Students say tunes help them study; experts say otherwise

By THUNDERWORD STAFF

Tupac. Biggie. Shania Twain.

Some students say they will be listening to these folks instead of their professors during finals week.

Some students believe that listening to music while they study or do homework helps them. However, studies reveal that listening to music during studies and tests does more harm than good.

A non-scientific survey of Highline students showed that 76 percent (90 out of 110) listened to music while they studied or did homework.

“I feel that listening to my iPod really helps me concentrate and block out street noise, siblings and other distractions,” said Jeff Gerlitz, a second-year student at Highline.

By SHANNON SEVERED

Health insurance can be costly for students

A number of programs offer health insurance to students, but they are not free.

Though public programs in Washington offer help, it is difficult for students to qualify for assistance.

And while four-year colleges offer health insurance directly to students, community colleges simply can’t afford to.

Instead Highline and other local community colleges offer brochures for health insurance providers, who deal directly with students.

“We do not offer health insurance to students. If it were to involve any expenditure of money and/or staff time by the college, which it almost certainly would, I am pretty sure we would have to say, ‘No,’ because our resources are already stretched so thinly,” said Bob Adams, public information director at Bellevue College.

Deanna Headley, senior secretary for student support services and student life at Pierce College Puyallup, said that they carry two brochures on health insurance for students to peruse: Sentry Insurance and Summit America Insurance.

“Both are free for us to carry on campus. It is not dealt directly through our school, but the companies’ brochures we have are geared toward students,” Headley said.

Mary Ann Brummond, director of Financial Services at Tacoma Community College, said they aren’t involved in administering the insurance plans.

By THUNDERWORD STAFF

Texting teens driving legislators to pull the plug

Drivers could get pulled over for talking on a cell phone without a hands-free device if legislators agree on the same version of the bill.

Police officers and studies say cell phone use can contribute to automobile accidents. But students at Highline who are texting, talking and otherwise using their cell phones are not too happy about the possible changes.

The law currently says that talking without a hands-free device or texting on your cell phone is a secondary offense. This means a driver cannot be stopped for talking or texting simply because they are driving. Also, intermediate drivers, anyone under 18, would be banned from using their phone at all in the car without or without a hands-free device.

The bill passed through the Senate Bill 6245 would change this law, making it a primary offense for talking or texting on your cell phone while driving.

Sen. Tracey Eide, D-Federal Way, did not accept the changes. Yesterday morning the measure went into the Joint Transportation Committee to try to agree on a compromise. Results of the committee’s deliberations were unavailable at press time.

Washington was one of the six states that first banned texting while driving. Several states have since followed suit. As of the summer of 2009, 14 states have enacted laws making texting while driving illegal.

If the new bill passes, Washington would join California, Connecticut, New Jersey, New York, and Oregon in banning the use of handheld devices while driving and enforcing the ban as a primary offense.

Sgt. Bob Collins with the Des Moines Police said it is difficult to tell if someone was using their phone at the time of an accident. Unless the person voluntarily reports they were
Old jeans expose eating disorders

By JOSH BECKER  Staff Reporter

Old jeans raised awareness of eating disorders last week.

During the Health Fair, Women’s Programs and National Eating Disorders Association used 15 pairs of donated jeans to represent the many different body sizes of the world for National Eating Disorders Awareness Week.

According to the association, when people are dissatisfied with their body image, they are convinced that their shape or size is a sign of personal failure. They are more likely to develop, among other things, an eating disorder and obsessions with losing weight.

Statistics show that about 11 million people, mostly females, are struggling with eating disorders such as anorexia or bulimia, and millions more struggle with binge eating.

The association says that while the media is not totally responsible for eating disorders, it does enforce the idea that “thin is good.” As a result, people place a value on body shape.

“The (jeans program) is meant to show how men and women come in different packages, and we should embrace our jeans/genes,” said Women’s Programs Coordinator Jean Munroe.

The donated jeans were displayed on a wall in Building 8; staff and students inscribed the jeans with their own experiences with body image issues and eating disorders.

“Expression through art and the written word is very healing for those dealing with eating disorders and/or recovery,” said Munroe.

LEGAL NOTICE

Highline Community College provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).

By Compiled

Jeanette Dimock

Campus Life

The Thunderword / March 11, 2010

Crime and Punishment

Unattended car rolls into another vehicle

A Honda rolled out of its parking spot and struck a Toyota Camry in the East Parking Lot on March 8 at 8:25 p.m.

The driver of the Honda was contacted and all his information was noted. There was insufficient damage to either vehicle to make an official report.

A note was left for the owner of the Camry regarding the incident.

Pedal confusion results in accident

A Highline student reported to Security that she had been involved in an accident involving two other vehicles.

The student reported that while she was parking her car in the North Parking Lot she accidentally hit the gas instead of the brake and struck two other vehicles. The incident occurred on March 8 at 10 a.m.

Both vehicles were inspected for damage, which was extensive enough to warrant an official report.

Bookstore pickpocket steals from backpack

A Highline student had his cash and bus pass stolen from his backpack at the bookstore on March 8 at 3 p.m.

The student was inside the bookstore at the time of the theft. He notified Security of the theft, but he declined to make a formal report.

Parking lot filmmaker not aiming for Oscar

Two Highline students were jump starting a car on March 8 at 1:45 p.m. in the South Parking Lot when they observed a vehicle fleeing parked cars.

The students said that the dark grey sedan had a camera mounted on each side of the car. The driver of the vehicle appeared to be filming the parked cars as they passed them.

Security was told by the students that it looked as though the individual was headed to the East Parking Lot. There is no record of Security making contact with the vehicle.

LEGAL NOTICE

Highline Community College provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).

By Compiled

Jeanette Dimock

Campus Life

The Thunderword / March 11, 2010

Crime and Punishment

Unattended car rolls into another vehicle

A Honda rolled out of its parking spot and struck a Toyota Camry in the East Parking Lot on March 8 at 8:25 p.m.

The driver of the Honda was contacted and all his information was noted. There was insufficient damage to either vehicle to make an official report.

A note was left for the owner of the Camry regarding the incident.

Pedal confusion results in accident

A Highline student reported to Security that she had been involved in an accident involving two other vehicles.

The student reported that while she was parking her car in the North Parking Lot she accidentally hit the gas instead of the brake and struck two other vehicles. The incident occurred on March 8 at 10 a.m.

Both vehicles were inspected for damage, which was extensive enough to warrant an official report.

Bookstore pickpocket steals from backpack

A Highline student had his cash and bus pass stolen from his backpack at the bookstore on March 8 at 3 p.m.

The student was inside the bookstore at the time of the theft. He notified Security of the theft, but he declined to make a formal report.

Parking lot filmmaker not aiming for Oscar

Two Highline students were jump starting a car on March 8 at 1:45 p.m. in the South Parking Lot when they observed a vehicle fleeing parked cars.

The students said that the dark grey sedan had a camera mounted on each side of the car. The driver of the vehicle appeared to be filming the parked cars as they passed them.

Security was told by the students that it looked as though the individual was headed to the East Parking Lot. There is no record of Security making contact with the vehicle.

LEGAL NOTICE

Highline Community College provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).

By Compiled

Jeanette Dimock

Campus Life

The Thunderword / March 11, 2010

Crime and Punishment

Unattended car rolls into another vehicle

A Honda rolled out of its parking spot and struck a Toyota Camry in the East Parking Lot on March 8 at 8:25 p.m.

The driver of the Honda was contacted and all his information was noted. There was insufficient damage to either vehicle to make an official report.

A note was left for the owner of the Camry regarding the incident.

Pedal confusion results in accident

A Highline student reported to Security that she had been involved in an accident involving two other vehicles.

The student reported that while she was parking her car in the North Parking Lot she accidentally hit the gas instead of the brake and struck two other vehicles. The incident occurred on March 8 at 10 a.m.

Both vehicles were inspected for damage, which was extensive enough to warrant an official report.

Bookstore pickpocket steals from backpack

A Highline student had his cash and bus pass stolen from his backpack at the bookstore on March 8 at 3 p.m.

The student was inside the bookstore at the time of the theft. He notified Security of the theft, but he declined to make a formal report.

Parking lot filmmaker not aiming for Oscar

Two Highline students were jump starting a car on March 8 at 1:45 p.m. in the South Parking Lot when they observed a vehicle fleeing parked cars.

The students said that the dark grey sedan had a camera mounted on each side of the car. The driver of the vehicle appeared to be filming the parked cars as they passed them.

Security was told by the students that it looked as though the individual was headed to the East Parking Lot. There is no record of Security making contact with the vehicle.
Supplies sought for immigrants

By Jonny McGuire Staff Reporter

Highline’s immigrant and refugee students are in desperate need of health care products and you are invited to help through donations.

For approximately four to six months, Highline students may receive benefits from the state Department of Social and Health Services. Unfortunately, coverage does not include basic health care products, including soap, shampoo, conditioner, and toilet paper. The Pre-College Studies Department, Transition Referral, and the Resource Center invite you to donate these items for use by Adult Basic Education and ESL students in need.

Items that are deemed acceptable include shampoo, conditioner, soap, dish soap, toothpaste, toothbrushes, feminine hygiene products, toilet paper, shaving cream, razors, baby powder, diapers, and other personal hygiene products.

The inspiration for this drive came after a discussion that Sue Ackley, transition referral and resource center coordinator, had with Linda Faaren, the special programs manager at Highline, concerning the fact that many immigrant and refugee students don’t have access to funds to buy personal hygiene items when they first arrive in the U.S. “I couldn’t imagine being in a situation where I could not wash with soap or brush my teeth when needed,” said Sue Ackley, who is heading the drive. If you would like to donate some of these items for ESL and ABE students in need, you can drop off new, unopened, products in Building 19, rooms 109 or 103 at any time.

Campus Life

Conversation pals share culture, friendship

By Taylor Joaquin Staff Reporter

Students have the opportunity to meet new friends from different backgrounds each quarter in the Conversation Pal program. The program allows international and American students a chance to meet, learn about each other’s cultures, and have fun, said program coordinator Crystal Kam.

“I had a blast and met a bunch of really cool people. It was definitely worth giving up an hour of my free time,” said Sarah Hoang, a Highline Student and former Conversation Pal participant.

Students who choose to participate are put into small groups and are expected to commit one hour each week to their pals. Kam said about 200 students join the program each quarter. And although some groups fall apart, many are very successful, she said.

“The groups will go to restaurants, bowling, and lots of other fun places to exchange their cultural experience,” she said.

An added bonus to joining the program is the opportunity to earn extra credit points. Some instructors offer additional points for participating in Conversation Pal.

To join Conversation Pal, pick up an application at the International Student Programs office on the 5th floor in Building 25.

The deadline for turning in your application is the first Friday of every quarter. Applications for Spring Quarter are due Friday, April 2.

If you have any questions about the program, contact Crystal Kam at 206-878-3710, ext. 3384, or e-mail her at ckam@highline.edu.

Logged out

By Jonny McGuire Staff Reporter

Highline’s immigrant and refugee students are in desperate need of health care products and you are invited to help through donations.

For approximately four to six months, Highline students may receive benefits from the state Department of Social and Health Services. Unfortunately, coverage does not include basic health care products, including soap, shampoo, conditioner, and toilet paper. The Pre-College Studies Department, Transition Referral, and the Resource Center invite you to donate these items for use by Adult Basic Education and English as a Second Language students in need.

Items that are deemed acceptable include shampoo, conditioner, soap, dish soap, toothpaste, toothbrushes, feminine hygiene products, toilet paper, shaving cream, razors, baby powder, diapers, and other personal hygiene products.

The inspiration for this drive came after a discussion that Sue Ackley, transition referral and resource center coordinator, had with Linda Faaren, the special programs manager at Highline, concerning the fact that many immigrant and refugee students don’t have access to funds to buy personal hygiene items when they first arrive in the U.S. “I couldn’t imagine being in a situation where I could not wash with soap or brush my teeth when needed,” said Sue Ackley, who is heading the drive. If you would like to donate some of these items for ESL and ABE students in need, you can drop off new, unopened, products in Building 19, rooms 109 or 103 at any time.

Quick keeps sciences moving

By Sam Reash Staff Reporter

Linda Quick has seen a lot of change at Highline.

She has watched the campus progress from the ditto machine to modern computing, and has helped to keep it running smoothly the whole time. Quick works on campus as the faculty secretary for the Pure and Applied Science Division in Building 29.

Quick has worked at Highline for 34 years now. She has a strong interest in the academic environment and is enthusiastic about working with other faculty.

“I enjoy working in academia,” Quick said.

Quick said that a lot has changed since she first began working at Highline. Initially, she was responsible for assimilation and organization of testing materials. Quick said this changed when they moved computer in 1989.

Now Quick is responsible for supporting the faculty in Building 29, as well as specific tasks such as syllabi, schedules, and tenure plans for instructors. Quick also is responsible for budget reports for her division.

“Later on in the quarter, we are responsible for student evaluations,” Quick said. “We actually tabulate them.”

Quick also says she can act as a sort of mentor and enjoys working with students even though it is not part of her job description.

“I can help them with letters of recommendation and their various applications,” Quick said.

Quick doesn’t limit the work she does to her job description. She says that her role at Highline can often continue off campus and become part of her life at home.

Quick won Highline’s Employee of the Year award in 2005 when she helped with the transition of all the sciences from Building 15 to Building 29.

Campus cat Jericho sacks out in the biology lab earlier this week.

Photo by Sabine Walter

Campus Life

Supplies sought for immigrants

By Jonny McGuire Staff Reporter

Highline’s immigrant and refugee students are in desperate need of health care products and you are invited to help through donations.

For approximately four to six months, Highline students may receive benefits from the state Department of Social and Health Services. Unfortunately, coverage does not include basic health care products, including soap, shampoo, conditioner, and toilet paper. The Pre-College Studies Department, Transition Referral, and the Resource Center invite you to donate these items for use by Adult Basic Education and English as a Second Language students in need.

Items that are deemed acceptable include shampoo, conditioner, soap, dish soap, toothpaste, toothbrushes, feminine hygiene products, toilet paper, shaving cream, razors, baby powder, diapers, and other personal hygiene products.

The inspiration for this drive came after a discussion that Sue Ackley, transition referral and resource center coordinator, had with Linda Faaren, the special programs manager at Highline, concerning the fact that many immigrant and refugee students don’t have access to funds to buy personal hygiene items when they first arrive in the U.S. “I couldn’t imagine being in a situation where I could not wash with soap or brush my teeth when needed,” said Sue Ackley, who is heading the drive. If you would like to donate some of these items for ESL and ABE students in need, you can drop off new, unopened, products in Building 19, rooms 109 or 103 at any time.


**Rec room needs to stay open**

Student Programs needs to reconsider closing the recreation room on the second floor of the Student Union.

They are going to put in a student business center, but that would be a waste of resources and money.

Computers, printers and copiers are available on campus for students to use already. The Library and the Instructional Computing Center come to mind as places where students might find them.

The Services and Activities Budget is strained already, and Student Programs is just setting themselves up for more money problems in the future with an unnecessary business center.

Next year, when it is budgeting time again, they will undoubtedly be looking for places they could have saved money in the past, and this should stand out in their minds.

Another aspect to consider is the students who use the room right now.

In the past, students have convened in the recreation room to watch soccer games and other sporting events on the television and to play table tennis.

It evolved into the creation of the table tennis club, which will be out of a home if the recreation room is taken away.

Students are rightly unhappy about the room closing.

It provides them a way to let out some of the stress of studying and going to class.

If the recreation room is closed, they will just turn to other ways to relieve stress, which could be more destructive than hitting a ping pong ball against a wall.

Although recess is commonly reserved for elementary schools, even big kids need their play.

Of course, there are physical education classes at Highline, but the advantage the recreation room has over those is it is free to use, whereas physical education incurs an additional tuition cost.

The fitness center is open during restricted hours for students not enrolled in weight training or total fitness, so they may not be able to use that when they want to.

Also, students don’t want to have a prescribed time and length for their spontaneous exercise. If they feel like blowing off some steam on Monday at 2 p.m., it doesn’t mean they will feel like it at the same time the next week.

The recreation room allows students the freedom to unwind whenever they feel like it. That shouldn’t be taken away from them.

**Journalism evolving with internet**

With newspapers and magazines moving from print to online, the journalism profession has been changed forever.

However, this so-called digital revolution will only modernize our vocation, not evaporate it.

Newspapers especially have been changed by the fact that anybody can get on a website from anywhere in the world and access the same content they could get from holding a physical copy of it.

Some papers have maintained the need for picking up a paper copy by reserving some stories strictly for print or just offering teasers of some news and features online, with promises of more content in print.

Michael Kinsley correctly observed in the Economist’s “The World in 2010” special issue that English-language newspapers are now in competition with every other English-language paper, no matter the location, thanks to this digital boom.

As a result of this unlimited access to any paper, larger newspapers are starting to take over small markets.

I know when I still lived in Fairbanks, Alaska, I read the New York Times and the Seattle Times online just as much as I read the Fairbanks Daily News Miner in any form.

However, despite destroying the monopoly newspapers had in their hometowns, it is far from the end for these businesses.

Local readers will always turn to their own paper for news that hits close to home.

After all, the Fairbanks Daily News Miner will always know more about what happens in Fairbanks (or the whole state, for that matter) than the New York Times or Los Angeles Times.

As far print media dying out, it’s quite possible, at least for newspapers.

Magazines, which usually come out once a month or even less often, are an exception.

Many magazines already have an online version as well, but with the kind of stories they normally do – exclusive features, writing from a unique perspective and a vast number of opinion pieces – a print edition will always be viable.

As Esquire Magazine Editor-in-Chief David Granger wrote in his letter from the editor in the March 2010 issue, holding the magazine in your hand “is not incidental to the experience; it is essential.”

For newspapers, the future is grim if they put off the transition to online much longer.

The future of journalism is online, with services such as Google, YouTube, Facebook and Twitter redefining how people access information and how quickly they can do so.

Locally, Burien’s B-Town Blog, run by Highline graduate Scott Schaefer, takes advantage of the fact that many newspapers still cling to the old way of doing things.

The B-Town Blog reports on local news in the Burien area in text, photo and video form.

Schaefer got his start at the West Seattle Herald but sees the transition to web as inevitable and positive in most ways.

“I’ve been dreaming of the day when this became [the primary delivery method for] mainstream media,” he said.

The main advantage of web reporting, as Schaefer pointed out, is the speed.

With the B-Town Blog, Schaefer can come upon a story, write it and post it all within about 10 minutes.

With newspapers, by the time it’s printed, it’s old news.

Competition like Schaefer is why large newspapers will have trouble surviving much longer as a printed product.

“If you can’t adapt to internet speed, that’s why a local blog that’s run by one guy can come in and beat you [for business],” he said.

The only problem I can see with Schaefer’s analysis is the fact that many bloggers aren’t skilled reporters.

If somebody can get a story out in 10 minutes, it usually doesn’t have much content.

Interviewing and reporting properly takes longer than 10 minutes.

However, Schaefer brought up an interesting idea for the way newspapers can continue to be viable in part, as a printed product.

Moving to a more magazine format and coming out once a week, like the Sunday edition of the bigger newspapers, will be good for showcasing feature stories and columns.

Especially if this happens, daily printed editions of newspapers will not survive much longer.

Sheelah Kolhatkar, Time Magazine contributor, wrote an op-ed piece in the New York Times on Feb. 20 saying that journalists will be like the ancient monks in today’s digital age; our talents will just disappear one day.

To an extent, that is true, but those who are willing to get behind the game will still find a job.

Schaefer has done just that – he has found a niche that he can fill, created a website that publishes all of his work and uses a multitude of media to illustrate stories.

Webheads have enslaved Liviu’s mind.
Now song called "If You Leave Me" featured the line, "Houston, we have a problem?" They were known in the United States as what? The public is welcome to attend the concert free of charge.

The chorale will be performing six pieces in total. Soloists will also perform at the concert.

5. MOVIES: What movie did Apollo 13 adapt? This adaptation of the Greek tragedy, by Jean Anouilh, takes place in 1962.

3. LANGUAGE: What is the common name of the condition called nasopharyngitis?

62. EDGE: Which planet is as far from the sun as Mercury?

Arts Calendar

• Highbone’s Music Department will be hosting a Winter Quarter Concert, today, March 11.

The concert will showcase romantic 20th century music, along with avant-garde and jazz music. The chorale will be performing six pieces in total. Soloists will also perform at the concert.

The concert will be held in Building 7 at 7:30 p.m.

The public is welcome to attend the concert free of charge.

• Highbone’s Drama Department presents Antigone. This adaptation of the Greek tragedy, by Jean Anouilh, takes place in 1962.

The performance will be held in Highbone’s Little Theatre in Building 4. The performance will continue on March 12, and 13 at 8 p.m.

Tickets are available at the door for $8, $7 for students.

• Got arts news? Contact the arts editor, Courtney Sankey, by calling 206-878-3710, ext. 3317 or by e-mail at csankey@highline.edu.

Campus events get priority, but all events are welcome. Please include time, date and location of the event, plus contact information.
The AGONY OF ‘ANTIGONE’

By COURTNEY SANKEY
Staff Reporter

The Drama Department tries to use acting to its full extent, but falls a little flat in their mediocre production of Sophocles’ Antigone.

Antigone is about a girl of the same name, who travels with her sister, Ismene, to the city of Thebes. The two have lost their brothers in a war, one fighting for each side. The brother fighting against the king of Thebes, Creon, is considered a traitor and is unable to have a proper burial.

Antigone goes to try to persuade King Creon, her uncle, to let them give him an honorable burial. Ismene is terrified, because arguing about this could lead to death for going against the king.

Antigone doesn’t care and goes on without her, burying her brother with honor, consequences be damned. Antigone is Director Debra Pralle’s second show at Highline and unfortunately isn’t better than the first.

She has a cast full of talented actors that didn’t live up to their full potential, save one; Jared Stratton.

Stratton rules over the city of Thebes and the over the stage in Highline’s Little Theater. His presence on stage captivates the audience and throws them into the story.

He really shines during the massive scene solely between Antigone and him. He was able to be concerned for the well-being of Antigone and be a leader to the rest of the city.

You could see the inner conflict he was going through which drew you into his world of being a leader as he is losing everything else around him.

During the final scene you could tell he was used to full effect.

Stratton talks to Sophia Villanueva’s (Antigone) like an uncle would, with concern, love and a wanting for her to do what he thinks is right, so he doesn’t have to follow through on his threat.

Stratton is very strong and seemed engrossed in his character opening night. He puts his all into Creon and it not only won him a standing ovation, but with this character he is losing every other character around him.

Cast members of Antigone during a pick-up rehearsal earlier this week. The show is running for one more weekend March 11, 12 and 13. The curtain rises at 8 p.m.

Sophia Villanueva gives a performance that made you root for the hero. She is an older student, but with this character she has shown great strength.

Still, Villanueva gave her all and made you root for the heroine of the story.

Sophia Villanueva gives a decent performance as the title character. She is usually on top of her game but with this character she seemed to struggle on opening night. A proficient co-medic actress, Villanueva struggled to find the root of Antigone and made her come off a little wooden and stereotypical.

At times her strong portrayal of Antigone was overshadowed by rushing over the moment and some moments seemed a little too rehearsed and not as natural as they could have been.

At times she would speed through parts of the scenes that could have used that extra pause or extension to let the audience grasp what it is that she was about to do.

While talking to Haemon, Steven Schenck, Creon’s son and her fiancé, she rushes through the little moments that would have greatly reinforced the gravity of the situation. Instead they flitted past before they had a chance to fully sink in.

Her cast was overcome with nervousness and she had to replace people who unfortunately had to quit the show for various reasons.

But they all managed to pull it together and gave the audience a great story that never goes out of style with a strong cast of characters to back it up.

Antigone has only three performances left, tonight March 11, Friday, March 12 and Saturday, March 13, with the curtain rising at 8 p.m. in the Little Theater in Building 4.

The show last about 90 minutes and has no intermission. Ticket prices are $8 for general admission and $7 for students. Tickets can be purchased at the door.

The actors used the entirety of his set and not just to use it.

The stage consisted of the main section being three different levels connected by several flights of stairs. Stage right, audience left, there was the lounge complete with a stand-alone bar and a table with three chairs for the officers and eventually Creon and his son to sit.

Antigone’s first production was in Fall Quarter 2009, with Six Degrees of Separation by John Guare. It was very well done.

Cast of characters to back it up.

The quartet — Ashlee Owen, Anthony Keane, Zach Ginther— Chapman is a first-rate actress who serenades us through the little moments that made you root for the hero.

At times her strong portrayal of Antigone was overshadowed by rushing over the moment and some moments seemed a little too rehearsed and not as natural as they could have been.

Any publicity given by the host’s poking fun at all the celebrities who are nominated.

This year was a little different; they weren’t that funny.

The whole show this year was a little on the boring side; the only thing worth watching were the actual acceptance speeches.

From the red carpet pre-show to the after parties, the Oscars were disappointing on many levels.

The red carpet affair was muted in color and fun shenanigans. Something funny usually happens on the red carpet, like last year when Gary Busey making an ass out of himself in front of the cameras.

Dress attire was gray and drab.

The men wore their custom-tuxes but the women, who tend to take risks and show off dresses of a different color, were washed out by grays, off-whites and creams.

Throughout the entire night I saw maybe two red dresses and Zoe Saldana in a hideous purple monotony.

Once we moved into the Kodak Theater, it didn’t get any better. Alec Baldwin and Steve Martin played our co-hosts and it was painful to watch.

During their opening the two took turns making fun of the celebrities who were sitting in close proximity.

The only problem was that they were not funny. The duo could’ve killed each other — it was like trying to play a violin with a clarinet, it just doesn’t work.

I believe that the host makes the show. If they are funny the show will be funny and before you know it five hours has gone by and they are awarding Best...
Like many kids, former Highline student Robert Lamirande was forced to play the piano as a child at a young age. Lamirande’s mom insisted he play the piano when he was 5 years old. Like most children who are forced to do something they don’t want to, he hated it. “To be honest, I used to hate, and I mean hate, playing the piano. I pretended I didn’t when I hadn’t, I cheated on my homework and I absolutely dreaded going in for my lessons,” Lamirande said. His instructor at the time drove him away from the instrument even more. “My first instructor, Sharine, was this very large, intimidating woman, and she used to scare to the living hell out of me, especially when I hadn’t practiced enough, which was almost always the case,” said Lamirande. By age 12, his mom finally stopped forcing him to take piano lessons. But a year later, Lamirande realized he wanted to start taking lessons again. It was partially out of guilt, but he told himself it was because he was beginning to appreciate the instrument, he said. It took Lamirande eight years to finally appreciate the instrument he dreaded practicing and has continued playing the piano ever since.

Currently, Lamirande plays the piano for Sound of Bagheera. He met band mate Seth Rasmussen in class at the University of Washington. “I didn’t play much in the way of folk, but they were good people and we all stuck it through until something emerged, a mix between their folk and my music.” Lamirande brings his Rufus Wainwright sound to Sound of Bagheera.

Lamirande also lends his voice to the band. “It’s a little embarrassing when I play with [Sound of Bagheera].”

Bagheera, as everyone in the band realizes, does what we call the ‘Bagheera Shuffle,’ meaning they all trade instruments between songs,” Lamirande said.

Outside of the band, Lamirande does a lot of solo writing. There’s a lot more instrumentation with Sound of Bagheera. We have saxophone, flute, banjo, slide guitar, harmonica, kazoo, a lot of really crazy stuff. My solo project is just me with a piano.”

Although Lamirande is focusing on his music right now, he hopes to go back to school.

Lamirande began attending Highline in the fall of 2005, but dropped out in 2007 when he had his “Holden Caulfield” episode in 2007 to pursue music with his band at the time. When things didn’t work out, he returned to Highline.

In the winter of 2008, Lamirande received his associate of arts degree with an emphasis in journalism from Highline. He attended the UW majoring in creative writing.

“Right now I’m playing music. I’ve only played in Seattle and Tacoma, but I’ve committed to doing what makes me happy, and right now that’s Sound of Bagheera,” Lamirande said.

Lamirande still wrestles with his passion for music.

“The best way I could describe it was using the story of the underdog. things didn’t work out, he returned to Highline.”

By STEPHANIE KIM

Staff Reporter

Awards

continued from page 6

Picture. This was not the case this year. Please Academy, bring back Ellen DeGeneres or John Stewart. They were able to host the show, make it entertaining and keep within their time limit, even though a good host should do.

I am always glued to the Academy Awards and would yell at somebody within my house to keep changing the channel.

This year I found my hand reaching toward the remote while the show was still going, not during a commercial break.

When Ben Stiller entered on stage dressed as one of the blue people from Avatar to present the award for Best Makeup, it took all of my strength to not turn off the TV.

While these were all reasons to run to the hills instead of watching this train wreck, the show did have some redeeming qualities.

One of the things that made the 82nd Academy Awards bearable was the fact that Avatar didn’t win.

In fact they only won three out of the nine they were nominated for: Art Direction, Cinematography and Visual Effects. Instead The Hurt Locker ended up the underdog, breaking the expected and took home six Oscars out of the nine that it was nominated.

The two, avatar and The Hurt Locker were nominated in seven of the same categories.

This just goes to show that the Golden Globes, which usually predict the winners, are not all ways right.

I did enjoy the way that they introduced the nominees for Best Actress and Best Actor.

Five different people who worked with the nominee, talked about them for a minute and mentioned who and who they are as an actor.

They then awarded the Oscar to its recipient, Jeff Bridges for Crazy Heart and Sandra Bullock for The Blind Side.

Bullock’s acceptance speech was the best one of the night, followed very closely by Mo’Nique who won Best Supporting Actress for Precious.

The acceptance speeches were the best part of the Oscars, everything else was fluff.

It literally could have been an hour and a half of this is who won and this is their speech and I would have been perfectly happy.

All in the bad outweighed the good and I was left saddened and distraught that my Super Bowl of award season was a total and complete let down.

Courtney will be hosting her own award ceremony in 2011 and is now accepting nominations.

Economy hits local symphonies

By CHUCK KIBBIE

Staff Reporter

Current economic stress is making area symphonies count their pennies. The Federal Way Symphony, Northwest and Auburn symphonies are all taking precautions to manage themselves to be able to stay afloat throughout the fiscal year.

Amid the recession, families and businesses have to be more cautious with their money, and non-profit organizations such as the symphonies are not exempt.

“We are concerned. We can’t continue to lose money and dip into our reserves,” said Lee Venta, the general manager of the Auburn Symphony.

The Auburn Symphony is currently running up a budget deficit.

“We pay all our bills and musicians,” Venta said, but the financial support from the community is weakening. “The giving is down.”

With dwindling donations, times at the Auburn Symphony are hard, and by the end of the year they hope to still be here, Venta said.

Though many places are struggling, not all the symphonies are running deficits. The Federal Way Symphony has been able to avoid running up a deficit while still keeping their season intact.

“Yes, we have to have very astute management,” said Brian Davison, director of the Federal Way Symphony.

Over a year ago, the Federal Way Symphony’s board of directors took steps to make changes in their schedule to be able to keep a strong hold on their finances, said Mary Gates, the Federal Way Symphony executive director.

Some changes the symphony made that helped them stay financially stable include trying to spend less but keep high quality performances. They kept the ticket prices level throughout the year, and held their annual pop concert out of the season because it would’ve been too expensive.

Besides what they already do to sustain themselves, “we find different ways to bring in money,” Gates said. The symphony will bring in that extra money by holding fundraisers, bringing in international soloists to attract attention and having partnerships; one being a New Years Eve event they did with Twin Lakes earlier this year.

Along with the Federal Way Symphony, the Northwest Symphony is also on good financial ground. Not only are they not symphonies dict that they have seen an increase in their budget over the last two years.

“We’ve always been frugal [financially],” said Anthony Spain, the Northwest Symphony Orchestra conductor and music director. “We have a very good Board.”

“We’ve received more publicity, attracting funding on a national level,” Spain said. The Northwest Symphony now just wishes to break even by the end of the fiscal year.

Some symphonies, such as the Seattle Symphony, have accumulated up to $4 million of debt. Other symphonies such as the Santa Rosa Symphony, have resorted to declaring bankruptcy. “It’s never a happy day. We don’t wish it for theater or the symphony or any of the arts,” said Gates.
Video games to nerd out to

By JONNY MCGUIRE
Staff Reporter

Several new electronic games are hitting shelves everywhere this month. Look for these games wherever video games are sold.

Bioshock 2

The sequel to the award-winning video game Bioshock is now available for Microsoft Windows, Xbox 360 and PlayStation 3.

For those unfamiliar with the setting, the Bioshock series takes place in an underwater city named Rapture.

In the game scenario, Rapture was built in the 1960s by a man named Andrew Ryan who wished to escape the restraints of nature. As one might expect, things are done in a different way and thus gain more powers.

Another issue that people have found in the game is “boosters” in the multiplayer community, which refers to players who cheat to attain a higher multiplier level. Cheaters of this type cause the game to become unbalanced, as lower level players will have difficulty finding games in which they can compete.

Resident Evil 5

The “gold” edition of Resident Evil 5 was released on Tuesday, March 9 and features some brand new content for fans of the series.

The core of the game remains unchanged but the gold edition incorporates “two new costumes for Chris & Sheva [characters], two new scenarios [Lost in Nightmares & Desperate Escape], a new Mercenaries mode called Mercenaries Reunion and new figures to collect,” said a spokesperson from Capcom.

The Capcom spokesman said, “There haven’t been real changes to game, just more content. The first new DLC [downloadable content] was released on Feb. 17 and has been well received. We are expecting the same on March 3 when the second new scenario [Desperate Escape] and costume pack are released.”

The original Resident Evil 5 saw players battling “majini,” Swahili for “evil spirit,” as Chris Redfield and Sheva Alomar.

For those who do not wish to purchase the game again, both episodes as well as both costume packs will be available as downloadable content, with two of the eight new characters bundled with each downloadable item.

This means that by buying all four downloadable content packages. The Xbox 360’s disc will instead come with a download token, allowing for a free download of all of the downloadable content, while the Playstation 3 version already has all new content from purchase.

Dante’s Inferno

Get ready to go to Hell in Viscer al Games’ new title, Dante’s Inferno.

The game is loosely based on the 14th Century epic poem in which Dante Alighieri is guided through the medieval concept of hell by the Roman poet Virgil.

The most significant differences between the game and the poem are that the game portrays Dante as a warrior who must rescue his love, Beatrice, from the clutches of Satan.

In the poem, however, Dante is a humble pilgrim in a strange place, who does not fight monsters, but instead speaks to various people in Hell, whom he knew before they died.

In limbo, the first circle, there are no babies with swords attached to their hands, but the unbaptized and virtuous pagans who endure no active suffering, who are denied the sight of paradise.

Humanities teacher Dr. Sydney Stegall regards the game as a new low, calling it “the nadir of post-modern consumerism.”

The game itself seems heavily influenced by the God of War series, including the use of button prompts to take down larger monsters.

Also, this is not the first time that gamers have descended into Hell; the hugely popular Diablo series, released nearly 10 years ago, pits PC gamers against the forces of darkness.

One game that is being met with mostly negative reviews in the Xbox Live community, mainly because of its short length.

Someone playing the game for the first time will “probably have a good time,” said in an interview. The game is fun for a day but not enough substance to merit a purchase.

The art design is “extremely well designed; the glut of suicides somewhat disturbs and the final circle of Hell is frozen over as it was in the original Inferno.”

There is definitely some fun to be had here, but keep in mind that the game is not always true to the source material.
Couple make The House a home

By AMBROSIO AGUSTIN
Staff Reporter

For Will and Stephanie Collier, watching their career fields change gave the couple the motivation to strike out on their own and cook up a new future.

The Colliers owned and operated Catering in Burien, and also run The House Restaurant out of the same storefront.

Collier Catering had been in business since March 2008, but it wasn’t until late July 2009 that the once-vacant business space was completely renovated into a restaurant and was ready to serve four-course meals.

Will Collier, a former Marine Corps cook-turned country club chef, tried his hand in working with other restaurants, but found his niche in catering.

Stephanie Collier, a former nurse administrator, said she watched her field change so drastically in favor of insurance companies that she left her clinic in 2008 to help her husband with the business.

She said that she draws parallels between her former role as a nurse and her current role as a restaurateur.

“I love nurturing people and giving them a meaningful experience,” Collier said. The restaurant, their first, gave her another way to do just that.

“This place was vacant for a long time,” she said. “We bought it to have a storefront and form a catering.”

The dining room itself was once a plain white office space with ceiling tiles and fluorescent lighting. Collier hired a designer to overhaul the entire place.

And the designer threw a few ideas back and forth, ranging from a generic dining room to something akin to the interior of a coffee shop. It wasn’t until sometime later that one of the ideas they were throwing around stuck.

“The designer came back and said, ‘I’ve got a crazy idea. Why don’t we make the restaurant look like a house?’” Collier said.

The restaurant draws its name from the design concept.

Once the renovation was finished, she said that merging the catering business with the restaurant was seamless.

The once-spare storefront is now warmly lit, with dark woods throughout. From the leather couches near the window, a dominating arbor frames the dining area and the small exhibition kitchen where Chef Will and their son Taylor knock out prix fixe meals.

The House is small, seating 20-30 people comfortably, but for the fare, Collier said that it offers a big value.

For $25, guests are served a four-course meal. Soup and salad are made with in-season vegetables, and diners may choose from one of three entrées. This week, the menu features peppercorn steak, chicken marsala or Moroccan spiced chicken. Included in the $25 is a choice of three desserts.

The menu changes every two weeks. “I haven’t seen an item on the menu more than once,” Collier said.

While this may seem untraditional, the Colliers said that it helps to keep the menu interesting.

“We have a couple who love this place so much, that they got married in here,” she said.

Dining tables had to be moved, but the Colliers were able to fit an altar and the wedding party underneath the dining room’s arbor.

“Will and I have the gift of hospitality,” Collier said. “We want to make customers feel like they are guests in our home.”

“But,” Will said, chiming in, “there is just gotta remind them that they have to pay the bill.”

The House Restaurant is located at 643B SW 152nd St. in Burien.

“People have been flocking in. That is not the case anymore. “Not only are we seeing businesses looking to local chambers for networking opportunities we are seeing an increase of networking,” said Andrea Keikikala, executive director of the Kent Chamber of Commerce.

Some leaders are seeing major upswings in event attendance at the chamber of commerce and even overloads of people.

“We are seeing an increase in attendance at all of our events, not just those that are networking events,” said Bill Taylor, chief executive officer for the Renton Chamber of Commerce.

“Today, we have our State of the City Luncheon and are turning people away for the first time,” Taylor said. “It’s like people need to be around people for reassurance, human contact or ‘we’re all in it together’.”

Highline receives federal funds to boost job training

Highline is the recipient of $250,000 in federal funds that will be put toward boosting training opportunities for jobs in international trade.

Positions in the ITTL sector include managers, logistics, cargo and freight agents, shipping and receiving clerks, locomotive engineers, drivers and warehouse workers.

Washington state will need nearly 77,000 new employees in ITTL by 2018, according to estimates based on data from the state’s Employment Security Department.

Business

Census helps U.S. officials decide how to spend money

By JOSH BECKER
Staff Reporter

During the month of March, each household in Washington State will receive a form for the upcoming 2010 US Census.

The form consists of 10 questions on things such as how many people are living in your household, their gender and phone number.

Dining tables had to be moved, but the Colliers were able to fit an altar and the wedding party underneath the dining room’s arbor.

“Will and I have the gift of hospitality,” Collier said. “We want to make customers feel like they are guests in our home.”

“But,” Will said, chiming in, “there is just gotta remind them that they have to pay the bill.”

The House Restaurant is located at 643B SW 152nd St. in Burien.

“People have been flocking in. That is not the case anymore.

“Not only are we seeing businesses looking to local chambers for networking opportunities we are seeing an increase of networking,” said Andrea Keikikala, executive director of the Kent Chamber of Commerce.

Some leaders are seeing major upswings in event attendance at the chamber of commerce and even overloads of people.

“We are seeing an increase in attendance at all of our events, not just those that are networking events,” said Bill Taylor, chief executive officer for the Renton Chamber of Commerce.

“Today, we have our State of the City Luncheon and are turning people away for the first time,” Taylor said. “It’s like people need to be around people for reassurance, human contact or ‘we’re all in it together’.”

Highline receives federal funds to boost job training

Highline is the recipient of $250,000 in federal funds that will be put toward boosting training opportunities for jobs in international trade.

Positions in the ITTL sector include managers, logistics, cargo and freight agents, shipping and receiving clerks, locomotive engineers, drivers and warehouse workers.

Washington state will need nearly 77,000 new employees in ITTL by 2018, according to estimates based on data from the state’s Employment Security Department.
The annual Volunteer and Internship Fair returns to Highline next quarter.

The Volunteer and Internship Fair will be held on Tuesday, April 6th from 8:30 a.m. to 1:30 p.m. in the Student Union.

The fair is a student-organized event designed for students from Highline and Central Washington University-Des Moines to meet between 50 and 55 prospective employers as well as find volunteer positions to help their careers.

“It’s a great opportunity to match up students with people in the community,” said Diana Baker, student employment program specialist.

“Most of the technical degrees here require an internship or co-op and this is a great way to meet people that can help satisfy that requirement,” she said.

The fair has become very successful over the past few years with a lot of support from the community, Baker said.

“Registration opened up last Thursday and we already have 24 confirmed tables,” said Baker.

Donna Longwell, right, interviews Raymond Cardoza for an internship position at the Hospitality Tourism Internship Fair on Tuesday, March 9.
Lady T-Birds softball back in action

By CHRIS WELLS
Staff Reporter

The Lady T-Birds softball team returned to the diamond after taking a year off. On March 3, Highline traveled north to Shoreline where they lost 15-1. Although they lost the game, Highline Head Coach Gary Graf said it wasn’t that bad. “Admirable I guess,” he said. “The other team was a pretty powerful team. We were definitely out-gunned in the process, but it was OK. We made some errors, but that’s expected for a first-year team. So outright, we didn’t do badly at all.”

Highline outfielder Sarah Ferrin said that catching the ball is something they need to work on and improve. “A problem from the first game was dropped catches,” Ferrin said. “If the ball hits your glove, it needs to be caught. I dropped the ball once, so even I need to work on it.”

They were scheduled to play a double header, but the T-Birds’ only pitcher, Faith Baldwin, was injured in the first game after taking a line drive off of her shin and it was too swollen by the second game so Graf decided to forfeit.

Graf said even though no one really was impressive, he was pleased with how Baldwin performed while being injured.

“I don’t know if anything stood out other than our pitcher, who pitched 6 or 7 innings and took a pretty hard shot in the shin and still pitched through all of that,” Graf said. “So that was an admirable performance for doing what she had to do, especially for getting hit as hard as she got hit.”

Yesterday, the Lady T-Birds were scheduled to play their first home game of the season against Green River, but the game was canceled due to Baldwin still being injured and unable to pitch. She said it still hurts too much to pitch. “Well it’s been weak and my leg is still pretty swollen and bruised,” Baldwin said. “It feels better than expected, but it hurts to pitch on because it’s my planting foot.”

Baldwin, who is a freshman from Seattle Christian High School, said not having other pitchers on the team is not easy. “Being the only pitcher is hard because it’s a lot of pressure on one person, but I’ve been able to tough it out for the past five years and I get a lot of positive attitude from my teammates,” she said.

Beyond the added pressure for the pitcher, Ferrin, who is a freshman from Mt. Rainier High School, said that only having one pitcher can affect what the other team does against her. “It is hard to have only one pitcher,” Ferrin said. “If the other team gets her pitches and timing down, then they start hitting more and we don’t have anyone else to put in. And if she gets hurt, we don’t have a backup.”

Next up for Highline will be another away game against Edmonds on March 16. The game will be at Meadowdale Playfields No. 3 at 1:30.

So far this season Edmonds is 0-0, but they will be playing their first games this weekend. Last season they finished 1-35, with their only win coming against South Puget Sound. On the season they allowed 445 runs and scored just 105. They have 11 returning players for this year.

Ferrin defines all-around athlete at Highline

By TORY GORANSON
Staff Reporter

Although Sarah Ferrin’s first love is soccer, her passion for softball is growing. “I don’t really consider myself a pitcher,” Ferrin said.

Ferrin has played soccer since she was 5 years old, but didn’t begin playing softball until she arrived at Mt. Rainier High School, where she said her friends convinced her to try out. “They asked me to come out and be on the JV (junior varsity) team with them,” she said. “I ended up really liking it and I ended up getting on varsity.”

She also played for the Highline women’s soccer team, mostly playing midfield and part-time goalie for the Thunderbirds.

In softball she said that she enjoys playing in the outfield above anything else because she is most comfortable playing with grass beneath her.

Ferrin has a petite, yet athletic build. She sports an innocent smile and the typical pony-tail of a softball player. But even her smile cannot hide her competitive nature.

“I like to leave it all on the field. I hate to feel like I could have given more,” Ferrin said.

Head Coach Gary Graf thrust Ferrin into a leadership role by making her team captain. “She has willingly accepted the honor,” Graf said. “I think in high school, I was never a leader. I just listened to my captains,” Ferrin said. “When I came to Highline, I became more vocal and led practices. Gary [Graf] has also asked me to run drills.”

Graf said he believes the women heed the lessons that Ferrin taught. “She has taken the leadership role and she has constantly set the pace since then,” Graf said.

Although Ferrin admits she is not a naturally gifted softball player, her work ethic makes up for that. “I am a worker. I may not have the best mechanics or the best skills but I try really hard,” Ferrin said.

Aside from the sports that surround her life, Ferrin is also an active student at Highline. She recently transferred from Western Washington University to enter Highline to get her associate’s degree.

“I went to Western my freshman year of college but ended up coming back because I didn’t like it. I am majoring in psychology and I plan on transferring to Central Washington University after getting my AA from Highline.”

During her time at Western, Ferrin said she “didn’t play on the school’s team. [She] did intramurals instead.”

Arriving after a down year for the Highline’s softball program, Ferrin believes that the new team can bring back a winning atmosphere.

“I am hoping to bring the attraction back to Highline softball. We are trying to get a lot of new recruits and just build to get better in the future.”

“During the season, we just want to try and win every game,” she said.

Graf said that Ferrin’s passion for the program is genuine. She has already helped the team raise money and donated time to mend the team.

“She had the most donations from the softball auction. She is very involved and willing to help with whatever we need,” Graf said.

Aside from philosophy and education, Ferrin’s top goal for the upcoming season is something she has never accomplished. “I really want to hit a home run. I have never hit a home run before, whether it is out of the park or in. I just really want one.”
KENNEWICK, Wash. – Plagued by turnovers and a spotty free throw percentage, the Highline women’s basketball team went two and out at the NWAACC tournament for the second season in a row.

Highline finished tied for last place at the tournament with Edmonds, Bellevue, and Lower Columbia.

Highly favored Walla Walla claimed the NWAACC title over league rivals Yakima Valley, 75-72, in the championship game on Tuesday, March 9.

In their first game of the contest on Saturday, March 6, the Lady T-Birds went head to head against the No. 1 seeded Skagit Valley Cardinals of the North Division.

Both the T-Birds and Cardinals gave it their all in a double overtime game where the Cardinals came out stronger than they and her fellow players expected for a fourth seed.

“They came out strong and we were surprised. No matter if it was Highline or Lane, it was a good game. They played their hearts out and so did we,” Ruscha said.

However, Skagit Valley Head Coach Steve Epperson said he was not surprised with Highline’s talent and effort.

“I knew they were good. From watching the other games today with the West versus the North, they were all good games. Amber [Rowe Mosley] does a great job coaching them and they came to play and played well,” Epperson said.

“The one thing we were kind of banking on was that they wouldn’t shoot well from the outside and in the first half they were hot from the three-point line and that wasn’t something we had planned on. To their credit, they played really hard and we are lucky to eke it out.”

Highline only shot 7 of 23 from beyond the arc, but the T-Birds had only made two three-point shots in the past two games.

Even though the game was a tough loss, Highline players and coaches said it was the greatest game they’ve played all season.

“There was so much heart, they definitely left it all out on the court,” Kim Morkert-Burling said. “We freaked out early and made some turnovers,” Rowe said.

“I had to call a couple of time outs just to get into our press breaker and say to stay calm and collected. But that was the most frustrating part because that allowed them to get back into the game and make a run.”

Highline had 19 turnovers in the game and averaged 25 per game in league play this season.

Early in the second half, the Lady T-Birds went through a scoring drought and after Skagit’s Brandi Benner hit back to back threes, the Cardinals took the lead, 43-41.

Later on, Highline’s Jaki Cann-Soushek missed the free throw which would have given the Lady T-Birds the lead.

In the second overtime, the Lady T-Birds had numerous opportunities to score, but they couldn’t get any shots to fall, going 1 for 11 from the field. In the end, Skagit Valley sealed the victory, 65-62.

After the game, Rowe told her team that her only complaint was they were 7-20 from the stripe.

“It’s killed us all year,” she said.

“We do so many free throws in practice, we run when we don’t make 70 percent and to go out and shoot 35 [percent] in that close of a game, that’s your ballgame. That’s a heartbreaker and they’re supposed to be free, they should be easy!”

One of the factors which kept Highline in the game so long was its ability to score second-chance points. Highline had 21 compared to 12 from Skagit Valley.

Rowe said getting a lot of rebounds were a key to Highline’s offense.

“That team [Skagit Valley] is a great rebounding team and I said, ‘If you can out-rebound them, I think we’ll be OK.’ We ended up tying them on the total rebounds, we had 29 offensive rebounds and we held it to three.”

The loss knocked Highline into the loser’s bracket, and the team’s second game was against the third seed from the east, Spokane, in the re-embed game
I know we can make it back to back adds a lot to our team. And going to be very strong next year and as someone that could not have seen it from two different perspectives. That could be that thing that Coach Amber Rowe said.

I never have had a three-year experience. And non back will make a big difference.

Patrice has been practicing with us the whole time. I think they’re going to use that season and that need to be that thing that we need to overcome this two and out kind of game. They have not only us two different perspectives now as a player and as someone that could not play. I think our leadership is going to be very strong next year.

“Having Dani and Patrice back adds a lot to our team. And I know we can make it back to NWAACs,” Hitch said.

The returning freshmen for next season include Hitch, Jessica Morgan, Nicoletta Tsosie, Bree Morkert-Burling, Shalece Butler-Woods and Leini Tuku-tauu.

Every freshman received playing time at the tournament and every player scored at least 1 point.

Rowe said being able to bring back sophomores next season with NWAAC experience was invaluable. “It’s huge. I mean you saw it yesterday [Skagit game] in the sophomores how calm they were because they had been here before and it’s not a big deal. So it’s huge for them to be able to get some time on the court.”

Although the team is excited for their chances next season, that doesn’t mean they didn’t take going two and out this season hard. It was especially difficult for the sophomores. “Overall, I don’t feel like we played up to our potential. We had some highs and lows as a team,” Highline sophomore forward Lauren Hill said.

“Our last game against Spokane was the epitome of our entire season, too many turnovers,” Hill said. “It felt like we played a great game against Skagit though, we did what Rowe wanted us to do and played with a lot of heart. It was a tough loss, but we left it all on the court and that’s all anyone can ask for.”

Hill also said going two and out at NWAACs for the second season in a row was hard to stomach. “For us to go two and out again was so disappointing. It was a lot harder for me and I’m sure all the other sophomores as well this time around because we all know this was our last time playing together and wearing that Highline jersey,” she said.

“It [the final minutes against Spokane] was really overwhelming. It was hard to keep all our emotions in towards the end of the game. Coach Rowe put the five sophomores in to finish the game together with about two minutes left, and at that point, we knew it was all over. It was really hard to keep those emotions in.”

Even though the season didn’t turn out how they’d hoped, Hill said she was pleased with the effort and heart the team displayed throughout the tournament. “I’m proud of my team though, we played hard. Things just didn’t turn out the way we had hoped for. Like coach Rowe said, ‘Basketball’s just a game, there are things in life a lot more important.’”

“We have grown so close to each other and have really come a long way. Yeah we went two and out, but it’s such an accomplishment to even make it to the NWAAC Tournament,” Hill said.

“A lot of teams sat home this weekend,” she said. “We played as hard as we could and left it all out on the court. We have nothing to be ashamed of.”

Highline’s players were grateful with the opportunity to even play in the tournament. They gave the credit to their coaches. “Our coaches are so awesome. They go above and beyond for us, Hill said. “All they want for us is to be successful, not only in basketball, but in life.

“The passion they have for the game is what makes me want to play my heart out for them,” Hill said. “If the season didn’t turn out how they had planned either, but we stuck with us through thick and thin. We have experienced a lot together.”

Hill said that if she could do it all again, she wouldn’t change a thing. “Highline has a great program and great people in it. What more can you ask for?”

Coach Rowe shows her frustration during the Spokane game.

Chris Wells/THUNDERWORD

Highline’s Nicoletta Tsosie and Shalece Butler-Woods surround Spokane’s Shallyn Jackson.

Chris Wells/THUNDERWORD

Amber Rowe

NWAACs

continued from page 12

the following day, March 7, at 10 p.m.

Before the game, Rowe said the sophomores would have to take charge and it was up to them to pull out a win. “I think it’s going to rely on our sophomores a lot. They’ve been here, they didn’t want to lose, they don’t want to go home,” she said.

Rowe also said although the team would be running on fumes, they would just have to play through it. “You don’t get in shape to play with your heart. We’ll be OK, we’re going to go down fighting and that’s all you can ask.”

Against Spokane, signs of fatigue and stress were evident after playing through two overtimes the night before. The Sasquatch left their oversized footprint on the Lady T-Birds, winning handily, 69-55.

Highline was able to keep pace with Spokane early in the game, but bad passing, which led to 22 turnovers, and shooting only 41 percent, ultimately led to the T-Birds’ downfall.

McCann-Soushek got into foul trouble early, with three in the first half.

“I just said she [Tera] had to calm down. She was losing it. The emotion of this game for the sophomores, they couldn’t get past it. They knew in the back of their heads that this could be it, it’s win or go home, this could be our last game at Highline and they could just not get past that emotion of it I guess,” Rowe said.

She had tears in her eyes and they were just so high strung because of that emotion and it showed. We were bobb ling balls and throwing balls all over the gym like we’d been eating Wheaties. So I just said, “you have to calm down, your freaking out.”

Spokane’s Meghan Eisenmann and Brooke Randall tore up the Lady T-Birds defense, with 22 and 19 points respectively. Rowe said she couldn’t figure out why Eisenmann and Randall were so hard to guard.

“Wish I knew. Those were two girls and I knew that going in. They take 50-60 percent of their shots and the game plan was to every time they caught it, collapse on them and make sure they couldn’t get their shots up. We just didn’t follow the game plan and didn’t get it done.”

The Lady T-Birds will get another crack at making it to the tourney next season when women’s basketball starts up in October.
Forty winks is the name of the game

By SHANNON SEVERID
Staff Reporter

When you can’t see past the bags under your eyes, it may be time to rethink your sleep hygiene, experts say.

One of the biggest problems in society is people not getting enough sleep, said Dr. Vishesh Kapur, medical director of the University of Washington Medicine’s Sleep Institute.

“The body has a need to get sleep,” Kapur said.

Your body has a 24-hour rhythm, called the circadian rhythm, which tells your body when to sleep and when to be awake, he said.

“A circadian rhythm is your body’s internal clock that influences your body temperature, sleepiness and wakefulness, along with various other hormonal changes,” said David Izbicki, registered polysomnographic technologist and sleep center supervisor at Valley Medical Center.

While factors such as exercise, hormones or medication can affect your rhythm, “the main cue that is used to regulate one’s circadian rhythm is sunlight,” he said.

“During your last couple of hours of sleep your body temperature begins to rise to increase the feeling of alertness,” Izbicki said. “In contrast, in the evening your body temperature decreases to prepare for sleep.”

Your body goes through many cycles of sleep each night, Kapur said.

“Generally, you complete a cycle of sleep every 90 to 120 minutes,” Izbicki said.

“As you are asleep you go through the various stages including REM, rapid eye movement, sleep, which is the most active phase of sleep. REM recharges your mind and body, he said.

“A full seven to eight hours of solid sleep is necessary to maintain a level of energy and alertness throughout the entire day,” Izbicki said.

Over the course of each day, our bodies work up a debt of sleep which we need to pay through sleeping, Kapur said. When this debt is not paid with seven to nine hours of sleep each day, it leads to sleep deprivation.

One of the signs that point to sleep deprivation is when people have more time to sleep, they will sleep longer than they would on the weekdays, he said.

Sleep deprivation has many ill effects, Kapur said.

“A lack of sleep will lead to a difficulty in learning, weight gain, high blood pressure and a lack of alertness during the day,” Kapur said.

However, there are some ways to improve sleep hygiene, experts say.

“Maintain a regular wake and sleep time, even on your days off,” Izbicki said.

“Make sure you have a comfortable bed in a cool dark room and use your bedroom only for sleep and sex,” he said.

Commit to regular exercise, Kapur said.

“Only go to bed when you are drowsy,” Izbicki said.

“If you are unable to fall asleep, leave the room and engage in a quiet activity returning only when you are drowsy,” Kapur said.

Things to avoid which will improve sleep hygiene include caffeine within four to six hours of going to sleep as it stimulates the brain; alcohol within four hours of sleep as it causes frequent awakenings during the night; and stress, which makes it difficult for the brain to relax, Izbicki said.

Naps are a debatable topic, he said.

“If your sleep is restorative and you are well rested, you should not need to nap during the day,” Izbicki said.

Some studies have concluded that a nap between 15 to 90 minutes is beneficial to improve brain function, he said.

“Napping must be done, it should be done in the early afternoon to avoid a false stimulation of the brain that could make sleep onset more difficult at night,” Izbicki said.

If you would like to gain more sleep by going to bed earlier, increase the time by increments of no more than 15 minutes at a time, Kapur said.

“You can’t shift your circadian rhythm rapidly,” he said. If you want get up earlier in the morning and increase your alertness, “expose yourself to a lot of light,” Kapur said. “This will also make you want to go to bed earlier.”

Remember that your circadian rhythm will take a while to adjust to changes in your sleep hygiene, Izbicki said.

“It takes the body time to adjust to these changes in wake and sleep times,” he said.

“Drastic changes made all at once can cause sleep disruptions.”

Wellness exams are key to women’s good health

By SARA ROSARIO
Staff Reporter

Reproductive health is not something many women talk about.

“I feel uncomfortable discussing my body with anyone, even a doctor,” said a Highline student who did not wish to be named.

“I’m 24 years old and have only been to the gynecologist once,” said another Highline student who did not wish to be named.

But health experts say your reproductive health is something you should discuss with your women’s health care provider on a regular basis.

“Young women tend to not go as frequently and only when they have a problem,” said Dr. Zackary Kent, from Obstetrics and Family Medicine at Swedish Medical Center.

“But this sometimes means they have missed opportunities to prevent problems before they arise.”

“Seeing a women’s health care provider is important both when you are healthy and when you are sick. There are many illnesses that can be prevented if the proper attention is paid early on,” Kent said.

Although it’s an uncomfortable subject, experts say women’s reproductive health requires important maintenance that every woman should know.

Women 21 years and older should have a Pap test done every two years, according to the American College of Obstetrics and Gynecology.

Having a Pap test done every two years is an adjustment from the annual screening most women have been used to.

A Pap test, also referred to as a Pap smear or cervical cytology screening, is a test that has the ability to detect abnormal cells in the cervix. These abnormal cells can cause cervical cancer.

A Pap test enables your women’s health care provider to diagnose and treat any abnormalities early on.

All types of cervical cancer are caused by human papillomavirus (HPV). HPV is easily spread by skin-to-skin contact during sexual activity.

There are many types of HPV.

Some types cause cervical cancer, other types can cause genital warts. HPV is a relatively common virus that most people will contract some time in their lives. For most who come in contact with the virus, it will eventually go away on its own. Unfortunately, especially right after infection, there are no signs or symptoms that you have contracted HPV.

According to the Center for Disease Control and Prevention, cervical cancer is not only common, it is highly preventable and highly treatable when found early on. This is why getting a Pap test and seeing a doctor regularly is so important.

In a recent study, done for the Vagisil Women’s Health Center, 17 percent of women do not visit their women’s health care provider annually. Of the women who do not see a doctor annually, 41 percent said that, since they are seemingly healthy, they don’t think an annual visit or Pap test is really necessary.

Studies by the American College of Obstetrics and Gynecology found that the risk of cervical cancer is the same in women who have a Pap test every two years as the women who have an annual screening.

However, this doesn’t mean that you should only see a women’s health care provider every two years. Seeing a women’s health care provider can have many benefits, experts say.

“Aside from preventative Please see Gynecology, page 15
Old medicines should go after they expire, experts say

By SHANNON SEVEREID
Staff Reporter

Spring is the perfect opportunity to cleanse and restock your medicine cabinet. Rid your cabinet of expired prescriptions and over-the-counter medications.

“It is essential not to keep old medications lingering in the cabinet,” said Marta Carpenter, a nursing instructor at Highline.

“Not only can they become less effective over time, but in some cases can chemically change and become dangerous.”

Most prescriptions and over-the-counter medications usually have a shelf life of only one year, Carpenter said.

“So it’s important to pay attention to the expiration dates on all medications,” she said.

Disposing of prescriptions properly is very important, said Dr. Linda Petter, Highline alumna and family practitioner.

“Do not flush out-dated medications down the toilet or throw them out in the garbage,” she said.

“Expired medication is considered hazardous waste and can get into the soil, harming the environment.”

Contact your doctor’s office, pharmacist or local hazardous waste facility to see if they have programs and receptacles to properly dispose of your medications for you, she said.

Also, consider donating out-dated medication to organizations that send them to third world countries, such as Africa.

The New York-based Starfish Project, is such an organization. Visit www.thestarfishproject.org or call 212-749-7164 for more information.

Another thing to remember is keeping all medications out of the reach of children, she said.

“Lock them up or keep them high and out of reach,” Petter said.

Your medicine cabinet should be personalized to your health needs with items readily available for any need or emergency.

Petter recommends seven things be kept in your medicine cabinet at all times.

• A thermometer is a necessary tool to check for fevers. Everyone should know that 98.6 degrees Fahrenheit is the standard for a normal temperature, she said.

• Acetaminophen, which has two purposes.

• Tylenol is a fever reducer and also relieves pain,” she said.

• An anti-inflammatory, such as ibuprofen, should also be kept on hand.

This reduces inflammation and can be taken simultaneously with Tylenol, Petter said.

• Robitussin DM, or a store brand, for coughs.

“I recommend this to all of my patients because it is a cough suppressant and a mucolytic, which helps break mucous up and helps you sleep,” she said.

• Sudafed, or generic pseudoephedrine hydrochloride, which relieves sinus and nasal congestion.

• Affrin nasal spray, which opens nasal passageways and helps you breathe within 20 to 30 minutes of application, she said.

• Chloraseptic Cepacol, or generic phenol, is a topical anesthetic that numbs a sore throat, so you can talk and eat without pain, Petter said. She recommends using lozenges during the day and a spray at night.

Using generics is an inexpensive and effective way to treat common maladies, she said.

Be sure any medications you keep don’t counteract or cause bad reactions to any prescriptions you are currently taking, Petter said.

Your medicine cabinet should also be stocked with first-aid supplies, from ace bandages for sprains to dressings for wounds.

“Gauze pads, alcohol pads or wipes, hydrocortisone, medical tape, band-aids, automatic ice packs and ace wraps should all be kept in stock,” Petter said.

Aspirin should also be stocked in your first-aid kit, she said.

“In the event that someone is having a heart attack, it is the first line of treatment, as it thins the blood and can potentially save a life,” Petter said.

Several natural substances are available to replace some conventional medications.

“Calcium and magnesium supplements help menstrual cramps,” said Dr. Molly Brig, a naturopathic doctor and biology instructor at Highline.

You can soothe sore muscles with a bath in Epsom salts or by rubbing Arnica gel or cream on your skin.

Headaches can be abated by peppermint pepper oil on your temples, Brig said.

Capsaicin cream used topically will calm inflamed joints from arthritis pain, she said.

Your medicine cabinet should also be organized, so that you can find items easily without having to scrounge around for your missing box of band-aids, antibacterial ointment or prescription medication.

Medications should be kept in a clean, dry room at room temperature, Petter said.

“Keep medications in their own bottle—never mix,” she said.

If medications are mixed, you may take something meant for someone else, she said.

“Never take someone else’s medications there could be adverse reactions that interact with what you’re taking,” Petter said.

Gynecology
continued from page 14

There are resources that may be available that women are unaware of—for instance, free prenatal options,” he said.

If you do not already have a women’s health care provider, a few options are available.

The UW Medicine Clinic, located on 2212 Pacific Highway S., is one option.

UW Medicine provides advanced health care; clinic services that include, but are not limited to, women’s health care.

Hours are Monday, Tuesday and Thursday, 7:30 a.m. to 7 p.m.; Wednesday, 7:30 a.m. to 6 p.m.; Friday, 7:30 a.m. to 5:30 p.m.; and Saturday from 8 a.m. to 4 p.m. Call 206-470-8880 for an appointment.

A second option is the Kent Valley Health Center, located at 10056 SE 240th Suite A. The clinic is operated by Planned Parenthood, and provides women’s health care services.

Services include Pap tests and wellness exams, available during business hours by appointment.

Hours are Monday, Wednesday and Thursday, 9:30 a.m. until 6 p.m.; Tuesday, 10 a.m. until 6:30 p.m.; and Friday from 8:30 a.m. until 5 p.m. Call 253-854-2343 for an appointment.

If you do not currently have health insurance, you may apply for a state-funded program or a lower-fee scale at the Kent Valley Health Center.

To apply for the state-funded program or lower-fee scale you need to bring your birth certificate, photo I.D., a pay stub and proof of residence.

Having an annual exam with your women’s health care provider is important whether you think you are healthy or ill.

“These wellness exams can lead to healthier lives in the long run,” Kent said.

You may qualify for FREE BIRTH CONTROL for one full year through Take Charge

Take Charge is a Washington State Medicaid program for patients without insurance and subject to strict federal guidelines.

Learn if you qualify at www.ppgw.org/takecharge

Services covered include:
• All birth control methods including: birth control pill, patch, implant, vaginal ring, shot, IUD, condoms and sterilization (vasectomy or tubal ligation)
• Annual exam and birth control methods education
• Testing for Chlamydia and Gonorrhea during the annual exam (for women 25 and younger)
• Emergency contraception

(You will apply for services that are not eligible for Medicaid funding)

Plan Parenthood of the Great Northwest
800.230.PLAN (7526) or www.pggw.org

To talk to us in confidence, with confidence.

Plan Parenthood is a 501(c)(3) non-profit organization. Receipts are tax-deductible to the extent allowed by law. Plan Parenthood is a registered trademark of Planned Parenthood Federation of America, Inc. Home Plan Parenthood® is the trade name for Planned Parenthood of the Great Northwest.
By KANDI O’ CARLSON  
Staff Reporter

Saint Patrick’s Day is a day to look forward to with the smell of corned beef in the air.

The smell begins filling my house early in the morning because it takes all day to make the perfect brisket.

I am about to share with you a family secret—slow cooking your brisket all day makes the meat “melt-in-your-mouth” good.

Most recipes instruct you to cook the corned beef one hour per pound. This is meant only to keep you safe from bacteria. The flavors do not even begin to penetrate the meat until several hours have passed.

Of course, we all have things to do during the day and the thought of cooking something all day seems an impossible task in the middle of the week. It is not; this is what is so wonderful about St. Patrick’s Day. The dinner can wait until the weekend.

The day itself is meant to honor St. Patrick. There isn’t any requirement that states you must stop everything you are doing to make dinner for your friends and family. So, save yourself the stress and wait until the weekend.

Besides, if you wait it means that you can have a good Irish beer or two with dinner with the worry of dealing with a hangover at work.

To begin, you will need to purchase the brisket or briskets for this wonderful meal you about to make.

There are two factors that go into this purchase: number of guests and fat content. I estimate that each one of my guests will eat one pound of meat. This calculation allows for leftovers.

Leftovers are a must with this meal because really there isn’t anything better than a warm corned beef sandwich the day after having slaved in the kitchen. In some ways, it is like a mini-Thanksgiving.

Fat content is important because this is where a lot of your flavor comes from. You are looking for a brisket that has a layer of fat on one side which covers the entire length and width of the brisket.

For all those health minded people out there, it is OK. The fat can and ideally should be trimmed off before serving. You still have a lot of flavor but without the hard arteries.

I recommend that you check with your local butcher. It may cost a little more than the grocery store but it is worth it. The butcher often adds their own seasoning blend to the brisket.

This may be a more cost effective choice if you do not have the seasoning on hand.

The seasoning is what makes the flavor of the brisket really shine. The following recipe is what I do. I encourage you to experiment and add your own favorite seasonings to the pot.

Prep time: 30 minutes  
Cooking time: 12 hours  
Servings: 6

You will need:  
6 pounds corned beef brisket with spice packet  
20 small red potatoes  
10 carrots, peeled and quartered  
2 large heads cabbage, cut into small wedges  
1 pound carrots, peeled  
1 stalk celery, thinly sliced  
8 peppercorns  
6 cloves garlic, whole peeled  
4-5 parsnips  
2 bay leaves  
3 whole cloves  
1/2 tsp. dry bay seasoning  
1/4 tsp. black pepper, ground

Begin by getting out a large pot. You will need at least an 8-quart pot. That is the absolute smallest you can use. It is important that there is room enough for the brisket to breathe.

You can check to see if your pot is large enough by placing the brisket inside and adding enough water to cover it. Do not add anything else yet. If your brisket floats and does not touch the sides or the bottom, your pot is large enough. This is important because you could end up burning the brisket.

Don’t dump out that water—you need it. This test is great because you need to fill the pot with water anyway. No time or effort is wasted.

Next, add all your seasonings. The odds are good that your brisket came with a small packet of seasonings—add them too. Adding it will only help.

It is time to get cooking.

Place the pot over medium heat and allow it to come to a rolling boil. The time that this will take depends on your stove and the size of the brisket you buy. So, keep an eye on it.

Once it comes to a boil, turn the heat down to simmer. On most stoves this is a “3” on the dial. What you are looking for is very slow movement in the water.

Allow to simmer two hours per pound. This is twice the recommended cooking time and the slow simmer reflects this. Cover the pot with aluminum foil or a lid, but be sure to leave some of the pot uncovered to allow steam to escape.

You will need to add water throughout the cooking time in order to keep the brisket covered with water. For the most part, you will need to do this about once an hour. It is important to add warm water and add it slowly. You do not want to burn yourself.

That is it. Now you can sit and relax with family and friends while enjoying the aroma of cooking beef.

Finally, after many hours of cooking you notice that your brisket is easily separated with a fork. This means that it is done cooking.

Next, carefully remove the brisket from the pot and place it on a serving dish, cover with foil and place in an unheated oven.

Now you can begin your side dishes. First, place your pot, which is still full of the broth from cooking the brisket, back on the burner and add your potatoes, carrots, and celery.

Next, turn the heat up to medium-high and set the timer for 30 minutes. You should stir your ingredients after 15 minutes.

Once the timer goes off, you can add your cabbage and reset the timer for 30 minutes. Again, be sure to stir your ingredients after 15 minutes.

After the 30 minutes has passed, check to see if your potatoes are done by sticking a fork in one. If the fork comes out easily, they are done.

Cabbage is more subjective. Personally, I like my cabbage to have some crisp left in it when it is served.

This meal is best served in bowls because it can be a bit messy and some people like to have some of the broth served with their meal.

Be careful because you might just find that your family has designated you the new family cook.

Now you need to know what to do with your leftovers.

A great dish that you can make for breakfast is hash. All you need is; chopped corned beef, diced potatoes and eggs.

Begin by boiling potatoes that are cooked just until tender. Do not cook them all the way through. Next, remove them from heat and run cold water over them. Once they are completely cooled, dice into small pieces.

In a heavy skillet, add three tablespoons of oil and heat over medium heat for five minutes. Next, add your potatoes. Fry, stirring regularly. Once they begin to turn brown, add the chopped corned beef to the skillet. Continue frying until both the potatoes and the corned beef are done.

Serve with your favorite style of cooked eggs. Personally, I add mixed eggs directly to the skillet and mix all together. This is a true “country-style” breakfast.

Another option for your leftovers is an open-faced sandwich. Open-faced sandwiches are great for a rainy day because they warm you up on the inside.

Begin by selecting a hearty bread. Texas Toast, is a brand that can be found in your local grocery store. It is thick and works perfectly for this sandwich.

Toast a piece of bread, add mayonnaise, corned beef and cover with gravy. Don’t bother getting fancy with the gravy. The packets work just fine for this recipe.

Tip of the week: Remember to wear your green. Those green underwear don’t count either. Happy St. Patty’s Day.
Weekly weather forecast

<table>
<thead>
<tr>
<th>Day</th>
<th>Weather</th>
<th>High</th>
<th>Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Rain High: 37°</td>
<td>Low: 25°</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Rain High: 35°</td>
<td>Low: 23°</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>Few Showers</td>
<td>High: 39°</td>
<td>Low: 27°</td>
</tr>
<tr>
<td>Sunday</td>
<td>Cloudy</td>
<td>High: 59°</td>
<td>Low: 44°</td>
</tr>
<tr>
<td>Monday</td>
<td>Few Showers</td>
<td>High: 39°</td>
<td>Low: 19°</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Showers</td>
<td>High: 60°</td>
<td>Low: 26°</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Showers</td>
<td>High: 60°</td>
<td>Low: 40°</td>
</tr>
</tbody>
</table>

Legislature balances budget before leaving Olympia

By CAITLYN STARKEY  Staff Reporter

The legislative session draws to a close and a decision must be made about the state budget. Today, the Washington state Senate and House of Representatives adjourn until next January.

Before they can leave Olympia, the same version of a state budget must pass through both the House and the Senate. The governor then has five days to sign it into law.

The idea of a special session is becoming more of reality.

Democrats say that it will be incredibly hard to pass the budget on time.

But minority members such as State Rep. Skip Priest, R-N. Federal Way, believe that the Democrats will end on time, because of their 31-18 majority in the Senate, 63-35 majority in the House and the governor’s mansion.

No matter when they end, the budget must be passed. There are currently three proposed plans, one from the House, one from the Senate and one from the governor.

Because of the legislative system of government, the governor’s budget is not being directly debated on the floor instead, elements of it have been added into the two other proposals.

Each plan has four general parts: transfers including revenue from the Rainy Day Fund, federal matching funds, spending cuts and revenue increases.

The Rainy Day Fund is basically $1 billion in state savings, which is meant to be used for state emergencies or downturns in the economy.

The House plan features $465 million in transfers, $641 million in federal matching funds, $1.25 billion in cuts and $857 million in new revenue.

The Senate plan has $498 million in transfers, $838 million in cuts, and $918 million in new revenue.

The tax packages are the new revenue portion of the proposal—$857 million for the House and $918 million for Senate.

Republicans are claiming that the Senate’s tax increase package is the largest in state history.

It is true that in blunt dollar amounts it is the largest, but when inflation is taken into account, the 1993 tax package was the largest. Democrats were in the majority then too.

“If you took the $650 million increase enacted in 1993 and adjusted it for inflation using the implicit price inflator, it would equal at least $900 million for the upcoming biennium,” said Mike Gowerylow, from the Washington State Department of Revenue.

To be exact, $650 million in 1993 would be equivalent to $952,993,265.44 in 2009, making the tax package of 1993 the largest in state history when adjusted to modern terms.

Both this huge tax increase package, when looked at in terms of the personal income tax percentage, it is the lowest it has been in 30 years. A general way to measure state taxes is by the percentage of personal income number; this is the average amount of personal income divided by the average amount of taxes.

According to this calculation from the Department of Revenue, 1990 had the highest percentage, 8.03 percent, and it has steadily been decreasing since then and is currently at 5.58 percent.

The Senate’s tax package would increase 0.263 percent making the personal income tax percentage 5.845 percent in 2010.

When looked at nationwide, Washington is midrange, rank 26th in the nation for overall percentage of state and local tax burden in 2009.

The other way to balance the state budget is through cuts.

The Senate’s proposed plan would cut higher education by $118 million, including $46 million for community and technical colleges.

Clearly, Highline will be facing cuts, but the exact number is still unsure. The total cut amount must be divided across all 34 community and technical colleges in the state.

These cuts would be on top of an expected 7 percent tuition increase for the 2010-2011 school year.

Legislative wrap-up:

• House Bill 498 would allow the appointment of a student member to community colleges’ board of trustees. The measure passed the House, 74-14 and was referred to the Senate’s Committee on Higher Education and Workforce Development on Feb. 24. No action has taken place since late February.

• Highline’s staff is at less risk of being furloughed for 16 days of the year. This would not affect teachers at Highline but it would affect staff. Senate Bill 6503 that would furlough, mandatory vacation without pay, all state employees has passed the Senate, 27-17.

Pre-college level math classes are being revised

By DAN JURPICK  Staff Reporter

Students will be able to meet their math goals sooner with a new program being developed by Highline’s Math Department.

Math 91 classes will satisfy the pre-requisite for most college level courses beginning this summer.

Until recently, students had to take Math 81, Math 91 and Math 97 as part of the pre-college-level program needed to reach all college-level math. Highline’s new pre-college math will be shortened by one class, but will integrate subject matter from two classes into one.

“The new 91 has topics from the old 91 and 97, I would say more from 97,” said Aaron Warnock, the Math Department coordinator.

“The new 91 is significantly different from the current 91.”

Under the new course, students will begin with Math 81, progresses to Math 91, and then students can enter all college-level math except pre-calculus and business calculus math, which need the new Math 98 as a pre-requisite.

“One of the things we’re excited about [is] that a student can complete their math in one year, even if they enter at Math 81,” Warnock said, making the sequence more achievable. The new curriculum for pre-college math will make it easier for students to reach the variety of college-level courses offered, dependent upon their majors or selected career paths.

Highline’s math course is changing to meet the needs of not just the college pre-requisites, but daily needs.

“Actual methods and motivation are changing to be more applicable to everyday life and other classes” at Highline, Warnock said.

The overhaul of Highline’s current pre-college math curriculum is part of a change in its teaching process, with the course numbers also changing to mirror reading and writing (English).

“The teaching itself is being made more relevant and applicable,” Warnock said.

Another reason for the change in program is to make the math more useful for students but still prepare them for college-level math. Learning things such as how much paint is needed for a house and reading graphs in newspapers are some of the things students will take with them after the pre-college math program.

“They’re relevant and meaningful, using real-world applications with emphasis on the student attributes,” said Warnock.

Incorporated into the new curriculum will be knowledge that will better prepare Highline’s students for higher level math.

That includes: “paying attention to detail, taking responsibility for their own learning, demonstrating intellectual engagement and persevering through time-consuming and complex tasks,” Warnock said.

“Two sections of Math 97 will be offered in the fall for any student trying to finish the current track, and then it goes away,” he said. “To get to college level math, you need the old 97, or the new 91.”

The new Math 91 begins this spring quarter. Math 91 will start in the summer, and Math 98 is scheduled to start this fall quarter.

“We’re really excited about it.”
Enrich a child’s life and your resume

By ALIDA LINAVAT
Staff Reporter

Big Brothers Big Sisters is a program that is looking for more volunteers to help mentor children around the Puget Sound.

Big Brothers Big Sisters is a community – mentoring service for people of all ages and has locations all around the area in cities including Kent, Auburn, Federal Way and Tacoma.

Currently, Big Brothers Big Sisters is looking for more volunteers from Highline to mentor children around the community who may come from single-parent homes or children who are not getting enough attention at home.

By agreeing to mentor a child, not only are you changing a child’s life, but you will grow, as said, Veronica Abraham, Big Brothers Big Sisters community recruitment coordinator.

It will also help students who are planning to transfer to a four-year university because many of universities look for community service hours.

There are many children waiting to be matched with a mentor and currently there are no mentors from Highline.

The reason Big Brothers Big Sisters is looking for more students is so the children can relate to someone better and feel like they are understood.

Signing up is easy to do. Go to www.bbbsp.org and fill out an application. They do a background check, and call you to schedule an interview so they can match you up with the right child.

After you are assigned a child, you will be called a Big and the child you get matched up with will be called your Little.

Previous Big Jamie Campbell and his Little, Jarrett Gifford were paired up in August of 1999 and now Jarrett is 17 years old. They still keep in touch and find time to see each other.

“Hard to pick one thing, but overall it’s just been a pleasure to see him grow up and know that I’ve had a part in shaping who he is,” Campbell said.

“I value their friendship and Jamie’s commitment to Jarrett,” Lynda Gifford, Jarrett’s mother said.

Many students are busy with school and have to work right after or have other commitments, but you only have to meet with your Little a minimum of two to four hours a month and are committed for just one year.

Talk to your Little’s family about your schedule and they can be very flexible.

Activities are not limited when you become a Big. You can do anything from going to the movies to just going to the park after school.

You don’t have to worry about money, the Little’s parent will usually contribute on their child’s behalf.

If you are interested, intern-ship volunteer positions are open for students to sign up.

One of the positions would entitle you to do community engagement activities such as setting up booths or table events to help recruit more volunteers.

“It’s a little time, but can make a big difference,” Abraham said.

You get a chance to experience relationship building, and you get to show how responsible and committed you are by taking something on for a year, Abraham said.

“Our program helps improve relationships our Littles have with others and also decreases violent acts in a child,” Abraham said.

According to adult Littles 81 percent said that their Bigs made them feel better about themselves.

“We are in need of more volunteers, especially males. There are a lot of children waiting for a mentor,” Abraham said.

So when you ask yourself whether you should sign up for this program or if it’s really worth it, think of the life that you are changing and the children, said Rosalie Duryee, marketing coordinator of Big Brothers Big Sisters.

If you are interested in joining you can contact Veronica Abraham on her cell (206)458-0208 or her email veronica.abraham@bbbsp.org

Des Moines Elementary races to make a difference

By ALIDA LINAVAT
Staff Reporter

Des Moines Elementary’s cross country team invites you to a fundraiser run.

Mick Kelly’s Irish Pub in Burien presents the Cove to Clover Fun Run.

The proceeds for this event will go to elementary schools in the Highline School District and the Highline Area Food Banks.

The one mile run will begin at St. Francis Church in Burien and the three mile run will begin at the Cove in Normandy Park.

The finish line for both will be at Mick Kelly’s Irish Pub in Burien’s Towne Square.

Registration with Des Moines Elementary will benefit the school with $5 for every attendee.

The school with the most participants wins $1,500.

If Des Moines Elementary wins, they will donate half of the proceeds to the people of Haiti.

“I am so inspired by this group of kids. They work hard, keep it fun, and are always thinking of others,” said Heidi Hanson, head coach of Des Moines Elementary’s Cross Country team.

This whole fundraiser was thought up during one of our Thursday after-school runs, and they have worked very hard to make it a success.

“This should remind us all to never underestimate the positive changes a group of children can make.”

“I’m happy to be on the cross country team because I have a lot of fun, and now I like the team even more because we’re helping Haiti,” said forth grader Gavin Hell, a member of Des Moines Elementary cross country.

The run is being held on March 14 at 1 p.m. and you can either run one or three miles. The cost is $25 for the one mile run and $30 for the three mile run.

Everyone is invited to participate and if you don’t want to run you can walk.

There will be live bands, free hot dogs, root beer and free childcare so everyone can run.

To register for this event, go to www.covetoclover.com and register under Des Moines Elementary.
Students taking attention deficit drug illegally

By BRYANNA MALONE
and JEANETTE DIMOCK
Staff Reporters

Many students will be popping prescription pills next week when it comes to finals. But unlike many people who pop pills to party, these students will be using them to study.

The drug of choice for these students is Adderall. Adderall is a prescription stimulant that is given to people for attention deficient disorders. It works on the central nervous system by increasing concentration and reducing hyperactivity.

Many students say they take Adderall without prescriptions so that they can stay up all night and cram for tests.

“I use Adderall sometimes to help me study,” said one Highline student. “It makes it so that I can complete my homework and my studies without falling asleep.”

Adderall and medications like it have been gaining popularity in the United States. More and more students and parents have found that it is relatively easy to describe the symptoms of attention deficient disorders to their doctor and be prescribed Adderall or a similar medication.

Getting the prescription prescribed to me was pretty easy,” said Alysha Jones, a Highline student. Jones was having trouble concentrating in class and getting her homework done. She went to see her family doctor and described her struggles with school. The doctor asked her some questions and after about an hour Jones left the doctor’s office with a prescription for Adderall. She was diagnosed with Attention Deficit Disorder due to her troubles focusing.

Kyle Lewis, another Highline student, got Adderall prescribed to him when he was in fourth grade. The process was just as easy for him. His elementary school teacher felt that he had attention deficit disorder. His mom called the doctor and Lewis got started on a prescription.

“When I take it I feel happy and talkative until I start to come down from it,” said Lewis. “When I am coming down from Adderall it feels like my body is dead but my mind is alive. I don’t take it every day because I don’t like coming down.”

Many people who have Adderall prescriptions end up selling it. The prescription drug is easy for people to obtain if they know someone else with a prescription.

The pills can go for $2 to $15 a piece.

“I never had to buy Adderall but it was easy for me to get my hands on because I had a friend with a prescription,” said a Highline student.

What many students who take Adderall for nonmedical reasons do not understand is that serious consequences can accompany their actions. In Washington state, using Adderall when it is not prescribed is a felony.

According to the Revised Code of Washington state, ten years of jail time can be served for the use of Adderall without a prescription.

Love really is about chemistry

Falling in love is a head trip

By BRYANNA MALONE
Staff Reporter

Your heart is pounding, your palms are sweaty, and your knees are weak—with the use of any drugs. You could be in love.

You look at love as the way you feel around your partner. The person that you are in love with should make you feel amazing, make you feel like you do not want to be with anybody else in the world but that person.

“Love is sharing your life with someone and having an intimate connection with that person,” said Jennifer Hag-dah, a Highline student. “It feels like a best friend that you have intimate feelings for. Love means to have a connection with your partner emotionally and physically.”

Experts look at love in an entirely different way. They see love as a series of hormones that get released and initially attract you to your partner.

Love is “a positive attitude and willingness to act with openness toward a given situation,” said Bill Kohlmeyer, a psychology professor at Highline. “It’s responding to this very moment with delight and wonder.”

Many students probably have experienced love in one way or another. Love comes in many different ways and feelings. Whether it is the love you have for your family or the love you have for a sport there is some type of love in everyday life, experts say.

Love hits every part of life; it strikes our physical, emotional, mental, and spiritual domains. Each of these domains have a different role in loving someone or something, said Kohlmeyer.

When a person is in love there is a change in the body. The release of oxytocin, a hormone that appears to reduce anxiety and fear based arousal responses, shows up in people who are in love, experts say.

“Emotionally, loving feels like a process of release, thankfulness, awe, caring, and wonder,” Kohlmeyer said. “Mentally it feels like you are entering into a state of enthusiastic, attentive and peaceful positive regard and optimism.”

Being in love has to do with exhilaration, perception, and chemicals that are released in the brain from the beginning of a relationship. These chemicals are dopamine, a feel-good hormone, and nor-epinephrine, an adrenaline hormone, said Ruth Frickle, another psychology professor at Highline.

When you start to feel an increase in happiness or adrenaline when you are around your partner it can mean that there is a possibility of love. Love at first sight is also referred to as lust with potential. Lust with potential for love is not hard to find.

Lust with potential comes and goes and is not strong enough to actually be considered love. It is more of a myth that has been pushed on you by Hollywood. Love takes time and should not come and go, said Kohlmeyer.

At least some students say they recognize that it’s not a fairytale.

“I believe that you feel attracted to a person maybe at first sight but what ties the deal is the way you interact and how you get along and that is developed through time together,” said Phylicia Bush, Highline student.
Frantz uses technology to bring psych to life

By BRYANNA MALONE
Staff Reporter

Sue Frantz has made great strides in technology while working here at Highline.

Frantz has been a psychology professor at Highline for nine years. Her interest in technology sparked when she was younger. In 1995, Frantz created her first website for her classes.

Frantz’s interest in technology has helped her in the classroom significantly.

“My use of technology is driven by one goal: Help students learn psychology,” Frantz said.

Frantz has explored many different technological devices. From PowerPoint to the I-clicker, Frantz has come up with many ways to help make her students understand the concepts that she is teaching.

“Presenter view in PowerPoint has made my life and my students’ lives easier,” Frantz said.

Another tool that Frantz uses for her classes is Elluminate. Elluminate is an online web conferencing software. This tool is great for test reviews and group chats, allowing people to check that they understand concepts correctly.

“This software is free for Highline faculty and staff. The software allows teachers to record the session, send the session and invite students to join the chat. There is a webcam feed, chat box and drawing board that all people in the chat can see,” Frantz said.

Frantz also likes to use a blog website for her current and past students to communicate with her. The website is www.highlinespsych.ning.com.

Frantz uses it to keep her intro students involved. Over the course of the quarter, each of her introductory psychology students have to write blog posts and comment on other posts as well. Another form of technology that Frantz uses in the classroom is the I-clicker.

“The I-clicker started a few years ago when I got offered to run a test trial,” Frantz said. “I ended up getting really good feedback.”

The I-clicker is a little handheld device that has buttons to click for polling. This device allows students to put in an answer with their clicker and see the results of how other students in the class answered the poll.

“The biggest thing that I use the I-clicker for is concept checks,” said Frantz.

Frantz uses the I-clicker for many different things within the classroom. With this device students are able to see where they are with the concepts in the class. It usually brings out more questions from the students as well.

Frantz has found many ways to help her students in the classroom and outside of the classroom. Her use of technology has proved very helpful to her students and she continues to discover new technological tools every day.

Paper check-outs grow despite book digitization

By JOSH BECKER
Staff Reporter

The increasing use of the Internet isn’t going to render our campus library obsolete anytime soon, librarians say.

Library officials say book checkouts have increased almost threefold over the past decade, from 11,012 in 1999, to 39,347 in 2009, despite the ever increasing use of the Internet.

Reference Librarian David Johnson gave one reason why.

“It is my understanding that the number of books being published has increased; there are more books to check out,” he said.

Despite the popular view that one can find pretty much anything online, there are many sources of information that haven’t been digitized, Johnson said.

Highline librarian Geraldine Ventura gave another explanation.

“Information may be digitzed more than it was in 1999, but libraries still have relevance because they help students access that information, in all forms by trained librarians who are information specialists. They do this more easily than before for free,” Ventura said.

Despite this, the Internet has actually proven to be a huge help for the library, with Internet databases such as Elsevier, an online collection of over 31,000 books, and Gale Virtual Reference Library, a collection of encyclopedias covering virtually every subject.

Sources are charged from the Highline Library ‘Find It’ page,” said Faculty Reference Librarian Hara Brook.

The library website’s “Find It” page lets students search the 50 databases available to them, both articles and books. It includes a guide for citing sources. “It’s where we recommend students start their research from,” said Brook.

If students have trouble with the “Find It” Page, they can always ask a librarian for assistance.

“[Elsevier and Gale] have made research for our students, staff, and faculty very convenient, especially when learning at a distance,” said Brook.

Your outstanding academic achievement at Highline can make PLU’s private university education cost the same as a public university.

FALL 2010 PROVOST TRANSFER SCHOLARSHIP

• $14,000 per year
• 3.5 GPA to qualify
• March 15 deadline
• Free application:
  www.choose.plu.edu

To learn more, contact Director of Transfer Recruitment Sean Lacy lacy@plu.edu

PLU Your private college option.
The public perception of Adolf Hitler and the Holocaust has varied with time, an instructor said last week.

Teri Balkenende, a Highline history instructor, explored the changing public views of Hitler and the Holocaust in last week’s History Seminar. History Seminar is a weekly series of presentations on campus where experts present and discuss various historical topics.

Lots of myths and perceptions revolved around Hitler throughout World War II, Balkenende said. From the German side, he was seen as the personification of a national community, the source of Germany’s economic miracle, the defender of German rights and honor, and an unbeatable military genius.

“Hitler” thinks that World War I was lost because the public was not with the army,” Balkenende said. “Propaganda was big.” These myths lasted for awhile in Germany and eventually faded. The American wartime depiction of Hitler was a very different one, Balkenende said. He was seen as a clown. There was a lot of lighthearted joking about him. After the war, full knowledge of the crimes committed was uncovered. It quickly became harder to joke about Hitler, Balkenende said. Even after the Nuremberg Trials, a series of tribunals for prominent leaders of Nazi Germany, the public didn’t see the specifics of the Holocaust, Balkenende said. After World War II a debate of functionalism versus intentionalism broke out, Balkenende said. The intentionalist view suggested that the Holocaust was part of Hitler’s master plan, whereas the functionalist view suggested it was not. “Instead it’s all clumped together as crimes against humanity,” Balkenende said.

After the 1980s new ideas surfaced, Balkenende said. Counter-factual novels appear as well as occultism interests. “Hitler now is larger than life,” Balkenende said. “The grand conclusion is maybe he isn’t so dead.”

Public views of the Holocaust also shifted after the 1980s. More attention was given to the specificity of the event – the disabled, gays and women’s rights. Attitudes towards the Holocaust itself are changing as well,” Balkenende said. “Now all of a sudden the Holocaust can apply to just about anything.”

Balkenende said scholars have moved onto a functionalist view in the present, whereas popular culture holds an intentionalistic view of Hitler in the Holocaust. This contributes to how Hitler has ballooned into an industry today.

There will be no History Seminar next week.

Teri Balkenende speaks on Hitler and his public perception.

**History Seminar gets spring break**

By SAM REASH
Staff Reporter

History Seminar will be cancelled during Spring Quarter.

History Seminar is the twin to Highline’s popular Science Seminar. Instead of experts presenting on scientific topics, it focuses on all things historical.

It is typically once a week throughout the quarter, and is being given a break until Fall Quarter of next year.

History Seminar is both open to public and also offered as a one credit class, where students can earn a credit by showing up and listening to presentations. Tim McMannon, a professor on campus and the History Seminar coordinator, said that giving the seminar a break Spring quarter would allow more time to plan for Fall.

“It was difficult filling the slate this quarter,” McMannon said.

Part of the difficulty was that Highline has only a few history instructors, McMannon said. This puts a lot of pressure on the faculty members.

“Unfortunately, a lot of people outside of the History Department who might do very good prepping, for example, the faculty members, so they don’t volunteer,” McMannon said.

“Of the 10 presentations in this quarter, only three were done by ‘non-historians,’ whereas Fall Quarter, for example, had six.”

Taking next quarter off will give non-history as well as history faculty a break and to plan ahead for Fall Quarter.

“I have a couple of ideas in mind myself, and I have already been in touch with a few people regarding presentations for fall,” McMannon said.

History Seminar is expected to begin again next fall without any changes to the weekly schedule, every Wednesday at 1:30 p.m. in Building 3, room 102.

**Region at risk of a large earthquake, geology prof says**

By TAYLOR JOAQUIN
Staff Reporter

Residents of Western Washington could be home to the next Chilean-size earthquake, an expert said here last week.

In fact, it’s believed that the Des Moines area experienced a magnitude 9.0 tremor around 1700 A.D. Dr. Eric Baer spoke on “The Great M8.8 Earthquake” during last Friday’s Science Seminar.

Science Seminar is a series of presentations put on by Highline professors and the science community that are open to the public. Dr. Baer is the head of the Geology department here at Highline and an expert on the subject.

The Juan de Fuca Plate is being pushed under the North American Plate creating a subduction zone much like the one that caused the Chilean earthquake last month. On Feb. 27, the magnitude 8.8 earthquake that hit Chile left 270 people dead and almost as many missing.

“We live in the exact same type of subduction zone [as Chile],” Baer said. “This is the type of earthquake we can have right off our coast.”

Dr. Baer said that when the earthquake hits western Washington people will feel severe shaking.

There may not be as big of a number of fatalities, but there’ll be a lot of damage done, he said.

Many local skyscrapers will collapse and most roads and highways will be ruined.

The biggest challenge will be getting people help, such as food and water, with these infrastructure obstacles, Baer said.

The Chilean earthquake was caused by a sudden slip at the subduction zone between the Nazca Plate and the South American Plate, resulting in the release of a massive amount of energy.

“Basically this earthquake [was] 500 times more powerful than the Haiti earthquake,” Baer said, an amount roughly equivalent to 45,000 atomic bombs.

There was so much energy in this earthquake that seismic waves went around the entire world and by the time they came back, still had enough juice to move the earth more than a centimeter.

“Our seismometer on campus picked up the seismic waves and it was shaking for over an hour,” Baer said.

There will be no Science Seminar next week.

Dr. Eric Baer demonstrates how the earth’s plates moved during the earthquake in Chile at last Friday’s Science Seminar.
Other students agreed. “I don’t wear headphones when I study but I do turn on music in the background to help me focus,” said Helena, another student at Highline. However, studies conducted by university professors have shown that students require greater effort to successfully learn a task with the presence of music.

A study including four groups of students with similar GPAs was conducted at Missouri Western State University. The study separated the students and had them study for two minutes before a 15 question test.

The first group listened to music. The second group did not listen to music while studying and while taking the test, the third group did not listen to music while studying but listened to music while testing and the last group did not listen to music at all. The results showed that the students who did not listen to music scored better than those who did listen to music.

The study found that the only type of music shown to apparently help with students studies is Mozart.

Many Highline students are still listening. In fact, the survey also revealed that 27 percent of students (32 out of 118) listen to music in class.

“I put one head phone in one ear and hide it with a hat or hoodie so the teacher doesn’t see it,” said a student who wished to remain anonymous.

“I feel that I can still focus and understand what the teacher is saying while listening to music,” said another student.

Other students also listen to music in class but only when the instructor is not lecturing.

“When we have spare time to work on homework or assignments in class I like to listen to my Ipod because a lot of students talk too much and I can’t concentrate,” said a female student who preferred to remain anonymous.

“I don’t listen to music too often but I always listen to the QRan which helps me concentrate and focus on whatever I’m doing,” Malak Hammad said. Other students believe the louder the better.

“I don’t know many people who are like me and study while listening to rock bands like Fu-gazi and Fall Out Boy,” said Jesse Coleman, another student at Highline.

“I like listening to Tupac while I study or work on homework. I don’t know how to explain it but it motivates me and helps me concentrate,” Trey Crawford said.

A few students agree with the scientific studies conducted showing lower results in academic performance when listening to music or attempting to multi task.

“I can’t concentrate on homework let alone study for something when I have distractions such as music. Especially rap and rock,” said a female student who preferred to remain anonymous.

“Studies have shown that you cannot concentrate as effectively while listening to music, watching TV or doing some other activity,” said Melissa Hawes, a first-year student at Highline.

Other students believe that music is needed to concentrate and focus on their studies.

“If I just sit down to study I can’t really do it, it’s just boring. But I feel like listening to music eases me into it,” said Ryan Holtz, another Highline student.

“I don’t study unless I’m listening to something. I need background music,” Sam Spiek said.

Some students say they have the ability to filter all distractions including music, siblings and annoyances.

“When I study or focus on whatever it is I’m doing, I don’t get distracted. My mom yells at me from my door and it takes me some time to finally hear her,” said William Combs.

Most students under 18 years old are very much against the idea of using any ear buds while driving.

“Privacy laws make it difficult to verify phone use in an accident situation,” said Collins. In the event of an accident resulting in serious injuries or death it is possible cellular phone records could be used to verify phone use.

“People are going to text or talk anyway,” said Collins.

Not paying attention is another way to say distracted driving.

In a report that was released in January 2010, the National Safety Council estimates that 1.6 million automobile crashes are caused each year from cell phone use and texting while driving.

More than 28 percent of all traffic accidents each year involve cellular phone use.

According to the National Transportation Safety Administration, cellular phone use makes it four times more likely that you will have an accident.

Testing while driving makes it eight times more likely that you will have an accident.

“Most students under 18 years old are very much against the bill, saying that current driving laws are more than enough.”

“We [underage students] already face enough crap and laws when it comes to driving,” said Running Start student Taylor Hoover.

“I put one head phone in one ear and I don’t drive well when I do. A law could probably help me with that,” said Running student Blake Martin.

Meanwhile, many students who are over 18 are indifferent toward the possible law. But some students do realize the benefits.

“I use my phone way too much; I’m not trying to get a ticket every time I do. Driving is already expensive enough,” said Jose Orozco. “I use my headset, why isn’t that enough?”

“I’ve never had an accident, it hasn’t really bothered me at all. I think if I was 17 I’d care, but not anymore,” said Highline student Jordan Murphy.

“People are going to text or talk anyway, so it’s probably just a waste of time.”

“I think that this is the kind of law they put in place but doesn’t really matter,” said Jared Dorms, Highline student. “It’s probably more to scare people than to be enforced, like jaywalking.”

“I can’t tell you how many times I’ve seen someone swerve a bit because they were looking at their phone,” said Running Start student Shey Collins.

“People need to figure out what’s most important when they are driving.”

Highline will play host for local computer defense competition

The third annual Pacific Rim Cyber Defense Competition will be hosted at Highline this year, on March 20 and 21.

The Pacific Rim Cyber Defense Competition is a challenge in which participant teams are asked to show off their network defense skills.

Teams are presented with a network that has been set up for a fictional company. Teams must defend the network against an evil red team that is attempting to break in and compromise their network. They must keep the network’s services operational, fulfill a number of business style tasks and prevent the red team from accessing the system in order to succeed.

Highline’s team took second place in the competition last year, behind the University of Washington. Winners of the competition go on to compete at the national level.
Insurance

continued from page 1

“Other than providing the brochure, we don’t have any in- volvement with it. Once a stu- dent pays the premium directly to the insurance company, all transactions are between the student and insurance compa- ny,” she said.

No one at Highline seems to know anything about insurance or lack thereof. Brochures for private Summit America in- surance plans are available in Building 6, on the second floor.

Eligibility for the plan re- quires you to be a registered student using six or more credit hours each quarter. Plans range from $155 to $740 per year, and offer injury-only to injury-plus-illness levels of coverage.

Students transferring to the University of Washington or Central Washington University will have access to insurance programs and health centers on campus.

“For 40 to 50 years the Uni- versity of Washington has of- fered a plan that is regularly matriculated students,” said Evelyn Hodge, budget fiscal adviser for Business Services at the UW, “Insurance is paid by students on their tuition ac- count.”

UW student health plans range from $478 to $547 per quarter, and cover a variety of services.

The University of Wash- ington–Tacoma also offers health insurance to students through United Health Care.

There is no health center located at the Tacoma cam- pus, however, said Robin Carlson, program coordina- tor for Student Health and Wellness. The cost for the plan is $416.99 per quarter or $1,246.69 annually.

Central Washington Univer- sity sponsors insurance for their students to campus.

“Once a year the university’s Business Services contracts with companies who want to offer a plan – depending on the number of people,” said Janet Noyes, office manager for Student Health and Counseling Services.

Students attending satel- lite campuses, such as Central Washington University–Des Moines, can also enroll in the insurance plan.

For satellite students there is no mandatory fee, but they are so far away from the main university health center that there will be more out-of-pocket cost if they choose to purchase this plan, she said.

Central’s health plans range from $1,094 to $1,383 per year and, again, offer different levels of coverage.

Many other insurance com- panies offer student plans. For example, Sentry Student Security Plan costs $225-$64 a month with a four-month com- mitment, and offers total bene- fits of $3,000-$5,000. Coverage varies under the two plans, and dental coverage can be offered.

Health insurance is avail- able through public programs in Washington, but they either re- quire people to be very poor or have a waiting list longer than they have space for.

Medicaid is one of these pro- grams. To qualify for Medicaid, you must meet the income guidelines and have some other qualifying factor such as having a child, being a child, being eld- erly, pregnant or having a dis- ability,” said Cassie Sauer, vice president of communications for the Washington State Hospi- tal Association.

“Childless, able-bodied ad- ults typically do not qualify,” she said.

For more information about Medicaid, to see if you qualify or to apply visit http://hrsa.dhs.wa.gov/HRSAClient.htm.

Basic Health is another pro- gram run by the state for those who qualify. It also provides broad coverage.

“Basic Health eligibility ex- tends to people who are at 200 percent of the federal poverty level or below,” said Dave Was- ser, spokesman for the state’s Department of Social and Health Services.

The income level for an eli- gible family of four would be $3,675.18 per month.

Basic Health is a subsidized program. “The state pays a por- tion of the monthly premiums for an enrollee based on their income level,” Wasser said.

“Right now there is a wait- ing list of about 90,000 peo- ple wanting to get into Basic Health,” he said.

More information about Ba- sic Health can be found at www. basichealth.hca.wa.gov.

There are some very good free options that help people with low income pay for health care.

HealthPoint offers a variety of services for patients, includ- ing primary preventative medi- cal, preconception and dental health care, she said.

Another clinic offering a sliding scale option is HealthPoint Clinic, 1311 10th Ave. S.W. Hours of operation are Monday through Fri- day, 8 a.m. until 5 p.m.

HealthPoint offers a variety of services for patients, includ- ing primary preventative medi- cal, preconception and dental health care, she said.

Another clinic offering a sliding scale option is Dr. Linda Petter’s practice located at 2709 64th Ave. NE in Tacoma.

Services provided include just about everything from pri- mary care and physicals to mi- nor surgeries and follow-ups.

“Every doctor’s office will charge differently for their ser- vices,” said Petter, Highline vice president of communica- tions for the Washington State Hospital Association.

It is required for them to give assistance to any patient who qualifies for the program and submits an application and docu- mentation, or gives a reason why there is no documentation available, she said.

“All Washington hospitals also have taken a voluntary pledge to go beyond the law and provide discounted care to anyone up to 300 percent of the federal poverty level.”

Hospitals may provide even more generous financial assis- tance.

“It is always worth inquir- ing about financial assistance – even if you have insurance and need financial assistance, high co-pays or deductibles – at the hospital’s billing office,” Sauer said.
OPTIONS LIMITED?
CREATE A FUTURE WITH no limits.

DeVry University has the resources to help you transfer your qualifying credits and reach your educational and career goals. We have five specialized colleges of study with programs that have been designed to prepare you for the in-demand careers of today and tomorrow.

Complete Your Bachelor’s Degree

90 locations nationwide, plus online. For more information, visit: DeVry.edu/college-transfer