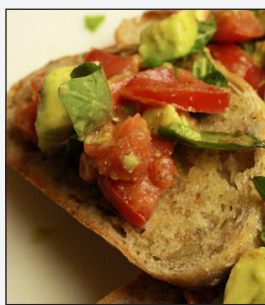


INSIDE

April 29, 2010
Volume 49, No. 24



Ferguson finds her passion in opera/P7



Eat-Clean Diet promises healthier approach/P9

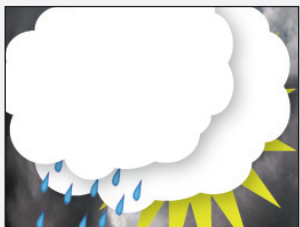


Unity Through Diversity Week kicks off/P13-14

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Weekend Weather



Few showers on Friday, partly cloudy on Saturday and few showers on Sunday.
For full forecast, see page 16.

Bookstore bag blues

Bookstore tries to deter shoplifting, but students fall victim to theft when they leave their bags outside

By **OTHMAN HEIBE**
Staff Reporter

Students feel uncomfortable leaving their backpacks outside the bookstore.

Sometimes when they do, they lose their bookbags to theft. "Every time I go inside the store to shop, I worry more about my backpack than anything else," one student said while standing in front of the bookstore.

"It's like 'Here is mine; you can have it for free. No kidding. Just watch me go inside then grab my backpack and disappear.'"

The issue is not new. Students have been reporting bookbag theft at Highline since the late 1990s.

Bookstore policy does not allow students to bring their backpacks inside the store to discourage theft, store management said.

"We are worried about shoplifting in the store," Laura Nole, the bookstore manager, said. "It makes it easier for thieves to shuffle books and other valuable items in these bags and walk out the door without paying for them."

•Student loses her laptop to theft, but may know who the thief is. **See story, page 12.**

Students, on the other hand, think this is a bad policy, which puts a lot of emphasis on protecting the bookstore's property, and cares little about bookbags containing expensive books, notebooks, calculators, cell phones, pens/pencils, and other valuable property belonging to Highline students.

"I think it's a bad policy, and I don't really agree with it all the time," said Salifu Mansaray, a Highline student. "I never leave my belongings outside. I take them with me, or leave them with a friend when I'm going inside the store."

Not all students can leave their backpacks with a friend every time they need to shop in the store, officials acknowledged.

"True, no one feels comfortable leaving valuable possessions outside," Nole said. "Students do care and have things worth a lot in their bags, but what can they do? We don't allow bags inside for the reasons I

Paper chase



Bill Schlepp/ THUNDERWORD

*The human-powered paper vehicle class gets ready for competition on May 1. **See story, page 15.***

mentioned earlier, so they have to leave them outside."

Students concede that they're vulnerable to losing everything they have in their bags to thieves.

Some suggest a surveillance camera be mounted outside the store.

They hope this will help campus security identify the thieves or, even better, deter bookbag bandits from stealing anything.

Nole said she only manages

inside the store, and can't talk about anything that happens outside of it. But she thinks the idea (of installing a camera outside the bookstore) is really an excellent proposal.

"We never thought of it before," Nole said, "but I think installing a video to ID the thief is really a brilliant idea. [I] hope this idea has wheels."

See Bookstore, page 15

Highline offering mulligan on grades

By **DANIEL HOWELL**
Staff Reporter

Students at Highline with a poor academic history may be able to start over.

Under a little-known policy called The Statute of Limitation on Grades, students have the option of wiping away poorly-completed or failed coursework from their Grade point average and credit total.

A change in the name and eligibility requirements for this option may be on the horizon. The Faculty Senate has passed revisions to this policy.

Under the current policy, students or former students, with the approval of their adviser, may petition the registrar to exclude from the total credits and overall GPA all courses attempt-



Kate Bligh

ed or completed more than three years before the date of the petition.

Students are not allowed to pick and choose specific classes or quarters that they would like to see dropped from GPA or graduation considerations. For example, if a student wishes to have the grades and credits from their third quarter dropped, they

would also lose the grades and credits from the previous two quarters as well.

The course number, title and original grade will remain on the transcript. Excluded classes may not be reinstated, used as prerequisites or applied toward degree requirements.

Financial Aid does not honor course exclusions and only one such exclusion is permitted per student.

Lastly, other educational institutions may not honor the exclusions because each institution interprets transcripts according to its own policy.

Associate Dean of Enrollment Services Kate Bligh proposed taking a new look at the policy last year.

"The name of this particular policy concerned me because

when I asked faculty and staff, many of whom had worked for the college for many years, what this policy meant, about 80 percent did not know. It seemed to me difficult for advisers to discuss this option with students if they are unfamiliar with it," Bligh said

Several students on campus did not know of the existence of this policy. In fact, only 36 students over the past five years have utilized it.

To increase overall awareness, the proposed revision would include changing the policy name to Grade Forgiveness.

"I anticipate it might be used more frequently because the name change alone, from

See Forgiveness, Page 16

Crime and Punishment



Pregnant woman feels woozy

A pregnant woman in Building 3 was feeling light headed and dizzy on Monday.

A student who was sitting next to her said that the pregnant student had fainted briefly.

The woman said that she had a migraine and had not eaten all day.

She was coherent and refused aid from everyone.

She said that she would eat something outside and leave.

Speed bike stolen from student

A student had her Trek 21 speed bike stolen outside of Building 16.

She had locked her bike to a rail at about 10:30 a.m.

When she returned at 8:20 p.m. to get her bike it was missing.

The value of the bicycle is around \$500.

Lost items

Items lost on campus and reported to campus security: cell phones, bag with a sun on it, wallets, car key, Macbook Pro, and an umbrella.

Found items

Items that have been found on campus by security and are being held in the security office downstairs in Building 6: leather gloves, backpack, purse, sketch pad, cell phones, silver ring, four car keys with remote, debit card and a gym bag with shoes and clothes inside.

Proof of ownership must be provided to claim these items.

New online appeal forms for Highline

Highline no longer hands out appeal forms for citations on campus.

The forms are located on the Highline website and they must be filled out on a computer and sent to the Security Department via e-mail to parkingappeals@highline.edu within 20 days of the infraction, and will be returned within 15 days.

— Compiled by
William Schlepp

Sustainability key point in Earth Week

By ELIZABETH ELTRICH
Staff Reporter

Highline officials, faculty and students agree — sustainability needs campuswide awareness and to be incorporated into lesson plans.



Dr. Bermingham

In a forum on sustainability held last Thursday as an event for Earth Week, members of the Highline community talked about what should be done to incorporate sustainability on campus.

President Dr. Jack Berming-

ham spoke about implementing lessons about sustainability throughout all classes.

“We’re in this together,” he said. Dr. Bermingham hopes that the widespread teaching of sustainability will empower everyone, not just to do things but to show how it affects everyday life.

Economics professor Kevin Stanley said that he hopes everything people learn in class will, “empower you to do something.”

He spoke about the Sustainability Task Force, which is for the community of Highline not just students or teachers. The task force is focused on getting sustainability into the curricu-

lum and everyday operations at Highline.

“Ask your instructor ‘Why are we not talking about the environment?’” Stanley said. “Make your voice heard and show that you want to learn more.”

The president of the Renewable Energy Student/Faculty Association, Jonathan Smith, said that there is a need to become sustainable because, “the dependence on fossil fuel is an epidemic,” he said.

“It’s up to us, as the next generation to say this is not right,” Smith said.

He also said he hopes that people will soon realize how important recycling really is.

Mitchell Wittenberg of the Sustainability Committee talked about their focus on campus action. They are taking steps to assist the environment. For example letting everyone know that if you present a reusable mug at the Bistro café you will get 10 percent off.

Christina Dawson, president of the Environmental Club, said how the future is being shaped by what people do today.

“We could have a world that looks like it does today, but we could be sustainable,” Dawson said.

She said she hopes that people will realize what they have today is in jeopardy with the way they are going through life.



News Briefs

Eggs will fall from the Student Union

The Third Annual Egg Drop will break some eggs this coming week.

Highline’s annual egg drop is put on by the Women in Science and Engineering (WISE) and the Society of Women Engineers hosts the event to get students more interested in topics in science, engineering, mathematics and technology.

Students in the event design contraptions to try to keep an egg from breaking when dropped from the balcony of the Mt. Jupiter room on the third floor of the Student Union. Students who aren’t competing can watch the event outside the first floor of the Student Union, outside of the drop zone.

It is advised that participants build their contraption before the event. Only one contraption may be entered per participant or team.

It must not exceed 12 inches in height, length or width and commercial packing material such as foam or peanuts may not be used.

The contraption must open, so that the eggs can be put inside on site.

Scores will be computed by the number of crack-free eggs dropped, divided by the entire weight of the contraption, with egg, prior to the drop.

All current Highline students are invited to participate and anyone may watch. The event will be held from 11:30 a.m. to 12:30 p.m. on May 6. The first egg will drop at 11:45 a.m.

“This will be a fun way for students to put their knowledge of physics and science to use,” said Vy-Hoa Le, an engineering

student.

For more information, contact Judy Mannard, an engineering instructor, at jmannard@highline.edu.

Employee of the Year nominations due

Highline is now accepting nominations for the 2010 Employee of the Year. Nominations must be received by 5 p.m. on Friday, May 7.

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.

Training program begins at Highline

Highline hosted 24 Chinese college presidents for four days as part of the Vocational Education Leadership Training program, an international training program for Chinese administrators. The program is a five year program that will end in 2013.

Beginning with a four-day orientation session at Highline, the four-week training program includes two weeks of job shadowing leaders at community and technical colleges all over the country.

The tour will end with a program developed by Michael Allen, former Highline instructor and president for International Programs at the American Association for Community Colleges (AACC) in Washington D.C.

The training program is administered by the AACC.



Cody Warf/THUNDERWORD

Des Moines Fire responds to a false alarm in the Student Union on Friday.

Calendar

•This week Movie Friday features *Unnatural Causes*, at 12:30 p.m. in Building 7.

•As part of the Asian and Pacific Islander Month, keynote speaker Bob Santos will talk about the Asian and Pacific Islanders Dialectic: The complex-

ities of cultural through the lens of liberation, Monday, 11 a.m., in the Mount Constance room of the Student Union.

•The Math Resource Center will be hosting Overcoming Testing/Math Anxiety workshop on April 29 at 9 a.m. in the resource center, Building 26, room 319.

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).

Portillo leaves Highline for Bellevue

By **CODY WARF**
Staff Reporter

Cesar Portillo has been an effective director of the Human Resources Department for the last three years at Highline, college officials say.

“Cesar’s contribution to the Human Resources Department was a sense of professionalism and highly-needed leadership from the very start,” said his boss, Vice President of Administration Larry Yok.

Portillo will now be moving to Bellevue College to become their vice president of Human Resources.

“The decision to change campuses was difficult, but the commute was too long to stay at Highline,” said Portillo, who recently moved closer to Bellevue.

The move made his daily commute to Highline exhausting, he said.

“The people here at Highline make it a comfortable place to be and a great place to work,” Portillo said.

One major difference Portillo foresees at Bellevue is sheer size.

The size of staff, faculty and student body are bigger than Highline’s. Bellevue has 29,000 students, versus 10,000 at Highline.

Portillo’s current position at Highline covers many areas year-round.

“Cesar has done a great job reaching out beyond the Human Resource Department,” Yok said.

Portillo covers hiring, labor relations, payroll, and insurance coverage for athletes and student internships.

He works directly with the



Chuck Kibbie/THUNDERWORD

Cesar Portillo has worked at Highline for three years as executive director of Human Resources.

Security Department by receiving feedback from students, staff and faculty and returning the information to the Security office.

Portillo also helps Security with appeals. For example, he reviews parking ticket appeals for community members, staff and faculty.

“The list goes on and on but those are the main roles I have on campus,” Portillo said.

Portillo’s involvement in committees is very important to Highline.

He is the executive director of classified training of staff. Portillo reviews funds to train staff members to be better at their jobs.

“You have to have a deep understanding of higher education to be successful at his job and Cesar brought that to the table,” Yok said.

At Bellevue College, Portillo believes his job will be focused exclusively on human resources and recruitment and retention.

Portillo’s last day on campus will be May 14 and finding a replacement is in the beginning phases.

“Currently, there is a hiring freeze, which only extends the process, though the goal is to find a replacement by the end of the quarter,” Yok said.

HIGHLINE HEROES

Koch helps students with records

By **CODY WARF**
Staff Reporter

Eric Koch has been at Highline for 11 years and has moved from the bookstore to the Registration and Records Department.

“My wife came back to Highline to get her computing degree and that is when I applied at the Highline Bookstore to help out during rush weeks,” Koch said.

At the bookstore, Koch pulled his weight by doing various tasks such as cashiering, shipping and receiving, setting up displays and helping with bookstore security.

Koch is currently the program assistant for registration and works the front desk.

“The biggest problem that students seem to have is handling the adding and dropping of classes in a timely fashion and complying with deadlines,” Koch said.

He helps all students receive the necessary materials to become a Highline student.

“My job is to run interference between the students and the people who do the process and come up with answers or solutions,” Koch said.

His job also covers many student needs such as dropping classes, processing grades, incoming transcripts from high schools and graduation.

“The variety of people and cultures is amazing here on campus,” Koch said.



Students who are having trouble understanding policies and procedures of the registration process go to Koch for clarification.

Koch does not just help students trying to come to Highline, but he also gets graduating students material to transfer and then reports all the information to the state government.

“I like interacting with various cultures and help them through the whole college process,” he said.

Nursing program to raise requirements

By **EMILY INNOUVONG**
Staff Reporter

You will need better grades to get into Highline’s nursing program beginning Fall 2011.

“The new admission criteria set the bar high to provide a more realistic profile of what is needed to meet the challenges of the program and the profession,” said Teri Trillo, Highline Nursing Program coordinator.

“The literature supports that high grades in nursing prerequisite courses are a reliable predictor of success in the nursing program and ability to pass the National Council Licensure Examination for Registered Nurses.”

The two-year applicants are students who are beginning the Nursing Program who need six quarters to become a registered

nurse.

The Licensed Practical Nurse to Registered Nurse program is for students who have the first degree but want the second. These students only need three quarters in the program.

All two-year applicants need to have a Certified Nursing Assistant certificate, which is required in Washington, and 75 percent score or higher on the test of essential academic skills. The test can only be repeated once and the best score is taken. Students cannot apply for Highline’s program if they don’t pass the test.

Also for the two-year option,



Trillo

the minimum grade per class is a 3.0, whereas before, it was a 2.5. The minimum GPA for prerequisites is 3.5 and all prerequisites must be completed by the end of Fall Quarter 2010.

A lottery will be held in the fall for the two-year students accepted. Sixty students will be selected out of the group who meet the requirements. Twenty will start in the Fall, Winter and Spring quarters.

For the Licensed Practical Nurse to Registered Nurse program, the grade requirement is a little lower than for the two-year option. Minimum grade per class is 2.7 and a minimum GPA for prerequisites is a 3.2.

Classes can only be repeated once and all prerequisites must be completed by the end of Fall Quarter 2010. The test of essential academic skills is required

as well a current Licensed Practical Nurse license for Washington.

The Registered Nursing program provides a curriculum that includes the study in nursing theory and practice.

Students will gain experience through clinical practice in hospitals, long-term care, and community health care agencies.

Twenty-four Licensed Practical Nurse to Registered Nursing students will be accepted in Fall 2011.

Sometime in the future 30 students will be accepted, giving opportunities to six more students. Ten will begin Fall similar to the two-year option lottery.

The higher grade requirements should be a better predictor of whether students will succeed in the program, Trillo said.

Editorial comment

Community supports school

Despite the poor economy, the community is still in the giving spirit.

The Highline Community College Foundation, a non-profit corporation that works to support the college, held its spring Gala last Saturday in an effort to raise money. The Gala was held off campus at Cedarbrook Lodge.

The foundation funds scholarships for Highline students each year. It also provides emergency assistance for students who encounter unexpected expenses.

“Basically there’s a fund out there that if students need a bus pass or help with their power bill, that’s unforeseen, there are funds that can help, that do not have to be paid back,” said Rod Stephenson, the director of the Foundation.

The fund exists to help students stay in school despite financial surprises that might crop up.

Although only 160 people attended Friday’s Gala, 40 fewer than the Foundation had wanted, the Foundation still managed to raise a lot of money for the school.

The event raised \$23,000 in sponsorships, \$20,000 for the emergency assistance fund from donations by attendees, and \$32,000 was raised through the night’s auction.

“The economy is really taking a hit, we had hopes for about 200 attendees,” Stephenson said.

“Even though the attendees were less, the bidding was just as strong,” he said.

Items up for auction included an afternoon with a homicide detective and a major with the Army at a shooting range, a wine tasting, a cruise for two and a set of tickets to see the Rat City Roller-girls. Auction items were donated by a number of companies and individuals.

A total of 25 items were auctioned.

“We were very pleased with the results,” Stephenson said.

The Foundation runs several events throughout the year.

You can donate to the Foundation at any time, by contacting them at 206-870-3774.

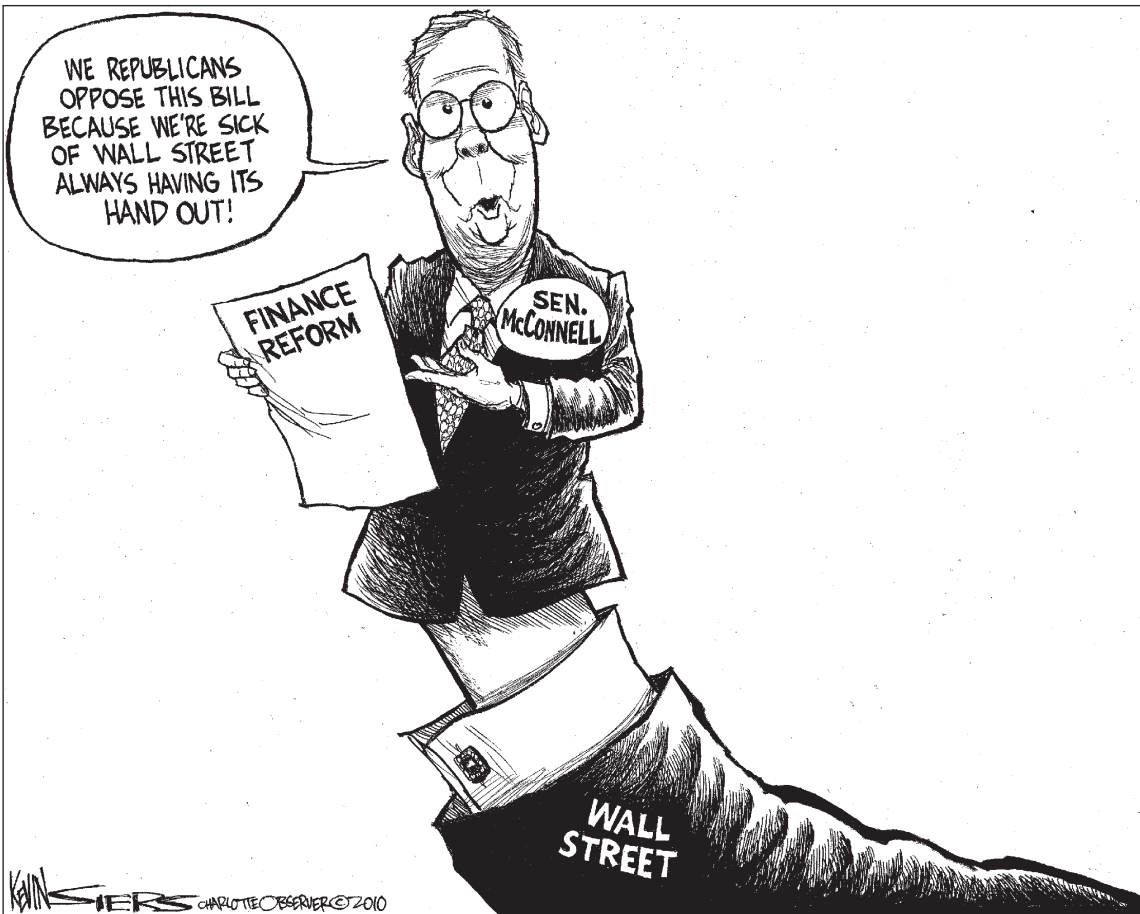
“No amount is too small,” Stephenson said.

It is great that despite the adversity in this economy, people are still willing to support the school. We are thankful to the community for continuing to give.

Staff

Hey, T.M., could you leave for an hour?

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Pho	Dan Jurpik
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Adviser	Dr. T.M. Sell
Newsline	206-878-3710, ext.3317
Fax	206-870-3771
Address	P.O. Box 98000, Des Moines, WA 98198, Building 10-106
Advertising	206-878-3710, ext. 3291
E-Mail	tword@highline.edu



Arizona bill must be gotten rid of

The Arizona Legislature has passed an evil, racist and fascist law.

The bill was passed in an attempt to discourage illegal immigration in the state of Arizona, and better enable the enforcement of immigration laws.

The reality of what the bill represents, however, is burningly loathsome.

The bill makes being an illegal immigrant in the state of Arizona a criminal act.

Whether this criminalization is needed is certainly an issue that should be debated, however the most odious of issues in the case of this bill lies in the implementation.

Under the new law, police officers are required to question people about their citizenship if there is a “reasonable suspicion,” that they are in the state without documentation.

The phrasing of “reasonable suspicion,” of course, is so ambiguous that it could be taken to mean almost anything.

Many groups suspect, probably correctly, that the law will be applied primarily racially.

The subject of immigration fears are rarely white immigrants into the country.

Most people I’ve encountered who complain about immigrants taking their jobs or their resources rarely direct their ire toward white immigrants. All too frequently, as well, they are directing their ire at someone who is actually an American citizen—but they “suspect” they are here illegally almost entirely based on skin color.

And the latter is what opponents of the bill are really afraid of.

With this bill in place, police are likely going to fall back on race as “reasonable suspicion,”



Commentary
Nicholas McCoy

demanding proof of citizenship papers from anyone who doesn’t fit their all-too narrow image of an average American.

The governor of Arizona, Jan Brewer, has claimed that the law will be enforced without racial profiling, but was unable to explain how exactly it could be done.

The law allows any citizen to sue the cops for not enforcing the new immigration law. However, citizens who have their citizenship questioned by the police may also sue, as a civil rights violation.

Arizona’s own law enforcement opposes the bill.

The sheriff of Pima County, Arizona seems to agree that the law couldn’t be enforced without stooping to racism.

Sheriff Clarence Dupnik is refusing to enforce the law. He has said that either way they will be sued.

Dupnik has called the bill

racist.

“If I tell my people to go out and look for A, B and C, they’re going to do it. They’ll find some flimsy excuse like a taillight that’s not working as a basis for a stop, which is a bunch of baloney,” Dupnik said to an Arizona news station.

President Obama has said the bill threatens to undermine the American ideal of fairness, as well as the ability of the community to trust law enforcement.

Texas, another state with a long and painful history for the Latino community, is looking at introducing a similar law.

This law, which enables Arizona law enforcement to demand proof of citizenship, has an unfortunate fascist taint to it. A policy as flawed and harmful as this one must be removed.

The US Attorney General, Erik Holder, is currently looking at possible actions that can be taken against the law, including a legal challenge.

On May 1, a series of demonstrations against the law will be held across the country.

A protest march will be held in Seattle at Judkin’s Park, at 2150 S Norman St., at noon. The march begins at 12:30 p.m.

Nick is an internal exile.



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Feather added to hat. 2. Dress print is different. 3. Handbag is missing. 4. Window is different. 5. Earring is black. 6. Peg is missing from pole.

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Acts Out

Across

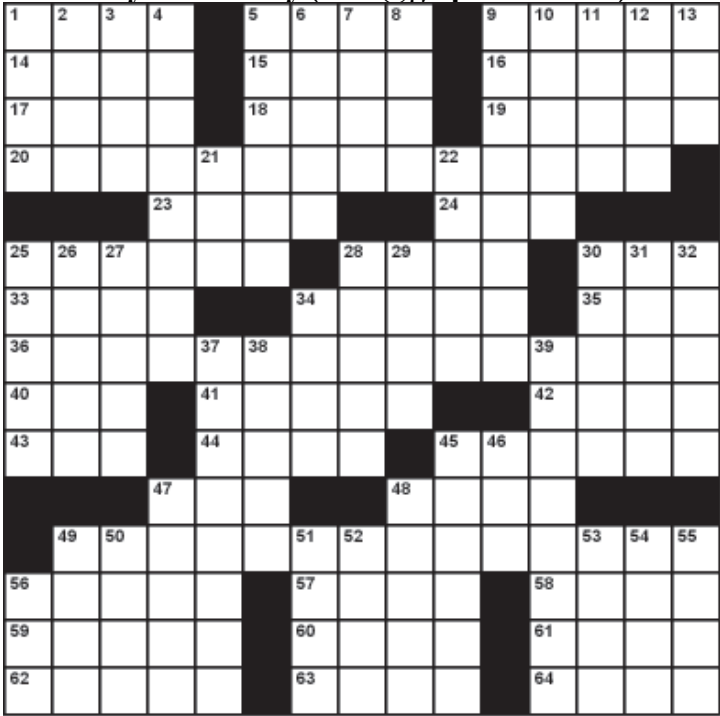
1. Leer at
5. Manning's backup
9. Cram
14. Famous Henry
15. Pittsburgh river
16. _____ Kitty
17. Tied
18. The majority
19. Building addition
20. Fee imposed on repeated scammers?
23. Walked on
24. Sound of disgust
25. House and car, e.g.
28. Without deliberation
30. Massage locale
33. Central points
34. Main artery
35. Janitor's instrument
36. Deals made over a hatchet?
40. Misjudge
41. Alf, e.g.
42. Relaxation
43. Scotch relative
44. Capone's undoer
45. Cranks the music
47. Homonym of 40A
48. Banned fruit spray
49. "Lady, not all of the office equipment!"?
56. Arctic jacket
57. God of love
58. Man, for one
59. Rage
60. Mob scene
61. Enjoys 43A, perhaps
62. Hard up
63. Word "ax"ed out of this puzzle's theme words?
64. Miss America accessory

Down

1. Walkie-talkie word
2. Present, as a speech
3. In _____ of
4. German genius
5. Small cylindrical snacks
6. "Get _____ of yourself"
7. Ascend
8. Campus org.
9. Chinese metropolis
10. Final frame
11. Arm bone
12. Emulate a body-builder
13. Homer's home?
21. Paintings or poetry
22. Removes from power
25. Precedes noon
26. "My bad"
27. Type of tactic
28. Court attire?
29. "Make _____ for it"
30. Mascara mess
31. Search party
32. Cathedral recesses
34. WWII power
37. Hygienic
38. On one's toes
39. Close call
45. Beer parties

Crossword 101

By Pete Canty (Pete@gfrpuzzles.com)



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

Trivia test

by Fifi Rodriguez

1. MOVIES: Which one of the Seven Dwarfs is the only one wearing glasses in Disney's *Snow White* animated film?
2. TELEVISION: Who starred in the TV series "Quantum Leap"?
3. PSYCHOLOGY: A xenophobic person would be afraid of what?
4. GEOGRAPHY: What was the prior name of the nation of Sri Lanka?
5. LANGUAGE: What is another name for comestibles?
6. COMICS: What is the name of the family duck in the "Hagar the Horrible" comic strip?
7. FAMOUS QUOTATIONS: Who once said,

"Freedom is not worth having if it does not include the freedom to make mistakes."

8. MEASUREMENTS: What is a jiffy, as in "I'll be there in a jiffy"?
9. MUSIC: Which rock music singer used to perform onstage with a boa constrictor around his neck?
10. BUSINESS: What does the "B.F." stand for in "B.F. Goodrich"?

- Answers
1. Doc
2. Scott Bakula
3. Strangers or foreigners
4. Ceylon
5. Edibles, or food items
6. Kvack
7. Mahatma Gandhi
8. 1/100th of a second
9. Alice Cooper
10. Benjamin Franklin Goodrich, company founder

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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 30, May 1, 7, 8 at 8 p.m. 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. •Federal Way Symphony presents *The Brazenly Ba-*

roque Trumpet. Trumpeter Charles Butler will be performing classical

Last week's crossword solution

A FLIP OF THE COIN



music including Bach and Handel. The performance will take place at 2 p.m. on May 2. For tickets and more information visit [\[symphony.org\]\(http://symphony.org\) or call 253-529-9857. •Got arts news? Contact the arts editor, Stephanie Kim by calling 206-878-3710, ext. 3317 or by e-mail at \[\\[highline.edu\\]\\(http://highline.edu\\). Campus events get priority but all events are welcome. Please include time, date and location of the event, plus contact information.\]\(mailto:tword@</p></div><div data-bbox=\)](http://www.federalway-</p></div><div data-bbox=)

Quotable Quote

You prove your worth with your actions, not with your mouth.

••• Pat Riley

Weekly SUDOKU

by Linda Thistle

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

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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Which type of garden works best for you?

By **KANDI CARLSON**
Staff Reporter

When it comes to home vegetable gardens there are two methods to choose from: open-soil method or the raised-system method.

Once you know a little bit about each method, you will be able to decide which is best for you and your needs.

The open soil method involves digging up a part of your yard. This process can range from easy to extremely difficult.

Soil content varies greatly in the Puget Sound area. The best thing you can do is dig up a small patch of the area you are considering planting in. Dig at least one foot deep and one foot square.

This sample section will give you a good idea of what the soil is like in several different ways.

First, if you find that you are running into root systems or large rocks, you may want to find a different area to plant in.

These types of obstacles can be time consuming and difficult to deal with when digging up large areas of space. You will need to make a personal decision based on how much time and effort you intend to put into



Cody Warf/THUNDERWORD

Beginning gardeners may want to start with tomatoes because they are tolerant of most soil types.

it. Just remember that you don't want to feel defeated before you really even get started.

Second, the sample you dig up will also allow you to determine what kind of soil you have under your feet.

"You can get a good idea of your soil type by rubbing some dirt between your fingers," said Susan Littlefield, horticultural

editor for the National Gardening Association.

For example, sandy soil feels gritty and clay soil is slippery. Understanding what type of soil you have can help you decide what type of vegetables will be most successful in your yard.

"No matter what kind of soil you have, you can improve it by adding organic material, such

as composted manure to it," Littlefield said.

This is an expense that is worth it no matter which method you decide on using.

A final consideration for the in soil method is drainage. One way to test this is by watering the area around the space you dug up. Take a look after a few moments and check if the water

dissipated or pooled for some reason.

If it pools, be prepared to take the time to solve the reason why it did so, or you can move on to trying out the raised-system method.

The raised system involves building your gardening bed above the native soil.

It only needs to be tall enough to allow your plants root system to thrive. On average this about a foot.

Building materials can be anything from cinder blocks to packed mud. You are truly only limited by your imagination.

The most common shape for a raised garden bed is rectangle.

You can use any shape you would like to as long as you can easily access all the plants. You want to be able to care for each plant and pick the vegetables as they become ripe.

You will need to purchase soil and can do so fairly cheaply at your local garden center. You will want to purchase composted manure as well. This will help your vegetables grow up healthy.

Now that you have an idea of what options are available to you, take a look at your yard and get your garden started.

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Artist brings Latin flavor for Cinco de Mayo

By **STEPHANIE KIM**
Staff Reporter

Arturo Rodriguez hopes to drum up some excitement with his Latin-style music.

Rodriguez will show his Latin-inspired music at Highline on Wednesday, May 5 during his performance for The Blend. This performance will also be a celebration of Cinco de Mayo.

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

Rodriguez's mother's family is from Cuba and Venezuela and his father's family is from Puerto Rico.

"I'm a Latin mutt," Rodriguez said.

Born and raised in California, Rodriguez moved to Seattle to pursue music. Before making his move, Rodriguez attended the University of California, Davis where he received his bachelor of science degree in physiology.

"I wanted to take the opportunity to get away from the mess of living in L.A. and take the opportunity to do what I love doing: music," Rodriguez said.

"I like it here. Musically, it's a little on the slow side. I'm not getting the work I need to. I'm trying to expand my horizon a little more."

Rodriguez found his musical inspiration from his mother and father.

"My mom was a salsa dancer and my dad was a drummer. I grew up hearing and playing music," Rodriguez said.

It was at age 8 that Rodriguez

picked up his first instrument, the conga drum. His father was a conga player, so it was natural for Rodriguez to pick up the drums.

"We used to play together," he said.

From playing the conga drums, Rodriguez now plays the drum kit, maracas and other percussion instruments. He also plays a bit of the piano for songwriting and composing.

With his skills in playing multiple instruments, Rodriguez has played Brazilian shows, Cuban shows and even pop music shows.

Rodriguez had the opportunity to play with major musicians such as Tito Puente, Sheila E. (drummer for Prince) and Paul Horn.

Rodriguez finds inspiration by observing his environmental surroundings.

"I talk about change, talk about political, social issues, conscious," Rodriguez said, "rhythm and melody; whatever's important at the time."

Rodriguez has played in the United States and Europe.

"Europe is very cool, they're so much more socially conscious than most Americans," Rodriguez said.

"[Europeans] are more politically and socially conscious. They know how to engage people. Europeans are just more conscious."

Although Rodriguez is influenced by certain Latin musicians, he doesn't like his music being compared to others.

"I like to be my own musician, my own person. I'm a creative person. I'm pretty unique



Rodriguez plays the bongos and congas at a past performance.

when it comes to the style of the stuff I do," Rodriguez said.

For his Blend performance, Rodriguez will be playing hand drums, but he wants the audience to expect something a little different.

"I interpret my legs when

playing the hand drums."

Rodriguez wanted to play the show at Highline "to be able to show some Latin jazz. Highline is a very progressive college," he said.

Rodriguez has been successful outside of his performances;

he has taught music for more than 20 years. He has also written method books for percussion instruments, and how to play Latin styles.

This summer, Rodriguez will be filming a DVD for the Children's Music Foundation.

Halo fans to experience 'Reach' before its fall release

By **RICHARD MEIER**
Staff Reporter

Halo enthusiasts will have their first chance to experience the newest installment of the franchise with the upcoming release of the *Halo Reach Multiplayer* beta.

Bungie Studios will launch *Halo Reach* beta onto the Xbox 360 on Monday, May 3. The beta will allow players to experience Reach's online gameplay as well as the opportunity to discover bugs and glitches in the game before the launch this fall.

Halo Reach is the fifth installment to Bungie's *Halo* franchise, the highest selling console-based shooter.



Those familiar with the *Halo* franchise can look forward to the active roster, which is similar to the Y-menu from *Halo 2*. Active roster will allow players to see what their friends are doing online as well as make

it easier to get in games with them.

While the gameplay of Bungie's latest installment of the *Halo* franchise may feel the same, players familiar with the *Halo* experience will notice several differences in *Reach*.

Bungie's aim for *Reach* is to personalize the Reach experience as much as possible.

Players can now earn credits to spend toward full armor customization which can be used both online and in campaign. The new social searching settings will allow players to search for social matches using several different options, ranging from skill level to chattiness.

Halo Reach also adds varied

armor abilities, ranging from enhanced movement to invisible camouflage.

Also included are new weapon options, including better rifles and a return of the *Halo 1* pistol.

Instead of a number-based ranking system, *Halo Reach* now will give players ratings based off performance and with those ratings players will then be placed in divisions.

There are four divisions: Onyx, gold, silver, and steel. Onyx represents the most skilled players and steel represents the novice-level players.

Those familiar with the *Halo* franchise will find that there are slight differences in controller configuration from past games.

For those who find the new button layout to be uncomfortable, they have the option to change it.

However, Bungie is confident that after trying out the new button configuration, players will understand the logic behind the changes.

For those interested in playing the *Halo Reach* beta you will need three things: An Xbox Live Gold subscription, internet connection, and *Halo 3: ODST*. On May 3, those who have the necessary requirements to run the beta, will find that there is a menu available on the *Halo 3: ODST* menu which allow you to download and play the *Halo Reach* beta.

The Thunderword / April 29, 2010

Highline singer accepted to prestigious college

By **ALISA GRAMANN**
Staff Reporter

Kelly Ferguson loves opera. Soon she will have the chance to learn more about it at one of the best schools in the world.

Ferguson, an opera singer from Highline, was one of 638 singers to apply to the San Francisco Conservatory of Music, and one of 14 applicants to be accepted.



Kelly Ferguson

Ferguson attended both Green River and Tacoma community colleges before

transferring to Highline.

"I have gained so much from the music program and Dr. Glover," Ferguson said. Dr. Sandra Glover is Ferguson's teacher at Highline.

Ferguson's opera story began in seventh grade when she had to take a mandatory choir class in which she discovered she enjoyed singing. Her choir teacher encouraged her to enter a solo competition and Ferguson has been competing ever since.

The San Francisco Conservatory of Music is a world renowned school.

"It's like the Julliard of West Coast," Ferguson said. Ferguson applied to the

University of British Columbia and also to two schools in Texas, but the San Francisco Conservatory was her first choice.

When she found out her written application was accepted and she needed to perform a live audition, Ferguson said she was "beyond thrilled. It was completely unexpected."

Ferguson's aunts and uncles in California were always benevolent, helping to pay for her voice lessons.

Her family encouraged her pursuit of opera and her applying to San Francisco Conservatory, but they warned her not to have all her eggs in one basket.

Over all, her family has been and continues to be supportive and willing to do whatever it takes for her to live her dream.

Attending a world-renowned conservatory is not cheap. Ferguson is working on scholarships, but it will only cover a portion of the expenses.

She is still trying to process the thought of attending the San Francisco Conservatory, but at the same time she is working hard to figure out how to pay her expenses, she said.

After attending her first opera in eighth grade, Ferguson said she knew without a doubt that opera was what she wanted to pursue. In addition to Luciano Pavarotti, Ferguson said that Anna Natrebko is a huge inspiration to her.

"She's like the new Hollywood starlet of opera," Ferguson said.

Although she hasn't started at the conservatory yet, Ferguson has already



Ferguson performing in her Diva of Hearts costume

thought beyond it. She wants to get her masters degree, possibly through a young artist's program. One possibility for the future is studying abroad in Ger-

many or Italy.

Opera is Ferguson's passion. "I love the drama that goes with it," she said. "It suits me."

Trumpets sound in Federal Way Jazz awards honor those who share their talent

Symphony will showcase trumpeter's return to solo performances

By **JIN YOON**
Staff Reporter

Trumpeter Charles Butler will be playing trumpet in Concerto for Trumpet as a soloist with the Federal Way Symphony on Sunday, May 2.

He will be performing with guest soprano Megan Chen-vick. They will be performing Jauchzet in alle Lander, Alessandro Scarlatti, Su le Sponde del Tebro, J.S. Bach, Cantata #51, encore - G.F. Handel, and Let the Bright Seraphim.

Butler began playing trumpet when he was eight years old. He got his first job with Leonard Bernstein at age 22 and has had a career as principal trumpet in numerous major symphony orchestras over the past 30 years.

Butler said that he is now semi-retired.

Butler grew up on his fam-



Charles Butler

ily's farm in Michigan and his elementary school music teacher greatly influenced his music.

"I received full scholarships to attend Interlochen Arts Academy and Northwestern University. I graduated with a Bachelor of Music degree in trumpet performance. I attended some graduate school at University of Southern California but had my first job appointment with the Israel Philharmonic halfway through and never finished my master's degree," Butler said.

"This is my one-year anniversary of being released from University of Washington's Neurological Center at Harbor-

view Hospital, where I had undergone brain surgery to correct a life threatening-disorder. I was only able to play trumpet again successfully since this past December 2009," he said.

"I wanted to quit the trumpet after having brain surgery because I wasn't able to play the trumpet even after having I had successful surgery. Certainly, I just couldn't give up the trumpet, so I played a few concerts with other symphonies. This is my first solo concert after having the surgery," he said.

Charles Butler and the Federal Way Symphony will hold the concert on Sunday, May 2 at 2 p.m. The concert will be held in St. Luke's Church, 515 S. 312th St. in Federal Way. Tickets can be purchased at www.federalwaysymphony.com or 253-529-9857. Tickets are \$25 for the general public, \$20 for seniors and free for 18 and under.

The concert is sponsored by City of Federal Way Arts Commission, 4 Culture, Monte and Diane Powell, Village Green Retirement Campus, Waste Management, Weyerhaeuser Company Foundation, and other companies in the community.

By **ALISA GRAMANN**
Staff Reporter

Members of the Seattle jazz community are hosting an event to raise money for Haiti.

David Pierre-Louis, an active member Seattle's jazz community, started the Inside Out Jazz Awards to honor jazz artists who are willing to share their talent with the world around them.

"Inside Out is a philosophy that some of us live by," Pierre-Louis said.

Pierre-Louis said Inside Out is all about opening up and sharing talent with the rest of the world, which in turn is supposed to inspire the world to share their own talents.

The award ceremony/concert is taking place on May 31 at 8 p.m. at Benaroya Hall.

Performances will include the Andy Clausen Sextet, the Mount Zion Liturgical Dancers, Clarence Acox and a special Miles Davis tribute by Owour Arunga, Ahamefule Oluo, Scott Mourning and Jason Parker.

All the proceeds from these performances will be donated to

aid relief efforts in Haiti.

"[We want to] continue helping to build, because the situation isn't getting any better," Pierre-Louis said. He has been traveling back and forth between Washington and Haiti since January.

Pierre-Louis is the founder of Strength Through Unity, a non-profit organization that raises money for Haiti.

The goal of Strength Through Unity is to help Haitians rebuild their homes and communities. "Strength Through Unity" is an adaptation of Haiti's national motto, "Unity Creates Strength."

"[Strength Through Unity] is the only way you can do anything in life," Pierre-Louis said.

Tickets to the Inside Out Jazz Awards can be purchased online at www.lucidseattle.com, or over the phone at 206-215-4747. Ticket prices range between \$15 and \$35. Students get a \$5 discount in selected seating areas.

Strength Through Unity can be visited online at www.strengththroughunity.org.

Eat-Clean Diet relies on lifestyle changes

By **SARA ROSARIO**
Staff Reporter

The Eat-Clean Diet is more of a lifestyle than a diet. Tosca Reno, founder of the Eat-Clean Diet series, vows to change more than just your waistline. Reno resolved to become extremely fit and healthy at the age of 40. She became a top fitness model and began writing for the health and fitness magazine Oxygen. After gaining a fan base from her monthly column “Raise the Bar” in Oxygen, Tosca created the Eat-Clean Diet. The Eat-Clean Diet series is a total of 10 books. The latest is The Eat-Clean Diet: Recharged. It is also the most comprehensive of all 10 books in the series. The book includes, but is certainly not limited to, meal plans, grocery lists, testimonials and recipes. The series also includes two cookbooks, a diet companion, a workout edition, a workout journal, a family and kids edition, an expanded edition and a men’s edition. The Eat-Clean Diet consists of eight main principles. The diet recommends you eat more often – six meals every day. Your meals should be properly portioned and consumed at two- to three-hour intervals throughout the day.

Tasty bruschetta makes easy, elegant study snack

The Eat-Clean Diet may or may not slim your waist line, but one thing is for certain – the recipes included in the books are delicious. The bruschetta with tomato and avocado recipe is not only appetizing, it is also a great study snack. You will need:
½ a loaf of whole-grain french, ciabatta or other thin bread
3 tablespoons extra virgin olive oil, divided
1 cup of freshly chopped tomatoes
3 cloves of garlic, passed through a garlic press
1 teaspoon salt
1 teaspoon freshly ground pepper
1 handful of fresh arugula, finely chopped
1 handful of basil leaves, finely chopped
2 tablespoons balsamic vinegar
2 fresh avocados
juice of ½ a fresh lemon
Start by preheating your oven to 375 degrees and lining a baking sheet with parchment paper. Slice your loaf of bread into ½ inch slices. Arrange sliced bread on the lined baking sheet. Do not



overlap the slices of bread. If you need to, use another baking sheet. Using a baking brush, lightly coat each piece of bread with olive oil. Bake the slices of bread in the preheated oven for 10 minutes, or until lightly toasted. Remove the baking sheets from the oven and set them aside. Combine the chopped tomatoes, remaining olive oil, garlic, salt, and pepper in a medium-sized oven-

safe mixing bowl. Place the bowl in the hot oven and bake for 10 minutes or until tomatoes are soft. Remove the bowl from the oven and transfer the cooked tomatoes to a new bowl. Add chopped arugula, basil and balsamic vinegar to the new bowl. Gently mix leaves and vinegar into the tomatoes and set aside. Peel, cut in half, and remove the pits of the avocados. Dice the avocados and toss with lemon juice. Top each piece of toasted bread with the tomato mixture and avocado. Serve and enjoy. Each piece of bread with topping is 111 calories, with a whopping 71 calories from fat. The amount of fat in this dish is from the avocados, which contain rich, healthy fats. Each slice contains two grams of protein and nine and a half grams of carbohydrates.

It is also encouraged to eat breakfast every day within one hour of waking up. Another recommendation from the Eat-Clean Diet is to eat protein and carbohydrates at every meal. The proteins should be lean, such as beans, fish or eggs, and the carbohydrates should be complex, such as sweet potatoes, oatmeal or brown rice.

Reno’s diet also advises that you eat enough healthy fats every day. Healthy fats include, but are not limited to, salmon, halibut, mahi-mahi, peanuts, avocados and olive oil. Along with drinking sufficient amounts of water, the diet encourages you to utilize fruits and vegetables for enzymes, nutrients, vitamins and fiber. Lastly, Reno says you should always pack clean foods to take with you, and to always abide by proper portion sizing. Packing your own lunch, and snacks gives you the ability to choose what you’re going to eat for the day. It also gives you the advantage of properly portioning out your meal beforehand. To the extent that the Eat-Clean Diet is more of a lifestyle than a diet, that could be a good thing, one local expert said. “Long-term weight loss involves lifestyle changes like better eating habits and healthier food choices accompanied by exercise,” said Darin Smith, physical education and physical fitness training instructor at Highline. “It does look like the Eat-Clean Diet incorporates these lifestyle changes and positive habits, but I don’t understand why it has to be called a diet with a special name instead of just calling it common-sense healthy eating,” Smith said. For more information about the Eat-Clean Diet, visit www.eatcleandiet.com.

Strengthen your core with the plank exercise

By **NICOLE LEE**
Special to the Thunderword

My favorite exercise would have to be the plank. This exercise is one of the best for working your core muscles (e.g., abdominals, obliques) and can be done anywhere. It can go from very easy to very difficult with just a few changes in your positioning; making the exercise appropriate for any fitness level. **How to do a plank:** The proper way to do a regular plank would be to lie face down on the ground on your belly with your legs fully extended. Next, pull yourself up onto your elbows



Dwayne Coby demonstrates the plank, a great exercise for strengthening the core muscles.

and then rise up onto your toes with legs straight, as if you are in a push up position. Make sure that your abdominal muscles are contracted and your back and hips are straight and aligned with your shoulders. Visualize yourself as though you are a perfectly straight tabletop. After getting your form correct you then want to hold this

position for as long as possible with a maximum of 30 seconds. For beginners, you can start with 10 seconds and work your way up over time. If this position is too difficult, it can be modified by raising yourself up onto your knees and crossing your ankles. As you become stronger, you will want to challenge yourself and rise up on the toes even if you can only hold it for 5 sec-

onds. I have found that doing these plank holds can be an excellent start to your core workout. **Plank variations:** If you feel that a standard plank is too easy and want to be challenged more, you can do so by extending your arms straight out in front of you alternating back and forth while holding the plank position and trying not to move your hips. Another great way to make

your plank more challenging is to hold a 5-10 pound weight in your hand and extend your arm up towards the ceiling twisting your body to each side while still holding your legs and hips in the straight plank position. If you would like to target the obliques, you can do a side or lateral plank, in which you support yourself on one elbow and the side of one foot, and have your body face to one side while keeping the abdominals tight and the body straight. Lastly, you can also work the plank dynamically by slowly lowering the pelvis to the floor without touching and returning to the original position for a series of 10-15 repetitions. These are just a few of the different positions that can be done with the plank exercise to work your core. Any fitness level can do these and get great results. Your extremities are only as strong as your core, so it’s important to exercise it.



Things I wish I knew when I started weight training

By **DARIN SMITH**

Special to the Thunderword

It wasn't until age 18 that I discovered exercise.

Up until that point, I had been overweight and out of shape.

After some early fitness improvements, I quickly became a diehard exercise fanatic.

I exercised every day; sometimes for multiple sessions lasting for hours.

However, the problem was that I didn't really know what I was doing.

It took several years of trial and error, asking questions, reading books and just watching other people, but I eventually learned how to properly train to get the benefits I wanted.

So, in hopes of educating some of you that are new to weight training, here are some of the things I know now that I wish I knew back then.

Recovery: When I started weight training, I practically lived in the gym. I would go to the gym 4-5 days in a row and do the exact same full body workout.

I worked hard, but I kept wondering why I wasn't seeing much improvement.

Eventually I learned that you shouldn't work a muscle two consecutive days in a row.

To get bigger and stronger, your muscles need 24 to 48 hours to rest, recuperate and rebuild.

If you do want to do weight training on consecutive days, try switching off different muscles for each day.

For example, Mondays work your chest and triceps and Tuesdays do back and biceps.

Muscular balance: Like many newbies to the gym, I focused on working all the muscles I could see in the mirror: chest, abs, quadriceps and biceps.

This meant I didn't get enough work for the opposing muscle groups like upper and lower back, hamstrings, and triceps.

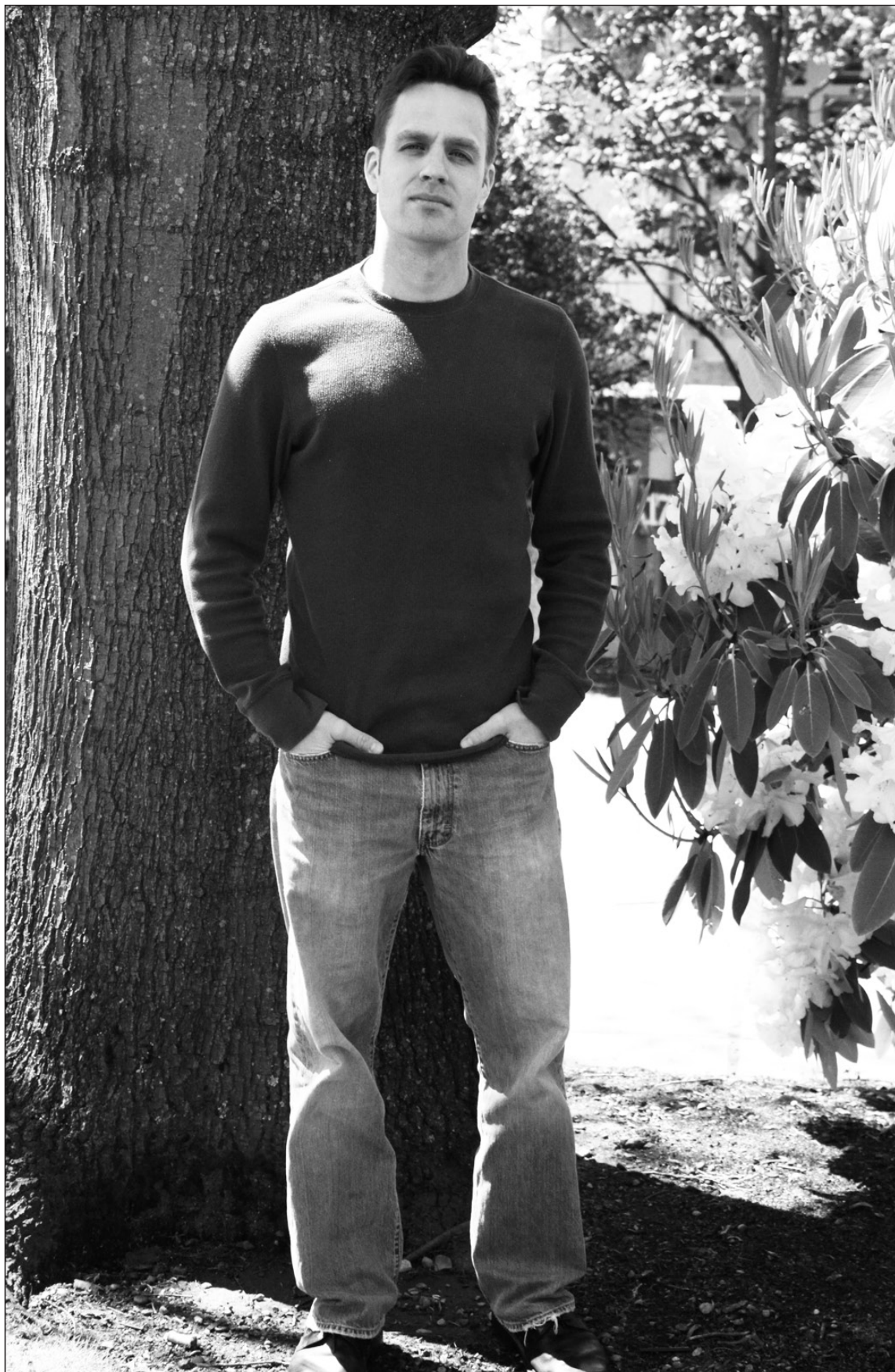
The problem here is that an imbalance between a strong muscle and a weak opposing muscle can disrupt posture, decrease flexibility, and result in injury.

I learned this the hard way by developing low back pain from having tight abs and a weak back.

Specificity: When I started training, I had no idea how many times to lift the weights. I mainly just watched what other people did and tried to do a similar number of repetitions (reps).

With weight training, you need to train specifically for your goals.

For instance, if you want



Chuck Kibbie/THUNDERWORD

Darin Smith is a physical education and physical fitness training instructor at Highline

strength, you should lift heavy weights for few reps (6-8).

If you want more endurance or toning, less weight with more reps (15-20) does the trick.

Another aspect of specificity is you need to pick specific exercises that target each muscle group.

Many people randomly wander around the gym using each machine without knowing what muscles they are using.

Take some time to learn about what each weight-training movement does and what muscle it works.

Exercise order: In the old days, I started my workout at one side of the gym and then used each machine in order until I had worked my way around to the other side.

To get the most out of your workouts, you need to plan the order of your exercises in a logical manner.

There are many ways to do this, but probably the most basic is to work the larger muscle groups before the smaller ones.

This means working larger muscles like back, chest and upper legs first before working smaller muscles like biceps, triceps, shoulders, forearms and calves.

If you were attempting a bench press to target the large chest (pectoral) muscles, but you had already burned out the shoulders, triceps and forearms that assist in that pressing movement, you wouldn't be able to lift the weight to your best ability, which would deprive your chest of a good workout.

Variety: I like routine.

For years, it was easy for me to come into the gym for each exercise session and do the same series of exercises time after time.

The problem is that your

body adapts to the changes you give it.

If you don't give it new challenges or changes to deal with, it stays the same.

In addition to adding more weight, reps, or sets to improve muscle growth, a person should also try to vary the exercises they do each week or each session.

Instead of doing a bench press every time, try a chest fly, or maybe try an incline or decline bench press.

Maybe try it with dumbbells instead of a barbell.

Or use a wider grip or narrower grip on a barbell to emphasize different areas of the muscle.

Take the time to learn about 3-5 different exercises or variations for each muscle group and mix them up every time you train.

Eccentric contractions: In

the beginning, I didn't think too much about how I performed the lift or if I was cheating by using momentum or improper form.

Eventually, I learned more about muscle contractions and how to get the most out of every lift, pull or press I was doing.

With every contraction that involves movement, there is a concentric part (the muscle getting shorter as the muscle contracts) and there is an eccentric part (the muscle getting longer as the muscle contracts).

A good example is the lifting up part of the biceps curl (concentric) and the lowering down part (eccentric).

Many people are so focused on overcoming the difficult concentric part of the exercise that they neglect the eccentric part and they let the weight fall back into the starting position with a fast, uncontrolled movement.

Not only are you missing out on half of the exercise by doing this, but also eccentric contractions are able to produce a greater force output and can result in greater muscle growth when loaded properly.

Try to focus on both parts of the contraction and emphasize slow, controlled movements through a full range of motion.

Stretch after you warm-up: One of the things that got me into exercise initially was the discovery that I am very flexible.

I was so happy about this fitness ability that I began every exercise session stretching out as soon as I walked in the door.

Back then I was young, so I got away with doing this for a while without injuring myself.

As I got older (and wiser) I learned that stretching muscles cold, without warming them up first, is not helpful, and is actually dangerous and counterproductive.

First of all, stretching without warming up can lead to muscle tearing or other injuries that will derail your fitness goals.

Before a cardio, resistance training or flexibility workout, it is recommended that a person do about 5-15 minutes of light cardio to get the heart pumping blood to the muscles, to increase the temperature and elasticity of the muscles and to lubricate the joints.

Another problem with stretching before weight training is that some forms of stretching, for example holding static positions for 30 seconds each, may actually weaken the muscles for up to 30 minutes.

It is recommended a person do a good warm up before weight training, and then do some stretching after the workout to help increase flexibility and relieve muscle soreness.

Lady T-Birds keep heads high, set new goals for second half

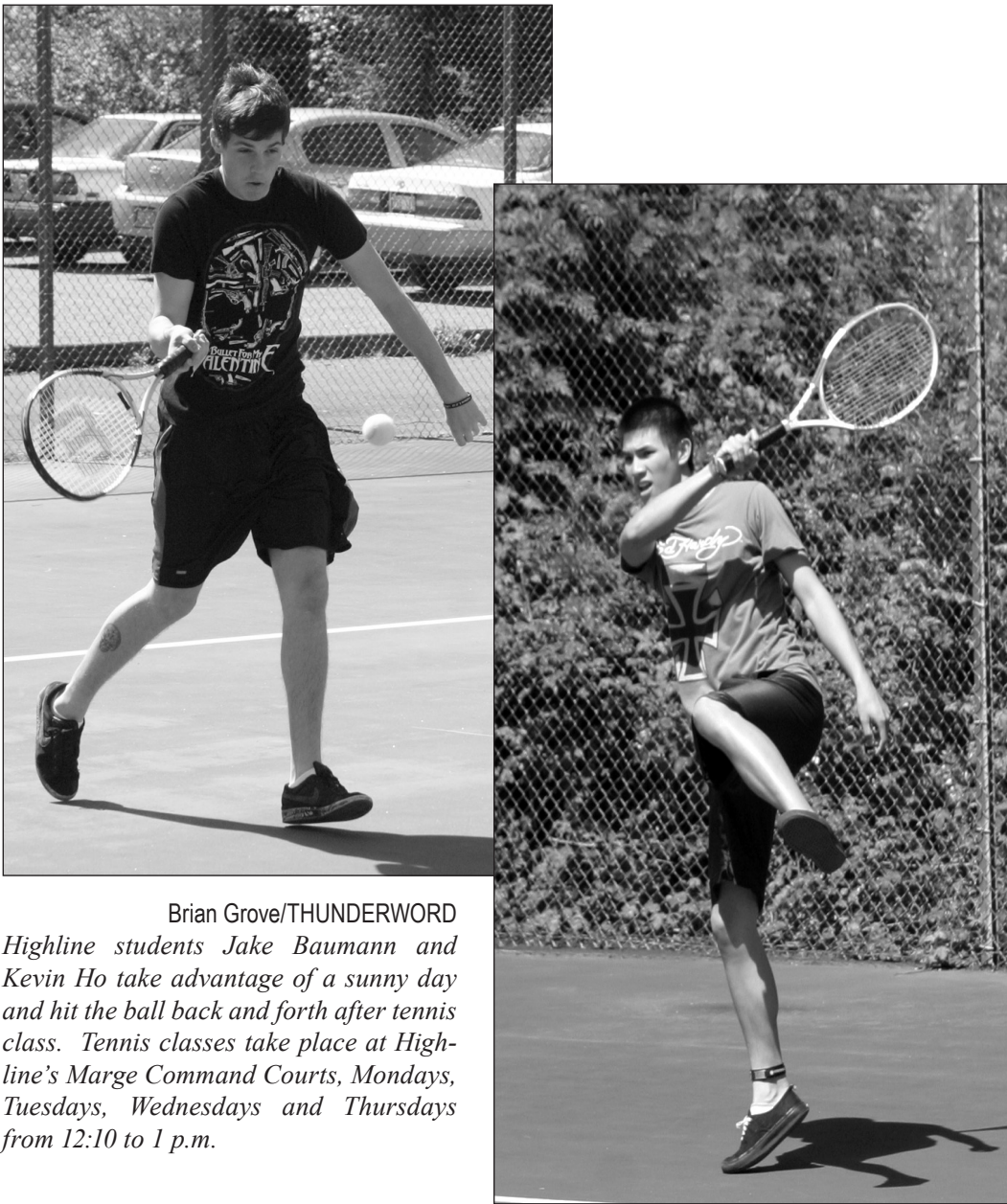
Team improving despite losses

By **BRIAN GROVE**
Staff Reporter

The first half of the 2010 fastpitch season hasn't been pretty for the Lady T-Birds. Highline, 1-15, has sole possession of the cellar in the West Division and doesn't show signs of breaking free anytime soon after losses to Centralia, 8-5 and 11-3, and Grays Harbor, 8-5 and 9-1 last week. Highline was scheduled to play Pierce Wednesday, April 28 at home, but both games were rained out. They have been rescheduled for Monday, May 3 at 2 and 4 p.m. at home. Regardless, the team understands this is a rebuilding season and the players are keeping their heads high along with setting new goals to continue improving. "[Our goals are] probably getting better with our bats and our skills," freshman infielder Amanda Charron said. Charron said two of the team's specific goals are getting the bats going early in the game and hitting in clutch situations. "It seems like a lot of times during games, we'll load up the bases two or three times like on Saturday [against Grays Harbor]." She said they need to hit more consistently, "because sometimes we'll have good at bats and other times we'll slump. We'll start out slow and once we get a rally going,

it's hard to catch up to the other team," she said. Freshman centerfielder Evan Tullis said communicating not only during the game, but also discussing team goals has become something to work toward. "We've started taking inventory of personal and team goals while we're warming up before the game and that's helped us focus on those goals," Tullis said. "The goals we talk about are a lot of communication and, as I mentioned last game [against Grays Harbor], to be more dominant and stop making silly errors so we're tight as a unit," she said. Playing centerfield, Tullis is in charge of the entire outfield and has priority on every play. She said she communicates with the rest of her outfield as much as she can. "I always communicate with them and tell them where to stand and where it got hit last time," she said. Freshman shortstop Kayla Carlisle agreed with Tullis that good communication is vital. "I really think we still need to work on communication and focus," Carlisle said. Sometimes, some players' work schedules conflict with practice and result in missed practice time. Carlisle said "it'd be best for everyone to be here at once so we can work on stuff." Communication isn't only

Spring volley



Brian Grove/THUNDERWORD
Highline students Jake Baumann and Kevin Ho take advantage of a sunny day and hit the ball back and forth after tennis class. Tennis classes take place at Highline's Marge Command Courts, Mondays, Tuesdays, Wednesdays and Thursdays from 12:10 to 1 p.m.

important to make the right plays on the field. Carlisle said it's also important to encourage everyone to keep their heads in the game, especially for their pitcher, Faith Baldwin. "After every pitch I say something along the lines of 'great pitch Faith, keep it up, way to go, girl,' and if she makes a high pitch and someone gets a hit, 'just shake it off.'" "If we're making a lot of mistakes, we'll call a timeout and meet at the mound and say 'knock it off,' and encourage each other," she said. Another foe for the Lady T-Birds have to combat is injuries.

With only one pitcher, Baldwin, and not a lot of depth on the bench, freshman catcher Chau Duy said it's important to take care of yourself on and off the field. "Pretty much, after practice, I ice my arm because it bothers me a lot and I go in the Jacuzzi a lot too. Doing a lot of stuff off the field to make sure you're in shape so come game day you can give it 110 percent," she said. Duy also said as much of a disadvantage they have with depth, the team has to do what they can to stay competitive. "At Grays Harbor, our starting third baseman and shortstop

had to leave, so we had to bring in Sarah [Ferrin] to shortstop and Josey [Roy] to second base and move Amanda [Charron] to third. Jory [Fueston] came into right and Sable [Moton] went to left," Duy said. "So our outfield was hurting a bit, but you've just got to play your heart out and give it all you've got. It's a team sport, so that's all you can do, really." Highline will hit the road and play Green River on Friday, April 30 at 2 and 4 p.m. and South Puget Sound Saturday, May 1 at 2 and 4 p.m. The Lady T-Birds will return to the nest to take one Centralia, Tuesday, May 4, at 2 and 4 p.m.

Scoreboard

Women's fastpitch standings

East Division	
League	
Wenatchee Valley	15-3
Walla Walla	11-7
Columbia Basin	9-7
Blue Mountain	9-9
Spokane	9-9

Treasure Valley	8-8
Yakima Valley	6-12
Big Bend	3-15
West Division	
League	
Pierce	11-0
Centralia	10-4
S. Puget Sound	8-4
Green River	10-7
Grays Harbor	3-13
Highline	1-15
North Division	
League	
Shoreline	9-1
Olympic	7-1
Everett	6-2

Bellevue	8-4
Peninsula	3-9
Skagit Valley	2-10
Edmonds	1-9
South Division	
League	
Clackamas	8-0
Lower Columbia	6-2
Mt. Hood	5-3
SW Oregon	3-5
Chemeketa	1-7
Clark	1-7
Men's baseball standings	
East Division	

League	
Columbia Basin	13-3
Yakima Valley	13-3
Treasure Valley	11-5
Blue Mountain	7-9
Walla Walla	7-9
Spokane	6-10
Wenatchee Valley	4-12
Big Bend	3-13
West Division	
League	
Lower Columbia	10-3
Tacoma	9-5
Green River	8-6
Pierce	7-6
Centralia	7-7
Grays Harbor	0-14

North Division	
League	
Everett	9-3
Bellevue	11-5
Edmonds	8-4
Skagit Valley	7-5
Douglas	7-9
Shoreline	4-12
Olympic	2-10
South Division	
League	
Mt. Hood	10-4
Clackamas	9-5
Chemeketa	8-6
Lane	5-7
SW Oregon	5-9
Linn-Benton	3-9

The Thunderword / April 29, 2010

To be or not to be: a story of kings and queens

By **STEPHANIE KIM**
Staff Reporter

Glamorous. Fabulous. Risky.

That was the mood set forth at Highline's third annual "OUT and LOUD" Drag Show, which took place Tuesday evening.

From thongs to scandalous outfits, to lap dances to risqué comments, the audience clapped and sang along to all of the performances.

The show was organized by the members of People Respecting Individuals and Sexual Minorities (PRISM), formerly known as Gay Straight Alliance.

Danl Morgan, president of the group, was given the responsibility of putting together the drag show about two months ago.

"[The purpose of the show] is to promote equality and awareness of different people," Morgan said.

"We want to bring a light to acceptability," Morgan said. "We want people to be more accepting and understand the culture."

The show featured six drag queens and one drag king.

Among the queens, Running Start Student Development Coordinator/Adviser Josh Magallanes gave several outrageous performances.

Magallanes, also known as Alexys Champagne, first dressed in drag at age 21.

"It was Halloween and it was a dare," Champagne said. Since then, Champagne has participated in countless drag shows and performances.

Champagne draws her inspiration to do drag from Alexis Carrington, who she also borrowed her first name from. Champagne comes from the idea she thinks she's "a little bubbly."

"Alexis is a vixen and classy. Her makeup is always on point," she said.

"It's a respect thing," Champagne



Cody Warf/THUNDERWORD

Genuine, left, and Serena Star, top and bottom right, were among the performers at the Drag Show.

said. "Dressing like a woman is fun and it's fun to impersonate them."

Other queens included Genuine, Serena Starr, Lady Chablis, Bearded Lady, Magenta Mangina and Taylor Couture.

The audience also had the opportunity to watch performances from Mr. Gay Washington (Sir Awesome) himself, who was the only drag king in the show.

Magenta Mangina got her first name her favorite color; magenta. Mangina comes from a song by comedian Marga-

ret Cho.

The Bearded Lady J. gets her name from the fact she doesn't want to shave off her beard and still be fierce.

"I look like a girl now; you should see me without the beard. I look like a 12-year-old girl," she said.

Although the show faced a few technical difficulties, the organizers and performers were able to laugh the troubles off.

"My hair's got a hard-on, that's why

I can't work the microphone," Serena Starr said to the audience.

The drag show wasn't just for entertainment, but for a cause as well. As the queens and king performed, audience members were able to donate money; whether it was in a sombrero, basket or down their shirts.

All of the proceeds raised will go toward the LGBT (lesbian, gay, bisexual/pansexual, transgender) Fund for Highline.

Laptop robbery victim hunts down the culprit

By **OTHMAN HEIBE**
Staff Reporter

Someone stole a backpack with a laptop belonging to a Highline student, Stephanie Aragon, and she thinks she knows who he is that took her laptop. Aragon warns the thief, however, that she won't let him keep it.

The theft occurred on Wednesday, April 21, near Building 17.

On this coming Friday, Aragon plans to ask police to press charges against him, given that enough evidence to incriminate him is already in hand.

The silver Macbook Pro was stolen when Aragon was sitting outside the building, waiting for her 11 a.m. math class to start. The computer was in a soft black case at the time of the incident.

"I was sitting on the cement outside of the building," Aragon said, "and when my classmates started to go inside, I went in, too."

When Aragon noticed that she didn't bring her laptop with her in the class, she immediately turned around to get it.

"But just like that," she said, "it was gone."

"I felt bad and started to cry," Aragon said, "because it was one single mistake that cost me a \$2,000 laptop."

Aragon notified campus security of the theft and started posting flyers outside the Student Union building, promising that whoever has her laptop, upon return of the property, will get generous reward.

She also offered the same reward to anyone who had information that could lead her to find her laptop, or the person who took it, and promised that she'd keep that person's name absolutely anonymous.

Then, Aragon received a call from a blocked number that seemed to be her lucky break.

"Someone who apparently saw my leaflets called me from a restricted number while I was in class," she said. "I couldn't answer the phone quickly



Stephanie Aragon

enough, but the guy left me a message."

The person wanted to discuss how much "reward" she would pay him if he brought her laptop back, she said.

"He asked me to meet him at the computer lab, (Building 30) room 302, at 10 a.m. next morning," Aragon said. "He never showed up, or called me back, although I waited for him to call or come until 3 p.m. that day."

Aragon went to the computer lab with a campus security officer to oversee the transaction, not to threaten the guy who took her laptop, she said.

"I was glad to get my laptop back, and, like I said before, I was willing to give the person a reward upon returning it to me," she said. "Never did it cross my mind to get the guy into trouble."

She warns the thief that she won't keep him out of trouble, however, if he chooses not to return it before Friday, April 30. Even though Aragon admits that it was her blunder leaving it outside first, it's better for him to bring it back, she said.

"After Friday, April 30, I'll press charges," she said. "This is valued over \$500, and the state considers any theft of

a property over that price a felony. I'll contact the police and ask for an investigator to look into the case."

Aragon doesn't like the trouble of having the police go through her phone record. But if that is what will help the police retrieve the thief's real number, even though he attempted to hide it, she'll gladly give her phone record to the police.

"I have two messages with the perpetrator's voice, besides the blocked phone number, which authorities can easily identify the person who's registered to that phone," she said, "and anyone is welcome to listen [to] my voice-mail to help me identify this guy."

Aragon cautions Highline students not to bring valuable stuff with them to the school because no one really knows when he or she is going to be the next victim.

"We're naïve to think everyone that goes to the school is a nice person," Aragon said, "but that is not nearly as true as we'd like it to be. So, please be alert as much as you can, and never bring something valuable with you to school unless you really have to."

Americans are still racist, expert says

Professor encourages compassion

By LIVIU BIRD
Staff Reporter

Dr. Robert Jensen lives in a white supremacist society, but it's not Nazi Germany or the pre-civil rights movement South. It's the United States in 2010.

"We don't like to hear that. I don't like to hear it. I don't like to think that the society in which I live as a white supremacist society, but if you look at the data, there is no other conclusion to reach," Dr. Jensen said.

White supremacy is a system which identifies a certain group of people, mostly northern European, but "what we now call 'white'" as inherently superior to others, he said.

Dr. Jensen presented a lecture titled "The Color of the Race Problem is White" to a standing room only Building 7 as a part of Highline's Unity Through Diversity Week on Tuesday, April 27.

Unity Through Diversity Week is a yearly week-long event held on campus to celebrate diversity and examine issues surrounding it.

Dr. Jensen is an associate professor at the University of Texas at Austin.

He has written several books on societal problems, the most relevant of which, for his Unity Week presentation, is *The Heart of Whiteness: Confronting Race, Racism and White Privilege* (City Lights Books, 2005).

Even with the triumph of the civil rights movement and the election of Barack Obama as the first African-American president, white supremacy exists today.

"I don't want to undermine or trivialize those accomplishments. We need

"The problem is white people, white society, white culture [and] white norms."

– Dr. Robert Jensen

White supremacy, Dr. Jensen said, began in "white societies that were beginning the process of imperialism and colonialism, beginning the process of moving out of Europe to take the resources of the rest of the world.

"And to do that, it was convenient to have an ideology, a way of thinking about differences, that justified the violence, the barbarism that was required for colonialism and imperialism."

This white supremacy flourished in the United States to keep Africans who were enslaved,



Chuck Kibbie/THUNDERWORD
Dr. Robert Jensen presented two lectures on race, power and privilege at Highline on Tuesday.

Native Americans whose land white settlers took by force and the indentured servant, working class, collectively, from uniting and overthrowing the "white elite," he said.

To anchor his argument about white supremacy, Dr. Jensen quoted from W.E.B. Du Bois' 1903 book *The Souls of Black Folk*.

"When engaging with white people, Du Bois, who is African-American, knows the question on the minds of those white people is, 'How does it feel to be a problem?' Because he lived in a world in which blacks were identified not as people with problems, as a people who were a problem," he said.

"If the core of the race problem is white supremacy, and if white people came up with the concept of white supremacy –

you can see where I'm going with this – who is the problem? The problem is white people, white society, white culture [and] white norms," he said.

Dr. Jensen presented his argument of white supremacy in the present-day U.S. on two fronts – the material and ideological state of the country.

The material aspect is the quality of life for different groups of people based on the distribution of resources, measured statistically, and the ideological aspect is inside people's minds; what they think, he said.

Statistical data that supports his assertion is not hard to find. Looking at data about "household wealth, high school graduation rates, infant mortality

[and] access to health care," an alarming trend emerges, he said.

"Here's what you will find if you look at that data: there is a racialized gap on all measures of wealth and well-being," Dr. Jensen said.

Specifically on the gap between white and black Americans, he said not only is there a gap on all measures, but "on some of those measures, the gap between white and black America is wider today than it was in the immediate aftermath of the civil rights movement."

"On the measures where the inequality is narrowing, it's narrowing at such a slow pace that it will be decades, or in some cases, even centuries, before we achieve parity if we continue at this speed," Dr. Jensen said.

Ideological terms are a little more complex to measure, he said, because most people will not overtly state they are a white supremacist, mostly because of the radical and negative connotation that comes from the term.

To explain how Americans are ideologically white supremacist, he cited a 2001 study conducted by Marianne Bertrand, an associate professor at the University of Chicago and Sendhil Mullainathan of Massachusetts Institute of Technology, titled "Are Emily and Brendan More Employable than Lakisha and Jamal?" but known now as the MIT race experiment.

In this study, the two professors sent 5,000 fictitious resumes responding to help-wanted advertisements in the Boston Globe and Chicago Tribune newspapers. The fake candidates applying for the same job had similar qualifications, but their names were either inherently white or inherently African-American.

The authors found those with

white-sounding names were 50 percent more likely to be called back than those with black-sounding names.

Based on the idea of the United States being the wealthiest society that has ever existed, and the belief that is rampant in the U.S. of people being able to do anything – the so-called "American dream" – change should be possible. However, the majority of people might not want to see this change, he said.

The solution to America's white supremacy lies beyond simply more effectively integrating all cultures in American society. Americans, regardless of race, must have the same access to resources and the same ability to climb to the top of society's hierarchy of power.

"Living in a multi-cultural society has distinct advantages. When I say I want to move beyond multi-culturalism, I don't mean I want to undermine or trivialize the importance of living in a multi-cultural society and starting to understand those diverse cultures so we can live together in a more healthy and fulfilling way.

"But in addition to that multi-culturalism, we need to apply a political lens to look at power. And then we see that the core of the race problem is not a misunderstanding between cultures. It's not something that can be solved merely by education. It's about the disparity in access to wealth and power," Dr. Jensen said.

The problem with this, he said, is in dominant institutions, such as major universities or the government, people are willing to embrace multi-culturalism – as long as it stops there. However, it needs to go further, to an examination of the distribution of wealth and power.

"That's where we're going to have to go because if we don't, the color line is going to be the enduring problem of the 21st century," he said.

By BRAD VANSTEENVOORT
Staff Reporter

Despite having an African-American president, little has changed when it comes to race, gender and class in the U.S, an expert said at Highline.

Dr. Robert Jensen, professor of journalism at the University of Texas at Austin, spoke this past Tuesday about "Race, Gender and Class: Understanding roots of privilege" for Unity Through Diversity Week.

Jensen explained, according to data, in 2010 the U.S. still operates under a hierarchy of importance, with white, rich males at the top, whom he called "white supremacists."

He presented data that showed, as of today, one in five women will be raped or will be part of a sexual intrusion.

In terms of class, Jensen explained half of the world lives on two or three dollars a day.

Jensen then took a quick poll. He asked his audience if any of them have ever shown any self-interest in only themselves. Just about everyone raised a hand.

He then asked if anyone has ever been the opposite and have tried to help out another without being rude, greedy or self-interested, and the same people raised their hands.

His point: Go beyond to help. Jensen said if you want to help create social justice, then you have to risk something for it. As a parting gift, he asked his audience to think about:

- What risks would you have to take if you were going to get really serious for social justice?
- What risks do you take if you do not work for social justice?
- If you're willing to take the risk, what do you need – from yourself, the people around you, and the institutions – to do it?

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Jean Munro

Women to be honored at ceremony

By **NEELI ABBASI**
Staff Reporter

The Women's Programs at Highline is having its 28th annual celebration on May 4 in the Mt. Constance room in the Student Union. It's from 10 a.m. to 3 p.m.

This event includes the Women in Action awards ceremony and a raffle to raise money for low income people facing the high cost of childcare. A portion will go toward scholarship funds, specifically the Women's Program Emergency Scholarship Foundation.

"Come see your fellow students, staff and faculty receive the Women in Action award for women who are doing great things for the campus community and overcoming barriers to access education," said Jean Munro Women's Program adviser and coordinator.

Keynote speaker will be Chinese-American singer-songwriter Magdalen Hsu-Li.

Hsu-Li is a music artist, painter, poet and activist. She grew up in Virginia and is one of the first openly bisexual Chinese-American singer-songwriters in the United States.

She will be sharing stories of how she overcame many obstacles growing up in the southern United States, where she lived and was the only Asian in her community and had Tourette's Syndrome.

Raffle tickets will be one for a dollar, six for \$5, 12 for \$10, and 25 for \$20.

Prizes include two tickets to *Withering Heights* at Breeders Theater, one pound of See's chocolate, a family fun pack of four tickets to the Children's Museum, a gift card to Elliot Bay Brewhouse in Burien, 10 games of bowling at ACME Bowling Billiards & Events in Tukwila.

Gift packages include not only tickets, but also Alaskan handmade jewelry, a Mary Kay gift basket, four tickets to Emerald Downs and many more valuable items.

For more information about the event go to www.highline.edu/stuserv/womensprograms.

Microaggression pushes students apart

By **ADRIAN SCOTT**
Staff Reporter

Many college students are faced and are affected by racial microaggressions, a professor said Monday.

Dr. Miguel Ceja opened Highline's Unity through Diversity events with a presentation on Racial Microaggressions: Experiences of Students of Color in Higher Education on April 26.

This is Highline's 13th annual Unity through Diversity Event.

Ceja has a Ph.D. in Higher Education and Organizational Change from the University of California.

He now works with the Department of Educational Leadership and Policy Studies at

California State University at Northridge.

A microaggression is "one form of systemic everyday racism, verbal or non verbal," Ceja said.

Ceja gave examples of racial microaggressions some students face.

"I don't think of you as Mexican, you're different," Ceja said. Also asking one African American "How do black people feel about it?" he added.

Ceja described an event that took place off campus last February with students from University of California-San Diego, a "Compton Cookout," in which white students dressed in a stereotypical urban way- baggy jeans, long t-shirts and bandanas.

The cookout offended many African American students be-

cause of the dress code and requirements for the cookout.

"Many college students interact with students that don't look like them, mostly in a physical way," Ceja said. He also said that students of opposite color do interact with one another in a social way as well.

Ceja told a story of an interview he had with a young black kid who was yelled at in a store. The kid didn't know why he was being yelled at, but his only explanation was the fact that he was black.

Ceja also brought up that some college students feel they will never be accepted in a community outside of their own race.

Ceja cited a conversation with a college student who had faced racial microaggression.

"Me and those two black individuals tend to sit together every class session. Everybody tends to sit away from us," said the student.

The student expressed the fact he didn't feel accepted.

"Students begin to find counter spaces," Ceja said, staying with their own race, because they know they will be accepted.

The best way to approach a microaggression, Ceja said is to ask counter questions.

"What do you think?" "Is that really true?" and "what are you trying to say?"

The main focus in Ceja's mission is to find why microaggressions occur. "Unless you have an effect and try to change, then it doesn't mean anything," Ceja said.

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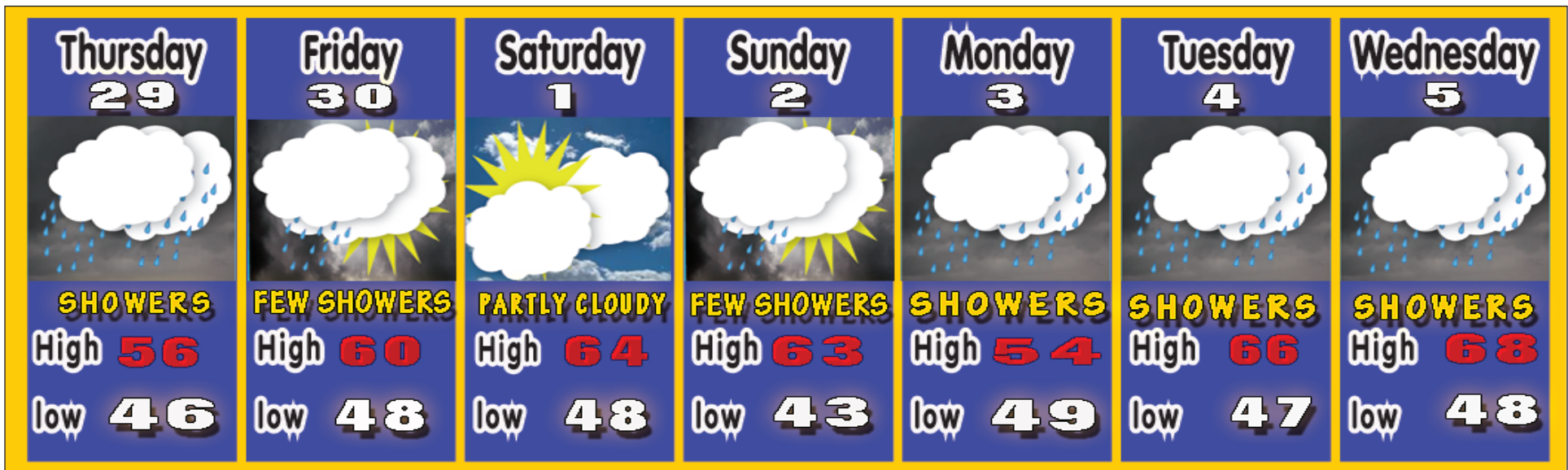
Class schedules will no longer be mailed to your home.

By BILL SCHLEPP
Staff Reporter

Bill Schlepp/ THUNDERWORD

BSCU

Weekly weather forecast



Forgiveness

continued from page 1

Statute of Limitations to Grade Forgiveness, makes it more user friendly for students and advisers,” Bligh said.

The proposal also includes adding new stipulations to those who may apply for exclusions.

The new policy would require students who apply achieve a GPA of 2.5 or better for all quarters taken after the ones that they wish to be excluded. This standard came

from recommendations from instructors that represent the faculty in the Faculty Senate.

Another revision being considered changes the time a student must wait before being eligible for exclusions.

The current policy requires a three-year wait before becoming eligible.

Students, under the new policy, would be subject to one of two options.

Option one requires students who have not been enrolled in at least one year complete 15 credits (with a GPA of at least 2.5) before becoming eligible.

Option two requires students with less than a year’s break in enrollment to complete 30 credits before becoming eligible for the policy.

All other language contained in the current policy would essentially remain the same in the updated version.

Students had mixed reactions to the policy.

“I would like to see forgiveness given on a quarter-by-quarter basis,” said David Stanton, a first-year Highline student. “I had a friend with a good GPA catch pneumonia one quarter; the inability to regularly attend

class killed their GPA.”

Clinton Berry, also a first-year student, liked the implementation of the 2.5 GPA standard.

“I think it is better. It gives students an incentive to try harder,” he said.

Neither student believed they would utilize the policy.

Some members of the faculty and administration have endorsed the changes.

“I am in favor of the concept of grade forgiveness,” said Dan Drischel, a Social Science division representative in the Faculty Senate.

“I do believe that if we are going to offer this to students, we should not present them with unnecessary barriers or restrictions. I am comfortable with both options in the proposed policy,” Drischel said.

Highline President Dr. Jack Birmingham has also said he supports this initiative.

Other campus governing bodies such as Student Government, the Student Affairs Council and the Instruction Cabinet, are currently reviewing the changes. If granted final approval, the changes could go into effect by fall 2010.

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