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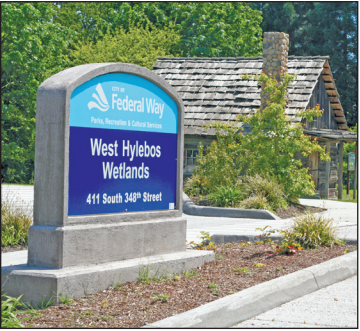
Highline Community College

The Thunderword

Highline grad helps save wetlands

By **BRIAN GROVE**
Staff Reporter

Chris Carrel wants to make sure that the West Hylebos Wetlands stay the way they are. The West Hylebos Wetlands make up a wildlife refuge, ecological and hydrological conservatory, and nature trail in Federal Way as one of the last remaining bogs in South King County. The Hylebos Wetlands are at South 348th and Fourth Avenue South in Federal Way. The wetlands are managed and overseen by the Friends



The Hylebos Wetlands are one of the last bogs in King County.

of the Hylebos, a tax-exempt, non-profit organization which is dedicated to maintain its clean air and water in the greater Hylebos Creek in the Hylebos watershed. Friends of the Hylebos was started by Francis and Ilene Marckx and has been working for the community since 1983. The Marckxes have since died, but a memorial rock resides near the trailhead of the park to commemorate their work. Executive Director of Friends of the Hylebos Chris Carrel said the wetlands are a time capsule of how the rest of Federal Way used to look. “What you see in West Hylebos is what existed across the area before the European-American settlement. These wetlands are 1,200 years in the making as a result of glacial retreat,” he said. Hylebos changed from bog to forested wetlands to many different wetland types over the years.



Chris Carrel is the Executive Director of Friends of Hylebos. For more photos of the Hylebos Wetlands please turn to page A24. It’s lush and thick landscape allows for many animals and birds to find refuge in an area that is largely surrounded by development. “There is a huge diversity of plants, birds, and critters,” Carrel said. Please see Hylebos, page A23

Student returns to find new career

By **MELISSA LEE SMITH**
Staff Reporter

A lot has changed since the last time David Gribble attended Highline. Now in his early 40s, and a self proclaimed life-long student, Gribble is at Highline for the second time. This time he is seeking teaching credentials with hopes of becoming a high school social studies teacher. In Gribble’s busy life he is a husband, the father of a 6-year-old, a manager at Office Depot and he still finds time to not only be full time student, but excel academically. Gribble’s hard work in a subject that he is passionate about has paid off. He was recently named one of two history students of the year. “Anything’s easy when you enjoy doing it,” Gribble said of his achievement.

Although history is a natural strong point for Gribble, he has traveled through many fields of work since he graduated from Highline the first time, in the late ‘80s. Gribble went on to study philosophy at Northwest Nazarene University where he graduated with a bachelor’s degree in 1991. He then went into the Army after college. He was selected for Ranger school and took the challenge head on.

Please see Gribble, page 22

Bookstore remains stable through recession

By **KURTIS LOO**
Staff Reporter

The Highline bookstore is maintaining its sales in rough times and looks to provide more variety to Highline students says Bookstore manager Laura Nole. With the down economy and competition from major companies such as Amazon, Barnes & Noble’s and eBay, Nole says sales haven’t changed dramatically and expects sales to maintain or do better. “The current issues with the economy have more to do with sales decreases than competition. Even with that, our sales have held steady,” Nole said. The bookstore sold \$350,000 less new textbooks but \$300,000 more used textbooks compared to last year, Nole said. The total revenue of the bookstore is about \$2.2 million. They also received help from selling more merchandise such as clothes and snacks to help them keeps sales steady. “Highline bookstore is self-sustaining and non-profit. All



The bookstore is a self-sustaining, non-profit organization that services the students of Highline. the surplus funds we make, after paying expenses, go back to Highline. The bookstore pays \$100,000 every year to pay down the debt on the Student Union Building,” Nole said. Due to the stable income of the bookstore, they are able to provide new products and innovations to allow students to enjoy a cheaper and better learning experience, Nole said. Starting Fall Quarter, the bookstore will sell laptops, more software, new clothes and have more contest and events. They are looking to acquire more licenses to carry other electronics, Nole said. Please see Bookstore, page 22



•Seven of the most interesting members of the Highline Class of 2009 are on display in the Thunderword magazine, Inside Scoop. Pull out Section B to take a look.

The Thunderword / June 4, 2009



Pretrial determined

A pre-trial hearing will be held on June 15 in the King County Courthouse for the man who has been charged with killing Highline student William Somtoa in a car accident last quarter.

On Jan. 3, Somtoa and two other friends were in a car stopped at a red light. Another car driven by Jabari James crashed into the back of their car.

The collision sent all three students to the hospital, as well as James passenger. Somtoa was put on life support. Somtoa died on Jan. 4.

James has been charged with vehicular homicide in King County Superior Court. He pleaded innocent.

James was arraigned on Jan. 21.

"Jabari James posted bail and is out of custody," said Dan Donohoe, spokesman for the King County Prosecutor's Office. "The pre-trial will set a date for a trial hearing."

Less theft in summer

Supervisor of Safety and Security Rich Noyer says that he expects the summer to be same as always.

"We usually get one or two car thefts in the first few weeks. Other than that it should stay calm."

Non-student called ambulance for ankle

A non-student called an aid car on his own on June 1. He thought his ankle was broken.

The aid crew wrapped his ankle in a cardboard splint.

Invasive questions asked of student

A female adult from the \ Women's Programs reported that an adult male was asking her personal questions on June 1.

She said that the questions made her uncomfortable.

Harrassment reported

An English as a Second Language student reported his fellow classmates being loud in class. He said it appeared to be unknown threats in their native tongue.

--Compiled by Yuriy Torchilo

MaST seminar covers meat and going green

The environmental impact of eating meat will be examined by an assistant professor from the University of Washington this Saturday at the Marine Science and Technology Center.

"Why 'Eat Less Meat' is the Environmental Battle Cry: Saving Energy One Bite at a Time," is the name of the upcoming life-science themed lecture.

Erica Cline, an assistant professor of environmental science, will explain the ways in which the meat industry impacts the environment.

The lecture will be held at Highlines Marine Science and Technology Center (MaST Center), located near Redondo Beach Park. It will be held from noon-12:45 p.m. on Saturday, June 6.

Meetings set for transportation plans

The Puget Sound Regional Council is giving the public the chance to comment on Transportation 2040.

Transportation 2040 is an updated plan for the long-term future of transit in the Puget Sound region. The intent is for the plan to be implemented in 2010.

Two public meetings are being held to examine the program's drafted environmental impact statement, which opened to the public for comment on May 29. The council is seeking public comment through July 13.

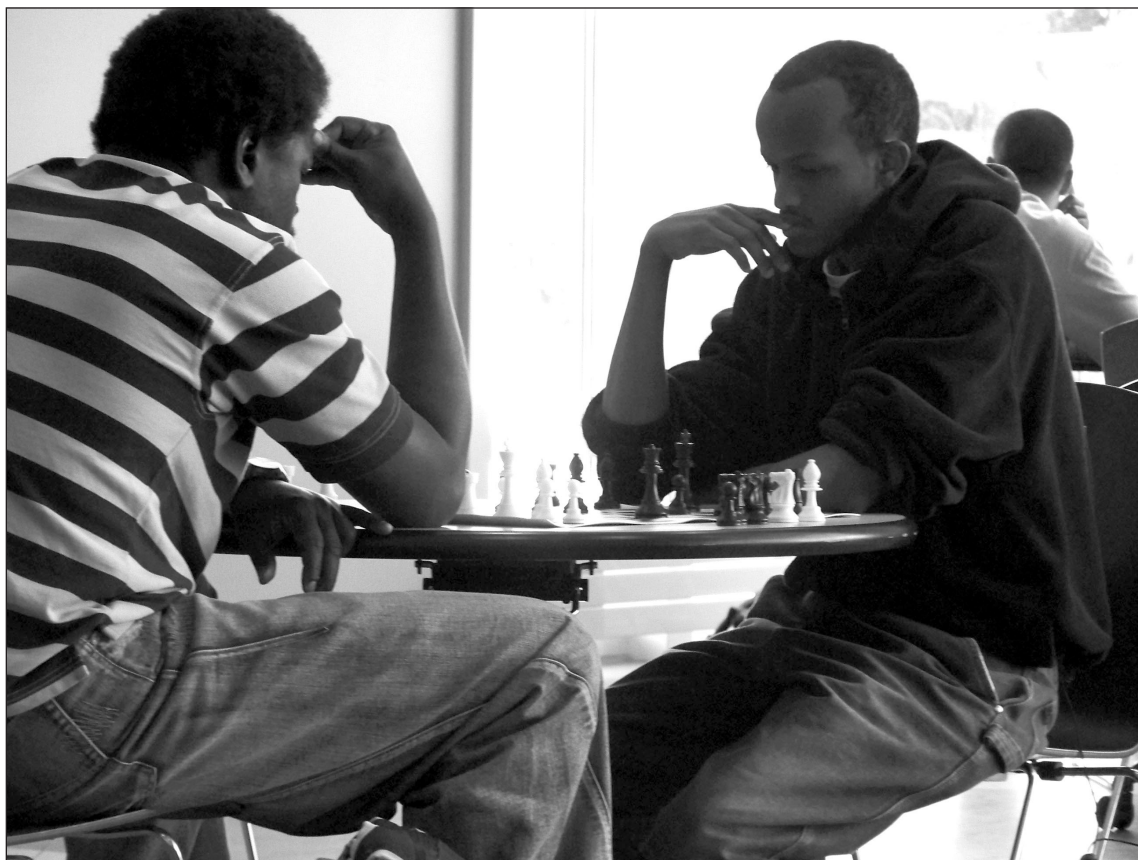
Today, June 4, from 6-8 p.m., there will be a meeting in the Social Hall at the Kent Senior Activity Center, 600 E. Smith St., Kent. Then, on July 9, there will be a courtesy hearing from 10:30-11:30 a.m. at the Puget Sound Regional Council inside of the Waterfront Place building, 1011 Western Ave, Seattle.

Movie Friday explores robots and romance

The year's final Movie Friday, June 5, will feature *Wall-E*. *Wall-E* features the epic love story of two robots set against the background of an ecologically devastated Earth.

It won the 2008 Academy Award for Best Animated Feature Film.

It will be shown in Building 26, room 213 at 12:30 p.m.



Monika Hammon/THUNDERWORD

Students enjoy a round of the classic strategy game, chess, at Highline as finals week draws closer.

Thunderword staff hired for Fall '09

Chris Wells has been named editor of the Thunderword for Fall Quarter 2009.

Wells previously served as a reporter and sports editor of the paper.

Wells announced several appointments to the paper's management.

Brian Grove will be managing editor. He previously worked as a reporter and as sports editor of the paper.

Nicholas McCoy continues as news editor, joined by Shannon Severeid and Kandi Carl-

son. Severeid and Carlson previously served as reporters.

Courtney Sankey will be arts editor and Kurtis Loo will be sports editor. Each previously served as a reporter.

Liviu Bird will be opinion editor. He previously was a reporter and news editor.

Vita Mulyarchuk will be photo editor. She previously served as a reporter and photographer.

Jessica Lovin returns as graphics editor and Liz Phillips returns as business editor.

Jonathan Baker returns as advertising manager, assisted by Razia Sultana. Tyler Keiser returns as business manager.

The paper hopes to hire a librarian for Fall Quarter.

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

On campus:

Work in Workforce Development, the Library, Print Shop, MaST center, Financial Aid, and more.
Wage: \$8.55-12.07, Hours: up to 40/wk during the summer

Off Campus:

Marriott International is hiring for multiple positions including: Housekeeping, Administrative Assistant, Guest Services, Gift Shop, Front Desk Interns and more.
Wage: Varies, Location: Downtown Seattle, Hours: All shifts.

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



As summer approaches, students plan

By **TARA KESTER**
Staff Reporter

Summer is quickly approaching, and some students are going on vacation while most are going to be eating, sleeping and working.

Highline student Alla Nad will be going on a mission trip to St. Petersburg, Russia for a month.

Nad said she will play games and create bracelets and necklaces with the kids, and teach them Christian songs.

"I will help the kids who have no parents or the parents who are addicted to something or living on the streets," she said.

They will also have meetings with the adults and perform poems, songs and dramas that are all associated with God.

"Before the missionary trip, [I] just prepare to give gifts like clothes for children who have needs," Nad said.

Additionally, in June, she is going camping with her family of six other brothers and sisters. She is not sure where they will be going yet, but she said that she hopes it will be sunny so she can get a tan.

Some Highline students, such as Jessica Chang and Caitlin Seo, are planning to flee to California to get away.

Seo is going to San Francisco for a week with a couple of friends to sight-see and explore the city.



Vita Mulyarchuk/THUNDERWORD

Students retreat to the shade as summer crawls closer and temperatures rise.

"I've never been to San Francisco before, so it will be cool," she said.

Other than her California trip and work, Seo said she will, "go to the beach and have a bonfire, watch a movie, go shopping, do random stuff, and take pictures."

Chang is going to spend her whole summer in California with her family. As part of their vacation, they're going to a Six Flags theme park.

Unlike Nad, Chang doesn't like spending long periods of time in the sun. She said she will probably "just hang out and watch TV."

Highline student Kim Dahlgren won't have the luxury of relaxing that much this summer.

mer.

Dahlgren is graduating from Highline's nursing program, but she is worried because there are "no residency programs open," she said. She has the knowledge, but now she needs some hands-on training.

She said she will probably hold off on vacations, and maybe go camping instead. On a typical summer day she said she is, "making sure the kids are up and ready for the day."

Similarly, Highline's Percy Strowhorn III isn't going very far from home this summer.

Strowhorn said he will probably work and take Summer Quarter classes, so he can speed up the process of getting his Associates of Arts degree.

He said his perfect summer day is waking up at noon, eating, going to the gym, seeing whoever wants to go out and going to the beach.

"Basically sleeping in, working out, and a lot of food," Strowhorn said.

He is supposed to go to Wisconsin this summer and that he travels, but he said that this is his lazy year.

Spencer Kabelac, a student at Highline, will be spending most of his time this summer working. He works at a warehouse that sells Skull Candy headphones, and he makes \$15 an hour.

Otherwise, Kabelac said his typical summer day is "sunny and a crowded beach."

Student Gov't vice president chosen

By **DAN BOZE**
Staff Reporter

Olga Afichuk is your newly appointed Student Government vice president for the 2009-2010 school year.

Afichuk was nominated during the Student Government meeting, approved 8-0 by the Student Government committee.

She is 18 years old and this is her first year at Highline.

She is going for an Associate of Science and her intended major is biology.

Afichuk is from Moldova, next to Romania and Ukraine, which used to be a part of the U.S.S.R.

She has lived here for eight years. She came here and began to learn English.

"That experience made me realize that people need to be reached out to," Afichuk said.

"When people move here and learn a new language they can feel like an outcast," Afichuk said.

She said we especially need to reach out to people who are here for sports, different majors, and activities.

The big idea, Afichuk said, is to take Student Government out of the office and out to students at Highline.

"I am very big on the idea of making Student Government approachable for students," Afichuk said.

"I want anyone who has ideas to come up to me and say anything," Afichuk said.

One idea she said is to have a place on Highline's website for students to vote on subjects and ideas for greater student involvement.

Afichuk said she would like to set up an anonymous e-mail system for people to send e-mails with comments or ideas.

"I would like to make Student Government down to earth," Afichuk said.

"I want to enhance the college experience for everyone who comes," Afichuk said.

Afichuk said any involvement is welcome.

"I want more awareness with meetings," Afichuk said.



Afichuk

Moses' trip to Belize explores life and culture

By **TARA KESTER**
Staff Reporter

Woody Moses believes that there is life outside the monotony of a classroom.

He stressed the significance of an international experience.

"Travel is very important for students to get perspective on how the rest of the world lives," Moses said.

Moses is a teacher who is part of the Life, Ocean, and General Sciences Department at Highline. This quarter he is teaching Biology 100: Survey of Life Principles; Biology 203: Botany/ Ecology/ Evolution; and General Science 105: Environmental Science.

He has been to places such as Tahiti and New Zealand, and he studied abroad his junior year of college in Paris. He said everyone should visit New York City, because, "in some ways it's the financial capital of financial civilization."

In June he is taking students to study the natural ecology in Belize for two weeks. They will spend one week in the jungle and another on the coral reef.



Woody Moses

He said that there is "something humbling about being a guest in a foreign society that helps us to appreciate our own society and be better hosts."

Moses said you get a chance to see the impact of the U.S.'s financial system on other countries. For example, the port used by Caribbean cruise lines is "mostly slum," and the people only visit a very small part of the city. So, "American money is flowing into Belize, but it's not evenly distributed."

However, for Moses a "fun and exciting" part of the trip to Belize is to see students have

experiences for the first time, and, ultimately, overcome challenges. It's exhausting doing things like going on hiking trips every day at 6 a.m. and intense snorkeling for a week, he said.

In addition to getting an in-depth plethora of knowledge on forest and marine ecology, students get to observe a variety of animals ranging from sea turtles, manatees, crocodiles, deer, and even a jaguarundi – a tiny jaguar.

All of that is combined with lots of mosquitoes, hot weather and torrential rain.

Also in Belize, students will, "understand the importance of tropical ecosystems in maintaining biodiversity and health of global ecology," Moses said.

They get to see the impact humans have on natural ecology, particularly the coral reef. It's the second largest barrier reef in the world and it's still intact.

Moses has experienced not only biological diversity but also cultural diversity. In Tahiti, when he was walking down the beach at night, he saw a group of high school-age students

singing as a group.

"It wasn't just one person singing; a group just hung out and sang as a group. That's how they have fun," Moses said.

Additionally, Moses observed on his trips that Belize has a very well integrated culture that communicates easily with each other.

"Black and white politicians are working closely with each other, and people on the street hang out together," he said. He said that it's not like it is here where the Latinos hang out together or white people hang out together, and there are specific groups for every ethnicity.

Ultimately, Moses said, students can gain a lot of understanding just by studying in places with different cultures from their own.

"It's neat to see how different people in different societies deal with the same issues we have," Moses said, and how they, "meet their food, health and recreational needs."

Registration to go to Belize on the upcoming trip is closed, but it may be offered in the future.

Editorial comment

It's been a year of cuts

Looking at the past Thunderword headlines, one item of concern remains constant throughout the past academic year: budget cuts, and all the issues that have arisen because of them.

Cuts have been administered to several programs, the child care center and the Puget Sound Early College Program are closing, and a 7 percent tuition increase will be administered next year.

Highline's students have had a tough year throughout our nation's economic crisis. Hopefully Highline will be strengthened through all of these trials.

The budget cuts have caused serious problems for many students. Highline has to remember to keep these students as their first priority as they will continue to make cuts in the upcoming academic years. With the strong possibility of a decline before anything gets better, Highline now has the opportunity to work on making the best decisions possible.

Tuition will go up again next year and more programs might be cut. Transferring to four-year institutions has become much more challenging. Basically the recession will continue to hit students hard.

The recession will follow students as they continue on in education or look for jobs. They will see the effect of our state's revenue downfall everywhere.

The heart of Highline will remain the same, bringing education to our very diverse community.

In some sense right now is bad timing to be a student. Many people who are qualified to be at universities won't be accepted because of the current economic times. And yet, other students who aren't as qualified got into these same schools last year. It's just bad timing.

The truth of the matter is that the budget cuts and the recession make school the best place to be right now. It is only in education that our economic situation can get better. Just a little bit more school can give students a little bit more of an opportunity for a job.

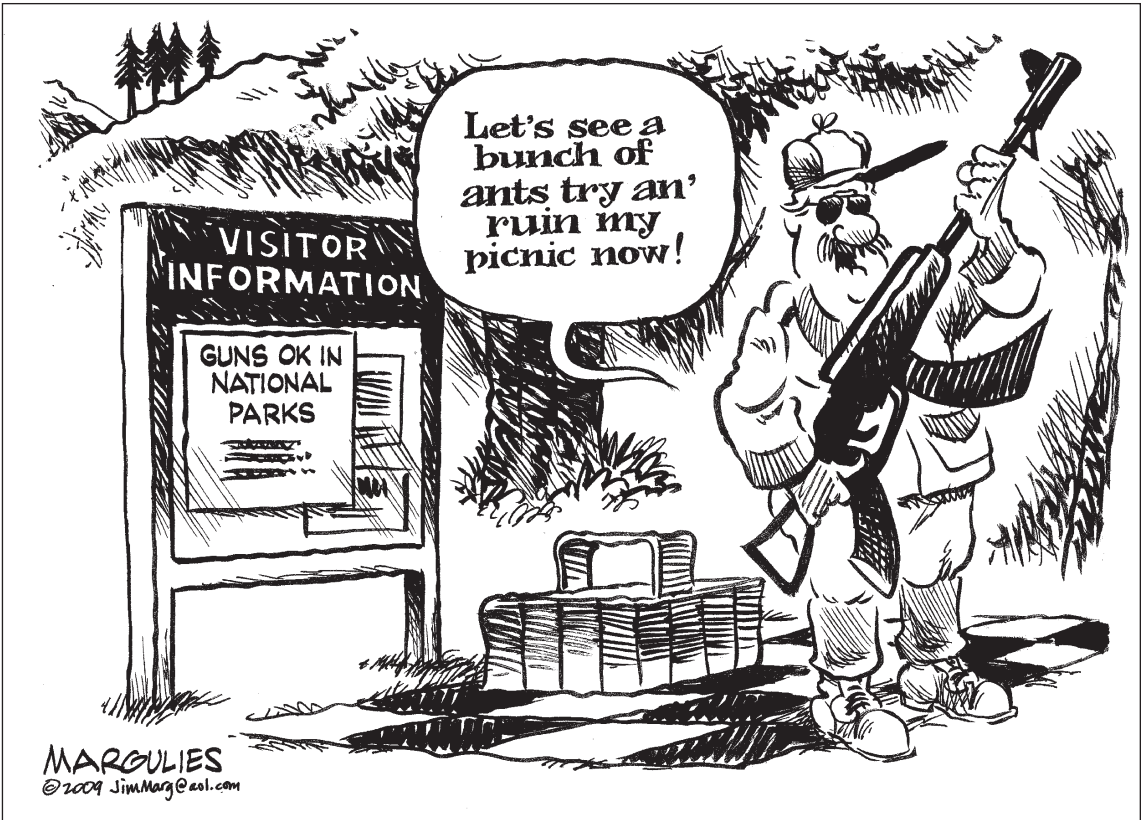
So even though Highline has to cut, it still remains the foundation of education that will be vital for students. It still continues to prepare students for the world out there.

Even if the world right now is a little topsy-turvy.

Staff

Never say is easy without trying.

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Highline has mutual respect

It is hard to figure out how certain things happen. We never really know what small action might trigger a chain of events bigger than we can imagine.

That is the case of how I ended up at Highline. Being an international student from Brazil, I must say the experience was rather thrilling.

It all began with a small ad on a website, advertising a full grant scholarship by the U.S. Department of State. Eight months after applying, and going through a long, yet simple process, I landed in Washington, D.C.

After three days of culture shock seminars and presentations, the other scholars and I were ready to face the challenge of being in another country. Little did we know.

After that we were all sent to our final destinations, and that's when I arrived in Seattle.

From a realistic perspective, nothing can prepare you for an experience like this. It is the kind of thing you have to learn on-the-go.

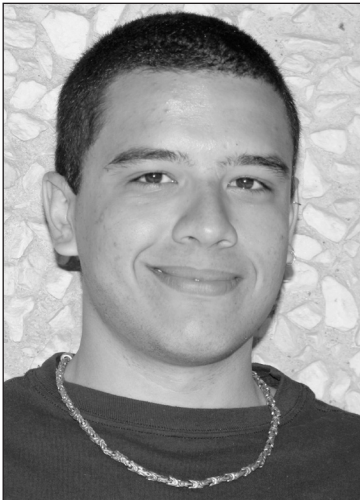
The unique diversity present everywhere in the Seattle area is impressive. And coming from the outside it is easily noticeable. Getting used to it is not that easy though.

The authenticity of people here is what strikes you the most at first. People are the way they are, and they do not care if you are different or the same, as long as there is mutual respect.

What impressed me the most was not only the diversity itself, but the way it works. Highline is the perfect demonstration of that: a place where you can just be yourself and that is more than enough to make friends and be part of something bigger.

Differences in ethnicity, religious beliefs, cultural values and socio-economic status mean

Commentary



Raphael Linhares

nothing here, and everyone finds a common ground for the exchange of ideas and healthy discussions.

The empowerment given to the individual is part of what makes that work. Here, one can make a difference, and that is seen every day. More than just students, Highline is a real assembly line for future leaders, as "regular" students surpass their own expectations constantly. The Vietnamese New Year, Global Fest and every major event was planned and executed in a professional fashion, and the students were the ones responsible for it.

And when you are involved in these events you also notice that not only cultural barriers are broken, old concepts are changed and lessons are being learned, but all this is done while having fun.

These are the best demonstrations on how to celebrate diversity and promote universal understanding and tolerance I have ever seen. The mutual respect and demonstration of teamwork, even when it is an event promoting someone else's culture is off the chart.

This is the most important

lesson I have learned here. And one I will take with me forever.

I am not only happy but honored to have met and spent time with people here, and I am sure we will all make a difference, even if at different levels. From students to faculty and staff, everyone has a different talent, story and different perspectives. It is encouraging to see so many people struggling to achieve more, no matter what it is.

On the verge of my return, the whole soul-searching process is inevitable, and the conclusion I have so far is that my most valuable lesson here at Highline was taught outside of the classroom.

And most importantly, everyone I have met made a difference in my life, and so I hope to have made a difference in theirs.

We are all the same no matter where we come from.

As a good friend once told me, "The world should be like Highline."

Rafael is a Thunderword reporter, and a Brazil nut.

Write to us

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

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

You could share your thoughts with the whole campus.

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

Please provide contact information for confirmation purposes. The Thunderword generally does not run unsigned letters.

Websites cheat a chance to learn

Academic dishonesty is evolving at a healthy rate thanks to the advent of new internet services.

Biology instructor Gerry Barclay has met head-on with the future of cheating - on a recent multiple-choice quiz he gave, a few of the students finished unbelievably quickly.

"I became suspicious because students were assigned a quiz with 30 multiple choice questions and four of them finished in about five minutes," Barclay said. "When confronted, they confessed."

Barclay said the students told him "they got the answers from a website, but I never found out which one it was."

There is no shortage of similar sites, such as www.cramster.com which provides solutions to problems from a variety of in-use textbooks, and www.sparknotes.com, which offers a host of study guides.

There is good reason for these sites - a walkthrough of a problem or two from a difficult textbook assignment can aid the student's learning more than struggling and wasting time on a given problem.

And study guides for literature can be similarly useful places to hunt for new ideas or affirmations of your own thoughts.

As long, of course, as these guides aren't plagiarized outright.

Which wouldn't be a clever decision in the first place, since this information is all well-indexed and only a Google search away from discovery.

Commentary



Jaren Lewis

But sites like www.coursehero.com and the one Barclay's students found seem dubiously honest.

These sites archive instructors' past exams, with full questions and answers listed.

For any teacher who reuses exams or quizzes, this is a serious issue, because it provides some students with an unfair advantage over the rest of the class - particularly with multiple-choice tests where a list of letters completely eradicates any semblance of value the test has in evaluation.

If used correctly, a study assistance site could greatly improve a student's class experience.

But if students abuse the sites irresponsibly the way Barclay's students did, they're unpleasant for the teacher, not fair to other students and especially unhelpful to those who use them inappropriately.

Jaren only cheats when he doesn't need to.

It's goodbye to Highline

After two years at Highline, I'm moving on. I will miss many things.

But these are a few I won't miss:

- Parking at the bottom of the hill and arriving to class ten minutes late and out of breath.

- The blue couch with the crisscross yellow and blue stripes in the newsroom - if you sit in it, you can't get back out.

- The smell of sepia bleach in the photography studio - it smells like Easter gone terribly wrong.

- The bathroom faucets. Especially the ones that are burning hot or shoot five feet.

As for the things I will miss:

- Cheeseburgers from the dining area and popcorn on Fridays.

- The shocking view of Puget Sound and the Olympic mountains.

Commentary



Katherine Tacke

- Sitting outside of Building 8 on those rare sunny days.

- The cool, quiet hum of the computer lab and the creepy floors in the library.

More than these little things, I will miss Highline for its general atmosphere and its affect on

my life.

Highline is exceptional in its devotion to students.

I don't think I will find teachers anywhere else who are so passionate, who open their office doors to students every day and who have a solid interest in helping students over the broad spectrum of diversity here.

At Highline, there isn't a focus on money or on the pretentious game of academics. There is a solid foundation on learning.

Learning for the sake of learning and, most importantly, to prepare students for whatever step is next.

I don't think I would have been prepared for a four-year school if it hadn't been for Highline.

Katherine was voted most likely to be gone by fall by the Thunderword staff.



Honors Program opens doors to four-year institutions

Editors' note: This was originally a letter sent out to all instructors on campus.

They are sitting in your classes and club meetings right now...Sometimes they dream...

They're doing just great, these students are. They'll end up with 3.6s, 3.8s, maybe even 4.0s. They're making it all on their own. They don't need any help, or so you and they both think...

Come next fall, for Running Start, or early next winter, for transfers, they'll sit in front of computer screens late at night, hammering out a college application, filling in blanks with what they hope is correct, sweating to get the stuff in on time... and missing opportunities.

They know the names Harvard and Stanford and the names of three public institutions in state. They've never

Commentary



Dr. Barbara Clinton

heard of the UW-T's Global Honors Program that has taken our own Christopher Thomas to his target continent of Africa on research projects three times since he left Highline.

They don't know that Har-

vard no longer is taking transfer students, but that Amherst has a special program for them; a program that makes it cheaper for low income transfer students to be at Amherst, as our own Isaac Cameron is, than to be at UW - and gives them an online mentor to help them in the application process.

They've never heard of Swarthmore or Carleton or Cooper Union or Pomona or Harvey Mudd and don't know what "meeting a student's full financial need" or "no loan policy" means on a website.

Students can glean a quality undergraduate education anywhere. I did - at the University of Arizona, in my hometown of Tucson, the only place I could afford to go to school.

But I wanted something different for my daughters. They went to schools where na-

tionally-known scholars teach freshman classes, where U.S. presidents regularly give commencement addresses, where summers offered them internships at major TV networks, medical labs, or travel abroad opportunities in Spanish immersion and social justice.

I'll never forget my youngest's excitement when she called home from MIT to share that her freshman biology prof, Eric Lander, principal of the public genome project, had just come into lecture that morning radiating the excitement of having completed the mapping at 3 a.m. that day.

While the number of student slots in higher education get lower in this state, the opportunities for low-income college students abound.

Early in the fall, Questbridge will be looking for gifted low-

income high school seniors, to offer them scholarships like the one Tierney Kuhn won to go to Princeton. In October, Phi Theta Kappa will be looking for applicants for the Guistewite and All-USA programs.

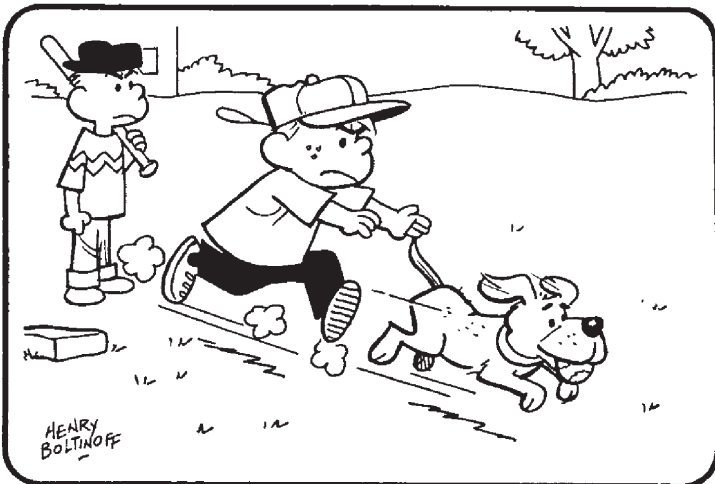
By Jan. 1, 2010, the Jack Kent Cooke will be reading applications, like that of our own Joseph Burnett and Tracy Zhang, to award scholarships that can even continue on to fund medical, law and business graduate programs.

I can't help students to find opportunities if I can't find the students. You know who they are. They're right in front of you, in your classes. Why not push them to dream...and even dream big. Honors 100. Fall 2009.

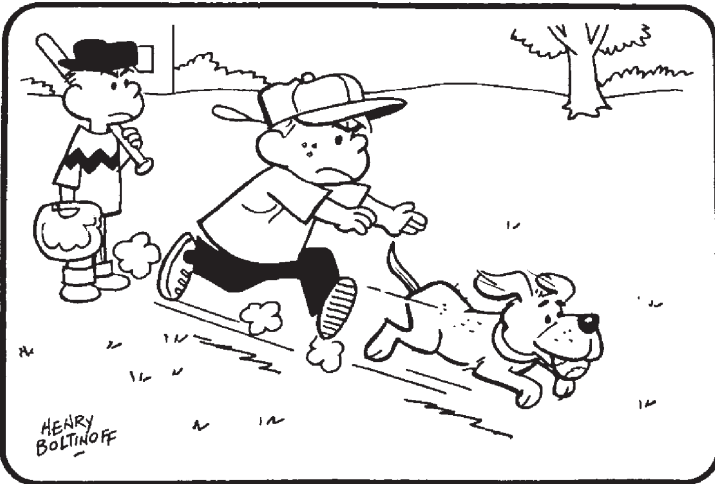
Dr. Barbara Clinton is head of the Honors Program at Highline.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sweater stripe is black. 2. Glove has been added. 3. Base is missing. 4. Tree has been moved. 5. Dog's leg is not visible. 6. Dog's tail is positioned differently.

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Crossword 101

By Pete Canty

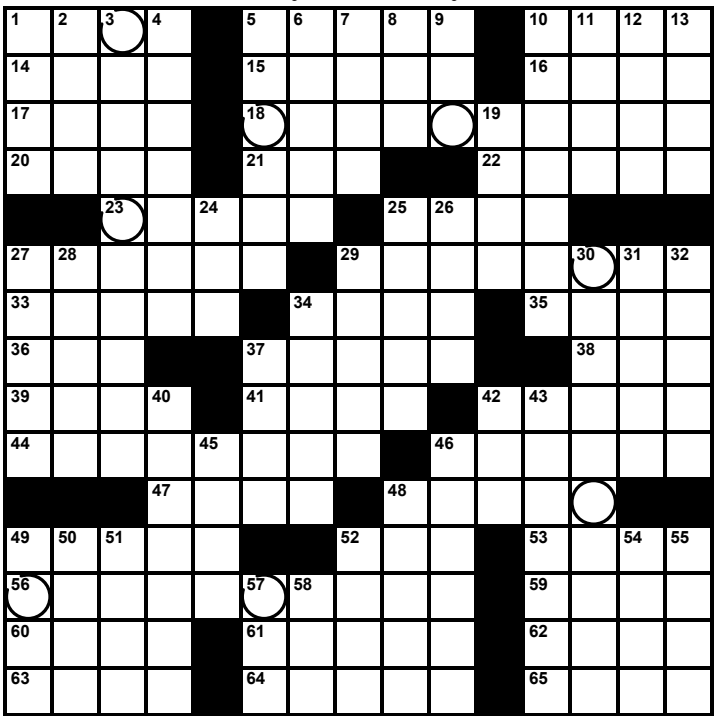
Evening Edition

Across

1. Overcome a problem
5. Wins walking away
10. Check follower
14. Salty saying?
15. Greek gathering place
16. Asian sea
17. Get a _____ out of
18. Lebron and Kobe, e.g.
20. Little ones
21. Lassie to Timmy
22. Apartment contract
23. Rent-a-cop's ride?
25. Junior in the NFL
27. Terrified
29. Removed wallpaper
33. Precedes beam or tag
34. Not far
35. Shoe part
36. Crumb
37. Thwarts, as a plan
38. Was victorious
39. Banana part
41. Pen sound?
42. Gets ready
44. Upstate New York City
46. Evening bash
47. Liver secretion
48. Biblical city of sin
49. Bamboo piece
52. Long, long time
53. King Tut's _____
56. Famed TV lawyer
59. On vacation
60. Half twice
61. Type of quartz
62. Penny
63. Former Russian ruler
64. Wake with a shake?
65. Elm, e.g.

Down

1. Grocery store staple
2. Buckeye state
3. General type?
4. A vacant lot, e.g.
5. Imitated Jay-Z
6. Leered
7. Castle protector
8. Meddle
9. Adams or Houston
10. Some exams
11. Code or rug preceder
12. Fixes the roof
13. Otherwise
19. Jai _____
24. MPH part
25. Celery unit
26. Goofs
27. Feeds the pigs
28. Singer Mariah
29. Paris river
30. Summertime lawn instrument
31. Marry away?
32. Crowded
34. Unpleasant sound
37. It's not fair?
40. Wage worker
42. Pea holder
43. Disciplinarian's reading



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

Quotable Quote

Every evening I turn my worries over to God. He's going to be up all night anyway.

••• Mary C. Crowley



1. MOVIES: What sport was featured in the 2006 movie *Glory Road*?
2. PSYCHOLOGY: What kind of abnormal fear is experienced in the condition known as hemophobia?
3. MUSIC: Which well-known Christmas carol includes the syllables "fa-la-la-la-la, la-la-la-la"?
4. GEOGRAPHY: Which two countries surround the Dead Sea?
5. ANIMALS: How many muscles does a cat have in each ear?
6. MEDICINE: Who was the pioneering doctor who was first to successfully use a partially artificial heart in a human being?
7. U.S. PRESIDENTS: In

- what year did U.S. Sen. John Glenn make an unsuccessful bid for the presidency?
8. CARS: Which car manufacturer had a hit with the 1955 Thunderbird?
9. GAMES: What color is the \$5 bill in the classic game of Monopoly?
10. FOOD AND DRINK: What are the chief ingredients in quick Russian dressing?
1. Basketball
2. Fear of blood
3. *Deck the Halls*
4. Israel and Jordan
5. 32 muscles that control the outer ear
6. Dr. Michael DeBakey, left ventricular bypass pump in 1966
7. 1984
8. Ford
9. Pink
10. Mayonnaise and ketchup
- (c) 2009 King Features Synd., Inc.

Arts Calendar

- The Highline Chorale will perform "Chant to Avante Garde," on Thursday, June 4 at noon and a 7 p.m. in Building 7. The concert will consist of four pieces, including two by Mozart.
- The 2009 Normandy Park Arts Festival will be 10 a.m.-4 p.m. June 6-7 at City Hall, 801 SW 174th St. The event includes a juried art show, arts and craft fair and entertainment.
- Breeders Theater pres-

Last week's
Weekly SUDOKU

Answer

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

ents its new show, *The Last Magician*, at E.B. Foote Winery in Burien, 127B SW 153rd St.

Last week's crossword solution

WHO SAID IT ?

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

Show dates are July 10, 11, 15, 17, 18, 19, 22, 23, 24, 25 and 26, at 7 p.m. and at 2 p.m. on Sundays.
Tickets are \$20 and include wine tasting and hors d'oeuvres. Tickets are available at the winery, 206-24-3852, or at Corky

Cellars in Des Moines, 22511 Marine View Dr. S.

•Got arts news? Send

your information to roadams@highline.edu or call the arts editor, Rochelle

Adams at 206-878-3710, ext. 3317. Campus events will get priority.

Weekly SUDOKU

by Linda Thistle

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

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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Behind the scenes changes in Drama Department

By **ROCHELLE ADAMS**
Staff Reporter

The scenery around the Drama Department will be getting a face lift with longtime drama instructor Dr. Christiana Taylor retiring this quarter.

Richard Lorig, the Drama Department's designer and production manager, said he is going to miss Dr. Taylor.

"She's been a really wonderful person to work with, she's taught me a lot in the many years that we've been here," Lorig said. "So personally I'm sad to see her go."

Her departure is also being felt by students, both past and current.

"I know there's a lot of students who are sad to see her go," he said. "I have been hearing from alumni who want to come in and say, 'hi' to her before she retires. She's impacted a lot of people. Highline has a lot to be proud of."

Taylor was the coordinator for the Music, Art and Drama Department. Music instructor Ben Thomas will now hold that position.

"Within the Arts and Humanities Division, music, art and drama has always been a coordinated group," said Lorig. "They've always had a person who does sort of led us, who



Max Dubbeldam/THUNDERWORD

With the departure of Dr. Christiana Taylor, Richard Lorig is interviewing temporary candidates to take her place.

spoke for us. That's been a rotating position. It's been held by people in the Art Depart-

ment, by different folks at different times.

"Christy was the coordina-

tor of it last and Ben is going to be the new coordinator because he's tenured faculty and because of his position in that. He's working with me to help me out as we move forward."

The department is looking to hire someone on a temporary basis to teach classes and direct the Fall Quarter production.

Thomas and Lorig are interviewing candidates for the position this week and hope to make the choice by the end of this year.

In making the selection they are looking for "somebody who has directing experience, experience acting, and somebody, hopefully, who already has experience teaching, although that isn't strictly a prerequisite," Lorig said.

"It's sort of a combination of both educational experience and life experience."

They aren't hiring for a permanent position since there isn't funding for it, he said.

Their goal for the moment is to find someone for the fall, though they'll need the position filled each quarter. It is uncertain whether the person hired now will stay for longer than fall.

"The thing we have to consider is that if we bring somebody new each quarter, there will always be a new voice working

with the students," Lorig said. "That was always a benefit with the [Winter Quarter] guest director, that they would have two different directing styles to deal with in a year instead of just one.

"On the other hand," he said, "If we bring somebody in, the draw for them is to have both a position to teach and a show to direct, which makes it a more attractive contract.

"The hope is that we would be able to keep the same sort of process in place for the students to advance through and eventually get not only acting experience but directing experience and be able to still keep the one-acts in Spring Quarter," Lorig said.

Lorig said the changes in fall quarter won't be felt by the students.

With Dr. Taylor's departure, Lorig's role will be the same in that he will continue to be Drama's designer, but he will also take on elements of her job.

"The big difference is that I'm going to have to handle a lot of the behind the scenes stuff that was Christy's work before," he said. "Things like planning with Ben for the classes for the year, what the department will be offering. Budgetary issues, things like that will probably fall into my hands."

Highline students show off their acting skills at Breeders Theater

By **DIO-JEAN-BAPTISTE**
Staff Reporter

Breeders Theater is gearing up for their new production, *The Last Magician*, which will be debuting this summer in July.

Breeders Theater is a theater company that was founded in 1999. Their first show was a benefit show performed here at Highline, titled *Arctic Jack Klondike/Y?2K*. Breeders Theater performed again at Highline in 2001, and later on was able to obtain a permanent place to perform at E.B. Foote Winery in Burien.

Breeders Theater does original comic plays. Due to sets and costumes being minimal, they can perform almost anywhere.

The plays are written by Highline professor Dr. T.M. Sell, the music is composed by Nancy Warren and the director for *The Last Magician* will be Teresa Widner.

The production started rehearsals on May 31.

One of Highline's students, Brenan Grant, will be an actor in the production of *The Last Magician*.

Grant was also the student director for the Highline Drama Department this year. He got involved with Breeders Theater

by invitation of Dr. Sell, who saw him performing at Highline.

This production will be Grant's first time performing with Breeders Theater.

He said that this experience with Breeders Theater is going to help him get outside the school theater atmosphere and into the real world of acting.

"I'm looking forward to, and anticipating, working with other actors that are serious about what they do and are good at what they do. I can learn a lot from watching them work and watching them perform," he said.

"This is what I want to do with my life," Grant said about his love for acting.

Another actor in *The Last Magician* that is also a student here at Highline is Steve Scheide.

"I've been involved with BT since the summer of 2006 when I was cast in the show *Capital*," Scheide said.

Scheide said that he feels confident about the upcoming production. What he's looking forward to the most with *The Last Magician* are the audience's reactions.

"This play hits on some major current issues for the world



Wally Monroe/Breeders Theater

Adrienne Grieco and Steve Scheide in BT's Prairie Heart.

and it'll be interesting to see who takes what away from it," Scheide said.

"I think the overall BT experience is an education in itself," Scheide said. "Coming out and supporting local theater is a lesson all its own."

Teresa Widner, who will be directing *The Last Magician*, has been with Breeders Theater for two years.

Widner got involved through several friends that had been a part of the theater for a significant amount of time. She had

also seen several shows before getting involved.

"The comedy and playfulness that reside in T.M.'s plays is also a big draw," Widner said.

She started off acting, then choreographed last season, and will now be directing *The Last Magician* for Breeders Theater.

"I expect it to be absolutely fantastic. As I said before, I've worked with everyone already. ...It's going to be so much fun," Widner said in regards to her expectation of the upcoming production.

The Last Magician is about "the way that people treat one another and how our existence influences others and the world around us," Widner said.

"There are some really good messages in this play. The wonderful thing about how T.M. writes is that he presents good, moral messages in a fanciful and humorous way," Widner said. "He makes you think while you are laughing."

"It's such a joy to work with them and to know them," Widner said about all the people that make up the cast and crew of Breeders Theater.

The Last Magician will be performed at E.B. Foote Winery, located at 127-B SW 153 St., Burien. They can be contacted by phone at 206-242-3852. Show dates are July 10, 11, 15, 17, 19 and 22 through 26. Doors will open at 6:30 p.m. in the evening and at 1:30 p.m. on Sundays.

Tickets are \$20, including wine tasting and hors d'oeuvres. E.B. Foote is a working winery. Tickets at the winery and at CorkyCellars, 22511 Marine View Dr., Des Moines, WA 98198, 206-824-9462.

Breeders Theater can be contacted at www.breederstheater.com.

Summer festivals come to King County

BY ALLIE LARD
and NATHAN LUCYK
Staff Reporters

Local cities will offer a variety of arts events and festivals this summer, most of which are free.

•Normandy Park will be hosting its annual art festival this Saturday.

The festival gives an opportunity for artists of all ages to take part in a juried arts show and to sell their handmade art and crafts.

The festival will be held this Saturday, June 6 and Sunday, June 7 at Normandy Park City Hall, 801 SW 174th Street.

There will also be a fine art vendor exhibit with 26 local artists selling hand-made, original works of art.

The festival will also feature live music performed by the Normandy Park Youth Orchestra Quartet, and the Muller-Ho Trio playing chamber music.

For more information contact Karen Mcallister-Wagner at kar-enw@ci.normandy-park.wa.us.

•The Red White and Blues festival is an annual Fourth of July festival that features blues performances, food vendors, games and a fireworks show.

Supplying the blues music of the festival is the Randy Oxford Band and Gruv Box.

Performing after Gruv Box will be Randy Hansen. Hansen is a Jimi Hendrix tribute and is known for impersonating Hendrix's signature guitar moves.

Entertainment will include, party games, hands-on-art activities, and the teen dance floor.

Food vendors will be offering barbecue, sandwiches, salads, espresso and snacks.

The firework show will begin at 10:15 p.m.

Parking for the festival is \$7 on-site and \$5 off-site.

The festival begins at 6 p.m. and is being held at Celebration Park in Federal Way. For additional information visit www.cityoffederalway.com or call 253-835-6900.

•The International Festival in SeaTac will begin on Friday, June 26.

The festival is a three-day event packed full of activities to entertain people of all ages.

The festival will take place at Angle Lake Park, which is located at 19408 International Blvd. SeaTac. The hours will be Friday, June 26 from 11 a.m. to 6 p.m., Saturday, June 27 from 10 a.m. to 8 p.m., and the final day Sunday, June 28 from 10 a.m. to 5 p.m.

Included at the Angle Lake location will be arts and crafts vendors, international and festival food vendors, and information displays.

Under the Lights 5, SeaTac's



The Stilt Lady bending over while greeting festival goers at last year's Burien Strawberry Festival.

fifth annual skateboarding competition, will take place Friday, June 26.

The competition is an opportunity for skaters of all skill levels to come and display their talent.

The cost to participate in the competition is \$15 per skater, and \$20 for sponsored skaters.

Parent/guardian signed release form will be required for participants, as well as helmets and padding.

The competition will take place at Valley Ridge Park, which is located at 4644 S. 188th St. SeaTac. Skaters can register on location starting at 6 p.m. and the competition will begin at 7 p.m.

•On Saturday, June 27 the International Festival Parade will take place.

The parade will begin at Tye High School, next to Valley Ridge Park, at 10:30 a.m. The parade will travel west on South 188th Street and proceed southbound on 33rd Avenue South through Angle Lake Park and finishing at the Alaska Airlines parking lot.

•Burien will be celebrating the summer with its annual Strawberry and Arts Festival on June 20 and 21.

The Burien Strawberry and Arts Festival is a two-day annual event that started in 1979. The festival was started to celebrate the U.S. bicentennial. It has since grown into one of Burien's largest events, with 8,000

people attending last year's festival.

"The Festival's goal is to bring new and different art experiences to the Burien community while celebrating the arts in the process," said Recreation Manager Debbie Zemke.

"By their very nature, 'the arts' are based in helping people explore a new way of seeing, hearing, looking at, or creating something different. Our Festival wishes to provide the venue to do that."

The festival will feature a variety of dance groups.

One of the dance groups will be the The AFrican ConeXion Project 09, an Afro-Peruvian Dance Troupe, who will be performing their Devil's Dance. The troupe will be performing on Sunday at 1 p.m. around the festival.

Another dance group that will be performing is Swing-amajig. Swing-amajig is a professional lindy hop team. The Tempos will be providing the music. Members of the Tempos include retired Highline School District teachers who've been playing together for 25 or more years. They will be performing on the main stage on Saturday at 4:30 p.m.

Other music performances range from the gypsy jazz of Pearl Django to the classical style of the Youth Sounds Northwest chorus.

There is a \$5 entry fee for the competition. The music for

the competition will be played by Dyno Jamz, the winners of the Experience Music Project's Sound Off.

There will also be a diversity of entertainment around the festival grounds.

The Anunnaki Project will be performing a dance, the Cabiri, around the festival on Sunday at 11:30 a.m. The Cabiri involves dance, aerial arts, fire performance, stilts and puppetry performers.

Kids will also get entertainment provided by face painters, inflated bouncers, the Bubbleman and music by Central Services Presents: The Board of Education. Kids will even be able to create their own superhero costumes and participate in a festival run on Sunday.

New to this year is the arts marketplace, a newly developed arts and crafts area to shop. The vendors will be selling everything from cell phone accessories to glass jewelry.

The festival will be held Saturday, June 20, 10 a.m. to 6 p.m. and Sunday, June 21, 10 a.m. to 5 p.m. at southwest 146th and fourth avenue southwest in Burien. For more information contact Debbie Zemke at 206-988-3704 or visit www.burienstrawberryfestival.org.

•The city of Tukwila will be celebrating Independence Day with their Family 4th at the Fort Dent celebration.

The event will take place Saturday, July 4 from 2-11 p.m.

Entertainment for kids will include bouncers, slides, climbing walls, stilt walkers, roving clowns, and face painters.

A tent of activities just for toddlers will be included just for preschoolers.

Live performances will take place at the main stage from 4:30-10 p.m. Musical entertainment will include the Islanders, Broken Trail, Hardline, and Magic Bus.

Those who attend will be allowed to bring their own picnic or visit one of the many food booths and purchase food.

Food booths include barbecue, kettle corn, espresso, and pizza.

At 10 p.m. sharp Tukwila will light up the sky with a firework display.

For more information, contact 206-768-2822.

•The city of Tukwila will be having a "Tukwila Paints the town" Plein Air competition for artists around the Northwest as part of their Centennial Celebration.

Plein Air is a group of artists dedicated to the fine art of painting on location in natural light.

This event invites artists to paint outdoor scenes of Tukwila that are historically or culturally significant.

Oils, acrylic, water color, and pastel are acceptable for the artists to create their works with.

This event will take place over seven days. Starting on June 13 and lasting until June 19.

June 19 the juried art show will be displayed at the Tukwila Community Center from 6-8 p.m. Cash prizes will be awarded to first, second, and third place winners.

Prior to the show, the public will be allowed to attend a view of the "Quick Draw" event, where artists will have only two hours to complete a painting. The event takes place from 4 p.m. to 6 p.m. at the Tukwila Community Center.

Three to five of the paintings completed over the seven days will be purchased to commemorate what Tukwila looked like on its Centennial.

Orientation for this event will take place on Saturday, June 13 from 8-10 p.m. For more information, contact Jacque Carroll at Tukwila_paintout@comcast.net.

Take an exciting 35mm film photography class from award-winning Highline instructor Bob Stahl this coming fall!

This darkroom course will enable you to develop & print your own B&W photographs



Art 125 35mm Film Photography I (5 credits)
item # 5072 tu/th 1:20pm-4:15pm
item # 5074 tu/th 6:30pm-9:25pm

Events provide some sounds around the Sound

By **ALLIE LARD**
Staff Reporter

Check out the local musical events going on this summer.

•This summer Seattle's Out to Lunch concert series is celebrating 30 years.

This series starts on July 8 and runs through September 4.

It takes place every Wednesdays and Fridays from noon to 1:30 p.m.

The concerts always take place in Seattle venues, but vary. Locations are available online at <http://downtownsummer.com/otl/#>.

•Jazz: The Second Century, a concert series featuring new music by resident artists, will be holding concerts on Thursdays in July.

Artists can submit their works by June 10. Submissions can be emailed electronically to jazz@earshot.org; or by mail to Earshot Jazz, 3429 Fremont Place N., #309, Seattle, WA 98103.

The time and location of this concert series has not been confirmed, but will be available online at <http://www.earshot.org/>.

•Marymoor Park is scheduled to hold eight concerts dur-



Keb' Mo' will perform at Marymoor Park in June.

ing the summer, between June and August.

The summer lineup includes Keb' Mo', playing on June 27 at 6:30 p.m. with special guest Ryan Shaw; Duran Duran, scheduled to perform July 5 at 7 p.m.; the No Depression Music Festival featuring Gillian Welch and Iron & Wine are scheduled for July 11 at 1 p.m.; and Death Cab for Cutie along with The New Pornographers and Ra Ra Riot will be at the Marymoor on July 18 and July 19 at 6 p.m.

The rest of the lineup for the

Marymoor is available online at <http://www.concertsatmarymoor.com/>, and tickets can be purchased at any Ticketmaster location or online at <http://www.ticketmaster.com/venue/123155>.

•Seattle Hempfest will be held Aug. 15-16 this summer.

The event takes place in Seattle over three water front parks: Elliot Bay, Myrtle Edwards Park and Olympic Sculpture Park.

There will be five stages with live music entertainment and roughly 60 performers.

The event will take place from 10 a.m. to 8 p.m. both Saturday, Aug. 15 and Sunday, Aug. 16. Admission to Hempfest is free for everyone.

•The West Seattle Summer Fest, a free three day event, will take place Friday, July 10 through Sunday, July 12.

The event includes commercial vendors, food vendors, craft vendors, street performers and live entertainment.

There are two stages where more than 30 musicians and bands will be performing on all three days of the event

A list of the performers, as well as a schedule and driving directions, is available online at the event site; <http://www.westseattlefestival.com/index.html>.

•The Capitol Hill Block Party will feature over 50 bands this year. The event will take place starting at 3 p.m. on July 24 through July 25 in Seattle on Capitol Hill.

Tickets are available at Ticketwest.com, Neumo's box office, and at Seattle Urban Outfitters.

For more information you can visit <http://www.capitolhillblockparty.com/CHBP09.php>.

•Saturday, July 4 entertainer Jr. Cadillac will perform as part of the city of Des Moines Fourth of July celebration.

The event will take place from 8 p.m. to 10 p.m. at the Marina before the fireworks display at 10 p.m. sharp.

•The city of Des Moines will be having Summer Soundwaves, a weekly concert series, every Wednesday from July 22 to Aug 19.

The series will last from 7 p.m. to 9 p.m. and is at Des Moines Beach Park which is located at 22030 Cliff Ave S.

Artists will include Cherry Cherry, Boulder Acoustic Society, The Paperboys, Handful of Luvin', and the Kim Archer Band.

•Angle Lake Park in SeaTac, located at 19408 International Blvd., SeaTac, will be having a weekly Music in the Park event from June 21 through July 26.

The event will take place every Sunday from 5 p.m. to 6:30 p.m. and is free for everyone.

Performers will include Mark Whitman, Washington Wind Symphony, Rod Cook & Toast, Kevin Jones Band, and Triple Treat Band.



Graduates!!!

What's next for you? We'd like to know.

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<http://alumni.highline.edu/>



Alumni Relations

The Thunderword / June 4, 2009



How Highline went from champions to having no spring sports

From playoffs
to nothing;
The saga of
T-Bird softball

By **BRIAN GROVE**
Staff Reporter

The Highline Softball team went from finishing third place in the West Division of the NWAACCs last year to being virtually non-existent this season.

In 2008, the Lady T-Birds went 20-10 in their division and 30-23 overall under the coaching of Anne Schmidt.

The team made it to the first round of the playoffs, before getting knocked out by Chemeketa, 2-1 and Olympic, 6-2 in consecutive games.

Soon after the season ended, Schmidt resigned.

Highline Athletic Director John Dunn said the reason why Schmidt resigned is still a mystery to him.

"I don't know why Anne [Schmidt] left. She came in one day and told me she was going to go in a different direction," Dunn said.

"If I was guessing, I think she was just tired.

"She didn't have a full-time job on campus. I think she was just ready to go in a different direction."

Schmidt coached Highline softball for five seasons.

Of all the incentives to be a community college coach, the pay is not one of them.

"This level is very hard," Dunn said.

"You make \$4,200 for the whole year to coach a college team and if you don't have a full-time job with it, it is hard to justify the time and effort you spend in coaching, recruiting, the auction - there is just tons of stuff involved with fall ball and I think she just got burned out."

The Highline Athletic Department opened the job and started looking for a new coach before summer school started.

"We had teaching available, the stipends for coaching and we put it out in a national magazine, we put it out on the



Shannon Clary/THUNDERWORD

The Highline softball team went to the playoffs eight times in the last 10 years but had to cancel their season this year when they didn't have enough players to field a team.

NWAACC site and we put it out on our site. There were about 20 to 25 applicants in the time before we hired Gary [Graf]," Dunn said.

Of all the applicants, only a few were up to the standards the Athletic Department was looking for.

"Most guys to be honest were like Bill Smith, who runs a batting cage in Missouri," Dunn said.

Highline also had two women apply for the job, but Dunn said they didn't have luck with either of them.

"One was an assistant at South Puget Sound who we didn't think was ready to be a head coach.

"In all due respect to her, we have a lot of coaches here who are very professional and get it," he said.

"There was another lady from Vancouver that we pursued a little bit, but we could never really connect and get her to come up."

Highline almost hit the jackpot with a coach who used to be with a Division II program in North Carolina. He was at Big Bend before that and now

resides in Othello, Wash.

"He was who we wanted," Dunn said.

"We got on him I want to say the end of July and pursued him to almost September and he was trying to get his wife, who works for a day care, to transfer and in the end they couldn't get that done.

"He was up for it, he came and met with us and we offered him the job and it just couldn't happen," he said.

They also tried to get assistant basketball coach Josh Baker, but because of his job, he was not allowed to coach.

Baker did take the women to fall ball, but two of the three games were rained out.

Dunn said the cancelation of softball this season ultimately came from women not wanting to play.

"In the end to be honest and totally blunt, no matter what the women decided I loved them all and they were great, but they were looking for excuses not to play because there was no concrete reason for them not to play other than their own personal things that they decided to do differently," he said.

"They were at a point in their lives where they didn't want to commit and a lot of them said 'we didn't have any workout class in the winter', but we did have a workout class and we combined it with Josh [Baker] running it who is in charge of our personal training program. So if they really wanted to work out that was available.

"They might tell you different, but in the end, there were five or six of them who wanted to do other things or chose to do other things and that led to three others saying 'how are we going to play, we don't have anybody'."

The two freshmen who were to play for Highline this season were able to transfer out and are now playing for Bellevue and Green River.

Gary Graf was eventually hired as head coach, but by that time the damage had already been done and there weren't enough girls to field a team.

Although this season without softball may have been bitter, Dunn said Graf is out busy recruiting for next year.

Highline softball will start up again in February of next year.

Track has
gone from a
powerhouse
to being cut

By **CHRIS WELLS**
Staff Reporter

Highline's track program went from being the 2004 NWAACC champions, to canceling the program in 2009.

In 2004, the track program went from sixth in the prior year to first place in the NWAACC championships after an impressive win over NWAACC powerhouse and perennial champion Spokane. It was the first time Spokane had been defeated since 2000 and it's still the only time they've been beaten in the last 10 years.

The next year, the T-Birds took second in the NWAACCs as Spokane ran away with it. From there on, the high point for the track team was gone and it slowly went downhill.

In 2005 Highline took sixth place at the NWAACC championships.

The man who led the revitalization of the program at the turn of the century was Robert Yates.

Hired in 2001, Yates quickly turned around the program and was NWAACC coach of the year in 2004, but was fired abruptly in December of 2005. Details of his dismissal are uncertain and Highline Athletic Director John Dunn declined to comment on the firing.

Even though Dunn didn't want to directly talk about the firing, he said he wanted to get the program going in another direction at that time.

"It went really sideways. We had struggled for a lot of years to get someone in here that would get students to go to class. We just didn't have enough funding, or enough coaches to do it right," Dunn said. "In the end, the model just wasn't working. I talked with my assistants and said I think it's better if we scale it back and try to do it right and build it back up."

Please see Track, page 11

Track

continued from page 10

After Yates, women’s head basketball coach and current Assistant Athletic Director Amber Rowe agreed to take over for the 2006 season.

Although Rowe agreed at the last minute to take over, she brought experience to the position having competed as a sprinter for four years at Roncalli High School in Indianapolis, Indiana and was helping with the track team in recent years at Highline.

During that season, Highline finished in sixth place again, with just 18 athletes participating.

Following Rowe’s one year, Christina Loehr came in to replace her for the 2007 season. With another small team, Highline finished in seventh place with just five points.



John Dunn

Loehr coached for just one season before quitting in the Fall of 2007, just three days before the cross country season started. It was decided early on in the 2007 school year that both cross country and track would be put on hold so that they could find a suitable coach.

They ended up hiring Josh Baker, who was one of Highline’s men’s assistant basketball coaches at the time of the hire.

With just one runner this past spring, Ryan Eidsmoe, the T-Birds took ninth place and had just one point.

During this past year, the economy took a drastic hit and Highline was forced to make budget cuts.

It was decided that after one year since its revival, Highline would cancel its track program for the spring of 2010.

Even though it was a hard choice, Dunn said it was a decision that needed to be made.

“The model was cross country and distance track and that’s what we were going to go with and we would have continued to go with it and build to that as Josh [Baker] took over,” said Dunn.

“However, we got hit with the budget crunch and there were some negotiations, and I agreed to get rid of track, knowing that



Coach Beatty

they were going to move all of the coaching stipends from the general fund back into the S & A.”

The S&A budget is Highline’s services and activities budget. By state law, when students pay tuition, 10 percent of it goes to this budget.

“The model was going to work because we were doing it right. Josh [Baker] has recruited a lot of good kids for the fall and we are excited about that, but we have to take a step back because of the budget.”

Although track is gone for next year, Dunn said that anything is possible.

“Everything is open for addition and subtraction. This is the first time we have made a change in a while. We tried to cut track a while back and the students didn’t want us to, so we kept it,” Dunn said.

“To be honest, track is a

tough gig unless you fund it right. Places like Spokane have eight and 10 coaches and they have the means to support all of that.”

With no community college track teams in the King County area now, Keoni McHone, head coach at Clackamas, said that those kids will be looking elsewhere.

“The Seattle and Tacoma area has been a hotbed for track and field talent. I see community college prospects having to move away from home and paying more to get their associate’s degree,” said McHone.

“I also see many of them deciding not to continue track and field or pursue college due to the fact there are no local community colleges with track and field.

“It will help the other community colleges that have track teams such as Clark, CC of Spokane, Mt. Hood and Clackamas.”

Matthew Koenigs, head coach of Everett’s track team, said that the loss of Highline is a big one.

“The entire conference is made better by having a track program at Highline. The Highline distance track group has traditionally been very strong and not having them to compete

with throughout the season and at the NWAACC championships will certainly make the conference weaker,” Koenigs said.

“To be sure, NWAACC has a very solid group of teams right now - but, it would be a much better championship with Highline in the mix.”

Koenigs also said that he feels sorry for the incoming freshmen.

“It’s really a shame that the distance runners who are already attending Highline Community College for cross country won’t be able to compete for the school on the track during the spring.

“There are some very high-caliber athletes who have signed letters with HCC this year who would be among the top NWAACC track athletes at their primary race distance were there a team for them to compete with,” Koenigs said.

“Just by way of example, Kalee Cipra, an incoming HCC freshman from Auburn Riverside, has run 2:21 for 800m, which is a time that would have placed her in the top 3 at the NWAACC Track Championships last week. It’s a shame that she won’t be able to put on that Highline jersey and get out and race at the championships next year.”



Sports Briefs

The only Highline golf event is coming soon

The Highline athletics department will host the T-Bird Classic on June 12. The Classic is at Elk Run Golf Club in Maple Valley. Check in is at noon, the putting contest is at 12:30 p.m. and the shotgun start is at 1:30.

The event itself includes a cart and green tee, lunch, beverages on the course, dinner after the tournament, a chance at winning clubs, a chance at a golf vacation, a team championship, prizes for divisions, closest-to-hole prizes, two shots at winning \$5,000 in cash and one shot at winning \$10,000 in cash all for \$95.

Two Highline athletes receive scholarships

Two Highline athletes were awarded the Academic Achievement Scholarship for Fall Quarter 2009. The two athletes are Jordan Beale, women’s basketball, and Spencer Kabelac, wrestling.

Athletes leave for bigger colleges

Nine Highline athletes are going to four-year universities next year. The athletes include:

- Women’s basketball:
- Randi Olson – William Penn University
- Jazzmn Montgomery – Evergreen State University
- Kameka Nolan – Evergreen State University

- Men’s basketball:
- Coby Gibler – Central Washington University
- Kelly Edwards – Lewis and Clark University
- Stedman Richardson – Northwest University
- Shedrick Nelson – Lewis and Clark University
- Brandon Brown – Western Montana University
- Women’s soccer:
- Kelsey Lusebrink – Still weighing offers

NWAACC ballots are in for the Hall of Fame

The 22nd annual NWAACC Hall of Fame inductions took place on May 28 and two former Highline athletes were chosen. Tom Petterson, men’s basketball player, class of 1985, and Reese Radliff, men’s basketball player, class of 1982, joined 14 other individuals that were honored this year.

Annual local strength contest is near

The second annual Washington’s Strongest Apple competition will take place on July 18 at 10 a.m. at the Des Moines Marina. The entry fee to participate is \$75. Trophies will be awarded to each class winner. Contact Grant Higa at 206-999-0257 for more details about applying.



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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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- www.acsm.org

Des Moines skaters want renovations of park

By **JESSIE GRACIC**
Staff Reporter

Local skateboarders are outraged by the unwillingness of the city to renovate the Des Moines skate park.

"The coping is cracking, it's so sketchy. We need a new park as soon as possible," said Spencer Mahan, a Highline student who has been skating the Des Moines park since he started skateboarding several years ago.

However, it's not as easy as it seems. With an economy in such a state that the U.S. is in, it's hard to prioritize spending on public utilities.

The Des Moines skate park is located by the Des Moines Police station and the Des Moines Library on 216th street. It is next to the popular Field House and is known for its comfortable and familiar atmosphere.

It's been considered home to many local skateboarders. Mahan believes the skate park is great for the community and a place to meet other skaters.

"The location is good, it's around schools and provides opportunity for young skaters. It has a healthy residence, plenty of people go there. It's a local spot for kids who can hang out, it's a safe area, well monitored, etc. The size is fairly decent, there is enough surface area,



Jessie Gracic/THUNDERWORD

Alex Riquelme performs a heel-flip over ledge at Des Moines skate park.

you can do a lot with it. It has potential," he said.

Although the park is a hot spot, most of the skateboarders who skate there have many complaints about the park.

"The whole park needs to be reconstructed. The design and execution is sub-par in general. Skateboarding has come a long way and skaters want tables, boxes, slanted ledges, low rails, less ramp style construction but some quarter pipe, some gaps, manual pads. More street skating specific aspects and less vert," Mahan said.

There are few features in the

park that are not even skate-able anymore.

There is a ledge with marble coping; however, the coping is cracking and has huge chunks of marble missing from it. This creates a huge risk for injury.

Alex Darimont, a Des Moines resident of nineteen years, says the park is far too scary to skate.

"There is nothing even worth trying here, all we do is skate flatland. The actual park itself is too scary. I've seen a kid crack his skull on the marble ledge because his board got stuck in the huge missing chunk of marble.

It's not even worth it," he said.

Another feature in need of work is the fun box on the opposite side of the park from the ledge.

The concrete on the top part of the box is too rough for any type of grind tricks. This is one of the features that frustrate the skaters the most.

"That box would be great if it was in good condition. It just needs to be re-cemented on the edges, then we could skate it the way it's supposed to be skated," said Justin Phetsada, a Des Moines local of sixteen years.

Many of the regular Des

Moines skaters say it's ridiculous that the city won't renovate the park.

The city of Des Moines' Park & Recreation official Annette Chomica explained the intentions for renovating the park.

"There will be no major renovations this year, only minor re-surfacing work," Chomica said.

The Des Moines skate park hasn't been fixed or renovated since its establishment in 1996.

The city is well aware of the needed repairs. However, there are many budget restraints disabling them to push for construction.

Des Moines is due to expand the Field House park and baseball field next to the skate park and do minor cosmetic work to the skate park itself, but nothing major. They are looking to completely renovate the park within the next two to three years.

An average of 200-500 residents use the park facilities each day during the summer months, and a new skate park would leave residents with more excitement to use the park facilities.

The park is a huge concern to skaters and parents throughout the city of Des Moines, and there is suppose to finally be a renovated park in the next 2-3 years. Although it's quite a wait, at least there is certainty for residents to look forward to.

T-Birds look to get back to the NWAACCs with new recruits

By **CHRIS WELLS**
Staff Reporter

The Highline men's basketball team is reloading for another run at the NWAACC title next year.

As of right now Dan Young, John Morine, Kyle Perry, Jerome Bland, Julian Fernandez and Evan Berndt will be returning to the team that finished first in the West Division and sixth in the NWAACCs after a disappointing overtime loss to Clark.

Kelly Edwards, a starter for Highline the last two years, said next year will be a good year for the T-Birds again.

"They will be at the top of the league like we always were," said Edwards. "They have solid returners and a solid recruiting class.

"They will be back at the NWAACC tournament next year."

When it comes to recruiting of players, Highline Head Coach Ché Dawson said there are certain attributes that he targets.

"We place a high priority on character, unselfishness and a willingness to mature in all aspects, especially academically," Dawson said.

"On the court we look for players with a good feel for the game and for guys who can shoot the ball well,"

Perry, a returning 6'9" center, said this recruiting class will be a strong one.

"The recruits we have coming in are really talented players who can play multiple positions which will give our team great versatility for next year," Perry said.

Next year's recruiting class will consist of six local players.

•Travis Miller, a 6'4" guard out of Foster High School; "he is explosive and very athletic," Dawson said.

•Stephen Reinhart, a 6'3" guard out of Blanchet High School; "he is a very good shooter," Dawson said.

•Mitch Hagerty, a 6'1" guard out of Auburn Riverside High School; "good combo guard that shoots and handles the ball well," Dawson said.

•Stevie Downs, a 6'6 forward out of Auburn Adventist Academy; "he is versatile, can step outside and shoot and can put it on the floor and can go inside," Dawson said.

•Maury Selvin, a 6'5" forward out of Clover Park High

School; "he is strong, tough and willing to do the dirty work," Dawson said.

•Phillip Riggins, a 5'11 guard out of Clover Park High School; "he is quick, athletic and mature," Dawson said.

The top scorer coming in next year is Downs. In this past season at Auburn Adventist Academy, he averaged 23.2 points per game for a team that played as an independent in the 1A conference.

Selvin and Riggins both graduated high school in 2006.

Selvin, who averaged 8.4 points per game as a senior, has been working since he graduated and Riggins, 13.8 points per game, went into the Air Force after graduation.

Coach Dawson said that with the six guys coming back and coming in, he hopes to have a deep bench again next season.

"We are hoping that we will continue to be a team that has a lot of depth and versatility that will allow all of them an opportunity to make an impact," Dawson said.

Lewis and Clark State-bound Shedrick Nelson said Highline will finish at the top next year.

"I think they will win out the

division," Nelson said. "Coach [Dawson] will have them play-

ing together by the end of the season."

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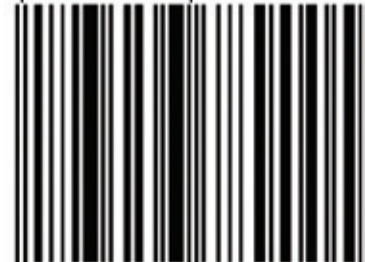
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Jessie Gracic

Young, soft-spoken, brilliant and confident. These are just a few words to describe the awe-inspiring person that is Tierney Kuhn.

Kuhn is a Running Start student from Fife High School, in Tacoma, who has just been accepted to Princeton University in New Jersey.

Besides Princeton, she had also applied to Columbia, Yale and Stanford.

She had hoped to be accepted by any one of them and said she was ecstatic when she learned she would be attending Princeton in the fall.

"I was on campus in the library computer lab and I saw that I had an e-mail from Princeton. They do everything electronically now," Kuhn said. "I opened the message up and all I saw were the first three words 'We are pleased.' I was shocked; it didn't really sink in until a week later."

One of the main reasons that Kuhn had wanted to go to Princeton is that they require all students to do a senior thesis.

"A lot of schools allow undergrads to do them but Princeton requires all undergrads to do one," Kuhn said. "You have access to funding and in the science department you can spend up to four months with their research group. I want to be an academic scientist so it's really important to me to have that hands-on experience early on."

Kuhn will be majoring in computer science at Princeton and hopes to get into artificial intelligence.

Her dream job would have her being a tenured professor in computer science at one of the big universities. She also would like to lead her own research team looking into possible development issues.

"Things change so quickly [in this field]," Kuhn said. "What we are working on now will not be a problem 20 years from now. I would really enjoy that and would love making new discoveries."

Along with being accepted to an Ivy League school, she also received the honor of a full-ride scholarship, without which she would not have been able to afford the tuition on her own she said.

"My family is middle class and there is really no way we could pay that kind of money," Kuhn said. "It was surprising how good the financial aid is. It's really more affordable than a lot of the state schools."

It is not, however, the first scholarship that she has received this year. Kuhn was honored in USA Today for being selected as a Coca-Cola Gold Scholar. It is a competition run through the Phi Theta Kappa Honors Society. To qualify for the award she had to write an essay about her most meaningful community experience.

Along with being awarded a scholarship she also got to travel to Phoenix with Highline President Dr. Jack Birmingham and attend the American Association of Community Colleges National Conference.

"It was really exciting," Kuhn said.

TIERNEY KUHN

From Running Start to Princeton University

"We all got to go up on stage and everyone congratulated us. I cannot believe I even had that opportunity. I wouldn't have even entered the competition if it hadn't been for everyone in Phi Theta Kappa. My adviser, Heather Brett, and fellow member Michelle, they really encouraged me and helped me with that."

In March 2009, Kuhn was able to meet Washington Governor Christine Gregoire. This was part of her winning the All-State Washington Academic team competition.

"It was incredible, she was really nice," Kuhn said. "You always hear politicians talking about education but she really understands what it's like to be here and how much it changes your life. She does seem really committed to education."

Kuhn is no stranger to commitment to education herself. She finished the highest math and English classes at Fife and came to Highline, looking for a challenge.

"I had gotten all the academic components, there might be one or two I still need to do," Kuhn said. "We are kind of a small school and don't have many extracurricular [activities], especially in computer science because it's hard to get computer funding for the teachers. There is just a lot more variety of what you can get at Highline"

Kuhn - who juggles high school, college, family and friends - attributes much of her success to her mother, Diane Shirley.

Her mother helps her stay organized and because of that she can

stay on top of all her work.

"It helps that I am here full time and don't do that much at my high school. If I had to I think I would explode," Kuhn said, laughing. "[Mom] would help me look at what I have got for the day, then for the week, now for the month and for the year."

Kuhn said that she didn't have to look too far to find someone to look up to. Her mother has been the great inspiration in her life.

Her mother, who didn't really get any support for going to college as a young woman, had two jobs while going to school full time.

She worked full time as a waitress and part time as an aerobics instructor to support herself and her younger sister.

"She felt disconnected because she wasn't a professional student," Kuhn said. "She would look at the sign over the science building and it said 'Truth, Beauty, Justice' and that inspired her to keep working."

Ever since Kuhn was young her mother, Shirley, taught her that education is something that she can absolutely do and something that she should do. She also taught her how to feel comfortable within a college setting, which is something that her mother never got.

"I am just hugely inspired by her and what she did for me," Kuhn said.

Kuhn admits that she is excited to start a new chapter in her life, but is also sad to leave Washington behind.

"On the West Coast we are kind of laid back and on the east they all have really high energy," Kuhn said. "I've seen one and now I want to see the other, and get that variety."

"I am definitely going to miss Highline. It's been incredible, being treated like an adult especially when you are a running start student. Being able to get that hands-on experience, it's really like being a 20-year-old and I've loved it."

– Courtney Sankey

Highline People	
"HAVE SOME FAITH."	
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Liviu Bird

Janet Cook will walk in her first graduation ceremony during Highline's June 11 Commencement.

"I didn't graduate from high school. I've never graduated before," Cook said.

Cook will receive her diploma, an Associate of Arts degree with an emphasis in writing, with honors. She has also completed the prerequisites for the nursing program.

"I feel pretty good about graduating. It's one goal I've had since I was little," Cook explained.

As a single working mother of two, the road to graduation has not been effortless. It's a journey that began before birth.

Cook explained that she and her mother had incompatible blood proteins. Because there was no technology to combat a mother's antibodies from attacking the fetus, Cook is lucky to have been born.

Born at 22 weeks, Cook weighed three pounds and spent the first five months of her life in an incubator. Cook overcame the greatest obstacle: survival.

Then Cook entered the foster care system when she was 5 years old because of her parents' divorce.

"I grew up in foster homes. I lived all over the Northwest, and I never spent a whole year in the same school until the 10th grade," Cook said.

Cook's education was put on hold when she dropped out of Mt. Rainier High School in the 12th grade.

"I went out on my own when I was 16; I had a hard time going to school and working full time to pay the bills," Cook said. "I thought that high school was a waste of time: I was a straight-A student, and I didn't think I needed to graduate to be successful, so I left school."

Another detour on her journey to graduation concerned a medical emergency.

Cook said she blew a disc in her neck and was paralyzed for 12 weeks. After a surgery to replace the disc with one donated from a cadaver, Cook said she regained her mobility.

After recovering, she took a job as a restaurant manager for several years. However, she was motivated to do something more with her life.

"I wasn't ever sure going back to school would be a possibility, but I always knew it was always something I wanted to do. I came to Highline to enroll my daughter in Running Start, learned I could get financial aid, and decided to come back to school. I've always loved school, so I quit my job and came back," Cook said.

Attending school is just one of

her screenplays.

Cook said she wants to find a job that will make her enough money so she can concentrate on writing books.

Although she has always wanted to be a novelist, she has had to put her writing on hold in order to focus on the task at hand: school and work.

"I came back to school to learn how to be a better writer and to get a better job. I decided to try nursing, and I found that I really enjoy biology," Cook said. "Growing up was my biggest challenge. Medical technology saved my life – it's why I am going into the medical field – and I think it would be cool to give a little something back to that."

Cook explained she has spent the last two and one-half years working toward her goal of becoming a nurse. She has been placed on the alternate list for acceptance into the nursing program and has received early acceptance into the respiratory care program – her back up plan.

Going back to school has been challenging for Cook, but also very rewarding.

"I had to study so hard. I am almost 40: I don't learn as quickly as I used to, and I don't remember things as well as I used to. Learning algebra when you're 37 is not the easiest thing in the world," Cook said. Cook studied and worked hard to earn a 3.68 grade point average.

Cook's quest to graduate experienced another setback in Fall Quarter 2008 when she had to drop her classes due to illness, she said.

But she came back and completed her degree last quarter.

"I've always been really motivated to succeed; I've always been motivated to do something with my life," Cook explained.

Even though she is not attending classes this quarter, Cook is still very busy. She has been working two part-

time jobs to support herself and two daughters.

With so many responsibilities to juggle, Cook explained how she completes each task.

"I just prioritize. I figure out what's most important, do that first, and try not to waste time. I get pretty busy, but being a restaurant manager trained me because you have to make sure everything gets done. Now, I just have two part-time jobs and school work; that's easy. It's less physically demanding," Cook explained.

Cook works for a friend's home business and at the Testing Center in Building 3. The latter's duties include "proctor[ing] tests, light office work and helping students."

In addition to her part-time job on campus, Cook has been actively involved in the creation of Highline's publication Arcturus, an annual magazine featuring literature and artwork created by students, alumni, faculty, and staff.

Cook said the Arcturus publication is developed through a process of "reading stories and poems, picking ones with the most merit, and sending them to the print shop."

"I love being an editor for Arcturus. I did it last year, and I want to do it next year, too. I get to read a lot of different writing styles. It kind of feeds the muse, I suppose," Cook said.

Now that she has finished one of her many goals in life, Cook has high hopes for the future.

Cook would like to become a biologist and a published writer: conducting experiments, composing research papers, and writing books and screenplays on the side.

"I'd really like to work for the Sci-Fi Network or work in a lab behind a microscope," Cook said.

Cook has faced many obstacles on her journey to her first graduation, and she has overcome them all.

"I stay focused. I always have a Plan B, a back-up plan, because life is life - it doesn't always work out the way you expect it to," Cook said.

– Shannon Severeid

JANET COOK

Working, single mother of two graduating with honors

Cook's many passions. Another is her love of writing.

"I write everything: I write business memos, business documents, resumes, stories, everything but poetry," Cook explained. "Someday, I want to be published; I want to be a famous screenplay writer."

In her writing, Cook enjoys crafting flashbacks. Someday, she said she would like to master this technique in



INSIDE SCOOP

BETHANY RUSSELL

Aspiring actress is psyched to be heading to Tinseltown and Malibu's Pepperdine University.

Christy Choe

For aspiring actress Bethanie Russell, acting is in her blood.

Russell is graduating from Highline this quarter with an Associate of Arts degree, a 3.9 G.P.A. and a future at Pepperdine University in California.

As the daughter of Seattle-based actress Faith Russell, she grew up with exposure to the acting profession.

"I've been involved in the performing arts since I was 7 years old," Russell said. "My mother is a professional actress. I've grown up to appreciate

the arts and to really respect it. Respect it not just as an art form but as a craft, as a job."

"I see my mother work so hard balancing a family and work and being able to supply her need and passion for the arts as well as being able to support her family," she said. "It's very inspiring for me now as a young adult who also wants to pursue acting as a career."

Growing up, she took dance classes and was in training programs at Studio East in Kirkland and the Hi-Liners in Burien. At Mt. Rainier High

School, she was vice president of the Drama Club for her junior year and became president of the club as a senior.

"I helped put on the first musical we had done in four years, which was *Grease*," Russell said. "It was a great success. I had my mom come and help. It was really nice to bring that to our school because we hadn't had any real musical theater experience at all. We had a great turnout and it was wonderful."

Despite her history with performing arts, for a time, Russell planned to major in psychology.

"I thought [psychology] was stable and I was interested in it," she said. "I like it a lot. It was also something that could stabilize the kind of career for me that I would possibly have a consistent income in the future as far as some kind of counseling or something like that. I like talking with people one-on-one and I want to help others in this one-on-one way."

The plan was to focus on psychology while doing drama on the side. She changed her mind last summer when she realized her passion was in the

performing arts.

"Even though I liked psychology, I didn't have the fire under me," Russell said. "That something that just clicks within your spirit, that when you do it, it's natural. I know through my faith that God puts things in us that we naturally can do. It's not just there, it's a gift. So you need to use it."

After deciding to go back to pursuing drama, Russell began taking acting courses at Highline. She had been going to school here for two years at that point, but had kept her academic life separate from her performing arts life.

She realized she should utilize the opportunities Highline could offer. That included taking drama classes and becoming involved in extracurricular activities.

Russell joined Phi Theta Kappa, became president of the Performing Arts Club and was on the school dance team.

In Spring Quarter, she performed in two of the three student directed one-act plays, holding four different roles.

In *Degas C'est Moi*, directed by Brennan Grant, she played a construction worker, a museum patron and a feminist librarian. For Sophia Villanueva's *Medusa's Tale*, Russell played Athena, the Greek goddess of justice.

She said the experience was different from the theater work she had done in the past "because the students are the directors. You're in it with your peers. [Drama coordinator] Christiana Taylor helps and guides a little bit, but it's definitely different when you're in the same sort of age range."

One of her past theatrical experiences was last summer in Taproot Theater's production of *Big River*, *The Adventures of Huckleberry Finn*.

"It was my first paying gig as an actress and it was quite a learning experience," Russell said. "All adults from all different places [were involved in the production]. My mother was in the show as well which was kind of fun. I've never been in a show with her before."

Russell says she chose to continue her education at Pepperdine because it is a private school with small classes and a Christian background.

"I thought if I'm going to be away from everyone I know, all my family, everyone who's here in Washington, I want to at least have a foundation for my faith and that school promotes it well," she said. "They have dorms like any other school, but they have spiritual advisers in each dorm that pray with you and are there to talk with you about anything spiritually and with school."

Russell also plans on taking the opportunity to gain some different acting experience while she's living so close to Los Angeles. Pepperdine is in Malibu.

"Even though I am more drawn to New York and the Seattle acting spectrum, I at least want to be exposed to what L. A. has to offer so I'm not ignorant or naive about it," she said.

Though Russell plans on auditioning for film roles and voiceovers, she isn't without some nervousness over delving into different types of acting than she's used to.

"Film acting is something I'm a little intimidated about," she said. "Some people don't know, but film acting and stage acting are so different."

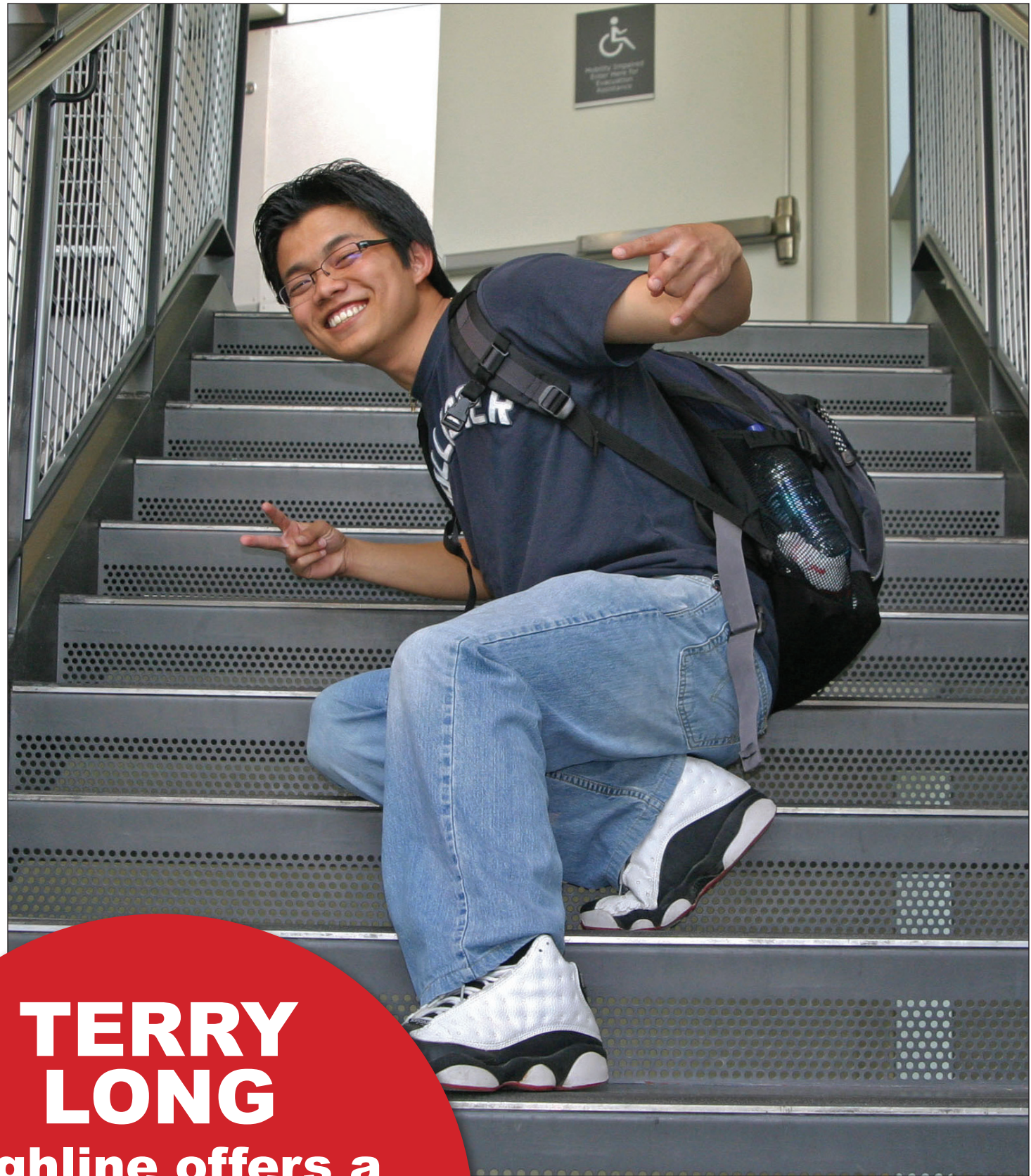
In theater drama, the acting takes place on a wide, open stage which allows the actor to exaggerate their movements and facial expressions. With film, the action is contained within the frame of the camera, Russell said.

So, while theater is "very showy and performance, film is intimate and detailed," she said. "A stage actor converting to film is very funny. I remember taking my first film class and watching myself. I thought I looked like a clown on camera. When you watch yourself on tape you look like a flailing crazy person."

Though she is ready to move on and continue pursuing acting in other venues, Russell said she is going to miss it here.

"It's going to be weird leaving Highline," Russell said, "but at the same time I'm ready to move on. Ready to do some new things."

- Rochelle Adams



Vita Mulyarchuk

TERRY LONG

Highline offers a bridge to success for this Cambodian immigrant

Boreth "Terry" Long still remembers the day he moved to the United States from Phnom Penh, Cambodia.

"It was Sept. 16, 2004," Long said.

He was 16 years old and his mother had just sold his family's home and business to her brother in order to immigrate to the United States.

"She wanted her children to have more opportunities," Long said of his mother's decision.

Now, graduating as an honors scholar from Highline this quarter, Long has taken full advantage of the opportunities he has found, and has accomplished a great deal since leaving Cambodia.

Before Long enrolled at Highline, he wanted to study pharmaceuticals and become a pharmacist. He became interested in that career after learning that he could potentially earn a large income. However, time and starting classes at Highline changed his mind.

"I just imagined wearing those doctor's clothes every day and thought, 'I can't live with this,'" Long said.

After earning a 4.0 his first quarter at Highline in calculus, computer science, writing composition, and chemistry, Long realized he didn't have to go into pharmaceuticals. He decided to pursue the field of engineering instead.

In becoming part of the Engineering Program, Long had the chance to take part in the Human Powered Paper Vehicle engineering project spring of 2008. He won two gold medals in the areas of design and presentation in the competition, which is judged by engineering instructors from five colleges.

Long has now been at Highline for two years. He has been on the President's Honor Roll or Vice President's Honor Roll every quarter. He recently received the Guistwhite Scholarship from Phi Theta Kappa. He was flown to the Phi Theta Kappa International Convention in Houston to receive this award, which is given to only 20 students in the nation. Recipients are selected based on community service, leadership in the community, and academic excellence.

In addition to Long's academic success, he has actively taken part in not only Phi Theta Kappa, but the Honors Program and he started a club that raises money to support underprivileged children in Cambodia.

While being active in his community and excelling academically, Long also works as a math tutor in the tutoring center and as a delivery driver at Pizza Hut.

Long said his family is very pleased with how much he has achieved in his four years in the United States.

"They are very proud of me and have a very high hope in my future education," Long said.

"They are very supportive in many ways."

Now as Long finishes up his associate's degree at Highline, he is preparing to enter a new journey at a four-year university.

He plans on transferring to the University of Washington or Seattle University next fall.

Long also has plans to visit Cambodia this summer. It will be his first time back since moving to the United States.

"I miss my friends there and my father very much. I hope I can share all my great experiences here in America."

-Melissa Lee Smith

INSIDE SCOOP



Christy Choe

ROY MARTIN Fisherman weathers life's storm to find a successful route

One Highline graduate has more fish stories than all of your dad's drinking buddies combined.

Before he was studying math and philosophy, Roy Martin spent five years working on fishing vessels in the icy Bering Sea and Gulf of Alaska. He went from being a deckhand to holding an office job and is now on the verge of graduating with his associate's degree.

Martin traveled around the Last Frontier in his line of work, but he still remembers his first trek to the frozen north.

"My first trip out, there was another guy that was just starting too. When you're up there, they call you every name but your own. The guy who also started with me didn't like that, so six hours or so into the trip, he decided to quit, which on a boat means you go in your room and nobody sees you until you go back to shore.

"It just meant more work for me. I had never been on a boat in the ocean before, so I was seasick for probably a solid week and a half. Right about at the end of that, I was like, 'I don't know if I want to do this either,'" he said.

Martin's Alaskan adventure started at age 19, after he finished with school in Bakersfield, Calif.

"I wanted to get out of Bakersfield and I saw some documentary about dangerous jobs and I think the No. 1 [most dangerous] was

fishing, so I saved up some money for a couple months and flew up there [to Alaska] and got a job," he said.

"I didn't even graduate from high school. I got my GED and then I went up [to Alaska]."

In his time in Alaska, Martin, now 28, was based in Dutch Harbor and Akutan. Dutch Harbor is the name of the port in Unalaska, Alaska, and the entire area has a population of less than 4,000. Akutan, just to the east of Unalaska Island, has less than 500 residents.

Many people know of Alaska's dangerous fishing expeditions from the Discovery Channel show *Deadliest Catch*.

Martin confirms the show is a good yardstick for how life on the seas really was for him, but also says there are certain diplomatic differences in the workers' conduct.

"I don't know how they get those guys to be so tame. There should be more fighting and cussing, but there doesn't seem to be as much [as in real life]," he said.

Martin now realizes that his time up in Alaska was well-spent.

"I liked it a lot. You get into a kind of routine I really loved, working up there. You worked until you absolutely couldn't work no more and then you got to sleep a little bit, and then you woke up and worked more. I

really enjoyed that kind of lifestyle," he said.

Despite how much he enjoyed his

Martin came out of Northwest University with a 0.7 GPA. After deciding he couldn't spend \$35,000 a year only to get so little return from his investment, he took two years off from school.

During this time, he worked mostly as a bookkeeper.

He came to Highline after these two years were up, deciding it was time to try getting an education again.

Martin was unsure of his place in academia after his brief and unsuccessful stint at Northwest. He was just testing the waters in his first quarter at Highline.

"Coming to Highline, I told my wife that I'm going to go for one quarter and I'm going to do the best I can, and if I still can't do well, then that's just the way it is. I'll be done with it and go do whatever I'm going to do," he said.

Martin began his stay at Highline in Fall 2007 and will be graduating this quarter with an Associate of Arts with emphasis in mathematics.

He has a 3.98 GPA and has only failed to receive the highest possible mark in one class since he began here.

Martin is also currently the lead math tutor at the Tutoring Center on campus. He has worked there since Winter 2008, becoming lead tutor in August 2008. He will also be the commencement speaker at Highline's graduation this month.

"I'm going to go on and do a major in math and philosophy. I've been accepted to University of Puget

Sound and I just got back from interviewing at

Yale. There's actually a decent opportunity

that I could get in there,"

he said.

Martin

ended his first

quarter at High-

line with a 4.0 and a

new goal: to not get any-

thing less than a 3.7 in any class he

took, a goal which he

has met.

"I put school on top of my priority list and I feel like I was finally able to translate the hard work I was able to put into the rest of my life into school," he said.

Roy Martin does not know what he wants to do with his elusive diploma.

"If I could get paid to read and maybe write some books and debate people, that would be the best. I want to get a Ph.D. and see what comes out of that," he said.

A permanent return to the 49th state seems unlikely, but Martin does want to go back at some point.

"I always want to go back to Alaska. I think all the time about going back up in the summer. The summers are always so nice. The sun doesn't go down...it's great," he said.

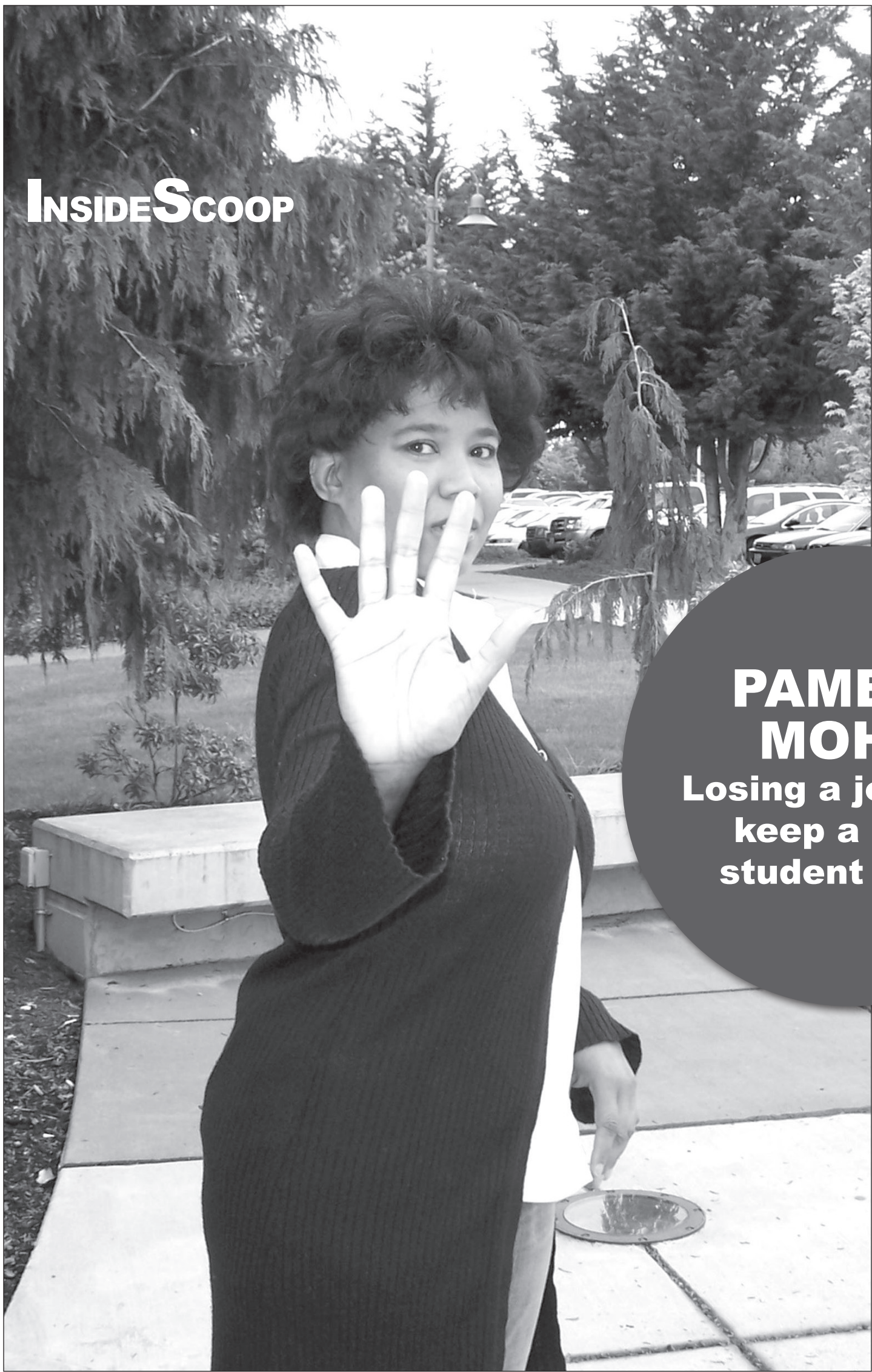
Roy Martin's academic story has had its dark moments, but just as sourdoughs in the Last Frontier use the knowledge that the sun will surely come up after a long, bitter Alaskan winter, Martin remains optimistic about his future.

"I think my story shows that failure in life is OK if you use it as a stepping stone to success."

— Liviu Bird

**'Failure in
life is OK if
you use it as a
stepping stone
to success.'**

— Roy Martin



PAMELA MOHN

Losing a job can't keep a good student down

Rochelle Adams

Pamela Mohn didn't just sit around and groan when she lost her job last July.

She did not expect to be laid off with all her experience in management and supervision, Mohn said.

"It was kind of a kick to my ego," Mohn said. She decided to sit back and reflect after the lay off.

Then she "hit the ground running," she said, updating her resume and applying for a variety of positions for which she was qualified.

It was through her counselor at Work Source that she learned she could go back to school and the state would pay for it, she said.

"I wasn't sure if I could stay in school and not just grab the first job I could get," Mohn said.

She did not want to take the "first

course available," she said.

She took her time to see what classes were available. She also wanted to choose something that was interesting to her, Mohn said.

At "30-10 years old," she was starting school again.

She enrolled at Highline in Fall Quarter 2008. Mohn decided to work toward her certificate of proficiency in travel and tourism.

Graduates of the Travel and Tourism Industry Management program work in travel agencies, airlines, cruise lines and tour companies.

They perform a wide variety of tasks in roles such as travel agent, ticket agent, reservations agent and passenger service agents.

Her love of exploring new places and her previous management experi-

ence made this program a perfect fit, Mohn said.

This program will allow her to try a variety of different positions and change with the economy, she said.

Mohn's education has not been her only focus.

She is an active member of the Performing Arts Club and performed at Global Fest 2009.

During Unity through Diversity Week, "myself and others did excerpts from *When the Rainbow is not Enuf* in the Student Union Building," she said.

In May 2009, the group performed a variety showcase called *Freak Out*.

Freak Out was "a compilation of scenes through the decades," she said.

"We just have got a good group of people," Mohn said.

She enjoyed working with everyone but specifically mentioned Club President Bethany Russell.

"She is really great to work with," Mohn said.

"Bottom line is, we've been having a lot of fun."

Mohn has not limited herself to the behind-the-scenes action. She has started writing a manuscript.

"Just now getting past the dreaded chapter-seven syndrome," Mohn said.

Chapter-seven syndrome is the chapter many writers share that they get stuck on, she said.

"That is my first outside of school passion," Mohn said.

She wrote and filmed a screenplay titled, *How Not to Interview a Celebrity*.

The play was a comedy about the things interviewers can do wrong when interviewing a celebrity, Mohn said.

Some of the scenes included calling a celebrity by the wrong name or discussing a film that the celebrity did not star in, Mohn said.

She planned on submitting it to E! Online but decided not to because of the writer's strike that year, she said.

The first prize was an opportunity to walk down the red carpet but the because of the writers' strike it was canceled, she said.

Mohn will continue her passion for the theater and acting after she graduates this spring.

"I got the opportunity to work with Breeders Theater in Burien," Mohn said.

She will be stage managing and has a small supporting role, she said.

"It's feeding my artistic juices, which keeps me happy," Mohn said.

"I have made a lot of friends [since returning to school], and met a lot of great instructors," she said.

She has been pushed by all of her instructors but Nancy Warren, her customer service class instructor, pushed the hardest, she said.

"She is always expecting the highest quality of college level performance in every aspect of her class," Mohn said.

Mohn expects to graduate with a 4.0 G.P.A. at the end of the quarter.

She is proud to share that her hard work has been measured with good scores," Mohn said.

"It's made sticking it out worthwhile."

She has been preparing for graduation by doing employment research, she said.

"I don't have any interviews lined up but I know I have a strong set of industry specific skills," Mohn said.

"My newly acquired skills coupled with my previous work experience will help me tremendously in marketing my employability."

"Overall, my experience at Highline has been one filled with new opportunities, new friends and a new outlook," she said.

"I loved it."

— Kandi Carlson



INSIDE SCOOP

ELEVEN LIU

Exchange student travels the globe to find a 'home' at Highline

Eleven Liu traveled across the world and became a leader of the international student community here at Highline.

Liu is a member of the International Leadership Council, the editor of the Mosaic newsletter and tutors in the Tutoring Center.

"I would say that I'm pretty proud of what I have done," Liu said. "When I entered Highline as a student, I didn't expect anything would happen ..."

Liu came into the country in 2006 as an exchange student in Vallejo, Calif. He was born in Taiwan in 1990 and lived in mainland China from 1999-2006.

Liu said that he came to study in the United States because he didn't seem to fit in at school in China.

"When I was studying in an Asian school, I didn't feel like I belonged there. I always wanted to speak up for myself and I always had an opinion about everything," Liu said. "But that's not so commonly accepted in an Asian society, especially in a collectivist country. ... I felt like coming to America would be a good opportunity for me."

Liu said he had a hard time socializing with Americans at first because he felt like he had a responsibility to carry on his Chinese culture.

However, Liu said that he eventually got used to his new environment and that he has a lot to thank his American host family, the Baumgartners, for.

"They cared about me as if I was one of their own children," Liu said. "I learned most of my English in one

year in Vallejo."

Coming to Seattle, and Highline, was not originally part of the plan for Liu.

"Originally I was kind of forced to come to Seattle," Liu said. "... I was thinking of going to community college there [in California] but they don't take students that are under 18."

Liu, at 17 years old, was too young, but said that he thinks coming to Highline was a good idea in the end.

However, at the beginning Liu was a bit disappointed to go to a community college because most of the people he knew in California went to universities. When Liu arrived at Highline, he was surprised at all the leadership positions that were available to him.

"It made me feel like I enlarged my potential. When I was an exchange student, I barely had, like, 10 friends and only a few friends that would really listen to me and slow down their English," Liu said. "After coming to Highline, it was a bit different because I saw a lot of international students and I became more comfortable compared to in California."

"When I was in California I was the only true exchange student and I was

the only one who couldn't speak English, but in coming here I met a lot of people who speak less English than I can."

Liu said that at Highline, he spends most of his time at school being a student, tutor and leader in the international student community.

"I would say almost my entire career is at school," he said. "It's like my home here."

Liu said he feels a sense of accomplishment after all he's done at the college over the last two years.

"I'm pretty proud of what I've finished. With all the tasks and all the projects and all the things I've planned these two years, I would say I'm pretty proud of myself."

Liu said that he thinks the international and American student bodies are too separate, and that he believes there should be efforts made to bridge the gap.

"I believe it's pretty segregated between the international and American students," Liu said. "What we've been working for this year, with Student Programs, is to try to diminish the gap between the international students and the American students. I think that's the entire purpose of cultural exchange."

Liu said that cultural differences between the American and the international student body play a big role. He said that most American students have their own life outside of school, but that international students don't have families or work outside of the college.

"We tend to stay together ... school is our entire thing," Liu said. "So we start building a community with our friends."

Liu said that his move has been very surprising for his family.

"I've come from being a quiet, closed-minded student ... in mainland China to more of an open-minded and interactive student in American community college."

"I feel like I've grown a lot and I think they feel the same way too," Liu said.

He added that although he has plans himself, his parents have also started making plans for him.

"My parents own a business in mainland China and they want me to have the business after I graduate," he said.

Liu said, however, that what he really wants to do is help out non-profit organizations and work with the United Nations.

Liu said that there are plenty of organizations that he would like to help out, but that the cause dearest to him is helping people in poverty.

'When I was studying in an Asian school I didn't feel like I belonged there. I always wanted to speak up for myself and I always had an opinion about everything.'

- Eleven Liu

- Max Dubbeldam

Racer at Highline shooting for big circuit

By **BRIAN GROVE**
Staff Reporter

After racing nearly his whole life, Highline student Tim Venable will attempt to make his way into the world of professional racing.

"My dad tried to start me when I was 5, but I enjoyed wrecking too much, so I got my start when I was 6," he said.

Venable has been racing for 14 years. He started racing quarter midgets on a 1/20th mile oval track. Quarter midgets are one quarter scale race cars, featuring a full four-wheel independent suspension and full roll cages. The engine power ranges from a 120-150cc engine and seat belts and shoulder harnesses are mandatory.

The races are held primarily on paved surfaces, but sometimes are on dirt. Venable raced in the Quarter Midget Association of America.

"Once I turned 17, we were trying to sell our car, but no one wanted to buy it, so I was sponsored by Briggs and Stratton for that season. Afterward, I was too old," he said.

Venable also spent some time trying a different style of racing during his childhood driving career.

"When I was around 13 or 14, I ran a few mini-cup races on half scale stock cars on a three-eighths mile oval track, but there was a lot more excitement in the quarter midgets, so that's where we decided to stay," Venable said.

Venable said that although the cars are more powerful, the extended distance of the track



Jim Venable

Highline road racer Tim Venable stands outside his Spec-Miata in his racing attire.

made the racing less of a thrill.

"Even though you're going so much faster, there isn't as much action because everything takes longer," he said.

Over the next two years, Venable took a break from racing.

"I took a year off because of a broken leg and the next season we had a car that fell through, so we decided to call it a wash and come back next season," he said.

This season Venable is back, trying a different style of racing, road racing. In road racing, most of the tracks are around two miles long and specially designed for the sport, not an oval track like NASCAR.

"I'm racing in the Spec-Miata class which runs in multiple clubs across the nation. I'm in

this class because I have aspirations to race professionally and it is the deepest talent pool. All the young racers are coming out of this league," he said.

"No matter where I go in the country, I'll always have someone to race."

Venable wants to race professionally for different reasons than most people would.

"I have a short window of opportunities to enter the professional world of racing. The point isn't to become big and famous, but to have to race with someone else paying the bills," he said.

Venable said the professional racing is expensive, but he is trying to explore his options.

"Based off my financial background, this would be difficult,"

he said.

"We are looking at the Volkswagen TDI cup, which is the most affordable, followed by the Mustang Challenge Series, and the MX5 cup, which is very expensive."

Another student at Highline, David Jurca raced in the TDI cup last year. He also raced professionally in Europe.

Since Spec-Miata is a new form of racing for Venable, he will have to go through the novice phase again.

In the novice phase, Venable will be racing against a variety of cars. After he clears the novice stage, he will only be racing against other Miata's.

Venable anticipates he will do well in his new class.

"I enjoyed a great deal of suc-

cess with quarter midgets and always did well at regional and national championships. Right now, this is a testing phase to see if I have the talent to go somewhere with road racing. If I'm not the cream of the crop, then it will become more of a leisure activity," he said.

Venable is part of the International Conference of Sports Car Clubs and will soon be joining the Oregon Region as well as the Sports Car Club of America. More information for the IC-SCC is available at icscc.com.

Venable's first race was May 2, at Pacific Raceways in Kent for the Military Salute Grand Prix.

"I started in 14th in a full field and finished 13th," he said.

"I drove pretty timid because the point of novice is to get through unnoticed. If they notice you, you're probably doing something wrong."

Further down the track, Venable's next race is June 6 in Portland for the Chicane Challenge XVII. This will still be a novice race for Venable.

His last novice race will take place in Spokane over the July 17-19 weekend and he will start in his Spec-Miata class and home racing Aug. 1 and 2 at Pacific Raceways.

Venable said he is always looking for someone to fund his racing.

"We are constantly looking for sponsorship," he said.

"Whether it's wrenching or gas bills, we are always looking for sponsorship."

Venable said he will try to have a website by Thursday, June 4 at VenableRacing.com.

T-Bird sophomores to split from flock for next season

By **Chris Wells**
Staff Reporter

Highline's sophomore-laden basketball team will all be going in different directions in the upcoming season.

Next year, Highline will be down nine players as sophomores Coby Gibler, Kelly Edwards, Shedrick Nelson, Brandon Brown, Stedman Richardson, Paul Mickelson and Vaughn Gaines will be transferring to new schools. Freshmen Aaron Stevens and Dustin Bowser will also be leaving.

Of the players transferring, Gibler, Edwards, Nelson, Brown, Richardson and Stevens will all be playing next year.

Gibler, a first-team player for the NWAACC West Division, will be attending Central Washington University. Gibler averaged 14.04 points, 9.96 rebounds and 1.21 blocks per

game this past season.

Edwards will be going to Lewis and Clark University in Portland. Last season he was named to the second-team for the west as he averaged 12.59 points and 6 rebounds per game.

Nelson was a first-team member in the west this past season. After leading the T-Birds in scoring last year with 14.29 points and 6.62 rebounds per game, he received a scholarship to Lewis and Clark State in Idaho. He will be majoring in criminal justice.

Brown redshirted this past season for Highline and will be attending the University of Montana-Western next year with three years to play.

A sixth man and partial starter last year, Richardson averaged 8.44 point and 5.12 rebounds per game. He will be attending Northwest University

in Kirkland.

Stevens will be leaving after just one season at Highline so that he can return home and attend the University of Alaska Anchorage. This past season he averaged 4.54 points and 4.04 rebounds per game as his playing time increased as the year went along.

The starting point guard last year, Gaines is still undecided on where he will end up next year as several schools are still recruiting him. Gaines attended Highline originally in 2006-2007 before transferring to the Colorado State University-Pueblo in 2007-2008. He has showed himself to be a true point guard this year with an average of 9.57 points, 4.61 assists and 1.07 steals per game.

Michelson will be attending Bellevue Community College next year to enter the fire science program while Bowser

will be transferring to Whatcom Community College to be closer to home.

Highline's star guard, Edwards said that he wouldn't be where he is today without Highline Head Coach Ché Dawson.

"Coach Dawson contributed incredibly to where I am at today. Over the past two years he has developed me into a whole different player than I was coming out of high school," said Edwards. "He made the game easier for me along with teaching me life skills along the way. I credit where I'm at today completely to him."

Nelson said that his time at Highline has meant a lot to him.

"Highline has helped me so much in my life and in basketball; I'm growing up as a man. Coach Dawson is the best coach I have ever had. He has taught me so many things," Nelson

said. "The two biggest things he taught me were to appreciate school and just maturing on and off the court.

"Also knowing when there is a time to play and a time to be serious. Highline has given me a chance to get my AA and to get my schooling paid for the next two years at a great school, plus do what I love to do in playing basketball and take care of my family in the future."

Coach Dawson said he wants the players that are leaving to understand what basketball is giving them.

"Consistent with our emphasis to get our guys maturing academically, I want them to understand that basketball is making it possible for them to get an education for free," Dawson said. "Their basketball scholarship will continue to pay them throughout life if they take advantage of it."

Good health begins with exercise Fitness tips for summer fun

By **SHANNON SEVEREID**
Staff Reporter

Josh Baker has a prescription that will increase the quality and length of your life.

The medicine: 30 minutes of exercise each day.

Baker, the personal fitness trainer program manager, instructor and cross country coach at Highline, said exercise doesn't have to be work.

In a recent fitness workshop, he said that exercise just needs to be something you enjoy, a favorite activity.

Exercise could be hiking, yoga, volleyball, biking, swimming, or walking your dog, Baker said.

Baker gave tips on how to design a workout containing three of the basic types of exercise: cardio, flexibility, and resistance.

Baker explained the three types of exercise this way:

- Cardio is any activity that increases your heart rate.

- Flexibility is increasing the length of your muscles through stretching.

- Resistance training is strengthening your muscles through the use of weights.

Cardio should be done three to four days each week, Baker says.

There are many cardio activities to choose from, such as walking, running, or jumping.

Stretching should be done one to two times each week.

There are two different kinds of stretching: static, holding a stretch for a length of time, and dynamic, lengthening muscles through the range of motion, he said.

"Stretching is a relaxing opportunity to unwind and lengthen muscles," Baker said.

Relaxing stretching activities include yoga, Pilates, or tai chi.

Resistance training should



Josh Baker

be done two to three days each week, experts say.

Ways to strengthen your muscles include the use of dumbbells, medicine balls, or your own weight.

To keep exercise from becoming monotonous, Baker recommends mini high-intensity circuit workouts. Baker suggests exercising all core parts of the body in each mini circuit, completing each entire circuit twice and continuing with another mini circuit until you have completed four complete mini circuits.

Baker demonstrated an example of a mini circuit:

- One mini circuit
- Row (upper body)
- Lunge (lower body)
- Bicycle crunches (core)
- Jumping jacks (full body cardio)

Baker recommends 20 seconds on and 20 seconds off for each activity. However, it's important to start slow and work your way up to a higher-intensity workout, he said.

A great place for a free workout is in Highline's Fitness Center, Baker said.

The Fitness Center is open to all students from 2 until 5 p.m., Monday through Friday, in Building 21, room 103.

Here you can exercise on

your own, using various machines and equipment available at the center.

If you want to work out with a personal trainer, send a request to at jbaker@highline.edu.

"We are only able to serve about four to eight people a quarter, so space is limited and demand is high," Baker said. "Or, you can meet a personal trainer, befriend them, and ask for their help."

In addition to working out in the Fitness Center, other opportunities for exercise on campus include classes and intramurals, Baker said.

"During summer we'll be creating a group of runners to go out to local trails on Saturdays. I encourage people to take advantage of the beautiful trails around and do some walking, bike riding and hiking," Baker said.

Exercise has many forms and benefits, experts say.

Darin Smith, a physical education and personal fitness trainer instructor at Highline, said that exercise is beneficial because it improves our quality of life and promotes other positive habits, such as eating healthy and not smoking.

"The more you exercise, the more it opens you up to active and social activities, such as hiking and dancing," he said. "Make it fun; don't let exercise be a dead, boring thing."

Lindsey Willis, a local registered and certified dietician explained the importance of exercise.

"Exercise is one of the most important things a person can do every day; it's right up there with eating breakfast. It contributes to a higher quality of life, increased energy, better mood, increased sleep, helps with weight loss, and lowers the risk for chronic diseases, such as cancer and heart disease," Willis said.

Summer is almost here, and with it comes the opportunity to be more physically active. It is time for us to break out of our winter hibernation mode and recover from our drizzly spring-time weather to greet a warm, sunny summer full of recreation, travel, and outdoor adventure. Before you grab your bike/inner tube/hiking boots and head out the door, consider some of these summer fitness tips that will help you enjoy a safe, fun, and fit summer season.

Stay hydrated.

Your body loses fluid through sweat when you exercise; especially in the heat. Dehydration can degrade your performance, and can be dangerous if you lose too much fluid. Take your water bottle with you and get plenty of water before, during, and after your activity.

Slather on the sunblock.

Overexposure to the harmful UV rays of the sun can damage your skin and significantly increase your risk for skin cancer over time. Take the time to slap on some sunscreen with an SPF of 30 or above and reapply every 30 minutes or so. Choose a waterproof brand so that sweat won't cause it to run.

Avoid overheating.

Exercise increases your body temperature, so you need to be careful that you don't overwhelm your body's temperature regulation mechanisms when you exercise in excessive heat and humidity. If you exercise in this kind of environment, try to



Exercise tips



Darin Smith

work out in the off-peak hours where the temperature is lower; wear breathable, light-colored clothing; get plenty of fluids; and take a break if you feel overheated.

Incorporate recreation.

Shut off the computer and lay off of Facebook for a while. Do some social networking outside with your friends and enjoy some of the wonderful outdoor recreational activities that summer has to offer like biking, hiking, kayaking, rock climbing, swimming, roller-blading, and a variety of sports.

Take it outside.

Take your regular workouts outdoors. Do yoga on the beach, try Pilates in the park, go running on some trails, or practice some martial arts moves in the backyard. Keep your eyes open for summer boot camps and outdoor fitness programs.

Take advantage of weather.

Walk, bike, or roller-blade to work, school, or the store while the weather is nice.

Remain active while traveling.

Don't let your vacation travel be an excuse to be a slug. Use the hotel fitness centers, walk as much as possible during the trip, and take the stairs at the airport.

Keep your heart healthy with tender loving care

Your heart can always use a little TLC.

There are simple things all of us can do to reduce risks associated with diseases that affect your heart's ability to work.

- Eat a lower-fat diet
- Stay active
- Quit smoking or using tobacco
- Get regular blood pressure checks

- Do a heart disease risk assessment to determine your risk for heart disease

- Take the medications your doctor prescribes, including drugs to lower your cholesterol;

- If you have had a heart at-



Lori Whittaker, MD

tack, get a prescription for a "beta blocker" to help prevent future heart attacks.

Even small changes in your lifestyle can make a big difference in helping to prevent diseases of the heart and blood

vessels. You *can* take control of your health.

But let's face some tough facts for a moment: Those of us living in the Puget Sound region could be doing better by our hearts.

We know this from comparisons in the Puget Sound Health Alliance's Community Checkup report, which looks at health care provided by clinics and hospitals in King, Snohomish, Pierce, Thurston and Kitsap counties.

You can look it up. At www.wacommunitycheckup.org you can see how your local clinic or hospital measures up in working

with their patients to make sure people get effective care to stay as heart healthy as possible.

What we've learned from the Community Checkup report is that all of us – you, doctors, nurses, clinics and hospitals, health plans, and employers – each have a role to help reduce the risk and problems associated with heart disease.

Working together as a team, we can all lower the risk from heart disease.

To do your part, get a copy of the Healthy Heart checklist, which can be found at www.wacommunitycheckup.org, and take it with you the next time

you see your doctor. Talk it over, then follow your doctor's advice.

Starting today, begin to make small changes: when you're having dinner, make healthy food choices. Be more active. Don't put off getting your blood pressure checked. And by all means, stop smoking (and if you chew tobacco, quit that too!).

For more tips about living a healthy lifestyle check out "Resources" at www.wacommunitycheckup.org

Dr. Lori Whittaker is a practicing family physician who provides consultation to the Puget Sound Health Alliance.

Taste buds say ‘eat up’ – your metabolism says ‘slow down’

By SHANNON SEVEREID
Staff Reporter

Many people are addicted to food, and sugar is the main culprit, experts say.

Sugar affects everyone, even you.

Highline student Tiffany Hatheway said the amount of sugar she eats depends on the day, but she doesn’t eat a lot of sugary foods because of her braces and activity in sports.

Hatheway said consuming sugar affects her this way:

“First, I feel really good because it tastes good. Then, I get a sugar high and become really giddy. Afterwards, I usually feel really tired, not energetic, and sometimes I get headaches,” Hatheway said.

Highline student Tyler McLeod said sugar doesn’t really affect him unless he’s eaten “an insane amount.” He has become used to sugar and has built up a tolerance to it, he said.

“Sugar is in everything, so it’s hard to get away from it,” McLeod said.

Experts say that if you eat enough sugar, it can become addicting.

Furthermore, sugar is more addictive than cocaine, experts say.

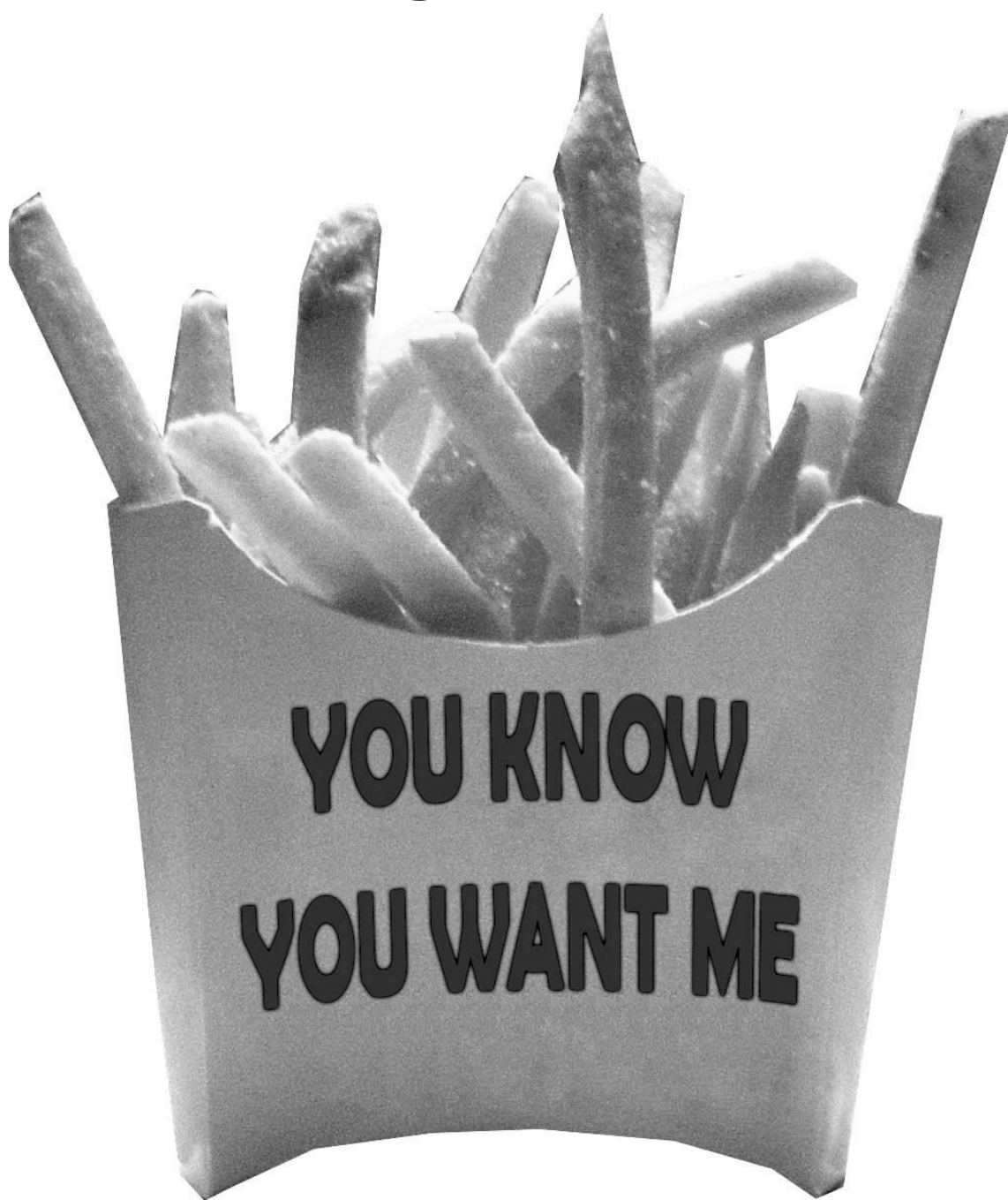
A study performed by Dr. Bartley G. Hoebel of Princeton University showed rats preferred sugar to cocaine and heroin.

“In certain models, sugar-binging causes long-lasting effects in the brain and increases the inclination to take other drugs of abuse, such as alcohol,” Hoebel said.

Dr. Gene-Jack Wang, senior scientist and chairman of Brookhaven National Laboratory Medical Department, said there are good and bad addictions and your everyday habits can become addictions.

“An addiction is an extreme form of habituation. Addiction to food is like any other addiction; it involves a 12-step rehabilitation program, such as Overeaters Anonymous.”

Wang said it is easy to be-



Jessica Lovin/ THUNDERWORD

come addicted to foods because there is an abundance of food available today. In the past, people had labor-intensive jobs; today we drive cars everywhere, have sedentary jobs, spend our days in front of the television and computers and eat convenience foods. We simply do not get enough exercise, which is leading to a rise in obesity, he said.

Your lifestyle affects your health, Wang said.

“In studying drug addiction, we have found that the use of drugs make people feel good and over time hijacks the brain’s circuit for survival, causing dependence,” Wang said.

The same can be said when

it comes to food. Eating too many high-energy refined foods – sugar, flour, high-fat foods, processed foods, caffeine and alcohol – causes our brain to want more and more to feel better, obtaining that high, but the body becomes flooded with energy it can’t use, so it becomes converted into fat, he said.

Wang said it is important when shopping for groceries to avoid the center aisles, where the cheaper refined and processed foods are located. Instead, we should shop in the outside perimeter of the store, where the fresh and perishable items are located, he said.

Anne Whitson, weight management coach and Highline

reading instructor, said food addiction and obesity is driven by fructose more than glucose because of high fructose corn syrup, which can be found in just about every kind of processed or refined food.

Dr. Elliot Blass, professor of psychology and neuroscience at the University of Massachusetts and research professor in pediatrics at The Boston University School of Medicine, said the reaction of drugs and sugar in your brain is the same.

When drugs or sugars are consumed, “it causes the brain to release dopamine and opioids (endorphins, which are morphine-like substances that are manufactured in your brains

and different parts of your body) into an area of the brain called the Nucleus Accumbens, NAc,” he said.

This gives the feeling of a “high,” and when this action is repeated enough times, addiction results, Blass said.

“Too much eating in certain patterns causes lethargy, loss of focus and also irritability,” he said.

“For people who have actually become addicted, they go into the same type of withdrawal that other addicts do – not surprising because the pathways are the same,” he said.

Sugar is everywhere; one of the biggest culprits of hidden sugar happens to be soda, Blass said.

“I once calculated that the average person in the United States takes in 45 pounds of sugar in sodas alone each year,” he said.

Dr. Jeffrey Grimm, associate professor for the Department of Psychology and program in behavioral neuroscience at Western Washington University, said food addiction can lead to obesity.

“Eating too much – particularly high fat and sweet foods [contributes to obesity],” he said.

Your environment is another factor which contributes to obesity because our culture is very inactive, Grimm said.

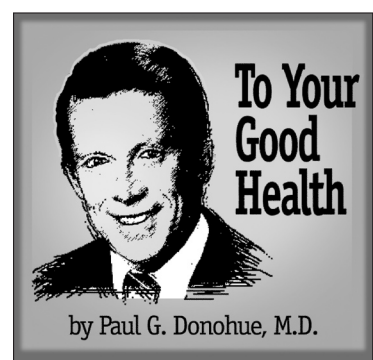
“We need to overcome this,” he said.

Kay Sheppard, licensed mental health counselor with a master of arts in counseling and certified eating disorders specialist from Palm Beach, Fla., said this information about lifestyle has a big effect on students.

“We must shine a light on the danger of refined carbohydrates and high-fat foods,” she said. “There are no healthy outcomes from eating junk food.”

Although people can use refined foods as a convenience or comfort, “healthy choices result in good health,” Sheppard said. “Reading labels and becoming an educated consumer can result in good health and a good life.”

Young man’s thinness may be due to a number of health factors



DEAR DR. DONOHUE: My 21-year-old grandson has weighed 130 pounds for the past six years in spite of drinking protein shakes, taking weight-gain pills and eating rich, calorie-laden foods. He is 6 feet 1 inch tall. Why can’t he gain weight? His self-esteem is zero because of his appearance. He

loves to swim but is ashamed to appear in bathing trunks.

A doctor told him to live with it. Is that the answer? Any help you can give will be appreciated. -- D.T.

ANSWER: Your grandson isn’t on the lean side. He is truly skinny. If this isn’t a family trait, it needs to be looked into

more seriously.

Malabsorption syndromes should be considered. These are illnesses where nutrients cannot pass through the intestinal wall into the body. Celiac disease is an example. There are many more. Granted, most of these illnesses have other symptoms but, at times, those other symp-

toms can be so mild that they’re ignored.

Trouble with endocrine glands is another possibility. The thyroid gland, the adrenal glands, the testes and the ovaries have important roles in growth and development.

Write him at P.O. Box 536475, Orlando, FL. 32853-6475.

The Thunderword / June 4, 2009

Des Moines Farmers Market coming soon

BY JENNY SCHMEICHEL
Staff Reporter

The Des Moines Waterfront Farmers Market will be expanding and include new events this season.

The Farmers Market is located on the south side of the Des Moines Marina. It will start its fourth season on Saturday, June 6, and run through October on Saturdays from 10 a.m. to 2 p.m.

Vendors will come to sell fresh vegetables, fruit, meats, honey, cheese, flowers, baked goods and crafts. It will also provide weekly entertainment for the community and give customers an opportunity to meet new and interesting people.

Last year, the market had around 20 vendors, varying from week to week. This year they will be expanding to 30 vendors.

This expansion includes new vendors selling smoked salmon, cheese, espresso and new crafts. A new farm from Kent will also be attending this year.

Many vendors from the past will be returning to the Des Moines Farmers Market this season, including Greg Fox, who sells hand-crafted turned wood.

Fox lives in Des Moines and attends the Des Moines Farmers Market on Saturdays. He is also a vendor at SeaTac's market on Sunday afternoons, and on Thursdays he goes to Burien's Farmers Market.

He began selling his wooden crafts last year and sells: bowls, ink pens, bottle stoppers, lidded bowls, decorative salt and pep-



Jason Cross

One of the vegetable vendors at the 2008 Des Moines Farmers market. The vegetables shown in the picture are some of what's in season now at the farmers market. The market is located at the marina at South 227th Street and South Dock Street.

per grinders and egg-shaped salt and pepper shakers. He designs eight different styles of ink pens and every pen is one of a kind. The lidded bowls and egged-shaped salt and pepper shakers are new additions to his crafts. He's been making these for three months.

"I try to make things that are useful," Fox said. "I do some good work and some not-so-good work. The not-so-good work I give away as gifts to friends and family."

He does this as a hobby. He's

a crafter, any profit he makes he uses to buy more wood and tools. He said he tries to keep costs down. He enjoys being able to talk to people and educating them on wood and his craft.

"Give me a soap box and I'll be up there for hours," Fox said.

He said he hopes to make new acquaintances this year and provide a product people will enjoy.

Plans are still in the works for what events will take place

on opening day. Assistant Market Manager Debra Jackson said that they hope to have a few activities for children this year, including face painting, bubbles, crafts, but are awaiting for final confirmation.

This summer, from July 22 - Aug. 19, the farmers market will be open Wednesdays from 4 - 7 p.m. before the Beach Park Jazz and Blues Series that will be held at the Des Moines Beach Park.

The Wednesday night market will be an open invite to all ven-

dors from the Saturday market.

"We also plan to recruit some vendors that aren't able to come on Saturdays," Rikki Marohl, market manager, said.

Some additional events planned for this season at the market include: an extended-hours day on July 18 for the Des Moines 50th anniversary, health and fitness day on Aug. 1, back to school safety on Sept. 21 and chili cook off on Oct. 31.

The Farmers Market is located on the Marina at S. 227th Street & Dock Street.

Washington Mutual has been officially 'Chased' away

BY LIZ PHILLIPS
Staff Reporter

Washington Mutual is no more as J.P. Morgan Chase completed the final takeover of all its branches in the Northwest this past weekend.

"For the most part (we are no longer affiliated with Washington Mutual). We've had a variety of teams working nonstop for the past few months to meet our June 1 deadline for new Chase day in the Pacific Northwest," said Darcy Donahoe-Wilmot of Chase media relations.

"This is one of the fastest transitions in banking history and it's going very smoothly. All branches in Washington, Oregon, Idaho and Utah have been converted. The remainder will take place in the coming months," she said.

Prior to the final removal of the Washington Mutual logo,



J.P. Morgan Chase has officially taken over the Pacific Northwest. As of June 1, Washington Mutual is now Chase in all aspects. The final transitions to Chase should be finished by the end of 2009.

customers were promised by Chase that no changes would be noticed and Chase is still aiming for no notices of change.

Customers can still utilize the same bank locations and ATMs and online banking is still found at Wamu.com. Customer cards will not change either. Once a customer card expires, Chase will send customers their new Chase cards. Due to some overlapping account numbers, some customers have already

received their new cards, Donahoe-Wilmot said.

Chase claims that no old Washington Mutual employees have lost their jobs.

"Chase had no branches in the Northwest prior to the acquisition of Washington Mutual, so all branch employees kept their jobs," Donahoe-Wilmot said.

Some challenges that Chase has been facing were to be expected, Donahoe-Wilmot said. Although there have been some

issues, Donahoe-Wilmot did not comment on what they are or were.

"WaMu was a major part of the Seattle business community for over 100 years. There is obviously some nostalgia associated with the loss."

Chase is looking to continue what Washington Mutual started in the Pacific Northwest, and that is providing the best service and quality of product for its customers, Donahoe-Wilmot said.

"The Chase brand is about providing value and convenience to our customers, about earning the right to begin or expand a relationship and about doing what's right for the customer," she said.

Donahoe-Wilmot would not say if the company had noticed any significant number loss or gain of customers since they converted fully to Chase.

"This is proprietary info and we would not disclose this info."

Although there can be disadvantages to belonging to such a large bank, Donahoe-Wilmot said that there are some major advantages to belonging to Chase.

"Being part of a \$2.2 trillion financial services company (has a lot of perks.) J.P. Morgan Chase is recognized as one of the strongest banks in the nation; that has never been more important than today," Donahoe-Wilmot said.

"By the end of '09, customers will be able to bank at any of 5,000 Chase branches in 23 states - a level of convenience few banks can match," she said.

Washington Mutual was officially taken over by Chase in September of 2008. Chase now controls all of Washington Mutual's 2,300 branches.

Students are struggling to find summer jobs

BY TARA KESTER
Staff Reporter

The job market is looking slim for students this summer. Mayra Cuellar, a student at Highline, desperately needs a job to make ends meet and basically, "to survive."

"I live by myself so I need a job to support myself," Cuellar said.

She said she used to have two part-time jobs, one on the weekend and one during the week. Unfortunately, she quit the job during the week, because it was getting too slow and she wasn't getting enough hours.

Now, Cuellar only has her weekend job, and she said she is looking for another one for the summer.

"I applied at Ross and retail stores and nobody's hiring," she said.

Similarly, student Linda Byers said she has to resort to drastic measures such as going to a medical clinic and donating plasma and eggs to get money.

"I tried to apply everywhere: Shell, the liquor store, Subway, and Bikini Baristas," she said.

After applying to all of those places, she found a job that will at least put some money in her pocket. In January, she will help take a census for the Federal Government.

Some get lucky and find jobs while the hopes and expectations of others remain dashed



Liz Phillips/THUNDERWORD

Tori Spero, a barista for Java Junction, is ecstatic to still have a job this summer. "I go to school in California but come home for summers. I have been working for Java Junction for three summers now and I was surprised I still had a job."

for a job this summer.

Highline's Adam Thatcher sent his application in to the Cinemark movie theater in Federal Way. He said he is not picky, and will apply anywhere he sees hiring signs.

"[I] probably won't be able to get a job," Thatcher said. "Odds are highly against it."

Although money is the major motivator to get jobs, Highline student Kyle Cotton wants a job for other reasons.

Cotton said he wants to, "stop mooching off my parents a lot. Gotta get my own money and my own things." He would like a part-time job. But, he pointed out; in this

economy it's going to be difficult for to find a job since he doesn't already have one.

"So if I don't get a specific job, [I] might as well mow lawns, wash cars, and help my brother in the recording studio," Cotton said.

Some students don't have to suffer from the dwindling job market this summer.

Michelle Ongaro, a Highline student, is not worried because she is going to Alaska to bartend in June and half of July. She said there are plenty of thirsty fishermen during the summer, and she will make about \$15,000.

"If I wasn't doing that I would be very broke this summer," Ongaro said.

Student Adrina Aukusitino agreed because she is from Alaska and is going there for the summer. "It's not hard to get a job [in Alaska], unlike here. Everybody's not really hiring," she said. Laurine Wong and Laury Long are two resident nursing students at Highline who are not too bothered by the job market reduction.

Wong noticed a lot of decrease in RN residency positions which she said, "stressed us out quite a bit."

Nevertheless, Long found that for the most part RN's are getting hired eventually. Long just got hired in the emergency room at Valley Medical Center and Wong has an interview there soon.

Long said to those searching for employment that, "Jobs are there, you just have to look harder."

However, those who have jobs are feeling the pressure of reduced hours and increased stress. Chelsea Miller, a student at Highline, is quitting her job in the summer for an internship, but currently at her job she said they are really short staffed.

"There is a lot more expected out of us," Miller said.

Highline student Euel Atkinson said he will not be affected, because he is protected by his union, but he has observed the cuts at his job at Safeway.

"It's hurting Safeway pretty bad. Not as many customers, holiday sales are lower. I used to get 40 hours, then it went down to 30, down to 15 now," Atkinson said.

Life has been pretty rough for Highline student Doug Andrews. Andrews went from being out on his own and having a job to being laid off from his computer technology job at Weinstein and Riley P.S. and living with his parents. He is now living off unemployment.

"I have to make three active job searches a week: Go online or go into a business and apply for a job there," Andrews said.

He is in school to advance his Information Technology career. Andrews said there is a bright side to his situation, he "gets schooling paid for."

Your full-time summer job might just be looking for a job

BY KANDI CARLSON
Staff Reporter

Finding a job this summer could be a full-time job for young adults.

The Center for Labor Market Studie's located at Northeastern University, projected last September that the summer teen employment rate would only be 34.2 percent.

This would make this summer the worst summer job market for young adults in the past 60 years (1948-2008).

The most common jobs during the summer months are in retail trade and hospitality, said Desiree Phair, King County regional economist for the state Employment Security department.

However, 12.9 percent of people previously holding those jobs are now unemployed, according to the most recent Washington Labor Market Report.

The overall unemployment rate in the state of Washington has doubled since last April to 9.2 percent.

This means the number of people looking into the same



Desiree Phair

job pool has doubled.

The job pool for young adults is being flooded with retirement-aged people and displaced workers, according to the Workforce Development Council of Seattle/King County.

"These workers are often more attractive to employers than untested young people," according to the website, www.seakingwdc.org.

The Workforce Development Council is a nonprofit that serves youth and adult job seekers as well as employers.

The Workforce Development Council's programs for young

adults combine academic support with job training and other work experiences to build skills and prepare young people for adulthood.

The Youth@Work program is the largest of the Workforce Development Council's Programs specifically designed to assist 16- to 24-year-olds.

It was started in 2005 to bring attention to the decline in employment of 16- to 24-year-olds.

Youth@Work was started by the Workforce Development Council to connect young adults under the age of 25 with employers.

The program reported the decline was not only happening here but throughout the U.S with the publication of the Workforce Development Council of Seattle-King County Youth@Work Report.

"It's harder than ever for young adults in Seattle-King County to get jobs," according to the Youth@Work website, Youth@work.info.

The Youth@Work program may provide hope in this dim market in the form of paid in-

ternships.

Some \$8.5 million has been allocated for work force development in the state of Washington through the federal governments Recovery Act.

Three million dollars of that money will go directly into the Youth@Work program.

Youth @ Work will connect an estimated 850 young adults with paid internships that last from six to eight weeks, Graham said.

The Youth@Work website, www.Youth@Work.info, offers several different ways to search for jobs. Job seekers can look up jobs by location, number of hours available, job title and keyword.

Also on the website there is a tool for building a resume that directly connects you to employers that fit your qualifications.

"There are a lot of young people who can benefit [from the program]," she said.

The Youth@Work program connects youth with the City of Seattle's Youth Employment Program and the King County Work Training Program.

The City of Seattle and King

County are the two largest employers involved in the program.

Seattle's Youth Employment program connects individuals with paid internships and jobs.

The City of Seattle Youth Employment Program website is www.seattle.gov/humanservices/youth/employment.

King County's Work Training Program offers many of the same services but throughout the county.

Along with some income, young adults will have an opportunity to learn new job skills that will help build their resume.

The program offers additional services that include employment skills development workshops and resume writing coaching and assistance.

Of course, the greatest of these is paid work experience.

For further information go to www.kingcounty.gov/socialservices/worktraining.

"However, do not just sit at your computer, the best way to land a job is still getting out there and talking to people," Desiree Phair said.

Teacher opposes referendum stripping partnership rights

By **JAREN LEWIS**
Staff Reporter

Highline biology professor Carol Hernandez is angry about a new citizen initiative that would strip newfound rights from same-sex couples in Washington.

Referendum 71 would overturn Senate Bill 5688, signed by Governor Christine Gregoire into law on May 18, which provided couples who register for domestic partnerships with the same rights and responsibilities offered to married couples.

The referendum is not yet on the ballot for next November. For the referendum to reach the ballot, its proponents must gather 120,577 signatures from registered voters.

A group of students on cam-

pus have organized with their local church to gather signatures for the measure, Hernandez said.

"They're not supposed to without permission," Hernandez said. "It's a petition, you have to be authorized."

Hernandez is unsure whether they are intentionally ignoring the requirement.

"I don't know, they might have known that they're not supposed to," Hernandez said.

"Referendum 71 is basically the new Prop 8," Hernandez said.

Proposition 8 was a controversial citizen initiative in California's 2008 election which denied same-sex couples the right to marry.

"The ironic thing about the domestic partnership bill is it's

not even marriage," Hernandez said. "We're just talking about rights."

"If your partner gets sick and you have a kid, a normal married couple could take FMLA (unpaid leave) and stay home to take care of their partner," Hernandez said.

This is one of many same-sex rights proponents seek in making domestic partnerships equal to marriage.

Under SB 5688, "we don't get the title of marriage, but we get the important rights, the things that are really important," Hernandez said. "They're trying to get rid of all those rights."

"We don't want special rights," Hernandez said. "We just want equal rights."

Along with the legal rights afforded by SB 5688, same-sex

partnerships inherit the responsibilities of married couples as well. These include community property rules, dissolution laws, domestic violence statutes and regulations on the spouses of public officials.

"There's so many people that are poor, that are hungry, that are homeless," Hernandez said. "You'd think they would spend their time helping people in need as opposed to trying to destroy families and take health care away from people."

"There's a million things they

could do to really help people, and instead they're spending their time spreading a message of hate."

Hernandez mentioned a new political action committee, Washington Families Standing Together, which has organized to "build awareness of the effect referendum 71 could have on people."

The Washington Families Standing Together committee are advocating for citizens to uphold the domestic partnership bill, and to pledge not to sign Referendum 71 petitions. Washington Families can be found at <http://wafst.org>.

Proponents of Referendum 71, the Protect Marriage Washington committee, host a web site at <http://protectmarriagewa.com/>.



Hernandez

Students voice varying opinions in response to Referendum 71

By **DIO-JEAN-BAPTISTE**
and **NATHAN LUCYK**
Staff Reporters

Highline students are split on gay marriage rights and are mostly unaware of Referendum 71.

Referendum 71 is a proposed ballot initiative that would overturn the expansion of domestic partnership, also known as civil union, rights and obligations on the originally limited domestic partnership legislation in the state of Washington. The expansion was signed by Governor Christine Gregoire on May 18, 2009.

A non-scientific survey regarding Referendum 71 and gay marriage showed that students at Highline have a diverse level of opinions in regards to such matters.

The survey showed that out of 60 students only 10 students had heard anything at all about Referendum 71, and only four knew exactly what it was. The other 50 students had not heard about Referendum 71 until they were asked about it. For the students who had already heard of Referendum 71, it was a 50/50 split on who would sign the petition to support the referendum and who would not.

Out of the 100 students surveyed, 42 were for gay marriage, 30 were against gay marriage, and the remaining 28 were neutral.

The students for gay marriage argued that it doesn't affect anyone else, or that everyone has a right to marry, regardless of their sexuality.

This is what Highline students had to say on this topic.

"All people in our nation should be equal," Jason Oguri said.

"I identify as gay, and I be-



Christy Choe/ THUNDERWORD

lieve I should have the same rights as every other American," said Chris Newcombe, president of the Gay Straight Alliance.

"Everyone deserves equal rights, regardless of sexual orientation," Michelle Henry said.

"Gays are people and have rights. The physical is not the most important part of marriage," Sangjun Park said.

"If I get to choose who I get to marry, why don't they?" Katarzyna Wolowiec said.

"It's not my place to tell people how to live," Zane Stearman said.

Many students are against gay marriage, and argue that marriage is a religious ceremony that should be honored.

"God intended [marriage] to be between a man and a woman," Spencer Friedman said.

"Marriage is a Christian ritual, and to have a gay marriage is hypocritical," Jascha Manny said.

"Marriage is a religious sanction, not a political one," Doug Andrews said.

"It's against my Christian morals," David Milam said.

Other students are opposed because it goes against their morals.

"It's just the way I've been taught as a child. I believe that a strong family unit is essential to a healthy society," Logan Davidson said.

"I think that it's wrong nature wise," Arnoldo Orozco said.

"A marriage is between a man and a woman to produce something," Jesse Andrews said.

"I'm not Christian, but I think it's wrong," Chiun Kim said.

"It is unnatural, maybe in the future but not now," Ken Chien said.

Many other students remained neutral, stating that it didn't affect them.

"[It] doesn't have anything to

do with me 'cuz I'm not gay," Derek Kruger said.

"I've never supported [homosexuals], but I don't care if they get married. It's their life and I don't care," Soojin Oh said.

Many of Highline students posed questions and statements to defend their views on Referendum 71.

"The government cannot tell someone who to love," Lilly Fedas said.

"Let people live their lives the way they want to, we're in a free society," Chris Gunderson said.

"It's a personal choice to happiness," Danielle Chagollan said. "If you love someone, you love someone."

"Whether it's right or wrong, in America everyone has equal rights, so [homosexuals] should have equal rights too," Yvette Preston said.

"If I were gay I would want to be able to get married. I

don't feel that it's right for other people to tell me how to live my life because they consider it to be wrong," Will Wassmunn said.

"There are no constitutional grounds for banning gay marriage. Judges across the country have found in favor of gay marriage in law suits," said one student.

"I don't want to see gay people, but I don't care if they do it in private," Deborah Lugo said.

"I have no problem with civil unions, but I feel that marriage should be between a man and a woman," Even Lajoie said.

"It doesn't bother me at all, I think everyone deserves to be happy," Vina Gorospe said.

"I would not sign Referendum 71 because I believe in equal opportunity for everyone," Anthony Robinson said.

"If two people love each other it's OK, regardless of sexual orientation," J.D. Chang said.

"State shouldn't be involved with marriage in the first place, but at the same time I get pissed off when I hear of people going to the hospital and not being able to see their partner, because they're not married," Thomas Tobin said.

"As long as they're happy, nobody should care," Nobuyo Aka said.

"They're people too, they got wants and needs, so let them do what they want to do," Gursh Siengh said.

"It's not my life, it's their life," Jong Hyeok Moon said.

"I believe in equal opportunity, and my morals and or beliefs shouldn't affect the lives of others," Michael Sampson said.

These are the various opinions and viewpoints the student body at Highline holds when it comes to the topic of gay marriage and Referendum 71.

Federal Way works to become a Safe City

By JON BAKER
Staff Reporter

Federal Way has decided to become a Safe City.

Safe City Federal Way is a community-based initiative that unites businesses, residents, city officials and police against crime. The Safe City project uses integrated technology and enhanced communication systems, to maximize safety and minimize crime in the community.

Safe City Federal Way will utilize over 25 state-of-the-art video cameras and a computer network to allow police personnel to monitor high-crime areas in the downtown business district. The cameras are linked to computers in the police department and inside police vehicles allowing officers to remotely access and control live video feeds of crime in progress. The program has a variety of capabilities, all of which are focused on creating a safer community.

The Safe City concept is based on a model used in the United Kingdom where partnerships among business, retailers, police and local government are developed to reduce crime and violence while increasing community health and vibrancy in metropolitan business districts.

The City of Federal Way has contributed \$210,000 so far with Target Corporation also contributing \$100,000. Federal Way has pledged \$37,500 a year from the city utility tax budget to keep the program going. Safe City Federal Way needs additional funding from businesses in the area to keep up with operation and maintenance costs.

Safe City began in 2004 and the concept has been implemented in over 20 communities across the nation including Compton, Calif., Minneapolis, Albuquerque, Denver and Boston. Federal Way is the first city in the Pacific Northwest to put this initiative into place.

Dan Satterberg, the King County Prosecuting Attorney, welcomes the program.

“I’ll take a case on any day if



Lt. Sandy Tudor monitors the new computer system for the Safe City Federal Way cameras.



Dan Satterberg

there is video. [We] roll the video and ask the jury if they would like to see it again.” The first thing a prosecutor asks when they get involved in a case is “Is there video?” he said.

Satterberg said video of a crime is the best evidence. There are cameras everywhere that people don’t know about, but with these cameras investigators can get license plate

numbers and other details that other cameras can’t.

Satterberg said that Safe City is a smart idea and a good way for Federal Way to protect its investment in the commercial district.

“It improves the effectiveness of the police department and deters crime,” he said. “People will think twice about robbing a bank in Federal Way once they realize that every bank in Federal Way has its entrances covered by video.”

This was never more evident than on May 8, 2009 when a bank robber hit several local banks including the Key Bank on Pacific Highway South and Kent-Des Moines Road, near the Highline campus, and the Heritage bank in Federal Way.

Once the Federal Way police learned of the first bank robbery

they turned all available cameras towards the banks in the city. At 11:05 a.m. the police department noticed a suspicious SUV pull up to the front of the bank. The bank robber was apprehended a few blocks away by police who were sent to the area.

Satterberg does not think that an increase in convictions is the only way to decide the effectiveness of the program. “Success can be measured in the crime that doesn’t happen,” he said.

Safe City Federal Way has four main goals: Reduce crime in Federal Way; attract new

businesses and customers with a safe environment; strengthen the community with a prosperous local economy; and effectively utilize police resources and response times.

“Whether you live, work or shop downtown, we want you to feel safe and enjoy the city,” said Chamber of Commerce CEO Tom Pierson.

The Safe City Federal Way program has created a webpage that allows program members to share information and discuss tactics. You may also view this webpage by logging onto www.safecityfw.com.

Safe City results
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Online classes work for motivated students

By ERESALEM OCBAGZI
Staff Reporter

Highline faculty and students agree: You need self-discipline, self-motivation and time-management in order to succeed in online courses.

Highline has three types of online courses available, including hybrid courses, Washington online, and Highline online.

A hybrid course meets online and in a classroom on campus, there are fewer interactions among the students because less time is spent in the classroom.

The WAOL is a Washington Online program that provides courses needed to complete an AA degree. It's not an actual college that enrolls students, but it's a program that provides students the opportunity to complete an online course not necessarily available at their specific college.

Highline Online courses are offered through the program Blackboard, an educational platform connecting students and instructors who don't meet on campus.

The option to not meet on campus is an instant attraction to many students, such as Lateye Inko-Tariah. She has enrolled in two online courses this quarter: Writing 105 and International Business.

She also has an accounting class that has most of the assignments, discussions, and tests on Blackboard but it is offered as a regular course at Highline.

"It's easier to take a regular classroom on campus, you can have a better understanding of lectures and you can stay on schedule," Inko-Tariah said.

Online courses seem to have "twice as much workload. With someone taking online classes, due to their strict schedule, having more work doesn't help," Inko-Tariah said.

Online courses can be more difficult than being in a classroom.

"You have to have good time management skills. You have to have a good study environment, because there are more distractions and interferences at home such as family, friends, and the phone," she said.

With the "classroom you get more face time and you can ask more questions," Inko-Tariah said.

Inko-Tariah said she thought it would be easier.

"Overall, it's good now because I don't have a full work schedule," she said.

"Don't take many online classes, they take more time and more work," Inko-Tariah said.

Highline student Tomy Mathan agreed.

"In an online class you don't



Jessica Lovin/THUNDERWORD

have a teacher to help you along, and there are no classmates, so you can't really work with other people. It's pretty much on you to learn the material," Mathan said.

Intro to Web Development is the first online class for Mathan. It doesn't require as much interaction among the students as some other online classes do.

The benefits of taking an online class include "the scheduling, the tests are only once a week, and you have complete flexibility with your assignments," Mathan said.

"Make sure you're able to study subjects by yourself, and understand them without help from your teacher," said Mathan.

Online instructors at Highline say there are advantages to online classes.

"In a face-to-face class I can lecture about a topic and the student has one chance to hear and see me. Online, I create lessons that the student can watch again and again," said Jeffrey Ward, business instructor and Business Department coordinator at Highline.

Ward began teaching his first online class in 2004 at Highline. His experience consists of teach-

ing about 55 classes online at Highline. As this year's faculty in residence in the instructional Design Department, he's able to help and train instructors in the use of technology in teaching at Highline.

What Ward doesn't like about online classes is "...I can't see their facial expressions to get a sense of whether they are understanding what I'm saying."

"Students need to be self-disciplined. There is no classroom to be at during a particular time, so it's easier to not keep up with the class. There is as much, or more, work in an online class, and I think some students don't realize, or plan for this," Ward said.

"I always tell them to be sure to set aside time to go to school every day, and to keep up. Like in any class, it's hard to catch up once you fall behind," Ward said.

Ellen Bremen, a speech communication professor, said she misses the daily interaction with her students.

"I often miss the in-class dynamic; however, I offer abundant opportunities for student-student and student-instructor connection online, so we get to know each other fairly well and

there are rich opportunities for us to still see each other's personalities," Bremen said.

Teaching online course gives her students complete flexibility to choose when to learn.

"Most of my students have big lives with families, jobs, and major obligations. I also believe that the real-world aspect of the speaking situation is a huge benefit and far more realistic than the classroom," Bremen said.

Having a 6-year-old and a baby, online teaching gives Bremen the opportunity to adjust when she teaches. She has been teaching at Highline since 2004.

"Some students are not ready to read large amounts of material online, create the time management opportunities vital for success in this course and meet the recording and audience requirements necessary for the course," Bremen said.

Some students fail to realize when they registered for speech online that they too are required to give speeches, just like students in the classroom.

"Make a calendar for the quarter of your assignments you need to complete it will help keep you discipline and on task," said Laurel Lunden,

instructor in the Medical Assisting Program at Highline.

Therapeutic Communication Skills is a self-paced Medical online course that Lunden teaches; it enables students to work and complete assignments when they choose.

"It's not recommended that you wait that long so think and plan your time. Don't procrastinate, make regular study time just like your regular classroom," Lunden said.

The online course gives students the benefits to share their opinion and ideas without "the inhibiting looks you might get in the classroom setting," Lunden said.

The difference with taking an online class verse being in the classroom is that it's available "to all ages, certain courses are not offered in certain areas. It gives students more options and opportunities," Lunden said.

To get a sense if you're prepared for an online course, take the Distance Learning self-assessment quiz and speak with your adviser.

For further information and questions with online courses, visit the Distance learning web site <http://flightline.highline.edu/distanced/faq.htm>.

Nine women honored at annual celebration

By **KANDI CARLSON**
Staff Reporter

Nine extraordinary women won this year's Woman in Action awards.

The winners were announced at the 27th annual Women's Celebration on May 20.

"The award celebrates women moving ahead and beyond," said Deana Rader, director of Women's Programs.

While the winners' had little to say other than "thank you," those who nominated them had many words to explain why they won.

Some even had tears as they spoke of the winners.

The winners included:

•Laura Westergard, director of admissions/entry services, was surprised to be a winner.

Westergard assumed the reason she was called up to the microphone was to announce Helena Bello which was who Westergard had nominated.

A tug o' war over the microphone began between Westergard and Bello.

As it turned out the two women nominated each other, to Westergard's surprise.

"I was in shock, I had my little speeches prepared," Westergard said.

"To have a student recognize me is really an honor," she said.

Westergard is always very helpful and wants to help us with our problems at school, Bello said.

"She's a really great person all around," Bello said.

•Helena "Nina" Bello, a Highline student who works as an office assistant in entry services was nominated by Westergard.

She was not as surprised as Westergard was because Westergard had given her the heads up, she said.

"She handles touchy matters carefully and is very genuine," Westergard said.

She works very hard and is a self starter, she said.



Vita Mulyarchuk/THUNDERWORD

Moira Fulton, left, describes what makes Eena Hibbs such a remarkable person.

"I enjoy writing and wrote a children's book when I was 14-years-old," Bello said.

The book is still unpublished but she hope to get the courage to release it soon, she said.

"I don't really win stuff, thank you Laura," Bello said.

"I would like to say that the admissions and entry crew are awesome."

•Nancy Kent, Highline's web coordinator, was nominated by Westergard as well.

She is masterful at pulling all the right people together, Westergard said.

Kent "works hard to ensure our website represents our [Highline's] diversity," Westergard said.

"I was very honored to be selected," Kent said. "I love my job."

•Eena Hibbs was nominated by coworkers in the Reading Department and by several others on campus, including Moira Fulton, Pat Phillips, Lijun Shen, Linda Quick, Jeff Ward, Gwen Spencer and James Peyton.

The number of people that nominated Hibbs was inspiring, Fulton said.

Hibbs is always focused on getting her students ready and is "purposeful and cheerful," Fulton said.

•Kristina Mason, director of the Welcome Back Center, was nominated by her co-worker, Patrice Bernard.

She is happy and understanding, Bernard said.

"She just always goes out of her way and she is passionate about her students," Bernard said.

"This [receiving this award] is very humbling," Mason said.

•Nadia Cheban, a Highline student, works in the Writing Center.

Cheban was nominated by Rosemary Adang, Writing Center coordinator.

Cheban is planning on going into the engineering field, Adang said.

Cheban "has a good sense of humor and works hard for what she wants," she said.

•Theresa Amell, a Highline

student working in the Workforce Development Services office, was nominated by her co-worker, Chris Panganiban.

"She always has the best attitude," Panganiban said.

Amell dropped out of school in the eighth grade, she said.

At 28 years old she "got brave and took her GED and scored perfect on two of the tests," Panganiban said.

Amell is working towards becoming a lawyer, she said.

•Laura Worthington is an instructor in the Visual Communications department. Worthington was nominated by Angel Nalagon and Carol Burnham.

Worthington is a freelance graphic designer and passes on her tools for success to her students, Nalagon said.

"She puts a lot of time in others," she said.

Worthington goes the extra mile for her students and Highline is fortunate to have such a great instructor, Burnham said.

"I really want to give back," Worthington said.

"It's been amazing."

•Lauri Spivey, the Arts and Humanities Division secretary, was nominated by Allison Green.

Susan Landgraf and Sharon Hashimoto also spoke about the amazing things that Spivey continues to do at the ceremony.

Spivey has worked at Highline for nine years and is working toward a bachelor's degree in Arts and Humanities at the University of Washington, Tacoma campus.

"She doesn't just spout goodness, she spreads it around," Landgraf said.

She goes above and beyond in all that she does, Green said.

"She is an amazing woman," Hashimoto said.

"[Receiving this award], was shocking and humbling," Spivey said.

Each winners received a framed certificate, a small gift and the gratitude of all of those who nominated them.

City University offers new transfer scholarship

By **CODY STOLZ**
Staff Reporter

City University is offering 20 lucky Highline students an opportunity to get a \$10,800 scholarship.

This scholarship only applies to students who are completing their two year-degrees this 2008/2009 school year.

"This is a great opportunity for students, especially in these difficult times," said Denny Steussy, an educational planner

at Highline.

In order to qualify, you must be a full-time student in Washington and be a Washington state resident.

The programs supported under this program are: applied psychology, accounting, business administration, communications, general studies, information systems, marketing and management.

Students who are completing their Associate of Arts or an Associate of Applied Science in

one of the aforementioned fields are applicable for the scholarship.

Another key aspect of this scholarship is that there is no GPA requirement. All you must do is show you have received your Associate of Arts and have the drive to complete your degree.

You can apply for the scholarship at Highline's Educational Planning Center in Building 6.

"You should really check this scholarship out if you're plan-

ning to transfer, this scholarship more than offsets the price difference between City University and a public college," Steussy said.

"City University is not like a regular college. Being a private university it may not offer many of the extra-curricular activities that a regular public college would," Steussy said.

"You need to really look into this before you make up your mind, weigh your options and decide if this is what is best for

you. With the scholarship it really is an affordable option," Steussy said.

Tuition at City University is \$294 per credit hour, versus \$227 at the University of Washington.

City University was founded in Seattle in 1973. It offers majors in several subjects.

You can get more information at the Educational Planning Center or by visiting City University's website at www.CityU.edu/tranferscholarshipprogram.

Bookstore

continued from page 1

The bookstore will also purchase new software allowing them to sell e-books. E-books are electronic textbooks that you can download or view from a computer. They are cheaper than new books but cannot be sold back. E-books allow instructors the ability to save their students money by not buying the entire book.

"An instructor might only want the students to read a few chapters of a book. With e-

"Highline bookstore is self sustaining and non-profit. All the surplus funds we make, after paying expenses, go back to Highline."

-Laura Nole



Nole said.

The Highline bookstore is also looking to integrate a text-

book rental system that will save students money by Winter Quarter 2010. They will start with two textbooks that they know will be used for at least six quarters.

"The rental program will make the initial cost lower than buying used books. But the rental book cannot be sold back, just returned," Nole said.

Nole understands that students buy their books from other sources than the Highline bookstore but she points out that buying from Highline's bookstore is a safer bet.

"We hear sad stories from students who bought the wrong book from Amazon and cannot return it as the book actually came from a person direct. Students [also] end up with ripped books or wrong editions and cannot return them to the person they bought them from," Nole said.

"We accept exchanges and drop/withdrawal returns for the first two weeks of every quarter. If a student buys a book from another person directly, and then drop the class, they are stuck with that book," Nole said.

Gribble

continued from page 1

"I consider graduating from Ranger school one of my biggest accomplishments," Gribble said.

Only about one third of people who enter Ranger school graduate the program.

After four years in the Army, and some crafty networking, Gribble found himself working

for Eli Lilly, the third largest pharmaceutical corporation in the world.

"It was a job," Gribble said modestly.

It was here that Gribble established a passion for teaching. As a field sales trainer he was in charge of educating employees on the company's pharmaceutical products.

"I was teaching people how to sell drugs, legally," Gribble said of his former profession.

Gribble's sense of humor and very personable nature landed him another career as a sales representative at Metrix, a medical device manufacturer. As the west area field sales trainer, he traveled to work with companies in Washington, Oregon, Idaho, Montana and Alaska. After Gribble sold products to companies, he trained the staff to use the products.

Although this job had perks, such as a company Lexus, traveling a large amount left something to be desired for Gribble.

"My son is 6, but he's only known me for a year because I did so much traveling," Gribble said about working for Metrix.

"When I hit 40, I did a lot of soul searching," Gribble said.

"I want people to be able to say, he made a significant impact on the world in some way that was beyond himself,"

Gribble said of his plans to become an educator.

"I fell into sales because it made good money," he said.

"That wasn't a lifestyle I wanted regardless if it paid well."

He is now taking courses at Highline with aspirations of getting into social studies and history at the University of Washington to be certified as a teacher.

Gribble hopes to become the first in his family to obtain a master's degree and a doctorate.

"I'm interested in teaching high school because that's where they really get into higher learning," Gribble said of his hopes of teaching in a Kent or Auburn high school.

Gribble's efforts to learn throughout his life now give him the skills to share his

knowledge and live his passion for teaching.

"In pharmaceuticals you have to learn how to present information in such a way that people understand it," Gribble said.

"I've been a student so much that my brain works that way."

Gribble now finds himself back where he started to pursue higher education, at Highline. This time around however, Gribble has much more life experience to assist him with achieving his educational goals.

Now, Gribble can't wait to focus on what's most important to him; spending time with his wife and son and celebrating his recent accomplishment as History student of the year.

"How many people get to do what they want instead of what they have to?" Gribble asked.



Christy Choe/THUNDERWORD

David Gribble went from Army Ranger to aspiring history teacher.

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Hylebos

continued from page A1

One of the critters, the Douglas squirrel, is native to the forests in this area, although the bigger Eastern gray squirrels are typically seen in the suburban areas of Federal Way.

Before Hylebos, Carrel attended Highline from '82-'84 prior to transferring to the University of Puget Sound. He came back to Highline in '86 and finished at the University of Washington. Carrel majored in political science.

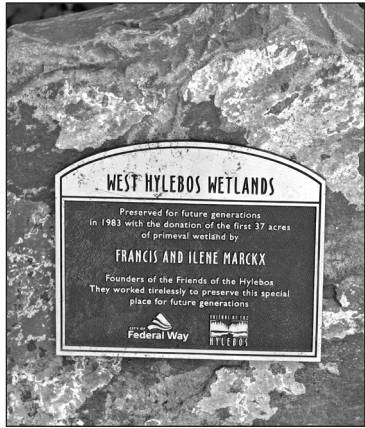
Carrel did not find Hylebos, it was Hylebos which found him.

In the late '90s, when Carrel was working as a freelance journalist, Ilene Marckx called him, asking if he'd seen the Hylebos Wetlands.

Carrel visited the wetlands and was absolutely amazed. He signed up to volunteer after his first visit.

By '98, Carrel was on the board of directors for Friends of the Hylebos. There were close to 10 people on the board and they had a budget of \$5,000.

In '99, the federal government added the Chinook salmon to the endangered species list. This sprung a question on



The Marckxes memorial rock.

the board about how they could protect the wetlands.

"We couldn't protect the wetlands without dealing with the larger issues in the surrounding landscape," Carrel said.

"Our biggest issue was urban development."

Urban development is a problem when forests are changed to rooftops and pavement because water flows too fast for the land to absorb the runoff. This leads to water quality issues and erosion.

Urban development also causes habitat loss.

Fortunately, the Hylebos Creek Conservation Initiative was passed, protecting 745 acres of nature.

This led to another problem for Carrel and the board.

"There are not a lot of re-

sources for habitat protection, especially in places like Federal Way. We had to convert and persuade people that it was a worthy place to spend money," he said.

Increased community awareness started in 1999 to address the watershed issues and get people involved.

At that time, the Stream Team program was born. It involved community awareness, habitat restoration efforts, water quality monitoring, and the salmon watch. The salmon watch counts the number of returning salmon to Hylebos Creek.

The Stream Team has had 1,500 volunteers since it started.

Carrel said along with Friends of the Hylebos, the City of Federal Way has helped too.

"In the past nine and a half years, we have been fairly successful at raising community awareness and getting folks involved," he said.

All the work Friends of the Hylebos and the City of Federal Way has done hasn't been cheap.

"Two years ago, I totaled up the dollar value of secured open space. It was over \$4 million of open space property," Carrel said.



The high tree canopy makes a trek through the Hylebos wetlands a cool family affair on hot days.

"We are somewhat of a unique organization in that we focus on trying to get other people to do the work for us. We're sort of a watershed catalyst, we keep track of the needs, relationships, and opportunities of the watershed."

One of Carrel's favorite projects took place when he first started working with Friends of the Hylebos.

Carrel wanted to secure 27 acres of land for salmon, but the land he needed was on Spring Valley Ranch and the owner

was not looking to sell the property anytime soon. He kept an eye on the property and eventually, the owner wanted to sell the land for \$2.5 million.

Although that was a lot of money, Carrel was able to get the land paid for.

"One day, I was talking to someone from the Department of Transportation and they said they needed 20-acres of land for mitigation. The land from Spring Valley Ranch was almost a perfect fit," he said.

The overall cost of the project was \$5 million and provided opportunities for both Hylebos and Federal Way.

When the West Hylebos Wetlands first started, it was originally a state park because there was no city government in Federal Way in '91.

Between '02-'03, the city and state started having talks about transferring ownership.

"State Parks was having logistics problems," Carrel said.

"Federal Way stepped up and preserved a community goal. When the city got ownership, they helped us with the boardwalk," he said.

The boardwalk at Hylebos is rather ironic because it is made out of Trex, which is essentially

Please see Hylebos, page A24

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Gene Achziger / THUNDERWORD

ABOVE: A couple peer into the peat bog from the boardwalk which snakes through the Hylebos Wetlands.
ABOVE RIGHT: Amid the totally natural setting, the boardwalk consists of plastic lumber mounted on tires.



Hylebos

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recycled milk cartons and rests on top of old tires while the rest of the park is completely natural.

Carrel and the rest of the Friends of the Hylebos have big plans for

the wetlands in the near future.

“We are working with our biggest year so far,” Carrel said.


These projects include habitat restoration projects, Stream Team, the Federal Way Sustainability Initiative, Federal Way Urban Forested Health Program, and an environmental science program for Federal Way Public Schools.

Carrel has also been in contact with Rus Higley, director of the MaST Center, and Highline President Dr. Jack Bermingham. They are working on making a connection between the Hylebos Wetlands and the MaST Center.

To volunteer, contact Hillary Kleeb at 253-874-2005 or streamteam@hylebos.org.



LEFT: Fuschia-colored Salmon berry blossoms stand out in rich contrast to the greens and browns that predominate the palette of the wetlands.



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