THE Highline Community College C

DAZE OF DISTRACTION

Students say tunes help them study; experts say otherwise

By THUNDERWORD **STAFF**

Shania Tupac. Biggie. 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 study or do 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.

Please see Tunes, page 22



Jessica Lovin/THUNDERWORD

Health insurance can be costly for students

By SHANNON SEVEREID Staff Reporter

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.

"No 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.

Please see Insurance, page 23

State 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.

Texting teens driving legislators to pull the plug

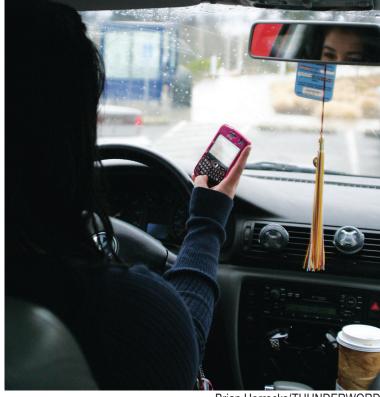
By THUNDERWORD **STAFF**

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 change.

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 pulled over for talking on their phone, but if pulled over for something else the ticket may be added to the total.

Senate Bill 6245 would change this law, making it a primary offense for talking or texting on your cell phone while driving. Also intermediate drivers, anyone under 18, would be



Cell phones can contribute to driving accidents legislators and law enforcement officials say.

banned from using their phone at all in the car without or without a hands-free device.

The bill passed through the

Senate 33-15, and through the House 86-12. However, amend-

ments were added to the House

version and primary sponsor

Brian Horrocks/THUNDERWORD

Results of the committee's deliberations were unavailable at 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.

Sergeant 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

Please see Texting, page 22

INSIDE

March 11, 2010 Volume 49, No. 20



Hot new games hit a console near you/P8



T-Birds leave it all on the court in Kennewick /P11-12



Get lucky with a St. Patrick's Day feast/P16

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Weekend Weather



Rain on Friday, few showers on Saturday, cloudy on Sunday.

For full forecast, see **page 17.**

Crime and Old jeans expose eating disorders 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 accidently 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 filming 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.

 Compiled by Jeanette Dimock 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.



Jeff Wagnitz is VP of Academic Affairs

Jeff Wagnitz was named the permanent vice president of Academic Affairs on Wednesday after a campus-wide application and interview process.

He assumed the interim vice president of Academic Affairs role in 2008 after the previous vice president retired. Prior to holding the vice president position, he was the dean of instruction for eight years.

As the vice president of Academic Affairs, Wagnitz is responsible for overseeing the instructional program at Highline.

"I believe that we are quite fortunate to have such a knowledgeable and collaborative leader as the college's chief academic officer," said Highline President Jack Bermingham.

Costal Engineer to speak at MaST Center

Greg Guannel, a post doctoral coastal engineer with the Marine Initiative, at Stanford University, will be speaking on the topic of shoreline erosion and the protection of coastal habitats at Highline's Marine

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 buli-

mia, 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 woman 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.



Cody Warf/THUNDERWORD

A duckling fallowing its mother in the drainage pond north of the tennis courts on campus.

and Science Technology Center (MaST), this Saturday, March

As part of the Science on the Sound Speaker Series, the talk will describe the "ecosystem services" provided by these natural habitats and their sensitivity to changes caused by human use of marine resources.

The scheduled one-hour lecture is open to everyone and will begin at noon.

The MaST Center opens to the public every Saturday from 10 a.m. to 1 p.m. It is located at 28203 Redondo Beach Drive S., about five minutes south of the main Highline campus next to Salty's Restaurant.

Calendar

•This week, movie Friday will be the Oscar-nominated *Julie & Julia*.

The film will be playing on Friday, March 12, in Building

29, room 105 at 12:30.

•Highline is still collecting donations for immigrant and refugee students.

Items needed are basic health care items, clothes for all ages, furniture and accessories, kitchen utensils, and more.

HOTJOBS

NEED A JOB? WE GOT JOBS!

Gymnastics Instructor - part time - job id # 5895 Looking for an energetic, self-motivated individual to teach gymnastics to grade school children ages 6-12. Curriculum is progression based, non-competitive. Location: Covington Wage: \$10-12 Hours: 6-12 hrs per week, evenings and weekends.

Recreation Leader II - part time - job id # 5908
Senior Program: Assist in the organization and implementation of educational, recreational and nutritional programs including van driving. Teens Program: Conduct, plan and supervise indoor and outdoor recreational activities. Transport participants in van. Youth Program: Supervise activities before and after school for youth ages 5-12. Transport participants in van. Must have clean driving record.

Location: SeaTac Wage: \$11-14 Hours: 15-22 per week.

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

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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).



Cody Warf /THUNDERWORD

Michael, Crystal Kam, an unidentified student and Kaito Gengo talk at a Conversation Pal meeting recently.

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 have a chance to meet, learn about each other's cultures, and have fun, said program coordinator Crystal Kam.

Supplies

sought for

immigrants

By JONNY MCGUIRE

Highline's immigrant and

refugee students are in desper-

ate need of health care prod-

ucts and you are invited to help

six months, Highline students may receive benefits from the

state Department of Social and

For approximately four to

through donations.

Health Services.

Unfortunately,

Staff Reporter

coverage

"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.

HIGHLINE HEROES 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 received computers 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



Quick

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.

Logged out



Photo by Sabine Walter

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

does not include basic health care products, including soap, shampoo, conditioner, and toilet paper.

The Pre-College Studies Department, Transition Referral,

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.

Editorial comment

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.

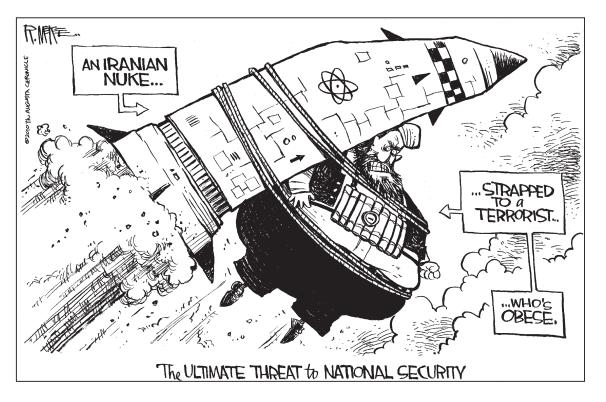
The fitness center is open during restricted hours for students not enrolled in weight training or total fitness, so they may not be able to use that when they want to.

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.

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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 for print media dying out, it's quite possible, at least for newspapers.



Commentary Liviu Bird

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 Editorin-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 Scott 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, at least 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 ahead of 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.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hat is black. 2. Bricks are different. 3. Dog's leg is hidden. 4. Bushes added near house. 5. Tree is wider. 6. Leash is longer.



- 1. THEATER: Who played the lead role in *Hello, Dolly!* when the play first started on Broadway?
- 2. MEDICAL: What's the common name of the condition called nasopharyngitis?
- 3. LANGUAGE: What is called a "torch" in England would be known in the United States as what?
- 4. TELEVISION: Who created the character called The Hippy Dippy Weatherman?
- 5. MOVIES: What movie featured the line, "Houston, we have a problem"?
- 6. MUSIC: What pop-rock band had a Grammy-winning song called *If You Leave Me Now?*

- 7. SCIENCE: What inventor was known as The Wizard of Menlo Park?
- 8. GENERAL KNOWL-EDGE: Which planet is associated with the astrological sign Gemini?
- 9. ARTS: Who choreographed the ballet *Rodeo*?
- 10. ASTRONOMY: In our solar system, which planet is between Jupiter and Uranus?

10. Saturn
9. Agnes de Mille
8. Mercury
7. Thomas Edison
6. Chicago
Et ollogA .3
4. George Carlin
3. A flashlight
2. A cold
1. Carol Channing
Answers

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Arts Calendar

•Highline'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.

Last week's Weekly SUDOKU —

Answer

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

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

The performance will be

XOXO

Across 1. Running Moses

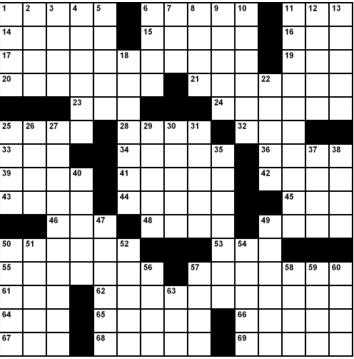
- 6. Sweethearts
- 11. **Kit-**
- $14. \ Construction \ equipment$
- 15. **Foo**l
- 16. Some verbs, abbr.
- 17. Nascar strategy, perhaps
- 19. Sault Marie
- 20. Witness
- 21. Puts in the game
- 23. Wish undone
- 24. Was a dorm mate
- 25. Abbr. on an envelope
- 28. Sitar music
- 32. Boy's name in a song
- 33. Each
- 34. Construct
- 36. Record problem
- 39. Former spouses
- 41. Because
- 42. Countess's husband
- 43. Beef or oyster, e.g.
- 44. **firma**
- 45. **Also**
- 46. **Cool**
- 48. Aquarium attraction
- 49. It can be pitched
- 50. Stops the TiVo
- temporarily 53. Ostrich relative
- 55. Kabul resident
- 57. Colorful arc
- 61. **Job for a band**
- 64. Before, in poetry
- 64. Before, in poetr
- 65. Tears down a column?
- 66. Broadcast component
- 67. Sun. delivery
- 68. **Thick**
- 69. Builder's guide

Down

- Say again
 Defeat thoroughly
- 3. Tail movements
- 4. Copy maker, often

Crossword 101

By Pete Canty (Pete@gfrpuzzles.com)



- 5. India's first P.M.
- 6. Rolling cubes
- 7. Relative of .org
- 8. Televises
- 9. Fido's friend
- $10.\, \textbf{Dictation takers}$
- 11. Cole Porter musical
- 12. Howard's radio sidekick
- 13. **Fad**
- 18. **Top of the world**
- 22. Soak
- 25. King-Kong and others
- 62. Decisively fatal occurrence 26. Cell phone note
 - 27. Environmentalist, informally
 - 29. Sign of spring
 - 30. Comedy or horror, e.g.
 - 31. Ghana's capital
 - 35. Brewer's item
 - 37. Age preceder
 - 38. Conspiracy
 - 40. Shot sound, perhaps
 - 47. Hit a high point
 - 49. Garage request

- 50. Book parts
- 51. Blazing
- 52. Sarcastic
- 54. **Mythical gold maker** 56. "The doctor____"
- 57. New York's state flower 58. Wished
- 59. Ear-related
- 60. "_____ on first?"
- 63. Ave. crossers

Ouotable Ouote

Love begins with a smile, grows with a kiss, and ends with a teardrop.

••• Source Unknown

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

Last week's crossword solution LINCOLN TRIBUTE

W	Ν	Е	R		S	w	Α	Р		G	Α	Т	S
Ε	Α	٧	Е		С	Α	N	Е		D	0	_	Т
Α	٧	Ε	S		0	N	Т	0		Α	R	Т	Υ
Κ	Ι		ပ	0	N	Т	Ι	N	Е	N	Т	Α	L
	G	Α	ט	G	Е			_	N	S	Α	N	Е
R	Α	D	Е	R		C	R	Е	Ε	K			
0	Т	Α		Е	G	0	_	S	М		В	Ε	D
Α	0	М	Ι		Α	R	Т		Υ	Α	L	Т	Α
R	R		М	Α	G	N	Ε	Т		F	Α	С	Т
		Α	В	В	Ε	Υ		Α	Р	Α	С	Н	Ε
Ν	1	Р	Е	R			С	L	Ε	R	Κ		
0	Г	_	D	Α	Υ	s	Α	L	Е		8	_	Т
S	Ι	Α		Н	Α	L	L		L	Е	0	N	Е
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held in Highline's Little Theatre in Building 4.

The performance will continue on March 11, 12, and 13 at 8 p.m.

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

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by calling 206-878- 3710, ext. 3317 or by e-mail at csankey@highline.edu.

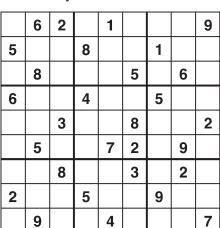
the arts editor,

Courtney Sankey

Campus events get priority, but all events are wel-

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: *

★ Moderate ★★ Challenging ★★★ HOO BOY!

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come. Please include time, date and location of the event, plus contact informa6 Arts

The Thunderword / March 11, 2010

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 leaves her sister, 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.

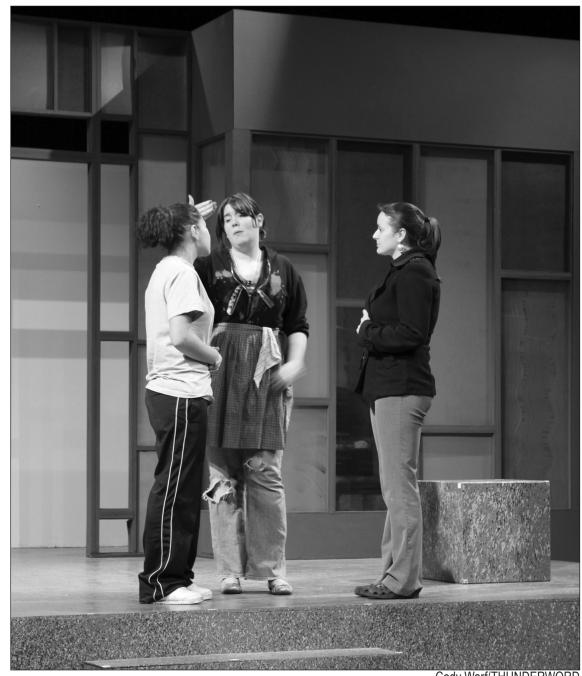
During the final scene you could feel the agony coming from his pores and hear the quiver of grief in his voice.

Stratton talks to Sophia Villanueva (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 on opening night. He puts his all into Creon and it not only showed, but paid off as well.

This script adaptation of the Greek tragedy is well planned out and very easy to follow. The Greek Chorus helps you follow along with what is happening and helps fill in all the missing pieces that the adaptation might not have gone into great detail about.

Originally the chorus was supposed to be made up of just one person; however Pralle de-



Cody Warf/THUNDERWORD

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.

cide to break up the role and gave it to four people.

The quartet — Ashlee Owen, Anthony Keane, Zach Ginther-Hutt, and Deena Chapman — does a fantastic job keeping us all abreast to the situation and condensed parts of the show that could have been rather tedious.

They knew their cues, for the most part, and were able to pick up right where another would leave off, making it seem as one seamless stream of thought. At a couple of points throughout the show they did have their moments of coming up blank, but hardly enough to notice.

Deena Chapman plays a lounge singer who serenades us with what is going on in the story, with music by Steve Brush. Chapman is a first-rate actress and was not used to her full potential in this show.

She is an older student, but with the acting chops and stage experience to match. As much as she does have a decent singing voice, which took a minute for her to find, she would have served the stage better in a speaking role.

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 comedic actress, Villanueva struggled to find the root of Antigone and made her come off a little wooden and stereotypical.

At times her strong portrayal was overshadowed by rushing over the moment and some moments seemed a little to 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 fiancée, 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.

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

The sets, built by Drama Professor Rick Lorig, were massive and used beautifully.

The actors used the entirety of his set and not just to use it. The actors all had a purpose of why they had to be there and used it to full effect.

The stage consisted of the main section being three differ-

ent 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.

Director Pralle's first production was in Fall Quarter 2009, with *Six Degrees of Separation* by John Guare. It was very well done.

Antigone proved more of a challenge, as Pralle scrambled to put a cast together amid a number of defections during the rehearsal process.

Her cast was overcome with numerous sicknesses 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. 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.

Academy Awards a letdown

"And the award goes to..."

Five small words that will change the life of the name attached to the end of that famous phrase.

The Academy Awards were held this last Sunday, March 7. It is the Super Bowl of award shows; everything has lead up to this moment.

It is usually my favorite award show, however, this year the often funny and energetic show seemed a bit on the docile side.

The award ceremony likes



Holding Court
Courtney
Sankey

to start out with a monologue 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 dress 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

The men wore their customary 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 monstrosity.

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 is that they were not funny. The duo couldn't play off each other - it was like trying to play a violin with a clarinet, it just doesn't

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

Please see Awards, page 7

Arts

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Former Highline student reconnects with music

By STEPHANIE KIM
Staff Reporter

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 practiced 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 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.

"For one reason or another, I invited myself to his place to play the piano," Lamirande said. At Rasmussen's apartment, he met Kevin Williams, a music major at the UW.

"[Rasmussen and Williams] had about two dozen folk tunes between the two of them," Lamirande said. "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



File photo

Robert Lamirande performs at a Blend concert in the Bistro last year. Lamirande, a former Highline student, can currently be seen in the band Sound of Bagheera.

Bagheera], as everyone in the band besides myself 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, but I plan on going back to school in a couple years. I'm 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 would be to compare it to a romantic comedy, the kind where the protagonist realizes that their best friend of the opposite sex is in fact their dream girl or guy," said Lamirande.

"Music is like the best friend I've started being intimate with. I realized it's been there for me all along, and I'm finally returning the favor," he said.

Although Sound of Bagheera has only played in Seattle and Tacoma, they plan on playing a show in Portland over the summer

Sound of Bagheera's next show will be at the Nectar Lounge in Fremont on Thursday, April 8 at 8 p.m. The lounge is located at 412 N. 36th St., Seattle.

The show is for 21 and over. Ticket prices are \$5.

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, everything a good host should do.

I am always glued to the Academy Awards and would yell at somebody within my house if they even mentioned 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.

Now, while these were all reasons to run for 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 sweep.

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

through 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, who usually predict the winners, are not always right.

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

Five different people who worked with the nominee, talked about them for a minute about their role 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 all the bad outweighed the good and I was left saddened and distraught that my usual 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 nominate, banjo, slide guitar

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.

"You have to have very astute management," said Brian Davenport, the music conductor 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 left 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 ground financially. Not only are they not running a deficit but 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 Arlington and Sacramento symphonies have resorted to declaring bankruptcy.

"It's never a happy day. We don't wish it for theater or the symphonies or any of the arts," said Gates.

Economy hits local symphonies

By CHUCK KIBBIE Staff Reporter

Current economic stress is making area symphonies count their pennies.

The Federal Way, 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 Valenta, the general manager of the Auburn Symphony.

The Auburn Symphony is currently running up a budget deficit.

"We pay all our bills and musicians," Valenta 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, Valenta said.

Though many places are

8 Arts



Marcus Daniels/THUNDERWORD

Video games to nerd out to

By JONNY MCGUIRE Staff Reporter

everal 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 human morality and create a dystopian paradise.

As one might expect, things began to take a turn for the worse, as scientists delved into gene splicing and genetic mutation. The source of this genetic alteration is ADAM, stem cells harvested from an unknown species of sea slug.

Rapture essentially deteriorated into a drug-oriented soci-

ety, featuring monsters, dubbed splicers, who are desperate for ADAM.

Angi Caster, an English teacher at Highline, believes the *Bioshock* series is an important development in the world of literature.

"In [the] 15th century, only clerics were allowed literacy; in the 21st century, we have many kinds of literacies: quantitative, global, visual, and technological - all Highline strategic outcomes, by the way - as well as more traditional reading and writing. The 'novel' was not accepted at first—the very name means 'new' Literature people did not like it because it broke the literary formula. So do video games," said Caster.

In *Bioshock*, the player took control of a man named Jack whose plane flight crashed over the mid-Atlantic seabed.

Now, you take control of a big daddy, a giant cyborg with a drill for an arm. The use of plasmids, the *Bioshock* equivalent of magic, is still prevalent in the game, as you are in fact the first big daddy, and partially human in nature.

The story is entirely new; Andrew Ryan is nowhere to be seen. Instead, the villain is a woman named Sophia Lamb, who has taken your little sister. Little sisters are ADAM-harvesting humanoids that take the form of little girls. As in the first game, you are able to choose whether to rescue these girls or harvest them, which essentially kills them.

One issue with this game is that the single player moral choices feel unbalanced. As previously mentioned, the option exists to harvest the little sisters, but the player is clearly encouraged to save them, as the player will accrue more ADAM this 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 multiplayer 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 spokesman from Capcom.

The Capcom spokesman said, "There haven't been any 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 Visceral 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 not 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.

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

One gamer calls it "A rental at best. This game is fun for a day but not enough substance to merit a purchase."

Another said, "I have finished the game, and if you can rent it, it's your best option."

This brings up an important point. The game itself is extremely short, clocking in at approximately eight hours on the default difficulty.

Considering that the retail price for this game is sixty dollars, it is not recommended that anyone purchase this game.

Despite its perceived lack of new ideas and a brief single player, *Dante's Inferno* can be fun at times. The art design is spectacular.

Each circle of Hell is extremely well designed; the gluttons are truly disgusting, the wood of suicides somewhat disturbing 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. Business 9

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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 own and operate Collier Catering in Burien, and also run The House Restaurant out of the same storefront. Collier Catering has 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 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 for on-site catering."

The dining room itself was



Ambrosio Agustin/THUNDERWORD

Stephanie Collier is co-owner and operator of The House Restaurant in Burien.

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

She 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-sparse 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.

Squeezing a profit out of such lavish meals, as it turns out, is a balancing act.

The \$25 selling-point has been a challenge for them to navigate. Although the price draws many patrons in, it largely governs what ingredients can and cannot be used on the menu.

Collier said that they have had to get creative.

"It gets price-prohibitive," she said of shopping for ingredients.

In weeks before, the menu featured a bacon-wrapped fillet mignon.

How they managed to make it work: "The meat was on sale," she said.

So far, Collier said that the customer response has been very positive.

"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, "we just gotta remind them that they have to pay the bill."

The House Restaurant is located at 643B SW 152nd St. Open Tue.-Thurs. from 5-10 p.m. and Fri-Sat. from 5-11 p.m.

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 house, their gender and phone number.

Dating back to when the country was first founded, the Census is intended to let the government know who people are, and how many there are.

While this may seem unimportant, the Census is actually very important for both the country and its citizens.

The Census also allows a local government to plan where money is spent.

Facilities such as community centers, state-funded social programs and schools are all affected by population.

Colleges such as Highline

are no exception. Washington State spends around \$400 billion a year on education.

The money is distributed to schools based on how many students attend it.

How much money they receive for research projects and loan programs depends on how many students are shown on the Census.

The more students there are, the more money the college receives.

Residents choosing not to turn in a Census form won't be jailed. However, not completing the Census form and refusing to answer the Census numerator's questions used to collect the data could result in a \$100 fine.

"Each year, the government loses \$1,400 for each person that fails to turn in a census form," said Dmitry Kvasnyuk, partnership assistant with the US Census Bureau, "It's really important that they are recognized."

Face-to-face marketing rising amid recession, business leaders say

By TYLER SEDLACEK Staff Reporter

South King County business leaders are noticing a return to the face-to-face way of networking through local chambers of commerce amid the recent economic slowdown.

"They want to go [back] to the old-fashioned way of business networking," said Nancy Hinthorne, chief executive officer of the South West King County Chamber of Commerce.

"A lot of businesses, when they are busy, lose the one-onone, person-to-person feel," Hinthorne said.

A chamber of commerce is an organization that helps local businesses do things such as connect with other businesses on local committees or through networking events.

Chambers also act as an advocate to the local government for the businesses they represent.

Tom Pierson from the Federal Way chamber said he has been seeing similar trends.

Pierson said when the economy was booming, the doors would open and people would come 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 insurgence of reengagement from our long-standing members," said Andrea Keikkala, 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 recieves 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, logisticians, 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.

Internship season begins at Highline

By JON BAKER Staff Reporter

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 Bak-



Donna Longwell, right, interviews Raymond Cardoza for an internship position at the Hospitality Tourism Internship Fair on Tuesday, March 9.



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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.



Cody Warf/THUNDERWORD

Highline's Evan Tullis throws the ball to teammate Ami Gran, who was the cutoff player on this play at a recent practice.

"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 am a soccer player turned softball player," Ferrin said.

Ferrin has played soccer since she was 5 years old, but didn't begin playing softball until she arrived at Mt. Ranier 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

"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.

"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



Cody Warf/THUNDERWORD

Highline's Sarah Ferrin catches a ball in the outfield at practice.

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."

T-Birds soar, then fall at NWAACCs

By BRIAN GROVE Staff Reporter

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 ahead, 65-62.

Skagit Valley Center Brittany Ruscha said Highline came out stronger than she 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



Highline's Bree Morkert-Burling looks for a person to pass to with Skagit Valley's Lindsey Newman and Alyssa Hendrickson looking on.

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.

"In all honesty, this is the best game we've played all year. Preseason, everything, this is

the best game," sophomore Guard Ariassa Wilson said.

"It would have felt so much better if we would have won. Everything was going our way, we just couldn't capitalize," she said. "They were the first, No. 1 seed, and to put them out would have felt so much better. But in all honesty, we played an awesome game. It feels good that we played that good. It just sucks that we couldn't get the win out of it."

Highline Head Coach Rowe said she couldn't be disappointed with her team's performance.

"How can I even be mad at them right now? That was the best game of the year. They played 40 minutes, plus some and we haven't played 40 minutes all year. We played maybe 20 minutes and I couldn't be more proud of them at all. There was so much heart, they definitely left it all out on the floor tonight."

At the beginning of the game, Highline went up on the Cardinals early after sinking their first two three-point shots.

Throughout the first half, Highline played solid defense, forcing Skagit to commit six turnovers and out-rebounding the Cardinals, 23-19.

However, Highline's inability to hit free throws - only two of eight - allowed Skagit Valley to stay in the game at the half, 34-28 Highline.

At the beginning of the second half, Skagit Valley implemented a full-court press, making it more difficult for the Lady T-Birds to move the ball up the court.

"We freaked out early and made some turnovers," Rowe

"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 Fairfield and Tera McCann-Soushek got into foul trouble at four apiece with just under five minutes left in regulation. Several minutes later, Fairfield fouled out of the game.

Freshman point Guard Nicoletta Tsosie took her place off the bench. She made a near immediate impact, draining a three to tie the game at 54-54 with 14 seconds left in regulation.

Tsosie said she kept the sophomores in her mind while she was on the court.

"I knew how much the sophomores wanted it so I didn't want to come in and do a lot of bad things. I just came in with positive effort and gave it my all for them and basically did it for them," she said.

In the first overtime the game was neck and neck, tied at 58 with just over two minutes to go. Highline had a chance to put Skagit Valley away, but Mc-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 secondchance points. Highline had 21 compared to 12 from Skagit

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 red-eye game



Chris Wells/THUNDERWORD

T-Birds Lauren Hill drives past Skagit Valley's Brittany Ruscha.

Sports 13

The Thunderword / March 11, 2010

Sophomores lament season's end

By BRIAN GROVE Staff Reporter

KENNEWICK, Wash. – The Highline Lady T-Birds have again had a disappointing show at this season's NWAACC tournament. However, much like last season, they have bright hopes for the team's future.

After going two and out against Skagit Valley and Spokane, Highline's freshmen and coaches were still optimistic about next year's squad.

"I think our team will be really strong next season," Highline forward Heather Hitch said.

Highline finished fourth this season in the West Division behind Clark, Lower Columbia, and Centralia, respectively.

Along with the incoming freshmen who have yet to be named, Highline's roster will sport eight potentially returning players including Dani Carlman and Patrice Mckinnon. Carlman and Mckinnon were medically redshirted this season due to injuries.

Highline coaches and players said having Carlman and Mckinnon back will make a big difference.

"I'm really excited. I've never have had a three-year player before," Highline Head Coach Amber Rowe said.

"Patrice has been practicing with us the whole time. I think they're going to use that season and that could be that thing that we need to overcome this two and out kind of game. They have seen it from 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



Chris Wells/THUNDERWORD

Coach Rowe shows her frustration during the Spokane game.

NWAACCs," Hitch said.

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

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 NWAACC experience was invaluable.

"It's huge. I mean you saw it yesterday [Skagit game] in the sophomores how calm they were because they have 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 have 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 NWAACCs 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



Amber Rowe

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 NWAACC 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 players," Hill said.

"All they want for us is to be successful, not only in basket-ball, but in life.

"The passion they have for the game is what makes me want to play my heart out for them," Hill said. "I know the season didn't turn out how they had planned either, but they 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?"



Chris Wells/THUNDERWORD

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

NWAACCS

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 turn-overs, and shooting only 41 percent, ultimately led to the T-Birds' downfall.

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

"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 bobbling 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.

"I wish I knew. Those were their two girls and we 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.

14 Health

The Thunderword / March 11, 2010

Forty winks is the name of the game

By SHANNON SEVEREID

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 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 begins to decrease to prepare for sleep."

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

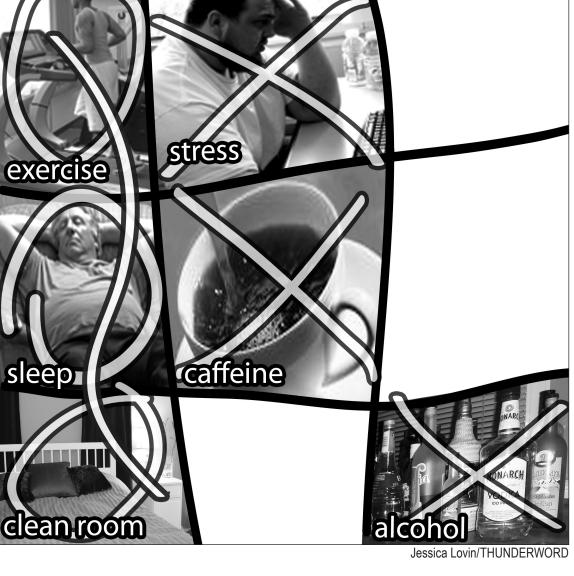
One of the signs that point to sleep deprivation is that when people have more time to sleep, they will sleep longer than they would on the weekdays, he said.

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."

Commit to regular exercise, he 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."

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.

"If 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 ear-

lier, 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 not to 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 cervi-

cal 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 vis-

it 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

Health

The Thunderword / March 11, 2010



Jessica Lovin/THUNDERWORD

Old medicines should go after they expire, experts say

Staff Reporter

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

"It is essential not to keep old medications lingering in the cabinet," said Maria 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 overthe-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 information.

By SHANNON SEVEREID 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 ww.thestarfishproject.org or call 212-749-7164 for more

Another thing to remember is kept on hand.

keeping all medications out of the reach of children, she said.

"Lock them up or keep them up 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

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 conges-

•Affrin nasal spray, which opens nasal passageways and helps you breath 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, hydrogen peroxide, 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 Brignall, 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, she said.

Headaches can be abated by rubbing peppermint oil on your temples, Brignall 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

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.

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Planned Parenthood of the Great Northwest

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Gynecology

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care, 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 23213 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 206-870-8880 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.

16 News

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You'll want to share this pot of gold

By KANDI O' CARLSON Staff Reporter

Saint Patrick's Day is a day to loaf around on the couch with the smell of corned beef in the

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 week-

The day itself is meant to honor St. Patrick. There isn't any requirement that states you must stop everything you are doing to makes 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 without 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 there really 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.



Marcus Daniels/THUNDERWORD

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 quar-

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 breath.

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

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

Next, carefully remove the brisket from the pot and place it on a serving dish, cover with foil and place in 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 min-

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

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 the they begin to turn brown, add the chopped corned beef to the skillet. Continue frying until both the potatoes and the corned beef are crispy.

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 face 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 sand-

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



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.

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

But minority members such as State Rep. Skip Priest, R-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, \$583 million in federal matching funds, \$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.

Its 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 Gowrylow, 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 ad-

justed to modern terms.

Though this is a large 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 5.843 percent in 2010.

When looked at nationwide, Washington is midrange, ranking 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 from 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 1949 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 JURPIK 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 maths. 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 collegelevel 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 81 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 well, 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.bbbsps.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

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

Previous Big Jamie Campbell and his Little, Jarrett Gifford were paired up in August of 1999 and now Jarett 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



ham 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 Big changed their perspective on what they thought possible in Abraham on her cell (206)458life and 90 percent said their Bigs made them feel better abraham@bbbsps.org

Jessica Lovin/THUNDERWORD

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 0208 or her email veronica.

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 Jarett," Lynda Gifford, Jarett'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 help recruit more volunteers. can be very flexible.

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.

ship volunteer positions are open for students to sign up. One of the positions would entitle you to do community en-

If you are interested, intern-

gagement activities such as setting up booths or table events to

"It's a little time, but can Activities are not limited make a big difference," Abra-

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 at-

The school with the most participants wins \$1500.

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

"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 coun-

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

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 ElNews

The Thunderword / March 11, 2010

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



Cody Warf / THUNDERWORD

Many students will pursue a chemical fix for the finals-week blues.

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—without 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 Hagdahl, 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."

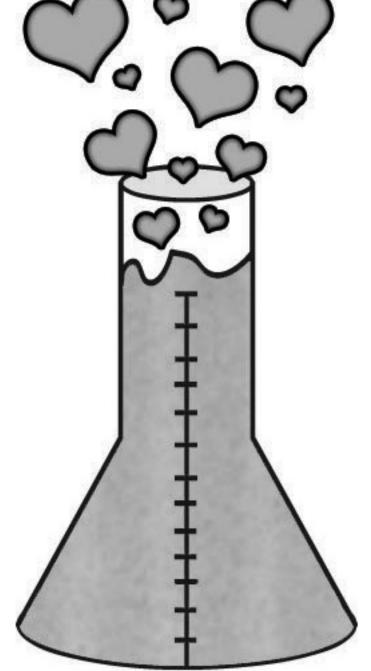
Being in love has to do with exhilaration, perception, and chemicals that are released in the brain from the beginning of a relationship. These chemicals are dopamine, a feel-good hormone, and norepinephrine, an adrenaline hormone, said Ruth Frickle, another psychology professor at Highline.

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.

And 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.



Jessica Lovin/THUNDERWORD

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 devic-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 Power-Point has made my life and my students' lives easier," Frantz said.

The Presenter view in PowerPoint is really beneficial to people that do not like the way PowerPoint has things so set in stone. For this tool to be used ,there has to be two separate monitors. The separate monitors allow people the freedom to



Sara Rosario / THUNDERWORD

A student uses an I-clicker to participate in Sue Frantz' psychology class while using a laptop. Other technologies used by the professor include Elluminate and the Presenter mode in Power Point.

change slides around and allow them to add notes on the side of the presentation that only the presenter can view.

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

"Elluminate is great when I cannot be in the classroom and students still would like to talk," Frantz said.

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 also likes to use a blog website for her current and past students to communicate with her. The website is www.higlinepsych.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

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

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

Highline librarian Geraldine Ventura gave another explanation.

"Information may be digitized 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 E-brary, 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

service subscription fee or as a general encyclopedia purchase.

Despite the massive volume of information these archives provide, finding a specific topic is relatively easy.

"You have some choices from the Highline Library 'Find

library budget either through a 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.

"[E-brary and Gale] have made research for our students, staff, and faculty very convenient, especially when learning at a distance," said Brook.

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Hoang Nguyen/THUNDERWORD

Teri Balkenende speaks on Hitler and his public perception.

Adolf Hitler's image has changed throughout the years

By SAM REASH Staff Reporter

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.

"He [Hitler] thinks that World War I was lost because the public was not with the army," Balkenende said. "Propoganda 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 Nuremburg Trials, a series of tribunals for prominent leaders of Nazi Germany, the public view 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 1960s new ideas surfaced, Balkenende said. Counter-factual novels appear as well as occultism interests.

"Hitler is now larger than life," Balkenende said. "The grand conclusion is maybe he isn't so dead."

Public views of the Holocaust also shifted after the 1960s. 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 functionalic view in the present, whereas popular culture holds an intentionalic 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.

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," Mc-Mannon said.

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

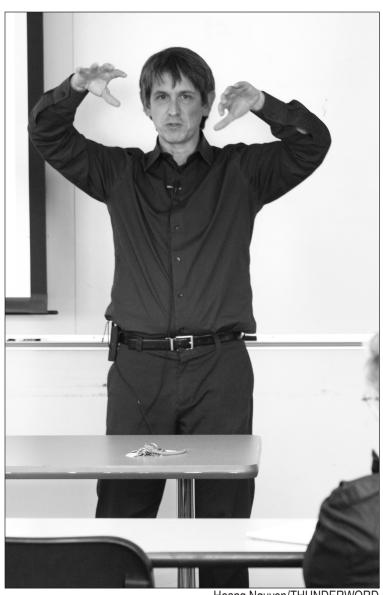
"Unfortunately, a lot of people outside of the History Department who might do very good presentations don't think of themselves as historians, so they don't volunteer," McMannon said.

"Of the 10 presentations in this quarter, only three were done by 'nonhistorians,' 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



Hoang Nguyen/THUNDERWORD Eric Baer demonstrates how the earth's plates moved during the earthquake in Chile at last Friday's Science Seminar.

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 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

"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.

News

The Thunderword / March 11, 2010

Tunes

continued from page 1

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 30 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 while studying only, another group listened to music while studying and while taking the test, the third group did not listen to music while study-

ing 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 usually 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 mu-

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. I never put my head phones on when the professor is talking or lecturing because that's just rude and disrespectful," said Stephanie Hughes, another Highline stu-

"We do a lot of writing in class and since the teacher is not lecturing I like to listen to my music. I feel like it helps me focus," said Jenny Picar, a firstyear student at Highline.

Some students believe that certain types of music help them focus on their studies more than

"I can't listen to rap and do homework. It usually has to be mellow like smooth jazz or even instrumental pieces," said a student who only identified himself as Terry.

"I don't listen to music too often but I always listen to the Qurran which helps me concentrate and focus on whatever I'm doing," Malik 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 Fugazi 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 ef-

fectively while listening to music, watching TV or doing some other activity," said Melissa Hawes, a first-year student at

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 Spieker 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.

Reporters Masab El-Himri, Alida Linavat and Taylor Joaquin contributed to this story.

Texting

continued from page 1

using the phone when they had an accident, phone use will not be cited as a factor in the crash, because it cannot be proved.

"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.

Des Moines does not have statistics available on cellular phone use as a contributing factor in collisions, Collins said.

"Most people would avoid mentioning they were using their cellular phone at the time of collision. Instead they will say they weren't paying attention," Collins said.

Not paying attention is another way to say distracted driv-

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. Texting 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 hard enough,

"We [underage students] already face enough crap and Lugo contributed to this story.

laws when it comes to driving," said Running Start student Taylor Hoover.

"I use my phone in one way or another almost every time I drive, sometimes calls but mostly texts," said Running Start student Shannon Berbs. "All the laws on cell phone calls make it so people text more which is probably more dangerous."

"I use my phone when I drive and I don't drive well when I do. A law could probably help me with that," said Running Start 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'm over 18 so this law wouldn't affect me, it doesn't really bother 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 Dorns, 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."

Reporters Caitlyn Starkey, Jeanette Dimock and David

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.

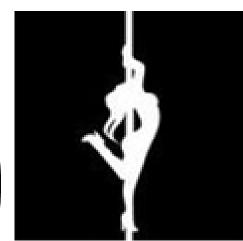
Teams are presented with a network that has been set up for a fictitious company. Teams must defend the network against an evil red team that is attempting to break in and compromise their network. They must keep the network's services operational, fulfill a number of business style tasks and prevent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

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Insurance

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"Other than providing the brochure, we don't have any involvement with it. Once a student pays the premium directly to the insurance company, all transactions are between the student and insurance company," she said.

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

Eligibility for the plan requires you to be a registered student taking six or more credit hours each quarter. Plans range from \$155 to \$740 per year, and offer injury-only to injury-plusillness 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 University of Washington has offered insurance for regularly matriculated students," said Evelyn Hodge, budget fiscal adviser for Business Services at the UW. "Insurance is paid by students on their tuition account."

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

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

There is no health center located at the Tacoma campus, however, said Robin Carlson, program coordinator for Student Health and Wellness. The cost for the plan is \$416.99 per quarter or \$1,667.96 annually.

Central Washington University sponsors insurance for their students on 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 satellite 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 campus 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 companies offer student plans.

For example, Sentry Student

Security Plan costs \$25-\$64 a month with a four-month commitment, and offers total benefits of \$3,000-\$5,000. Coverage varies under the two plans, and dental coverage can be offered.

Health insurance is available through public programs in Washington, but they either require people to be very poor or have a waiting list longer than they have space available.

Medicaid is one of these programs

"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 elderly, pregnant or having a disability," said Cassie Sauer, vice president of communications for the Washington State Hospital Association.

"Childless, able-bodied adults typically do not qualify," she said.

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

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

"Basic Health eligibility extends to people who are at 200 percent of the federal poverty level or below," said Dave Wasser, spokesman for the state Health Care Authority.

The income level for an eligible family of four would be \$3,675.18 per month.

Basic Health is a subsidized program. "The state pays a portion of the monthly premiums for an enrollee based on their income level," Wasser said.

"Right now there is a waiting list of about 90,000 people wanting to get into Basic Health," he said.

More information about Basic Health can be found at www. basichealth.hca.wa.gov.

There are some very good resources which help people apply for public insurance, Sauer said.

"WithinReach's Parent Help 123 Program can help with a wide range of public insurance programs," she said. They also offer assistance connecting people with programs for family planning and insurance for pregnant women.

More information about this program can be found by calling the Family Health Hotline at 1-800-322-2588 or visiting www.parenthelp123.org.

If health insurance is out of your budget and you do not qualify for state assistance programs, there are many local health care providers who offer services at reduced cost.

King County Public Health has many local clinics. The White Center clinic is at 10821 8th Ave. S.W. Hours of operation are Monday through Friday, 8:30 a.m. until 5:30 p.m.

Public Health clinics accept coupons and offer assistance in applying for medical coverage, including Take Charge, said Mary Zwerling, managed care manager for King County.

Take Charge covers birth control methods, pregnancy testing, emergency contraception, testing for Sexually Transmitted Diseases, yearly exams and Pap tests. Take Charge includes services for men, condoms, vasectomy and testing for sexually transmitted diseases.

Clients seeking services at any of the public health centers are "eligible for consideration to have their fees slide," Zwerling said, based on income and family size.

"Some fees do not slide, such as vaccine costs, travel immunizations and circumcision," she said.

Another clinic that offers a sliding scale option is Health-Point, 33431 13th Pl. S., Federal Way. Hours are Monday, Wednesday through Friday from 8 a.m. until 5 p.m. and Tuesday from 8 a.m. until 7 p.m.

"HealthPoint will not turn anyone away," said spokeswoman Diana Olsen.

HealthPoint will also help you apply for public insurance programs, such as Take Charge.

"It is helpful to bring proof of income, a tax return or pay stub or a letter from the family you're staying with to help you apply," Olsen said.

HealthPoint offers a variety

of services for patients, including primary preventative medical, prescriptions 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 primary care and physicals to minor surgeries and follow-ups.

"Every doctor's office will

charge differently for their services," said Petter, Highline alumna and family practitioner.

"The cost at my practice for

a new patient without insurance is \$80. Any follow-up is \$50," she said.

"Payments can be arranged into monthly payments of \$25."

There is plenty of help for those who need it, Petter said. The Department of Social and Health Services can help you apply for state assisted programs, she said.

Petter recommends that people without medical insurance fill their prescriptions at Wal-Mart, Fred Meyer or Costco and chose generic medications whenever possible.

"Generic medications are inexpensive, but still effective," she said.

Petter firmly believes in generic medications and the barter system because she wants patients to get the comprehensive care they need, at an affordable price, she said.

"I barter with consumers

sometimes," Petter said. "All you have to do is ask. A lot of doctors will do the same; they're willing to help because they know it's difficult."

Let doctors know there is a problem, so they can set up a workable solution, Petter said. To request an appointment with Dr. Petter, call 253-568-0841.

Hospitals also have programs for people in need of assistance.

"Hospitals must give free care to anyone up to 100 percent of the federal poverty level, and discounted care to anyone up to 200 percent of the federal poverty level," said Cassie Sauer, vice president of communications 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 documentation, 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 assistance.

"It is always worth inquiring about financial assistance – even if you have insurance and need financial assistance for high co-pays or deductibles – at the hospital's billing office," Sauer said.



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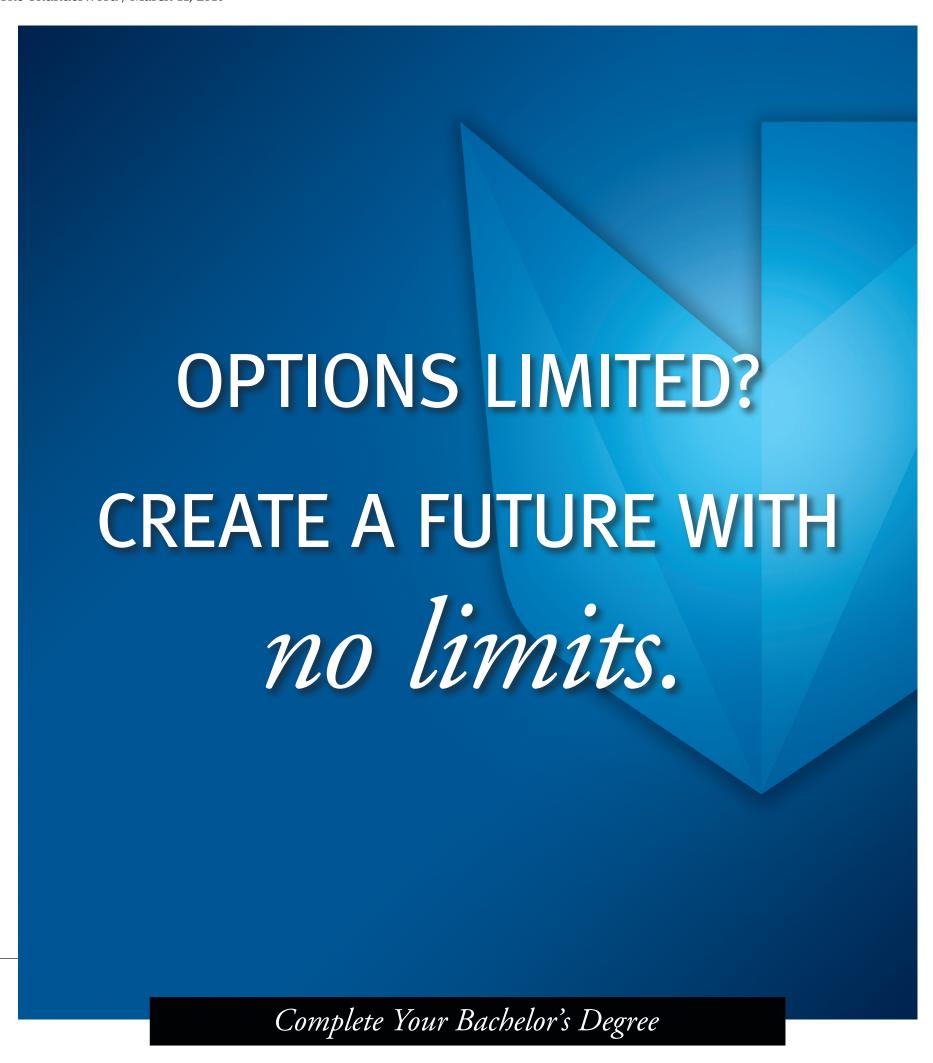
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