

# THE Highline Community College Thunderword

## INSIDE

April 8, 2010  
Volume 49, No. 21



### Highline alums bounce back in Boomerang Summer/P7



### Lady T-Birds strike out in league play debut /P8



### Ward makes online mainline/ P12

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## Weekend Weather



Partly cloudy on Friday, cloudy on Saturday, partly cloudy on Sunday.

For full forecast, see page 15.

## Legislature nears budget deal

By CAITLYN STARKEY  
Staff Reporter

The Legislature seems likely to adjourn in five days after hammering out the sticking point in the budget.

Majority Democrats from the House and Senate have spent the last 25 days of a special session arguing over how to close a \$2.8 billion gap in the state's budget.

The Senate had been pushing for an increase in the state sales tax, which House leaders



opposed.

But late Wednesday, legislative leaders said they had agreed to drop the sales tax hike, turning instead to a tax on candy, gum, soda pop and beer.

Earlier in the regular ses-

sion, they repealed Initiative 960, which allowed legislation concerning new revenue to be passed. Democrats insisted that it was necessary to balance the budget.

"The main sticking point has been the Senate proposal to raise the sales tax. Many House members, including myself, oppose raising the sales tax," said State Sen. Karen Keiser, D-Kent, earlier this week.

See Legislature, page 13

## Student president resigns

By LIVIU BIRD  
Staff Reporter

Student Government President Chris Pennington stepped down from his position on March 23.

Speaker of the Caucuses Jacqui Trillo will serve as president for the rest of the school year.

She was confirmed as president on Monday, April 6, removing her initial "interim" label.

Student Programs is in charge of the Associated Students of Highline Community College program – or simply, Student Government.

They have their own bylaws and procedures like any other legislative branch, including the Washington State Legislature.

These bylaws determine succession in the event of a resignation, among other things.

Under normal circumstances, according to these bylaws, the vice president would take over following the president's departure.

However, current Vice President Olga Afichuk declined the position, so Trillo was given the opportunity, being the next in the order of succession, said Jonathan Brown, associate dean for Student Programs.

Trillo has plenty of leadership experience, serving as president for the Environmental Club and as speaker of the caucuses in her past two years at Highline, Brown said.

The new speaker of the caucuses will be Barbara Talkington.

Pennington's letter of resignation denoted his desire to "better balance work, life and family," saying that he believed he was spreading himself too thin.

"I worked hard to be a good

See Pennington, page 15



Chris Pennington

## An uneven playing field



Marcus Daniels/THUNDERWORD

## League has different rules for Oregon, Washington

By CHRIS WELLS  
Staff Reporter

Although Washington and Oregon schools play in the NWAACC together, they don't always abide by the same set of rules.

The NWAACC, which stands for Northwest Athletic Association of Community Colleges, was formed into what it is today in 1978. The league has nine sports: men's and women's cross country, basketball, golf, soccer, tennis, track and field and baseball, softball and volleyball.

Since the league was formed, Oregon schools have been given full-tuition waivers to give to their student athletes, while Washington schools have been competing with up to \$633.75 a quarter, with the latter being what's offered. Washington

schools are currently allowed to give out 65 percent of 15 credits a quarter. These rules are explained in Article IV, Sections A1 and A2 of the NWAACC Rulebook.

Also, according to Article IV, Section A4 of the NWAACC Rulebook, there are no restrictions on Washington or Oregon to give out work grants. So athletes in both states are allowed to earn up to \$1,500 extra.

For a regular, six-quarter student-athlete under scholarship at Highline, it will cost \$2,047.50 for their entire schooling compared to the \$5,850 that it will cost a regular student. At Clackamas in Oregon, it will cost a normal student \$6,480 dollars for six-quarters and a student athlete with a tuition waiver nothing.

In the last 10 years, Wash-

ington, which has 24 schools in the league, has won 47 championships while Oregon, with just 10 schools, has won 23 in the seven major NWAACC sports: men's and women's basketball, baseball, softball, men's and women's soccer and volleyball. Oregon has won 18 women's championships while Washington has won just 21.

Based on probability for the men and women combined, a Washington school should win a championship 70 percent of the time and Oregon 30 percent. During these last 10 years, Washington has won 68 percent of the total championships and Oregon has won 32 percent.

However, on the women's side, Washington is aver-

See NWAACC, page 14





### Biology lab lizard scared into frenzy

Someone frightened one of the biology lab lizards, located in Building 12. The lizard is named Guapo, and at about 2:20 p.m. on Wednesday, April 4. It was found frightened and bleeding.

“Something by the window it was originally placed next to had scared it into a frenzy, which caused its injury,” said biology student, Tiffany Majewski, who was there when the incident happened.

Shortly after the incident, it stopped bleeding and was acting normally, said a student at the lab.

“The Biology Lab supervisor [Donn Walter] then requested that security go and check it periodically,” Majewski added.

Guapo was later moved to a room away from all the other animals in the lab to rest.

### Car stolen from the south parking lot

A car was stolen from the campus south parking lot on March 31. at 2:15 p.m. The student called 911 immediately, and he didn’t notify campus security first.

A security officer on his routine patrol met with the student. The student didn’t give any descriptions of his car to the campus security officer.

### Eight cars towed from Lowe’s parking lot

Eight cars belonging to Highline students were towed from the Lowe’s parking lot on Tuesday, April 6.

The store manager then called 911 and a tow company to report the student violators. The manager has made previous complaints about students parking in the lot.

“Some students make habit parking their vehicles either on an unauthorized area in the school, or on private properties outside of the school,” said a security officer who declined to be named.

Highline is building a fence along the east parking lot entrance to discourage people from parking along the entrances and make space for emergency vehicles, the officer added.

— Compiled by  
Othman Heibe

### Community group looks for interns at Highline

A local community service organization is looking for student interns.

The Institute for Community Leadership will visit Highline on Tuesday, April 13, from 1:30-2:30 p.m. in the Student Union building, Mt. Skokomish room.

Among its programs, the institute works with local school districts on the West Coast to try to help students “directly reduce disparities in academic achievement and civic engagement across racial and socioeconomic lines,” according to the Kent-based organization.

The institute is a program “working to change young people, interns, school administrators, community members and family members in a problem-solving approach to reconcile disparities and injustices in schools and communities,” said Nyla Rosen, administrative assistant at the institute.

Internships involve work anywhere from two to 20 hours a week and occasionally offer stipends, Rosen said, and transportation is not needed.

For more information, contact the institute at 253-872-3612, or e-mail [info@icleadership.org](mailto:info@icleadership.org).

### Basic health care products needed

Highline immigrant and refugee students are still in need of home health care products.

Health care products include shampoo, conditioner, soap, dish soap, deodorant, toothpaste, toothbrushes, feminine hygiene products, toilet paper, shaving cream, razors, baby



Cody Warf/THUNDERWORD

*Caterpillars invade a pine tree near the drainage pond on campus.*

powder, diapers and other hygiene products.

Students can drop off any of these products in Building 19, room 109 between 8 a.m. and 6 p.m. Last quarter, students filled the collection barrel.

### Award winning author to visit Highline

Author Peter Bacho will be visiting on Monday, April 12, at noon in the Student Union in the Mt. Skokomish room.

Bacho will be visiting to discuss his latest novel, *Leaving Yesler*.

Some of Bacho’s past works include *Dark Blue Suit* and the American Book Award-winning *Cebu*.

There will be a book signing after the discussion.

### Science scholarships offered at Highline

The Science Scholars Program (SSP) will be offering scholarships ranging from \$1,500 to more than \$5,000 a year.

Eligibility requirements include: seeking degree in sci-

ence, technology, engineering or math; student must have a minimum grade point average of 2.5; and the student must be eligible for financial aid.

To download the application or for more information go to [flightline.highline.edu/nsfscholarship](http://flightline.highline.edu/nsfscholarship). The deadline to apply for a scholarship for Fall 2010 is Wednesday, April 14.

## HOT JOBS

### NEED A JOB? WE GOT JOBS! Woodland Park Zoo~Full/ Part time

temporary, summer employment

Wage is \$10-13 per hour.

Job titles include: Ticket & Membership, Events Production Asst., Grounds, Camp Instructors, Visitor Programs, and more.

Go online to [www.zoo.org](http://www.zoo.org) for full job descriptions or log onto Interfase, keyword search Woodland.

### Office Assistant ~ 5889 ~ Full time

Perform basic front office and reception duties including filing, copying, multi-tasking, prioritizing, etc.

Location: Auburn Hours: 40 Wage: \$1600/mo

[www.myinterfase.com/highline/student](http://www.myinterfase.com/highline/student)

For more information about co-ops, these jobs and more, log on to [www.myinterfase.com/highline/student](http://www.myinterfase.com/highline/student)

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By DAVID LUGO  
Staff Reporter

Highline Student Government plans on implementing a classifieds website Fall Quarter 2010 in order to try and save students money on textbooks.

“It’s going to be a classifieds where students can advertise their books and other school supplies,” said Student Government Vice President Olga Afichuk.

The service will be called Highline Classifieds, said Afichuk.

“We hope to have it all done by next year [Fall Quarter 2010],” Afichuk said.

Afichuk’s idea came from her own Highline experience. She saw a need for a new way to find and purchase books in easier and more inexpensive ways.

The classifieds could help students save money on textbooks.

“I was trying to find a way to buy my books because they were so expensive,” said Afichuk.

“I asked my mom and she suggested asking students at Highline that took the class before. But I didn’t know anybody and I couldn’t just go up to them and ask them if they had the book.

“I was thinking ‘Wouldn’t it be nice if Highline had their own version of Craigslist or something like that,’ where I can ask everybody if they have the book, or if somebody has the book they can post it on there and I could just search for it,” Afichuk said.

But Afichuk’s plan doesn’t just address the high price of textbooks.

She is trying to help students make their experience at Highline as easy as possible by including information that students would need but may not be able to find on their own.

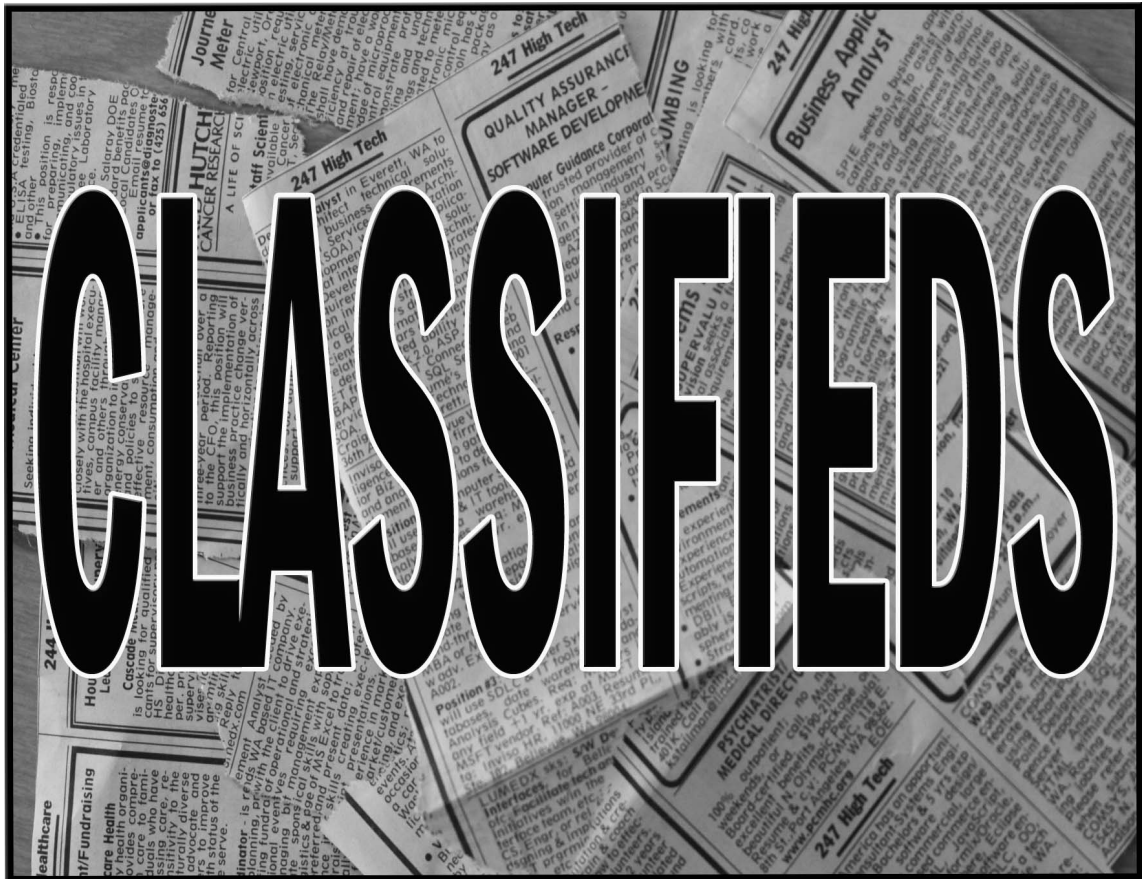
In addition to that, the site could incorporate things such as carpooling to try to help the parking situation, apartment listings, general classifieds, a calendar of dates, even tutoring, Afichuk said.

“That way students can say not only can I buy my book here but I notice that tomorrow someone is having an open house for something,” she said.

Afichuk has enlisted the help of Information Technology student Pollyane Carvalho for the creation and design of the website itself.

“We talked about and it was great, she had a vision and had really specific questions and she was ready to go. I feel really blessed that we have Pollyane,” Afichuk said.

“I met with her and in that meeting we decided, ‘Yeah let’s go for it,’ we met two weeks later and she showed me a template.”



Marcus Daniels/ THUNDERWORD

# Student spin on Craigslist will trade, sell textbooks

“I’m hoping to put this website in my portfolio, in the future. I was looking for an internship but I didn’t know if I could find something that I would really like to do. I feel really lucky that I found something that I’m really enjoying doing,” she said.

But Carvalho isn’t selfish in the reasons why she volunteered for this project.

“That’s what made me want to work on this project – you really feel like you are doing something that will help everybody,” Carvalho said. “It’s a case where I’m helping Highline and Highline is helping me.”

Safety and exclusivity have also been important to the planning of the service.

Afichuk plans on using the myHCC login system in order to offer the website service exclusively to Highline students.

This functionality will help users stay safe and remove redundancy of multiple accounts at Highline.

“We will try and use the myHCC login so that they [students] don’t need to worry about registration,” Carvalho said.

Policy for the site will also say that meeting places for exchanges or purchases should occur at Highline to increase safety during transactions, said Afichuk.

The classifieds could help Highline become more of a community, Afichuk said.

The idea is moving forward rapidly and a rough timeline has been implemented.

The short amount of time

that Carvalho and Afichuk will be students at Highline throws another obstacle in the way of the website.

“We hope to make the website as self-sustaining as we can so there would be very little that would need to be done to maintain it,” said Afichuk.

But students that have been informed about the website have shown a lot of interest in it.

“Every single student that I’ve told about the classifieds was super-psyched about it,” said Afichuk. “They all wish it was online right now.”

But even with all the planning that has been undertaken and the ideas that are already planned on being implemented, Afichuk is still very open to input from students.

“Because it’s a service for students it should be by students,” she said.

“During the fall involvement fair, one of the big things I was talking about was the classifieds and we needed some feedback from students that wanted to help and students that had some

ideas,” Afichuk said.

Highline bookstore management supports the idea of student-to-student exchange but cautions students that it may not always work.

“I’m all for students finding cheaper alternatives as publishers continue to increase the price of textbooks,” said Laura Nole Highline bookstore manager, “The issue that concerns me about any kind of online exchange is there is a risk involved. If a class is cancelled [or] the student drops the class they can’t return the book to the person they bought it from.”

The bookstore conducts buybacks the first week and finals week of the quarter.

“Students receive 50 percent of the current list price on books being used again at Highline. , even if they are selling back a used book,” Nole said. “This is the safest book exchange out there.”

If you have any suggestions, ideas, feedback or would like to get involved, you can e-mail Olga Afichuk

## HIGHLINE HEROES Williams scores in purchasing

By CODY WARF  
Staff Reporter

Kharmyn Williams started at Highline as a student pursuing her Associate of Arts degree. She is now a part of Highline’s purchasing department as the procurement and supply specialist.

Williams has been working in the purchasing department for three years.

“Once I came to Highline I never left,” Williams said.

Williams is an active member of Highline’s campus. Her job involves making sure that classrooms and buildings have enough supplies for students, staff and faculty to use daily.

Highline’s purchasing department also arranges transportation and hotels for the all sports teams that have to travel long distances for tournaments.

At Highline’s home games, Williams helps out once again and runs the clock and takes stats for all of the fall and winter sports.

The hardest sport for her to cover is volleyball because her duties include having to cover literally everything that happens on the court, from who the player is to where the player is located.

“I would like to take stats for softball but their games are earlier in the day than fall and winter sports,” Williams said.

She is also a member of the Recruitment and Retention of Faculty and Staff of Color Council.

This council reports every four years on the changes in demographics in the student body, staff and faculty.

“I love the sense of community here at Highline and the amazing campus on a sunny day.”

“Highline Heroes” is a weekly feature on staff members on campus

For future suggestions please email [tword@highline.edu](mailto:tword@highline.edu)



Williams

“I was thinking ‘Wouldn’t it be nice if Highline had their own version of Craigslist or something like that?’”

— Olga Afichuk





Editorial comment

Furlough law is a poor solution

A bill waiting for the governor’s signature forces state employees to take 10 unpaid vacation days.

The bill is a revision of a previous bill that required state employees to take even more furlough days.

It has already been approved by both the State House and Senate. The House voted in favor of the bill 50 to 38, and the Senate 30 to 11.

The bill excludes faculty from having to take the furlough days. Although Highline’s administrators say Highline has been managed carefully enough that it won’t have to participate in the furlough, other state employees will.

This bill is a bad idea, and a poor solution to the Washington state budget crisis.

To begin with, most places cannot function without their staff. Highline’s staff includes those who keep the computer system running, the secretaries in each building that help write student recommendations, the library personnel and the cashiers.

Every aspect of Highline includes some vital staff employed by the state.

Without these staff on campus for even one day, the campus would not be able to function well.

That other state institutions will be facing this furlough is a big deal.

To make matters worse, the state does not pay these employees well to begin with. To cut 10 days from an employee’s salary is equivalent to cutting two weeks of pay. That is a lot of money for a person to have cut from their pay check; it’s even worse in this poor economy because people do not have a surplus of funds to begin with.

If someone has rent or loan payments riding on every paycheck, cutting an entire paycheck out of someone’s life is a big deal.

This bill will cause ill consequences statewide as well. With so many workers being further underpaid, some will have to look to other means to make up lost personal revenue. That creates fertile ground for an increase in corruption, and employees taking things home from the workplace.

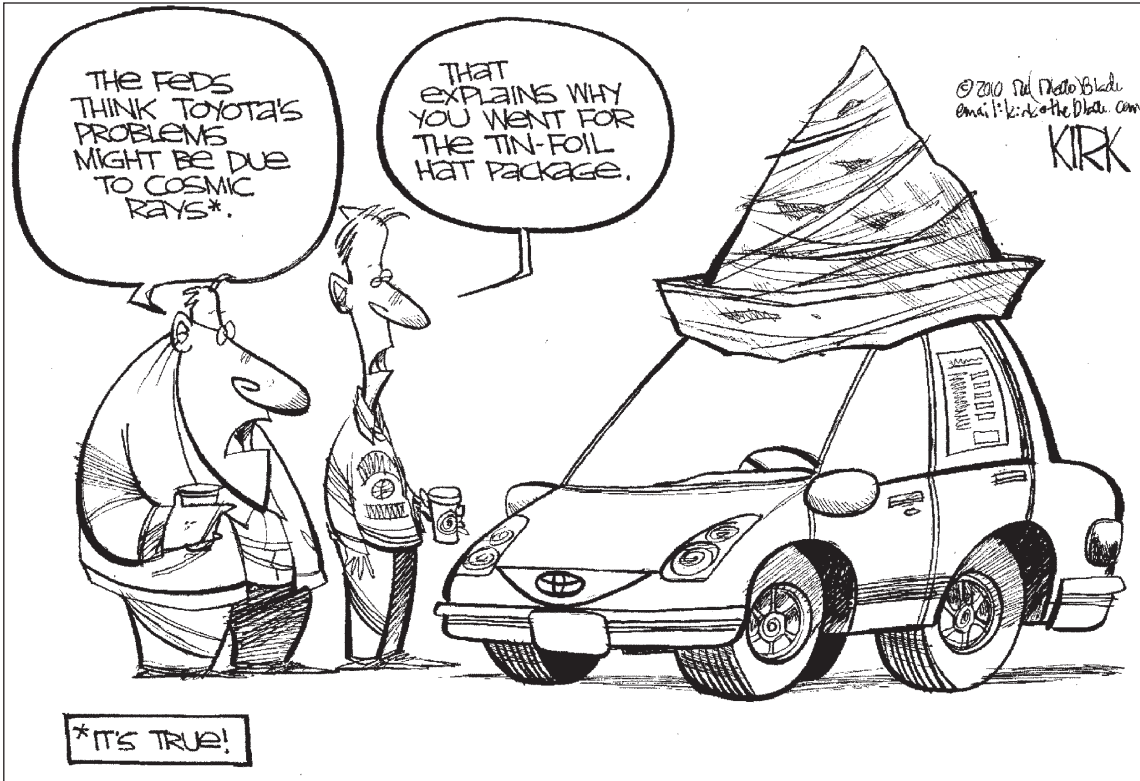
Considering how hard state employees work, this bill is a poor way to repay them. The gap in the state budget needs to be filled somehow, but this is not the way.

The state’s staff deserve better than this.

Staff

What’s this class about?

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Witch trials continue worldwide

Witch trials aren’t just a figment of the past.

In American schools, students are taught about the history of witch trials in the United States, and sometimes the United Kingdom, as an example of what happens when mob mentality takes over and superstition runs amuck.

In my own school experience, the teacher happily assured us that, as citizens of the modern world, we would likely never have to worry about literal witch hunts in our lifetimes.

While things such as the hunt for members of the Communist Party during the McCarthy era are cited as a modern example of such a mentality, all too often schools here treat witch hunts as something that has gone away, and is irrelevant in the modern world.

Unfortunately, that isn’t true. Every year, in other countries, people are executed for the practice of “witchcraft.”

According to an Amnesty International report released on March 19, a Lebanese citizen has been sentenced to death in Saudi Arabia for witchcraft.

Ali Hussain Sibat, a Lebanese television psychic, was visiting Saudi Arabia on the Islamic religious pilgrimage of Umrah.

He was arrested by the Saudi Arabian government for “sorcery” in May 2008.

He was told to write his profession for his interrogators, and that he would be released after doing so.

The paper was then presented as evidence against him in court as a “confession.”

On Nov. 9, 2009 he was sentenced to death by beheading by a Saudi Arabian court. A recent appeal Sibat made to the court upheld the sentence on March 10 this year.

The sentence was scheduled to be carried out earlier this



Commentary  
Nicholas McCoy

month, although for unknown reasons it was not carried out.

It is unknown whether the sentence will eventually be carried out.

Others have not been so lucky.

The Saudi Arabian court uses a crime of “apostasy” to convict those it accuses of witchcraft. Apostasy is a term that describes the abandoning of a religious belief or cause.

In 2007 the Saudi Arabian government executed an Egyptian citizen under accusation of apostasy for possessing a Quran that had degraded.

In other countries, such as Gambia, witch hunts are ongoing. Up to 1,000 people had been arrested in Gambia by March 2009 as suspected witches.

They were imprisoned, and interrogated under the influence of a hallucinogenic liquid that causes kidney damage.

In Kenya, in May 2008, it was reported by Reuters that at least 11 people were burned to death by a mob after being

accused of witchcraft. A mob went house to house with a list of suspected witches, setting approximately 30 homes on fire.

The ongoing hunting of witches in some places has relevance to everyone. People must be aware of the policies and environment of places they are traveling to.

Beyond the fact that some people legitimately practice religious witchcraft here in the United States, travelers of other religions should be aware.

There are still countries where people can be attacked under suspicion of witchcraft.

Nick wants you to join his coven.

Write to us

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

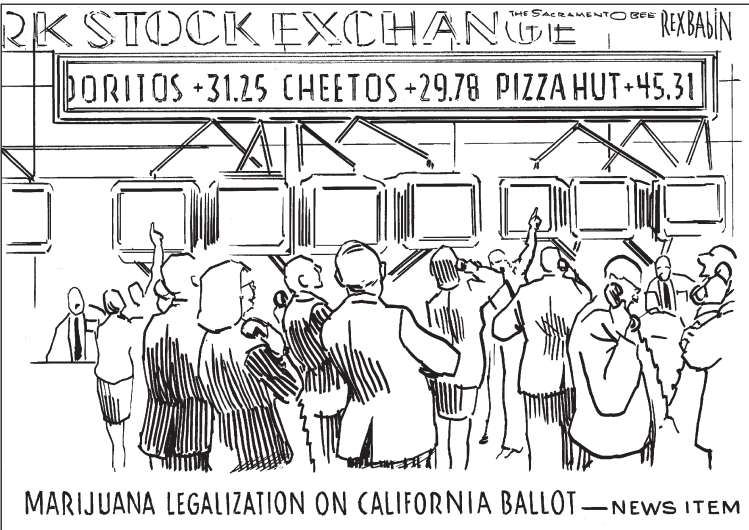
E-mail your submission to nmccoy@highline.edu.

Letters should be no more than 200 words.

Commentaries should be 600 words or less and arrive no later than Monday for publication that Thursday.

Submissions may be condensed and/or edited for spelling, grammar and length.

Provide contact information for confirmation purposes.









The Thunderword / April 8, 2010

# Highline student displays award winning art

By **ALYSON FUHRMAN**  
Staff Reporter

The nature-themed artwork of Alina Himichuk welcomes spring to Highline campus.

An exhibit featuring more than 20 original works of art by Himichuk, is currently on display in Highline's art gallery and will be available for viewing through the month of April.

The Highline art gallery is located on the 4th floor of the library and is open to visitors Monday through Friday, 7 a.m. to 9 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, 2 to 9 p.m.

The exhibit includes a selection of photography, an acrylic painting, a scratchboard illustration, an oil pastel piece, and a collection of detailed 4B graphite pencil drawings done by the 17-year-old Highline Running Start student.

Two of Himichuk's 4B graphite pencil drawings received awards from the Puyallup Fair Junior/Senior art show in 2008. Her piece *The Gift of Friendship*, which features three babies, received a Best in Show blue ribbon. *Majestic*



Cody Warf/ THUNDERWORD

*Pride*, a full-body illustration of a bald eagle, received a Choice of the Day award.

"I am more experienced with

drawing with a pencil because that's how I started," Himichuk said. "And the [piece] with the penguins is my first painting ...

so I am looking forward to doing more."

Much of Himichuk's artwork features subjects from nature, including flowers, the ocean, and even a koala bear.

Her favorite piece of art she's done is her 4B graphite pencil drawing of a horse entitled *Freedom*, which she did summer of 2008.

"I was sitting outside and I was like, I want to draw a horse," Himichuk said. "And, [as] I was drawing it I didn't think it would turn out ... but I like it more than the other ones for some reason I think."

Himichuk said she has many inspirations for her artwork, including her uncle who lives in Italy, her supportive parents, and famous Renaissance painter Michelangelo.

"My [biggest] inspiration is actually Michelangelo because I'm really fascinated by his art," she said.

Although she has always enjoyed drawing, Himichuk did not envision herself as an artist from a young age.

"I wanted to be a veterinarian, then I wanted to be a nurse

and stuff like that," Himichuk said.

"But, as soon as I got into college and started picking my profession, I realized art was what I wanted to do."

In an interior design class, which Himichuk especially enjoyed, she discovered that "it's not just drawing, but also communicating with people."

She is currently hoping to major in graphic design and/or possibly animation. But her overall goal is to major in at least three different types of art.

"I want to major in at least three different art careers, like interior design or photography, or at least fashion design because I can't just stay in one art," Himichuk said. "I want to do all of it."

Himichuk's favorite part about art is the way it makes her feel.

"You know when you come home from work and school and everything, and you're tired ... as soon as you begin to draw it's like you're in your own little place ... it's like a way for me to get everything out of my mind and like, just draw."

## Local symphonies will showcase talent this weekend

By **JIN YOON**  
Staff Reporter

Pianist Mark Salman will be playing Piano Concerto in E-flat Major by Mozart with the Federal Way Symphony on Sunday, April 11.

Mark Salman began playing piano at the age of 7 and has now been playing for about 40 years.

"My parents were very interested in classical music and played recordings constantly around the house," Salman said.

Before attending the pre-

college division of the Julliard School in New York, he studied and trained with a local teacher for six years.

Salman found his experience at Julliard beneficial because "they were extremely serious about music. The classes in theory, ear training and history were extremely important to my musical development," Salman said.

After completing his pre-college studies at Julliard, Salman went to the Institute of Technology in Boston, where he studied for two years, focusing in com-

position and chamber music.

He later got his degree from Julliard. "Since then, I have built a career as a performer, recording artist and teacher," he said.

Salman was influenced by his professors at Julliard, Josef Raieff and Richard Fabre.

Salman's professor David Dubal has been influential in particular. Dubal helped shape Salman's outlook on music.

Salman had the privilege of playing for and getting guidance from Vladimir Horowitz, an experience that has changed every

aspect of his playing, he said.

Mark Salman and the Federal Way Symphony will hold the concert on Sunday, April 11 at 2 p.m. The concert will be held in St. Luke's Church, 515 S. 312th St., Federal Way.

Tickets can be purchased at [www.federalwaysymphony.com](http://www.federalwaysymphony.com) or 253-529-9857.

Tickets are \$25 for the general public, \$20 for seniors and free for 18 and under.

Auburn Symphony Orchestra will have Battle on the Ice on Saturday, April 10 at 7:30 p.m. and Sunday, April 11 at 7:30

p.m., with pre-concert lectures at 6:30 p.m.

Auburn Symphony Orchestra's performance will feature Tchaikovsky's *Symphony No. 1 "Winter Dreams"* and Prokofiev's *Alexander Nevsky Cantata*.

This concert will also feature the Federal Way Chorale with contralto Kyra Humphrey. The shows will be directed by Laird Thornton.

This event will be held at the Auburn Performing Arts Center located 700 E. Main St., Auburn.

## Blend will feature sounds of the world

By **AUSTIN MOSIER**  
Staff Reporter

A new band with a world beat performs at the Bistro on Wednesday, April 14.

Ken Carlson, Harry Pierce and Laura DiCarlo make up Korkella, a new band in the Seattle scene.

"We play world music collective with a Northwest flare," said Carlson.

They will perform in the weekly musical series, The Blend, from 10:30 a.m. to 12:30 p.m. in the Bistro, located in the Student Union on the second floor.

Carlson, a Northwest native from Astoria, Ore., is a teacher at the Seattle Drum School and

an Emmy-nominated songwriter.

"My grandfather was a Northwest artist and I draw a lot of inspiration from his painting and drawings," Carlson said.

Korkella features longtime musicians who have been playing for all their lives and can all play multiple instruments.

"Me, Harry and Laura can all play multiple instruments, but we all have our own expertise," he said.

All three band members have been playing for a long time individually, but just recently decided to come together as a collective.

"Harry, Laura and I have all been friends for a long time," Carlson said.

Pierce, whose family is musical, received multiple awards and scholarships when he attended Cornish College of the Arts in Seattle.

"He grew up on carrying his father's clarinet around from gig to gig and just naturally picked it up," Carlson said. "He will most likely be playing the sax or clarinet when we come to Highline."

DiCarlo will sing during Wednesday's performance. She grew up as the singer in her family's bluegrass band and is currently studying flamenco.

This will be Korkella's first performance at Highline. Carlson said the band is excited to promote their name and share their music with the students.

## Waterland Music Series

Sponsored by Des Moines Art Commission and the Highline Community College Music Department

FEATURING

**CRUMAC**

<http://www.crumac.com>  
TRADITIONAL IRISH MUSIC  
7:30PM, TUESDAY, APRIL 20, 2010



Location:  
Artist-Lecture Center  
Bldg. 7 Highline Community College  
2400 S. 240th St. Des Moines

Tickets:  
\$15/Adults  
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# BOOMERANG SUMMER

Highline alumni  
come together  
and make music

By **STEPHANIE KIM**  
Staff Reporter

Former Highline students Ben Johnston and Trevor Ras find inspiration for their band Boomerang Summer from their reflection of the world and their surroundings.

After breaking his neck in a surfing accident, Ras began to develop a very different outlook and perspective on life.

"Bands are not strangers to me," Ras said.

Originally from Burien, Ras has played music almost his entire life. After college, he began playing acoustic guitar in Portland and toured all the way down to Los Angeles.

His residence in California was cut short due to the surfing accident. It was after his accident he began to develop his new perspective.

After the accident, music played second fiddle in Ras' life, Ras said.

As his outlook in life changed, so did his perspective on music. Rather than playing shows extensively and pushing himself, Ras said he has let everything happen "naturally."

Ras slowly began to play music again with another former Highline student and guitarist Ian McKamey.

With two guitarists, Ras and McKamey needed to find themselves a bassist and a drummer.

McKamey asked childhood friend Ben Johnston to drum for their band. McKamey and Johnston had played together before, so it only felt natural to bring Johnston in.

The band originally called themselves the Trevor Ras Trio, but the band felt it was important to reflect all members with their name, rather than just Ras.

When deciding on a new band name, they wanted to "think about all those days when you were a kid and summers just came," Johnston said. They eventually settled on Boomerang Summer because that name felt right.

The trio wanted to let their music happen organically, rather than forcing it.

"We just want to play good tunes and have fun," Ras said. "My philosophy is that if a band on stage is having fun, the audience will see it."

Before Ras began performing, he grew up playing jazz, funk and fusion. He has incorporated those different genres



Boomerang Summer photo

Bandmates from Boomerang Summer Trevor Ras, Paul Davis, Ian McKinney and Ben Johnston.

into a more "pop-type" sound.

The band often plays covers at their shows.

"We're not just a jam band," Ras said. "We've polished those songs. We don't want to be those guys that are like, 'it's a 16-bar solo and we're done.'"

"I think one thing we've done is that we've taken those songs and turned them into the band's songs. When we play live, we let it go where it will go," Johnston said.

Johnston's dad was a guitarist and gave Johnston a guitar as a gift when he was 8.

"My dad was a working musician when I was growing up," Johnston said.

It was only after six weeks of playing guitar Johnston knew that it wasn't the instrument for him. As Johnston followed his dad to shows, he always found himself attracted to drums.

"He knew I wasn't going to fall into his footsteps," he said.

Johnston, a former editor-in-chief for the Thunderword, received his associate of arts degree in journalism in 2004 and also helped start Highline's Jazz Band Club.

Growing up, Johnston made sure school was his priority for his future. "I tried to keep music a hobby, go to school and work. It's always been a hobby for me," Johnston said.

While Johnston focused on school, Ras took a completely different route in approaching

music.

Ras played strictly alto saxophone for six years and played in school bands, but his mom

eventually had him take piano lessons.

It was in college Ras took playing his acoustic guitar and

writing lyrics seriously.

"My lyrics are always around my experiences, explicit or not. They reflect my view of the world, or what I'm seeing in others," Ras said.

"I feel like right now, I'm really in the wheel house of my singing and song writing capabilities. I'm just singing my ass off and it's really fun."

When looking for musical inspiration, Ras looks up to artists such as Michael Jackson, Earth, Wind & Fire, James Taylor, Van Morrison, Dave Matthews Band, John Mayer, Radiohead and Pearl Jam.

"[With] Pearl Jam, they've maintained traveling all around the world. The way that group looks at the world and try to change the world is an inspiration to me," said Ras.

Boomerang Summer's EP *Breathe* can be heard at [www.boomerangsummer.com](http://www.boomerangsummer.com) and a physical copy can be purchased at one of their shows.

*Breathe* is dedicated to McKamey's dad, who lost his battle to cancer in the summer of 2009; he willed his drumset to Johnston.

Boomerang Summer will have an all ages performance tomorrow evening, April 9 at Mick Kelly's Irish Pub located 435 SW. 152nd St., Burien at 8:30 p.m.

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The Thunderword / April 8, 2010

# Lady T-Birds gain experience, needs more pitching

By **BRIAN GROVE**  
Staff Reporter

Despite having a roster built from scratch, the Lady T-Birds fastpitch team is finding a way to compete. But, having only one pitcher and inexperienced players is a hurdle the Lady T-Birds are still trying to overcome.

Highline started league play on Tuesday, April 6, in a double header against the Centralia Trailblazers, losing both games, 4-1 and 11-1.

Highline Head Coach Gary Graf attributed the Trailblazers' offensive bombardment in the second game to the fact they'd already seen his pitcher, Faith Baldwin, in the game before.

"They got to see my pitcher seven innings before and that makes a big difference," he said.

Even though Highline lost both games, Graf said the team is getting the invaluable experience it needs.

"You've got to learn by getting out there and getting your face dirty," he said.

Before the team started



Hoang Nguyen/THUNDERWORD

*Highline catcher Chau Vo takes a cut in the first game of the double header against Centralia.*

league play, the Lady T-Birds played three preseason games. Highline went 2-2 with two losses against Shoreline, 15-1 and forfeit, and two wins against Edmonds, 13-5 and 12-3.

"I didn't know what to expect to be honest," Graf said of preseason play.

"We've seen both sides of the scale. Shoreline was strong, they had big bats. Edmonds was more our par of team," he said.

This is Graf's second season as head coach for Highline, but the team did not play last year due to a shortage of players.

Highline co-captains Sarah Ferrin and Evan Tullis said preseason play was a good eye opener for the team.

"It showed us our errors and what we need to work on more as a team," Tullis said. Tullis plays center field.

"The outfield is where most of the new players are. It's been me and Phil (Phil Taylor, Highline assistant coach) working with them a lot the past few weeks," she said.

"We've worked a lot on our batting skills," Ferrin said. Ferrin plays left field and second base.

Graf said that although the team has made a lot of improvements, they still have some basic fundamentals to work on.

"Our throwing isn't as good

as it should be, but our hitting has come a long way and their base running's decent," he said.

One thing the team hasn't been able to do as much as they've wanted is play outside. With a wet March and early April, the Lady T-Birds have been subject to three rainouts and a lot of practices in the gym.

"The weather is kicking our ass," Graf said.

Ferrin said the weather has hurt them because they haven't been able to practice on the field.

"The ball plays different in the dirt," she said.

Another issue this brings to the plate is Highline's lack of pitching depth. With only one pitcher in freshman Faith Baldwin, a week filled with make-up games isn't something Graf wants his pitcher to go through.

"It puts us in a bad spot because we could be looking at a lot of make-up games where we'd have to use our only pitcher in eight games in a row," Graf said.

Baldwin was also in a minor car accident last Thursday and said she had some stiffness in her lower back. Graff said he is being very cautious with his only pitcher.

Regardless of the accident and taking it slow, Baldwin is constantly practicing.

"Faith is working on her pitching just about every day," Tullis said.

Keeping the ball low in the strike zone and her changeup are two aspects of pitching Baldwin has been working especially hard on.

"Good fastpitch hitters know how to hit a riseball," Taylor said. "And good riseball hitters just feast on those high pitches."

Still, Tullis said it'd be nice to have more depth.

"If we had another pitcher or two, we'd be pretty set," she said.

Green River sophomore pitcher Caitlynn Duggan was on Highline's roster last season. However, after last year's team folded, Duggan transferred to play for the Gators.

Graf said although he thinks she is their workhorse, there are no hard feelings about the transfer.

"As a pitcher, you can't afford to lose a season," he said. "She's a great kid and I would have loved to have her."

Highline's next games are Friday, April 9, against Grays Harbor, at 2 and 4 p.m. at home, Saturday, April 10 against Pierce, at 2 and 4 p.m. away, and Tuesday, April 13 against Green River, at 2 and 4 p.m. at home before a week without games. They will resume play on April 20, against South Puget Sound at 2 and 4 p.m.

Graf said now that his team has experienced league play, "It's time to learn how to play right."



Hoang Nguyen/THUNDERWORD

*Centralia's bats heated up against Baldwin in the second game.*

## Softball duo means double trouble on the diamond

By **ADRIAN SCOTT**  
Staff Reporter

Highline has a Major addition to its softball team this season.

Former outfielders at Renton High School, Angelique and Dominique Major, now hold down the Lady T-Birds outfield.

"This is the first year with the softball team returning so it's going good so far. We're getting a lot accomplished," Angelique Major said.

The alumni of Renton High School both lettered in softball and soccer.

Renton High School isn't known for producing softball players. The team had gone years without winning a single

game until both twins were seniors in 2009. T-Bird teammate freshman Sable Moton also played high school ball in Renton.

Angelique and Dominique Major received scholarships to play outfield. They are also being productive students, holding a grade-point average over 2.9.

"My goals are to pass all my classes, to take required classes to go on to a four-year college," Angelique Major said. "I heard about the softball team through my high school coach."

Transitioning to playing at Highline from Renton High School did present the twins some challenges.

"It was a little hard because we had to learn new techniques,



Dominique Major

and practice was a lot different from when we were in high school," Dominique Major said.

Their family is 100 percent behind their decision to play softball, the ladies said.

"Our family feels that softball was a good choice to keep us out of trouble. My family is



Angelique Major

even telling my little sister to become a softball player or at least try it out," Dominique Major said.

Many student athletes don't have the advantage of having a sibling to play sports with. The twins take total advantage.

"We are always practicing

together, we feel we can help each other out if we are doing something that needs to be fix or made better. We also can be brutally honest without hurting each other's feelings," Dominique Major said.

"With always having your sister around things tends to become more of a relaxing and safe place. To know you always have someone to help you when you need it," said Angelique Major.

They say they enjoy playing softball here at Highline and plan on returning for the 2010-2011 season.

"I plan on returning next year to play and hopefully play after Highline," Angelique Major said.



**By EMILY INNOUVONG**  
Staff Reporter

If you're a skier or snowboarder and have a season pass from any other resort, you can receive a half price lift ticket. Instead of paying \$60 every time, now you only have to pay \$30. Every Tuesday you can get a 2 for 1 ticket voucher when you fill up your gas tank at a

April 18 the resorts are closed for the season.




*Highline student Thomas Brissenden is stoked for a powder day at Crystal. With Crystal as Washington's largest ski area, there are still plenty of untrekked tracks for snow-sport enthusiasts.*

The thing these Oregon schools have in common is an abundance of out-of-state players on their rosters. Chemeketa



Of the neighboring states, Washington, Oregon and Arizona have the largest number of two-year schools with athletic programs. Arizona and Oregon can both offer full tuition waivers, and a quick scan of NWAACC and Arizona Community College Athletic Association rosters show that

The conference needs to hold everybody to the same standard and level the playing field for all schools.



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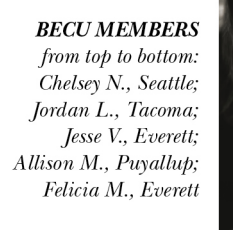
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The Thunderword / April 8, 2010

# Finding the meaning behind spring cleaning

By **KANDI CARLSON**  
Staff Reporter

Spring brings with it a new vision of your home.

As the sun shines through the windows, it brings light into those dark corners that have filled with dust and clutter.

This added light from the sun makes spring the traditional time to go through your home and clean it, room by room.

All you need is understanding, planning and a few tips to get the job done.

You must first understand what it is you are trying to accomplish. This means knowing what “spring cleaning” is and how it differs from daily housework.

Housework chores are those things you do either daily or weekly. Vacuuming, laundry, dishes and dusting all fall under this category.

Spring cleaning involves those areas that you do not normally think about or have not cleaned in over three months. A few examples include under the bed or couch and the refrigerator.

This is also the time to clear out items that you no longer use and go through the clutter found in the bottom of your closets.

Save on your trash bill by donating items that can be reused.

With this newfound understanding you can begin your spring cleaning.

**Tips for getting started:** Make a list. Go through your home room by room and write down anything specific that you want or need to do. This way you have an idea of how much needs to be done and where.

•Have garbage bags and boxes ready to use. You will find yourself more likely to get rid of those unwanted and obsolete items if you do it right away.

•Work one room at a time. If you find there are items that need to be placed in storage or in another room, put them in that space and walk away. Wait to organize until you get into that room.

•Work one room a day. This means it may take you a week to completely clean your entire home, but doing this will prevent you from becoming overwhelmed by the process.

•Begin in the room you spend most of your time in. Odds are this room tends to be the place where clutter has piled up the most. High-traffic areas also accumulate the most dust and dirt.

**Cleaning tips:** Carpets are one of the biggest catchers of all that is dirty. Even vacuuming on a daily basis does not help entirely. It is a good idea to have your carpets shampooed



Marcus Daniels/THUNDERWORD

*Free your home from all that unused and unwanted clutter that has been piling up over the winter.*

once a year. This is particularly true if you have pets.

You can do it yourself or pay someone else. If you want to do it yourself, keep in mind the shampooing units found in the grocery store will result in a longer drying time. You should wait for a sunny and warm day.

If you are in an apartment, ask your landlord or property management company if they will allow you to take the cost off the rent. Cleaning the carpets helps them too.

•Baking soda is helpful for getting rid of and minimizing carpet odors and stains. Sprinkle baking soda generously over your carpet. Wait for 30 minutes and then vacuum.

•Forget about those expensive candles and incense. Mix together one cup of baking soda and one cup of roughly chopped herbs and sprinkle over the carpet. Allow the mixture to stand for 15 to 20 minutes and then vacuum. This works great because each time you vacuum the herb smell will come through the filter of your vacuum, provided you do not change the bag or vacuum filter.

•The refrigerator is one of the most overlooked appliances in the home. More than likely this is because there is usually something in it. A good rule of thumb you can use for deciding whether or not you should throw something out is, if you didn't know you had it – get rid of it.

You probably won't use it in the future if you weren't using it in the past.

**Homemade cleaning supplies:** Powdered lemonade mix works wonders in the dishwasher. Simply fill the detergent cup

with the mix and run the wash cycle.

•Compressed air works as a duster when used with a hand towel. In particular for blinds, hold the towel behind the blinds and blast them with the compressed air. This way the dust gets trapped by the towel and doesn't end up settling some-

where else.

•Limes are a great multi-purpose cleaner in any home. Begin by rolling a whole lime back and forth on the counter to help release the juices. Then cut the lime in half and dip the flesh in some baking soda. The lime has now been transformed into a gentle scrubber for baking

dishes, counter tops, refrigerator shelves and the microwave.

•Don't throw away those orange peels. Cut them into 1-inch pieces and send them down the garbage disposal. Run the cold water and turn the disposal on. The fresh smell of oranges will fill the air and at the same time clean up that gunk that builds up around the blades.

I recommend using citrus fruits and natural cleaners most of the time. They are cheaper and you already have them in your house. Save yourself the money and effort of going shopping.

If you do use chemicals such as bleach, make sure you do not mix them with anything besides water. This can be dangerous.

**Final Steps:** Now that you are finished, you can figure out what to do with the things you want to donate.

Family and friends are a good start place for those unwanted items. Let them know what it is you no longer want.

There are also a variety of services that will accept your items. Think locally because this will help support your own community.

**Tip of the week:** Want less wrinkles? Shake out clothes before placing them in dryer. You can also help clothes dry faster by adding a towel to the dryer.

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# Census wants you to be counted

By **RICHARD MEIER**  
Staff Reporter

Participation in this year's Census helps bring in money for the state of Washington.

The Census bus rolled onto the Highline campus this past Friday, April 2, for Highline's Census Awareness Fair.

The Census bus team aimed to better inform the Highline community of the importance of the Census as well as bring awareness of its impact.

The Census is not only important to the surrounding community, Census official say, but is also required by law and has a huge impact.

The effects of the 2010 Census include distribution of more than \$400 billion and a possible seat in the U.S. House of Representatives for the state of Washington.

"The state of Washington is on the cusp of gaining a seat in the U.S. House of Representatives so it's important that we get as accurate a count as we can," said Dmitry Kvensnyuk, former Highline student and partnership assistant with the U.S. Census Bureau. "Not only



Cody Warf/THUNDERWORD

*Census bus parked outside Building 8 to help students during the Census Awareness Fair.*

does it have a huge impact on the community but it also is required by Article 1, Section 2 of the United States Constitution."

The local Census program's aim is for the state of Washington to have the highest Census return rate in the country. A high return rate is vital in the amount of federal funding the state will receive.

"It's like cutting a check for the community," Kvensnyuk said. "For every person unaccounted for, the state loses more than \$1,200 a year per person for 10 years."

The south Seattle region of

Washington has the most diverse populace in the state, and Highline is the most diverse college in the state. Highline's varied community was a high priority for the Census bus to target.

"Highline is the most diverse college in the state and because there is so much diversity it is a very hard area to target," said Getachew Admassu, partnership specialist with the U.S. Department of Commerce.

"We not only rely on information shared with students, but we hope that they in return spread the word to their friends and families [about] the impor-

tance of completing the Census."

More information on the Census is available at Building 99 on the Highline main campus.

Highline will be host to Census personnel who will be answering questions and aiding those who need assistance with the Census questionnaire. This takes place throughout the month of April on every Monday and Wednesday from 1-5 p.m. and Fridays from 10 a.m. to 2 p.m.

"We can't move forward until you mail it back," Census official Kvensnyuk said.

# Tickets for GlobalFest already sold out

By **JEREMY LEE**  
Staff Reporter

Tickets for this year's GlobalFest went fast: The popular event sold out in only two days.

GlobalFest is Highline's annual celebration of global culture and diversity.

Mandy Pai, a coordinator of the GlobalFest said, "There were approximately 300 tickets that were made to be sold, but most of the tickets were sold out at the next day and it is a record of how fast the tickets were sold compared to the last five years of GlobalFest event."

The tickets went on sale on March 30, but were all gone by March 31.

One of the coordinators of the GlobalFest, Amee Moon, said, "At this point, we don't even have any more volunteer tickets. No one is more surprised about how fast the tickets sold out than we are."

GlobalFest will be held on May 8. This event is put on by the students from International Student Programs and it will be in the Highline Student Union. Hundreds of students typically are involved in the production.

The event will have traditional dance performances, traditional foods, and a lot of other cultural related events that will let the participants enjoy and learn about other cultures.

Last year's GlobalFest featured cultural booths from the many countries representing Highline's diverse study body; dance, fashion and music presentations; dinner; and activities for children.

Previous GlobalFests have also sold out, though not quite this quickly.

"We wish that everyone could go, but we have the limit to how many people we are allowed to have in the Highline Student Union," Moon said. "GlobalFest has become so popular we hit the maximum capacity. Again, I'm so sorry."



Amee Moon

# Highline enrollment up by 14 percent

By **TORY GORANSON**  
Staff Reporter

Highline's enrollment continues to rise.

At the start of Spring Quarter, the college counted 6,921 students, up from 6,800 at the start of Winter Quarter and up 14 percent from Spring 2009.

As of April 6, the college already is at 91 percent of its full-time equivalent target of 5,300. The FTE count standardizes students by the total number of credits taken, and is used to determine how much money the college gets from the state.

Currently Highline has the equivalent of 5,047 full-time students. The number will grow over the course of the quarter from late-start classes and as numbers from other programs are added in.

If Highline exceeds the FTE number, it must figure out how to pay for those added students, as tuition only pays for about 30 percent of what it costs to educate one student.

"The budget doesn't al-

low for us to make up for the increase," Registration Program Assistant Eric Koch said. "Teachers are now adding waitlist students where they otherwise would not."

Enrollment has increased in several categories.

Since Spring Quarter 2008, Worker Retraining FTEs have increased from 169 to 447.

Also perhaps reflecting the soft economy, international student FTEs haven't changed, rising only slightly to 333 from 325 two years ago.

Running Start FTE enrollment has risen from 699 to 743.



Bill Schlepp/THUNDERWORD

*Students waiting in line to get their Financial Aid sorted out on Tuesday, March 31.*

Students say they have noticed the change on campus brought about by higher enrollment.

"Since Fall Quarter I have noticed a big difference in class size," Makenzie Qualls said. "Before there were plenty of

empty seats in each of my classes, and now my classes are full."

"With the economy in flux I think that it's probably best nowadays to get your Associates of Arts in a community college before moving on," student Anna Moreno said.



# Ward honored for innovative teaching

## Donate blood to save lives

By **MASAB EL-HIMRI**  
Staff Reporter

Jeff Ward hopes to erase Highline's geographical boundaries by reaching students world wide with online learning.

Ward, a business instructor at Highline was honored with the Leadership and Innovation in eLearning Award by the eLearning Council State Board for Community and Technical Colleges in February.

Ward was teaching business at Seattle Central Community College when he was approached with an opportunity to teach classes online.

He agreed to the proposal to help students.

"I saw the benefits for students right away. The single mothers, the working students and the disabled students who could just not make it to campus every single day," Ward said.

Ward began teaching at Highline in 2003. Online classes were scarcely offered at that time and none of those online classes were from his business department.

"I began to realize that in order to serve a broader group of people outside our usual geographic area, we had to offer more online classes," Ward said.

"So I began creating online



Cody Warf/THUNDERWORD

*Jeff Ward works at his desk managing his online business courses*

courses for the Business Department."

Now students from around the world are able to take online courses at Highline.

"With online learning we can offer a variety of courses and programs to students all over the world, year round.

"I have a student who is taking one of my courses in Egypt," Ward said.

Some instructors caught word of this new style of teaching. A number of professors approached Ward with questions and requests for his assistance.

"I began training instructors in my own department as well as other departments on how to

replicate their in-room class session online," he said.

Some instructors became skeptical and raised concerns about the effectiveness of online classes.

"I was introduced to a software called Camtasia which would capture whatever was on your computer screen.

"This allowed instructors to lecture in class and post the exact same lecture online so the online students can see and hear what the in-class lecture was about."

Many professors approached Ward with the fear that if students don't have a structured schedule they will fall behind

in schoolwork and receive lower grades than if they came to school on a daily basis.

Ward advised the instructors to inform students about the difficulties and challenges of online classes and what to expect before applying.

"Many instructors began advising their students about their concerns prior to the beginning of the quarter via Angel," he said.

"Students are informed before applying to an online course that they need to be engaged with lessons and discussion boards and organize their time to keep up with the instructor's lessons."

"The attrition rate for online courses is the same as face-to-face classes at Highline. Online students would procrastinate and give you the excuse that their computer crashed, which is a modern day excuse of 'my dog ate my homework'," he said.

With the advancement in technology today, almost every class can be offered online.

"Any class can be offered online with the exception of hands on classes such as wood shop and auto mechanics," he said.

"Today we even have lab courses. But we have a long way to go to fully expand it," said Ward.

By **NEELI ABBASI**  
Staff Reporter

Highline is hosting a blood drive sponsored by The Highline Nursing Club. The blood drive will take place on Wednesday, April 14 in the Student Union-Mt Constance/Mt Olympus rooms from 9 a.m. to 3 p.m.

To participate you must be at least 18 years of age or get parental permission and you need to weigh at least 110 pounds. You are not allowed to have piercings, tattoos or have left the country in the past year.

"We encourage everyone to join in this donation but are in desperate need of blood types A+, O-, B- and AB-, " said Teri Trillo, faculty and nursing program coordinator.

To register go on PSBC.org or come in on April 9 and a nursing club representative will help you outside the bookstore in the Student Union.

All donations will be collected by Puget Sound Blood Center, which then donates to hospitals and patients of cancer and leukemia, or surgery patients and victims of traumatic injury.

If you have any questions please email [clinicalprogram@psbc.org](mailto:clinicalprogram@psbc.org) or call 800-366-2831, ext. 254.

# Sickness can make you healthier

By **AUSTIN MOSIER**  
Staff Reporter

Scratchy throats, runny noses, high temperature are a necessity to the human body, Anne Whitson said, so that you don't get even worse.

Whitson, who is a nutritionist and teaches reading at Highline, talked about "Why we need to get sick," at last Friday's Science Seminar.

The effects of the common cold can make you feel miserable, but, as Whitson said, these annoying effects are necessary.

These symptoms show that your body's immune system is working.

"Things like fevers, inflammation or swelling, and lysosomes containing tears and saliva are all examples of your body's immune system going through its three lines of defense," Whitson said.

The first line of defense in the body is lymphocytes or white cells, which travel in your blood stream. When an invader enters the body it creates more fluid throughout the body and helps you dispose of the invaders through runny noses and going to the bathroom, said Whitson.

The second line of defense is

inflammation and fever, Whitson explained. Inflammation is the swelling and redness you see when you are sick. This helps prevent spread of the invaders and also helps with their disposal. The fever you feel is actually intensifying the antimicrobial effects — killing microbes.

The third line of defense in the body is developing antimicrobial effects and creating a long-term resistance to them so that if the same invaders return,



Whitson

your body will be ready with a proven defense.

"These three lines of defense create your body's immune system and are what keeps you protected from common viruses and other illnesses," she said.

Though these three lines of defense are effective, you can take precautions to make sure that your body's immune system is in top shape. Whitson explained things such as stress, poor diet, not getting enough rest, and lack of exercise can inhibit the immune system, mean-

ing you stay sick longer.

She also said that medicines that contain decongestants, antihistamines, and fever reducers can make you feel better and get rid of discomfort, but actually help keep you sick longer.

"Decongestants dry mucus which slows the flow of fluid throughout your body and since fluid is a key mover of killer white cells, this maintains your sickness. Antihistamines and fever reducers inhibit the second line of defense by suppressing inflammation and suppressing systematic resistance," Whitson said.

Whitson advised people to maintain a good diet, not overwork themselves, exercise and make sure to get the recommended amount of sleep to help their immune system when not sick. But if a pesky virus or bug finds its way into your system she recommends extra vitamin C, extra zinc, more liquids, and to eat garlic. All of these things help your immune system work quickly and help you feel better faster.

Science Seminar is held in Building 3, room 102, from 2:20 to 3:10 p.m. every Friday. Next week's presenter is nursing professor Teri Trillo.

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Legislature

continued from page 1

But Wednesday afternoon, the Senate dropped the sales tax proposal in favor of “sin” taxes. “A tax increase [will be placed] on candy and gum, candy manufacturers, soda pop and beer,” said State Sen. Joe McDermott, D-Burien, as well as cigarettes. This set of taxes was originally proposed in the Governor’s budget earlier in the session, but was not in the Senate’s proposal until now. The conflict with the House over a sales tax increase caused the Senate to gradually lower the proposed amount, starting at 0.03 percent and finally elimi-

nating it altogether last Wednesday afternoon. The new supplemental budget will also include transfers including revenue from the Rainy Day Fund, federal matching funds, spending cuts and revenue increases. The tax packages are the new revenue portion of the proposal – \$857 million for the House and \$918 million for Senate, as originally proposed. “I am in favor of at least \$800 million in new revenue. I am personally for more,” said Sen. McDermott. Minority Republicans have consistently called for more cuts in state spending to balance the budget. Considering the all-cuts budget of last year, legislators such

as McDermitt have said that too many more cuts would be devastating for education and other areas of the budget. Sen. Keiser echoed the same idea concerning new revenue. “This special session has been extremely frustrating. Many of us, including me, have agreed that we need to find at least \$800 million in new revenue in order to balance our \$2.8 billion dollar budget deficit.” “The \$800 million figure is a benchmark that we do not want to go below because that would force even deeper cuts. Remember that we have already cut \$3.6 billion last year and this is the same biennial budget,” she said. State Reps. Tina Orwall, Dave Upthegrove, D-Des

Moines, both hope that they will not be called back for another special session. “I think we will finish within the 30-day special session,” said Rep. Upthegrove. “We do hope to finish by the end of the 30 days. The House and Senate have to come to an agreement on the budget that will be sent to the governor. Such agreement has not been reached yet, but we believe we are very close,” said Rep. Orwall. “The House and Senate agree on many of the key issues and are very close to reaching a final agreement,” said Rep. Upthegrove. The legislators must pass a budget by Tuesday or the governor plans on cutting a flat 20

percent. “The failure to reach an agreement is not acceptable, as the governor has threatened 20 percent across-the-board cuts if we fail to pass a balanced budget by the end of the special session on the 13th,” Sen. Keiser said. This would hurt Highline. The college administration is already expecting a 7-percent increase in tuition along with substantial budget cuts. The State Board of Community and Technical Colleges approved the tuition increases last year. Highline will be facing cuts, but the exact number is still uncertain. The total cut must be divided across all 34 community and technical colleges in the state.

Highline’s partner program receives new funding

By DANIEL HOWELL  
Staff Reporter

A local job placement program that helped find employment for over 500 people last year has been saved by the state Legislature. House Bill 2651 ensures that the local non-profit organization Port Jobs will continue to receive support from the Port of Seattle. The program hit a roadblock after a state audit questioned the validity of the sponsorship from the Port of Seattle. The issue revolved around the language of a previous state law that authorized port districts to contract with non-profit entities for purposes of economic development. The state auditor brought into question whether workforce development qualified as “economic development.”

“We went in and said job training and job placement are appropriate expenses,” said State Rep. Dave Upthegrove, D-Des Moines, the primary sponsor of the bill. Port Jobs, according to its website, [www.portjobs.org](http://www.portjobs.org), represents itself as a “not-for-profit action tank that develops practical programs and supports public policies that increase access to living wage jobs, fostering a more vibrant and equitable economy for residents of and businesses in Seattle and King County.” Airport Jobs, one of the programs run by Port Jobs, is a fixture of the South King County community. Located at Seattle-Tacoma International Airport, Airport Jobs is open to the public Tuesday through Friday 9 a.m. to 5 p.m. According to statistics listed at [www.airportjobs.org](http://www.airportjobs.org), the program received 19,000 individual visits and filled 534 jobs in the year 2009. This program “doesn’t create jobs, it gets peo-

ple connected,” said State Rep. Upthegrove. “Port Jobs’ Airport Jobs office connects jobseekers with a wide range of job openings at the airport, including airline customer service, baggage handler, barista, food service and more, through more than 100 different airport employers,” said the program manager for Airport Jobs, Trena Cloyd. Highline is one of the many entities that work in partnership with Airport Jobs. Small scholarships for low-income workers have been provided through grant funding from Port Jobs. “Of the more than 100 scholarships granted, the majority went to Highline, as most airport workers live in close proximity to the college,”

Cloyd said. “This has been a growing relationship for the past five years. We have recently offered credit earning classes for SeaTac airport employees,” said Nancy Warren, program manager for Hotel and Tourism Industry Management at Highline. “From my standpoint, this is an incredibly successful partnership. As we continue to grow the Hospitality and Tourism program at Highline, the airport is a key player in this growth,” Warren said about the success of this program. Marcia Welch, coordinator and instructor for the Business Information Technology program, also applauded the partnership: “This fills a need where Highline is able to bring the

education to students rather than the students having to come to the education,” she said. The new law that extends public sponsorship of Port Jobs not only clarifies what is acceptable spending for the Port of Seattle, but also added an accountability clause. House Bill 2651 requires that Port Jobs submit annual reports to the Port of Seattle. The bill stipulates that the reports must include the following: “The number of workers trained, recruited, and placed in jobs; the types of jobs and range of compensation; the number and types of businesses that are served; and any other tangible benefits realized by the port, the workers, businesses, and the public.”

According to staffers at the State Legislature, Port Jobs would not survive without the support of the Port of Seattle. Port Jobs currently have two contracts with Port of Seattle; the first one provides \$200,000 for operating expenses, policy and research. The second contract is in the amount of \$165,000 to support the Airport Jobs program. Legislative staff pointed out that the amount of funding provided by the Port of Seattle has remained at the same level since the inception of the program. Regarding the overall impact that this program has on employment, Rep. Upthegrove said that it was modest, but worthwhile. “I feel like it actually does something.”

Important  
Changes to RN Program Admission 2011



LPN to RN Option

- Minimum grade per class is 2.7
- Minimum GPA for prerequisites is 3.2
- 2.5 min grade for College Level Math
- Classes may be repeated once only
- Prerequisites may not be older than 7 years
- All prerequisites must be complete by end of fall quarter, 2010
- LPN-RN TEAS™ test required
- Current LPN Washington License Required

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- ♦ April 20
- ♦ 1:00 or 5:30 pm
- ♦ Building 2

Two Year Option

- Minimum grade per class is 3.0
- Minimum GPA for prerequisites is 3.5
- 2.5 Minimum Grade for College Level Math
- Classes may be repeated once only
- Prerequisites may not be older than 7 years
- All prerequisites must be complete by end of fall quarter, 2010
- TEAS testing is required
- Certified Nursing Assistant in Washington Required



# NWAACC

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aging 54 percent of the titles, while Oregon is close behind at 46 percent.

NWAACC President Dick McClain, who was the head baseball coach at Linn-Benton in Oregon prior to taking over his current position in 1992, said the transition from OC-CAA (Oregon Community College Athletic Association) and WAACC (Washington Athletic Association of Community Colleges) into the NWAACC was one that made sense for Oregon.

"Oregon was in the NJCAA (National Junior College Athletic Association) and they had full-tuition, but they didn't allow any room and board or anything like that, which the rest of the NJCAA schools in the Northwest at the time did," McClain said. "Those schools were all allowed to give room and board plus the tuition.

"Of course, when the Oregon schools were competing with them, there was a lot of inequity with that. So when the league came together and merged, it came together with Oregon being allowed full-tuition and Washington came in with \$150."

Although Washington was only allowed \$150 to start, which almost completely covered tuition at the time, McClain said that there have been efforts to raise it since, but some of the Washington people didn't vote for it because they didn't want to have to find the extra money.

Even with the difference in tuition costs, McClain said that there wasn't much evidence of it affecting recruiting.

"We did several kinds of studies over the years and there weren't a lot of people moving from one state to the other because of the difference, but there were some," McClain said.

Although students may not be moving from state to state too much for the full-tuition waiver, there is a significant difference in the number of out-of-state players in Oregon compared to Washington.

Based on studies done from NWAACC.org with men's and women's basketball and volleyball for the 2009-2010 school year, out of the 346 athletes in Oregon that participated in these sports, 40 percent of them are from states other than Oregon.

On the other side, out of the 825 athletes in Washington that participate in these same sports, only 25 percent were out of state.

In the NWAACC, out-of-state waivers are only allowed for athletes from Washington, Oregon, Montana, Alaska, British Columbia, California, Idaho, Nevada and Hawaii.

So the question becomes



Clackamas College Photo

*The Clackamas men's basketball team celebrates their second NWAACC championship in two years.*

whether it is fair for Oregon and Washington schools to have different rules. For many athletic directors around the NWAACC, it's an easy answer.

"There is not another conference, to my knowledge, in America that has two sets of scholarship criteria in the same league," said Highline Athletic Director John Dunn. "Now, there are some exceptions, for instance, Harvard doesn't give scholarships and they compete in [NCAA] Division I, but they do have grants and assistants - they just don't have scholarships."

Dunn said the NJCAA has done a great job in their league structure for wrestling.

"A great example is the NJCAA, which we have in wrestling. They have two divisions, they have non-scholarships that compete against each other and scholarships that compete against each other and in the championships, and they have champions for the non-scholarships and champions for the scholarships."

For Shoreline's Athletic Director Doug Palmer, the biggest impact of the waiver difference is seen in the West and North Regions of the NWAACC.

"I think the scholarship difference can be felt more on the women's side of sports than the men. The Oregon schools tend to have bigger and stronger female athletes than the Washington schools on the whole, at least in the North and West Regions," Palmer said.

"The East Region in the NWAACC tends to be more like Oregon, due to the fact that most of the colleges there are better supported athletically, as they are the college for the community, compared to here, where everyone is second fiddle to the University of Washington. I am positive the potential for more scholarship money does add

more depth on the women's side in Oregon."

Palmer also said the fact that Oregon has fewer schools is a factor in the type of players they can attract.

"There are a lot of colleges in the Seattle area; we compete for the same athletes," he said. "Most of the Oregon colleges are in more rural areas, like the east side of Washington, and they tend to pick up all of the athletes in their area. I think that has a lot to do with it as well.

"Also since Oregon is closer to California, they tend to pick up more athletes from there because the California junior colleges don't give scholarships at all. The full-tuition waivers allow Oregon schools to recruit there better than we can."

Even though Burrus said change won't happen soon, he believes it will happen someday.

"Is it fair? Probably not. However, we can't expect that Oregon will give up their waivers," Burrus said. "The only solution is for Washington to provide 100 percent tuition waivers. Under the current economic conditions, that is very unlikely to happen.

"The other option is to split the league, which I feel would diminish the entire conference. I think we need to continue down the path we are on and try to continue to make progress towards full-tuition waivers in Washington. We took a big step a few years ago getting 25 percent. I think we will get there eventually."

Timothy Toon, the athletic director at Walla Walla, said his school is most hurt by being in a division with two different waiver policies.

"There is no doubt that Oregon has an advantage in the recruiting war," Toon said. "It is especially disadvantageous in the East Region because we

have Oregon schools (Blue Mountain and Treasure Valley) competing with Washington schools (Walla Walla, Yakima Valley, Big Bend, Wenatchee, Spokane and Columbia Basin) for the right to advance to the NWAACC tournament.

"At least in the South Region, all schools are operating under the same scholarship rules. Having said this, I believe the Washington schools have made a good-faith effort to help close the disparity."

Although all athletic directors in the NWAACC were given the chance to voice their opinion about the tuition waiver policy, only one Oregon athletic director agreed to go on record, Ed Aronson of Treasure Valley. He said the waivers should be the same.

"I think they should be equal," Aronson said. "However, as an Oregon institution, I don't want to drop our waivers to 65 percent."

Another athletic director from Oregon, who wished to remain anonymous, said not all the Oregon schools give out the same amount in waivers.

"I don't feel that out-of-state participation and championships won are directly related to the number of credits, or the percentage of those credits that a college covers for student-athletes," an Oregon athletic director said.

"Our college covers less tuition waivers than any of the community colleges in Oregon, but we still find a way to be

competitive and also win a few championships."

Beyond the athletic directors, veteran coaches around the NWAACC also had their own opinion on the matter.

The women's soccer coach at Olympic, Dick Lowry, said it would be an easy choice to choose where to go if he was a perspective student-athlete in high school.

"I sincerely wish ours were the same because we certainly would be able to get better athletes with more to offer them," Lowry said. "If I were a student that was close to our borders and had the option of either going to an Oregon school with full-tuition paid or coming to a Washington school that gave 65 percent, I would be more inclined to go to the Oregon school versus the Washington school simply because of economics."

Jason Prenovost, Highline men's soccer head coach, said a good example of the effect of the waivers can be seen with rise of the men's soccer team at Chemeketa, who won the title in their first year and came in second the next year.

"Chemeketa has a new men's soccer program and it will be a power in the NWAACC for years to come," Prenovost said. "It's my opinion that they could not have done this without their full-tuition waivers. The communities surrounding Chemeketa are very similar to those around Highline.

"The tuition waivers allow student-athletes to go to school who otherwise would be unable to afford it."

On the player's side, Highline's Kyle Perry, a men's basketball player originally from California, said that if there was an option to have gotten a full scholarship out of high school, he would have taken it.

"Since I was from California, I didn't know much about the NWAACC," Perry said. "So when I started looking for schools, Highline was the first to respond back to me. If I would have had the chance to go to a school that could have paid for it all, I would have gone there because finances were and still are an issue."



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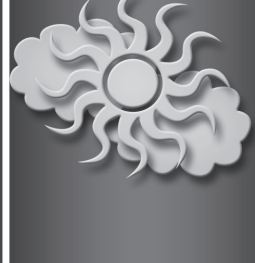
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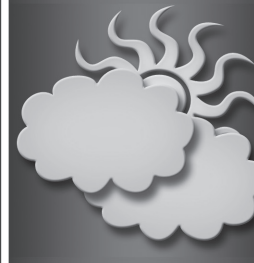
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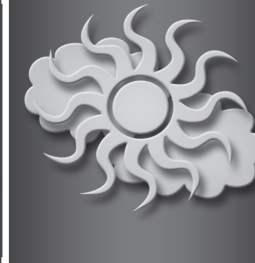



Weekly weather forecast


Thursday  
8  
  
Rain/ Wind  
High: 48°  
Low: 38°


Friday  
9  
  
Partly Cloudy  
High: 49°  
Low: 36°

Saturday  
10  
  
Mostly Cloudy  
High: 55°  
Low: 39°

Sunday  
11  
  
Partly Cloudy  
High: 56°  
Low: 42°

Monday  
12  
  
Partly Cloudy  
High: 56°  
Low: 43°

Tuesday  
13  
  
Showers  
High: 55°  
Low: 43°

Wednesday  
14  
  
Few Showers  
High: 56°  
Low: 38°

Pennington

continued from page 1

student body president, a good father and a good student,” Pennington said. “[It was] probably one of the hardest balancing acts I’ve had to face.”

Despite having a tough time keeping up with the sheer number of his responsibilities, former coworkers said he was still effective in his post as president.

“He was very passionate and had a lot of ideas,” Vice President Afichuk said.

“[Pennington] really enjoyed

being president,” President Trillo said. “It was nice having him as part of the team, [but] life happens.”

Like many other students at Highline, Pennington is also a father, and takes his parenting role seriously.

“Being a good father is the one thing that I refuse to fail at,” he said.

Pennington reconsidered the mammoth task of juggling the raising of his child, being president and getting a good education when his test scores began to slip.

“I am taking difficult classes

toward my engineering degree that take a lot of time to master,” Pennington said.

“I tried really hard to keep up with my classes but I was unable to study enough to retain the information.”

Despite being certain he made the right choice, Pennington said he is still torn by the fact he had to resign.

“I enjoyed my position as president,” he said. “It is very stressful for me to not finish something that I have started.”

Associate Dean Brown said Pennington felt a deep connection to the students and the col-

lege he served.

“Chris [held] a lot of passion and energy for the students of Highline,” Brown said.

Despite losing their leader, business will go on as usual at the Student Programs office, Pennington said.

“I know that student government is in good hands with [new President] Jacqui Trillo and [Vice President] Olga Afichuk,” he said.

Afichuk agreed with Pennington, stressing that Student Government will not come crashing down because of this change.

“We’re stronger than ever,” she said. “We know what we’re doing.”

Pennington will not be completely absent from leadership roles, however.

“Although he will be missed in this [presidential] role, he plans to stay involved in Student Programs at the college,” Brown said in a campus-wide email.

Pennington said he plans to continue “advocating for students through the Student Legislative Action Committee from now until the end of [the 2010-2011 school] year.”

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