

INSIDE

April 22, 2010
Volume 49, No. 23



Drummer marches to her own beat/P8



Deadlifts will strengthen your whole body/P10

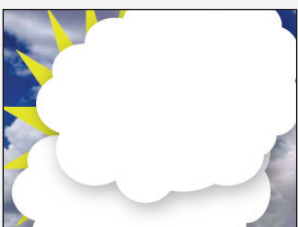


Earth day is more than just a one-day event/P12

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Weekend Weather



Partly cloudy on Friday, few showers on Saturday and partly cloudy on Sunday.

For full forecast, see page 15.

A whale of a tale



MaST Center Photo

Highline's MaST Center is going to be given the dead gray whale that washed up on the beach in West Seattle last Thursday.

Whale bones may find home at MaST

By JON BAKER
Staff Reporter

The MaST Center is now the proud owner of a gray whale.

Over the weekend Highline was contacted by the National Oceanic and Atmospheric Association with an offer they couldn't refuse.

"By going out and getting a whale we kind of jumped the gun without really having all

the pieces in place," said Rus Higley, manager of Highline's Marine Science and Technology Center at Redondo. "We're still working on how we are going to accomplish everything but the opportunity fell into our lap and we couldn't pass it up."

Highline has been working on the process to get a whale for a while but it is not as easy as it seems explains Higley.

"Gray whales are not an endangered species, however all marine mammals are protected by the Marine Mammal Protection Act," said Higley. "In order to take any part of a whale whether it be the bones or baleen you have to have the government's permission."

On average, five to 10 gray whales die in the Puget Sound every year.

Four whales have washed up on shore this year.

"At this stage the cause of



Rus Higley



MaST Center Photo

Whale researchers examine the dead whale earlier this week.

death is undetermined," Higley said. "It was not a vessel strike, like being run over by a ship."

NOAA is doing blood tests and testing samples to determine a cause of death. However, Higley believes the cause of death could be much simpler.

"They're in the process of migrating and migrating is pretty stressful and because of this the weak die. So as of right now this is just a normal death for the

See Whale, page 15

New Central plan makes transferring easier

By LIVIU BIRD
Staff Reporter

A new program will allow students at Highline to receive admission to Central Washington University at the same time they take classes at their community college.

This program, known as dual

admission, applies exclusively to students seeking admission to CWU's University Centers – such as CWU-Des Moines in Building 29 – and not the main CWU campus in Ellensburg.

Other CWU University Centers are on the campuses of Big Bend, Edmonds, Everett, Yakima Valley and Green River

(Kent campus) community colleges and Wenatchee Valley and Pierce (Ft. Steilacoom campus) colleges.

Students must already be enrolled at one of these participating colleges in a transferable degree program, meet CWU admission requirements and have earned fewer than 60 credits.

Participants in the dual admission program are admitted to both schools, but they will only take classes at Highline until they complete their transfer degree. Students have two years to complete their degree and

See Central, page 14



Crime and Punishment

Student’s car gets smashed window

A Central Washington University student found the driver side window of his car smashed out.

The gray 1990 Toyota Corolla was parked in the lower south lot on Wednesday, April 14, at approximately 5 p.m., and the student went to class. When he returned to his vehicle at 8:30 p.m. to leave campus, he noticed his window was shattered.

The contents of his glove box were scattered all over the passenger seat.

The student told a security officer, who arrived at the scene to write a report. Nothing was missing.

Student takes poodle from open window

A Highline student came to the Security office with a small poodle in his hand that he apparently took out of someone’s car. The student said that it was hot out and leaving the dog in the vehicle was cruel.

An officer at the Campus Security office asked the student if the car’s windows were open and the student said yes.

The officer told the student to put the dog back in the vehicle.

The student told the officer that he’s cold and cruel, but went to put the poodle back in the car.

Mother leaves child alone in the library

A mother left her 10-year-old child unattended in the library, without telling anyone there, or even the child, and went to class at 3 p.m. on Wednesday, April 14.

A reference librarian noticed the unattended child in the library and notified Campus Security to help the child locate his mother. The librarian said he had the juvenile look for his mother and he couldn’t find her.

The child gave his mother’s name to the security officer who came to help. The officer searched for a student whose description matched the one the child gave him, and was able to call the mother on her cell phone while she was in class.

The officer told the mother that she cannot leave a child under 12 unattended on campus.

— **Compiled by Othman Heibe**

Unity week celebrates diversity

By **VICTORIA SADDLER**
Staff Reporter

This year’s Unity Through Diversity Week embraces the invisible student.

“We chose the Invisible Student because we wanted to highlight student populations that are marginalized or hyper-visible for example, gay/lesbian/bisexual/transgender, immigrant/refugee students and students of color,” said Yoshiko Harden, director of Multicultural Services and Student Development.

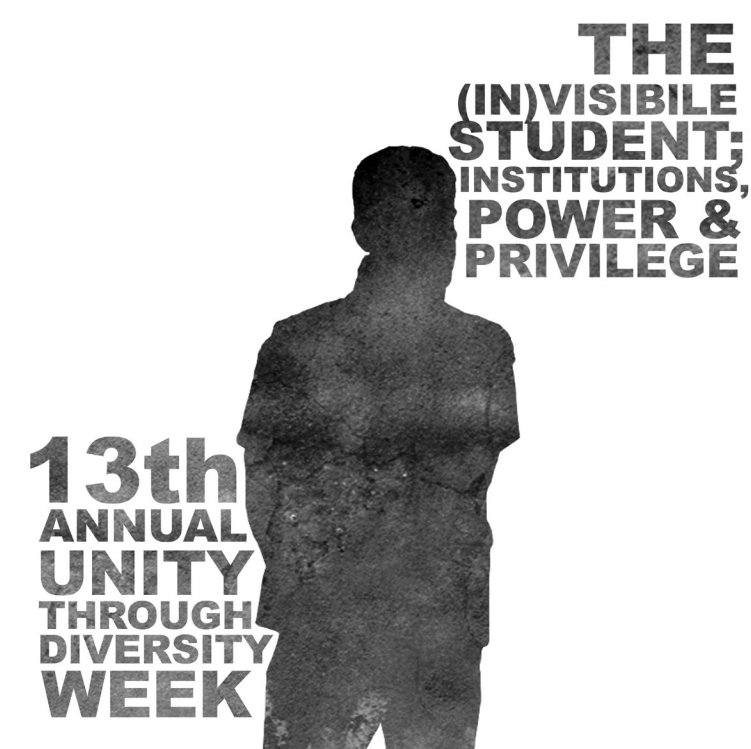
“The goal of Unity Week is to invite people to participate in sometimes unpopular conversation about diversity, race and sexual identity,” Harden said.

“Unity Week is a chance to push the envelope, to take chances and to open people’s minds to thinking outside the box.”

Offensive comments about racial and sexual preference still plague society, Harden said.

Unity Through Diversity Week assists in educating the public through tolerance and understanding.

Unity Through Diversity Week will also talk about gay, lesbian and transgender issues and how it is not right to say negative things concerning them or to treat them any differ-



ently from other people, Harden said.

“Some of these topics are a little hard to take down, but at the same time, they draw you in,” she said.

“The disease of violence [event] is letting everyone know that your violence is a germ that is so contagious that it becomes a disease, spreading into the lives of others.”

Unity Week events include:
•Racial Micro-aggressions and Experiences of Students of Color in Higher Education,

Monday, April 26 11-11:50 a.m., Building 7, lecture by Dr. Miguel Ceja.

•Enhancing and Strengthening the Campus Racial Climate: A Collective Effort, Monday April 26, 1:30-3 p.m. Mt. Constance room Student Union, workshop by Dr. Miguel Ceja.

•The Color of the Race Problem Is White, Tuesday April 27, 11-11:50 a.m., Building 7, lecture by Dr. Robert Jensen.

•Beyond Race, Gender, and Class: Understanding the Roots of Privilege, Tuesday, April 27,

1:30-3 p.m., Mt. Constance Room, Student Union, presentation by Dr. Robert Jensen.

•Third Annual Drag Show, Tuesday, April 27, 6-8 p.m., Mt. Townsend Room, Student Union.

•Alive and Free: Eliminating the Disease of Violence, Wednesday, April 28, 12:10-1:13 p.m., Building 7, presentation by Marquis White, Leletha Williams and J’Quai Holiday.

•Caucus Discussion, Youth Violence, Wednesday, April 28, 1:30-2:30 p.m., leadership Resource Room, third floor, Student Union, facilitated by Thomas Tobin.

•Searching Routes and Roots for Songs of Ghosts, Thursday, April 29, 10-10:50 a.m., Mt. Constance room, Student Union, talk by Quynh-Tram Nguyen.

•Backstage Racism: How Nice White Students Perpetuate the Racial Hierarchy, Thursday April, 29, 11-11:50 a.m., Building 7, lecture by Dr. Leslie Houts Picca.

•Safe Zones Workshop, Friday April 30, 10-11:30 a.m., Building 2, facilitated by Joshua Magallanes.

•Unnatural Causes: Is Inequality Making Us Sick?, Friday, April 30, 12:30-2 p.m., Building 2.



News Briefs

Help plan Green Week

Help Highline plan its first ever Green Week today, April 22, at 2 p.m., downstairs in Building 9. The event will run Nov. 15-19.

Green Week will include interdisciplinary events around issues of environmental sustain-

ability that will allow for wide participation from different groups on campus. A committee of faculty, staff and students will plan out the event.

The committee will meet during the rest of Spring Quarter to come up with a plan by the end of the school year.

Women in Action nominations due today

Nominations for the Women in Action Award are due today, April 22.

The Women’s Programs Celebration will be May 4, from 10:30 a.m. to 2:30 p.m. The celebration will include a raffle for door prizes.

The award was previously known as the Extraordinary/Ordinary Woman Award.

The proceeds of the raffle will go to assist Highline parents with the high costs of child care, and the Women’s Programs Emergency Foundation.

Send nominations to Jean Munro by campus mail, MS 6-2, or by e-mail at jmunro@highline.edu.

Portillo takes job at Bellevue College

Highline’s director of Human Resources, Cesar Portillo, accepted a job at Bellevue College to be their vice president of human resources. Portillo’s position has not yet been filled.

Calendar

•This week’s Science Seminar titled “Ocean Acidification” will be presented by Rus Higley and will be on April 24, at 2:20 p.m. in Building 3, room 102.

\$6 Yoga & Tai Chi Classes

Learn how to manage your energy for better focus and concentration.
Great for relaxation/stress relief. Strengthen your core while gaining balance.
Practices based on ancient Korean holistic health education system.

Energy Yoga

Monday	7:00 pm-8:00 pm	session: May 3- June 28
Thursday	7:00 pm-8:00 pm	session: May 6- June 24

Tai Chi

Thursday	5:30 pm-6:30 pm	session May 6-June 24
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Des Moines Activity Center
Cost \$48 for 8 weeks (\$6 a class), drop in \$8 a class.
To register call 206-878-1642
or drop by 2045 S. 216th Street, Des Moines, WA
Register by April 30th for this session

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Trustee Chen promoted to state board

By **NICHOLAS McCOY**
Staff Reporter

Dr. Elizabeth Chen, a member of the Highline Board of Trustees, has been appointed by the governor to the State Board for Community and Technical Colleges.

The state board oversees the coordination of the Washington community and technical college system and communicates with other state agencies and the Legislature. It has a total of nine board members.

The Board of Trustees oversees the college on behalf of the citizens. Members are appointed by the governor to five-year terms.

Chen was appointed to the state board last month by Gov. Gregoire to replace a member who left in January.

Chen has already started in her new role, but has not yet had the opportunity to participate in one of their meetings.

She was a member of Highline's Board of Trustees for 15 years, beginning at the college in 1995. She was named Trustee of the Year in 2006. She has a Ph.D. in statistics and teaches Chinese as a visiting instructor at the University of Puget Sound.

"It has been a wonderful experience for me. I truly appreciate all of the trust and support



Board of Trustees member Dr. Elizabeth Chen has been appointed to the State Board of Community and Technical Colleges

and, most of all, friendship I get from Highline," Chen said.

"We have all been through some tough times together," she said.

"[Everyone at the college] has this understanding that, no matter what, the No. 1 priority is Highline. We have the same goal," Chen said.

"I will remember that the most," she said.

She is proud of the way that Highline is always improving, she said.

"You think, 'Wow, this is really incredible.' Highline always has something to impress me," she said.

Chen said that she was proud

of the results of the last search for a college president, and the appointment of Dr. Jack Birmingham to the role.

"I think Highline is in very good hands," she said.

"With help from Highline, we [the State Board] can make all community colleges better and stronger," she said.

Working for the State Board for Community and Technical Colleges will be a new experience for her, she said.

"This is something new, so I expect to have a lot of new things to learn. I expect Highline has equipped me and taught me a lot," she said.

Chen was chosen for the role in part due to her experience at Highline.

"Elizabeth Chen's extensive experience and deep commitment to the community and technical college system will be extremely valuable to the State Board as we continue pursuing initiatives that will help more people reach higher levels of educational attainment in Washington," said Jim Bricker, chairman of the state board.

Gov. Gregoire will have to appoint a replacement for Chen to the Highline Board of Trustees.

In addition, Trustee Barbara Reid is expected to retire this summer and may also have to be replaced.

Schedule mailing scaled back

By **JON BAKER**
Staff Reporter

Highline is replacing the printed class schedule delivered to nearby residents' homes with a new, environmentally- and cost-friendly mailer.

"In this tough economic climate, we need to re-evaluate the needs of our students and community, while reducing costs," Highline President Dr. Jack Birmingham said in a campus-wide e-mail. "This new mailer was designed with our community in mind and highlights the various ways that community members can connect to the college. We will certainly leverage the college's website for greater access."

In 2009, the costs have been reduced to \$58,000 on printing and \$35,400 on mailing, with the college expecting to save up to \$20,000 more in the coming years.

Lisa Skari, executive director for Institutional Advancement, said the new mailer will be used to notify the community of what Highline has to offer.

"The goal is to better communicate with the community and to provide the specific information that is needed for the residents because people usually don't read all of the printed schedules. Most importantly, it saves money and paper," Skari said.

The new mailer will no longer include the class schedule.

"We found out that people were not using all of the information in the mailer and that the class schedule was out of date once it was printed," said Jason Prenovost, director of Communications and Marketing.

The mailer is sent to 140,000 households in Highline's district and is used as a way to market the college and satisfy requirements in audits.

"The Office of Civil Rights has certain requirements and messages that we must publish to the community," said Skari. "As of right now, the rules say it must be in print, so we will continue the mailer until the requirements are changed."

The mailer is expected to be in residents' mailboxes starting April 27. Class listings for Summer and Fall quarters will also become available online the same day.

Registration for Summer and Fall quarters begins May 4 for current students and May 24 for new students.

Staff reporter Jeremy Lee contributed to this story.

New student e-mail accounts save money

By **RICHARD MEIER**
Staff Reporter

College officials want students to use the new student e-mail system to save the college money and increase communication.

For several years, Highline staff has been working toward creating a .edu e-mail system which could be used by all Highline students.

"We actually have been working on this for over three years," said Kate Bligh, associate dean of Enrollment Services.

"Highline's e-mail account process was created by our Instructional Computing staff, using as much free software and work-around as possible, as there was no money to purchase the system."

Highline's student e-mail system will save the college money by reducing the cost of both paper and mailing and also support the college's efforts to be more environmentally friendly.

"The accounts have quite a few benefits," Bligh said.

"There is significant cost of savings in terms of printing,



Kate Bligh

paper, and the ability to support the campus' 'green' efforts by relying on technology."

Not only will the student e-mail system save the college money, but they could also save Highline students money as well.

"Some software and hardware provides give discounts to students, but you need the .edu in your [e-mail] address to take advantage of them," Bligh said.

However, saving money isn't the only benefit.

Highline's new student e-mail system is offered to all new and current Highline students and offers a more effective means of communication between Highline and students.

"We strongly encourage students to sign up for the e-mail accounts," said Tim Wrye, director of Instructional Computing.

"We [Highline] will be distributing more information about the college electronically, so while it's not mandatory, it is strongly encouraged."

Not all Highline students have e-mail accounts and not all students keep their e-mail accounts the same.

"Currently, approximately 20 percent of Highline students either do not have or do not provide an e-mail address.

"Additionally, when we do communicate with students using the accounts provided to Admissions or in Angel, Registration gets about 10 percent bounce backs," Bligh said.

"You would be surprised how often students change their e-mail accounts," Wrye said. "On top of those who don't have e-mail accounts, it's important that we create a way of maintaining communication with students."

For those Highline students who don't want to use another e-mail account, Highline offers

a helpful alternative.

"For students who want to use their personal e-mail, they can set up their [Highline] e-mail accounts so that they forward their e-mails to their regular e-mail accounts so they don't have to check their Highline e-mail," Wrye said.

For Highline students to get connected to Highline's new e-mail movement there are several different ways to get information.

Current Highline students were sent letters earlier this quarter as well as e-mails to their personal e-mail address with information on the new student e-mail system and students new to Highline will receive information with admission.

There are also posters on campus with information referring to the new student e-mail system as well as information provided at all front counters and with faculty secretaries.

Additionally, Highline faculty and staff have been asked to remind students to create their e-mail accounts, Highline officials said.

For more information, visit <http://highline.students.edu/>

Editorial comment

Involvement helps all students

Student Government elections are coming up later this quarter, and now is the time for candidates to get their campaigns in gear.

Getting involved in Student Programs is a good way for students to get involved in their time at Highline. A large number of possible positions exist for anybody who wants to get involved.

Recently, with Chris Pennington’s resignation from and Jacqui Trillo’s appointment to the president position, Student Programs has been in the spotlight.

This and other high-profile positions are frequently talked about, but people don’t realize just how many other positions exist.

The hierarchy starts at the top with the president and vice president and includes the speaker of the caucuses, club consultants, event planning consultants and positions on various event committees.

All of these positions are compensated and the hours are flexible.

If nothing else, students who participate in Student Programs have opportunities to meet other students around campus.

They also have leadership positions in the most diverse community college in the state and can put that on their resume and in their college application essays going forward.

As with many other jobs, students in Student Programs learn to work within the framework of a team.

If students choose not to participate directly in Student Programs by applying for positions or running for either president or vice president, they should be willing to listen to the candidates and vote when the elections come around.

The importance of voting in national and state elections is touted every time a new election rolls around, but it’s the same for our community at Highline.

These elected officials are in charge of where our money goes, which programs receive funding and which events happen year after year.

While the people in charge have these powers, those who elect them are ultimately responsible. If students choose not to be informed and vote, they can’t complain about what happens.

Ultimately, Student Government and Student Programs are responsible for serving the students and listening to them.

So help them out. Be involved.

Staff

This dictionary smells like a book.

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Gay rights extend beyond marriage

People like to present gay marriage as the last stop on a long fight for civil rights. When President Obama recently signed an order preventing state-funded medical institutions from blocking the visitation of gay partners of patients, I knew more than a few people acting like the order was a fix for a problem that no longer existed.

For an elderly couple in California victimized by the medical system in 2008, however, abuse by medical institutions wasn’t a thing of the past at all.

Clay Greene, 77, and his partner Harold Scull, 88, may not have been technically married, but they did everything they could to ensure that their lives were legally linked. On the advice of a lawyer, they had signed wills, powers of attorney, and medical directives specifying each other as beneficiary/executors.

When Scull, frail with age, fell down the stairs in front of their Sonoma home and was rushed to the hospital in 2008, Greene should have been consulted concerning each step of



Commentary
Nicholas McCoy

his partner’s care.

Instead, however, Greene was barred from even visiting Scull in the hospital.

The county filed for Scull’s power of attorney, claiming to the judge overseeing the case that Greene was a “roommate,” and placed him in a nursing home. Greene, upon objecting to being separated from his partner, was forced by the county into a separate nursing home, where he was confined.

The county went a step further, however, not simply content to separate the couple that had been together for 25 years and to confine a man able to care for himself in a nursing home. In a move of shocking inhumanity, the county auctioned off all of their possessions, took away their two pet cats, and termi-

nated the lease on the house the two had shared.

Scull died while separated from Greene; they were never given the chance to live out the end of their lives together.

Greene, upon finally gaining release from the nursing home he was being kept at with the help of a lawyer, found that he had no home, no possessions, no beloved pets, and no partner. He was left with only a few photographs of Scull to remember him by.

Greene has brought a lawsuit against the county, the auction company responsible for selling off all of their possessions, and the nursing home where he was imprisoned. The case is expected to be tried this July.

This isn’t some problem of the past; this happened less than two years ago. In a system with as little compassion as is evinced in this incident, the rights and basic dignity of everyone end up at stake.

The order by Obama is a step forward, but it isn’t enough.

Nick McCoy is Opinion Editor at the Thunderword.

Letters

NWAACC inequality needs to be resolved

Dear Editor:

As a former sports editor and now athletic director in the NWAACC, I wanted to congratulate Chris Wells on an excellent piece of reporting for his story “League has different rules for Oregon, Washington.” Chris had all the numbers, he interviewed all the right people and he brought to light an in-

equitable situation that no one seems to know how to resolve.

It would be harmful to student athletes in Oregon to reduce Oregon’s athletic waivers and it would be challenging and politically wrong to increase Washington’s waivers during this budget climate, so we’re stuck with an athletic conference that is arguably unfair.

Regarding Liviu Bird’s opinion piece on the topic, splitting the conference into two divisions would be fair, but it might simply split Washington and Oregon, and I’m not sure that is best for all involved.

Your work as student report-

ers was very balanced and very professional and will assuredly result in this topic resurfacing.

If nothing else, the NWAACC needs to develop a plan to resolve the inequity.

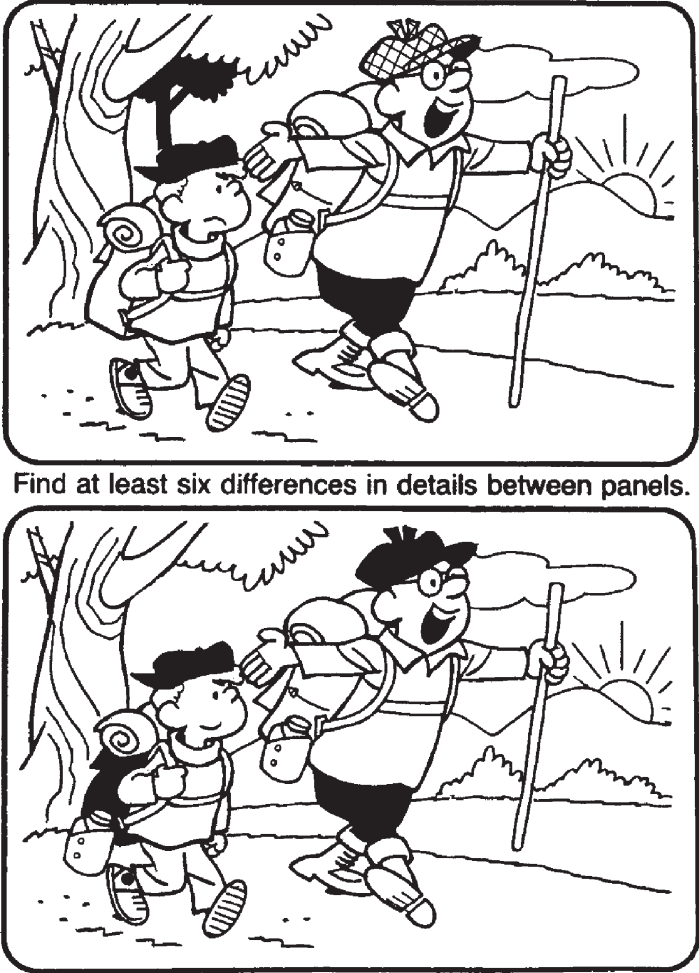
--Rick Ross, Director of Athletics & Student Programs Peninsula College, and NWAACC Executive Board Member

Write to us

E-mail your 200-word or less submission to nmccoy@highline.edu.

HOCUS-FOCUS


BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Stick is shorter. 2. Boy has canteen. 3. Man's hat is black. 4. Tree is missing. 5. Boy's backpack is black. 6. Boy's expression is different.

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Trivia test

by Fifi Rodriguez

1. U.S. STATES: What is the state capital of Michigan?

2. LANGUAGE: What would turbid water look like?

3. AD SLOGANS: What company promoted its products with the slogan, "Nothin' says lovin' like something from the oven."

4. GENERAL KNOWLEDGE: What is the original of the international distress signal mayday?

5. MEDICAL TERMS: What is the common name for epistaxis?

6. SCIENCE: What is the chemical element symbol for tungsten?

7. GEOGRAPHY: Where are the Faroe Islands located?

8. MOVIES: In *Star Wars*, where did Luke Skywalker grow up?

9. FOOD & DRINK: What other spice is similar in flavor to mace?

10. HISTORY: What type of gun was used to assassinate President Abraham Lincoln?

Answers

1. Lansing
2. Muddy or cloudy
3. Pillsbury
4. The French term "m'aldiez" or "come (and) help me."
5. Nosebleed
6. W
7. Halfway between Scotland and Iceland
8. The planet Tatooine
9. Nutmeg
10. A derringer pistol

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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 23, 24, 30, May 1, 7, 8 at 8 p.m. April 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 Church presents Agatha Christie's *The Hallow*.

The performance will take

Last week's

Weekly SUDOKU

Answer

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

Church presents Agatha Christie's *The Hallow*.

The performance will take

A Flip of The Coin

Across

1. "Ah, well..."

5. Dedicated

9. Major suffix

13. Former capital of Italy?

14. "Once bitten, ___..."

15. Sea shout

16. *I Dream of Jeannie* star

17. *The Crucible* setting

18. Web page

19. Something to ride on politically

21. Fragrant trees

22. Blood line?

23. Make a stink?

24. Air traffic control devices

27. Birdie of *Bye Bye Birdie*

29. Certain humor

30. Improvises like Ella

32. Charlemagne's emp.

34. Celine or Whitney

35. Cook in a skillet, maybe

36. Airtight closure

37. A foot wide?

38. Bob and Liddy

39. In a lather?

40. Disco fixture

42. Chopin pieces

43. '50s group The Four ____

44. Ajax competitor

46. Puma rival

48. Kansas City's NFL stadium

52. *Star Wars* role

53. 'Please have ____'

54. Cover a road

55. Big name in custom CD oldies

56. A star may represent it

57. '____ I cared!'

58. Bar mixer

59. "Where the heart is"

60. 270° on the compass

Crossword 101

By Bill Deasy (Bill@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			

Down

5. Anticipate

6. Country estate

7. Bumps off

8. Ballot abbr.

9. Less difficult

10. Plan for the future

11. Kind of bag

12. Potato features

14. Alexander and Peter

20. British pol

21. Bic products

23. Classroom drills

24. "Paul Revere's ____"

25. 1980s Dodge

26. Joined harmoniously

27. "Memories" show

28. Cover loosely

30. "One day only!" event

31. "Hit it" to a combo

33. Tarzan portrayer Ron et al.

35. Bad news reactions

36. Steve Carlton, e.g.

38. "Easy ____ it"

39. Act the worrywart

41. Coke competitor

42. Act badly?

44. Alfredo ingredient

45. Be bombastic

46. Answers Trebek

47. Explorer Hernando De ____

48. About...

49. "At ____, soldier!"

50. Airport counter name

51. Magicianlike

53. ____ Wednesday

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

Last week's crossword solution

A BIG LET DOWN !

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place at 24447 94th Ave S. in Kent, WA on April 23, 24 at 7:30 p.m.

Each ticket includes a beverage and dessert.

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 [\[highline.edu\]\(http://highline.edu\).

Campus events get priority but all events are welcome. Please include time, date and location of the event, plus contact information.](mailto:tword@</p></div><div data-bbox=)

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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No space outside? Bring garden inside

Vegetables can thrive in containers

By **KANDI CARLSON**
Staff Reporter

You do not need to have a yard to have fresh vegetables at your fingertips. All you need is space and sunlight.

There are a variety of vegetables that can grow successfully in the home.

Some examples include: tomatoes, eggplant, peppers, cucumbers, salad greens and vine plants. The only requirement is a sunny spot for them.

“Plants need to receive four to five hours of sunlight a day,” said Susan Littlefield, horticulture editor for the National Gardening Association.

Littlefield has degrees in biology, plants and soil science. She said she has attempted many different varieties and has seen success over the years through trial and error.

Her greatest piece of advice: “Don’t be afraid to just dig in.” You are only limited by your imagination.

To begin your in-home garden you will need to do some planning:

•Determine your budget. You will need to make a decision before going shopping. There are many choices out there and it is easy to overspend when you are not prepared.

So, grab the pen and paper and start making notes.

Begin by jotting down your top five favorite vegetables that you enjoy eating. You will not necessarily be choosing to grow them all, but this is how you determine what to buy.

•Now do a walkthrough of your home. Check for an area that gets sufficient lighting. Write down the different areas and take some general measurements.

You will want to keep in mind the possibility of water damage. If you find the perfect spot and it is in an area of concern, you can purchase clear plastic fairly cheap. Simply lay it under the pot.

For those of you who have a balcony or patio, your options have just doubled. These are both excellent locations for larger planters and plants that need support.

Cauliflower, brussels sprouts, carrots and radishes all grow successfully in large planters. Carrots are often overlooked when one is considering



Miniature spades are useful for planting small plants and moving seedlings into larger containers.

things to grow inside. But all they need is a deeper planter. There is not a better tasting carrot out than the one that you pull out of your own planter.

There are also vine plants that you can consider. Examples include: tomatoes, cucumbers and beans and all require support. This can be in the form of trellises, cages or poles to grow properly. All of these are successful out on your patio or balcony.

•If you are above the first floor, you should keep your neighbors in mind. Excess water will flow downhill. Be a courteous gardener. You may even be able to bribe them to overlook the inconvenience of water spillage with some of your fresh vegetables.

Now that you have taken down notes and have an idea where and what it is you want to grow, you can go shopping.

•Tools: You really only need a small hand trowel and these can be found at your local dollar store.

While you are there, go

down the home decorative isle. You need some rocks to help allow for drainage in your planter. Get enough so that you can cover the bottom. Of course, you don’t have your planter with you but you can eyeball it. You can always collect free rocks walking around your neighborhood. They do not need to be any bigger than a walnut shell.

•Planters: You can always start your search at the thrift store. Some of your smaller local thrift stores often get some in and are selling them for cheap.

Your next stop should be to your local garden center. Nurseries are often times more expensive when it comes to the purchase of planting soil and containers, for small scale purchasing anyway.

•Plants: Garden centers and nurseries are both great sources for you to find plants. If you are a beginner and this your first time gardening, purchase starts. The reason being that you will see what is in season and when to begin growing. If you are

starting from seed, you must be aware of the seasonal information located on the package and it should be taken into consideration to yield a successful crop.

Remember that list of your top five favorite vegetables; get it out. Begin your plant search by looking for those vegetables. Ask for assistance if you cannot find what you are looking for. There are people willing to help you but you have to ask.

•Planting: Once you have gathered your containers, rocks,

soil and plants you can begin putting together your home garden.

First, if there aren’t already, poke some holes in the bottom of your planter using a drill or screwdriver. This is extremely important for proper drainage to occur. Once your holes are in or confirmed, place the rocks in the bottom of your planter. One layer across should do it. You are looking to provide distance between the soil and the bottom of the planter.

Next, fill with your soil. Fill to the line that you see in the planter. If there is not one, fill to about one inch from the top. As for planting your plants, follow the instructions for depth and distance that came with the plant. Once again, this information is important to consider because it affects your crops yield.

•Maintenance: Water your plants regularly. Vegetables are healthy and happy when watered regularly. Set up a daily schedule to follow. However, you should always check the soil before you water it.

If the soil is still nice and moist, your plant is not thirsty. If it is anything but moist, water it and only just until it is.

There are some things you can do that may be helpful in reminding you to water and check on your plants: You can post a note near the kitchen faucet. When you see, go check the plants.

You can also place a reminder in your cell phone. The catch here is that you need to time the reminder for when you are at home.

The success and health of your plants is in your hands.

Be watchful and patient and in no time at all you will be serving your very own fresh vegetables at dinner or anytime.

Tip of the week: Do you have unwanted used shoes? Donate them to Reuse a Shoe. The Nike shoes company uses the rubber to refurbish basketball courts across the country.

The nearest drop-off location is located at Nike Town, 1500 6th Avenue, Seattle.



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Northwest Symphony to feature local works

By **ALYSON FUHRMAN**
Staff Reporter

Two local composers will share their creations at a concert highlighting music of the Pacific Rim this Friday.

The Northwest Symphony Orchestra will be performing at the Highline Performing Arts Center at 7:30 p.m. on Friday, April 23.

The Highline Performing Arts Center is at 401 S. 152nd St., Burien.

Since the symphony was founded in 1987, its mission has been to promote and perform the music of contemporary northwest composers while educating the public about classical music.

The April 23 concert is part four of a series of concerts put on by the Northwest Symphony Orchestra. This concert will feature music under the theme of *East Meets West: Music of the Pacific Rim*.

The concert will feature the



Timpanist Mike Crusoe will perform Stafford Miller's The Timpetuous Timpanist during his performance April 23.

pieces *Symphony No. 5* by Peter Ilyich Tchaikovsky, *Snow Country/Yukiguni* by Gloria Swisher, *Tempestuous Timpanist* by Stafford Miller and

a composition by the Pacific Middle School Wind Ensemble, facilitated by Glenn Crytzer.

Gloria Swisher and Stafford Miller are both Northwest com-

posers and Northwest Symphony Orchestra musicians.

Swisher was born in Seattle and has a music degree from the University of Washington.

Her piece, *Snow Country* (Yukiguni), will be performed by guest artist Shiho Kurauchi playing the Koto, a traditional 13-string Japanese instrument.

Miller also attended the University of Washington where he received a doctor of musical arts for conducting and composition. He also served as a teacher and administrator at North Seattle Community College for 21 years.

Miller's piece *The Timpetuous Timpanist* will feature guest artist Mike Crusoe, principal tympanist of the Seattle Symphony Orchestra.

The Northwest Symphony Orchestra is conducted by Music Director Anthony Spain.

Tickets are available at the Highline Performing Arts Center box office 45 minutes prior to the concert.

Tickets will be \$14 for adults, \$10 for seniors over 60 years of age, and \$10 for students. Only cash and checks will be accepted.

Theater bringing back America's favorite pastime

By **ALYSON FUHRMAN**
Staff Reporter

Take yourself out to the old ballgame when you see the comedy about a hilarious group of fans as they "root root root for the home team."

The Burien Little Theatre is currently showing the baseball-themed comedy *Bleacher Bums*.

Bleacher Bums follows eight fans of the consistently losing Chicago Cubs baseball team during a set of games against the team's rival, the St. Louis Cardinals.

"It's a show about a group of diehard Cubs fans, about eight of them, who get to know each other over time, sitting in the bleacher section," said Maggie Larrick, managing director of the Burien Little Theatre.

"[They're sitting] in the same place each time, and it's really about the relationships that form between them. They kind of become like family."

For any baseball fan, it will be easy to relate to the hopeful spirit of the main characters and the overall nail-biting excitement and timeless spirit of the American pastime that brings the various collection of characters together.

"These people are together all season and in a way there's pressure for them because they want their team to win," Larrick said.

"And, it's really about friendship, loyalty and optimism. That loyalty that goes optimistically way beyond what's realistic, that being the Cubs losing

the pennant on a regular basis, but they keep hoping that their team is going to win."

Bleacher Bums is more than a play about baseball, however.

The relationships that form and change throughout the course of the story play a key role.

"[*Bleacher Bums*] has a lot of family dynamics with different characters and how they get along ... you see some of the conflicts you'd see in a family," Larrick said.

"There's one relationship that's a lot of fun because one of the guys, his wife shows up uninvited, looking for him. And, she's never been to the ballpark and everybody is sort of surprised to see her. It turns out she's a closet Cubs fan."

The Burien Little Theatre decided to put on performances of *Bleacher Bums* after it was suggested by someone who had enjoyed it a couple of years ago at another theater and thought it was a fun show.

"We were looking for something that was light-hearted and fun, most of our shows are, but this one particularly so," Larrick said.

"And with the baseball theme, it seemed like it was perfect because [it's] the beginning of the baseball season."

The updated 1998 version of *Bleacher Bums* was conceived by Joe Mantegna and written by Roberta Custer, Richard Fire, Dennis Franz, Stuart Gordon, Josephine Paoletti, Dennis Paoli, Carolyn Purdy-Gordon, Michael Saad, Keith Szarabajka

and Ian Williams.

It's directed by Zachariah Robinson and the cast includes Russ Kay, Dash Shearer, Alan Wilkie, CaitieMae Ryberg, Don Speirs, Dallas Milholland, Matt Bordwell, Mark Burton, Adrian Moynihan, Kate Brophy and Elisabeth Edwards.

There will be performances held on April 23, 24, 30, May 1, 7 and 8 at 8 p.m.

There will also be showings on April 25, May 2 and 9 at 2 p.m.

There will be a free special

reading of *Graceland*, a short comedy written by Ellen Byron, during the Saturday showings at 2 p.m. on April 24 and May 8.

The Burien Little Theatre is at the Burien Community Center Building, 425 SW. 144th St., Burien. Directions are available at www.burienlittletheatre.com.

Tickets can be purchased online. Prices vary according to weekend: middle weekends (April 23 - May 2) are \$18 general admission and \$15 for seniors/students, the last weekend (May 7 - May 9) will be \$20

general admission and \$17 for seniors/students.

Tickets are also available at the box office for \$20 general admission and \$17 for seniors/students for all shows.

There is also a Play with Your Food Dinner Package, which includes a two-course meal at Mark Restaurant & Bar and a ticket to the show. The package costs \$35 per person.

To purchase tickets online visit www.burienlittletheatre.com or call the ticket office at 206-242-5180.



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The Thunderword / April 22, 2010

Super-sized Street Fighter hits the market

By **SAMUEL TIMLICK**
Staff Reporter

Tiger knee your way back into Street Fighter with the release of Super Street Fighter IV on Tuesday, April 27.

“Anyone out there that’s thinking of picking up Super Street Fighter IV should. I really think that even if you’re not that big into fighting games, if you give it some time, you’ll definitely learn to love it,” said Drew Leachman, senior editor and podcast host of www.evolvedgaming.net, a website that gives video game reviews, previews and news.

Super Street Fighter IV utilizes time restricted button presses and combinations of button presses to orchestrate a smooth fighting experience between the player and either an online opponent, an opponent within the single player mode or a friend for local multiplayer.

Street Fighter has never been about a single storyline with a main protagonist. Street Fighter’s story involves many different characters and their history as fighters. The story of Street Fighter has been modified and retold various times



Characters from the new SuperStreet Fighter IV video game.

throughout the series.

Super Street Fighter IV will have the characters in Street Fighter IV and the characters new to the Street Fighter series, introduced in Super Street Fighter IV, with their own individual and intertwining storylines.

Super Street Fighter IV is the re-release of last year’s Street Fighter IV, with a plethora of added content; it is both a 2-D and 3-D fighting game, using 3-D models on a 2-D plane. Super Street Fighter IV will arrive on the PS3

and Xbox 360, developed and published by Capcom.

Capcom has added new stages, modes and ultra combos to make Super Street Fighter IV the definitive version over the original.

New characters will also be brought to Super Street Fighter IV, some new to the series and some from older iterations of the franchise. Hakan, Cody, Makoto, and Dee Jay are just a handful of the new characters.

“I started playing the Street Fighter

series when I was around 10 years old back in 1994 with the release of Super Street Fighter II Turbo. I really loved the characters, all of which were colorful, unique, and interesting both in design and in story,” Leachman said.

Leachman spent over 80 hours playing the original Street Fighter IV and looks forward to spending even more time with Super Street Fighter IV when it releases on April 27.

“I will be picking Super Street Fighter IV up on the Xbox 360. I owned Street Fighter IV on the system and I play most of my friends on the 360,” Leachman said.

Leachman does not think any of the three versions will be better than another.

Unlike the first edition of Street Fighter IV, Super Street Fighter IV will only cost \$39.99 the day it releases.

“There’s so much more to have and do in this game, I would have paid full price for what they are offering. Paying \$39.99 is just sweetening the deal for me,” Leachman said.

Capcom will also be offering a Collector’s Edition of Super Street Fighter IV, dubbed “Dojo Edition.”

The Collector’s Edition will include: a T-shirt featuring a picture of Dudley on its front, a gym bag, with the Super Street Fighter IV label on its front, a 1GB USB Super Street Fighter IV flash drive, a headband, and a water bottle sporting an image of the character Ibuki.

Pots and pans lead percussionist to teach drumming

By **STEPHANIE KIM**
Staff Reporter

Becca Baggenstoss’ first instrument wasn’t the guitar, drums, piano or violin; it was the pots and pans lying around in her home.

Baggenstoss has since graduated to more complicated instruments including the marimba.

Baggenstoss will bring her seven-foot marimba to her performance for The Blend next Wednesday, April 28.

The performance will be held in the Bistro in Highline’s Student Union from 10:30 a.m. to 12:30 p.m.

As a child, Baggenstoss wouldn’t go around singing like a lot of the kids her age.

She was always attracted to banging on pots and pans and the noises they would make.

Aside from the marimba, Baggenstoss also plays the bongos, congas, hand drums and other percussion instruments.

Originally from Arkansas,



Baggenstoss playing a melody on the marimba.

Baggenstoss felt trapped in the “old-fashioned” environment she was around.

In middle school, Baggenstoss was discouraged by her music teacher from playing percussion instruments.

“I started with trumpet because I was a girl [and girls didn’t play percussion instru-

ments back home],” Baggenstoss said.

With her parents’ support, Baggenstoss was able to embrace her passion for percussion instruments.

They encouraged her to play percussions and talked her music teacher into allowing her to play in the school band.

Although both of her parents were always supportive of her, it was the women in her family who introduced and encouraged Baggenstoss to try different artistic activities.

It was Baggenstoss’ mother who encouraged her to take ballet lessons, music lessons and create art.

However, it was her grandmother who was the most influential while growing up and contributed to her musical life.

“She taught me how to imagine and express my imagination,” Baggenstoss said.

Among her mother and grandmother, her music teachers and musicians have also had an impact.

“My brain finds things I love and hate about each artist.”

American composer John Cage was particularly influential because “he was all about mixing mediums,” Baggenstoss said.

“It was the first time music became a philosophy. Spiritu-

ality can be expressed through music.”

She attended Oklahoma State University, where she received a bachelor’s degree in music education.

She later went to the University of New Mexico, where she earned a master’s degree in percussion performance.

Teased in Arkansas for being a vegetarian and a “recycler,” Baggenstoss needed a change and came up to Seattle because of its “liberal” stereotypes.

“I wanted to do something risky and live in a big enough city that I could cast a wide, vague net to pull in enough to survive,” Baggenstoss said.

Baggenstoss is a teacher at Seattle Drum School, where she also gives private lessons.

“It’s a random, spontaneous field. I’m having a blast and I can’t believe I’m getting paid for it,” Baggenstoss said.

“I feel so lucky and blessed. Music is my outlet to open up and live my life.”

Comedy Central comedian brings his humorous show to Auburn

By **BRAD VANSTEENVOORT**
Staff Reporter

David Crowe hopes he’ll receive a good grade for his performance tomorrow, April 23.

He brings an experiential and

observational humor to his comedy shows.

Upon graduating from the University of Washington, Crowe was in need of a job, so he decided to try out comedy and it was a triumphant success.

“It’s kind of like being a college professor,” Crowe said. “But the students are drinking while they listen and I’m the only one being graded on performance.”

He has performed in many

big cities around the world, and on Showtime and Comedy Central.

Crowe’s show is intended for audiences 18 years and older.

The theater is at 10 Auburn Ave. in downtown Auburn.

The show is at 7:30 p.m. and tickets are \$17 and \$15 for college students. Tickets for the show can be purchased at brownpapertickets.com/event/98088 or call 253-931-3043.



Hoang Nguyen/ THUNDERWORD

Josey Roy takes a swing at a pitch in a recent game against South Puget Sound.

Learning Curve

Softball rookie makes the most out of new passion

By **BRAIN GROVE**
Staff Reporter

Highline sophomore outfielder Josey Roy doesn't have as much experience as you'd expect from a typical college athlete.

In fact, after playing soccer in her youth and running track and doing cheer throughout high school, this is Roy's first year playing softball at any level.

"Spring Quarter last year, I came across the article in the newspaper saying they needed more softball players and/or athletes, so I e-mailed him [Head Coach Gary Graf] and told him if he taught me, I'd be willing to learn," Roy said.

This is Roy's first season playing, so she is still a freshman eligibility wise.

Graf said Roy couldn't have

come at a better time.

"She came to me last year when we were desperately looking for players. She said 'Hey coach, I was a cheerleader and love to hit the ball at the batting cages,'" Graf said. "I thought 'perfect.'"

"A lot of times when new girls would come out, they'd be intimidated by be the other girls who had played a lot of ball. The day Josey came, I had two girls who were a little rough around the edges and Josey fit in great."

Graf said Roy displayed determination and toughness right off the bat.

"We were doing infield, and she'd take [groundballs] off the shoulder and shins. She didn't flinch once."

Roy said even though the team was short on players, she

thought her chances of making it were a "long shot."

"I didn't have any experience so I was kind of nervous."

When Roy first came out to practice, she didn't even have the right glove.

"I'm right handed and I bought a left-handed glove to catch with my right hand. Coach was joking with me saying, 'Oh, are you going to catch with your right hand, take off your glove and then throw with your right hand?'"

Since then, Roy has stepped up her play quite a bit and consistently starts in the outfield.

She said her favorite part of the game is batting.

"I guess I could say swinging because my swing is a lot better than my throwing."

Graf said he's never seen anyone take on the game as quickly as Roy has.

"She's a great athlete to play at this level at all without any experience. She's put the ball in play almost every time, only struck out twice and had a great hit Friday [against Green River]," Graf said. "And that girl she hit off of [Kayla Duggan]

was a good pitcher."

Along with batting, Roy said she just likes being part of a team.

"Coming out of high school where I was so involved and coming here [Highline] and not being a part of everything felt empty."

Roy takes a lot of pride in her team and teammates.

"I like being able to say I play softball for Highline and the girls are great. We all get along really well so it's a lot of fun."

Still, Roy said she's very hard on herself when it comes to softball.

"I always feel like I'm not doing that well, but coach [Graf] tells me I'm doing good. I guess that's what helps me improve my softball skills," she said.

"Generally, that's how I am as a person. Even with work and school, I'm just like that."

Roy attended Ingraham High School in North Seattle and graduated in 2008.

Along with playing sports for the Rams, Roy was involved in student government and leadership.

"I miss it, but here it's a lot more time consuming."

When Roy first came to Highline in 2008, she started off as a hospitality and tourism major.

But she soon decided it wasn't for her and began taking general transfer credits.

"I've been thinking a lot about when I want to major in, but I want to make sure that I'm actually interested in what I'm doing," she said.

As a first-generation college student, Roy said education in her family is a "really big deal. I'm the first official college student [in my family], so it's go big or go home. I have two younger brothers who are both 15 and I'm trying to set an example for them by educating myself past high school."

After Roy started playing softball, one of her brothers started playing baseball and now plays for Ingraham.

"That's his first sport, he's kind of taking after me. He

plays on the junior varsity and is basically a bench warmer for varsity," she said.

Even when Roy showed up on her first day of practice with the wrong glove, she said she was never discouraged to keep playing.

"Everything's worth a try."

With Highline only having played 16 games thus far, Roy hasn't had the opportunity to make a lot of plays. But she said her greatest softball moments come when she catches the ball and gets somebody out.

Roy said she feels fortunate every day to be part of "this team."

"Most of the time after high school you don't really get to be a part of anything like this, but I feel blessed to learn something new and to learn it with other girls on the team," she said.

"I'm really glad I took a couple of minutes to e-mail coach Graf cause it's been a really great experience."

Highline is now 1-11 in the West Division after losing four games to Green River, 10-1, 10-1, 9-1, 11-0, and two to South Puget Sound, 14-8 and 6-3.

Highline did have a bright spot in its offense when the team batted around in the bottom of the fifth and scored six runs to take an 8-6 lead. Unfortunately, they were not able to hold the Clippers in the seventh when they scored eight runs of their own.

Also, Graf said the team has shown signs of improvement since they've been able to consistently play outside over the past week and instead of being cooped up in the gym.

"Compared to what they were when I got them in September, they've gotten a lot better. Some aren't playing to potential, but we'll get them there."

On Friday, April 23, Highline will travel to Centralia to take on the Trailblazers at 3 and 5 p.m.

The following day, April 24, they square off against Grays Harbor at noon and 2 p.m., in Aberdeen. On Tuesday, April 27, the Lady T-Birds play Pierce at 2 and 4 p.m. at home.

Tennis club trying to rally more players, leader says

By **ADRIAN SCOTT**
Staff Reporter

Highline students plan to serve it up this spring with a new tennis club.

Freshman Darrel Belvin is the man behind Highline's new tennis club with help from Jim Schmitt and others.

"This club was made from total scratch," Belvin said.

The Fall Quarter rain prevented the tennis club from starting sooner.

"I spent a lot of time on the

third floor of the student center learning about clubs and how to make them," Belvin said.

Belvin is an experienced tennis player and has been playing with friends and family over the years.

"This is probably my fourth year playing tennis competitively," Belvin said. "I also attend some of the tennis classes here at Highline."

Belvin is a Running Start student from Decatur High School and also ran track for the Gators.

"I plan on becoming a civil engineer," Belvin said.

The tennis club has its practices on Thursday at 1 p.m. and Friday at noon at the tennis courts near the South Parking Lot on South 240th Street.

Getting people interested in the tennis club and finding a treasurer was an obstacle Belvin faced when starting the tennis club.

"I would ask teachers if they could tell students about the new tennis club at the end of class," Belvin said.



Darrel Belvin

Belvin plans on working with Highline to provide equip-

ment needed for the club.

"The school has a bunch of the same rackets," Belvin said. "They have at least 20 or so of the exact same rackets."

There aren't tons of people in the tennis club but Belvin hopes many more will join over time.

To learn more about the tennis club contact Belvin at 253-332-6183.

"If we have more people come out hopefully we can play other community colleges," Belvin said.

The Thunderword / April 22, 2010

Build your legs and lower back with deadlifts

BY RUSTY GUICO

Special to the Thunderword

The deadlift is certainly a physique-building workout.

This exercise involves a pulling movement, which is one of the best methods for overall leg and lower back growth.

Deadlifts target your quadriceps, hamstrings, glutes, spinal erectors, abs, trapezius and upper lats (latissimus dorsi, located just under the shoulder blade).

It is one of the best exercises to work most of the muscles in the body; however, deadlifts are somewhat difficult to do.

Doing this exercise properly and safely requires attention to detail.

Some basics: A deadlift involves lifting a barbell up from the floor to an ending position where the bar rests around hip level.

First, stand behind a barbell on the floor and place your hands about shoulder width apart on the bar.

The right hand will use an overhand grip (palm facing down) and the left hand uses an underhand grip (palm up).

Start in a squatting position with a slight arch in the back. Do not round or flatten your back during the initial pull since this may result in injury.

Begin by inhaling, tightening your core muscles (abs and lower back) and then lift by straightening the legs while driving your feet into the floor.

Keep your chin and chest up during the movement and avoid shrugging or leaning backward so you don't fall over.

In addition, keep your arms locked out and at your sides throughout the movement.

Exhale at the end of the movement with your torso erect and your legs locked at the top of the lift.

Hold this straightened position for a couple of seconds, then lower the weight back down using the legs and back in a controlled movement.

Conventional and sumo are the two types of deadlifts. The conventional deadlift involves a stance of about shoulder width apart with your feet pointed forward.

You lower your butt until your quadriceps (front of upper thighs) are parallel to the floor. Grip the barbell so that your hands are spaced outside your legs.



Push with your legs so that the bar clears your knees and comes to rest at the upper thigh.

During the movement, keep your arms hanging at your sides and do not attempt to pull the weight with your arms.

The sumo variation is often used to reduce stress on the lower back.

The difference between the sumo and the conventional deadlift is how the feet are positioned.

Just like the name implies, the sumo involves placing your feet wide near the barbell plates and the grip will now be positioned inside your legs.

The hands should be in the center of the bar and the back should be straight.

The details: There are two options for gripping during the deadlift – the overhand and the alternate grip.

The overhand involves both palms facing down and the alternate involves one hand up and one down.

The advantage to the alternate grip is that it provides greater control to avoid the bar slipping from the hands.

Work with a personal trainer if possible to make sure you have the necessary strength and proper form.

Remember: if you cannot do deadlifts with good form, then do not do them at all.

Injury Prevention:

- Do not pull if you feel a pinch in your lower back.

- Do not round your back in any deadlifting movement since it will make your back vulnerable to injury.

- Do not jerk the bar up to the thigh. Keep the movement smooth throughout.

- Do not tip forward or move your feet during the lift.

- Do not jerk the bar up and down in the middle of the movement.

- Do not let your knees bow in and out during the lift.

- Start with light weights first and avoid lifting too heavy, too soon.

Rusty Guico is a personal fitness trainer student at Highline.



Sara Rosario/THUNDERWORD

Rusty Guico demonstrates the sumo deadlift with an overhand grip.

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Owner teaches old Dog House new tricks

By **MAX DUBBELDAM**
Staff Reporter

Tami Lafreniere is making the Dog House just a little bit hotter.

Lafreniere has improved the parking, advertised more, and added signage and a deck out front.

Nonetheless, the Des Moines hot dog restaurant on Marine View Drive remains a small, family-owned place. It has limited seating inside but an inviting front porch with tables and umbrellas.

And it still has hot dogs; beef, pork, turkey and chicken sausages; veggie dogs; and sides including chili, home-made coleslaw and french fries. Lafreniere also takes pride in the Dog House's condiment bar, which holds more than 20 different toppings and additions.

Lafreniere took over the Des Moines Dog House from a previous owner and is the third person to own the business.

When she took over the place five years ago, there was a lot of remodeling to do.

"They were still renovating the whole place, it was pretty bad. They were redoing the whole side and there was no parking lot," she said.

Lafreniere wanted to get the Dog House name out there so her first big purchase was a neon sign.

"I was the first one that actually bought a sign for the place," she said. "Nobody even knew it existed. Although the kids did, kids always knew."

She said that her boyfriend



Cody Warf/THUNDERWORD

"The people are really nice and the town is great. I kind of feel like the Dog House is a hub. All the kids come here and hang out"

— **Tami Lafreniere**

and kids help out with the work but that she doesn't have any outside employees. She said that it's "[too] expensive to have an employee, I can't afford one." Lafreniere wanted to work in Des Moines because she's local and loves the community.

"The people are really nice and the town is great," she said. "I kind of feel like the Dog House is a hub. All the kids come here and hang out."

She had a few problems starting up and that "it's a hassle just to get the permits and get things going."

Lafreniere orders her sausages from Saag's in San Francisco, her hotdogs are all Nathan's Famous and she gets her buns

locally twice a week from Franz Bakery.

She said she has a lease for another four years and says she will stay at least that long. She added that it's difficult owning a business by herself because she puts all her energy into it.

The Des Moines Dog House is open Monday through Saturday from 10 a.m. to 6 p.m.

Three weeks ago the Dog House started to serve hot dogs from 11 p.m. until 2 a.m. on Friday and Saturday nights.

"We had such a bad winter, so I have to do some making up," she said. "If I want to keep this place open I have to think of other fun ways to make money."



Lafreniere said that even though the business thrives in the summer it isn't enough to make it through the long winter.

"People just don't want hot dogs in the winter I just don't get it," she said.

Many of her late-night customers are patrons from the bars and pubs in the area, but she doesn't get too much trouble from them.

"What I've noticed is that

actually the kids are really nice and they're really respectful," Lafreniere said.

The traditional Dog House Dog costs \$3.99 while the sausage dogs cost \$5.10.

The Des Moines Dog House is located at 22302 Marine View Drive.

They can be reached by phone at 206-824-1794 and their website is www.TheDesMoinesDogHouse.com.

Spoiled food is wasted money

It's bad enough that our food costs so much at the grocery store, but when food spoils because it wasn't used in time, we end up wasting money.

Here are some things you can do:

If you have a pantry, post a list on the inside of the door showing the contents and date purchased of the bulk items you buy. Keep track of the expiration dates.

You can do the same with your freezer especially if you divide bulk meat purchases. Label each package with the date you bought it, and the use-by date.

For example, frozen hamburger will last 3-4 months in the freezer if it's wrapped correctly.

The dates on food can be confusing. "Use by", "sell by", and "best if used by" aren't the same.

The U.S. Department of Agriculture has a comprehensive

Dollars and sense

by David Uffington

site (usda.gov) with information that will clear up "use by" dates and labeling confusion.

On the site, put Basics for Handling Food Safely in the search box.

When in doubt, you can call the USDA Meat and Poultry hotline at 1-888-674-6854 for questions on the safe storage and handling of meat, poultry and egg products.

This can be crucial if you've had a power outage and aren't sure if the food in your refrigerator or freezer is still good.

Food recalls can be a serious problem, especially when we don't hear about them.

The Food and Drug Administration doesn't issue a recall, but

they do post notices and safety alerts.

Recently, a common ingredient used in many foods was found to contain salmonella. The FDA was required to leave it up to the manufacturers to get the word out.

In many cases, the news media didn't pick up the stories.

You can protect yourself and your family by keeping track of food recalls and alerts via the FDA site at www.fda.gov. It has up-to-the-minute news in the Public Health Focus and News & Events section on the front screen.

Food Safety (www.foodsafety.gov) has a list of recalls and alerts, as well as a way to subscribe to news feeds.

You'll still need to visit the site, but the newest information will be available for you. The site also includes comprehensive information on food poisoning, as well as a place to report it.

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Icelandic volcanoes may have more in store

By **CAITLYN STARKEY**
Staff Reporter

There is more to come from Icelandic volcanoes, said a Highline geology professor.

The volcano Eyjafjallajokull has been erupting over Iceland throwing ash across Europe.

Tuesday, Geology Professor and Volcanologist Dr. Eric Baer hosted a special Science Seminar to discuss Eyjafjallajokull and its effects.

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

The volcano was formed from the divergence of the North American tectonic plate and the Eurasian tectonic plate.

“It’s literally being ripped apart,” Baer said.

This shift in tectonic plates has resulted in a 5,000-foot volcano in the East Volcanic Zone of Iceland.

Eyjafjallajokull has a busy history. There are records of it erupting in 1612 and 1821 to 1823.

“This gives you an idea of how long this could go on,” said Baer, referring to the two-year eruption.

This particular eruption started on March 20. Magma rose



Cody Warf/THUNDERWORD
Dr. Eric Baer discusses the Eyjafjallajokull volcano in Iceland.

to the surface and created fire fountains. This took place away from the ice cap on top of the volcano. Because of the bright colors and fantastic displays, Eyjafjallajokull became a tourist attraction.

On April 12, the eruption stopped, and only two days later, it started again. But this time, the eruption was in the middle of the volcano beneath the ice cap.

“Why, when it moved to the center, did it become a problem

instead of a pretty tourist attraction?” Baer asked.

With the help of Myth-Busters video, Baer explained when a volcano erupts over ice, the ice instantly turns to steam. The steam pressure then pulverizes the surrounding volcanic rock, creating large clouds of ash. This ash from Eyjafjallajokull has become a problem for airliners attempting to fly in and out of Europe.

Airplanes and volcanic ash do not mix. The combination

actually threatens air travel in a few ways.

First, the ash is like talcum powder, said Baer. Because it is so fine, it cannot be seen by radar, thus planes do not have good idea of where the ash cloud is.

If a plane does wander into a plume of volcanic ash, it will cause major damage. The ash is finely-crushed rock, so it essentially sandblasts the exterior of the airplane.

The ash can also stall a jet engine, because the ash is sucked into the engine and melts because of the heat. Yet when it leaves the back of the engine, it re-solidifies and clogs the engine.

This makes a jumbo jet into a massive glider, Baer said.

A Koran flight from Anchorage, Alaska flew into an ash cloud. All four of the plane’s engines cut out and they glided for 14 minutes.

Thankfully, they were able to get the engines working again and returned to Anchorage. The plane sustained \$80 million in damage.

The airlines are concerned about the money they are losing but just imagine one or two planes flying into the ash plume,

Baer said.

It’s nice to know how the volcano can theoretically affect air travel, but in reality, airports all over northern Europe have been shut down.

“The ash plume is moving toward the north, which should be good for Thursday and Friday,” Baer said.

Relatively speaking, Eyjafjallajokull is a small volcano. The biggest worry is its neighbor, Katla.

It is a larger volcano, has a bigger ice cap and much more explosive power.

“This one goes, all bets are off,” Baer said.

“Historically, when Eyjafjallajokull has erupted, Katla has erupted within a year,” Baer said.

If Katla erupts, it could severely affect air quality in Europe, especially for people with respiratory conditions.

“It won’t just be inconveniencing them, it would be killing them,” said Baer.

The Science Seminars are held in Building 3, room 102 from 2:20 to 3:10 every Friday.

This week, April 23, Rus Higley, manager of the MaST Center, will present on ocean acidification.

Professor encourages a greener point of view

By **ELIZABETH ELTRICH**
Staff Reporter

People need to understand sustainability and realize how important it is so that we may continue living happily on this earth, a Highline professor said.

Woody Moses, biology professor, talked about sustainability Monday during his lecture to kick off Highline’s observance of Earth Week.

Sustainability is how people are able to help support the earth so that humans may continue living on it happily, he said.

Moses said he believes we are all biological entities who have been evolved away from how they were supposed to live, giving in to things like addictions.

Addictions relate not only to drugs and alcohol but also caffeine and even shopping, he said.

Moses said neoclassical economics is pushing consumers to believe assumptions.

Four main assumptions made by neoclassical economists affect our beliefs.

The first assumption is resources are infinite – many people believe that once any

resource has been finished, they will easily find a way to replace it.

Long-term effects are discounted, meaning that businesses make the short-term effects seem more important so resources are used even more quickly.

Moses said people too often assume all the costs and benefits of their activities are internal to each specific person.

Finally, he said, everyone is taught that growth is good.

“Focusing on the environment isn’t enough,” Moses said. “We also need healthy, supportive social institutions and a healthy economy.”

Global human needs may be met indefinitely, such as adequate food, clean water, and clean air, but people also need to be smart consumers as well.

One way you could do this is by buying products that don’t travel far, meaning fewer products have been added to prolong the shelf life.

Moses said nature is valuable when left alone. It offers an abundance of educational options. It’s filled with culture. It’s aesthetically pleasing, he said.

Look both ways before you cross the street



Cody Warf/THUNDERWORD
Ducks cross the road on the Earth Week bird walk at the Green River Natural Resources Area.

Fair trade is a good deal, professor says

By **CODY WARF**
Staff Reporter

Fair trade coffee is important to communities who produce it, said a Highline professor at a recent presentation Wednesday April 21.

Kevin Stanley teaches economics at Highline and covered ways that fair trade organizations can help communities who are producing coffee. He spoke as part of Highline’s annual Earth Week.

Fair trade organizations help farmers receive decent prices for their product.

Stanley said that many countries are struggling to produce coffee efficiently because the

price is dropping.

“The problem fair trade organizations are having is workers not being fully-engaged, due to the low coffee prices,” Stanley said.

Stanley said the point of these organizations is to put the profit made back into the communities that produced the coffee so the next generations can thrive.

Industrialized agriculture can produce much more product, but will affect the biodiversity of crops and will endanger the health of the environment, Stanley said.

“When I travelled to Brazil, there were farms that were growing fully-organic coffee but were unable to become cer-

tified and sell it as organic,” Stanley said.

He believes that fair trade coffee should be sold on campus.

Stephen Saunderson, of Chartwells, Highline’s food vendor, said they already get fair trade coffee from their sole distributor, Starbucks.

“The coffee we sell to students is a low-shade organic coffee,” Saunderson said.

Saunderson said buying from Starbucks makes it cost-effective for students because of the high competition between many local coffee distributors.

“Highline started buying fair trade coffee about four years ago,” Saunderson said.

Candidates for 34th speak at political forum

By **DANIEL HOWELL**
Staff Reporter

The residents of West Seattle, Burien, Vashon and Maury Island will have a chance to meet and question their future state representative on Tuesday.

The B-town blog will be hosting a political forum for candidates vying for the open second position in the 34th Legislative District.

The forum will take place in the Highline Performing Arts Center from 7-8:30 p.m. on Tuesday, April 27, at 401 S 152nd St in Burien.

Democrat State Rep. Sharon Nelson, the incumbent, has decided to run for the state Senate seat vacated by King County

Executive Dow Constantine. That creates the open seat in the state House.

Citizens will have the opportunity to question the four announced candidates at the forum, including three Democrats and one independent.

Democrat Joe Fitzgibbon, 23, is a legislative assistant to Rep. Nelson and is the youngest candidate.

He said that he is tired of the Legislature failing to adequately address the big problems in our state.

"We need to do a better job at making long term decisions. I want to look back in 20-30 years and be proud of the decisions the Legislature made," he said.

Democrat Marcee Stone



Joe Fitzgibbon

wants to reform the tax system and improve infrastructure.

"I'm running for this position because we need leaders who will champion environmental stewardship, fight for good jobs, and bring our region's infra-



Sharon Nelson

structure into the 21st century," she said.

Democrat Mike Heavey is the son of former State Sen. Michael J. Heavey.

His website states that he is running "to carry on the tradi-

tion of strong, energetic leadership from the 34th Legislative District."

Geoffrey McElroy is the only independent candidate. His main concerns are small business, education and transportation.

McElroy said he believes that voters have not had many choices in recent election cycles.

"I am an independent largely because neither of the established parties fully represents my belief system," McElroy said. "I am not interested in the politics. I am committed to getting things done."

Voters will narrow down the candidates to the top two in the Aug. 17 primary before choosing their new representative in the Nov. 2 general election.

Highline leaders needed

Student Programs is searching for student leaders and employees for Fall Quarter.

"These positions represent some of our primary leadership positions on campus. It's a great way to participate in the college community," said Jonathan Brown, associate dean of Student Programs.

Student leaders get paid minimum wage and have a desk of their own. The job does not conflict with school hours and because of locality, it offers tremendous gas savings, Brown said.

Student Programs is hiring for Fall Quarter, with open positions in Student Government, Caucus, Clubs and Communities and Event Planning.

They are also looking for leadership in Phi Theta Kappa, International Student Programs and the Union Crew (the Building 8 crew).

To help deal with increased enrollment, Student Programs is also forming a special Building 6 crew. They will help during high-volume times with tasks such as customer service and directions during the first week of quarter, said Brown.

Yesterday, Student Programs kicked off their hiring season with presentations from College President Dr. Jack Birmingham, Brown, and student leaders. Applications were also available, however that was not the only chance to get a copy.

To apply or get more information please contact the Student Programs office at 206-878-3710, ext. 3536.

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Central

continued from page 1

transfer to the university center they choose.

"Please note that this program is dual admission, not to be confused with dual enrollment," said Jennifer Dolge, administrative assistant for CWU University Centers and community college relations.

This means although students are admitted to both schools, they only take classes at Highline until they complete their degree. At that point, they transfer to CWU-Des Moines and begin taking classes there.

Officials at both Highline and CWU are optimistic about the program helping students transfer between schools easier.

"We feel at this point we have a strong program that, effectively implemented, will minimize [students'] time to degree [completion]," said Margaret Badgley, assistant to the provost for University Centers and community college relations at CWU.

Although other universities offer similar programs, CWU's program is unique because it is the only one to "give students continuous enrollment status when they begin taking junior-level classes," Badgley said.

This means students don't have to go through another application and admission process after they finish their transfer degree.

CWU has also established a program called the Transfer Academic Program Plan (TAPP) to help implement the dual admission program.

"The TAPP goal is to have each program at the [CWU University] Centers fully articulated with community college programs so that students transferring can have a clearly-defined plan of coursework from community college to bachelor's degree completion," Badgley said.

"CWU University Centers cater directly to transfer students and we're hoping these programs provide one more way to help them achieve their goals," she said.

TAPP worksheets will be available, which map out every necessary course to complete both the transfer degree and four-year degree, she said.

Many students believe the program will make life a lot easier for transferring.

"It's a pretty good idea because it would be time-saving," Tanya Pyatokha said.

Filling out just one application at the beginning and not having to worry about reapplying after finishing a transfer degree will help many students save time, she said.

"I personally think it's a very



Siew Lai Lilley

good option," Peter Malath said. "It makes it easier for students who want to take classes in the same place they have been."

Another student, Kui Miller, agreed.

"I'm doing education, so for me, it would be great because they have an education program there, so it would make the transition much easier for us, especially for adult students," he

said.

However, students do need to be careful about the classes they take to ensure they meet requirements at both schools.

"It is critical that students keep in regular contact with their faculty adviser," said Siew Lai Lilley, director of Highline's Transfer Center.

"If they do not have an adviser, they should visit the Educational Planning and Advising Center in Building 6, on the second floor, fill out a form and then be assigned an adviser," she said. "They can also request an adviser online via our Educational Planning website."

A big advantage of the program will be the students' ability to use resources at both colleges, which will help their transition between schools, Lil-

ley said.

"For example, our Highline students will be able to meet with CWU-Des Moines' advisers to help them with their academic planning," she said.

As long as students participating in the program are well informed, they will find success, Lilley said.

"I would encourage our students to check out the programs offered at CWU-Des Moines to make sure that the major they are interested in is offered," she said.

However, students should not be in a hurry to declare a major.

"The other piece of advice I would give to students, especially students who are still exploring their field of study, is to take some time to do some ca-

reer exploration and don't rush to declare a major too quickly," Lilley said.








To help Highline students understand the new program, Lilley will be working on answering a series of frequently asked questions (FAQ), which will be posted to Highline's Transfer Center website (<http://www.highline.edu/stuserv/transfer/>) when it is finished, she said.

An informational meeting for faculty, staff and advisers will be held on Thursday, April 29 at 10 a.m. in Building 29, room 207.

There will be another information session for students later, but this initial session is to help advisers understand and be prepared to help students with the program, said Jennifer Dolge, CWU administrative assistant.



Weekly weather forecast

Thursday 22	Friday 23	Saturday 24	Sunday 25	Monday 26	Tuesday 27	Wednesday 28
						
PARTLY CLOUDY High 62 low 45	PARTLY CLOUDY High 63 low 47	FEW SHOWERS High 54 low 45	PARTLY CLOUDY High 60 low 44	CLOUDY High 68 low 52	FEW SHOWERS High 60 low 50	SHOWERS High 64 low 48

Whale

continued from page 1

this is just a normal death for the species as a whole.

A list of items found inside the whale’s stomach was released by researchers this week. The list includes: more than 20 plastic bags, small towels, surgical gloves, sweat pants, plastic pieces, duct tape and a golf ball.

These items reflect only 1 to 2 percent of the whale’s total stomach content and apparently did not affect the whale’s death.

The MaST Center will now turn its focus to preserving the remains of the whale.

“Having a dead whale and turning it into a hanging scale model is little bit of a process. We’ve been trying to figure out what steps would be necessary both with permission and the procedure to hang a 40,000 pound animal.”

Higley said the first step in preserving the whale was to remove it from West Seattle. As whales rot the smell cannot be pleasant. The public in West Seattle thought it was pretty cool at first, but in a month they wouldn’t be saying that.

Officials at the MaST Center were able to do some networking and find someone with a boat capable of towing the whale.

“It is at an undisclosed location as of right now,” Higley said. “It is in the South Sound down somewhere near Tacoma at a restricted beach.”

In order to preserve the integrity of the animal, it is at a place the public cannot get to easily.

In turning the whale into a piece of art, the easiest way is allow the flesh to rot away from the bone and then collect the bones.

The MaST Center is cur-

rently working on organizing a flensing party in the next few weeks to clean the bones and bleach them. A freestanding display of bones is all wired together and takes time to build and articulate.

“With [letting it rot] there is a risk that things will be lost to wave action or potentially people taking them,” said Higley. “If we can’t pull the resources together, that is what we will end up doing.”

Being able to have a whale at the MaST Center will help students in oceanography and marine biology classes fully understand the subjects they are

learning.

“Most people can’t envision how big a whale is because they have no experience with them,” said Higley. “It’s like studying the ocean without ever being near the ocean. Having the whale just brings the subject to life.”

“Having bones that we can handle gives [students] a sense of understanding. One rib bone although curved is about the size of a 2 inch x 4 inch x 8 foot board and that’s pretty big if you think about it,” said Higley.

“It gives them a perspective that isn’t possible to get out of a textbook.”

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