

INSIDE

April 15, 2010
Volume 49, No. 22



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Weekend Weather



Mostly cloudy on Friday, Saturday and Sunday.

For full forecast, see page 16.

Trillo takes over Student Government

By **TORY GORANSON**
Staff Reporter

Jacqui Trillo entered Highline as a Running Start student and will now conclude her fourth and final year in a new role as the Student Government president.

She enrolled full-time at Highline last year after graduating from Highline High School. She became the president of the Environmental Club last year and began her journey toward Student Government presidency.

"Being president of the Environment Club last year allowed me to attend the Student Government meetings," Trillo said. "I became a regular in attendance and was suggested to apply for a position on the Caucus."

The Caucus is a weekly meeting of students who discuss current events and social issues.

After President Chris Pennington resigned from the position after Winter Quarter, Trillo appeared to be a likely candidate to fill the void.

"She is very intelligent and has a lot of care for the campus and its students," Associate Dean of Student Programs Jonathan Brown said.

Trillo plans to utilize her new role by sharing the responsibilities with the students around her.

"I want to serve the students as best as I can. I'll be putting myself out there and listening to students by getting them involved either with elections, clubs or committees. I think a lot of students can have a leadership role here," Trillo said.

After her final year at Highline, Trillo plans to transfer to a four-year school.

"After my time as president, I plan on transferring to either Evergreen or Warren Wilson in North Carolina," she said.

She plans to earn both her



Cody Warf/THUNDERWORD

Jacqui Trillo is now taking over as Student Government president for the rest of school year.

bachelor's and master's degrees in environmental studies in hopes of making an impact on the world.

Trillo said that she has learned some valuable lessons from watching Chris Pennington run the Student Government.

"I learned the importance of agendas and preparing things beforehand. [Pennington]

showed me how to make the meetings run much smoother," Trillo said.

However, Jonathan Brown is confident that Trillo will not be a carbon copy of the former president.

"She and Pennington are very different people," Brown said. "Jacqui has a different approach to serving as president. I am confident Jacqui will be suc-

cessful."

Trillo said despite the unexpected exit of Pennington, her transition to president has been simple.

"I think I have a lot of experience on campus, so I know the programs.

"Student Government has been working well together and we have a strong team that eased the transition."

Budget committee faces balancing act

By **ALISA GRAMANN**
Staff Reporter

The Services & Activities Budget Committee is deliberating and dividing up the 2010-2011 budget.

The Services & Activities budget is comprised of 10 percent of student tuition that is dedicated to funding things such as festivals, music and athletic programs, the Thunderword and clubs.

Kevin Mar, the chairman of the Services & Activities Bud-

get Committee, said the budget "is just a big pile of money." Exactly how much is in the 2010-2011 pile remains to be determined, although it is approximately \$2.5 million.

The budget committee is made up of students and faculty who decide how much money any given program or event gets.

They also scrutinize the motives and ideas of each of these groups, making sure the money is not abused and it upholds the spirit of the Services & Activi-

ties budget.

"If we collected the money from students, it should go back to the students," Mar said.

He said if students are contributing to the budget, they should be able to reap the benefits of its use.

"We are working to get Student Programs funded and still stop people's jobs from being axed," Mar said.

The Services & Activities budget mainly tries to fund programs and events for students, but they also try to fund things

that benefit both students and faculty, such as the athletic and music departments.

Highline's administration is asking for some of the budget to fund their own programs, but whether they will get the money they are requesting remains to be decided.

"It is one of the things we are deliberating about," Mar said.

Currently, requests for funds are being cataloged while the Services & Activities committee waits to hear how much money they will have to work with.



Crime and Punishment

Student gets threats from former student

A Highline student called the campus security claiming that a former student was sending her threatening e-mails.

The student lives in West Seattle and immediately contacted the Seattle Police Department to report the incident.

The police told her to contact with the Highline security department and report the incident there.

On April 7, she called the Highline security office, and an officer told her to come to the campus safety office in the morning and write a statement, explaining the situation to an officer.

Student caught test driving car on campus

A student was recklessly speeding and making sudden stops inside the parking lot on April 8, at 6:05 p.m.

Other students called campus security, noting that something unusual was going on at the North Parking Lot.

The driver was stopped by a security officer for questioning.

The driver claimed that "I was just testing my brakes," and said that he would not do it again.

Students textbook stolen from backpack

A Highline student reported that a math book was stolen from her backpack after she left it in front of the bookstore and went inside on Monday, April 5, between 2:45 p.m. and 3 p.m.

When she got out of the store, she found her bag wide open.

She immediately noticed that her math book, valued \$117.50, was missing.

She reported the incident to the Campus Security office.

Found items

Items found by Campus Security and can be claimed in the Security office in Building 6: bracelet, ring of keys, faux Egyptian bracelet, coffee mugs, earbuds, glacier's edge jacket, umbrella, drivers license, blue binder and more.

— Compiled by
Othman Heibe



News Briefs

Employee of the Year nominations sought

Highline is now accepting nominations for the 2010 Employee of the Year.

Nominations must be received by 5 p.m. on Friday, May 7. This nomination is to recognize an employee whose performance is outstanding and whose impact on a department or the broader institution is substantial.

Information that should be considered in the nomination is: what sets the employee apart from his/her co-workers, specific achievements and impact, working relationships with others in his/her department and throughout the campus, and the length of time in his/her position.

The nomination letter must be in a sealed envelope marked "CONFIDENTIAL – Nomination for 2010 Employee of the Year" and forward to Cesar Portillo in Human Resources Office, in Building 99, mail stop 99-200.

There will be a cash award of \$1,500 to the winner and the winner will be announced at the faculty and staff luncheon on June 10.

Women in Action Awards seeks entries

Women's Programs is seeking nominations for its annual Women in Action Awards.

The event seeks to recognize campus women, whether it be students, faculty or staff, who have overcome a major obstacle and accomplished great things while going to school or working.

"Women's program wants



Cody Warf/THUNDERWORD

A Highline student attempts to fly a dragon kite in the middle of campus.

to recognize women who are single mothers and are going to school full time while keeping a high grade point average," said Jean Munro who is part of the Women's program.

Women's Programs needs all types of stories of women who have made great achievements, so please nominate someone you know or even yourself, Munro said.

To get a nomination form go to Building 6 at Women's Programs, next to the Security office, contact Jean Munro at jmunro@highline.edu, or call

her at 206-878-3710, ext. 3365.

Cancer run to be at Highline High School

Highline students looking to make a difference can join Team HCC and participate in the Relay for Life.

The American Cancer Society Relay for Life is a community relay run to battle cancer.

There will be a series of teams at the relay, and each team must have a representative on the track at all times during

the event.

The relay will start with a survivor lap, where only cancer survivors can run to celebrate the victories they have achieved over cancer. The event ends with the Fight Back Ceremony where everyone makes a commitment to fight cancer.

The relay will be on Saturday, June 12, to Sunday, June 13, from 3 p.m. to 10 a.m. at Highline Memorial Stadium.

To join, contact Women's Programs advisor/programs coordinator Jean Munro at ext. 3365 or jmunro@highline.edu.

PERFORMING ARTS PAID SUMMER INTERNSHIP
Breeders Theater - paid summer internship. Rehearsals begin early June, Monday-Thursday, 7:15-9:30pm. The show runs July 16-August 1 at 2pm.

For the highly-motivated person seeking exposure and hands-on experience in theater.

Must be a college-level student with a sincere interest in the performing arts. A stipend of \$500 will be awarded to the student upon completion of the internship.

The Application:

* Personal Statement

This statement should be 500 words or less and include the following: your career objectives and how you expect to achieve them; what you expect from a Breeders Theater internship; your academic credentials; your experience and/or education in theater; and the qualities you possess that recommend you as a candidate for an internship.

* Resume

* Two Letters of Recommendation

Including one from a college faculty member

Apply now! Please send your application packet to breederstheater@aol.com
Contact Nancy Warren, building 9, room 103, for more information

LEGAL NOTICE

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

Parking appeal process to save time

By **OTHMAN HEIBE**
Staff Reporter

You can now appeal a Highline parking citation online.

Under this program, students can submit their appeals via email, or download the form and present it in person at the campus security office.

Each quarter, Highline security office writes more than 1,675 citations to students, staff, and faculties, even though many of those citations were contested.

According to Highline security department, it issues parking citations when students, staff and faculty violate one of the following rules: displaying no current permit, parking in a no parking zone, speeding, failing to yield right of way, failing to stop for a stop sign, or parking in a disabled parking without having the proper permit,

Unpaid citations can cause a lot of trouble, especially to the students.

They won't be able to register for classes, their record won't be released to them, they can't borrow anything from the library, or worst, their cars can be towed at their expense.

Students can go to <http://www.highline.edu/admin/safety/citations.htm#appeals> to download the form.

The citation appeals must be submitted within 20 days of citation issue date to be considered, however.

The form will then be returned to the person who submitted it via email within fifteen days with a decision indication in the "Action Taken" box, according to Highline security office.

All citation appeals go to Richard Noyer, the head of the Highline Security Department. He checks first if all the given



Chuck Kibbie/THUNDERWORD

Security officer Ben Barnes writes a parking citation.

information match. He then either reduces the fine or denies the appeal.

Appeals submitted for the following reasons will be denied. Lost citation, forgetfulness, parking only for a short period of time, failure to display a valid parking permit, failure to see signs, giving incorrect or invalid information (wrong license or permit number), Noyer said.

If for any reason, students are dissatisfied with Noyer's decision, they may appeal to Dena Dillon at the Office of the Vice President for Student Services.

"Dena is the one that does that part [the higher appeals] for the security department," Noyer said. "She also handles the faculty's appeals, where I deal with the students' appeals."

In addition, anyone is allowed to appeal to the King County Superior Court if still dissatisfied.

The new change was intended to reduce the amount of time students spend standing in line outside the security office to appeal or fill out the form, Noyer said.

"The online process takes a few minutes and eliminates waiting in line. Sometimes, students wait more than 30 minutes in line before they can give their appeals to a campus security clerk," he said.

The change was previously scheduled for the beginning of Spring Quarter, but because of a "system glitch," that didn't happen as planned, Noyer said.

"Now the problem has been taken care of, and it's functioning as designed."

Travis Graves, a business major at Highline, thinks the online process was long overdue, and will help students and staff alike.

"But it's about time," he said. "We live in this electronic age,

where you can do anything online, and Highline was little behind."

"We know time is money; no one has one free hour to stand in line for something as simple as paying a fine or appealing a citation. This will help the campus staff manage their time effectively as well," Graves concluded.

The head of the campus security has similar views as Graves that the change will equally help students, staff, and faculty members better manage their time.

Washington state law gives the Highline Board of Trustees the authority to make rules and regulations for pedestrian and vehicular traffic on the campus.

On the other hand, Highline has 2,249 parking spaces, and more than 12,000 students are enrolled, studying part-time or full-time.

This weighs on campus security and demands it to enforce the school's parking regulations, which is why it hands more than 1,675 citations every quarter.

Richard Noyer said, "We have some parking problems. This is not only us; every department has some issues of its own."

"And it is unfortunate that we [the security officers] write a lot of citations. We're doing everything we can to help everyone involved."

In response to the issue, campus security encourages students to use alternative ways of transportation to ease the pressure.

"There're new policies that we're working on right now: we're encouraging students to use alternative methods, such as the bus service or car-pools."

"That helps a lot and eases the parking problem," Noyer said.

Pinney joins facilities staff

By **CODY WARF**
Staff Reporter

Rebecca Pinney started at Highline as a student more than 10 years ago and recently joined Highline's staff as the office assistant for the Facilities Department.

Pinney received an associate of applied science degree in Production Illustration in 1998 and came back to Highline for another AAS degree in accounting in 2007.

Since 2007, Pinney has worked on a temporary basis for the Facilities Department many times when they are overflowing with work.

"I love how friendly the people and staff are here at Highline and how eco-friendly the students are becoming," she said.

Pinney has been moving around the Puget Sound area and settled down near Highline.

"I chose to come back to Highline because it is close to my home and because of my background here," Pinney said.

At the beginning of March, Pinney started her full-time job with Facilities. This job opened when Lydia Bracco resigned and moved closer to her family in California.

"The best thing about my job is the diversity of tasks; I am never doing one thing all day long," Pinney said.

Pinney answers phone calls and emails, and then radios whoever is needed

d e -
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on the
nature
of the
situation.



Pinney

"I process the utility bills for the campus and then send them for payment," Pinney said.

Pinney also assists the facility supervisor with various office needs.

One thing Pinney wants to accomplish is to join a committee or club.

"I have not joined any committees or clubs yet because I am a fairly new and time has not allowed it to happen," Pinney said.

Take more notes for success in school

By **NICHOLAS McCOY**
Staff Reporter

Passing your class: you want to do it, and here's something you should be doing to get there.

Take notes. There are few resources more valuable than a set of good lecture notes from your class.

Your professor is saying things for a reason—you need to know them. Chances are good that you will be tested on what your professor says during lectures.

Start by coming prepared to class. Bring a notebook for each class, and several pens or pencils—always bring backups in case you lose one.

You should also make sure to attend class every day, or at



least as often as possible.

For notes to be useful, you have to have been there to take them. Arrive on time and stay for the whole lecture.

Taking notes will also help

you to better remember the content of the lecture.

You need to be able to take accurate notes quickly; if you have difficulty with this, try practicing at home. While watching TV, take notes on what's happening and what people say; try to write quotes from the show as accurately and quickly as possible.

As you practice, try outlining the plot of the show so far; practice isolating the main plot points in headings.

You can use these skills in class. As your professor moves from one topic or subtopic to another, create a heading for it.

Quote definitions your professor gives directly.

Write down complete technical phrases or words that seem

particular to the topic; if you miss something or have difficulty understanding it, by having the salient phrase, you can Google it later and look for a supplementary explanation.

Professors often lecture on the parts of the course that will be most heavily tested on.

Because of this, your notes can be your best resource when it comes time to study for the final.

When you miss class, you can ask a classmate to let you copy theirs—but this will never be as good as taking your own.

You don't know how well they understood the lecture, or how awake they were that day.

You'll also miss any visual aids the teacher uses if you borrow notes from another student.

Editorial comment

Sports tuition divide is unfair

Schools in Washington that compete in the Northwest Athletic Association of Community Colleges (NWAACC) sports league against Oregon schools are not allowed to provide the same level of tuition waiver to recruit athletes that Oregon schools are.

This is ridiculous.

Washington community colleges, such has Highline, can waive tuition for student athletes only up to 65 percent of 15 credits per quarter.

Oregon colleges, on the other hand, can waive 100 percent of tuition.

This places the Oregon schools at an advantage when it comes to recruiting good student athletes.

If you are an athlete, and you have the option of going to one school and having your full tuition paid for, or going to another where only 65 percent is paid, you would probably choose the school that pays for your entire tuition.

This means that good athletes have less incentive to go to school in Washington than they do in Oregon.

Under the current set of policies, Washington student athletes face a higher barrier to success than Oregon athletes. Washington student athletes at community colleges have to spend time trying to find a way to pay the difference between the Washington athletic scholarships and the actual tuition they have to pay.

This cuts into both the time they could spend either studying or practicing their sport for competition. They may have to devote time to a job to make up the tuition or spend time finding other funding.

With athletes at Oregon schools not having the same burden, they have more time to both succeed in school and to get better at their sport.

Oregon schools have no reason to give up their advantage, and it wouldn't be as fun to cut the league in half, separating the Oregon and Washington schools from competing against one another.

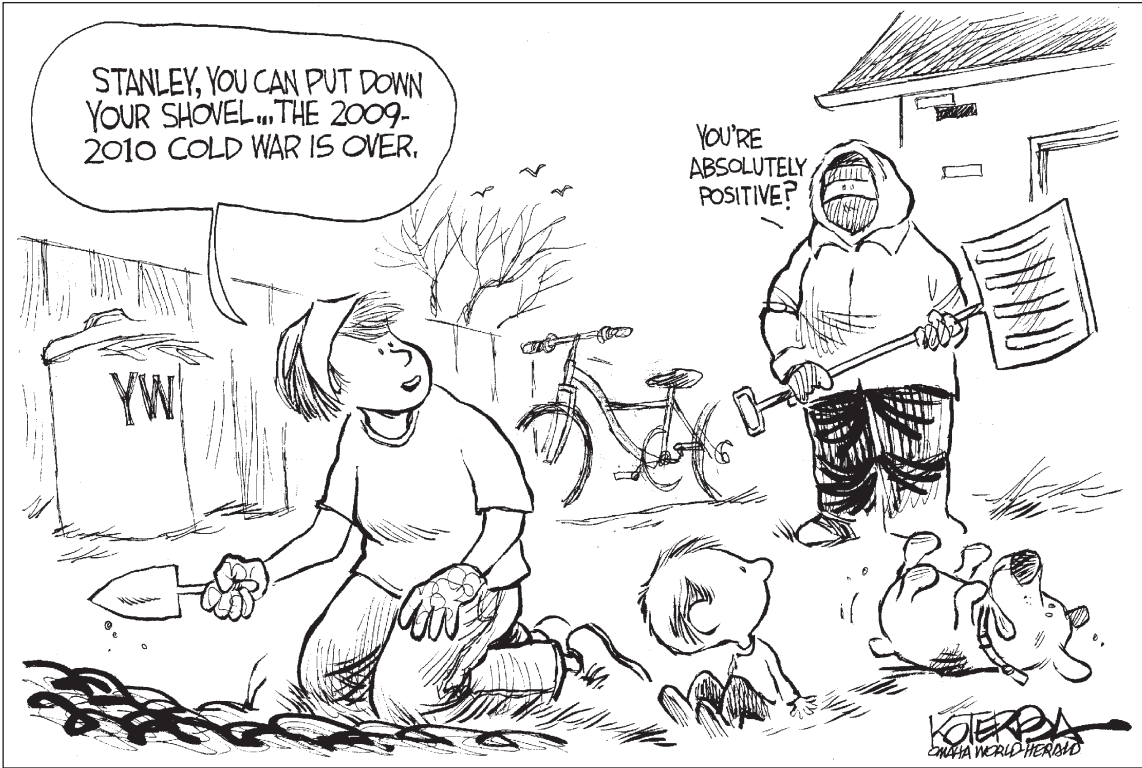
The athletic scholarships are paid for by individual athletic department fundraising, not the state or the school itself. The current 65 percent policy is a result of the agreement the athletic department directors have voted for.

To make the NWAACC fair, the athletic directors at Washington's schools need to get together and vote for a new policy.

Staff

I'm going to punch you so hard you'll need a nose job.

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Airbender movie's casting is racist

Hollywood's racist past is less "past" than people like to think.

Hollywood has a long history of racist issues; from the casting of white actors in "yellow face" for Asian roles or "black face" for African-American roles in old movies, to white males being assumed as a default for audience empathy, to storylines that fetishize and stereotype native people, Hollywood's history is a bad place.

The latest debacle concerns a movie coming out this July, *The Last Airbender* (based off a children's cartoon named *Avatar: The Last Airbender*; the title was changed for the movie to avoid confusion with James Cameron's *Avatar*.)

To understand what exactly has gone horribly wrong with this movie, you need to know a little bit about the cartoon.

Avatar: The Last Airbender was a Nickelodeon cartoon taking place in a "fantastical Asian world," with the main characters being very obviously of different Asian heritages.

One cultural subset within the series, from which two of the main characters hail, is based on Inuit culture.

These two characters, Katara and Sokka, present an opportunity for children of color to see themselves represented in popular media.

In the movie, directed by M. Night Shyamalan, they and the other main characters were very conspicuously cast with white actors.

The casting call for the main characters of the movie requested "Caucasian or any other ethnicity."

This is an atypical casting call. In most calls for actors to audition for a role, a particular ethnicity will be called for, no ethnicity will be mentioned, or the phrasing will request that agents submit actors of all eth-



Commentary
Nicholas
McCoy

nicities.

By using the phrasing "Caucasian or any other ethnicity," non-white actors are discouraged from applying and inherently relegated to an "other" status.

The actors initially chosen for all lead roles were, consequently, all white. The situation actually became worse, however, after the actor hired to play the villain pulled out and was replaced by an Indian actor, as suddenly the casting became all white heroes versus a non-white antagonist.

There has been some suggestion within online communities dedicated to following the controversies surrounding the film's casting, such as the Racebending community, that the decision to recast the role may have been influenced by criticism of the original casting.

This would only make the implications worse.

The casting call became increasingly conspicuous as a call for extras was released, requesting a series of ethnic heritages that specifically excluded white actors.

The implication of this seems to be that actors of color are fit only to be extras or villains, not the heroes, of movies.

This is a terrible, although not new, trope that has plagued American movies since the beginning.

Worse still, Deedee Rickets, the casting director, requested that potential extras "dress in traditional cultural ethnic attire. If you're Korean, wear a kimono. If you're from Belgium,

wear lederhosen."

According to one newspaper, when an African-American woman asked if she would be disadvantaged by not wearing a costume to the call, Rickets replied:

"Absolutely not! It doesn't mean you're at a disadvantage if you didn't come in a big African thing. But guys, even if you came with a scarf today, put it over your head so you'll look like a Ukrainian villager or whatever."

The scene in which the characters Sokka and Katara are introduced, which is taken from one of the opening scenes of the cartoon, makes the unfortunate implications of this movie's racist casting all the more stark.

The white actors playing the two are shown standing at the forefront of their gathered village, populated entirely by extras of actual Inuit heritage.

As a result of the ugly racism involved in the casting of the movie, there has been a movement to boycott the film.

Although this movie will likely gross enough revenue that refusing to see it will not substantially discourage similar maneuvers in the future from Hollywood, I believe it is wrong to support its production.

If this habit in pop culture in ever going to be changed, people have to refuse to make it profitable, and educate others on such issues.

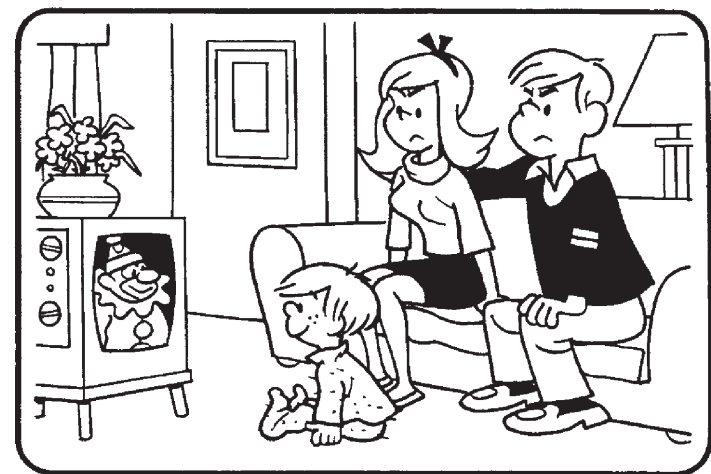
I plan to refuse to see this movie, and I encourage you to do so too. If you are interested in the series, get the DVDs of the original cartoon and watch that.

If you would like to know more about the issues of the racist casting of *The Last Airbender*, the website of the boycotting group can be accessed at www.racebending.com.

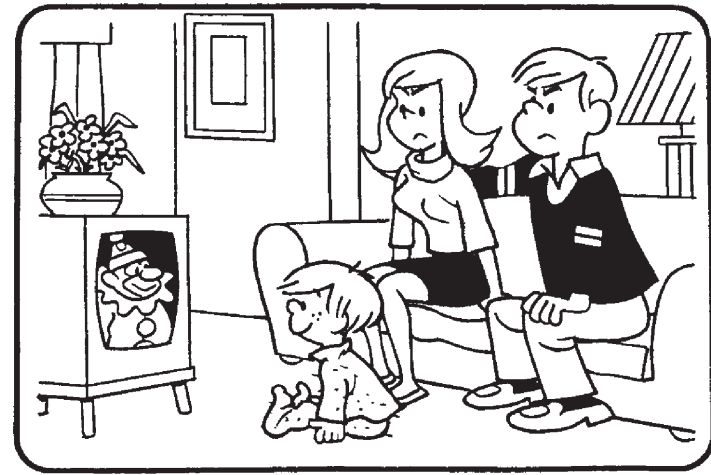
Nick is now casting for The Last Newsbender.

HOCUS - FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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Differences: 1. Bow is missing. 2. Both sleeves have stripes. 3. Lampshade is different. 4. TV knobs are missing. 5. Picture has been moved. 6. Plant has more flowers.

? Trivia test

by Fifi Rodriguez

1. GENERAL KNOWLEDGE: By what other name do most people know Esther Pauline Friedman?
2. GEOGRAPHY: What South American country lies between Colombia and Peru?
3. FOOD & DRINK: What are the two ingredients in a Black Russian cocktail?
4. LANGUAGE: What does the Greek suffix-gamy mean in English?
5. MUSIC: What does the musical direction "estinto" mean?
6. HISTORY: In what year did test pilot Chuck Yeager break the sound barrier?
7. TELEVISION: What is the name of the dog on Fam-

- ily Guy animated series?
8. AD SLOGANS: "The dogs kids love to bite" were made by which company?
9. SCIENCE: What would an entomologist study?
10. MOVIES: What brother and sister had acting roles in *Sixteen Candles*?

- Answers
1. Ann Landers, her pseudonym
2. Ecuador
3. Vodka and Kahlua
4. Marriage
5. Play as soft as possible
6. 1947
7. Brian Armour
8. Insects
9. John and Joan Cusack
10. AD SLOGANS: "The dogs kids love to bite" were made by which company?

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Arts Calendar

•Burien Little Theatre presents *Bleacher Bums*, a hilarious look at baseball through the eyes of obsessed Cub fans, set in 1999. The performance will take place at The Burien Little Theatre, April 16, 17, 23, 24, 30, May 1, 7, 8 at 8 p.m. April 18, 25, May 2, 9 at 2 p.m. Tickets are available online at burienlittletheatre.com, by calling 206-242-5180 or by email at tickets@burienlittletheatre.org.

• St. James Episcopal

Last week's

Weekly SUDOKU

Answer

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

Church presents Agatha Christie's *The Hallow*. The performance will take

A Big Let Down

Across

1. Newborn

5. La Scala offering

10. Flower holder

14. Crowd sound

15. Ellington & others

16. Raced

17. Ancient Peruvian

18. Inventory at a bridal shop?

20. Startled cry

21. ____ off (angry)

22. Preakness entry

23. Composure

25. H.S. math course

27. Popular table wine

29. Mockery

33. Indy 500 entrant

34. Use a razor

35. Misfortune

36. Well fillers

37. Pizzeria order

38. Will be, in a Doris Day song

39. Oil can letters

40. "USA! USA!" is one

41. Homer & others

42. Of little importance

44. Aladdin's transportation

45. Tenant's monthly check

46. Walking sticks

47. Piano man?

50. Drops the ball

51. Tiny amount

54. Harbor wall, e.g.

57. Roman philosopher

58. Like fine wine

59. Texas site to remember

60. Distort

61. Cincinnati nine

62. VCR button

63. Memphis locale: Abbr.

Down

1. French cheese

2. First-rate

3. Went on a hiking trip

4. Baseball stat

5. Most strange

6. Thick soup

7. Barely managed

8. ____ judicata

9. Fool

10. Fall guy

11. Guided vacation

12. Sea eagles

13. Distribute, with "out"

19. Onion relative

21. Layer

24. Miners' finds

25. Plot of land

26. Rant's partner

27. Like fresh lettuce

28. Hawaiian porch

29. "How could you do such a ____"

30. Irish National Lottery, e.g.

31. Rich cake

32. Brewer's need

34. Angle

37. Leg part

38. Irritated

40. Office worker

41. Gives a bad review

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17					18				19			
20				21					22			
		23	24				25	26				
27	28					29				30	31	32
33					34					35		
36				37					38			
39				40					41			
42			43					44				
			45				46					
47	48	49				50				51	52	53
54					55	56				57		
58					59					60		
61					62					63		

Quotable Quote

The greatest lesson in life is to know that even fools are right sometimes.

•• Winston Churchill

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

Last week's crossword solution

WWII VIPs

A	M	I	N	O		S	O	B	S		A	B	C	D
L	I	M	E	D		A	R	I	A		N	E	A	L
I	S	S	E	I		D	A	L	I		Y	E	T	I
C	H	U	R	C	H	I	L	L	D	O	W	N	S	
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place at 24447 94th Ave S. in Kent, WA on April 16, 17, 23, 24 at 7:30 p.m. April 18 at 2 p.m. Tickets are available by email at stjamesplayerswa@gmail.com

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

Weekly SUDOKU

by Linda Thistle

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DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Campus events get priority, but all events are welcome. Please include time, date and location of the event, plus contact information.

The Thunderword / April 15, 2010

Robin Landry's dream becomes a reality

By **STEPHANIE KIM**
Staff Reporter

Highline graduate Robin Landry uses her rock star roots to write children's poetry.

Landry has just published her book *When I Dream* through Eloquent Books in September 2009.

She began attending Highline in 1977, but it wasn't until 2009 she graduated with an associate of arts in psychology.

Landry took time off to pursue her music career.

"I quit school in the '70s and started a band. I was a songwriter," Landry said. She was in a band called Widow.

While pursuing her music career, she opened for big band names, such as Bryan Adams, INXS and The Romantics.

It was when her first child was born that she put her rock star lifestyle on hiatus to be a mom.

When her daughter reached eighth grade, Landry realized she had a passion for writing children's literature.

Her daughter had an assignment where she had to take a fairytale and modernize it.

The two chose *Little Red Riding Hood* and developed *Little Rappin' Red from the Hood*.

After helping her daughter write *Little Rappin' Red from the Hood*, Landry realized she loved writing children's poems.

Although Landry's project started with a fairytale, Landry's passion for space and astronomy is obvious in *When I Dream*.

Seven of the poems in Landry's book include space themes such as Galileo, *The Legend of Jmojer* and *The Planets in Our Solar System*, among others.

"The astronomy class I took at Highline was one of the most interesting classes I've taken in



Chuck Kibbie/THUNDERWORD

Landry discussing her book, *When I Dream*, with students in the cafeteria in the Student Union.

my life. I like to introduce kids to [astronomy]," said Landry.

When Landry's *When I Dream* was released, Landry held readings at schools in the Kent School District for kindergarten through sixth grade.

"My point is to go out and read for the kids," Landry said. "When I was giving a talk and

read *Little Rappin' Red from the Hood*, [a girl] was nodding." "I knew right then I had made a connection with the girl."

When children see the artwork in *When I Dream*, Landry said she can tell they are all in love with them.

Landry used technology to find the artist she wanted to use

for her book.

"I went on Craigslist and said I needed a graffiti artist," Landry said.

Artist Christine Bennett responded and Landry said she knew Bennett was the artist she wanted to use.

"Put it on canvas, if you're going to do graffiti art. You

shouldn't be getting arrested for that," Landry said. "I would love to buy graffiti art on canvas."

Although it took Landry only 13 to 20 minutes to write her poems, the rewriting and publishing processes took about six to eight months.

"[The publishing company] wants different pixels and the process goes back and forth, back and forth," Landry said.

"When we found out my book was getting published, we were jumping around with champagne," said Landry.

In the summer of 2009, her son Tim died in a car accident on his way to a camping trip.

Tim was always supportive of his mother and gave her ideas, Landry said.

As a Mother's Day present, Tim suggested to Landry that she use the profits from her book to give college scholarships.

"Our idea is to give \$2,000 scholarships to one boy and one girl. These scholarships would go to someone who's not the greatest at sports or gets the best grades," Landry said.

Most of the proceeds will go to the Thomas Jefferson Foundation for the Tim Landry Memorial Scholarship.

"I want to at least be able to send Christine Bennett through college," said Landry.

Landry is currently working on her next children's poetry book with topics that many would not expect.

"Hearing things on 2012 and how scary it is, we're in an enlightening period," said Landry.

"I'll write about anything that catches my eye," she said. "Little things empower kids. I don't think we tell kids the truth a lot."

Landry's book *When I Dream* can be purchased online through Barnes & Noble and Amazon.

Unusual objects create works of art

By **ALYSON FUHRMAN**
Staff Reporter

Fabric, cloth and beeswax come together to bring to life the creations of two artists in Auburn.

The art work of Meghan Urback and Patti Brown will be on exhibit in the Auburn City Art Gallery through April 30.

The gallery is open from 8 a.m. to 5 p.m., Monday through Friday and is located in the City Hall, 25 West Main St., Auburn, main lobby. Admission is free.

Patti Brown is an encaustic artist, or an artist who uses heated beeswax to create art. Brown's art pieces feature multiple art styles, including paintings and drawings, encased in

beeswax.

Meghan Urback uses paper, thread, cloth, and numerous other materials to create her works of art.

Her pieces are mostly three dimensional, including some hanging creations, which feature elegant or interesting designs and arrangements.

Urback attended Whitman College in Walla Walla, and graduated Summa Cum Laude.

"I liked working with the sewing machine so much that I started feeding all kinds of things through it. Another favorite material of mine is washable embroidery backing," said Urback.

Her artwork features neutral colors and intricate abstract top-

ographic designs, mostly done on fabric.

"My work is inspired by American quilt patterns, family lace heirlooms, Tibetan Buddhist philosophy [and] patterns found on driftwood," Urback said.

Urback also gives her artwork unique names, such as *Memory is a Place Full of Whispering*.

"My favorite part of making work is the definitely the actual creation of a piece – I get antsy thinking too much about concepts and finding materials.

"I work best when my hands are busy. It is also satisfying to see a show go up and see work composed in a well-lit space," Urback said.

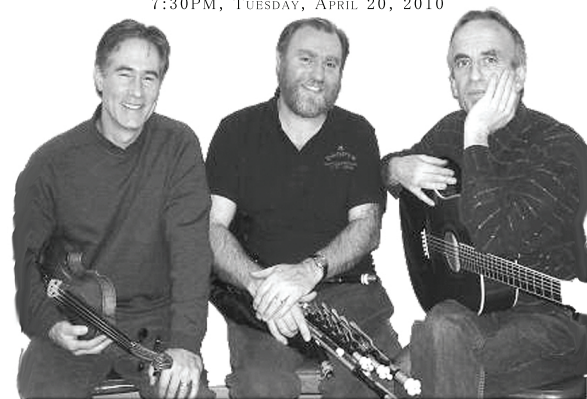
Waterland Music Series

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
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Tickets:
\$15/Adults
\$5/Students
(Elementary/College)
Ask about our special adult ticket
package: Any 3 tickets for \$30

Tickets available at the door
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1000 S. 220th St.
Des Moines, WA 98198
(cash, check, or credit)
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Des Moines, WA 98198
(cash or check)



For more information, call Des Moines Parks and Recreation (206) 870 - 6527

Spring One-Acts: A magnificent seven

By **ADRIAN SCOTT**
Staff Reporter

Seven plays, five students and one professor.

Highline's annual Spring One-Acts will return this May.

Five of the plays will be directed by Highline drama students. The other two will be directed by Drama Professor Rick Lorig.

The plays performed on May 19-22 are *The Still Alarm*, *The Tarantino Variations*, *Wonderful Party*, *The Actor's Nightmare*, *Making the Call*, *The Spot* and *Funeral Parlor*.

The plays will be held in the Highline Little Theater in Building 4, room 122.

Lorig is the director of *The Spot* and *Funeral Parlor*.

"This is part of Highline's

tradition during the Spring Quarter," Lorig said.

"We recommend students and community members to be ages 17 and up to attend," Lorig said. "There is some adult content and language within some plays."

The seven plays average 20 minutes each. "Many of the plays will be comedy," Lorig said.

Lorig is a professor at Highline with 16 years of experience in performing arts.

He graduated from Arizona State University, where he received his master of fine arts.

"It's hard to get burned out," Lorig said. "I always find myself wanting more."

Many of Lorig's drama classes are helpful for public speaking, he said.



Rick Lorig

"My goals for students are to become excited about the studies of drama," Lorig said. "I want them to leave my classroom with a positive attitude about drama and other skills

they can use with other fields of life."

During the year, Lorig faced some obstacles putting plays together.

"This is the first year we plan on actually building a casket for one of the acts," said Lorig. "Usually we have borrowed one."

Lorig doesn't miss the hot desert of Arizona and he does enjoy teaching here at Highline.

"I don't miss Arizona because I was tired of the hot desert," Lorig said. "I do like the community here at Highline and also my co-workers."

Ticket prices are \$7 for Highline students and \$8 for the general public. To pre-order tickets call 206-878-3710, ext. 3156. Tickets may be purchased at the door.

'Warlord' doesn't pack much punch

By **WILLIAM SCHLEPP**
Staff Reporter

Jet Li has made a career acting in martial arts-based films, such as *The One* and *Fearless*.

In *The Warlords*, Li shines as an actor, which, unfortunately, is only bright part of the film.

The Warlords is loosely based on the real-life story of the unsolved murder of General Ping Qingyun, portrayed by Jet Li. The film is set in the 1860s and begins with a battle in which Li is the sole survivor.

He wanders into a town where he is nursed back to health and meets two men, played by Andy Lau and Takeshi Kaneshiro, who lead a bandit army and steal food to survive.

Li's character wins the friendship of the other two men after raiding a military supply convoy of the Imperial Qing army. The Qing army retaliates by assaulting the hometown of the bandits to take back their supplies.

Li suggests they join the Qing army to earn money for their starving families. The three swear loyalty oath to each other to secure each others' trust.

The movie really starts to drag after they join the Qing army.

It starts to turn from an intense, martial arts fighting movie into a seemingly endless montage of Jet Li's army taking over villages and strongholds.

The story is a classic example of how power can corrupt. Li starts out trying to help others, to feed the people from his adopted village and turns into the very thing he was trying to destroy.

Coming into this movie, I had somewhat high expectations due to the reputation of Jet Li's films, and because of the first fight scene.

I thought to myself, "Wow, there is this much action and the film isn't even 15 minutes in." But to my disappointment, the next Jet Li fight scene didn't come until at least an hour later.

Cinematographer Arthur Wong did a great job on visual aspect of the film. It has a gritty, down-to-earth feel.

But Director Peter Chan tries too hard to draw an emotional response from the audience.

Nonetheless, Jet Li brings a lot to his role. He also showed that he has just as much range as an actor as he does in his martial arts abilities.

Overall, the movie drags on. With a running time of 127 minutes, it feels about as long as *The Lord of the Rings* – the entire trilogy.

Splinter Cell gamers are ready to be convicted

By **SAMUEL TIMLICK**
Staff Reporter

Splinter Cell: Conviction brings new game play elements for longtime fans and newcomers alike.

Conviction marks the fifth iteration in the Splinter Cell series and is an action/stealth game.

Conviction offers a single-player campaign, a co-op mode (a separate story from single player), and a multiplayer mode.

"I'm looking forward to the single-player campaign most out of the three modes because it brings the continuation of Sam Fisher's story," said Neil Smith, assistant store manager for GameStop in Federal Way.

Sam Fisher is *Splinter Cell's* protagonist from previous installments of the series.



Ubisoft Montreal

A screen shot of Sam Fisher in *Splinter Cell: Conviction*.

After years of working with Third Echelon – an agency that employs splinter cells, elite operatives trained to kill and retrieve information – Fisher resigned from the organization due to growing corruption and the mysterious death of his daughter.

This is where *Conviction* begins. Following his daughter's death and his resignation from Third Echelon, Fisher became a rogue agent and is now investigating the death of his daughter.

Smith predicts, "You will find out who killed Fisher's daughter and why."

But he does not think *Conviction* will be the death of Sam

Fisher.

"If you enjoy stealth – being sneaky, and awesome execution options, you'll really like *Conviction*," Smith said.

Although this highly-anticipated sequel offers stealth elements of gameplay, expected in any *Splinter Cell* game, *Conviction* provides a wider variety of game play options this time around.

Players will find that scenarios may be approached in multiple ways in *Conviction*.

In some areas, the player may choose a more action-focused approach by walking directly toward enemies and shooting them. Others may want to take a

less obvious avenue and stealth-kill enemies from behind.

Conviction also features a new mark-and-execute option. By taking an enemy down in hand-to-hand combat, players will earn points.

These points are then used to mark multiple enemies with arrows and execute them with the press of a single button.

Each weapon requires a certain number of hand-to-hand takedowns before you may use its mark-and-execute feature.

Conviction has a fully interactive environment, Smith said. "While playing the demo, I noticed in a tunnel that there was a flash bang a short distance away," he said.

"Instead of picking up and using the flash bang as an item, I shot it with my gun. Shooting the flash bang blinded a nearby enemy as if I had used it as a regular item instead of shooting it."

"It would definitely be cool to have downloadable content in the form of new weapons, multiplayer maps and gadgets," Smith said.

Splinter Cell: Conviction is published by Ubisoft and developed by Ubisoft Montreal. *Conviction* released April 13 for Xbox 360 and will hit retail shelves April 27 for PC.



Highline professors jazz up Building 7 this spring

Laura Caviani and Dr. Ben Thomas will bring soulful jazz to Highline next week.

Caviani, a jazz pianist, and Dr. Thomas, a music professor at Highline, will be performing a jazz collaboration in Building 7 on April 20.

Caviani and Dr. Thomas met in graduate school and play to-

gether periodically.

Though both are successful in their careers, they enjoy the times they meet and play together, they said.

Caviani is a successful jazz pianist, performing around the country. She has released five albums, including two solo efforts and a holiday album.

Dr. Thomas has performed with many different groups, including More Zero and the Jovino Santos Neto Quartet.

In previous years, he has been seen performing at multiple music festivals across the Northwest including the Seattle music festival, Bumbershoot.

Dr. Thomas frequently per-

forms on campus as well.

Caviani will follow the performance with a lecture focusing on her work as a composer as well as a performer.

Their performance is scheduled from noon to 1 p.m. in Building 7. Caviani's lecture will run from 1 to 2 p.m. in the same place.

The Thunderword / April 15, 2010

Crumac brings Irish traditions to Highline

By **ALYSON FUHRMAN**
Staff Reporter

Take a trip through Ireland's lively musical past, without the time machine.

The traditional Irish band Crumac will be performing at the Highline Artist-Lecture Center in Building 7 on Tuesday, April 20 at 7:30 p.m. as part of the Waterland Music Series. Crumac performs traditional music from Ireland including jigs, reels, and hornpipes on a variety of Irish instruments.

"It's some of the most fun music in the world. It's really lively and it's very rhythmic," said Mike Saunders, the group's guitarist and vocalist.

"The songs teach me a lot about the old culture of Ireland, which I enjoy very much."

Traditional Irish music comes from Ireland's past, as far back as the 18th century. It features a mix of both instrumental and vocal songs.

"[We] play songs and instrumental pieces which are mostly dance music. The dance music was very important in the culture of Ireland," Saunders said.

Crumac also uses the traditional time-honored instruments from Ireland's music heritage.

"We use the traditional instruments which are the Irish bagpipes, and the fiddle ...and I



Crumac Photo

Tom Creegan, Dale Russ and Mike Saunders of Crumac at a past performance.

play the guitar and I'm a singer," Saunders said.

The group's other two members include Dale Russ on the fiddle and Tom Creegan playing the Uilleann pipes and whistles.

The band's name Crumac is a combination of the three original band member's last names: Tom Creegan, Dale Russ, and the original guitarist, Finn MacGinty.

"Cru is for Creegan, Ru is for Russ and Mac was for MacGinty," Saunders said.

All three original members

of Crumac were also members of the Seattle band the Suffering Gaels, along with a second fiddle player named Conor Byrne.

After the band broke up, Creegan, Russ and MacGinty later joined together again to form Crumac.

MacGinty later moved back to Ireland, and Mike Saunders joined the band as the current guitarist in his place.

Creegan learned to play the Uilleann pipes, or Irish bagpipes, as a teenager in Dublin, Ireland where he grew up.

"There are lots of different bagpipes in the world," Creegan said.

"And, most European countries certainly have, or used to have their own type of bagpipes."

"In the 18th century, the Uilleann pipes were developed from other types of pipes. The type of pipes I play were developed during the 18th century and they haven't changed much since then."

The Uilleann pipes are similar to the well-known Scottish

bagpipes, but there are some differences, not only in sound, but also in the way they are played.

"Scottish bagpipes you blow in with your mouth, but with Irish bagpipes you use the bellows which you pump with your elbow," Creegan said.

To Creegan, traditional Irish music is one of the most important parts of Irish culture. His favorite song the band plays is the Concertina reel.

"It's kind of a very simple tone, but it has a great rhythm to it and it really swings. It's very happy," Creegan said.

Both Creegan and Saunders say they enjoy playing in the band and the traditional music of Ireland.

"I think it's fun playing in any band. I enjoy being able to create music and to present that to audience where they appreciate it and also enjoy the performance," Creegan said.

Tickets will be \$15 for adults and \$5 for students. There is also a special adult ticket package: Any three tickets for \$30.

Tickets will be available at the door or at Des Moines Park Recreation, 1000 S. 220th St., Des Moines, and Des Moines Florist, 721 S. 219th St., Des Moines.

Des Moines Park & Recreation will accept cash, checks and credit.

Returning Blend artist brings innovative music

By **STEPHANIE KIM**
Staff Reporter

Former Highline student Nickolas Paul Adams uses his musical background to create music of his own.

Adams will bring his collage of music to The Blend on Wednesday, April 21 from 10:30 a.m. to 12:30 p.m. for Earth Week. The performance will be held in the Bistro in Highline's Student Union.

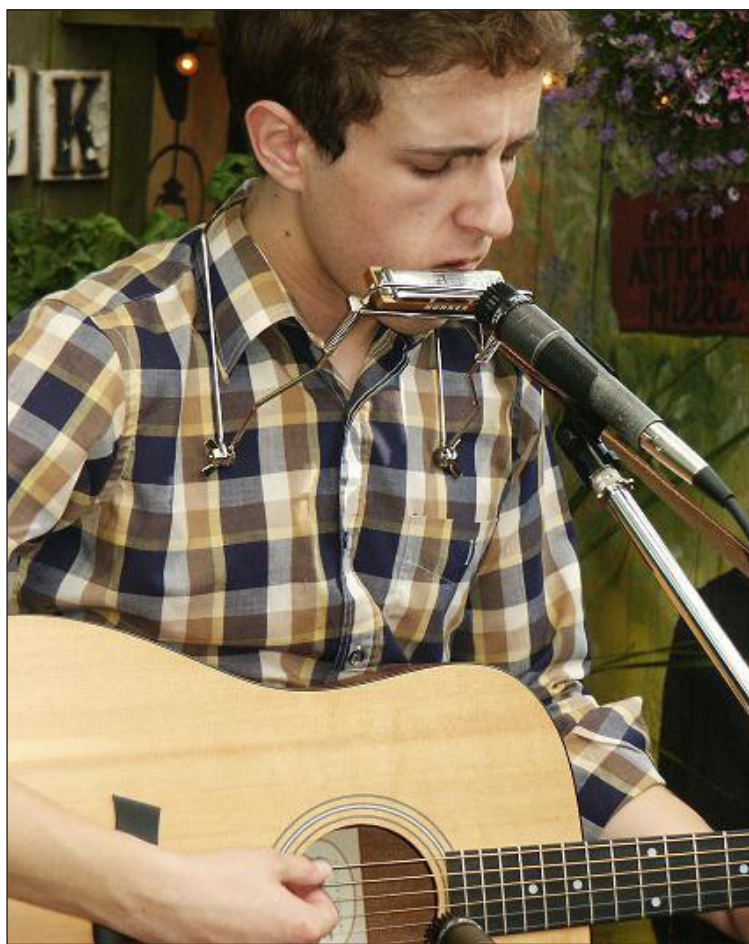
"We had a balance of Beatles, Beach Boys and Christian rock when I was growing up," said Adams. "We had this videotape of a Michael W. Smith concert called *Change Your World LIVE* and it was incredible.

"Watching [Michael W. Smith] and his group play and get so into the music was very inspiring to me. I think that's where it started."

Adams' performance next Wednesday will be his second performance at Highline.

"I played a show here back when I used to attend school here. It was a lot of fun and I hope to recreate a similar experience with this quarter's students."

Adams first began attending



Nichoklas Paul Adams will perform for Earth Week.

Highline a little over five years ago through Running Start, but he never graduated.

"I never received my [associate of arts]. I was too busy with music at that time to think about

school," Adams said. "I used to bring my guitar on campus and play for friends. It was a lot of fun."

Adams was 14 years old when he began playing guitar.

His dad was a guitarist and Adams always admired the sound the strings on a guitar made.

"I used to just pluck on his and anyone else's guitar when I was little," Adams said.

After his dad noticed Adams' interest in playing music, he took Adams to a music store to pick out an instrument he wanted.

"He took me to a music store and said I could pick either a bass or guitar since both are cheaper than say drums or piano," Adams said. "I picked guitar because I knew it would be more flexible; I could express more with it."

Adams plays varieties of guitars, including electric, acoustic and 12-string.

"I've stuck with guitar primarily because there's nothing better than being able to pick it up and create or recreate a song. I love the freedom in music," Adams said.

"You don't need a \$200 or a \$2,000 guitar. All you need is the ability to play any instrument. How much it costs doesn't stand in the way of what you can make with it."

In addition to the different types of Adams plays, he also

spends his time playing the banjo, piano and mandolin.

"I also play harmonica in a rack because Bob Dylan drove me to do that."

Because Adams plays his harmonica in a rack, many people tend to compare his music to Bob Dylan's. Adams, however, considers The White Stripes as one his biggest musical influences.

"I say this mostly because in my personal opinion, there is no band or artist who has opened up so many doors to music than that band," said Adams.

"I have gotten closer to creating something unique; at least I hope so."

Adams first began writing lyrics about people he knew, mostly his girlfriends.

"After a while, you get creative and you learn more chords and just start writing about everything and anything."

"I might be doing laundry or working or something and a melody just pops in my head," Adams said.

Adams will be performing tomorrow at the Seattle Drum School. The performance will be at 6:30 p.m. and tickets can be purchased for \$8 at the door.

Houseplants – It's a jungle in here

By **KANDI CARLSON**
Staff Reporter

You can turn your brown thumb green.

Many people hesitate attempting to grow houseplants because they think they will kill them or have failed in the past.

But anyone can grow houseplants. Previous failures only mean that you were either not prepared or simply did not know what you were doing.

A few simple steps will help you turn your home into a thriving jungle.

The first step in the right direction is choosing the right plant for you and your home.

Before you go shopping for a houseplant you should decide on a price point.

Houseplants range in price from very cheap to outrageously expensive. Younger plants tend to be less expensive than those that are fully grown.

You will want to shop around. Consider shopping at your local nursery before heading to the nearest garden center at the local hardware store. At a nursery, all they do is take care of and sell plants, flowers and trees. It is important to purchase a plant that has been taken care of properly.

No matter where you go to purchase your plant, you need to check the condition of the plant thoroughly before you make a purchase.

First thing you look at is the condition of the soil. Check that the soil is neither soaking wet nor dry. Either is a sign that the plant was not being taken care of properly. You want a plant that has had a good start in life.

Next, you need to check that the plant is not diseased. For the most part, this is easily detectable. Look underneath the

leaf of the plant, checking for any type of spots or discoloration. Check several leaves at different areas of the plant.

If you see anything or are unsure, move on to the next plant.

As you are looking at the different plants, you should also be keeping in mind where it is you plan on placing the plant in your home.

Deciding where or at least having an idea of where you want to place your plant will help you to narrow down your choices. Considering the lighting situation of a given area is important to making a good choice.

There are plants for every type of area, so you don't need to have an area that receives sunlight all day long.

Don't place plants near a heating vent. This tends to dry out your plant's roots and cause it to die.

If you are considering placing a plant in your bathroom, you will need to find a plant that can handle the humidity. Many plants can and some even like it.

Lastly, plants grow. You need to give them enough room to spread their leaves. This is especially true with plants that vine. When in doubt, ask for help at your garden store.

If you are thinking about hanging your plant from the ceiling, you need to check that the area can support the weight of a houseplant.

This means checking that there is a stud that the hook can be screwed in to. A stud is a 2x4 or 2x6 solid piece of wood that is part of the framework of your home.

If you cannot verify this, it is not recommended that you hang plants there. Drywall does not support the weight of plants. This can lead to severe damage

to your home and belongings.

Once you have chosen your plant, you can begin the nurturing process. Consistent maintenance will keep your plant thriving.

Maintenance tips: Write yourself a note. Post a note on the door that leads to where your plant is or at the faucet. Or, put a reminder in your phone. Be sure to set the reminder for a time you will be at home.

•Choose a specific day of the week to water and only do it on that day. This will help you to get a routine going.

•Pruning is important to the health of every plant. Trim dead tips of leaves and remove any dead leaves. Snipping off branches that do not have much growth will help your plant to thrive. Only snip down to the nearest leaf intersection. This promotes the branch to bud off in two directions.

•You should always sterilize your tools. You can do this with isopropyl alcohol. This will prevent the spread of disease.

The dirt on repotting a houseplant: Check your plant when you first get it home to see if the roots need room to grow. This can be done by gently loosening the soil and pulling the plant out of the container by the base. If the roots are visible and appear to wrapping around one another, this means you need a larger pot. The new pot should be a good 2 inches bigger than the original container.

That ties in with good drainage. Proper drainage is the key to the success of any plant because it prevents the roots from soaking in water. In essence, a plant drowns if it is left to soak in a pool of water. Make sure there is at least 1 inch of soil between the pot and the rootball.

Potting soils vary greatly

and almost all promise you the greatest and fullest plant growth. In my experience, the most expensive type of potting soil did not work any better than the cheap stuff. It comes down to you and the way you take care of your plant.

Lastly, it is important that you loosen the rootball by gently loosening the roots from one another.

Great starter plants: spider plants and philodendron. Both of these are easily found and reasonably priced. Most importantly, they are able to withstand some missteps. Another advantage is both are successful in any type of light.

Keep in mind that the more light a plant is exposed to, the thirstier it will be.

Tip of the week: Home Depot will replace a dead houseplant with a receipt for up to one year from date of purchase.



Kitchen windows can be the perfect place for your houseplants.

Many great gardening ideas to be found at Spring Fair in Puyallup

Do a bit of the Puyallup earlier this year at the annual Spring Fair.

The Spring Fair opens Thursday, April 15 and runs through Sunday, April 18.

Amongst the rides and concerts there will be a garden show

that offers workshops, display gardens and a garden shop.

The garden shop features 60 vendors who will be selling a variety of flowers and plants. The added bonus here is having experts available to answer any questions that you may have.

Cost of admission to the fair is \$9 for general admission, \$7 for students (6-18 years old) and children under 5 are free. There is free admission for everyone under 18 on Thursday.

Thursday, the fair is open from 2 to 10 p.m., Friday and

Saturday from 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 8 p.m.

The event is located at the fairgrounds, 110 9th Ave. SW in Puyallup.

Detailed event information found at www.thefair.com.





Hoang Nguyen/THUNDERWORD

Pitcher Faith Baldwin pitches in both games of every doubleheader for Highline.

Team makes do with one pitcher

By **BRIAN GROVE**
Staff Reporter

Highline fastpitch is struggling to make ends meet with only one pitcher in freshman Faith Baldwin, but Head Coach Gary Graf said he won't be training another player to pitch any time soon.

"It's not that easy," Graf said. "I've got one girl who can throw some strikes, but I think if we put another pitcher in, we'd be issuing more walks than hittable balls."

The effects of having only one pitcher are showing up on Highline's record.

Highline, 1-5, shares the cellar spot with Grays Harbor, 1-5, in the West Division after splitting two games with the same team, winning 4-2 and losing

8-1, and dropping two against Pierce, 11-3 and 12-0. However, Highline did get its first league victory in over a season.

Baldwin said the win was satisfying.

"It felt nice. Mainly because my high school team [Seattle Christian] wasn't that good and I was the only pitcher for them as well," she said. "To get that first college win in the books felt good. It was a relief and gave me more confidence in myself, pitching wise, and in my team."

Graf said although wins are nice, he's more concerned about his players improving.

"I've been coaching for a long time and it's a different perspective than I had 10 years ago. It's more about them getting better," he said.

With only one pitcher, High-

line's game plan is a little different than most teams.

"Realistically, we're going to attack the first game, and if I have to, I'll pull the plug on the second," Graf said. "It's an ugly place to be."

Baldwin said she prepares herself to pitch both ends of a doubleheader by thinking about the games the night before and "sleeping on it."

"I focus mainly on where I'm going to release the ball. It usually takes me a long time to focus on things, so that's what I work on mostly," she said.

When Graf first came to Highline in 2009, he had four pitchers available. However, when Highline didn't have a team last season, every one of them left to play ball elsewhere.

"There's a certain learning

curve on my part," Graf said. "I thought at least a couple of [the pitchers] would stick around to play this season. One [Kayla Duggan] went to Green River and another [Kristina Stadelman] went to Bellevue. I don't know if [Stadelman] played very much, but she was a good all-around player aside from a pitcher. I would have loved to have her."

Graf said he was unsure what happened to the other two.

The reason Baldwin is capable of being the only pitcher is because the windmill/underhand style of delivery in fastpitch is a more natural motion on the arm and is less stressful on the rotator cuff, as opposed to throwing overhand.

Graf was training infielder Kayla Carlisle, who pitched when she was younger, until she injured her knee on her plant foot leg.

With the T-Birds already fighting injuries early in the season, Graf said he really doesn't "want to push that too hard."

The truth is most college-level athletes have been playing that specific sport most of their lives, and softball pitchers are no different.

"Here's a great example," Graf said. "I got Faith [Baldwin] when she was a high school pitcher. Before working out [with Graf] almost every day since June, she wouldn't have been ready to pitch at this level, but now she's keeping us in games. It's taken her that long to get her in shape to pitch at this level."

At this point, Baldwin only

throws two pitches: a riseball and a changeup.

Graf said Baldwin will add some pitches with more movement to her repertoire when she's ready.

Mainly, there are five different pitches in softball.

The most common is a riseball, which moves upward as it approaches the batter due to the backspin on the ball.

The second is a changeup, which breaks down and to the left on right-handed batters when thrown by a right-handed pitcher. It is thrown with the same arm speed as a riseball, but it travels slower due to the grip, and is intended to throw off the hitter's timing.

The dropball acts like a curveball in baseball, making a 12-6 arc as if the ball were falling off a table.

The softball version of a curveball is actually a flat pitch, which breaks away from right-handed batters when thrown by a right-handed pitcher.

The screwball does the opposite, cutting in on the hands.

Highline was scheduled for a doubleheader against the Green River Gators last Tuesday, April 13. Those games were rained out but have been rescheduled for Monday, April 19 at 2 and 4 p.m. at home.

Highline will also play two more games against Green River on Friday, April 16 at 2 and 4 p.m. on the road. On Tuesday, April 20, they will play South Puget Sound at 3 and 5 p.m. at home and then travel to Centralia to take on the Trailblazers on Friday, April 23 at 3 and 5 p.m.

Fighting, hitting in hockey is not random or arbitrary

Despite the fact that spring is here, I will be firmly glued to my television this month watching the coldest (and coolest) event of the spring: the National Hockey League playoffs.

The fun started with two games yesterday, April 14, and continues through early June, when a new Stanley Cup champion will be crowned.

The only thing that would make me happy, besides a Vancouver Canucks long-awaited championship, is if more people would watch hockey. It is the playoffs after all, and there is no better reason to give hockey a shot.

Hopefully the NHL can ride the momentum of an entertaining 2010 Winter Olympic hockey tournament and attract fans that want to see more games like rounds one and two of USA vs. Canada in February.

The big issue of the day for hockey, and the reason most people will never do more than glance at their plasma screen when it is on, is the perceived violence of the game.

That was one of the reasons



Bird's Eye View

Liviu Bird

people were so willing to watch Olympic hockey – there was no fighting allowed.

I've read (and written) enough about why people should look past the physicality of the sport and learn to enjoy it but, frankly, I'm sick of trying to appeal to people using that method. Hitting and fighting are part of the sport, but it isn't as random or violent as people actually think.

The aversion to seeing somebody get injured shows just how little some people understand the game of hockey. These are professional athletes, and they are paid to win.

Every game, players are skating with a target on their chest, but winning games is always the players' first goal. After all, in an 82-game season, you face ev-

ery team more than once.

There is a reason for every hit and, generally speaking, every fight. More often than not, things even out in the end in terms of aggression.

However, instances of spontaneous madness do happen, especially in a sport with inherent physical play such as hockey. Some players make their reputation off of being short-fused and making some perhaps ill-advised plays.

But these players can be counted on one hand, and they are often put in their place by either opponents or coaches.

Matt Cooke, a 12-year veteran who currently plies his trade with the Pittsburgh Penguins, is one of these few players. Recently, he ended Marc Savard's season with a blindside hit to the head that resulted in no suspension from the league and a plethora of outcry from all those who care about hockey.

Since then, the league has implemented a new rule to curb such behavior, and it will be even more strictly enforced next season, after officials get

a chance to review the rule this summer.

Getting back to Cooke's story: so he headshots a guy, gets no suspension from the league and is on the ice the very next game.

The penultimate game of the season, nearly a month from the original incident, Pittsburgh is in Atlanta to take on the Thrashers. A former teammate of Savard's has a few words with Cooke along the boards, and it turns into a fight.

In hockey, a game known for its occasional "eye-for-an-eye" method of retribution, players who can't back up their physical play by fighting are ridiculed.

Well, in this particular fight, Cooke's opponent was Evander "Holyfield" Kane.

The 18-year-old rookie, known for his character as much as his talent, teammates say, knocked Cooke out with a single punch.

That's justice.

An important note here is that Kane didn't go after Cooke in the game they played against each other earlier this month.

He could've confronted him at that first opportunity, but he didn't – because Kane is not stupid.

Players that put their vendettas before the good of the team will get benched. Like I said earlier, they are paid to win, not fight, and coaches are paid to win and are fired if they don't.

That being said, if opportunities come up like the one Kane found, players will take advantage of them.

This is part of what makes hockey what it is – a demonstration of athleticism that, in its most physical form, is entertaining the way gladiator fights were in Ancient Rome. There is no greater punishment for bad deeds than being subject to the same treatment the villain gave their victim.

There are sports for every kind of person. Fencing is for strategists, running is for those with high endurance and mental toughness and baseball is for steroid junkies.

Hockey is for gladiators, and the Stanley Cup playoffs are their Coliseum.

T-Bird men sign four prep hopefuls, maybe more

By **CHRIS WELLS**
Staff Reporter

After finishing a disappointing 12-12 season, the Highline men's basketball team is reloading for next year with a fresh crop of players.

On April 8, Highline signed four new players to letters of intent: Robert Christopher, Federal Way; Darius Page, Foster; Jayson Lewis, Enumclaw; and Tarren VanTrojen, Enumclaw.

Highline Head Coach Ché Dawson said it is a talented group of players.

"I'm really excited," Dawson said. "I mean, we aren't completely done yet, but these were our first four [commitments] and we are excited about the skill and the pedigree that they bring to the table. They are all from programs that have won at a very high level."

Page, who perhaps is the most decorated player in Highline's incoming class, finished his career at Foster as a first-team all-Seamount League selection. He averaged 17.5 points, 12.3 rebounds and 2.5 blocks per game. His season-high in points came against Hudson Bay on Feb. 26 with 34 points.

He was also given the Ambassador's Award from the Pacific Northwest Basketball Officials Associations. This award is given to the student-athlete that demonstrated outstanding relationships with teammates, opponents, fans and officials.

Dawson said getting the 6'8" Page to sign with Highline is a big coup for the program.

"Page is regarded as one of the better big men in the state," Dawson said. "He has gotten a



Chris Wells/THUNDERWORD

Recruits Christopher, Page, Lewis and VanTrojen sign their letters of intent last Thursday.

lot of four-year attention, but is looking to continue to develop and see where his recruiting can go. He is a really high-character young man, a really good student and [is] used to winning. I think his team has been in the state tournament each of the last [few] years as well."

Over the years, Enumclaw has developed into a pipeline school for Highline basketball and this year will be no different with VanTrojen and Lewis committing.

Lewis, a 6'1" guard, was a second-team all-South Puget Sound League 3A selection this past season after he put up 10.8 points per game for a 27-1 Enumclaw team.

Dawson said Lewis's defense is impressive.

"He is a wing that will be a very good defender," Dawson said. "He doesn't know yet his

potential offensively, but he has shown some glimpses of greatness on the offensive end. He is a good athlete, a smart young man, a good student and played on some incredibly successful Enumclaw teams the past few years."

Defense is also what Lewis said he will be bringing to Highline next year.

"On my team at Enumclaw, I was the best defender on the team and I always worked hard on defense," Lewis said. "I pretty much do whatever I need to do to win."

He said his goal is to get stronger before going on to the next stage in his career.

"I chose Highline mostly because of money and the program here is good," Lewis said. "I also want to develop my body a little bit more before I get to a university to play basketball."

Listed at 6'6", 260 pounds, VanTrojen was an intimidating presence in the low block for Enumclaw. This past season, he averaged 11.6 points and 7.5 rebounds while earning first-team all-South Puget Sound League 3A honors.

Dawson said VanTrojen will bring some versatility to the T-Birds squad.

"Tarren VanTrojen is a four man that can go inside out and can step out and shoot it and pass it," Dawson said. "He can go inside and post people up and passes the ball well in there. He is obviously [a] good size and can rebound as well."

"So he will do a nice job on the glass and be able to defend inside well. And, again, [he is] just a winner. He has won a lot of games over the past couple of years. Also, he is an outstanding student."

The last of the four players signed is Christopher, who is a 6'5" post player. He averaged 9.1 points per game last season while starting at center for Federal Way and earning second-team all-South Puget Sound League North accolades. His season-high in points came against Thomas Jefferson on Feb. 4 with 21 points.

Similar to Lewis, Dawson said that Christopher's offensive game is still developing.

"He has won a lot of games in the past few years at Federal Way," Dawson said. "He has been a staple of their program. Kind of like Jayson [Lewis], I don't think he completely realizes his potential offensively. He shows some glimpses of having a lot of skill on the perimeter, but that wasn't his role in high school and he spent a lot of time doing the dirty work: defending, rebounding and posting up inside."

"He is a good, solid kid with a great character and [is also] a good student. We look forward to him bringing his winning ways here."

Even with 10 players scheduled to come back and four already added, Dawson said they are still looking to add a few more players.

"We are still recruiting," Dawson said. "We would like to get a couple more guys who, frankly, are just going to raise our level of play and make things very competitive for us both internally and externally. We want to have a group that is able to push each other on the court, every day, very hard and obviously a group that is going to be difficult for opponents to handle."

Lady T-Birds aiming to sign a high-talent class

By **BRIAN GROVE**
Staff Reporter

Although Highline Women's Basketball Head Coach Amber Rowe does not have a lot of scholarship money to offer incoming players, she is determined to strengthen her roster with a talented group of recruits.

"Money is very tight because we have so many returners but we have to get better. We have 24 quarters to give," she said.

Every quarter, Highline is allowed to give scholarships, paying 65 percent of up to 15 credits taken by the student-athlete.

"We could give only eight players all three quarters, so we have to split them up some. We also are awarding some on a performance basis. You play good, you get more money," she said.



Amber Rowe

The team will lose five sophomores from last season: guard Jaki Fairfield, guard Ariassa Wilson, forward Lauren Hill, guard Jordan Beale and guard/forward Tera McCann-Soushek.

The returning players include freshman forward Heather Hitch, freshman guard Bree Morkert-Burling, freshman center Leini Tukutau, freshman point guard Nicoletta Tsosie, freshman center Shalece But-

ler-Woods, freshman guard/forward Jessica Morgan, sophomore guard Dani Carlman and sophomore guard Patrice McKinnon.

Hitch and Tukutau led the team in shooting last season at 50 percent. Carlman and McKinnon are returning from injuries which forced them to take medical redshirts.

Highline was 9-7 last season in league play, then went two and out in the playoffs for the second season in a row.

Rowe said she wants to get past just barely eking into the playoffs.

"We have eight players coming back, but we are recruiting hard because fourth place in [the] league is not good enough. We are bringing in as many as it will take to get better," she said.

So far, the coaching staff has

sent out five letters of intent to players they want to sign. Rowe said all five forms should be signed and returned within a week.

Although Highline has positions on its roster to fill, Rowe said raw talent takes precedence over which positions are needed.

"At this level, we take talent and not always so much spots and positions," she said. "But we want good kids that go to class and hate to lose. We felt like we were missing that hate-to-lose mentality this season. That was big focus for us this time while we recruited."

Rowe said her favorite part of recruiting is knowing you get a fresh start every season with new players.

"You get excited about the potential of the new players,"

she said. "Obviously they have work hard, but you get excited about their potential."

Still, Rowe said the community college stigma is a turnoff to many players, so coaches sometimes end up working hard to recruit players they will never sign.

"To get the players you want, it's a big commitment. The 21st century athlete needs a relationship."

Rowe attributed most of the recruiting effort to her assistant coach, Taryn Plypick. Along with coaching basketball and teaching at Highline, Plypick also went to two or three high school games a week.

"We are always looking to bring in better people. We always want our new class to be more talented than the sophomores," Rowe said.

The Thunderword / April 15, 2010

Highline student starts new local clothing line

By **MAX DUBBELDAM**
Staff Reporter

Elliott Snyder's business might be Overcast but his outlook is sunny.

Snyder started his own clothing line, Overcast Clothing Co.

Snyder was born near Colorado Springs, Colo. He moved to the Pacific Northwest when he was 2 years old and has lived in the King County area ever since.

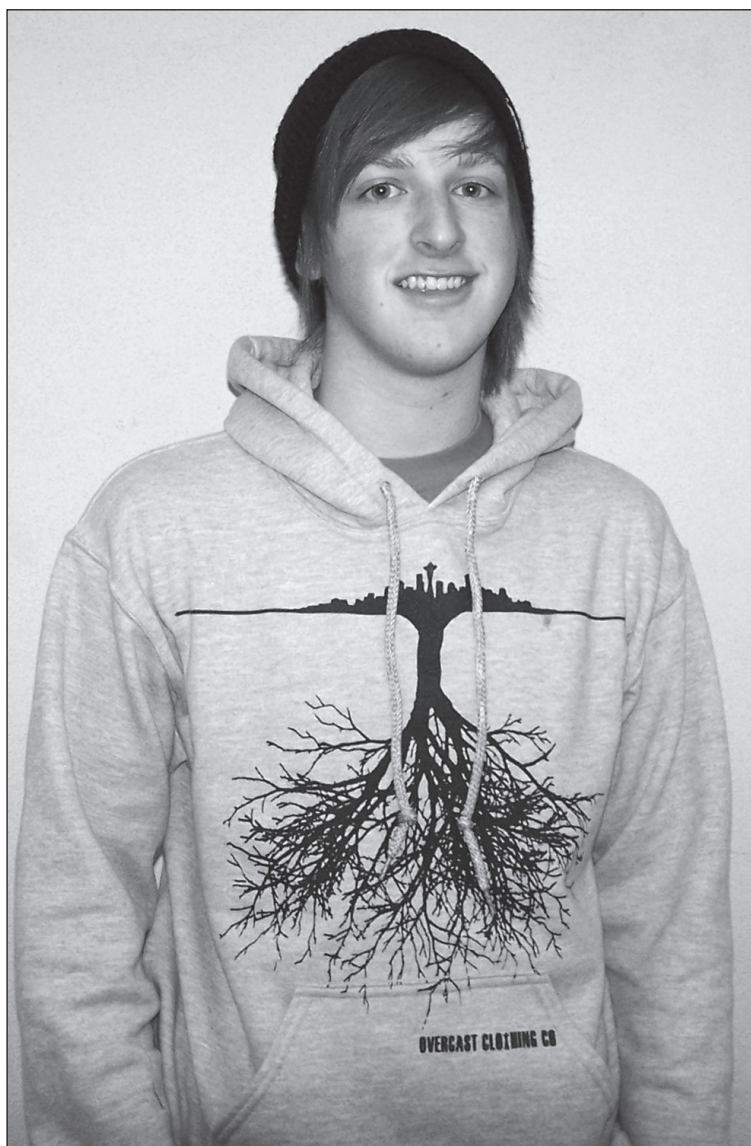
He started his clothing line about a month ago with friend and business partner Collin Harney, who studies business at Western Washington University.

"I just had an idea like 'there are a lot of boring shirts out there' and people have always told me [I] should throw [my] art on some shirts," Snyder said.

Snyder said he first started thinking about the idea five or six months ago but it "took a while to get everything in order with printing the shirts and stuff like that."

After Snyder picked the design he wanted to use and picked a name for his company, the ball started rolling.

"About a month after that I applied for a business license and I made a Facebook page for it and then tons of people started asking for orders. At that point I just had to figure out how to print them."



Nick McCoy/THUNDERWORD

Elliott Snyder wearing one of his "Roots of Seattle" hoodies.

He found a printer in We Are Friends Printing that a friend of his runs in Texas.

"I just started out with him

because I had the connection," Snyder said. "But I'll probably be looking for a more local person as we try to get more shirts

and stuff just to make it easier."

Overcast Clothing Co. currently has one design in production called "the Roots of Seattle", which Snyder created. The design is printed on T-shirts as well as hoodies. They charge \$15 for a shirt and \$22 for a hoodie.

Snyder said that most of the shirts and hoodies that he currently has printed are ones that people have already ordered.

"I'm trying to get more printed so that I can sell them to people whenever they want them. But right now it's on a made-to-order basis," Snyder said.

Snyder said he didn't have too many problems setting up his business and the money involved was the most difficult part. He said any of the profit that he earns from selling the shirts will go back into the printing process.

"We're pretty much not making a profit because the profit's going back into the printing," Snyder's business partner, Harney, explained. "We're trying to use the money to expand because it takes money to [earn] money."

Currently Snyder doesn't care about turning a profit and said that he's just trying to print as many shirts as he can.

Snyder and Harney are currently working on setting up a website but until then, the mar-

keting is on a word-of-mouth basis. Snyder added he wants to focus on expansion this summer.

"We want to get into a lot of independent skate shops and boutique-type stores around the area," he said. "I also know a few bands that are pretty local and I'm trying to sponsor them and go to their shows and sell [shirts] there."

Snyder said he loves living in Washington and wants to keep a Northwest theme in his designs and stay local because it's what he calls home.

His love for the area has driven him to donate \$1 of each item sold to help the homeless of the Seattle area.

"There are all of these problems and they're right in our back yard," Snyder said. "There are people in need of food and shelter and if we're able to provide that, we should. We're just trying to do our part with that."

Harney said they haven't chosen the charity yet, but that it's probably going to be Union Gospel Mission. They're planning to wait until every shirt is sold and then hand the money over in a lump check.

To reach Overcast Clothing Co. and buy shirts, go to <http://www.facebook.com/#!/pages/Overcast-Clothing> or send an e-mail to OvercastClothingCo@GMail.com.

Last-minute tax savings

If you're still working on your taxes and looking for some last-minute deductions to reduce your tax bill, here are a few to consider.

- **State taxes:** If you paid state taxes for 2008 when you filed last year, you can deduct that amount from your federal return.

- **Property tax:** Until recently, only those taxpayers who itemize deductions (Schedule A) could deduct their property tax.

Now, even if you take the standard deduction, you can deduct some or all of the property tax you paid in 2009.

There's a limit, however. You can deduct the amount that is lower: the taxes you paid, or up to \$500 for single or \$1,000 for filing jointly.

- **Charitable deductions:** If you tend to save all your receipts, it could be worth your while to look for those related to charity.

You can deduct your expenses for quite a number of things: the cost of ingredients for the cakes and pies you baked, mileage at 14 cents per mile, postage for mailings and more.

- **Home improvements:** If you made energy-saving im-

Dollars and sense

by David Uffington

provements to your home, you can deduct part of the cost. Windows, water heaters, doors and more are included.

Each item has a different limit on how much can be deducted. Go online to www.energystar.gov and scroll down to "Tax Credits for Energy Efficiency."

Read the particulars on your appliance or energy-saving product.

You'll need IRS Form 5695 as well as your receipts and the Manufacturer's Certification Statement to send in with your Form 1040.

- **Home purchase:** If you bought your first home in 2009 before Nov. 7, you could be eligible for a credit of up to \$8,000.

If you are a repeat buyer who purchased a home after Nov. 7, 2009, and who will close on a house by July 1, you could be eligible for a credit up to \$6,500 if you've lived in your home for at least five years.

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Highline to upgrade computer software

By DAVID LUGO
Staff Reporter

New desktops and Windows 7 are coming to Highline in the next few quarters.

Windows 7, the latest version of the Windows operating system series, will replace Windows XP on Highline’s computers.

The computers across campus will also be transitioning to Dell desktops as a result of Highline’s old vendor closing.

Instructional Computing’s main desktop vendor, MPC, folded in December 2008. This means that as computers break down and need replacement on campus, the school will have to purchase machines from a different vendor.

MPC going out of business meant the loss of a good partner, said Director of Instructional Computing Tim Wrye.

“They were a good company to work with, relatively local, and they concentrated on government and education so they really focused on our needs,” Wrye said. “But the biggest loss for us was warranty coverage that we still had on machines.”

However, Instructional Computing is moving forward with plans to get new desktops at Highline.

“We made a purchase in December and received machines

in January from Dell,” Wrye said. “At this point, Dell is going to be our primary hardware vendor.”

Some new desktops will be available this quarter.

The Dell desktops will not be the only replacement for old technology that Instructional Computing is planning to use. As the school transitions to new desktops, a virtual desktop infrastructure will also roll out.

“We are pretty heavily pursuing a virtual desktop infrastructure project,” Wrye said.

With virtual desktops, there is no need for the user to have a physical desktop available to them. All that the user is given is a monitor, keyboard, and mouse, that are connected via network to the desktop.

“Basically, all the processing happens at the back end on the servers, and all you are seeing is the video,” said Wrye.

“We’ve got an implementation project under way which, by summer, we should be doing that in some places,” Wrye said.

But there will always be a mix of physical desktops and virtual desktops at Highline, said Wrye.

This will help extend the life of technology that is already at the campus.

“Without doing the processing locally, it’s not putting

Spring comes to Highline



Cody Warf/THUNDERWORD

A bumblebee takes a lunch break on a dandelion while enjoying the start of spring.

as much wear and tear on the machines, and we don’t have to worry about upgrading the memory in that desktop in order to run Windows 7 because all the processing power is on the back end,” said Wrye.

This opens the possibility of a change to the Windows 7 operating system for computers on campus.

“For the most part the new hardware is going to come out with Windows 7 installed,” said

Wrye. “Definitely when we do the virtual desktop infrastructure the plan is to deploy that with Windows 7.”

Some programs at Highline have already started using Windows 7. The Center for Extended Learning, and Business Technology Department have requested Windows 7.

“We skipped Vista completely because it had performance issues, integration issues and application support issues. We

had people playing with it all along but we were never happy with it,” Wrye said. “Ever since the betas were available we’ve had folks working with Windows 7 and it’s been much better from the start.”

Highline students may not be able to see the changes and additions for some time yet.

“Neither the library plaza [nor] the open lab are in the short-term equipment replacement plans,” said Wrye.

Program allows access to large video database

By JOSH BECKER
Staff Reporter

A new film database called Films on Demand lets teachers, staff and students choose from a selection of more than 6,000 educational videos to watch whenever they want to.

Added to the Library website in March, Films on Demand contains online streaming videos from Films for the Humanities and Sciences.

The database covers films on every subject, from anthropology to career exploration. New videos are being added all the time.

To watch a video, one simply accesses the Library website, accesses the library’s database selection, clicks on the “Films on Demand” link, and select a video.

Because the videos are online, the online or distance students can watch them without having to come all the way campus.

The videos can be watched multiple times, and are broken up into chapters so they can be easily assigned to different students’ needs.

The videos also help students to learn more effectively.

Different students learn in different ways, said Reference Librarian Jack Harton.

While some students learn best by listening, other students might learn better by reading. And yet other students learn best by watching.

“Students these days are more ‘visually oriented’ in their learning,” said Harton.

While Films on Demand is a useful learning tool, it is not going to supplant traditional teaching.

“[The database] is not a replacement for teaching,” said Harton. “But it does give teachers another way to reach their students.”

The new database costs Highline around \$8,000 annually.

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Good sleep is possible, speaker says

Simple changes in routine can improve quality of sleep

By **RICHARD MEIER**
Staff Reporter

More than 40 percent of the United States' population and more than 60 percent of women suffer from sleep deprivation, a Highline professor said last week.

Teri Trillo, chairwoman of Highline's Nursing Program, spoke about the importance of receiving a good night's sleep to prevent sleep deprivation during Highline's Science Seminar last week.

Science Seminar is a weekly series of presentations on science-related topics.

Sleep deprivation is a chronic lack of sleep.

Different sleeping disorders fall into the category of sleep deprivation, such as: sleep apnea, a disorder where the person stops breathing while sleeping; snoring; narcolepsy; insomnia; and sleep walking or parasomnia.

Results of these sleeping disorders can range from blocked airways, which can cause snoring, to the inability to sleep, such as with insomnia, Trillo said.

These sleeping disorders



Hoang Nguyen/THUNDERWORD

Teri Trillo wears a "Sleepless in Seattle" shirt during her Science Seminar presentation on sleep deprivation.

have the ability to impair a person's immune system, lead to a loss of long-term memory, cognitive impairment, and can even lead the sleep deprived to experience hallucinations.

The effects of receiving a good night's sleep, which can

differ from person to person, are just as important as maintaining a balanced diet and exercising, she said.

"I don't think that people realize the importance of sleep and how it can have a negative impact if you have a lack of

sleep," Trillo said.

Various factors can lead to a person not receiving a full night's sleep.

For example, exercise is commonly believed to tire the body and ready a person for bed.

However, Trillo said, exercise less than two hours before bed can stimulate the body and can prevent sleep.

Eating a large meal before bed can make a person tired, but it can also prevent them from going through a full night's quality sleep cycle, she said.

To improve quality of sleep for those who are suffering from sleep deprivation, lifestyle changes need to be made.

Trillo said it is important to maintain a daily routine so a person's body begins to operate on a schedule.

Eating before bed isn't necessarily bad, though.

A small amount of carbohydrates, such as crackers, dairy products, or a warm glass of milk can lead to a good night's sleep.

For Highline students who try to stay up and cram before a big test, Trillo said they'd be better off sleeping.

"Get a good night's sleep before a test. Don't sacrifice sleep for studying," Trillo said. "In the long run, it won't help."

To improve the quality of sleep and improve a person's well-being, napping isn't a bad idea, she said.

Trillo showed a video clip which explained that people's

genetics are programmed to take naps.

According to NASA, a 26-minute nap can increase productivity in the work place by 34 percent.

While napping can increase productivity, different levels of napping can have different effects on the body, Trillo said.

A 20-minute nap can refresh the body, while a 50-minute nap can repair muscles, and a 90-minute nap will improve creativity.

While naps are an effective means of revitalizing the body, it is important to set an alarm, she said.

"There are benefits from napping, but it needs to be controlled," Trillo said.

If you nap for too long, that can also affect your sleep during the night because your body will feel as if it doesn't need as much rest.

For those struggling to sleep during the night, Trillo said, if you can't fall asleep within 15 minutes of getting into bed, get up.

The most common thing that keeps people awake is stress, which can have the mind racing.

Doing activities such as crossword puzzles or reading a textbook can calm the mind and can increase tiredness.

This week's Science Seminar will be presented by Steve Swope, who will be speaking about the impact of asthma, Friday, April 16 at 2:20 p.m. in Building 3, room 102.

Coast Guard keeps waters clean

By **DAN JURPIK**
Staff Reporter

The Coast Guard tries to keep our nation's waters clean and traffic on the water running smoothly, a top official said here last Saturday.

U.S. Coast Guard Captain and Seattle Sector Commander Suzanne Englebert spoke of the various aspects involved in protecting and preserving the Puget Sound at Highline's MaST Center.

"I am many things to many people. To you, I am the Captain of the Port," she said.

Englebert was a visiting speaker at Highline's Science on the Sound Speaker Series, and her talk focused on the Coast Guard's role in Puget Sound.

"Any navigable waterway [in the U.S.] has a Captain of the Port," Englebert said. "There are 37 of us."

Some of their duties include maritime safety, security, defense and the protection of national resources.

A "significant part of our national machine is driven here in our waters," said Englebert.

The Puget Sound has seven major ports, with the third largest container shipping in the country.

"The U.S. Coast Guard has the authority over all the national waters, its enforcement and protection," said Englebert.

The Coast Guard also coordinates boat traffic and monitors harmful pollutants that spill into the sound.

In 2009, the Coast Guard received 554 pollution reports in the Puget Sound area. In that same year, 2,878 gallons of petroleum products were released.

Diesel, usually from recreational or fishing vessels, was the most common oil spilled into the water — almost 1,700 gallons. Close to half of those spills are from "mystery sheens" that come from unknown sources.

An oil sheen or film on the water or shoreline is considered a harmful quantity. The Coast

Guard can match any oil spilled to samples taken from suspect vessels in their lab in Groton, Conn.

But not all of what the Coast Guard captain said was bad news. The numbers of spills have been decreasing in the past few years. This is partly due to the education outreach programs that the Coast Guard is involved in.

The decrease in spills is due to "education and attention to how oil gets into the waters," Englebert said, "and the cooperation of private, commercial and tribal entities."

To report any oil spills, contact the National Response Center at 1-800-424-8802.

The Science on the Sound Speaker Series are talks on topics related to the environment, and free to the public.

The discussions are scheduled for the first and third Saturday of each month at Highline's MaST Center, on Redondo Beach next to Salty's Restaurant.

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New educational planner rocks out at Highline

By **BRAD VANSTEENVOORT**
Staff Reporter

Kevin Kildun helps students at Highline move along to a new beat by day, and by night he creates his own.

Kildun, 31, is a new educational planner.

He grew up in Battleground, Wash. and now lives in Tacoma.

He graduated from Western Washington University in 2000 with a psychology major, and completed grad school at City University of Seattle in 2009.

To top it all off, he plays the drums in a rock band called the Vile Red Falcons.

Before coming to Highline, Kildun worked as a substitute



Kevin Kildun

adviser at Franklin Pierce High School, helping seniors plan for college.

He also worked at the Tacoma Goodwill, helping high school students find employ-

ment as well as providing mental health counseling with the Youthbuild program.

Youthbuild helps 16-to-24-year-old, low-income students obtain their GED and learn job skills in the process.

Now, as of March 15, he works here at Highline as an educational planner – retention specialist.

This is Kildun's first time working in higher education and he said he is "really excited."

"I'm really interested in helping high school students and beyond plan their educational goals and set them in the right path.

"I'm really career-goal minded, helping the students answer

the question, 'What do I want to be when I grow up?'" he said. "I really want to give them an answer that is clear, to avoid the run around."

Another goal Kildun hopes to accomplish is to be involved with different aspects of the school.

"I'd like to be on committees that are looking to change the school's academic policies," he said.

He plans on trying to meet as many different people on campus as possible.

He is interested in nursing, and although he is scared of the sight of blood, he would like to still take some nursing classes.

Kildun also nurses his drum

set before going on stage with the Vile Red Falcons.

"Other people say the Vile Red Falcons almost sound like Foo Fighters and AC/DC," Kildun says.

"But I say we sound more modern grunge/ hard rock, but definitely not heavy metal."

You can decide for yourself by visiting their Myspace page at myspace.com/thevileredfalcons.

If you would like to see Kildun for advising purposes, you can find him in Building 6, room 153, Monday through Friday.

If you would like to see him rock out, his band's next concert is Friday, April 23 at Hell's Kitchen in Tacoma.

Budget cuts will be less than expected, says college

By **CAITLYN STARKEY**
Staff Reporter

The doom and gloom of Legislative budget cuts has cleared, leaving a better forecast than previously expected.

Though they cut the Legislature cut less the originally expected from higher education.

Two other positives are the continuation of State Need Grant funding and funding for Worker Retraining.

"Community colleges and students will benefit by more limited cuts than otherwise would have been necessary, restoration of State Needs Grants and additional dollars for worker retraining," said State Rep. Tina Orwall, D-Des Moines.

State Rep. Dave Upthegrove, D-Des Moines,

said that the biggest impact to students will not be the budget cuts but will instead be the new tax on candy, gum, bottled water, cigarettes, and beer.

"The biggest cost impact will be on students who smoke, but maybe that will provide an incentive to quit smoking," said Rep. Upthegrove.

"The price of beer and soda pop will go up a couple cents. If a student drinks an average of one beer per day, it would cost an extra \$15 per year.

"This small tax increase will not apply to microbrews brewed here in Washington. So to avoid the increased tax, students should drink locally," he said.

The Legislature adjourned from its special session Tuesday morning at 1:10 a.m.

For the last 90 days, the Legislature has been attempting to pass a supplemental budget. The state faced a \$2.8 billion deficit. The new revenue package and the spending cuts will fill the gap.

The House insists that the budget dilemma was held up over the general sales tax increase proposed by the Senate.

"I had fought hard against a general sales tax increase and was pleased that a sales tax increase was not included.

"The dispute between the House and Senate over the general sales tax increase was probably the biggest sticking point," said Rep. Upthegrove.

"I advocated hard against any increase of the general sales tax that would hit struggling families, students and businesses very hard," said Rep. Orwall.

Tim Eyman already has started a signature petition against the new taxes.

Eyman is a professional activist, who is known for his anti-tax legislation. He is working on getting signatures so that initiatives can be added to the November ballot.

Though students may notice the taxes, the college is noticing the budget cuts.

"In the end, the reduction to our base budget was larger than we had hoped it might be

– approximately 6.5 percent," said college President Dr. Jack Bermingham in a campus-wide email.

Yet Highline is breathing a sigh of relief. Last year, the State Board increased tuition 7 percent to compensate for the expected drop in enrollment.

But with the downturn in the economy, many people have been opting for community college or going back to school, increasing enrollment.

The college has more rev-

enue than originally expected.

"I did say at the Board study session that we have some tuition money that exceeded our revenue projections for this year.

"We will use some of it next year to offset part of our budget reduction," said Bermingham.

The excess revenue has come from the 7 percent tuition increase from last year, the increased enrollment and help from the Services & Activities (S&A) Budget.

This funding will offset the previous threats of furloughs for some state workers.

"The community colleges will report to the State Board how each campus met the system target.

"For Highline, there is no plan to institute furloughs. We will comply, of course, with the legislation's requirements, but will do so through reductions of other kinds," said Jeff Wagnitz, vice president of academic affairs.



Rep. Orwall

"For Highline, there is no plan to institute furloughs."

– **Jeff Wagnitz,**
vice president of
academic affairs



Rep. Upthegrove

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Weekly weather forecast

Thursday
15

AM Showers
High: 64°
Low: 48°

Friday
16

Mostly Cloudy
High: 66°
Low: 51°

Saturday
17

Mostly Cloudy
High: 67°
Low: 52°

Sunday
18

Mostly Cloudy
High: 69°
Low: 54°

Monday
19

Mostly Cloudy
High: 63°
Low: 52°

Tuesday
20

Showers
High: 63°
Low: 48°

Wednesday
21

Few Showers
High: 62°
Low: 48°

Earth Week schedule full of activities for everyone

By ELIZABETH ELTRICH
Staff Reporter

Highline’s Environmental Club will be planning everything from an Environmental Fair to a recycled art exhibit for Earth Week awareness.

Earth Day is Thursday, April 22. It’s a day designed to raise awareness for the environment.

The week will start off with an Introduction to Sustainability, a lecture given by biology professor Woody Moses, in Building 7 on Monday, April 19 at 9 a.m.

Following that will be an Environmental Fair downstairs in the Student Union from 10 a.m. to 1 p.m.

The final event for the day will be a plant and bird identification walk meeting at the South Parking Lot at 2:30 p.m.

There will be a recycled art exhibit on Tuesday, April 20, on the Union Stage in the Student Union from 9 a.m. to 3 p.m.

A poetry slam will be in the Writing Center at 11 a.m. and a Film Festival featuring YouTube clips in Building 26, room 213 at 1 p.m.

Kevin Stanley, an instructor in the Economics Department, will be giving a fair-trade lecture on Wednesday, April 21, at 10 a.m. in the Mt. Constance room in the Student Union.

There will be a campus cleanup at 11 a.m., also on April 21, which will meet outside of the doors of the bottom floor of the Student Union.

The Environmental Club will be sponsoring The Blend for this week. It will be located, as always, in the Student Union Bistro beginning at 10:30 a.m.

A caucus on overpopulation at noon on the third floor of the Student Union.

Jonathan Betz-Zall, a librarian here at Highline, will be giving a speech on “Seeing Green after HCC” in Building 7 at 1 p.m. that day.

Dr. Jack Birmingham will be giving the President’s address in the Mt. Constance room at 11 a.m. on Thursday, April 22.

There will be a cleaning products workshop on Thursday April 22 at 2 p.m., that will be held in Building 29, room 305.

A biodiversity food web activity will be held on Friday April 23, at the Mt. Constance room at 10 a.m.

The Environmental Club will also be sponsoring the Science Seminar, which will be on Oceanography, in Building 3, room 102

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