 20

Highline
behavioral
policy a
balancing act

By YURIY TORCHILO
Staff Reporter

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 asked her about her heritage, if 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 Toni 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 non-student said he was practicing his 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.

The Student Rights & 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,

Please see Policy, page 19

Sound Transit eyes Highline extension

By NICHOLAS MCCOY
Staff Reporter

As Sound Transit's Link Light Rail goes live for tests this month, the voter-approved Sound Transit 2 plan to connect the UW to Highline waits in the wings.

Testing of the first section of the Link rail system—which connects downtown Seattle to Tukwila—began this month in preparation of the system's debut in July. Link Light Rail is a rapid, frequent train system being implemented by Sound Transit; Sound Transit is the authority that oversees transit be-



Jessie Gracic/THUNDERWORD

Sound Transit's Tukwila station opens in July.

tween counties.

"Starting on July 18 we'll have free shuttle service between Tukwila [International

Boulevard Station] and the airport," said Geoff Patrick, a spokesman for Sound Transit.

This will function in place of

another part of the link rail until December, when the station adjacent to the Seattle-Tacoma International Airport will open, Patrick said.

A ride between the airport and downtown Seattle Westlake Station is set to take about 36 minutes on the new rail system.

Construction on the University Link section of the rail, which will connect the downtown station to Capitol Hill and the University of Washington, begins this year. The goal is for that segment of the Link to be open by 2016.

Please see Transit, page 20

The Thunderword / May 28, 2009



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 Jacket, Samsung cell phone, reading lab skill book, thumb drive, iPhone, sunglasses, and a black pullover jacket.

-- Compiled by Yuriy Torchilo

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 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 Yolk, vice president of administration.

"There's no such plan," he said. Although we would be appreciate people picking up their butts."

The sign has since been taken down.

Free clothing for unemployed students

A professional clothing drive will be held in the Mt. Skomish 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 student are stressing about their



Vita Mulyarchuk/THUNDERWORD

Students at Highline sit in the grass to study and enjoy the warm spring weather.

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, 4-4:50 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 Hrivnk shouldn't

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

Spanish-speaking Legal Assistant/Paralegal ~ 5321 ~ 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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Hosts, Bussers, Servers, Kitchen Staff, Accounting.

Evenings & weekends

Accepting applications June 1st-12th, www.osf.com

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

Want to be a Journalist?

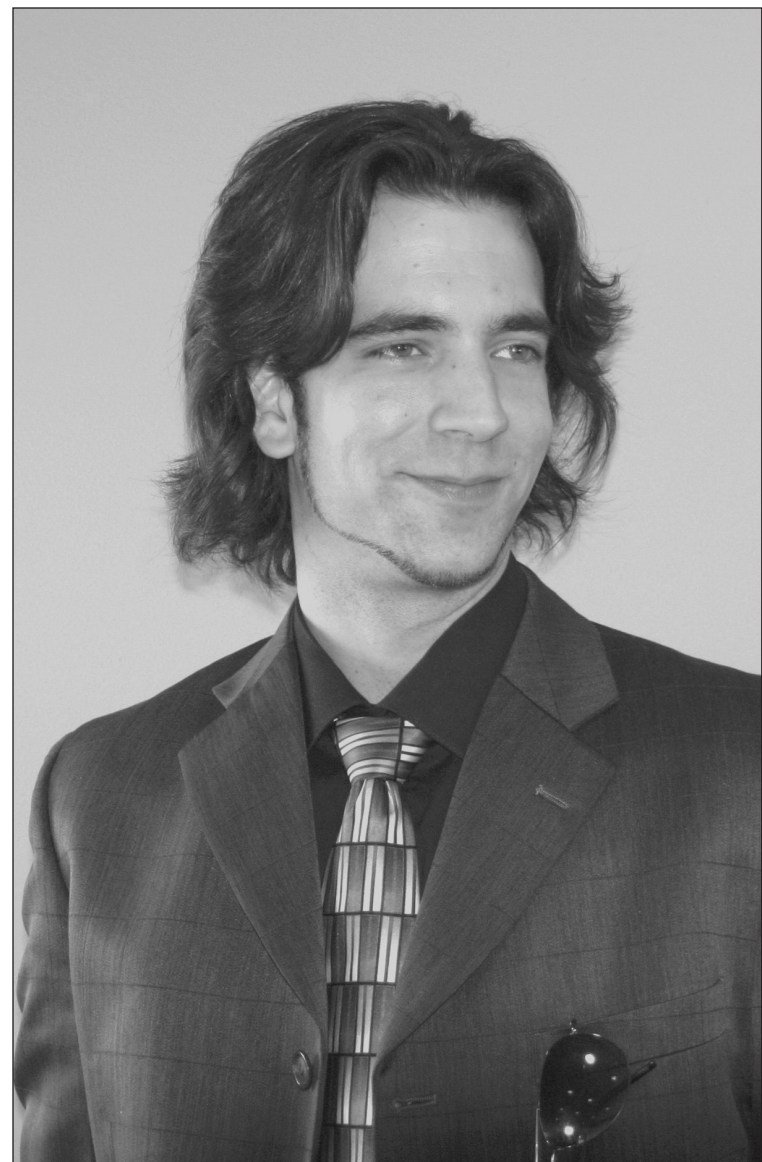
Take Journalism 101 Fall Quarter

News

Item# 4174 Daily at 11am



Pennington wins student election unopposed



Vita Mulykrchuk/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.

President has got green goals

By DAN BOZE
Staff Reporter

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

"It's the wave of the future."

—Chris Pennington,
president-elect

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 2 ½ 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 overloaded.

Pennington has also had many different jobs besides painting.

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

Vice president decision falls to Student Government

By DAN BOZE
Staff Reporter

Chris Pennington is the new Student Government president.

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.

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.



Buzz Wheeler

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 juror 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 widowed mother deal with the taboo of being 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.

Editorial comment

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 president and vice 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.

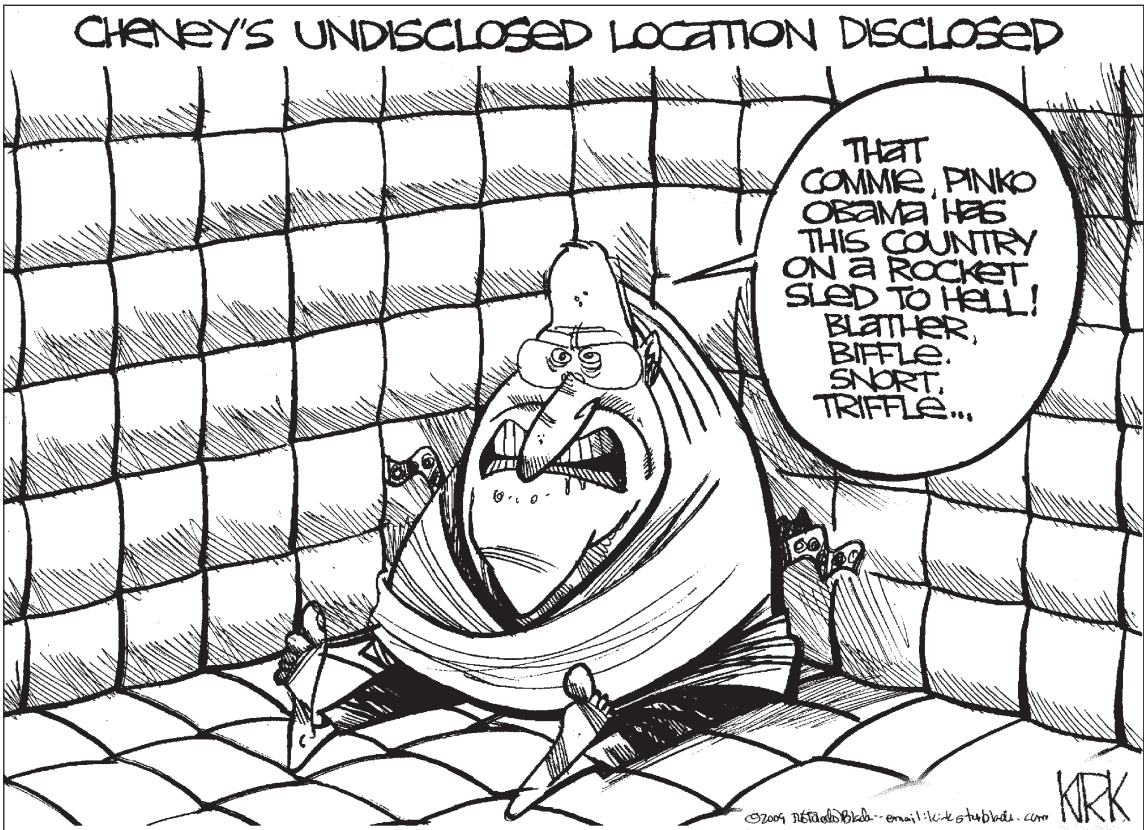
If the candidate positions had been made known to the student population at large, then maybe we wouldn’t have landed in this position in the first place. Hopefully, the new president and vice president (whoever that may be) can learn from this and plan better for next year. That way they won’t have 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 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.

Staff

That’s all I want in life, fire and quarters.

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Honors 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 commitment I began 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.

Commentary



Katherine Tacke

To become an Honors Scholar you need 35 credits of honors options in humanities, social sciences, and math and science.

A total of three classes count toward these credits as well. The Honors Seminar, the Honors Colloquy, and the Honors Interdisciplinary add up to five credits.

In order to receive the other 30 credits you need to do six extra projects.

For me, it was an extra analysis paper in American realism literature, a comparison paper in creative writing, a science fiction paper in research writing, a paper about Alzheimer’s disease for biology, and a research/analysis paper for an ethnic-American literature class.

These extra projects required a lot of time, a GPA of at least 3.8 in the class, and communication with the instructor.

It wasn’t easy. I struggled with completing the projects and keeping them up to par. I had quite a few snafus due to some procrastination and poor planning on my part.

My projects started adding up and time was running out. My first literature project took five drafts and six months to write.

It was me, not the program, who made it hard.

I started to realize that I was the one responsible for the challenges. But in the end I finished them; I always do. I always will.

Now, I still have the final honors project left: a 15-page research paper that discusses how my field of study, creative writing, is relevant to every branch of education.

Creative word problems in math, historical fiction in social science and poetry about chemistry can all be vital to learning. Currently I have an introduction, an outline, and a lot of enter spaces that give the illusion of several pages. I will have to grasp the last of my motivation to pull this one out.

These honors options, although tedious, have great rewards. I truly believe that through these classes and honors options I will be better prepared for school at a university next year.

These projects and teachers have helped me dive deeper into subjects, learn to revise and expand my ideas, and they have prepared me to write papers next year.

I have also become better at self-teaching. These projects are independent studies that require commitment and patience.

Since they don’t count for a grade, they become much more focused on the simple aspect of learning.

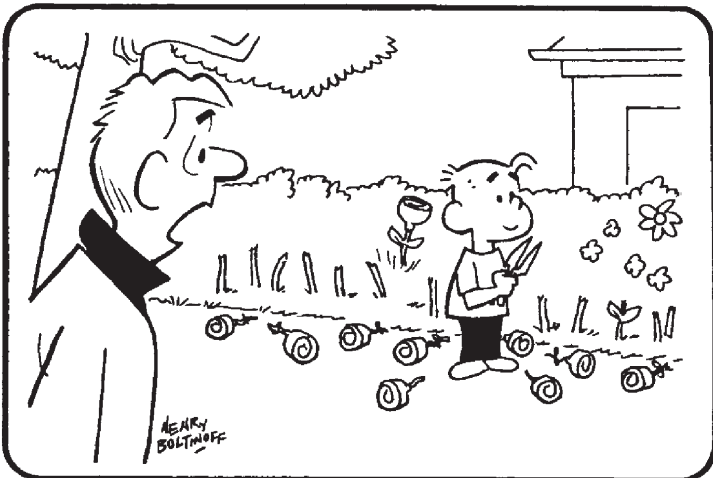
Even though I need to put in a lot of time over the last weeks of school, I understand now that it will pay off.

I’m learning more about the subjects in my classes. But more importantly, I’m learning about the process of being a student in higher education.

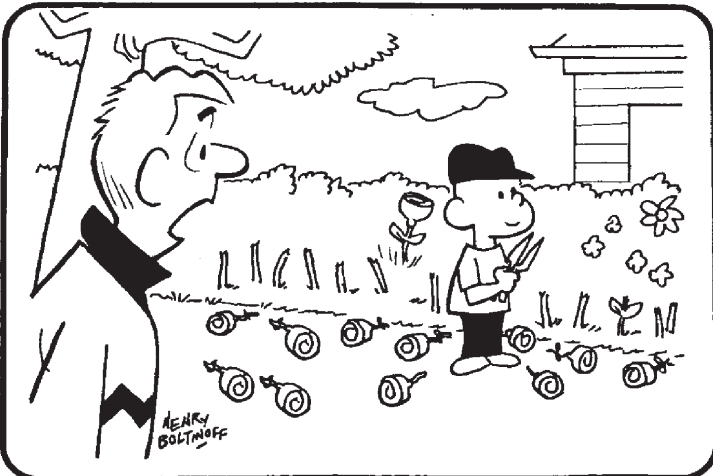
For Katherine is an honorable woman.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Man's sweater is different. 2. Boy has hat. 3. Cloud has been added. 4. Additional flowers are on the ground. 5. House has siding. 6. Tree has a second branch.

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Who Said It ?

Across

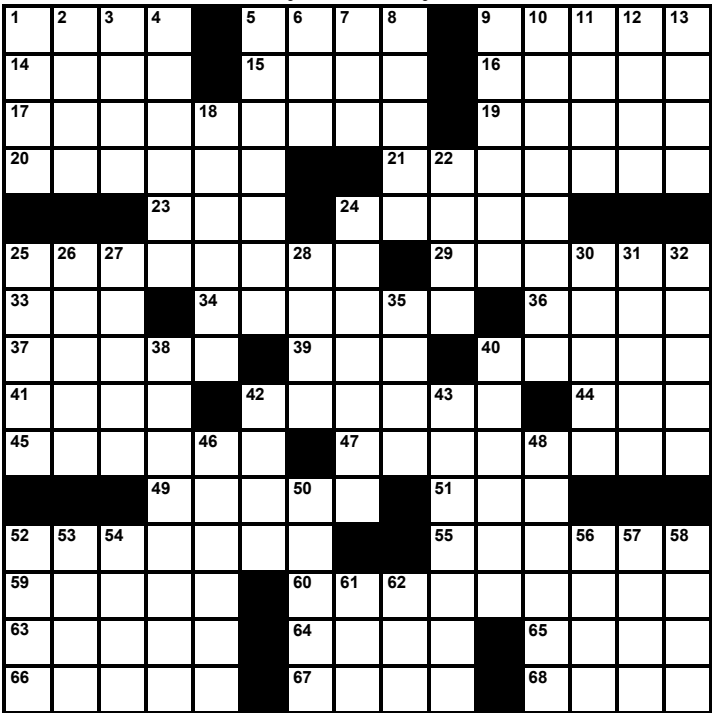
- 1. Chooses
- 5. Father
- 9. Church distributions
- 14. Type of music
- 15. Ivan the Terrible, e.g.
- 16. Early morning hr.
- 17. Aviator's tool
- 19. Rude look
- 20. Start of quip
- 21. Quip continued
- 23. Bit of work
- 24. Ms. DeGeneres
- 25. Some weight loss schemes
- 29. Actor Ed and family
- 33. 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. Smidgens
- 51. Financial planner's meas.
- 52. Rifle attachment
- 55. Waylay
- 59. "Hole ___":Golfer's dream
- 60. Author of Quip
- 63. ___ Sedat
- 64. Kiln
- 65. Quickly
- 66. Markets
- 67. Unexplained sightings:Abbr.
- 68. Talk back

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. Feelers
- 11. Kind of jet
- 12. Levy of the Bills
- 13. "Peter Pan" pirate
- 18. Osmand and Antoinette
- 22. Sheep's cry
- 24. Certain mortgage payments
- 25. Alphabetical series
- 26. "___ You Like It"
- 27. Curses
- 28. Seating section
- 30. Varnish resin
- 31. Violinist's need
- 32. "Shrek!" author
- 35. Corn Belt state
- 38. Car rental name

Crossword 101

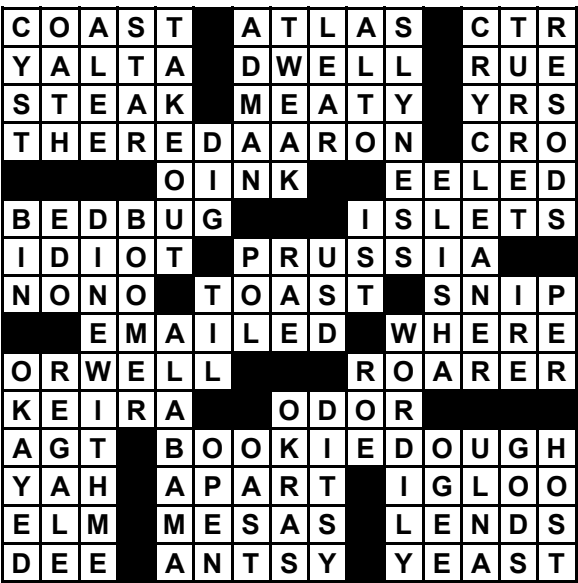
By Ed Canty



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

Last week's crossword solution

IMPROVING YOUR GRADES



The performer will be Vince Coppola a singer and acoustic guitar player.

•Several students in Highline's Arts program will be featured in the library's May gallery showing. The show runs from now through June 12.

•Gotartsnews?

Send your information to roadams@highline.edu or call the arts editor, Rochelle Adams at 206-878-3710, ext. 3317. Campus events will get prior-

ity, but all non-campus items are welcome. Please include all your contact information.



- 1. MEDICINE: Which vitamin is essential in blood clotting?
- 2. U.S. STATES: Which U.S. State has a license plate that proclaims, "Land of Lincoln"?
- 3. GENERAL KNOWLEDGE: Which one of the seven dwarfs in the film *Snow White and the Seven Dwarfs* did not have a beard?
- 4. LITERATURE: Who wrote the novel *Interview With the Vampire*?
- 5. LANGUAGE: What were known as "liberty steaks" during World War I in America?
- 6. ANIMAL KINGDOM: How many arms does a squid

have?

- 7. HISTORY: Who tried to assassinate George Wallace while he was campaigning for president in 1972?
- 8. GAMES: What is also known as skeet?
- 9. MOVIES: How many roles did Peter Sellers play in the movie *Dr. Strangelove*?
- 10. MEASUREMENTS: How many tablespoons are in one-fourth cup?

- 10. Four
- 9. Three
- 8. Trapshooting
- 7. Arthur Bremer
- 6. 10
- 5. Hamburgers
- 4. Anne Rice
- 3. Dopey
- 2. Illinois
- 1. Vitamin K

Answers

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Arts Calendar

•Highline's Portfolio Show will take 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

Last week's
Weekly SUDOKU

Answer

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

on Wednesday, June 3 in the Bistro in the Student Union Building. The show starts at 10:30 a.m. and goes until 12:30p.m.

Weekly SUDOKU

by Linda Thistle

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

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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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 Avante 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 Westbrook, a member of Highline Chorale.

"It's a great way to make friends," Westbrook said.

Westbrook 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," Westbrook said in regards to why she's involved.

"Choir isn't just for the loud



Rochelle Adams/THUNDERWORD

The Highline Chorale performed with the Thomas Jefferson choir before their final performance which is coming up on June 4.

people, we need the quite people too," Westbrook said.

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

ing in French, Latin and Spanish.

The singers also get lessons on proper pronunciation of the foreign 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," Westbrook said.

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

"We'll all look very nice and we sing pretty good too," Westbrook 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,

Westbrook said.

"We've all worked really hard and our final product will show that," Westbrook said.

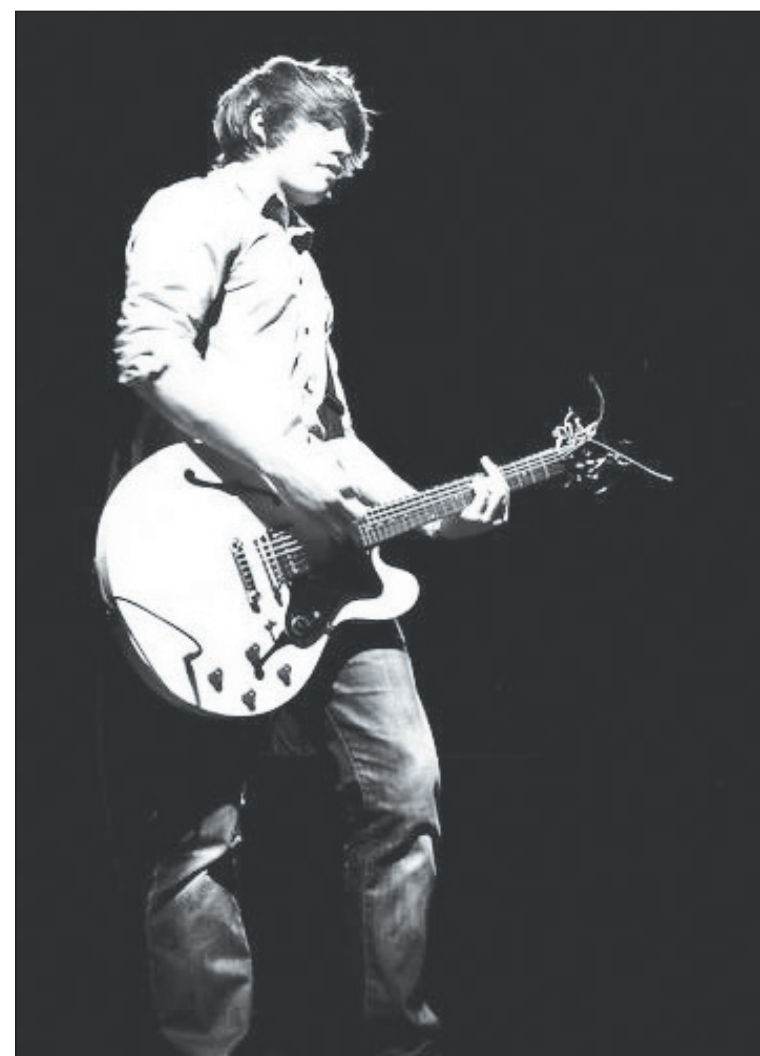
For anyone who cannot make the 7 p.m. performance on June 4, but would still like to check out the show, there will be an open rehearsal from noon to 1 p.m. on Thursday, June 4, the day of the show.

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.



Dr. Glover



Vince Coppola performs at the Blend June 3.

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 artist 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 cover 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 nburrowe@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. Christiana 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 stage 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 and turns in the pursuit of a wedding.

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



Gene Achziger/THUNDERWORD

Ashlee Owen (young Medusa), Bethanie Russell (Athena), Jared Stratton (Poseidon) and Deena Chapman (Medusa) rehearse for Villanueva's Medusa's Tale.

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 than the others put together.

Villanueva's far-off looks, ranging from space cadet to intensely 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 was 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 re-

ality 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 discern 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.

Bethanie Russell played the argumentative librarian, shushing Degas as he is talking to himself, and an art lover scruti-

nizing Degas' work. With each character she gives a different performance and gives them each their own distinct personality.

Renee Vogel, who played Renoir, a newsboy, 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 newsboy 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 absolutely amazing.

Deena Chapman's portrayal of Medusa was a perfect fit. She brought the pain of an abandoned youth and paired it so well with a cynical adult.

Brenan Grant as our hero played off of her so well, overcoming a hurdle of not being able to meet her gaze, as much of acting relies on eye contact.

Bethanie Russell and Jared Stratton are both strong performers and gave excellent renditions of the gods Athena and Poseidon.

Russell brought a coolness and calmness to the role and held herself in a regal fashion.

Stratton carried himself well, and commanded the stage, just as Poseidon commanded the sea.

Ashlee Owen's young Medusa was a little stiff in her performance, but she used her voice very well and handled the rape scene very professionally.

The costumes were stereotypical Greek with tunics and long draping dresses.

The wigs of Medusa were wonderful and gave the appearance of it possibly being serpents, but lacked one or two actual snake heads that would have taken it to the next level.

The only permanent fixture on stage was a well. Leaving the focus on the actors where it should be.

All the performances were well directed and well acted. 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.



Gene Achziger/THUNDERWORD

Brenan Grant and Deena Chapman in Medusa's Tale.

Boychoir serenade Tukwila

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 led by music director Joe Crnko for the past 26 years. He has trained thousands of young singers and taught them the values of commitment and teamwork. The Boychoir consists of approximately 70 boys aged 9 to 18, some of whom started training in the first grade to be a part of the choir.

The Boychoir is recognized both nationally and internationally and has performed all over the world as well as produced four holiday records, been featured on another four records, and perform often with the Seattle Symphony.

The Northwest Boychoir will perform music from the local Duwamish tribe as well as spiritual classics, and classic American folk music as a part of the city of Tukwila's centennial celebration.

Along with the concert, the choir will also be recording a CD with this unique collaboration which will include three Duwamish/Snohomish songs, along with American folk songs and several spiritual songs.

"It's wonderful that the Tukwila centennial has provided us with an opportunity to preserve



The Northwest Boychoir will perform in Tukwila on Friday

this music for the current generation to enjoy and for future generations to learn about," said Mary Fertakis, a Tukwila resident who is helping in organizing the concert and CD.

"This is an incredibly important event because American folk music is fading from our culture, and First Peoples' music is rarely performed, much less recorded, by people outside of the tribe," Fertakis said.

Chairman of the Snohomish tribe Mike Evans has worked closely with the choir so that the meaning of the song and lyrics are interpreted and performed as accurately as possible for the audience.

"The Duwamish and Snohomish peoples have been in the area for hundreds of years and still enjoy a strong sense of community and identity," said Evans. "This performance will

help share our heritage, language and culture with those who may not realize what a strong presence 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 "Singing 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 children. The *River Legacy* CD will be available at the concert for \$15 as well. Tickets can be purchased at the concert as well as in advance through Brown Paper 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 International 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; Neptune Theatre; Northwest Film Forum; Pacific Place Cinema; SIFF Cinema; Uptown Theatre; and a few other locations in Seattle as announced. A full list of the movies is included at www.SIFF.net.

The ticket prices are \$5 for students with ID on the day of show; the regular-price matinees are \$8 and the regular screening 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 presented 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 LA.

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 Coppola at 5:30 p.m.

The ceremony will feature Coppola, and stars of the film Vincent Gallo and Alden Ehrenreich. Screening only tickets are \$25. Some newer things at SIFF include 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 advancements. In 1995 it became the first festival to broadcast a movie completely over the internet with the film *Party Girl*. SIFF has continued its advancements with a web site: www.SIFF.net. SIFF has a place on the web site to post movie reviews, and an iTunes application 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 anyone what they saw.

Highline Listens to cello, poetry

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, Bullet* 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 obviously it's Paul [Rucker] who's a musician and a graphic artist and me because of my writing."

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



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 Highline class.

"Paul will talk to my Mass Media class because they couldn't link him up to a music class," she said. "But I figured 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 incorporating audience participation within the performance.

"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. Spontaneous. 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 happens. 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.

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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.



Max Dubbeldam/THUNDERWORD



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 re-

quest 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 Fraggie 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.

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Garden takes off beneath Sea-Tac's flight pattern



Highline SeaTac Botanical Garden a highlight of June 13 tour

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 13735 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 en-

joyment," 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 gardens," 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.

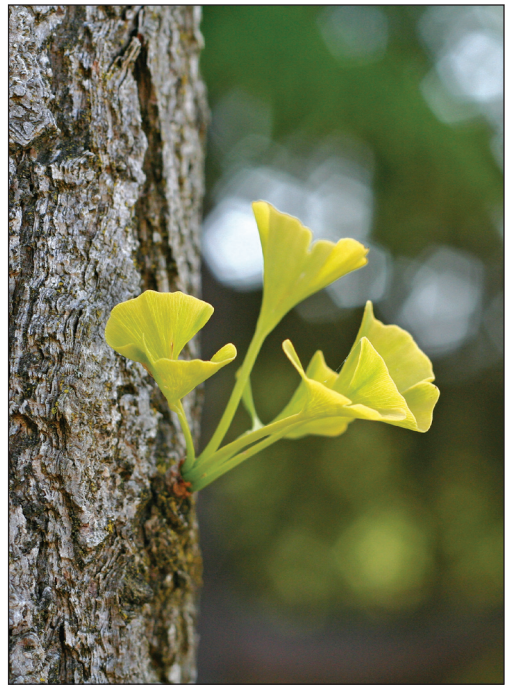
Future plans for the Botanical Garden include a fuchsia display garden in 2010 and the installation of a Natural Yard Care Garden in 2011.

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.

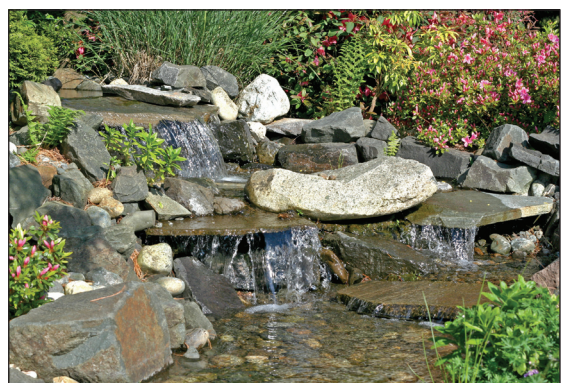
RIGHT: Kids find the bridges over the water features a great place to get nose-to-nose with nature. **TOP RIGHT:** Maples and ferns are depicted in the donated iron entrance gates designed, built, and installed by Iron Idiom.



Gene Achziger/THUNDERWORD



LEFT: On the easternmost side of the gardens is the recently relocated Seike Japanese Garden. **ABOVE, FROM TOP:** The distinctive leaves of the ginkgo 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.



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 Giovaninni, Aaron Smith and Justin Purves. Smith, 133 pounds, and Giovaninni, 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.

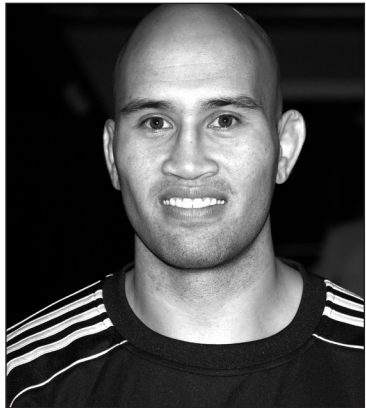
“These are some of the best wrestlers in the State of Washington,” he said.

The recruiting class includes two-time state champions Jason Gray, Derek Driscoll and Steven Romero. Two one-time state champs John Camp and Sam Ottow, as well as state runner ups 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 stand-out Joey Kravitz, 141 pounds; Justin Whitney, heavyweight, third in state Andres Garcia, 189 pounds; and Issac 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



Coach Norton

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 competed 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 1:58.37 for the seeding and 1:57.96 in the actual preliminaries.

The time was a personal best for him , but he missed qualifying for the finals by .83 of a second.

In the 1,500, Eidsmoe finished in 8th place with a time of 4:11.55.

His seed time going into the event was 4:11.14. The winner of the event was Herchel Sanchey of Spokane who finished with a time of 4:01.42.

Highline finished with one point from Eidsmoe’s 8th place

finish.

Spokane won its fifth straight men’s and sixth straight women’s NWAACC title with a total of 277.50 points for the men and 224 points for the women. The last time Spokane didn’t win the men’s title was in 2004 when they lost to Highline.

With three colleges combined into one, Spokane has an effective enrollment of 38,600 a year and has one of the biggest track teams in the state regardless of division. On the men’s side, they have a total of 54 runners alone. On the women’s side they have an additional 39 runners.

Coming behind Spokane in the NWAACC for the men side was Lane, 251.50 points; Clackamas, 69.50; Treasure Valley, 66; Mt. Hood, 64.50; Clark, 49; Southwestern Oregon, 25; and Everett 12.

Lane finished with 179 points on the women’s end, followed by Mt. Hood, 131.50; Clackamas, 84.50; Clark, 82; South-



Vita Mulyarchuk/THUNDERWORD

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

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 college administration.

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

“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 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
GreenRiver	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

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	.821	48-9
Wen. Valley	16-12	.571	22-21
Tr. Valley	14-14	.500	26-27
BlueMount.	13-15	.464	24-26
Spokane	12-16	.429	20-18
Walla Walla	12-16	.429	25-20
Yak. Valley	12-16	.429	20-25
Big Bend	10-18	.357	21-25



Eidsmoe

western Oregon, 48; Treasure Valley, 35; and Everett with 24.

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.

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

Mixed Martial Arts comes back to Highline

By JON BAKER
Staff Reporter

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 event is Turning Amateurs Pro – Washington Cage Fighting Championships.

The idea for these events was conceived by Reese Andy. Andy was a college wrestler, 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. He also cited making money as a reason for going pro.

"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.

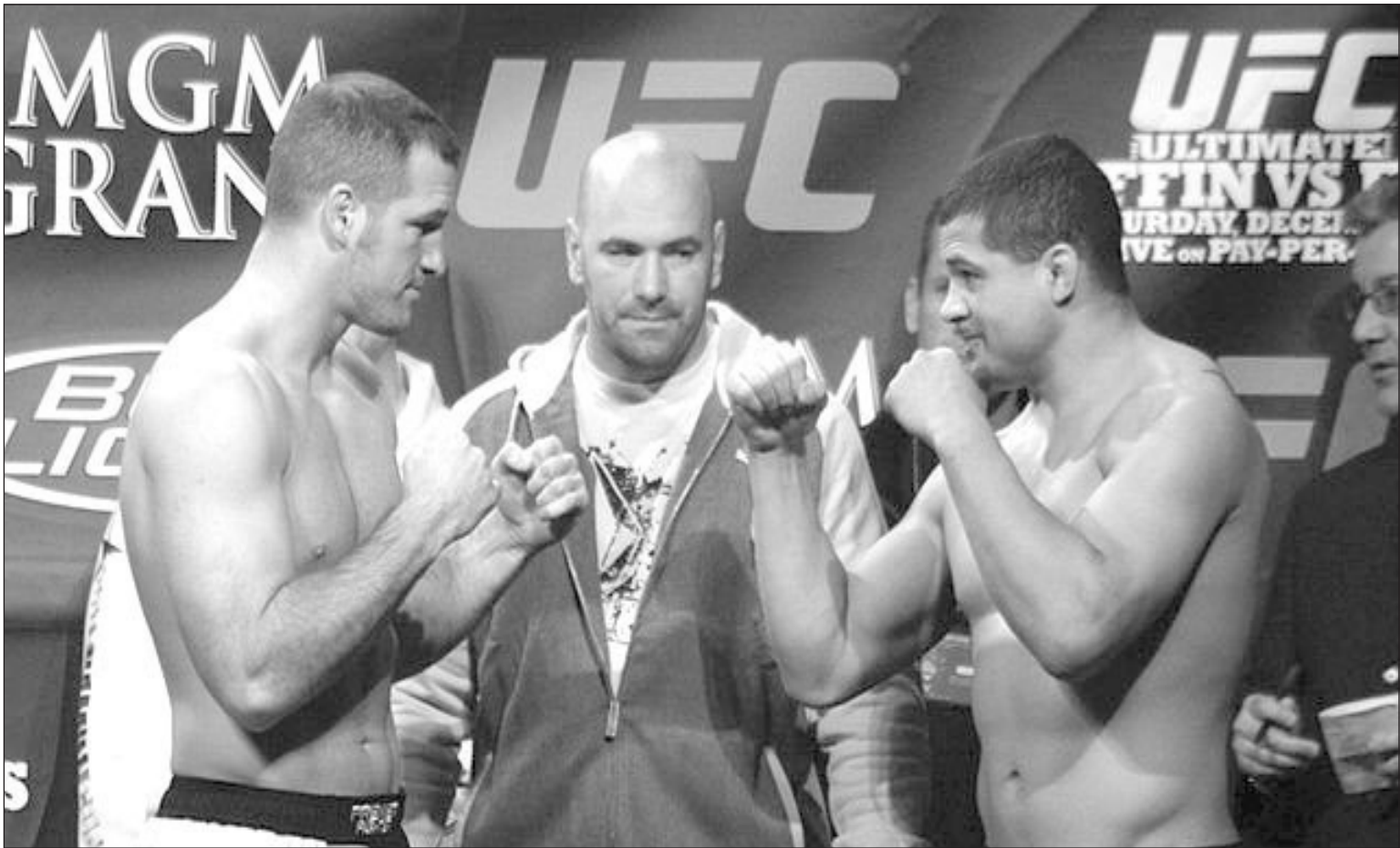
Several disciplines of martial arts have become popular in recent years for their effectiveness in competition.

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

"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



Tracy Lee/Combattlifestyle.com

Reese Andy (right) stares down Matt Hamill at the weigh ins before his fight at UFC 92.

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.

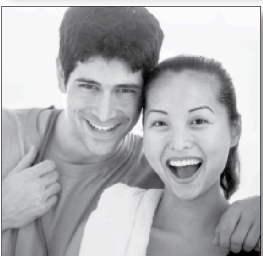
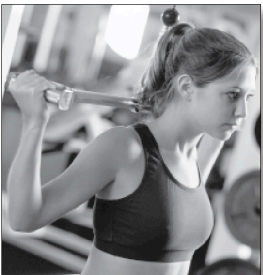
Several gyms in the area have fighters that train in the gym for two years and never have a chance to compete. They need to be given opportunities, he said.

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 ring-side with tickets available at the door.



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Jobs for personal fitness trainers are expected to climb 27 percent over the 2006-2016 decade, according to the U.S. Bureau of Labor Statistics.

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Chow down/slow down

Experts say that as you age, your metabolism slows down. And suddenly you can't eat it all anymore

By SHANNON SEVEREID
Staff Reporter

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 Tigest 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 skinny, 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 can cause 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.

30 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 Sno-

"After age 30, everything goes downhill. ... The choices you make right now in college affect the lifestyle choices for the rest of your life."

– Darin Smith,
Highline professor



Bridgette Lee's pasta sauce combines olives, capers, garlic, zucchini, and red peppers to make a delicious and nutritious meal.

homish 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 eat foods from all the food groups "includ[ing] someone's favorite 'unhealthy' food, like ice cream or cookies every once in a while, because it's not 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 to 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."

Lindsey Willis, a local registered and certified dietician, said people should be consuming a variety of foods from all five food groups, she said.

"A healthy meal is one that includes at least three of the food groups – a three star meal. I recommend eating a five star meal, which has nutrients from all the food groups."

Willis explained that she uses the plate method as a simple way to eat a balanced meal of all the food groups.

"Imagine your plate is cut into quarters, and then fill half the plate with vegetables; one quarter with brown rice, a starchy vegetable or a roll; and one quarter with meat, meat substitute, or fish. As a beverage choose a glass of milk. For dessert, have fruit," she said.

Kelley Brown, Highline alumna and registered and certified dietician for Sea Mar Community Center, offered tips on

how to achieve a healthy diet. She recommends following the Food and Drug Administration's Healthy Guidelines for Americans.

"The FDA recommends making half your grains whole, eating 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 consume, the portion size, time of 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.

Pasta recipe has taste and nutrition

Bridgette Lee's Pasta with Olive, Caper, and Garlic Sauce. Serves 2

Note: Lee recommends going to an olive bar at your local grocery store to purchase the ingredients for this recipe. High-end grocery stores usually carry all the ingredients, sans the anchovy paste, at their self-serve olive buffet.

Sauce:

1-14oz can diced tomatoes with basil and garlic

1/4 cup chopped kalamata olives

1/4 cup chopped green olives

1/4 cup capers, drained

3 or 4 cloves garlic, fresh or marinated

1 small marinated chili pepper or 1/4 cup fresh red pepper

1 teaspoon anchovy paste or 2 filets (although this is optional, don't be afraid of anchovies; they add a great nutty flavor.)

1 small zucchini, sliced

1 can artichoke hearts, in water not marinated

3 sundried or marinated tomatoes (optional)

1 teaspoon olive oil

3 cups cooked pasta
Parmesan cheese (garnish)

In a medium-sized skillet, heat the olive oil over medium heat. When the oil is hot, add the olives, capers, garlic, pepper, zucchini, artichoke hearts, and marinated tomatoes.

Sauté until they begin to soften, about 3 minutes. Add the anchovy paste or filets.

Cook for a few minutes to combine and infuse the flavors.

Add the diced tomatoes and bring the sauce to a boil.

Reduce the heat to low and cover, simmering for about 10 minutes until the tomatoes have broken down a little and the sauce has begun to thicken.

Serve over your favorite pasta (whole wheat pasta is a great choice), and top with some fresh parmesan cheese.

**For some extra protein you can add some grilled chicken or Italian turkey sausage.



Dollars and sense
by David Uffington

All across the country, families are planting vegetable gardens. For many, it's a way to cut the cost of fresh vegetables. Others plan to can the bounty and have fresh food all winter long. No matter where you live, it's not too late to get started on a garden of your own.

Getting started: If you're new to gardening, it's best to start with small seedlings. Ask at your local nursery about which vegetables do better when started as young plants as opposed to seeds.

Space requirements: Not everyone has access to a large growing space in the backyard. Wooden boxes on the patio or balcony can hold tomato plants, bush beans or a few rows of carrots. Investigate community gardens where each person is given a small square of land to work. If the side of your garage is the only place that gets full sun, plant there. (When planting near a house, however, it's best to have a soil test done to be sure that lead from old paint hasn't contaminated the ground. Certain types of vegetables will pull in more lead than others. It's better to be safe and check in advance. Start with a small garden area that won't overwhelm you to tend.

What to plant: Keep it simple and start with just a few different types. Only plant what you know your family will eat. Don't experiment and hope that your children will suddenly develop a taste for okra just because they helped to plant and harvest it. Food that isn't eaten is food (and your time and money) that is wasted. If your family loves green beans and carrots, grow those.

Get advice: If a neighbor has had a successful garden year after year, that's your best source of advice about soil pH, the types of vegetables that grow best and what pests to look out for.

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.



Liz Phillips/THUNDERWORD

Clockwise from top left: front view from South 152nd Street of the new upscale residential townhomes, condos and studio apartments; the new King County Library at the Burien Towne Square; and some of the finishing touches to the backside of the Burien Towne Square development.

Burien will finally have its town 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 within 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."

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



Dr. Linda Petter, recipient of the 2009 Distinguished Alumni Award.

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 Surgery 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.

Common Medical Sense was the catalyst that started Petter's journey into the radio scene. Now, every Sunday, she has a feature, *Talking Medicine*, at 7:45 a.m. on KOMO-AM 1000.

"The radio show addresses various health topics. It's a lot of fun; I just love it," Petter said.

Recently, Petter started a website, doctorforall.com, to reach out and help people with basic health care information, even if they do not have medical insurance.

The website promises to be "where a real doctor is just a click away," and offers direct access to doctors with price comparison and contact methods, such as e-mail, instant messaging, webcam or telephone, Petter said.

"Through e-mail, we offer a getting-back program where 20 percent of the proceeds benefit a health-care-related charity," she said.

The website also offers information doctors want patients to know: health care, diet, nutrition and more, Petter said.

Petter is grateful for the opportunities Highline has given her – it has become a foundation and building block for where she is today, 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's 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. The program now counts 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



International student Sanderson Sousa, second from left, and his mentor family at Thanksgiving.

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, is one of the mentors for the 2008-2009 school year.

"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 en-

joyed 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. 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, she said. She also said it

is nice for her children to have contact with an international student.

"Talking about everything from politics to popular culture, joking and laughing, learning from each other are the simple but best parts," she said. "We have thoroughly enjoyed our student; he is a great addition to our family and has given us good insights and lots of fun."

Sousa, Madsen's mentor student, said he believes the mentor families play an important role in the student's adaptation to their new environment.

"When students arrive, they feel a great cultural impact and sometimes it is hard to relate with other individuals," he said.

Sousa also said that 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.

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 state law, 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 Thunderword.

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

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 Burman said.

"After the committee has heard from all budget managers wishing to petition our de-

cisions, the committee will be finalizing and voting on the budget for next year."

The final budget will be vot-

ed on within the next two weeks and will then be presented to the Board of Trustees at their June meeting for approval.

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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 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 remove 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 reason, 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



Ed Pina

said.

"If cities don't change, they die."

Kaplan has had the goal to get the city's revenue 50/50 with residents and businesses since his first term in office in 1997. He said they are on their way toward that.

Kaplan would like to see a stronger relationship between the city of Des Moines and Highline Community College.

"The city has a bumpy relationship with the college this needs to be improved," Kaplan said. "There are lots of beneficial things we can do for each other."

Carmen Scott will also seek re-election. She has been on the council for two non-consecutive terms.

Scott is involved with many committees throughout the city of Des Moines.

She gives a great deal of her time to the Legacy Foundation. As a fund-raiser she helped put together the Des Moines Calendar by providing pictures.

She also attends the Des Moines Farmers Market and sells note cards, with her photography on them, to further raise funds for the Legacy Foundation.

"I spend most of my hours doing things for Des Moines," Scott said.

If re-elected Scott would like to continue improving the Des Moines Beach Park.

"I'd like to see the park get back in shape and more available for our community," Scott said.

So far, no one else has announced they're running for Des Moines City Council. The candidate filing period is open until June 5.

King County will hold its primary and special elections on Aug. 18 and its general election on Nov. 3.

To be able to vote you must be registered 30 days in advance of an election.

This year's deadline will be on July 18.

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 her 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," Mc-

Donald 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

"After this event, we will use participant feedback to identify next steps," McDonald said.

You can contact her at pmcdonal@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 to hone their presentation skills.

A café in this context refers to a variety 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, mu-

sical 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.

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Policy

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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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Dream

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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 Wagnitz, 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,” Wagnitz said.

“We also want to increase cooperation between different

departments, and encourage that they work together to benefit the student,” Wagnitz 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 Bernhagen, a writing teacher and the writing representative for the Achieving the Dream program.

It is especially hard for ESL students and students who place low 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 levels below college 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 effects advising had on students.

Of the 50 students in Highline’s intervention group, the number of students who then enrolled the next quarter in a higher math class increased 13.3 percent.

Ever since Highline has received its grant from College Spark, it has been able to increase the number of advisers from 14 in the first year 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 classes.

“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.

“If it weren’t for the advising that I got from Highline I know I wouldn’t be where I am today,” 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 selec-

tions, 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 long 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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