Highline S&A budget may escape cuts

By ALISA GRAMANN
Staff Reporter

The budget allocations for the 2010-2011 Services and Activities (S&A) Budget are going to be very close to the budget requests that have been submitted. The S&A Budget is comprised of 10 percent of student tuition that is dedicated to funding things such as festivals, music and athletic programs, the Thunderword and clubs.

The chairman of the S&A Budget committee, Kevin Mar, said that the budget is "just a big pile of money." That pile contains a little over $2 million.

Since the preliminary deliberations have been completed, groups are being informed this week of how much money they will most likely be allotted. They will have the opportunity to come before the committee to ask questions or "plead their case," as Mar said.

When the committee first goes through the budget to answer questions, they ask themselves "do we have enough information to make a budget decision?" When they have sufficient information and move to deliberation, their mantra changes to "does it make sense to give them this amount?"

The S&A Budget gets divided among Highline’s clubs, events and programs based on size and needs. The committee makes sure that each group gets enough to be productive.

“Different budgets are releases,” Mar said. By CAITLYN STARKEY
Staff Reporter

Four candidates have declared their intention to run for mayor of Federal Way under the new strong mayor format of government.

Councilman Jim Ferrell, Councilwomen Linda Kochmar, Councilman Mike Park and State Rep. Skip Priest have all declared their candidacy even though the filing date is not until early June.

Last week, Rep. Priest, R-Federal Way, confirmed that he would forgo the legislative election in favor of the mayoral.

This surprised many because Rep. Priest was a leading minority member in the House of Representatives. However, he has also served as a Federal Way City Councilman and council-elected mayor.

Councilman Ferrell officially declared his campaign the day after Proposition No. 1 was confirmed to have passed. He was the primary supporter of the measure which changed Federal Way to a strong mayor format of government and spokesman for the pro group Accountability Comes to Town (ACT).

Skip Priest, Federal Way, confirmed that he declared his candidacy even though the filing date is not until early June.

His campaign kicked off on April 20 and Federal Way is already sprinkled with yellow and blue Vote Jim Ferrell for Mayor signs.

“Ultimately it’s up to the people, but ballots are mailed in,” Ferrell said.

By ANDREY PILIPCHUK
Staff Reporter

You may never meet them in person, but the Highline’s maintenance mechanics keep the school fixed and running.

Everyday is a new task for these guys and the goal is to inspect and diagnose problems and determine the best way to correct each job.

A typical day for the mechanics starts by checking all the heating and cooling systems campus wide; answering different calls for assistance on maintenance; assisting contractors obtaining space permits; and recording a daily log for everything done.

“Safety is our main goal for everyone here at Highline,” said senior maintenance mechanic Will Chambers. Every day Chambers and his team are ready for any emergency response, fire alarms, power outages, plumbing and electrical problems.

“Our environment is [as] safe as you make it and can be a little dangerous at times, but providing safety for everyone is the main issue in our department,” Chambers said.

Safety equipment such as hard hats, gloves, rubber boots, two-way radio contacts and eye-protection is provided for every mechanic at Highline that is on campus.

“Ultimately it’s up to the people, but ballots are mailed in,” Ferrell said.

Federal Way mayor race heats up

Weekend Weather

Mostly cloudy on Friday, showers on Saturday and showers on Sunday. For full forecast, see page 20.
By JOSH BECKER
Staff Reporter

Highline Bookstore will soon offer a new rental program for textbooks. Starting this summer, the Highline Bookstore will offer a rental program for almost every textbook in stock. The program is intended to “lessen the sticker shock students face when purchasing textbooks,” said Bookstore Manager Laura Nole. “The rental cost will be much lower [than buying a book] and we hope it is an added customer service to Highline students.”

We still believe the best value is to purchase a used book and sell it back at the end of the quarter,” said Nole. But some students simply cannot afford to buy even a used textbook.

While other college bookstores offer a limited selection of rentable books, the Highline Bookstore will allow students to rent virtually every book in stock.

The books can be returned at the end of the quarter by mail or by returning them directly to the bookstore.

To use the new program, a student will need to access the store’s website. Because of software limitations and the need to track each book and customer, the program will also be limited to students with credit cards.

Eventually, software upgrades will make the book rental program much more accessible. “Once the program is under way, we will work to improve it,” said Nole. “We hope that it makes it easier for students to purchase the necessary tools they need to succeed at Highline.”

Some students say that they’d be willing to give the program a try. “If it saved me money than of course [I’d try it],” said one student who wished not to be identified.

Other students aren’t as willing to try the rental program. “No, I would not [try the program],” said another student who also didn’t give their name.

— Compiled by
Othman Heibe

Bathrooms found decorated with graffiti

Graffiti was found in the second-floor restroom of Building 26 on Monday.

Campus Security notified the Facilities Department to clean up the graffiti.

The suspect is still unidentified.

Graffiti is a growing problem that Campus Security would like to get help from Highline students, faculty, and staff to watch out and report graffiti as soon as they spot any.

Security forces man to leave campus

A man was asked to leave campus on Friday, April 30.

He was at the Library when a security guard said he was on the permanent admonish list, and told the man that he had to leave campus due to a past action.

The man cooperated with security and asked what he could do to get off that list, and later left.

The reason for the man’s admonishment is unknown.

Missing items

Items that have been lost on campus and reported missing to campus security: pair of glasses lost somewhere between Buildings 29 and 26; 1GB USB thumb drive.

Found items

Items that have been found on campus by security and are being held in the Security Office downstairs in Building 6: Motorola cell phone, Samsung cell phone, 1GB USB thumb drive and a binder.
Larger events held at the MaST Center may require the presence of two firefighters. A fire marshal from the South King Fire and Rescue said that if the building has more than 50 people, it will require two firefighters to be on the premises to help with evacuation in case of an emergency.

This is required because the Marine Science and Technology Center only has one entrance and exit, which has been deemed a fire hazard.

The events that require firefighters will not be directly related to Highline, but for the MaST Center’s neighbor, Salty’s Restaurant. Sometimes the restaurant rents the building but the need for firefighters should be rare.

Salty’s approached Highline’s Facilities Services Manager, Barry Holldorf, about renting the MaST Center for a few overflow events.

“The Highline Community College Foundation has been interested in finding ways to increase revenue and provide more community awareness for the MaST Center, so when Salty’s approached us about holding events, we agreed,” Holldorf said.

The main challenge will be the maximum occupancy allowed for the center. Because there is only one ramp for the entrance and exit, the building falls under a building and fire codes as an educational facility and is only allowed to hold 50 people.

“If there are more than 50 people they would need a special use permit for the event,” said Deputy Chief Gordon Olson for South King Fire and Rescue.

With the special-use permit, it will be necessary to have two certified working firefighters to assist in helping guests exit if necessary.

Barry Holldorf said Salty’s has agreed to only host events that are under 50 people and in the rare occasion they go over 50, Salty’s will be responsible for paying for the two firefighters that are required.

“If Salty’s wants to hold events that have more than 50 people more often then maybe we will look into expanding, and if it would be good for us,” Holldorf said.

By ELIZABETH ELTRICH
Staff Reporter

Highline has appointed Mike Dooley as the new facilities project manager.

This position works under the direction of the Vice President for Administration Larry Yok, supporting the process of planning, design, bidding, construction, acceptance, warranty follow-up and record keeping for capital construction projects.

He also works to support facilities improvement, maintenance and repair activities and special projects throughout the college.

Dooley will be responsible for all facilities projects, capital and non, as well as some other recurring responsibilities such as improving older buildings and designing new ones if needed.

“I am very excited and looking forward to this job,” Dooley said.

Dooley attended Middlebury College and received his bachelor’s degree and later transferred to University of Oregon where he spent three years studying landscape and architecture.

Dooley was previously employed at an architecture firm, Lease Crutcher Lewis, where he managed major construction projects for 11 years.

“I chose to work at Highline because I am interested in improving education and this is perfect time in my life to contribute,” Dooley said.

This job opened up when Dr. Phil Sell decided to make a second attempt at retiring at the end of this academic year. Dr. Sell officially retired from faculty but has managed high school, capital and other construction projects on a part-time basis for the past five years.

“This will be my permanent job and I hope to work here for a long time until I retire some day,” Dooley said.

“I am very used to the diversity here and so far I feel very comfortable and welcome on campus and I hope everyone gets along,” Dooley said.

Dooley was born in Rutland, Vermont and raised nearby in Manchester.

“As a kid, I was a ski racer and I still love to ski and play golf in my free time,” Dooley said.

Dooley has been married for 23 years now and has raised two successful daughters.

Dooley is also involved in a Target Program. Through this program, he attended high school in honor of his brother who was a Navy pilot killed in Vietnam.

The goal of the program is to keep marginal students in high school and on their way to a career.

By ANDREY PILIPCHUK
Staff Reporter

The Marine Science and Technology Center at Redondo Beach has only one door in and out of the building. This could create problems when Salty’s, which is next door, wants to rent the building.

“The Marine Science and Technology Center only has one door in and out of the building. This could create problems when Salty’s, which is next door, wants to rent the building.”

The Thunderword / May 6, 2010

The Adult Basic Education and General Educational Development Department helps many students looking to further their education and move on to college classes.

Stephen Washburn has been working at Highline for seven years, four of which he has been the director of the ABE/GED Department.

Washburn received his bachelor’s degree in English Literature from the University of Oregon, and his master’s degree in Adult Education from Western Washington University.

He started his career at Shoreline Community College and he was there for six years before moving on to Highline.

Four years ago, he became a tenured faculty member as the director of ABE.

The ABE Department runs classes that are college-level. They are non-credit courses in reading, writing and math that prepare students for college-level classes.

“It is the best career choice I have ever made,” Washburn said.

The ABE Department serves over 6,000 students per year and has over 100 classes each quarter and 20 off-campus sites.

“My favorite thing about Highline is the collaboration of faculty and staff, and their level of dedication and commitment,” Washburn said.

Washburn said his job feels as if he is constantly catching up on things, both planned and unforeseen.

Washburn hopes to start and implement a program to help the youth dropout rates in local communities.

“Overall, I work with many talented and intelligent staff, faculty and students,” Washburn said.

By CODY WARF
Staff Reporter

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Bookstore issues vex campus

There are two sides to every equation, and the problem of thefts near the Bookstore is a tough one to balance. On the one hand, when students have their bags and valuables stolen, it’s a big problem. However, allowing students to take their bags into the store allows for shoplifting and everyone loses when that happens. To keep prices of textbooks and supplies goes up and students lose again.

There are solutions, but none of them are easy to implement.

Increasing security patrols around the bookstore doesn’t help. A savvy enough thief just looks like any other student looking through their own stuff, or grabbing their things.

Putting in cameras might deter some theft, but without someone watching them all the time, they won’t stop all theft. And again, how is whoever watching the film supposed to know if the bag a student is looking through is theirs or not? Thieves will slip through.

In the end, the biggest use for a security camera aimed at the spot where students keep backpacks when going into the bookstore is catching offenders after the fact.

One solution, of course, is to put in lockers. Although the school already has lockers in Building 27, they aren’t really suitable for use by anyone not in athletics. It’s not convenient to store your bag down at the bottom of the hill, trek all the way up to the bookstore, and then trek back down, and then trek to class. They’re not even really suitable for use by students using the fitness center in Building 21.

Making those lockers even less of an option, however, is that they are also often broken into. There is little security in the locker rooms when classes are in session. The locker rooms spend a lot of time empty, and they are located closer on the edge of campus, near a parking lot. They are an easy target for thieves.

The best thing would be to put in lockers right outside the bookstore. There are enough people around most of the time that they would be a less tempting target for thieves; if someone is jacking open a locker instead of using its combo, you know it’s not their locker. This would also make it easier for security to do their job as well.

Making the lockers coin-operated might not recover costs very quickly, but it would help. To make sure the lockers stay usable, at the end of the day they could be cleared out, to discourage students from hogging them or trying to leave stuff in them overnight.

I’m going to be like an insurance company and not pay my claims.

---Anonymous

Bookstore theft needs better solution

Dear Editor:

I just read the article on the Bookstore policy that restricts students from bringing bags into the store. The administrators’ explanation for this is that someone might be coming in to intentionally shoplift. This seems contrary to the fact that students’ bags are being stolen on a regular basis. All my learning tells me that we set up policies for the good of the students at Highline.

These policies may intend to restrict college theft but what we really are here for is to build students’ experience, free from fear of violence, including theft, to develop critical thinking skills and respect. Highline staff is here to serve the students. The students are not here to serve administration; the administration is here to serve the students.

Our mission of educating persons to succeed in their chosen career path and/or personal development starts with providing an environment where students want to come to Highline and appreciate the education acquired while here.

Consistently, the faculty and staff college-wide e-mails from Security reminding and warning us that we should lock our purses up and that any electronics be stored in secure areas. We as staff are warned and notified of thefts around campus and given effective options, such as a locked drawer at our desks or other workstations, the security for the items listed above and in the article forces students to put them and their property at risk. Again, to attempt to ensure students feel safe based on what “might happen” rather than what we know is absolutely happening does not further this aim.

The article states that the security office’s stance is that “we must work with what we currently have.” I used to work and go to school at Seattle Central and South Seattle community colleges. We were not only given the option of storing our bags outside the bookstore in lockers for 25 cents but they also had lockers you could rent for a quarter to store your books, etc.

Highline’s Student Government and other leadership groups have offered to use student activities funds to pay for the lockers and/or security cameras. This offer has been accepted.

---Anonymous

Bookstore not at fault in bookbag thefts

Dear Editor:

Since you ran the story “Bookstore bag blues” in a recent issue of the Thunderword, at least one person has come to the bookstore to tell us that we’re not doing a good enough job protecting student property. I think it’s important to say that before people start pointing fingers, they should try to take a moment and consider all the circumstances surrounding the bookstore’s policy.

Theft at college bookstores is a problem that reaches beyond the few dishonest students who can’t afford the books they need for classes—it is a far-reaching problem often involving organized groups of criminals who premeditate thefts of great magnitude that can, and historically have caused significant financial problems for college bookstores.

At our bookstore, we have a photo collage of people who have been caught working together to steal books in large quantities from various college bookstores throughout the state. An example scenario could include a person distracting a cashier or bookstore employee, while another loads a bag up with high-priced textbooks. Once the thieves have made off with the goods, they pass them to another member of their thieves’ guild, who will sell the books at a buyback event, return them to the bookstore, or sell them online for a significant amount of money.

That money comes out of your pocket.

If we allow people to come into the bookstore with bags, the simple fact is that some of those people will participate in these kinds of thefts, and those losses to the bookstore will have to be passed along to the customers— the students, staff and faculty of this college.

The Highline Bookstore management works very hard to keep prices as low as possible for students, sometimes even taking losses on some required materials in order to meet the needs of students. Never before have I worked for a business that put so much effort into reducing prices to the lowest possible points, just to benefit their customers. And I’ve worked for a lot of businesses.

Working at the Bookstore has made me a true believer in the fact that it doesn’t exist solely to make a profit, it exists first to help the students reach their educational goals as best it can, and as a secondary concern, to return money to the college budget so that it can help students in other ways.

I don’t think anyone who doesn’t work for the bookstore will ever appreciate just how hard we all work to save them money, and to make the lives of students easier—and that’s just fine. I do hope, however, that people can learn to reserve their judgment until they have enough facts to speak on the subject in an educated way.

---Nick Dalton

Highline Bookstore employee
We need solutions to go along with the problems

It's nice to think we live in a society that is free of racism. However, as Highline's annual Unity Through Diversity Week always shows, that is unfortunately not the case. The United States, in this modern time, is still not completely post-racial, as some experts like to call it.

This information is important, and should in no way be silenced. It is especially useful for college students to learn it, because we are supposedly the generation that is capable of change.

Everybody has the expectation that college students are somehow the beacon of hope for all of humanity. This is nothing new.

Our generation's "famous" generation was famous for protesting the Vietnam War and seeing the changes brought about by the civil rights movement.

Our grandparents had World War II, which remains one of the only wars most people agree was justifiable.

Secondhand smoke remains a danger to us all. Each generation throughout history has its great wars, spiritual struggles and economic rolldowns despite what Brad Pitt's character in Fight Club may claim to the contrary.

Because of this, the question we have to ask ourselves is whether we are really any more capable of shifting paradigms than anybody before us.

The answer, regrettably, is no. Our generation can make marked progress in some areas, other problems will still persist.

Secondhand smoke, also known as environmental tobacco smoke, is a mixture of chemicals produced from the burning of tobacco products such as cigarettes, pipe or cigar. It also includes the smoke that is exhaled from a smoker's lungs.

Exposure to secondhand smoke is sometimes called involuntary or passive smoking.

It has been determined that secondhand smoke can be as dangerous to health as if you were a smoker.

Those who are exposed to secondhand smoke can develop lung cancer and are at an increased risk of developing heart disease. The U.S. Environmental Protection Agency (EPA) has classified secondhand smoke as a class A carcinogen that is known to cause cancer and estimates that in the United States, secondhand smoke exposure causes approximately 3,400 lung cancer deaths and 22,700-69,600 heart disease deaths annually among nonsmokers.

In addition, secondhand smoke exposure is responsible for 150,000-300,000 new cases of bronchitis and pneumonia in children aged less than 18 months.

Is it preventable? According to the U.S. Surgeon General, secondhand smoke exposure is preventable.

A proven method exists for protecting nonsmokers from the health risks associated with secondhand smoke exposure: avoiding places where secondhand smoke is present.

Guest Commentary

Sarbjeet Kaur, a nursing student at Highline

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Is it preventable? According to the U.S. Surgeon General, secondhand smoke exposure is preventable.

A proven method exists for protecting nonsmokers from the health risks associated with secondhand smoke exposure: avoiding places where secondhand smoke is present.

Maintaining smoke-free environment is the only approach that effectively protects nonsmokers from the dangers of secondhand smoke.

Research has proven that simple separation of smokers and nonsmokers within the same air space may reduce, but does not eliminate, secondhand smoke exposure among non-smokers.

The key to oppression is that it is nowhere near finished, but we have our first African-American president. Despite the fact that racism is not going away anytime soon, in some ways, it is counter-productive to put it under a microscope and expose exactly how often someone is denied a job because of their race, for example.

We can’t talk only about the problems. We have to look past them to see exactly how we, as a society, can overcome them. And that answer is not to repeat and over and over, that there is a problem.

We also need to look at the past and appreciate the steps we have made to be a more integrated and accepting world.

Seattle and Highline are not representative of the whole nation. We are lucky enough to be exposed to diversity to a point where it seems normal and everybody seems to get along relatively well.

Parts of the country exist where this is not the case, as do parts of the world outside the United States.

To some extent, we might still be a "white supremacist society," as Dr. Robert Jensen claimed in his presentation in Building 7 last Tuesday, April 27. He also said we have to be careful not to trivialize accomplishments such as the election of the first African-American president.

However, claiming the U.S. is white supremacist, and using the phrase more than 50 minutes than Homer Simpson says "Do It!" in a full calendar year isn’t helping anybody.

We have made a lot of progress in race relations. Our work is nowhere near finished, but we no longer have legalized segregation in schools and we do have our first African-American president in office.

After Unity Through Diversity Week, where we have been bombarded with statements and restatements of the problems we still have, I urge everybody to take a step back and look at our situation compared to that of 20 years ago in our nation and even present day in some other nations.

Yes, it’s bad, but it could be worse.

Most of today’s stereotypes have no roots in reality, and people are beginning to realize this.

As Stephen Marche wrote in the latest edition of Esquire, in a segment called “A Thousand Words About Our Culture”: “[We] can laugh at the Jersey Shore cast because the Italian-Americans we know and nothing like them. Same goes for the over-the-top depictions of African-Americans on 30 Rock or even Entourage.”

People don’t laugh at these stereotypes because they are being racist. They laugh because it’s a funny way to present people. We obsession with being politically correct shouldn’t triumph over this kind of celebration of diversity.

But that’s exactly what it is – a celebration. People are different, and different ethnic groups are different.

Our generation can learn from white actors dressing up in "blackface" and disseminating a derogatory kind of entertainment in the 19th century and early 20th century.

And yet we have a full week on campus of people presenting and telling us many times over that we still have a serious problem. If that’s true, there must be a solution.

So stop telling us there is a problem – give us a way to fix it.

Liviu doesn’t have problems, only opportunities.

Sarbjeet Kaur is a nursing student at Highline.
All That Glitters ...  

Across
1. Tree trunk growth
2. Franklin and Hogan
5. Dismounted
6. Pound, e.g.
14. Singer Vaughan
16. Vancouver golden winner
17. Pesky insect
19. Obit notice word
21. Prom transporter, often
22. Like some VVs
24. Meager
28. W.C. S
29. TV’s Magnum & others
31. “I cannot tell ___”
32. 401(k) cousin
33. Some change
35. More cheerful
38. RR stop
39. Former Chrysler head
41. Flying geese formation
42. Flies alone
44. Clear the blackboard
45. “Are you a man ___?”
46. “This tastes gross!”
48. Building addition
49. Salon sound
50. Fur fortune family
51. Former Chrysler head
52. Gives meaning to
54. Kind of bag
55. Corn serving
56. Kind of history
57. Used to be
58. Men’s speedskating
59. Vancouver gold winner-
60. Aye opposers
61. By way of
62. Setting for TV’s
64. Temporary
65. Craze
66. Tree trunk growth
67. Men’s figure skating
68. On-line auction venue
69. Without

Down
1. AWOL chasers
2. “...la la!”
3. Yellow, for one
5. “___, humbug!”
6. “Newhart”
7. “___ blu, dipinto di...” (“Volare” lyrics)
8. Men’s Half Pipe
9. “This tastes gross!”
10. Women’s alpine skiing
11. Corporate concern
12. Kind of bag
13. Popeye’s adopted son
14. Popeye’s adopted son
15. Men’s Half Pipe
16. Ponies
17. Border lake
18. Everest guide
19. Tunisia’s neighbor
20. Vancouver - gold winner
21. Meager
22. Washington gold winner
23. Keep an ___ the ground
24. N.B.A.’s Archibald and
25. Pond buildup
26. “___, humbug!”
27. “___ blu, dipinto di...” (“Volare” lyrics)
29. Bone-chilling
30. Put away
31. “The ___ Kid”: ’50s TV western
32. Put away
33. Rope fibers
34. Aye opposers
35. Norwey’s patron saint
36. Good race
37. Bone-chilling
38. Aye opposers
39. By way of
40. Setting for TV’s
41. Temporary
42. Temporary
43. Temporary
44. Temporary
45. Temporary
46. Woolworth competitor
47. Temporary
48. Temporary
49. Temporary
50. Temporary
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67. Temporary
68. Temporary
69. Temporary

Across 101

By Ed Canty (Ed@gfrpuzzles.com)

Across
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14. Singer Vaughan
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69. Temporary

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Art 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 continue at The Burien Little Theatre, May 7, 8 at 8 p.m. May 9 at 2 p.m. Tickets are available online at burienlittletheatre.org, by calling 206-242-5180 or by email at tickets@burienlittletheatre.org.

• Highline’s Drama Department will be hosting one

crossword puzzle

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28. W.C. s
29. TV’s Magnum & others
31. “I cannot tell ___”
32. 401(k) cousin
33. Some change
35. More cheerful
38. RR stop
39. Former Chrysler head
41. Flying geese formation
42. Flies alone
44. Clear the blackboard
45. “Are you a man ___?”
46. “This tastes gross!”
48. Building addition
49. Salon sound
50. Fur fortune family
51. Former Chrysler head
52. Gives meaning to
54. Kind of bag
55. Corn serving
56. Kind of history
57. Used to be
58. Men’s speedskating
59. Vancouver gold winner-
60. Aye opposers
61. By way of
62. Setting for TV’s
63. Ave. crossers

Down
1. AWOL chasers
2. “...la la!”
3. Yellow, for one
5. “___, humbug!”
6. “Newhart”
7. “___ blu, dipinto di...” (“Volare” lyrics)
22. Like some VVs
24. Vancouver - gold winner
25. Pond buildup
26. “___, humbug!”
27. “___ blu, dipinto di...” (“Volare” lyrics)
29. Bone-chilling
30. Put away
31. “The ___ Kid”: ’50s TV western
32. Put away
33. Rope fibers
34. Aye opposers
35. Norwey’s patron saint
36. Good race
37. Bone-chilling
38. Aye opposers
39. By way of
40. Setting for TV’s
41. Temporary
42. Temporary
43. Temporary
44. Temporary
45. Temporary
46. Woolworth competitor
47. Temporary
48. Temporary
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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 continue at The Burien Little Theatre, May 7, 8 at 8 p.m. May 9 at 2 p.m. Tickets are available online at burienlittletheatre.org, by calling 206-242-5180 or by email at tickets@burienlittletheatre.org.

• Highline’s Drama Department will be hosting one...
Local artist sparks viewers’ imaginations

By STEPHANIE KIM
Staff Reporter

Artist Annette Lusher hopes to spark her viewers’ emotions through the artwork she creates, without telling them how they should feel.

Lusher, who has been creating art since she was in kindergarten, will display her canvas paintings at the Highline art exhibit, located on the fourth floor of the Library until Saturday, June 12.

“When I was 12, she created her first art piece. Her mentor at the time entered her piece into a contest, which won first prize and best of show,” she said. Lusher’s parents were both artistically influential as well. Her father painted using both charcoal and water colors and her mother was a porcelain painter.

“I grew up surrounded by art,” Lusher said. “Working abstract, the emotions are often more powerful than the actual ‘meaning’ behind the painting,” she said. “There is so much I have to learn yet, and hopefully I never tire to take in new concepts, approaches and techniques,” Lusher said.

Lusher’s passion always returns to canvas painting. “You know, I can’t explain it really, and often enough, I wake up at night and have to go into my studio,” she said. “I don’t need to be in control all the time, nor do I think that the results would be as rewarding. The finished piece may be something I hadn’t envisioned at all. To me, that is true art.”

“For me, the empty canvas holds so many possibilities and options,” she said. “It is fun to manipulate, distress, try new approaches, experiment with different tools or think of new ways to ‘see’ an object or idea.”

Lusher has taught in the past, but is no longer able to do so due to a lung surgery she had. “To teach young adults to reach their artistic potential, like you guys in college, would be something I might consider doing again,” she said.

“The interaction with established, aspiring artists and art lovers, who by the way have valid criticism, has always taught me and has given me a deeper insight into my own way of creating.”

“Surrounding myself with creative people is something that I breathe,” she said. “There is so much I have to learn, and I never tire of taking in new concepts, approaches and techniques,” Lusher said.

A reception for Lusher’s work will also take place at the exhibit tomorrow, May 7 from 6 – 8 p.m.

Skate 3 to ollie onto XBox and Playstation this Tuesday

By SAMUEL E. TIMLICK
Staff Reporter

The fluidity of skateboarding and the art of video games mesh with the release of Skate 3 this May.

Three years ago, Electronic Arts’ Black Box studio took its creativity and experience in the gaming industry and used it to blend unique game design with the sport of skateboarding, creating the Skate franchise.

“What hooked me with Skate was the feeling that I really was riding a skateboard, even though I don’t know how,” said Jeff Borsick, review crew member at www.ztgd.com, a gaming website in coalition with the N4G network, an aggregate site grouped with a number of other smaller gaming sites.

In 2007, when EA’s Black Box released their first iteration into the Skate franchise, a fan base was soon established, thanks to the intuitive control scheme and a world lush with skate-trick worthy architecture.

The Skate series has made serious innovation for a type of game many had thought extinct; the skateboarding game.

“I can’t reiterate enough that it [the original Skate game and the Skate 3 demo] feels fresh, and blows the Tony Hawk series [a skateboarding video game series, developed by Neversoft] out of the water,” said Borsick. Black Box is now preparing to drop Skate 3 into the anxious hands of past fans and gamers first trying the series out.

Players who pick up Skate 3 will notice you still tilt, scoop, and twirl the right and left joystick to mimic flip tricks often seen in skateboarding.

The control scheme remains identical to that of the first two Skate games; however, new tricks will be available this time around via various new manipulations of the joysticks.

Throughout the single-player progression of Skate 3, players will be encouraged to continue in the main quest to sell one million boards.

In order to achieve the one million goal, players will create their own brand and team, pushing that brand around Port Carverton, Skate 3’s brand new city, by completing various tricks and challenges.

“I am probably looking forward to single player most, but I will try out all modes,” Borsick said. Borsick is also looking forward to the new and unique multiplayer mode.

At any time in Skate 3’s single-player, online opponents or co-operative teammates may join to assist you in completing your missions in the single player or challenge you in competitive modes.

What makes this so unique is that it’s almost unheard of for a game to blend both single player and multiplayer into one for players with different preferences.

Want to play by yourself and mess around? Go ahead. Want to challenge another player online? Feel free.

Skate 3 compiles all the content players liked from the first two games and adds a new free skate mode where a friend may join in at any time.

However, Skate 3 will not include the security guards and grind-blockers so many players disliked.

Black Box plans to release Skate 3 on May 11 for $59.99 on 360 and PS3.
Japanese culture dances to GlobalFest

By JIN YOON
Staff Reporter

Highline’s Japanese dance team will bring both traditional and modern dances to this year’s GlobalFest.

GlobalFest will be held this Saturday, May 8 from 5 - 9 p.m. in the Student Union.

The Japanese dance team has been practicing every day in preparation for their performance, said Miyako Hanamoto, leader of the dance team.

There are five men and nine women on the team.

The Japanese dance team will perform two different dances. The first is the Japanese traditional dance called So Ran Bushi. They will perform to the song So Ran Bushi.

“Hare Hare Yukai, which is the theme song and dance of Japanese animation, is called Surumiyama Haruhi no Yuuutsu.”

“This animation is known by almost all Japanese people and the dance that we are going to perform is also very famous, so I chose this dance to perform,” Hanamoto said.

“When we are dancing Hare Hare Yukai, the costumes are going to be Japanese high school uniforms.”

“And for the So Ran Bushi dance, we will wear Happi,” she said.

Happi and school uniforms are Japanese traditional wear.

GlobalFest tickets are already sold out.

“I know that and it made me nervous and excited. We can show our result of hard practice to many people and it’s going to be a great night,” Hanamoto said.

“I’m nervous and afraid of making mistakes when we dance at the festival, but we are having a lot of practice. I hope we will perform well and show people our effort,” said Eimi Suzuki, a member of the Japanese dance team.

“I feel a lot of people are looking forward to GlobalFest and it must be exciting.

“One time you come to the GlobalFest, you shouldn’t miss any of our dance performance.”

Breeders Theater calling all performing arts students

By STEPHANIE KIM
Staff Reporter

Breeders Theater is seeking an intern and an actor for their summer production of Withering Heights.

Both the intern and actor will be paid.

The intern needs to be a female, who will serve as the stage manager and will also have a minor role in the production.

The actor needs to be able to play the role of a male in his mid-40s.

Breeders Theater isn’t just some amateur theater company with a whole bunch of people messin’ around.

“Almost everyone has a theater degree,” said Dr. T.M. Sell, theater owner and playwright.

The company started 11 years ago in 1999, when Dr. Sell wanted a place to show his work.

He wanted to start a professional theater company that was “completely self-supporting,” said Dr. Sell.

“People should only have to pay for my hobby if they want to,” Dr. Sell said.

Although theater background is not required, it would be nice for the intern to have some knowledge, said Nancy Warren, the theater’s business manager and co-owner.

“They don’t have to have stage management background,” Warren said.

“However, stage and performing background would be helpful; even musical background, she said.

The intern needs to be someone who is a self-starter, but someone who can also take directions, said Warren.

They need to have the eagerness to learn.

“The [intern] needs to be someone who can sing,” Warren said, as their minor role in the production would require singing.

It is crucial for the intern to be at almost all rehearsals, Warren said.

As the intern and stage manager, it is their responsibility to give the actors and actresses their lines when needed during rehearsals.

The intern will need to take directorial notes during rehearsals.

The intern will also help with the production of Withering Heights.

“Think about all the things that could go wrong and right,” Warren said.

With the possibilities of things going wrong, the intern must be at every performance, Warren said.

Both Dr. Sell and Warren want the intern and actor to be from Highline.

All of Breeders Theater’s past interns have “always somehow related to the college,” Warren said.

Breeders Theater also has a scholarship program set up through the Highline Foundation.

It’s completely separate from the theater, but many of the past interns have received the scholarships, Warren said.

The intern will receive a $500 scholarship for their work this summer.

“We don’t need flaky; we don’t have time,” Warren said.

“We don’t have time to mess around.”

Warren prefers for the intern to be at least 18 years old.

“[The show] is for adults, it’s not for teenagers.”

Dr. Sell also emphasizes the importance for everyone on the set to get along.

“We have a lot of fun with the theater, but are very serious and the interns have to understand that,” Warren said.

The intern for the production can receive college credit for their internship.

They also receive the internship position, the student will need two letters of recommendations, one from a professor at Highline.

To apply for the acting position, a resume and headshot will be needed.

All paperwork should be e-mailed to breederstheater@aol.com.

The production of Withering Heights will run July 16, 17, 21, 23, 24, 25, 28, 29, 30, 31 and Aug. 1.

All shows will be at 7 p.m., with the exception of the shows on July 25 and Aug. 1, which will be at 2 p.m.

Tickets will go on sale this Saturday, May 1 and are $20, which includes the show, wine tasting and hors d’oeuvres.

Tickets can be purchased at E.B. Foote Winery, 127-B S.W. 153rd St., Burien.

They can also be purchased at Corky Cellars, 22511 Marine View Dr., Des Moines.

Tickets can be purchased at www.auburnsymphony.org or 253-887-7777. Tickets are $50 per person.

The Auburn Symphony is having its seventh annual fundraising celebration with an event featuring wine, food and music on May 15.

All money raised will go toward supporting the symphony during the rest of the year.

The Auburn Symphony is a not-for-profit organization, which means all of the money will be used at some point, since they do not look for profit.

“We are having a silent auction. Items that are on display include baskets of goodies and wine,” said Lee Valenta, general manager of the Auburn Symphony.

“This is our seventh annual event and it’s always a lot of fun. Many people like wine tasting, good food and the fun of the auction.

“For this annual event, we are having over 150 people.

At the end of the evening, we also have a jazz group playing so people can dance,” Valenta said.

“This year, the Meridian Valley Country Club in Kent is our host and we’re presenting three terrific wineries: Fidelitas, Walter Dacon and Dunham Cellars.”

“Charles Hoppes of Fidelitas is one of the most respected winemakers in Washington state. Walter Dacon makes Rhone-style wines, including an award-winning Syrah, and Eric Dunham produces some block-buster wines,” he said.

Cellist Brian Wharton and violinist Yuriy Mikhilin will play music from Mozart’s opera Don Giovanni and Fiddler on the Roof.

“Besides grants, individual donations and ticket sales for our concerts, an event like this is an opportunity to have a good time and raise a little money for the Auburn Symphony,” Valenta said.

“People will be able to buy items and experiences at the silent auction and donate outright to the symphony.

“We want people to come here to support the symphony, the event is basically a fun way to end our season,” he said.

The event will be Saturday, May 15 at 6:30 p.m. The Meridian Valley Country Club located 24830 136th Ave. S.E., Kent.

Tickets can be purchased at www.auburnsymphony.org or 253-887-7777. Tickets are $50 per person.
There’s a new professional football team in town, and they play right down the road from Highline.

The Kent Predators are a first-year team in the Indoor Football League. They play their home games at the ShoWi are Center in Kent.

However, halfway through their first season, the arena is already empty of home games. Not many people know the Predators even exist, let alone go through the turnstiles on the weekend.

While the games are not quite worthy of being mentioned in the same breath as the Seattle Seahawks’ games in terms of talent on display, they are just as entertaining as the National Football League.

And unlike the Seahawks, the Predators actually win every now and then, which is no small feat for a first-year team in any league.

The Indoor Football League, as the name suggests, is played exclusively under a roof, on a field the size of a hockey rink.

The ShoWare Center has been partially remodeled for the Predators season, with the normal hockey Plexiglas removed and serious padding added to the bottom half of the hockey boards for instances where players are tackled into them.

The remaining hockey accommodations only add to the excitement of the game, with players making spectacular catches, keeping their feet on the field and reaching into the stands, before inevitably being tackled by an opponent, sometimes into the laps of spectators.

Teams in the league have home games throughout the country, from the Fairbanks Grizzlies in Alaska to the Maryland Maniacs in College Park.

The IFL playing field is 50 yards long and puntling is not allowed. Instead, place-kickers try to split the uprighs – which are normal-sized and hang from the ceiling instead of protruding from the ground – on any fourth down the team doesn’t try to convert.

Players on the squad are from all over, and every one of them played college football. The Predators have one player from each of the following Washington schools: Western Washington, Eastern Washington, Central Washington, University of Washington and Pacific Lutheran.

These players have talent, too.

In a home game on Friday, April 9 against the Alaska Wild, the score went back and forth between the two teams until the very end. The Wild were up by one point with eight seconds left in the game.

Predator De’Mail Hardin, a 6-foot, 180-pound kickoff returner from Stillman College in Tuscaloosa, Ala. tracked down a kick in his own end zone and took it 54 yards to give Kent a 59-54 victory, their first home win in franchise history.

The small but impressive crowd clapped their approval as the final seconds ticked down.

Many of those fans stayed in the building after the game for the team’s annual autograph session, which usually involves at least 10 players. During the week, the team holds other public appearances at various sponsor locations.

The players are as appreciative as the fans for these opportunities to interact.

As IFL players, they don’t make a ton of money. Not many of them drive Mercedes or BMWs. The team provides a modest salary during the season, along with room and board, but as the saying goes, these players are clearly in it for the love of the game.

So it might not be the NFL, but the Predators pride themselves on being accessible to fans, which may be more valuable to young people looking for role models than unreachable stars they only see on television and never meet in person.

“For those little kids to be able to walk up and get a signature from every one of those guys is big,” said Matt Caldwell, the Predators director of sales.

“Fans can feel like they’re in the game.”

For the most recent home game last Friday, April 30, the front office staff distributed 4,000 ticket vouchers to elementary schools in the Kent School District.

Awareness of this nascent team is slowly spreading throughout Southeast King County.

“[Our biggest obstacle] is just getting our names out there and our logo out there for everybody,” Caldwell said.

Anybody who goes to a Predators game and enjoys it would bring a friend next time, Caldwell said. With little advertising, word of mouth will help immensely.

At the end of the season, players will go back to other jobs. Director of Sales Caldwell will go back to being a full-time realtor.

The team will gear up for the start of their second season in March 2011, hoping for more success and a larger fan base that usually follows as a team gains experience and picks up steam.

Raiders they hope, not before finishing off their first year with a winning record, a deep run into the playoffs and giving fans a chance to experience an exciting style of football.

Remaining Predators home games are: Friday, May 14 against the Fairbanks Grizzlies, Saturday, May 29 against the Billings Outlaws and Friday, June 4 against the Tri-Cities Fever.

They are currently 3-5 and hold third place out of five teams in the Pacific North Division, which includes Kent, Billings, Fairbanks, Alaska and Tri-Cities.

Tickets for this year’s Sports Night & Auction include a catered dinner from Famous Dave’s Bar-B-Que as well as both a live and silent auction which will take place throughout the course of the night. The auction is a variety of items which not only pertain to sports, local business have also donated items as well to support the Parks & Recreation’s efforts to raise money. The Kent Predators Walner Leandre, right, tries to tackle Tri-Cities Fever’s Tyson Thompson at the ShoWare Center on April 18.

Kent Predators Walner Leandre, right, tries to tackle Tri-Cities Fever’s Tyson Thompson at the ShoWare Center on April 18.

Tickets for this year’s Sports Night & Auction are $50 per person and $75 for couples.

To order tickets, please contact the city of Des Moines at 206-870-6527 or visit http://www.desmoineslegacy.org/2010.htm for more information.
Highline's Kayla Carlisle connects with the ball during an doubleheader against Pierce last Monday.

Lady T-Birds fastpitch shining brighter as season nears end

By BRIAN GROVE
Staff Reporter

This spring hasn't been the best weather for fastpitch, but the sun is finally showing a little on the Lady T-Birds.

Highline won its second in-league game against Centralia on Tuesday, May 4, splitting the doubleheader, losing the first 11-1, but winning the second 3-1.

Highline pitcher Faith Baldwin said although a game like this should have come much sooner it was still satisfying.

"This is what we needed as the underdog team. Another win against a pretty solid team, showing us that because we have limited amounts of players for certain positions, we can still win and have fun," she said.

"[After losing the first game] we turned around and shoved it back in their faces by almost shutting them out. It was beneficial to us," he said.

"This is the worst place to play softball. Last year in high school we didn't get our season in until the beginning of May because it was raining so much. It's terrible, easily rained out."

"It's definitely a challenge," said Coach Gary Graf. "You definitely never want a single pitcher to be stuck with three games in a row, so that's just from lack of experience that you need."

Baldwin grew up in the Northwest and played softball most of her life. She said it's an awful place to play from a weather standpoint.

"It's the worst," she said.

"This is what we needed as the team's getting better," he said.

"Over the weekend, Highline dropped two pairs of games against Green River, 9-3 and 8-3 and South Puget Sound, 12-0 and 4-3. On Tuesday, May 3, Highline played Pierce and lost 8-4 in the first game. Last time the Lady T-Birds went up against the Raiders, they were mercy-ruled in both games, beaten by at least 10 runs or more in five innings.

Graf said this game was evidence of improvement. "They're just flat [out] getting better. They played great this weekend."

"Her speed was up, the ball was spinning good. She's getting better also. We're getting the opportunity to play outside and playing a lot of games and that's how you get better, you get the experience that you need."

Unfortunately, the Raiders turned up the heat in the next game and forced the Lady T-Birds, 21-2.

Also over the weekend, starting pitcher Chau Vo sprained her ankle playing basketball.

Sable Moton, who played catcher for three years in high school, but only one other time this season, filled in for Vo. Moton said catching can be stressful, but she likes the position nonetheless.

"It's a lot of pressure that I haven't been able to practice catching in the gym or outside, or her [Baldwin's] balls. So going into the game I was kind of nervous, especially with my throwing-downs. Other than that, blocking the ball could be a lot of pressure, but so far I'm having fun and blocking the ball and I think I'm doing good," she said.

"It's the worst," she said.

Graf said he was pleased with the adjustments Moton made.

"I was pretty impressed," he said. "I mean, we have not worked Sable that much this year at catcher, but man, she cowboys up and she did a good job. For not having a lot of time behind the plate, her transitions were a bit weak, but I mean that's just from lack of experience and not throwing her, but she stopped the ball pretty well and Faith was keeping it in the zone so it worked out, she did real well."

Highline will wrap up its season with the rest of its games at home, against Grays Harbor, May 7 at 2 and 4 p.m. and Pierce, May 8 at 2 and 4 p.m.
Composting is great for your garden and is easy for anyone to do at home.

Compost is a mixture of decayed plants and other organic matter that is used to fertilize and enrich your soil. It is helpful in having a healthy garden that yields bountiful crops.

Compost can be found in your local garden center but you can save yourself a trip to the store and save money by making your own compost pile at home.

All you need to get started is some knowledge about the different processes and the basic building blocks for putting your compost together.

You first need to understand the difference between green materials and brown materials. Green materials are basically yard waste items. For example: fresh grass clippings, fresh garden trimmings, weed leaves, stems and flowers. You can use all items that are not diseased.

“Do you not want to add plant parts that are diseased or infected since the compost pile may not heat up enough to kill the diseased organisms,” said Susan Littlefield, horticulture editor for the National Garden Association.

You can keep track of the temperature of your compost pile using a compost thermometer. You can find one at your local garden center.

Once you have done that, mix and spray materials with water until they glister. You can also mix and moisten materials as you fill the bin. Repeat this process until all of your materials are moistened.

You are ready for your compost to begin breaking down the materials. You will want to check the compost pile once a week. Check the temperature of the pile using a compost thermometer or by touching it with your hand. If the pile is cool, it means it is time to turn it.

This process only takes about a month to complete. It is ready when most materials are dark, crumbly and sweet smelling.

“Cold composting is fine for gardeners that may not want or need finished compost quickly, and mostly are looking for a way to manage or store the organic wastes they generate from gardening,” said Golbuff, master composter and soil builder with Seattle Tilth.

This process takes anywhere from six to 18 months. All you need to do is put both green and brown materials in a pile as they become available and add water.

As mentioned above, either method can be piled in the open air or placed in a box. There are a few simple rules to follow, no matter which way you decide to hold your compost.

“You want the materials in the pile to be able to breathe and have access to oxygen,” Golbuff said.

If you have an airtight container the materials will have a harder time breaking down efficiently, as oxygen is necessary for efficient aerobic decomposition, he said.

“The only drawbacks to an open air pile are they will be less tidy and they are vulnerable to pest and rodent infestation,” Golbuff said.

You need to make a decision based on what is best for your individual garden needs and layout.

If you do decide you would like to build a compost bin, there are a variety of options for building materials. Some examples include: wood, hardware cloth, cinder blocks, chain link fence and metal meshing.

The basic requirements for any compost box are: air circulation, structural integrity and accessibility.
**START FAST/FAST START**

**A breakfast you won’t be able to skip**

By SARA ROSARIO
Staff Reporter

If you can’t seem to find the time to make breakfast every morning make these cookies on the weekend and eat them up throughout the week. To make these convenient cookies you will need: 1 cup firmly packed light brown sugar 2 1/2 cups plain rolled oats 4 cups all-purpose flour

1 tablespoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1 1/2 teaspoons ground cinnamon
1/2 cup canola oil
1/2 cup applesauce
2 tablespoons water
5 egg whites
1 1/2 teaspoons vanilla extract
3/4 cup dried cranberries
3/4 cup chopped pecans
1/3 cup chopped dried apples
Start by preheating your oven to 350 degrees.

Then, line a baking sheet with parchment paper and set aside.

Next, combine the brown sugar, oats, flour, baking soda, baking powder, salt and cinnamon in a large mixing bowl.

Stir in the oil, applesauce, water, egg whites, and vanilla.

Lastly, add the pecans, cranberries and apples until well incorporated.

Drop the cookie batter by the tablespoonful onto the lined baking sheet.

Move the baking sheet into the preheated oven and bake for 8 – 12 minutes or until golden.

Remove cookies from the oven and allow to cool on wire racks.

Store completely cooled cookies in an air tight container to enjoy later.

For a twist on this recipe you can substitute different nuts for the pecans, such as almonds or walnuts.

You can also substitute the dried apples for any other dried fruit, such as dates or mangoes.

To prolong the convenience of this recipe, make an extra batch and freeze them for later.

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**Knobby joints may indicate osteoarthritis**

**DEAR DR. DONOHUE:** I’m beginning to get little knobs on my finger joints. I believe this is arthritis, and I have seen it in the advanced stages. What can I do to prevent it from worsening? Anon.

**ANSWER:** The knobs on the finger joints below the fingernail are Heberden’s nodes, named after an English doctor who died at the start of the 19th century.

Knobs on the middle finger joints are Bouchard’s nodes, named after a French doctor who died in the early years of the 20th century.

Both of these knobs are signs of osteoarthritis—the common kind of arthritis and the kind that most seniors have at least a touch of. They’re similar to bone spurs seen on backbones and other bones, another consequence of osteoarthritis.

Osteoarthritis comes from fraying of the cushioning cartilage inside joints. How extensive or how incapacitating it will be is unpredictable.

Many people swear to the effectiveness of chondroitin and glucosamine, both of which are available without a prescription, and often they come in combination. Not a lot of evidence exists to endorse them wholeheartedly, but if you want to give them a try, they won’t hurt you.

**Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write to him or request an order form of the newsletter.**
Strengthen your upper body with shoulder raises

By DARIN SMITH
Special to the Thunderword

Your shoulder muscles may have less show-off potential than a set of bulging biceps or the nice six-pack of abs; however, they are extremely important since they assist and stabilize most arm movements and upper body exercises.

The shoulder muscles are called deltoids (or “delta” in gym slang) and consist of three parts: the anterior (front section), middle (center) and posterior (rear) deltoids.

One of my favorite ways to work each section of the deltoids is by doing shoulder raises with dumbbells.

Anterior Deltoids: Front Raises
Front raises use all three parts of the deltoids, but focus mainly on the anterior deltoid and also utilize the upper portion of the chest (pectoralis).

A person should start by selecting a set of dumbbells that have enough weight to be challenging, but that allow proper form for a set of 10 to 20 repetitions.

Shoulder muscles are smaller than most other muscles, so dumbbells in the range of 5 to 15 pounds are appropriate for most people, depending on your size and experience level.

Standing with feet shoulder-width apart, grasp both dumbbells with an overhand grip (palms facing down) and allow them to rest on the front of the thighs.

Keeping your body upright with your head facing forward, lift both fully extended arms up in front until they reach eye level, exhaling throughout the movement.

To finish, slowly lower the arms back down to the starting position while inhaling.

Middle Deltoids: Lateral Raises
Lateral raises are a good general shoulder exercise that targets the middle deltoids and parts of the trapezius (upper back) muscles.

Start with your feet apart, back straight, and the arms hanging straight at each side with dumbbells held in an overhand grip.

There are several variations on this initial position: some people like to hold the dumbbells to the side, some hold them behind the body, and some prefer to hold the dumbbells in the front.

Each person has a different physical structure, so find the initial position that is most comfortable for you.

From the initial position, slowly raise the arms to a horizontal position with the shoulders while exhaling.

Your arms should be extend-
ed during the movement, but they should have a slight bend in the elbows so the joints are not locked out.

After reaching the horizontal position, slowly lower the weights to the original position while inhaling.

It is important to note that a person could raise the dumbbells above the horizontal position to a higher end point past the shoulder level; however, this will isolate the upper and middle parts of the trapezius and will focus less on developing the deltoids.

Posterior Deltoids: Bent-over Lateral Raises
This exercise is almost exactly like the previous lateral raise except it is done in a bent-over position to emphasize the posterior portion of the deltoids and also work the upper back.

Stand with your legs apart and the knees slightly bent and then bend forward at the waist with your back straight.

Maintain this bent-over position and start with arms hanging down in front with a slight bend in the elbows and an overhand grip holding the dumbbells next to each other.

Raise the arms horizontally to shoulder level while exhal-
ing.

To finish, slowly return the arms to the starting position while inhaling.

Some Variations: If you’d like some support for your body, the front and bent-over raises can both be done while lying face-down on an incline bench if desired.

Although I focused on using dumbbells for each of these raises, they can also be done with a cable machine as well, and the front raises could be done with a barbell if needed.

Lastly, to add some intensity to each exercise, try holding an isometric (static) contraction at the end of the movement (with the arms at horizontal) for a few seconds during each repetition.

Safety Concerns
• Avoid overloading the shoulders with heavy weights. Small weights and lots of reps are a better focus for the del-
toids.
• Don’t flap your arms like a bird. These movements should be done in a slow and controlled manner throughout the full range of motion.
• Keep your back straight for each position (avoid twisting or arching it). If the bent-over raises hurt your back, consider using a bench for support.
Women’s Programs and Workfirst Services recognized the accomplishments and perseverance of women at the 28th annual Women in Action award ceremony. The award is given to women who have overcome obstacles and accomplished great things in their time at Highline. Winners of the award are nominated by staff, faculty and students who feel they are deserving of the award.

The women honored this year included: Jenee Stanfield, Dena Dillon, Elma Malulu, Nastassia Williams, Kristina Mason, Nancy Warren, Alice Madsen, Phuong Tran, Nadia Cheban, Lan Chau, Fawn Saefong, Vy-Hoa Le, Lisa Stenger, Van Nyugen, Van Quach, Lisa Carlson and Mayce Abdulwahab.

Each woman was honored during the Tuesday, May 4 ceremony.

• Jenee Stanfield was nominated by Rosemay Adang. “She is a motivator and uplifts the quality of the whole class,” Adang said. Stanfield is the lead consultant at the Writing Center, a Highline graduate and is currently attending Seattle Pacific University.

• Dena Dillon was nominated by Toni Castro and several others. Dillon is the executive assistant to the vice-president of student services. “She inspires and has taught me to be independent,” said Chayuda Overby, a co-worker.

• Elma Malulu was nominated by Neeli Abbasi and friends. Malulu is a Highline student from Tanzania, who moved here two years ago, without her family. She hopes to become a journalist and work for CNN. “I am very honored and I want to encourage everyone to fulfill their dream,” Malulu said.

• Nastassia Williams was nominated by Karen Spaulding. Williams is a single parent of three children and has worked her way off of welfare. She juggles her job, classes and motherhood successfully and with a great attitude, Spaulding said.

• Kristina Mason was nominated by Patryce Bernhard. Mason is the director of the Welcome Back Center and assists immigrants with medical field experience backgrounds and streamlined educational services, in order to gain employment in medical field in the United States. “She is a woman who will walk you to where you need to go, instead of just pointing you in the right direction,” Bernhard said.

• Nancy Warren was nominated by Alice Madsen and Jennifer Granger de Huerta. Warren is the program coordinator of the Hotel and Hospitality program, promoter of the arts, community activist and volunteer. “She is a barrier remover for other people,” Madsen said.

• Madsen herself was nominated by Jeff Wagnitz. Madsen is the dean of instruction for professional and technical programs. “She brings a deep sensitivity to the issue of equality and it is no wonder people are willing to follow her,” Wagnitz said.

• Richard Bankhead nominated 11 of his engineering students. “We usually send 20 of our students to universities and out of those 20, only three are women. It is a privilege to announce we are sending 10 women to various universities,” Bankhead said. Bankhead is an instructor in the Engineering Department.

All of the woman plan on working in a range of engineering professions, including electrical, industrial, civil and aeronautical, to name a few. “It has been a privilege to have them in class and I am the luckiest instructor on campus,” Bankhead said. All of the women were given a framed certificate to commemorate their day of honor and a small gift.
Mathematical Science Seminar coming Friday

Mathematics will be the focus of Science Seminar this Friday.

Science Seminar is a weekly series of presentations on science-related topics. This week mathematics instructor Dusty Wilson will present on the philosophical side of mathematics.

Dr. Eric Baer, Science Seminar coordinator, explained it will focus on mathematical debates, such as whether mathematics is created or discovered. Wilson wants to expand this topic into the classroom.

Most teachers unknowingly pass on their own opinions of these debates to students without realizing it.

“He [Wilson] is interested in ways to incorporate these deeper questions into your classes like Math 97,” said Baer.

Thus students can form their own opinions on the subject.

The seminar will be this Friday in Building 3, room 102 from 2:20 to 3:10 p.m.

Activists tell a cautionary tale about violence

By VICTORIA SADDLER  Staff Reporter

The circumstances of your life doesn’t have to lead you to a life of violence, two Outreach workers from the Metrocenter YMCA said. They presented last Thursday, April 29 as a part of the Unity through Diversity week.

Marquis White and J’Quai Holiday said several risk factors exist that leave a person more susceptible to violence, such as unhealthy family relations, guns, drugs, alcohol, violence toward women, destructive language, valuing material over people, relationships based on shame and fear and a “don’t give a f--- attitude.”

Holiday then explained how little things add up to violence. He compared it to a balloon, slowly filling until it bursts and how, “[A] lot of our youth have full balloons.”

Holiday and White said like a disease, violence has several sources. Factors such as bad advice, bad instruction and bad information all contribute to the spread of violence.

“[Violence] acts like a disease and works like a disease. So we treat it as one,” Holiday said.

Meanwhile, J’Quai Holiday said as a youth, his mom grew tired of him asking for money, so she taught him how to sell cocaine.

“Whatever you put your time in on, that’s what you get good at,” Holiday said.

He started off with cocaine and went on from there, never thinking that he would end up in jail. Upon his release, as part of his community service, he had to volunteer for the Boys and Girls Club by teaching the kids about violence and what he had encountered.

White did this a couple of times and realized he wanted to help each and every kid, so they wouldn’t make the same mistakes that he did.

The advice Holiday and White give to youth is to talk to someone; don’t always keep it inside. They urged young people to stay in school and be different.

Young people should remember someone is looking up to them and think about how it would feel if those looking up to them made the same mistakes.
Acidic oceans threaten environment

By MAX DUBBELDAM
Staff Reporter

Too much carbon dioxide is destroying the world’s oceans, said a Highline professor last week.

Highline Oceanography Professor Rus Higley spoke about ocean acidification at the Science Seminar on Friday, April 23. Higley is also the director of the Marine Science and Technology Center (MSTC).

“We hear a lot about global warming and the consequences for that. One of the newer consequences is ocean acidification,” Higley said.

“In some regards, ocean acidification makes climate change look like nothing. This is potentially more harmful than climate change, so that’s something to be aware of and think about.”

Higley said about one-third of the carbon dioxide in the atmosphere gets absorbed by the oceans. It was initially thought that it would be a good thing in regard to photosynthesis. Recently, however, scientists have found the increased carbon dioxide is starting to create larger, more significant problems.

“It’s kind of like when you get sick, you start seeing symptoms before you truly get it,” Higley said. “We’re starting to see these symptoms and, hopefully, it’s not too late.”

Higley said the effects of ocean acidification are already felt in Washington state. He said the oyster farms, which contribute about 20 percent of the oysters in America, had a complete collapse of baby oysters in 2005. The oyster farmers thought it was just a bad year, but there’s been a collapse every year since then.

“This is caused by this process — oceanic acidification,” Higley said. “So with just oysters alone, we’re looking at the loss of thousands of jobs here in Washington, millions of dollars in taxes and an entire industry potentially may be done in the next multiple years if they don’t figure out how to fix this.”

Higley said the driver for this process is caused by carbon dioxide emitted by the human population.

“We can actually measure where the carbon dioxide in the atmosphere came from and we know that it’s from burning fossil fuels,” Higley said. “So there’s no doubt about that.”

Higley said that carbon dioxide dissolves into seawater and forms carbonic acid, which then breaks down and releases hydrogen atoms.

The added hydrogen atoms have decreased the pH of the ocean by approximately point one.

“It’s important to know that small numerical changes are very, very serious for life and other systems,” Higley said. “We’re not just talking a tweak here; we’re talking a paradigm shift.”

The decrease of the pH has altered the amount of saturation of calcium carbonate in the world’s oceans, which is affecting the creatures that use it to create shells.

“There are two kinds of calcium carbonate out there. One’s called calcite and one’s called aragonite. Different animals use different percentages of these,” Higley said.

He said many of the smaller animals that use calcium carbonate to create shells are at the bottom of the food chain and, “If we remove these, that’s kind of a problem.”

Algae, sponges, echinoderms (sea stars and urchins) and oysters are creatures that use calcium carbonate. Aragonite is used by most of the rest of the bi-valves: mussels, clams and goodeaks as well as coral reefs.

Higley said some of these creatures are more susceptible to the dissolving of the acids than others. He added that if a creature depends on it, it makes it harder and harder for the creature to survive in this changing environment.

He said out of all the species that involve using the calcium most creatures’ populations are in decline, except for species that use photosynthesis. However, even though they photosynthesize better, their shells won’t survive.

Higley said even though the changes in the ocean will drastically alter oceanic life, there will be creatures that survive.

“Something will adapt; they say that the rats and the jellyfish of the oceans will be some of the survivors, but the fish that we rely on will be gone,” he said.

Higley said there’s a lot of talk about geo-engineering being the thing that will fix the carbon dioxide problem. He said geo-engineering contains large-scale tweaks to the system.

“There is something that we do to lower the temperature that doesn’t involve the carbon dioxide from the system is inherently a Band-Aid,” he said.

Welcome Back Center helps health care students

By ALISA GRAMANN
Staff Reporter

In a little over a year, the Puget Sound Welcome Back Center has helped more than 300 internationally-trained health care professionals start back into their professions.

On average, the Welcome Back Center obtains 17 new participants each month. In March 2010, two of the medical doctors learning at the center were matched for residencies. At Highline, international health care professionals who have been trained in their home countries can use the resources at the Puget Sound Welcome Back Center.

“Everyone is saying there is a shortage of nurses and doctors, but no one is hiring,” said Kao Searchao, the educational case manager at the Welcome Back Center.

Health care professionals, both local and international, need to get high scores on their tests to get residency because the competition is tough. Clinical experience is also something these professionals fight for because it is required, but hard to get unless they personally know a doctor who is willing to help them.

Before an international health care professional can pursue a career in the U.S., they need to get their records from their home country, get the documents translated, if necessary, then have the documents evaluated to be sure the professional is ready to pursue their career.

Benjam Alemu was trained to be a doctor in Ethiopia before he came to the United States. He studied in the Highline Library before a friend told him about the Welcome Back Center, but he didn’t know where it was located.

“This is a problem many international professionals face — they have been trained in their home country, but when they arrive in the U.S., they don’t know where to begin again. The Welcome Back Center provides a checklist of sorts, outlining everything these health care professionals need to do to get residency.

“It’s not a shortcut,” said Kris Mason, director of the Welcome Back Center.

After two years of hard work, more than $2,000 and an intense three-week wait, Alemu had completed all of his tests and was ready to pursue residency.

“The biggest obstacle would probably be financially,” Alemu said.

Aspiring health care professionals have to pay their own way through the series of tests they have to take. Not every one passes the tests on the first try, which means expenses can stack up.

Another obstacle is the training discrepancies. In Ethiopia, Alemu went straight from high school into medical school.

“We have to catch up on a lot of things,” he said.

When international professionals come to the U.S., they have to adjust to new procedures and new training.

Marta Melendez, another of the Welcome Back Center’s professionals, heard about the center through her English as a Second Language class.

She worked in El Salvador for 16 years before coming to the United States, where she started working on becoming a registered nurse.

“I studied for six years in El Salvador, and the classes I took here were more of a review,” Melendez said.

She spent an additional year studying with textbooks, CD-ROMs and practice tests. A few days after she had taken the test, Melendez had her results back, and she was in the 90th percentile of people who pass on the first try.

“The language barrier was definitely the biggest obstacle. I had studied in El Salvador, so I knew a lot of the information already, but I didn’t know how to apply it when it came to English,” Melendez said.

She said the Welcome Back Center helped her with the language barrier by teaching her the medical terms in English, and also by helping her improve her communication skills.

In the beginning, the Puget Sound Welcome Back Center offers a support system that produces a high success rate, introducing many new licensed health care professionals to the public.

The Welcome Back Center can be visited online at www.welcomeback.highline.edu or on campus in Building 19, room 103.
Don’t hide racism, prof says

By ADRIAN SCOTT  
Staff Reporter

Many white college students use racism with and without knowing it, a professor said here last week.

Leslie H. Picca talked about Backstage Racism: How Nice White Students Perpetuate the Racial Hierarchy, as a part of the Unity through Diversity events on April 29.

Picca is a professor of sociology at the University of Dayton in Ohio.

Throughout Picca’s presentation, she talked about the difference between frontstage and backstage racism and how they are used within universities.

“Frontstage racism is in your face racism, making it more noticeable,” said Picca, while backstage racism happens between people of the same race.

Picca over the years has gone to many colleges collecting journals from white college students.

“We asked students to write anything they come across that was or seemed racist,” Picca said.

She was surprised after reading what some of the journal entries said.

One incident Picca brought up was when a white student brought her black friend to her apartment and her black friend was greeted on every floor by white residents.

“This was an incident of frontstage racism,” Picca said, “residents going out of their way to greet the black girl to show that they weren’t racist.”

Picca also gave examples of backstage racism that students included in their journals.

An incident of backstage racism was when a student was invited to a “Wear Your Mexi-Stash to [a woman’s] Birthday Bash.”

The guests were told “if you can grow facial hair you are required to grow out your finest Mexi-Stash,” Picca said.

“You could only imagine no Latinos were invited to this event,” said Picca.

“With the 1,000 journals there was only one account where somewhat stepped up and said it was wrong,” Picca said.

“If more students don’t step up and realize these jokes are wrong, nothing is going to change,” Picca said.

Festival returns with high school hordes

By VICTORIA SADDLER  
Staff Reporter

Highline’s Outreach Services will be hosting the Annual Spring Festival on Friday, May 21, for current and prospective students.

“This is an event that is put on for the benefit of high school students as well as current Highline students,” said Tanisha Williams, program coordinator.

Activities will include a job and career fair, college fair, several college and career-related workshops, campus tours, live entertainment, a BBQ lunch, and contests, Williams said.

Spring Festival gives students the opportunity to visit with representatives from over 30 in and out-of-state colleges and universities as well as over 40 employers from the area, while attending various workshops and enjoying lunchtime activities, Williams said.

Highline has been hosting the Spring Festival for 12 years now. Highline is hoping students will make Highline their number one choice Williams said.

The number of students who participate in the Spring Festival ranges from 500 to 1,000 each year, Williams said.

“We sent invitation out to Highline, Kent, Auburn, Seattle, and Federal Way school districts,” Williams said.

The colleges and universities that are coming include:

City University, Seattle Pacific University, Bastyr University, Northwest University, University of Phoenix, Embry-Riddle, University of Washington-Tacoma, International University of Nursing, Johnson and Wales University, Saint Martin’s University, The Evergreen State College-Tacoma, University of Washington-Seattle, South Seattle Community College Bachelor of Applied Science in Hospitality Management Program, Central Washington University, University of Idaho, Cornish College of the Arts, Art Institute of Seattle, Argosy University, Pacific Lutheran University, and Washington State University-Pullman.
New clubs cover arts, music, philosophy

By EMILY INNOUVONG
Staff Reporter

Highline students have started three new clubs this Spring Quarter: Astronomy, Alethia-Philosophy, and Musicians’ Club.

The Astronomy Club is a place for students who share the passion and interest of observing the sky and who are eager to increase their knowledge about the universe’s mysteries,” said Ali Salim, the president of the club. “The club will not follow the scientific approach to introduce astronomy to students, as it may be difficult and ambiguous.”

The club will be focusing on more of what interested the students, such as the galaxy, solar system and providing information of how those work at.

Salim said he plans to take students on field trips to the University of Washington observatory and the planetarium as well the Pacific Science Center. He has also arranged to have

one of the officers of the Seattle Astronomical Society to visit and give a presentation.

Salim said he began the club to share his passion for astronomy with others and to change the perception of what students may already believe.

“The fun part in astronomy is observing; when you observe something and compare what you saw to the information you already knew, you’ll feel great,” he said.

A set date and time for meetings have not been determined.

The Musicians’ Club is a place to “join minds, skills, experience and to meet and work with other musicians to better the world for music,” said Jeremy Vajko, president of the club.

The club welcomes anyone who plays an instrument and to anyone who wants to learn how to play. Not only instrument base but lyrical and singing.

There are no limitations to instruments and a variety of styles are welcomed.

Vajko plays mainly the guitar, but said he is willing to help others and bring others in to help each other with music. A couple ideas for club meetings are possibly putting together a concert or entering a competition.

The Musicians’ Club is mainly for networking and whoever shares a passion for music and who wants to learn to teach others to become better or even create a band. Anything is possible.

Meetings haven’t been set yet but, they are planning on Tuesdays between 1-2 p.m.

The Alethia-Philosophy Club is a place for people to gather and share their passion for philosophy.

Alethia means “truth” in Greek and philosophy means “love of wisdom,” said Darren Faber, vice president of the club.

The three main categories of philosophy that will be discussed during club meetings are epistemology, ethics, and metaphysics.

Epistemology is “how do we know what we know? How do I know I’m standing here talking about money,” Balkenende said.

There are now available at Highline’s scholarships are awarded to students with a 3.5 or better cumulative GPA. This application is due by May 12; the form can be picked up from Teri Balkenende in Building 11, room 203.

“This will allow students to go to school without worrying about money,” Balkenende said.

But Highline is not the only way a student can gain scholarship money.

There is an abundance of donors online that can be found with some searching. Highline student Kevin Suh, who will be transferring to a university after this quarter, said that he spends two hours a day surfing the web for available scholarships and filling out applications.

“I usually set a goal to get about four to five scholarships completely done every week,” Suh said. “I have gotten a few of the smaller ones and they actually begin to add up and make a big difference.”

Highline’s scholarships are very useful to a variety of students, whether they be incoming freshmen or graduating seniors.

“I honestly didn’t ever think about applying for scholarships to help pay for Highline. I just figured I would work to that when I transferred to a university,” Highline student Alan Kim said.

Both Stephenson and Restrepo advised that students plan ahead and try to get scholarships in before the actual deadline.

The “biggest problem” I see with students is when they miss the deadline for an application,” Restrepo said. “Always double check dates and don’t procrastinate.”

The “1=60 Foundation” is a rare opportunity, Suh said, that he has not seen from any other source. Restrepo added that it is important that students take full advantage of it.

“You have to play to win,” Restrepo said.
Des Moines eyeing economic development

By DANIEL HOWELL
Staff Reporter

The city leaders of Des Moines are looking for ways to breathe new life into the local economy.

City leaders generally agree that Des Moines is lacking in employment and retail opportuni- ties.

This makes it difficult for them to collect revenue from businesses.

Currently Des Moines has the worst tax base of any city with a population of over 20,000 in the state.

Last month, they held a lead- ership conference to discuss ways to expand business opportu- nities and bring in more mon- ey, specifically to the downtown area.

“We spent a long time talking about special events,” said Des Moines City Manager Anthony Piascecki.

The city leaders of Des Moines are trying to close, if not identical, the road to attract business to a 90-acre patch of land that’s across the street from the post office on south 216th street.

The land is a former neigh- borhood that was bought by the Port of Seattle in the 1970s because of its location directly beneath the flight path, but the city retains ownership of the ex- isting roads.

“We have been working with the port for four or five years to develop it into a business,” Pia- secki said.

Past plans included bring- ing in large retailers Costco and Home Depot, and California developer Majestic Realty was brought on to develop the site.

After the financial downturn of 2008, Majestic walked away from the project and the land continues to sit unused.

The city is hoping that will come to an end in the near fu- ture.

The Federal Aviation Admin- istration is considering using the land to build 500,000 square feet of office space.

The city is excited about it,” Piascecki said. He predicted that it has the potential to bring up to 2,000 jobs to the area and the land will not run for any business considering the area.

Currently, federal officials are considering Des Moines, Sea Tac, Tukwila, Renton and Kent and will make a decision by the end of 2010.

If they choose Des Moines, the new FAA office would be built by 2014.

Mayor

Continued from page 1

out three weeks before the elec- tion, basically the end of July. So this election will take place in about two and a half months, I think it exactly timely,” said Ferrell.

City Council members Ko- chmar and Park are more recent declared candidates and neither has started their fundraising full speed. Both have more than 10 years of experience in Federal Way politics.

“I understand what is needed in government and I believe my experience will help,” said Park.

Ferrell, the only candidate with no mayoral experience, discounted the position as not equivalent or comparable to the new elected mayor position.

“I get lots experience to draw from, but ultimately the desire is to have the mayor is not equivalent,” Ferrell said.

Park is a member of the Highline Foundation Board of Directors and has served the school for many years.

“Highline is basically my neighbor and even though the Federal way campus closed last year, they are still part of my community,” said Park.

He owns Midway Dry Cleaners lo- cated on Pacific Highway South by Building 99.

Neither Priest nor Kochmar responded to requests for inter- view.

“But with the four in the race right now Skip Priest has to be considered the front runner,” Ferrell said.

Mechanics

Continued from page 1

mechanic, Shams Quereshi, has joined the group.

“I am very happy to get this new position and I hope to stay here a long time till I retire,” said Quereshi on his first week of work. “I like to keep faces happy and keep students safe.”

Quereshi previously worked at Highline School District for an additional few years to get certificates as a control special- ist and air quality specialist.

Quereshi was born and raised in Pakistan and came to Ameri- ca in 1987. He has raised a fam- ily of four children and is enjoy- ing life here with his family. “I love going boating and fishing with my boys and just spending time together and cooking for the family,” Quereshi said.

Senior maintenance mechan- ics Will Chambers, who has been on the job for 13 years, said he is happy to have Shams right along with him.

“Every day we have different jobs and I learn something new every day,” said Chambers.

Chambers also said he is en- joying his time at Highline and is happy to still have his position.

“It’s a lot safer and cleaner environment than a refinery,” said Chambers who spent a lot of years working in plants, re- tiring and in the construction field as a carpenter and roofer.

“They need more money to func- tion effectively, they can petition the committee for more.

The S&A Budget Commit- tee is working with Highline’s administration to help fund ac- tivities that benefit the students, but doesn’t fall into the S&A ju- risdiction. This is the same ap- proach the committee took last year.

The committee is made up of students and faculty.

You need to have a blend of those and I think we have. There are 13 committee members.

The committee will be starting the final deliberation process soon.

Once the committee has agreed upon a budget and ap- proved it, it will get sent to the Student Government for ap- proval, then finally it will be sent to the Board of Trustees.

S&A

Continued from page 1

“Different budgets are re- quired,” Mar said. A small club does not need the same bud- get that the music department would need to be effective.

Budget allocations are look- ing to be close, if not identical, to what has been requested. The budget is expected to be more abundant than previous years because of higher enrollment rates.

“We are] mandated by code to have a certain level of contin- gency,” Mar said. Any money left in the fund is used as a kind of security, so that the money is available in the event that a group goes over budget. Simi- larly, if a group realizes that they need more money to func- tion effectively, they can petition the committee for more.

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Mechanics

Continued from page 1

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“I am very happy to get this new position and I hope to stay here a long time till I retire,” said Quereshi on his first week of work. “I like to keep faces happy and keep students safe.”

Quereshi previously worked at Highline School District for eight years as an electrician and at Renton Technical College for four years as a facilities special- ist. He also attended Renton Technical College for two years to receive his building and engi- neering degree and stayed for another additional few years to get certificates as a control special-
Weekly weather forecast

Polysomnography approaching national certification

By NEELI ABBASI
Staff Reporter

Highline’s polysomnography program is on the edge of receiving a national accreditation.

“It was a lot hard work, but we got through it,” said Nicki Bly, coordinator for the Polysomnography Technology program.

To earn the certification, they had to submit an 800-page report as well as visits and interviews of current students, faculty and recent graduates.

Highline will be one out of five schools in the nation to receive this level of accreditation if they get the approval in June.

“Getting this accreditation is not only good for our school, but also benefits the students who are in the program now. Because if we do get this, the graduating students won’t need to go through field training, but can get their medical boards directly and start working,” Bly said.

The polysomnography program has been at Highline for four years.

Polysomnography helps diagnose more than 90 known sleep disorders. Research has shown that many heart and respiratory problems are also caused by sleep disorders.

Students at Highline can complete a polysomnography degree in a fast-track program, which is 45 credits, or via a two-year associate of applied science degree.

Both tracks have similar requirements, which are demanding, Bly said.

“Only 16 to 20 students actually make it, and this is because we want the students to be able to have jobs as soon as they are done and in the location they live in,” she said.

Bly thanked a number of people, including Dr. David Brown, a local neurologist who comes on his own time to help the polysomnography team; Alice Madsen, who is the dean of professional and technical programs; as well as other faculty members and her students.

For information about the program, contact Bly at nbly@highline.edu or visit http://flightline.highline.edu/polysom.