

THE Highline Community College Thunderword

INSIDE

May 6, 2010
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Softball team playing through the weather/P10



Compost brings garden to life/P11

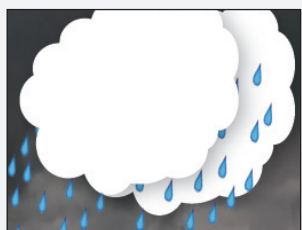


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Weekend Weather



Mostly cloudy on Friday, showers on Saturday and showers on Sunday.

For full forecast, see page 20.

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 re-

See S&A, page 19

Keeping watch over the campus



Chuck Kibbie/ THUNDERWORD

Highline senior maintenance mechanic Will Chambers plays an important role on campus.

Mechanics maintain campus

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 the job.

"We work until school closes and until everyone leaves for home safe," Chambers said. Most general maintenance workers work a 40-hour week. Some work evening, night, or weekend shifts or are on call for emergency repairs.

Highline has a team of five maintenance mechanics on campus.

Recently a new maintenance

Federal Way mayor race heats up

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).

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

See Mayor, Page 19



Skip Priest

See Mechanics, page 19

Crime and Punishment



Strong winds rip trees out from roots

Two trees fell down Monday afternoon, May 3, near Building 29 after a strong wind pulled the trees from their roots.

The trees blocked the walkway to and from the bus stop, and also blocked the second-floor ramp on the northeast corner of Building 22.

The trees were later removed from the pathways.

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 campus.

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 Building 29 and Building 30, history textbook.

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.

— Compiled by
Othman Heibe

Bookstore rental program to begin in spring

By JOSH BECKER
Staff Reporter

Highline Bookstore will soon offer a new rental program for textbooks.

Starting Summer Quarter, the Highline Bookstore will offer a rental program for almost every textbook in stock.

The program is intended to “lessen the sticker shock stu-



Nole

dents 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 on 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.



News Briefs

Asian Pacific Islanders celebrate in May

The Asian Pacific Islanders Club will share and explore their culture in a series of events on campus this month.

Asian Pacific Islander Month will feature speakers, film presentations, musical performances and a luau.

The series began on Monday with a presentation, “The Asian Pacific Islander Dialectic” by community leader Bob Santos.

The series continues today with a presentation on “Today's Mom and Pop Business: Breaking Barriers Through Entrepreneurship.” The presentation will be from 11 a.m. to 1 p.m. in Building 7.

Other events this month include:

- The film *Chinese Hollywood*, Movie Friday, in Building 7, at 12:30 p.m.

- Diverse Leadership for a Diverse Workforce will be on Monday, May 10, from noon to 2 p.m. in the Mt. Constance room in the Student Union.

- Island Bound performs at The Blend, Wednesday, May 12 10:30 a.m.-noon, Student Union.

- Luau Night will be on Friday, May 14 from 6 to 11 p.m. in the Student Union, tickets are available for \$10 at the Student Programs Building 8.

- Karaoke Contest will be on Wednesday, May 26 at 11:30 to 1 p.m. in the Mt. Constance room, in the Student Union.

- A marimba band performs at The Blend on Wednesday, May 26, from 10:30 to 12 p.m. in the Student Union.

The luau will have food and dancing by the Hawaiian and Samoan that represents the various Polynesian islands, said Ro-

lita Ezeonu, dean of instruction and an adviser to the Asian Pacific Islander Club.

“We are made up of 19 percent Asian Pacific Islanders at Highline, so it is important for us to learn a little more about the history, culture and topics that are presented to provide a perspective that folks might now know,” she said.

Online Broadcast of Globalfest available

The International Leadership Student Council will be showing a live online broadcast of the GlobalFest 2X10 stage show.

In order to watch the live broadcast, you must first download the Flash Player at www.macromedia.com/go/getflashplayer, but most computers already have the player installed.

Second, you must go to www.highline.edu/stuserv/international/thunderworld/globalfest.htm on Saturday, May 8 to watch.

At 7:15 p.m. click on the play arrow inside the black box. If you click play before webcast begins, you may need to refresh the page and try again.

Souls in need of shoes near Bistro

The Fundraising to Make a Difference Club will be holding an event to help the Soles4Souls Foundation.

Soles4Souls is an organization that gives footwear for free to those in need.

They will be collecting shoes that are still wearable in front of the Bistro in the Student Union Building from May 10 to May 14 and will be shipping them to the organization for distribution.

Scholarship options available at Highline

Students can sign up for Highline's Academic Achievement Awards for Fall Quarter.



Chuck Kibbie/THUNDERWORD

A group of students looking out at the Library plaza from the second floor of the Student Union.

The award offers 15 full-time tuition waivers for students with a 3.5 overall grade point average or better.

The chance of getting a scholarship is about one in three.

The deadline for applying for the tuition waivers is Wednesday, May 12.

Applications are available in Teri Balkenende's office in Building 11, room 203.

LEGAL NOTICE

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

Firefighters could be needed at MaST

By **ELIZABETH ELTRICH**
Staff Reporter

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,"



Brian Horrocks/THUNDERWORD

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.

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 firefight-

ers 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.

Dooley joins facilities staff as project manager

By **ANDREY PILIPCHUK**
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



Mike Dooley

from faculty but has managed Highline's 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 someday," Dooley said.

HIGHLINE HEROES

Washburn helps prepare students for college

By **CODY WARF**
Staff Reporter

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 pre-college level. They are non-credit classes in reading, writing and math that prepare students for college-level classes.



Washburn

"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.

Editorial comment

Bookstore issues vex campus

There are two sides to every equation, and the problem of thefts near the Bookstore are 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. The price of textbooks and supplies goes up and students lose again.

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

Staff

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

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Letters

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 loss 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 secured 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, yet 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 stand 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 not been accepted.

– Anonymous
Highline employee

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 in-

clude 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 off 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 beacons of hope for all of humanity. This is nothing new.

Our parents' 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.

Our generation has the war on terror and the instinctive xenophobia that unfortunately accompanies it.

Each generation throughout history has its great wars, spiritual struggles and economic rollercoasters, 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. Even if we make marked progress in some areas, other problems will still persist.



Bird's Eye View

Liviu Bird

After the Revolutionary War, we got the Civil War. After World War II, we got the Cold War. After the Cold War, the Vietnam War and the first conflicts in the Middle East, we were still dealing with the constant war in Israel/Palestine and the Balkan wars. After all that, we get 9/11 and the mess that has followed.

The cycle is never-ending. Out of all the chaos of constant battle, a pattern emerges – people are always fighting. On a very basic level, people don't like people who are not like them.

Of course, society has found scapegoats at every turn. The key to oppression is that it is always in somebody's interest. And so is ending it.

As Dr. Leslie Picca said in her presentation in Building 7 last Thursday, April 29, if you want to get powerful white people to end institutionalized racism, it has to be in their best interest.

People are self-interested. It's just our nature.

Many will claim they do something charitable simply because they are nice and they like to feel like they made a difference. However, that is still a kind of self-interest. Doing something because it feels good is just as selfish as doing something for fame.



The thing big businesses should realize is if they encourage equal opportunity and participation, it is in their best interest. A society that does not allow full participation of all of its members will not be better off.

Despite the fact that racism is not going away anytime soon, in some ways, it is counterproductive to put it under a microscope and expound exactly how often somebody 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, 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 rela-

tively 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 times in 50 minutes than Homer Simpson says "D'oh!" 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 are nothing like them. Same goes for the over-the-top depictions of African-Americans on 30 Rock or Jews on *Entourage*."

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

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

This is a far cry from white actors dressing up in "black-face" 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.

Secondhand smoke remains a danger to us all

By **SARBJEET KAUR**
Special to the Thunderword

Guest Commentary

Secondhand smoke, also known as environmental tobacco smoke, is a mixture of chemicals produced from the burning of tobacco products such as cigar, cigarette or pipe. 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 second hand 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.

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 nonsmokers. Even sophisticated ventilation approaches cannot completely remove secondhand smoke from an indoor space.

Because there is no risk-free level of secondhand smoke exposure, anything less cannot ensure that nonsmokers are fully protected from the dangers of exposure to secondhand smoke.

Some tips to prevent secondhand smoke include:

- Don't allow smoking in your home. If family members or guests want to smoke, ask

- them to step outside. Don't rely on an air conditioner or an open window to clear the air. Running the air conditioner may remove the visible smoke, but it doesn't remove the dangerous particles from circulation. An open window doesn't provide adequate ventilation, either.

- Insist that smoking restrictions be enforced in your workplace. The Environmental Protection Agency has classified secondhand smoke The only way to fully protect nonsmokers from exposure to secondhand smoke is to prevent all smoking in the building. Even powerful ventilation fans don't effectively remove secondhand smoke from the work environment.

- Choose smoke-free care facilities. If you take your children to a child care provider, choose one with a no-smoking policy. The same goes for aging

relatives. If they live in a long term care facility, make sure it's smoke-free.

- Don't allow smoking in your vehicle. If someone must smoke on the road, stop at a rest stop for a smoke break outside the car.

- Patronize businesses with no-smoking policies and tell the management that you appreciate the healthy air. Many restaurants and other establishments are entirely smoke-free.

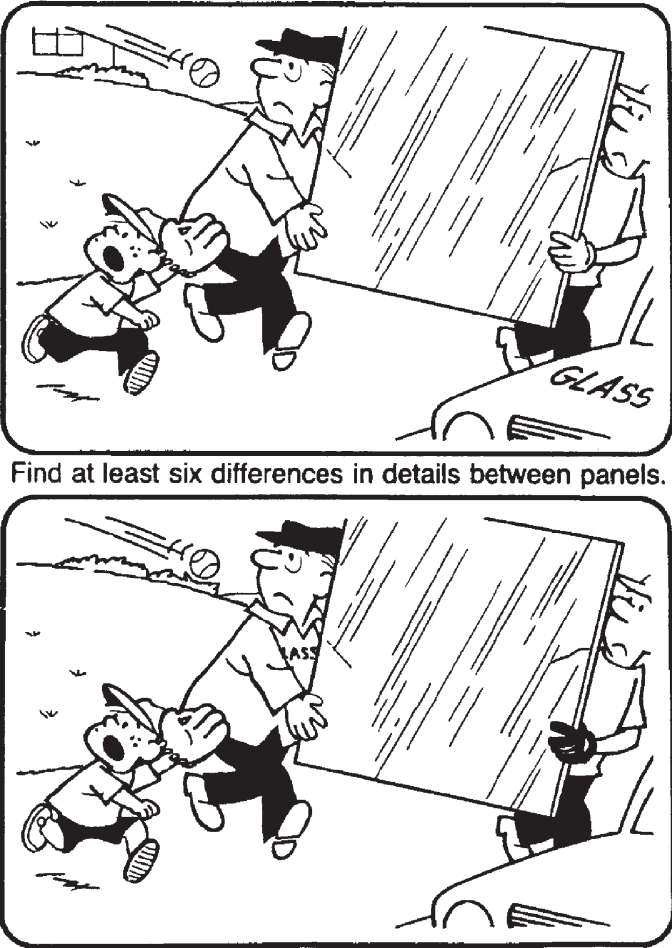
- When you absolutely must share a room with people who are smoking, sit as far away from them as possible.

- If your spouse or partner smokes, have him or her refrain from smoking indoors, just as you would with house guests. Encourage your partner to quit smoking.

Sarbjeet Kaur is a nursing student at Highline.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Word is missing from vehicle. 2. Glove is black. 3. House is missing. 4. Bushes have been added. 5. Letters added to man's shirt. 6. Boy is wearing shorts.

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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: In which U.S. state is the top-secret military facility known as Area 51 located?
2. MEDICAL TERMS: What is the more common name for a contusion?
3. ANIMAL KINGDOM: What is a group of turkeys called?
4. COMICS: Who was the Green Hornet's sidekick?
5. U.S. PRESIDENTS: Who was the first president to fly in an airplane (while in office)?
6. LANGUAGE: What does the Russian term perestroika mean?
7. FAMOUS QUOTATIONS: Which entertainer once said, "Everything is fun-

- ny as long as it is happening to somebody else."
8. ABBREVIATIONS: What does the abbreviation D.D.S. stand for, professionally speaking?
 9. ARCHITECTURE: Who designed the pyramidal addition to the Louvre Museum in Paris?
 10. MATH: What is the Arabic equivalent of the Roman numerals DXC?

- Answers
1. Nevada
 2. A bruise
 3. A rafter
 4. Kato
 5. Franklin Delano Roosevelt
 6. Reconstructing
 7. Will Rogers
 8. Doctor of dental surgery
 9. I.M. Pei
 10. 590

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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.com, by calling 206-242-5180 or by email at tickets@burienlittletheatre.org.
- Highline's Drama Department will be hosting one-

Last week's

Weekly SUDOKU

Answer

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

act plays directed by Highline drama students. Performances will take

All That Glitters . . .

Across

1. Tree trunk growth
5. Franklin and Hogan
9. Dismounted
13. Pound, e.g.
14. Singer Vaughan
15. Prom transporter, often
16. Vancouver gold winner - Men's Half Pipe
18. Pesky insect
19. Obit notice word
20. Suffix with musket
21. Rim
22. Like some VWs
26. 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 ____ mouse?"
46. "This tastes gross!"
48. Building addition
49. Salon sound
50. Fur fortune family
52. Gives meaning to
54. Kind of history
55. Corn serving
57. Used to be
58. Centers of activity
59. Vancouver gold winner- Men's speedskating
64. Prayer's end
65. Lollobrigida et al.
66. Fluff in a dryer
67. Sham
68. On-line auction venue
69. Without

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)

1	2	3	4	5	6	7	8	9	10	11	12
13				14				15			
16				17				18			
			19		20			21			
22	23	24			25	26	27				
28				29	30	31					
32			33			34	35		36	37	
38			39			40		41			
42		43		44				45			
	46			47	48			49			
	50				51	52	53				
54				55	56	57					
58				59		60			61	62	63
64				65				66			
67				68				69			

Down

1. AWOL chasers
2. "____ la la!"
3. Yellow, for one
4. Evel doings?
5. "____, humbug!"
6. Border lake
7. N.B.A.'s Archibald and Thurmond
8. Everest guide
9. Tunisia's neighbor
10. Vancouver gold winner - Women's alpine skiing
11. Corporate concern
12. Kind of bag
14. Popeye's adopted son
17. "____ blu, dipinto di..." ("Volare" lyrics)
22. Cloud nine state
23. Keep an ____ the ground
24. Vancouver - gold winner - Men's figure skating
25. From then until now
27. Pond buildup
30. Put away
33. "The ____ Kid": '50s TV western
34. Burn with hot water
36. Bone-chilling
37. Harvests
40. "The Lion, the Witch and the Wardrobe" author
43. Silhouette
47. Woolworth contemporary
49. Rope fibers
50. Fragrance
51. Indian title
53. Craze
54. Norway's patron saint
56. ____ good race
60. Aye opposers
61. By way of
62. Setting for TV's "Newhart"
63. Ave. crossers

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

Last week's crossword solution

ACTS OUT

O	G	L	E		C	A	R	R		S	T	U	F	F
V	I	I	I		O	H	I	O		H	E	L	L	O
E	V	E	N		M	O	S	T		A	N	N	E	X
R	E	U	S	A	B	L	E	C	O	N	T	A	X	
				T	R	O	D			U	G	H		
A	S	S	E	T	S		R	A	S	H		S	P	A
F	O	C	I			A	O	R	T	A		M	O	P
T	R	A	N	S	A	X	B	U	S	I	N	E	S	S
E	R	R		A	L	I	E	N			E	A	S	E
R	Y	E		N	E	S	S		B	L	A	R	E	S
				A	I	R			A	L	A	R		
	J	U	S	T	T	H	E	F	A	X	M	A	A	M
P	A	R	K	A		E	R	O	S		I	S	L	E
A	N	G	E	R		R	I	O	T		S	I	P	S
N	E	E	D	Y		A	C	T	S		S	A	S	H

place on May 19, 20, 21, 22 at 8 p.m in Building 4. Tickets will be \$8 for general admission, \$7 for students. Tickets are available by

calling 206-878-3710 Ext. 3156. •Got arts news? Contact the arts editor, Stephanie Kim by calling 206-878-3710, ext. 3317 or by e-mail at [highline.edu. Campus events get priority but all events are welcome. Please include time, date and location of the event, plus contact information.](mailto:skim@</p></div><div data-bbox=)

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Local artist sparks viewers' imaginations

By **STEPHANIE KIM**
Staff Reporter

Artist Anette 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.

"To be honest, I don't try to say anything. The most wonderful feeling for me is when someone looks at one of my works and starts seeing, starts interpreting it their own way," Lusher said.

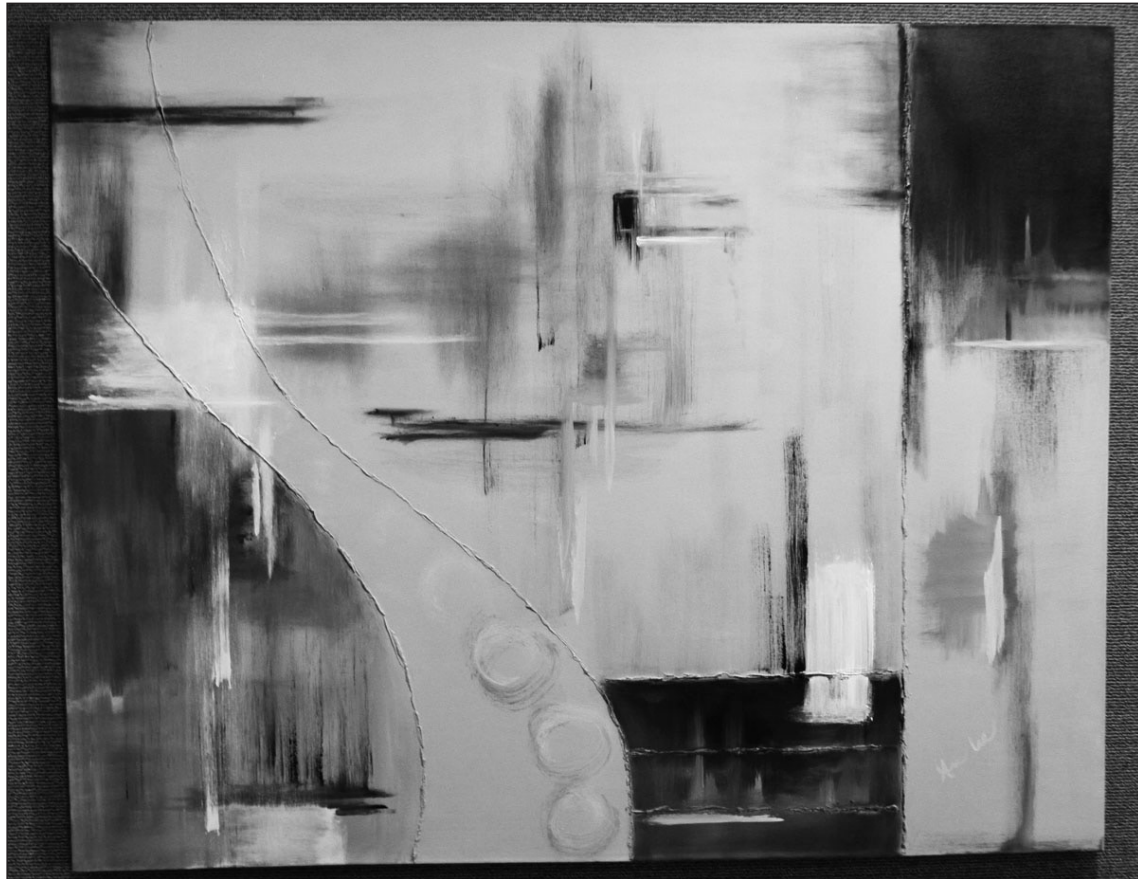
The artist avoids telling her audience how to feel and how to see her works by letting them use their imaginations to create their own meanings.

This is what her ultimate goal is, Lusher said.

"Working abstract, the emotions are often more powerful than the actual 'meaning' behind the painting," she said.

Long before she received degrees in art and photography, Lusher knew her passion was art. Her first "artistic" pieces were done when she was in kindergarten.

"I began to copy some fa-



Cody Warf/THUNDERWORD

Lusher's painting *A Little Bit of Yellow* is on display at the exhibit, along with her other works.

mous artists, [such as] Joan Miro, Friedensreich Hundertwasser, Klimt, Picasso, Toulouse-Lautrec, Paul Klee and Mark Roth, just to name a few."

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."

When Lusher 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.

"[My mentor] inspired me," she said.

From photography to sculpture work to jewelry making,

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 yet, and hopefully I never tire to take in new concepts, approaches and techniques," Lusher said.

Exhibit hours are Monday through Friday, 7 a.m. – 9 p.m., Saturday, 10 a.m. – 5 p.m. and Sunday, 2 – 9 p.m.

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.ztg.com, a gaming website in coalition with the N4G network, an aggregate site grouped with a number of other,



Screenshot from the upcoming video game *Skate 3*.

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 joysticks 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.



The Thunderword / May 6, 2010

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*.

"This song is for fishermen who live in the north of Japan," Hanamoto said.

The second and modern dance is called Hare Hare Yukai.

"*Hare Hare Yukai*, which is the theme song and dance of Japanese animation, is called Suzumiya 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



Hoang Nguyen/THUNDERWORD

Koichi Suehiro (left), Mikiyako Hanamoto (center) and Yuta Sakai practicing for GlobalFest.

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 Sadana, another member of the Japanese dance team.

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

"Once you come to the GlobalFest, you shouldn't miss any of our dance performance."

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-20s.

Breeders Theater isn't just some amateur theater company with a whole bunch of people messing 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



Nancy Warren

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 that could go 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 set up through the Highline Foundation.

It's completely separate from the theater, but many of the past interns have received the scholarship, 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.

"People have to fit in for good chemistry," he said.

"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.

To apply for the intern 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 emailed 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.

Symphony to raise money with auction

By JIN YOON
Staff Reporter

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 160 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 blockbuster wines," he said.

Cellist Brian Wharton and violinist Yuriy Mikhlin 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.

"While we raise some money 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.

Rookie team needs more fans

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 ShoWare Center in Kent.

However, halfway through their first season, the arena is almost empty at 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 accouterments 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



Bird's Eye View

Liviu Bird

an opponent, sometimes into the laps of spectators.

Teams in the league have home bases all around the country, from the Fairbanks Grizzlies in Alaska to the Maryland Maniacs in College Park.

The IFL playing field is 50 yards long and punting is not allowed. Instead, place-kickers try to split the uprights – 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 Dre'Mail Hardin, a 6-foot, 180-pound kickoff returner from Stillman College in



Tri-Cities Fever photo

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

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 appreciative crowd clapped their approval as the final seconds ticked down.

Many of those fans stayed in the building after the game for the normal post-game 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 sea-

son, 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 may 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 14,000 ticket vouchers to el-

ementary schools in the Kent School District.

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

"[Our biggest obstacle] is just getting our names out there and our faces out there for everybody," Caldwell said.

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

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.

But, 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 new 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.

Sports night to raise money for youth athletics

By **RICHARD MEIER**
Staff Reporter

Local residents can step up to the plate and go to bat for local children next week.

Des Moines's Sports Night & Auction is an annual fund-raising event for youth athletic scholarships. The event is hosted by the Des Moines Legacy Foundation, who in collaboration with volunteers from the city of Des Moines, the Des Moines Rotary Club and the Des Moines Pool Metropolitan Park district try to give children in financial need the opportunity to participate in youth sports.

MC'd by former KOMO Sports director and anchor, Bruce King, this year will mark the eighth year that the Legacy Foundation and the city of Des Moines have teamed up to fund-raise for local children.

This year's Sports Night & Auction theme is Casino Night and will be Saturday, May 15 at



Bruce King

6 p.m. at the Des Moines Field House, 1000 South 220th St.

"This year's event is in the field house. We set up chairs and tables and try to make it look as nice as possible. But the cool thing is that it's in the gym so it's the perfect setting for a Sports Night & Auction," Recreational Coordinator Nic Lind said. "This is the first year we have made the casino the theme, but it will be fun with the wheel of fortune as well as blackjack, craps and roulette."

For years, the Des Moines

Park & Recreation received donations from around the community for youth sports. But not until the Sports Night & Auction did the city of Des Moines hold an event that supported youth sports.

"We started this because there was an increased amount of need to raise funds and we just didn't have an event that raised money for the scholarship. People had been donating for years, but we never had an event which brought people together," said Ralph Thomas, event volunteer and recreation coordinator for the city of Des Moines. "This was a great opportunity to raise money and have a good time for a great cause once a year."

The money from the Sports Night & Auction will be used as youth scholarships for families who struggle to find the means to pay their child's cost for participation in youth sports. It also supports after-school programs,

and a small portion sometimes is used to help adults who want to participate in adult sports.

"The majority of the money is for youth athletics, [but] a little is used for adult athletics as well," Thomas said. "We fund-raise to get funds for parents who aren't able to pay the full amount. So [while] most of the money raised is to offset fees, a small part does go to overall revenue, but the majority of it goes back to youth scholarships."

This year's Sports Night & Auction includes a catered dinner from Famous Dave's Barbeque 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.

"We have all kinds of stuff; it's not just all sports," Thomas

said.

A list of the items to be auctioned off include sports items such as signed memorabilia from TJ Houshmandzadeh and Jake Locker, as well as non-sports oriented items, such as gift certificates to local businesses and a one-week stay at the Pueblo Bonito Resort in Los Cabos, Mexico.

The Sports Night & Auction has been a successful means for fund-raising for youth athletics and officials have high hopes for 2010.

"In 2009, we raised \$19,000 and this year we are shooting for \$30,000 plus," Rotary Member Time George said.

Tickets for this year's Sports Night & Auction are \$50 per person or \$375 for a table.

To order tickets, please contact the city of Des Moines at 206-870-6527 or visit <http://www.desmoineslegacy.org/sn2010.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 one of the greatest games the team has played all season.”

Playing softball outside in

the Northwest is difficult, and for the Highline fastpitch team it has been no different.

Highline, 2-22, has been fortunate to have had only several games rained out, but has still spent many practices inside the gym when the diamond is soggy.

Head Coach Gary Graf said playing outside in the crisp spring climate is difficult in a game where there isn’t a lot of activity from more than a few of the players at a time.

“It’s definitely a challenge”, he said. “It’s hard to keep motivated when you’re freezing your butt off out there. The only one who’s getting a legitimate workout is the pitcher and the catcher. The rest of them, you’ve got to stay mentally disciplined, stay in the game, pay attention.”

When the team does have to practice in the gym, Graf said he changes up the exercises to keep the players off balance.

“Just mixing up our drills and stuff, getting them out of

sequence so we’re not in routine as much, crank up the intensity,” he said.

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 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.”

However, sometimes rainouts can be beneficial to teams short on pitching. Without the rainout last week against Pierce, Baldwin would have had to pitch six games in five days.

Graf said that in this case the weather was helpful.

“You definitely never want a single pitcher to be stuck with three games in a row, so that was beneficial to us,” he said.

Another aspect players have to combat when playing in cold and wet weather is injuries.

Joints don’t move as freely in

the cold and are more prone to injury.

Baldwin said she takes steps to prevent these injuries.

“Usually I work out after games to make sure I don’t pull anything and then during games I wear these big jackets [toast-ers] or blankets, I put blankets over my legs to keep warm,” she said.

Unfortunately, keeping warm hasn’t helped the team’s bats heat up at all.

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. They’re getting

the opportunity to play a lot more, we’re out in the field, they’re getting better,” he said.

“And the last time we played this team, they ten-runned us both times, so it’s definitely the team’s getting better.”

Graf also said he was pleased with Baldwin’s performance after the first game.

“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 pierced the Lady T-Birds, 21-2.

Also over the weekend, starting catcher 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 rusty, especially with my throw-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.

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 cowboyed up on it and she did a real 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.

Scoreboard

Women’s fastpitch standings

East Division	
League	
Wenatchee Valley	18-4
Walla Walla	15-7
Columbia Basin	15-7
Spokane	12-10
Blue Mountain	9-13

Treasure Valley	8-14
Yakima Valley	8-14
Big Bend	3-19
West Division	
League	
Pierce	18-1
S. Puget Sound	13-5
Centralia	13-7
Green River	14-9
Grays Harbor	3-19
Highline	2-22
North Division	
League	
Shoreline	16-2
Bellevue	13-5
Everett	10-6

Olympic	10-6
Peninsula	4-12
Skagit Valley	2-12
Edmonds	1-13
South Division	
League	
Clackamas	10-2
Lower Columbia	10-2
Mt. Hood	8-4
SW Oregon	7-7
Chemeketa	2-12
Clark	1-11
Men’s baseball standings	
East Division	

League	
Columbia Basin	16-4
Yakima Valley	15-5
Treasure Valley	12-8
Walla Walla	10-10
Blue Mountain	9-11
Spokane	8-12
Wenatchee Valley	6-14
Big Bend	4-16
West Division	
League	
Lower Columbia	14-3
Green River	11-7
Tacoma	11-7
Pierce	9-8
Centralia	8-10
Grays Harbor	0-18

North Division	
League	
Edmonds	11-5
Bellevue	12-7
Everett	10-6
Skagit Valley	9-6
Douglas	9-11
Olympic	4-12
Shoreline	4-12
South Division	
League	
Mt. Hood	12-6
Chemeketa	13-7
Clackamas	13-7
Lane	9-9
SW Oregon	6-12
Linn-Benton	3-15

All the fertilizer you need is in your yard

By **KANDI CARLSON**
Staff Reporter

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.

"You do 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 Gardening Association.

Any disease can be transferred into the plants you are growing once you add it to the soil, she said.

Brown materials are wood items. These items include:



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

autumn leaves, twigs, shredded paper, paper towels and napkins. "Avoid any wood that has been treated with preservatives," Littlefield said.

A good rule of thumb is if it is green, then put it with the greens, but if it came from or is a brown material, then put it

with the browns.

Now that you have an idea of what is in a compost pile, you can take a look at the different types.

There are two types: hot and cold. Each has its own advantages and disadvantages.

The hot compost method depends on heat. This heat generates bacteria. The bacteria in turn decomposes the materials and leave behind nutrient fertilizer for your plants and garden vegetables.

However, in order for the bacteria to thrive, the pile must be the right size, have the proper balance of materials, water and air.

The proper balance is roughly 50 percent green and 50 percent brown materials.

"Hot composting is good for the beginning composter if they want finished compost quickly and are willing to do the extra work to ensure that they're getting the results they want," said Graham Golbuff, master composter and soil builder with Seattle Tilth.

Seattle Tilth is nationally-recognized, non-profit, educational organization that strives to inspire and educate people to garden organically and conserve natural resources.

A standard hot compost recipe involves the right mixture of green and brown ingredients. One must also keep to a regular turning schedule.

According to the National Lawn and Garden website, a quick and easy compost recipe for a three feet long by three feet wide and three feet deep pile is: three to four heaping wheelbarrows of fresh greens, three to four heaping wheelbarrows of brown, and water.

You want to begin by chopping up or shredding your coarse materials with a pruner, machete, shovel or lawn mower. Next, put roughly equal parts of green and brown ingredients on a tarp or directly on the ground.

Once you have done that, mix and spray materials with water until they glisten. 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, mas-

ter 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.



Cody Warf/THUNDERWORD

Compost bins can be built using any available boards.

The Thunderword / May 6, 2010

Eat breakfast every day to maintain energy and a healthy metabolism

By **SARA ROSARIO**
Staff Reporter

If you're lacking energy in the morning, skipping breakfast might be your problem.

Breakfast is the most commonly skipped meal of the day, according to a health and diet survey the U.S. Food and Drug Administration conducted in 2008.

According to the survey, 41 percent of people eat breakfast five days a week or less.

That is a 14 percent difference from the 27 percent who eat lunch five days a week or less, and a 31 percent difference from the 10 percent who eat dinner five days a week or less.

To some, breakfast may be the most insignificant meal of the day, but to Darin Smith, a certified personal trainer and a Personal Fitness Trainer instructor at Highline, said it is the most important.

"Breakfast provides a lot of energy to carry you through your busy morning," Smith said.

"Unfortunately [many] college students skip breakfast due to a perceived lack of time and many dieters skip meals like breakfast because they mistakenly believe skipping meals will help them lose weight," he said.

"The key problem here is that your metabolism is slowed down during the night while you are in hibernation mode. You want your metabolism to be engaged and burning calories, so the first meal of the day provides a jump start that kicks that metabolism into gear," he said.

Smith also advises not to skip several meals in a row.

START FAST/FAST START



Sara Rosario/THUNDERWORD

Doing so makes your body think it's starving and turn it slows down your metabolism.

Your body does this to conserve energy but that also means that your body is burning fewer calories which becomes counterproductive to losing weight.

"Ideally a person who wants to lose weight should eat several small meals throughout the day instead of skipping these meals," Smith said.

Another problem with skipping breakfast is that you lose

a lot of energy. You might feel sluggish and may find that you lack sufficient energy to carry you throughout your morning.

In addition to a slower metabolism and loss of energy you may find that after skipping breakfast you may overcompensate later in the day by excessively snacking or eating unreasonable portions at lunch or dinner.

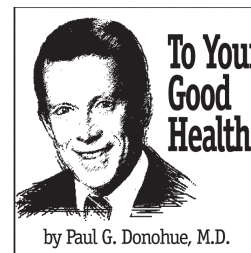
"I unfortunately did this back when I was a student, until I learned better. I would skip

breakfast and lunch and starve myself all day, and then I'd come home in the evening and gorge myself on a huge plate of spaghetti and garlic bread," Smith said.

"For those who say they don't have time for breakfast, I'd say to prepare something quick and easy ahead of time that you can just grab and take with you. A bagel, piece of fruit, or a cereal bar are simple ways to get something in your system if you are in a hurry," he said.

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 getting worse? -- 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.

Most people manage to get along in spite of it. However, it can be a great burden to others.

There is no preventive medicine to stop osteoarthritis in its tracks.

It has a predilection for the fingers, hips, knees and spine. Should it strike larger joints like hips, knees and backbones, muscle strengthening will serve you well.

Strong muscles protect joints. The exercise should not be so vigorous that it causes pain, but it should be vigorous enough to encourage strength building. Being overweight increases the stress on knees and hips, so you should strive to stay on the lean side.

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 him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

A breakfast you won't be able to skip

By **SARA ROSARIO**
Staff Reporter

Students on the go may especially benefit from this breakfast cookie recipe.

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 ½ cups plain rolled oats
4 cups all-purpose flour

1 tablespoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1 ½ teaspoons ground cinnamon
¼ cup canola oil
½ cup applesauce
2 tablespoons water
5 egg whites
1 ½ teaspoons vanilla extract
¾ cup dried cranberries
¼ 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.

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 a 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 “delts” 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 (pectorals).

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 level 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.

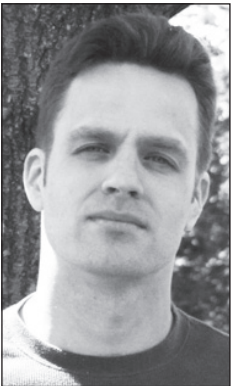
Maintain this bent-over position and start with arms hanging down in front with a slight bend in the elbows and an overhand grip holding the dumbbells next to each other.

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



Smith

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 deltoids.

•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.

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Extraordinary women celebrated on campus

By **KANDI CARLSON**
Staff Reporter

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: Jenée 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 Stengerb, Van Nyugen, Van Quach, Lisa Carlson and Mayce Abdulwahab.

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

Jenée Stanfield was nominated by Rosemay Adang. "She is a motivator and uplifts the quality of the whole class," Adang said. Stanfield is the lead



Chris Wells/THUNDERWORD

Eleven Highline female engineering students are honored at the Women In Action ceremony.

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 fam-

ily. 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 as-

sists 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 volun-

teer. "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.



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Alive & Free helps treat a disease

By **JOSH BECKER**
Staff Reporter

Violence is like a disease, local activists said at Highline last Wednesday, April 28.

Outreach workers from the Metrocenter YMCA Alive & Free Outreach Program gave a seminar called “Treating the Disease of Violence.” Their presentation was part of Highline’s Unity Through Diversity Week.

The Alive & Free Outreach Program is a program designed to help those who are either struggling with violence or are in danger of becoming influenced by it.

Outreach workers 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



Chuck Kibbie/THUNDERWORD

J’Quai Holiday and Marquis White speak on youth violence during Unity through Diversity Week.

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.

Holiday and White went on to explain how to treat violence. “The more you know the more you owe,” White said. “We need to start treating the disease of violence.”

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 math is created or discovered. Wilson wants to expand this the topic into the classroom.

Most teachers unknowing pass on their own opinions of these debates to student 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 spoke about violence among youth, giving examples from their lives and how they made it through.

As a child, White was exposed to a lot of violence in the house he grew up in. He talked about how his mom was always getting beaten by her boyfriend. He knew every time she was getting beaten because she would tell him to go in his room. His mom didn’t realize the effects it was having on him, he said.

He would go to his uncle’s house every weekend and at night hear his uncle having sex with the girl he was with, teaching him to downgrade women, how women should pay for everything and hitting them if they got out of line.

White grew up with a range of emotions, all bottled in. He disrespected women, used drugs and robbed people just to survive.

White eventually ended 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.

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 trouble.

Holiday’s life was selling drugs and committing crimes, until one day it hit him – seeing his brother in and out of jail made him realize that this was not the life he wanted to live.

“Knowing is half the battle – it’s what you do to the other half that makes a difference,” Holiday said.

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.

W

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The Thunderword / May 6, 2010

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 (MaST) Center.

"We hear a lot about global warming and the consequences for that. One of the newer consequences is the 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



Hoang Nguyen/THUNDERWORD

Higley said the oceans are being destroyed by carbon dioxide.

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 affected 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 calcite. Aragonite is used by most of the rest of the bi-valves: mussels, clams and geoducks 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 its shell, it makes it harder and harder for the creature to survive in this changing environment.

He said out of all the species that have been studied, 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 oceans will drastically alter oceanic life, there will be creatures that survive.

"Something will adapt; they say that the rats and the jellies 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.

"Anything that we do to lower the temperature that doesn't involve removing 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 Saechao, 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.

Benyam 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 pro-

vides 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 everyone 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 proce-



Marta Melendez

dures 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.

Melendez 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 they showed that she was in the 30th percentile of people who pass on the first try.

"The language barrier was definitely the biggest obstacle. I had studied nursing 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.

Despite these difficulties, 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 read-



Chuck Kibbie/THUNDERWORD

Leslie H. Picca speaks about backstage racism.

ing 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 student's 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.



Spring Festival

2010

Friday, May 21

College Fair & Workshops 9:00 – 11:30am

Lunch & Activities 11:30 – 1:00pm

College Fair

Reps from Washington and out-of-state colleges and universities available

Workshops

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Food & Entertainment

\$3 Barbeque lunch, music and activities

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The Thunderword / May 6, 2010

New clubs cover arts, music, philosophy

By **EMILY INNOUVONG**
Staff Reporter

Highline students have started three new clubs this Spring Quarter: Astronomy, Aletheia-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 interests 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



Jeremy Vajko

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 or teach others to become better or even create a band. Anything is possible, Vajko said.

Meetings haven't been set yet but, they are planning on

Tuesdays between 1-2 p.m.

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

Aletheia 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

to you and how to add one plus one?" Faber said.

As for ethics that is where you ask how should I behave and what is the difference between right and wrong and "how should I live and what is my purpose," he said. For metaphysics is "asking if there is a god and how do we know."

Other plans for the club are to research and look at different philosophers and how they are relevant to us today. They also will watch movies and discuss their implications.

Club meetings plan to be on Wednesdays from 2:30- 3:30 p.m. but there is no set date for the first meeting yet.

For more information for the Astronomy Club you can email Ali Salim at ali@el-tayari.com.

For more information for the Musicians' Club you can email Jeremy Vajko at j.vajko@life.de.

For more information for the Aletheia-Philosophy Club you can reach Faber at 253-344-7327.



Darren Faber

Numerous scholarships available through Highline

By **TORY GORANSON**
Staff Reporter

Scholarship opportunities are now available at Highline through funds4highline.org.

The Highline Foundation, also known as the "1=60 Foundation", requires only one application per student. That one application gives the student an opportunity to earn up to the 60 total scholarships listed in the aforementioned website.

The May 14 deadline for application entries allows students an opportunity to gain money for the 2010-2011 school year.

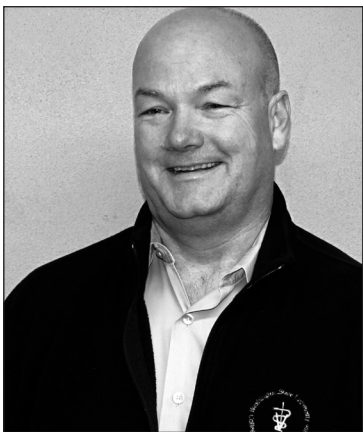
"There are many types of scholarships that focus on need, programmatic and merit," Rod Stephenson said, executive director of Foundation and Resource Development.

An example of need-based scholarship is the Frank Vandenburg Scholarship, which awards one student \$1,000. Applicants must demonstrate some difficulty in school, a positive attitude in their career focus, and proof of financial need.

Aside from that one example, most of the available scholarships have a very similar theme or template, Thomas Jefferson's Career and College Specialist Eileen Restrepo said.

"Writing an essay that can qualify for several scholarships saves time," Restrepo said. "Work smarter not harder."

At Highline, aside from the basic application packet that must be completely filled



Rod Stephenson

out, there is also an additional supplemental letter and official transcript that is mandatory. All of these things will only need to be addressed once to be qualified for all 60 scholarship opportunities.

Restrepo also suggested that students keep a table or file of all their accomplishments and awards so they can be easily reviewed.

She also said to always describe your accomplishments in detail to make yourself stand out when be reviewed.

Stephenson advises that if students have any other questions about scholarship information, the Foundation office is an ideal resource to get answers. Further questions can also be answered at the funds4highline phone number, 206-870-3774.

Highline is also offering an Academic Achievement Award that would grant 15 winners full-time tuition waivers 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 freshman or graduating seniors.

"I honestly didn't ever think about applying for scholarships to help pay for Highline. I just figured I would wait to do that when I transferred to a university," Highline student Alan Kim said.

Both Stephenson and Restrepo advise 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 opportunities.

This makes it difficult for them to collect revenue from business taxes.

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 leadership conference to discuss ways to expand business opportunities and bring in more money, specifically to the downtown area.

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



Anthony Piasecki

“We are hoping to bring back the parade by 2011.”

A potential roadblock to making this happen is a lack of manpower on the part of the city.

“Relying on volunteers is unrealistic, we need a paid staff. The desire is there in the community, but getting from here to the end product is difficult,” said Piasecki.

The hope is that special events, such as the parade,

will stimulate the economy by bringing in more visitors to the downtown business district in Des Moines.

Due to ongoing projects at the marina and the field house, as well as upcoming roadwork on Marine View Drive, the parade cannot be held this summer.

Another issue that is heavily tied to economic development is zoning laws, specifically building height.

The current maximum height that you can build in the city of Des Moines is 35 feet, but Piasecki thinks the city should reconsider.

“The council needs to look at the zoning rules. The issue of building height has the ability to cause economic development,” Piasecki said. “If you are allowed to build 45, 55, or 65 feet, you can build for less per square foot.”

A roadblock to changing the

35-foot rule is the fact that higher buildings lead to obstructed views for existing buildings. The city must balance the desire to expand with the wishes of existing landowners.

“That’s a political question that the council has to wrestle with,” Piasecki said.

The city is also hoping 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 neighborhood 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 existing roads.

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

Past plans included bringing 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 future.

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

“We are very excited about it,” Piasecki said. He predicted that it has the potential to bring up to 2,000 jobs to the area and lead to the development of more businesses surrounding the offices.

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 election, basically the end of July. So this election will take place in about two and a half months. I think it was exactly timely,” said Ferrell.

City Council members Kochmar 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,” Park said.

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

“I have lots experience to draw from, but ultimately the role of ceremonial 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 located on Pacific Highway South by Building 99.

Neither Priest nor Kochmar responded to requests for interviews.

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



Jim Ferrell

He has deep roots. Mike Park raised \$70,000 so he is competitive. Linda and Jim will have to show they can keep up. Jim just

changed his campaign manager to cut costs. Linda has a fund raiser soon,” said Bob Roegner, former mayor of Auburn and current Federal Way resident.

Other key community members including former Federal Way mayor and Councilman Jack Dovey, State Rep. Mark Milsocia, and Roegner have been named as possible candidates. All three have said they will not run.

Dovey and former school board member Ed Barney are running for Priest’s open seat.

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 eight years as an electrician and at Renton Technical College for four years as a facilities specialist. He also attended Renton Technical College for two years to receive his building and engineering degree and stayed for an additional few years to get certificates as a control specialist

and air and quality specialist.

Quereshi was born and raised in Pakistan and came to America in 1987. He has raised a family of four children and is enjoying 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 mechanic 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 enjoying 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, refineries and in the construction field as a carpenter and roofer. “I wouldn’t be here if I didn’t like the work.”

“The diversity and the friendly environment around the campus keeps all of us here at the facilities department happy to work for the students,” said Chambers.

S&A

continued from page 1

“Different budgets are required,” Mar said. A small club does not need the same budget that the music department would need to be effective.

Budget allocations are looking 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 contingency,” Mar said. Any money



Kevin Mar

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. Similarly, if a group realizes that they need more money to func-

tion effectively, they can petition the committee for more.

The S&A Budget Committee is working with Highline’s administration to help fund activities that benefit the students, but doesn’t fall into the S&A jurisdiction. This is the same approach the committee took last year.

The committee is made up of students and faculty.

“You need to have a blend of those two,” Mar said. There are 13 committee members. The committee will be starting the final deliberation process soon, possibly next week.

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.



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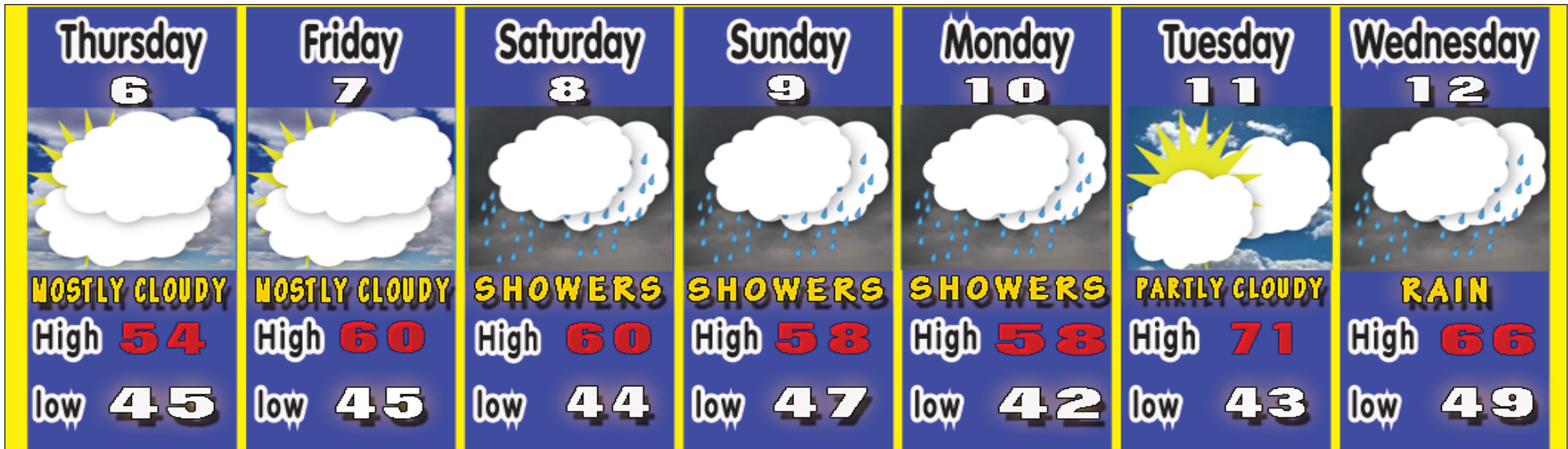


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Weekly weather forecast



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, fac-

ulty 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



Bly

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>.

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Federal Way Inside Paldo Market 2200 S.320th St. Federal Way, WA 98003 T. (253)941-2010	University Way Next to KIKU 5010 University Way NE Seattle, WA 98105 T. (206)729-6622	Tacoma Royal Plaza 8518 S.Tacoma Way #B2 Lakewood, WA 98499 T. (253)588-6061	Lakewood Next to Market Place 6111 Lakewood TC Blvd. #C Lakewood, WA 98499 T. (253)588-8771	Lynnwood Across from H-Mart 3411 184th St. SW #B Lynnwood, WA 98037 T. (425)670-2355	Seattle II Next to Quizno 817 1st. Ave. Seattle, WA 98104 T. (206)682-2177

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