

THE Highline Community College Thunderword

INSIDE

May 20, 2010
Volume 49, No. 27



Students dress for comfort, not class/P8



Pacific islands dance their way to Highline/P9

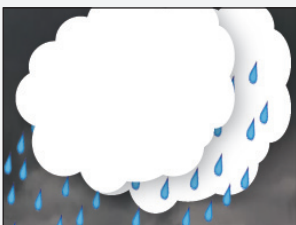


Stargazing season in Washington has finally started/P14

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Weekend Weather



Showers on Friday, showers on Saturday and mostly cloudy on Sunday.

For full forecast, see page 16.

Retraining program gets money refill

By **RICHARD MEIER**
Staff Reporter

Highline's Worker Retraining Program will be getting a substantial boost in funds in the upcoming year.

Last year, the program received approximately \$427,700 to fund students in the program, which was enough money to last through Winter Quarter. A bill passed by State Legislature will send Highline more than

\$660,000 for the 2010-2011 Worker Retraining program.

Worker Retraining is a state-wide program offered by community and technical colleges. The Worker Retraining Program offers Highline's unemployed students the opportunity to get sufficient training in competitive fields while continuing to receive unemployment benefits from the state.

"The services we provide to students are very important be-

cause finding money can be very hard," Director of Workforce Services John Huber said. "Our staff offers a lot of one-on-one with students to help them find fields they are interested in and work with [students] so they can receive their employment while going back to school."

The recent bill to increase funding for worker retraining couldn't have come at a better time. At this time, it is projected that the program will have

helped pay for more than 500 people; however, with between 700 and 800 people in the program, there is still a long way to go before everyone is accounted for.

"We are set to get a substantial increase, but the money is usually based off two years and because of the economy, there has been an increase in the un-

See Retraining, page 15

Grade-A sunset



Chuck Kibbie/ THUNDERWORD

A scenic sunset overlooks the Puget Sound from outside of Building 29 last Friday night.

Club your Honda with help from Des Moines police

By **OTHMAN HEIBE**
Staff Reporter

Des Moines police are offering free Clubs in an attempt to reduce the auto-theft rate of some vehicles.

For three years in a row (2007, 2008 and 2009), Honda Accords and Honda Civics were the most-stolen vehicles nationwide, according to the National Insurance Crime Bureau.

The 2010 numbers are not yet available, but these vehicles topped the Washington state's list of stolen cars as well, according to the Northwest Insurance Council.

The Toyota Camry has been the third most-stolen car in both findings.

In an effort to reduce the number of stolen vehicles of these particular brands, however, Washington State Legislature

See Club, Page 16

Despite cuts, Highline in decent shape

By **CAITLYN STARKEY**
Staff Reporter

Highline is financially holding its own, college officials say.

This year, the college brought in more tuition revenue than originally budgeted, due to increased enrollment.

"We have been able to bring in more tuition than we budgeted for. We always budget conservatively," Vice President of Administration Larry Yok said.

Yet Highline still faces spending cuts because of the state's budget deficit.

"We had a \$1.8 million bud-

get reduction. We only brought in \$1 million. [We're] still looking at a balance we need to fill in. We will move some funds around. For some, we will take between a \$300,000 and \$500,000 reduction," Yok said.

Washington state faced a \$2.8 billion deficit and only some sections of the state budget were able to be cut due to some receiving federal matching funds and some being constitutionally protected. Higher education, however, was very vulnerable and in the end, \$73 million was cut.

This number was then di-



Larry Yok

vided between the University of Washington, Washington State University, Western Washington University, Central Washington

University, Eastern Washington University, The Evergreen State College and the State Board of Community and Technical Colleges. Then, the State Board divided its share between the 34 two-year schools.

Throughout the last couple of years, Highline has faced similar budget cuts, along with steadily-increasing enrollment. This leaves the college in a bind, wanting to provide adequate services for more students while spending less money.

See Update, page 15

Crime and Punishment



Student injured walking down stairs

A Highline student injured his ankle while walking down the stairs in Building 8 on Wednesday, May 12.

He declined medical assistance until the pain became worse. Campus Security called the paramedics. They arrived and took the man to St. Francis Hospital in Federal Way.

Shorewood school van broken into at Highline

Shorewood Christian School reported to Campus Security that one of their 15-passenger vans was broken into while parked in Highline's North Parking Lot on Wednesday, May 12.

They said four backpacks were taken from the van, which contained several different items, including cosmetics, books, cell phones, cameras, prescription glasses and other items.

The person estimated the value of the stolen items between \$800 to \$1,000.

Drunk man refuses to leave campus

A heavily-intoxicated man entered the Library on Wednesday, May 12, at about 6 p.m. and refused to leave.

Security tried to talk to him into coming outside of the building, but he refused to do so.

The man wet his pants and he hardly was able to speak.

Security contacted 911 to have him removed from the campus.

— Compiled by
Othman Heibe

Highline clothing drive to help job seekers

By VICTORIA SADDLER
Staff Reporter

Hospitality Services and Women's Programs are sponsoring a Clothing Closet for graduating students to receive clothing for free.

"We started this for graduates who were looking for a job and didn't have the clothing they needed," said Donna Longwell, Hospitality Services manager.

Hospitality Services wants Highline students to spread the word that Clothing Closet needs clothes to be donated. Dona-

tions can be taken to Building 9 and given to Nancy Warren or Building 1 and given to Donna Longwell.

They need pants ranging from small to plus sizes, blouses for women, shirts for men, shoes, socks and belts.

The Clothing Closet is an all-day event in the Mt. Skokomish room in the Student Union starting from 10 a.m. on May 28.

For Highline students, it's a "first-come, firsts-served" basis, meaning whoever is there on time can choose first and get served without any problems.

There will be suits and business-casual clothing, ranging from small to plus sizes, Longwell said.

Hospitality Services has been doing this for a year now and since it was such a success last year, they decided to bring it back this year, to help the new graduates in this trying time, Longwell said.

"What I found out with a new outfit [is] people have a different attitude about life," and are more prepared to face anything that may come their way, Longwell said.

If they can get enough clothing donated to Hospitality Services, the graduates can pick more than one outfit; the goal is for Highline students to get whatever they need to get ahead in life, Longwell said.

Clothing Closet is mainly for graduates but can be for students who want to get a job and don't have the clothing for it, Longwell said.

Women's Programs and Hospitality Services will help students pick out an outfit or two to help them get that perfect job, Longwell said.



News Briefs

Student advising day returns today

Highline will again host a student advising day today.

The campuswide advising day will be 11 a.m. to 3 p.m. in the Mt. Constance room in the Student Union. Students can come and meet faculty advisers and have an opportunity to explore different majors and their requirements.

viewers should beware.

Men of Vision resumes forum for men to talk

Men of Vision will be having their biweekly discussion meeting today.

Every two weeks, the men of Highline come together to share issues, opinions, experiences and lessons that men have to deal with every day.

The group wants to provide leadership and mentorship for students at Highline.

Their next meeting will be Thursday, May 20 in the Inter-Cultural Center, which is in the

lower level of Building 6, from 1:30 to 2:30 p.m.

Final day to vote for Student Government

Today is the final day of voting for Student Government.

Students can vote online at www.highline.edu or in front of the bookstore between 9 a.m. and 5 p.m.

Five candidates are vying for the opportunity to represent the Highline student body next school year.

Running for president are Olga Afichuk, Shaquita Pressley and Jagdev Singh.

The vice president candidates are Jenny Yin and Vince Dominguez.

Corrections

The story on Student Government elections last week should not have stated that Shaquita Pressley was involved with GlobalFest.

A story in last week's Thunderword should have said that the visiting softball team's van was broken into.

Send corrections or comments on news stories to tword@highline.edu.

Spring One-Acts will run through Saturday

The Highline Drama Department's annual Spring One-Act Plays run through Saturday, May 22.

The plays are mostly student-directed, start at 8 p.m. and will be held in Building 4, room 122 (the Little Theater).

The show will run for 90 minutes and will include seven plays.

Tickets cost \$7 for students and \$8 for general admission.

The shows will include some mature themes and language, so

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).

CHILL

There is still time.

Almost half the students who will transfer to PLU this fall are still working on their applications.

Start yours today at www.plu.edu and get admitted, get financial aid and get your classes in plenty of time for Fall 2010.

Apply free at www.plu.edu

Contact Director of Transfer Recruitment
Sean Lacy at 253-535-7138 or lacy@plu.edu

PLU
YOUR PRIVATE
COLLEGE OPTION

Photo by professor Chuck Bergman on PLU study away course in Antarctica

Get money back for textbooks

By **KANDI CARLSON**
Staff Reporter

There are several ways students can recoup the cost of their textbooks.

Most students will head toward the Bookstore to attempt to sell their textbook. The Bookstore offers 50 percent of the new purchase price for used textbooks.

“If you buy a used book for \$100, the new price would be \$125. You would get \$75 back on that book,” said Laura Nole, the Bookstore manager.

Most college bookstores only offer 50 percent of what is paid at the original time of purchase, Nole said.

Book prices are based on what the publisher charges the bookstore. Any profits from the Bookstore go back to support the college.

However, there are times that the Bookstore does not buy back a textbook.

“If a class has a very small enrollment and we already have enough used books, we take the title off the buyback list,” Nole said.

Students are given two options once they find out their book is not being purchased: keep the textbook and try again another quarter, or donate it.

“I was told they had too many of the textbook I was trying to sell, so I threw it in the free box,” said a Highline student who did not want to give her name.

If donating the textbook is not for you, other options are at your disposal.

“I have sold one textbook on Craigslist,” said Phuong Nguyen, a Highline student.

Craigslist is a free website where anybody can post items they would like to sell and shop for a variety of items, from books to cars.

At Craigslist, users will need to set up an account, which is free. Once they have done this, they can post items they would like to sell by type.

Visitors to the site can search for items using whatever keyword they want.

Search results are based on the information sellers provide in the posting title for the item they are selling.

This means users need to choose their words carefully because the more times their post comes up as a result, the more it is viewed.

This helps users make a sale fairly quickly.

Users might even need to edit there posts if they are not getting any responses.

Selling a textbook on Craigslist may take a bit more time, but sellers may find they end up



with more cash than they expected.

Nguyen did. “I made more than the Bookstore buyback price.”

There are some safety concerns when using Craigslist. Users do not know the people they are dealing with and should treat them as strangers.

Users should not give out their home address and they should select a neutral meeting place.

The safest location is one where there are other people.

A website that is similar to Craigslist is Half.com. Half.com has users post their sale and wait for an interested buyer.

“They [Half.com] have some really good deals,” said Zach Hoffman, a Highline student.

Half.com is a part of eBay and operates in a similar way.

Payments are issued twice a month and are directly deposited to sellers checking accounts.

In addition, they are charged flat commission based on the dollar amount of the sale.

For example, if a person sells their textbook for \$50, they will be charged 15 percent. This will be deducted at the time of payment.

And unlike Craigslist, users do not have to field any calls or e-mails or worry about meeting up with someone.

In addition, Half.com collects money on sellers behalfs.

Both Craigslist and Half.com are more for the person who has time to wait for a buyer.

If sellers are interested in an immediate sale, Chegg.com might be the place to visit.

At Chegg.com, sellers enter the ISBN number and are given a quote for the textbook, if it is approved for buy back. This only takes a few moments.

Sellers are given two prices: one is how much they will receive if they choose to accept

Chegg.com credit as the payment method and the other is the cash price.

The cash price is a few dollars less to encourage using the Chegg.com credit.

This may be the option for sellers if they plan on purchasing or renting textbooks from this site in the future.

Chegg.com will pay for the shipping, but users must provide the shipping container.

At the end of online transactions users are instructed to print out a UPS shipping label, which should be attached to the box.

Once their books are received at Chegg’s warehouse, payment is issued.

A small note about shipping: treat textbooks like cash. Make sure to note the tracking number of the package. That number is the only way of proving the textbooks were sent.

A site similar to Chegg.com is TextbooksRus.com. They also provide shipping labels, and give users the option of cash or credit.

However, they pay more than Chegg.com for some textbooks. For example, the textbook required for Math 111 at Highline is bought back for \$84, whereas Chegg.com only offers \$47 cash.

There are a variety of deals out there. Sellers should do some shopping around.

By taking a little extra time to research the offers, students could end up recouping the majority of their initial cost.

HIGHLINE HEROES

Clark helps students study in exotic places

By **CODY WARF**
Staff Reporter

Fran Clark has been a librarian at Highline for seven years and recently became Director of Library Circulation.

“The students are awesome here on campus and I enjoy working with them,” Clark said.

Clark has a master’s degree in library and information sciences from the University of Washington.

The Library circulation desk is in charge of many student resources, from checking out books to using the copy machine.

She helps out at the circulation desk downstairs in the Library whenever she is needed.

“Fran is a ‘can-do’ type of person who looks for creative solutions to the challenges that often faces Highline students who want to study abroad,” said Kathleen Hasselblad, director of International Programs and Grants.

Clark is the study abroad program coordinator, which allows students to study across the globe.



Clark

“As the study abroad coordinator, I would like to get more students involved in the idea of studying abroad and ultimately get more Highline students studying in other countries,” Clark said.

She is in charge of registering students to study abroad and represent Highline in a different part of the world.

Clark is also the club adviser for international ambassadors, who do various community service projects to help communities near Highline.

Clark is an active participant in extracurricular activities that students put on.

“I enjoy these events since it’s a more social opportunity to see students and coworkers than in a daily work setting,” Clark said.



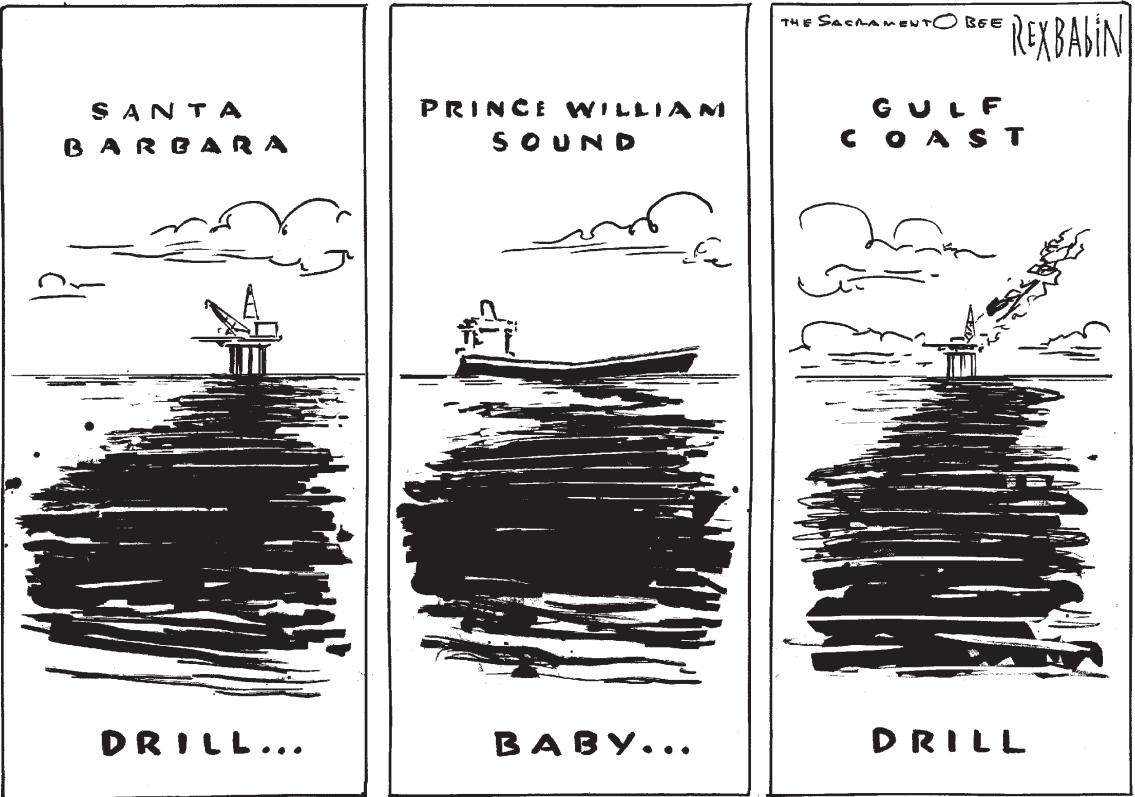
“If a class has a very small enrollment and we already have enough used books, we take the title off the buyback list.”

– **Laura Nole,**
Bookstore manager

Editorial comment

Vote in ASHCC elections today

Today is the last day to vote in student elections. The Associated Students of Highline Community College have a role in the circumstances every student encounters while going to school at Highline. Many students may not be aware of the level of responsibility Student Government undertakes at Highline, discounting the opportunity to vote as pointless or unimportant. This is a bad idea; everyone should make their voice heard by voting in this election. The people who end up in Student Government are responsible for, among other things, representing the student body in the Board of Trustees, who oversee the college. They participate in the process of setting policies that effect everyone at Highline. Student Government also controls portions of the budget, allocating the funds used when students organize activities. This is an opportunity to have a role in determining who will make these decisions. Students need to elect someone who will be responsive to their needs. The positions up for election are president and vice president. Shaquita Pressley, Jagdev Singh and current vice president, Olga Afichuk, are running for president. Jenny Yin and Vince Dominquez are running for the position of vice president. The candidate elected to each position will serve a single term, from the end of this quarter through the end of next school year, in June 2010. The election started Wednesday, May 19 at 8 a.m. and will continue through today, May 20, until 8 p.m. Votes cast after that time may not be counted. To vote, visit <https://bob.highline.edu/elections/>. You will be required to enter your myHCC account information, and asked to select an election to vote in. Select the Student Government election, and you will be forwarded to the ballot. It is important to vote in this election. There is always some policy change that students object to or some aspect about the school about which students complain. By voting in this election, you will have the opportunity to make sure that your voice is heard when you have an opinion about how the campus is run or how funds are allocated. So get online and cast your vote before the ballot closes.



Seek help for better learning

By STEPHEN COSTELLO
Special to the Thunderword

Community colleges across America today see a large variety of students, from young to old, from across the globe. Older students are making a return to community colleges for many reasons. These can include job loss, lack of skills to move into a better position in the work force or wanting to obtain education and change careers. Being faced with the unemployment lines, welfare, or the basic desire to better themselves, many over the age of 30 think of college. But older students often drop out of community college. Unfortunately, going back to school doesn't instantly solve the problem that caused the person to return to school. In fact, it brings on a whole new set of issues.

As an older student myself, I fall into the 35 percent of students over 30, according to the U.S. Department of Education. There are issues of financial aid, returning to work, due to the economic decline and those whose families have grown, who seek employment and find that they do not meet the requirements in today's job market or are lacking the remedial skills needed in colleges today. With the decision to return to school, many older students feel good about themselves, only to find that college today has changed drastically. As technology has grown in our daily lives, the same is happening on college campuses, as well as in the job market. Many courses are offered online as hybrid classes that are partially taught using internet applications as well as in a classroom setting. A lack of remedial computer skills can

Guest Commentary

lead to frustration and therefore, contributes to the attrition rate. Many older students find themselves overwhelmed with this technology. Older returning students are accustomed to conventional classroom learning settings, using only textbooks and instructors. I started at Highline with great expectations in the summer of 2009, having very little knowledge of what community college was about. Summer classes were great, but the eye-opener was soon to come during Fall Quarter. As an average student with entry-level entrance exams, I attempted the Fall Quarter only to find that it was much more than I expected. After realizing that I was lacking the remedial skills needed in today's colleges, I withdrew and I became part of the attrition statistic. Was it easier to pack in my dreams, return to the work force and have regrets the rest of my life? I had spoken with many of my peers for answers, as I wanted to achieve my goals. I was surprised to learn that many others had the same frustrations and felt overwhelmed too. This made me realize I was not alone and with encouragement from my peers and instructors, I decided to rethink my approach to learning and try again. In speaking with other students of all ages, a common question that was discussed was, "How do I get help?" My peers and I had discussed the many resources available to us on campus, such as Academic and Career Counseling, who can advise study plans to accommodate students who have full schedules, with family and work, to let the students know they can achieve their goals. The Tutoring Center offers help in a variety of areas, such as reading, writing and mathematics, which will help a student in most areas of study. When a student utilizes these facilities, it is reported back to the instructor of the class for which they are receiving help, and allows that instructor to see that the student has sought help. The Computer Lab is helpful for any questions about most internet applications for homework and discussion boards to help students. By using the many student services available, it is possible for students to succeed and complete their areas of study. As a student, I had to put my pride aside and ask for help. After all, we are at college to learn.

Letter

Graffiti graphic sends the wrong message

Dear Editor: I found it ironic that the main article of this weeks paper was about graffiti on campus, while the logo of the Thunderword was stylized after graffiti "art". If, and the article purported, Highline is doing all it can to fight against the graffiti on campus, why don't we reject all aspects of that worthless culture and have a respectable logo for our College's newspaper? We cannot on one hand reject the degradation of public and private property and on the other hand promote it with our logos. — Alex Barylkiy
Highline student

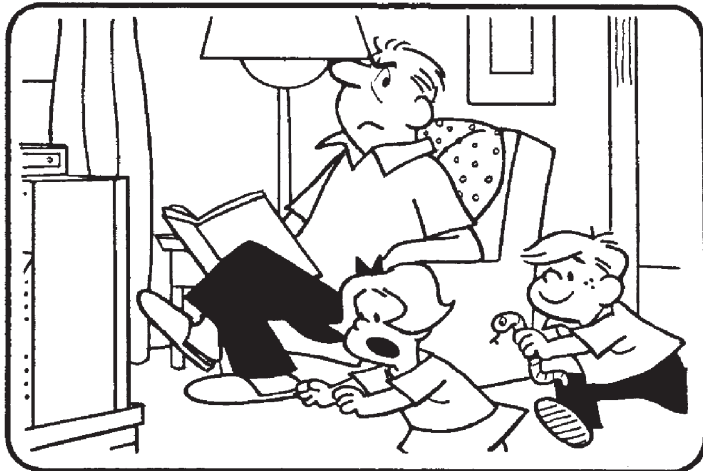
Staff

Crouching editor, hidden headline.

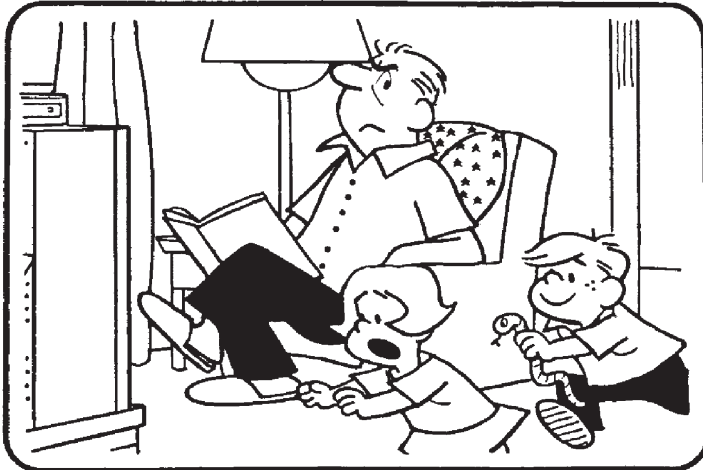
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Pillow is different. 2. Hair bow is missing. 3. Snake is longer. 4. Picture is missing. 5. TV is taller. 6. Shirt has buttons.

? Trivia test

by Fifi
Rodriguez

1. MOVIES: What 1997 movie starred actors Helen Hunt and Jack Nicholson?
2. MYTHOLOGY: What was the unusual feature possessed by Sleipnir, the horse belonging to the chief Norse god Odin?
3. LANGUAGE: What is meant by the French term *l'ère majesté*?
4. TELEVISION: What was the name of the headmistress in *The Facts of Life*?
5. POETRY: Who wrote the poem *Nothing Gold Can Stay*?
6. ANIMAL KINGDOM: What is the only kind of food that a silkworm will eat?
7. LEGAL: If someone dies intestate, what does that mean?

8. CHEMISTRY: What is the symbol for the element tungsten?
9. CHILDREN'S STORIES: How many trips does Jack make to the Giant's castle in *Jack and the Beanstalk*?
10. DISCOVERIES: What did 17th-century scientist William Harvey discover about the human body?

- Answers
1. As Good as it Gets
2. Eight legs
3. Crime against a ruler
4. Edna Garrett
5. Robert Frost
6. Mulberry leaves
7. Without a will
8. W
9. Three
10. The role of arteries and veins in the circulation of blood

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Arts Calendar

•Highline's Drama Department will be hosting one-act plays directed by Highline drama students this weekend.

Performances continue on May 20, 21, 22 at 8 p.m in Building 4.

Tickets are \$8 for general admission, \$7 for students.

To purchase tickets call 206-878-3710, ext. 3156.

•Highline's concert Chorus will be performing a Spring Quarter concert on June 3.

Last week's

Weekly SUDOKU

Answer

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

The Chorus will be performing 20th century music. The concert will also include

Card Tricks

Across

1. It often gets tossed?
6. ___ Wednesday
9. Tramps
14. Hogwarts professor
15. John at Eton
16. Spanish province or its capital
17. Office subs
18. Part of a dean's address
19. With regret
20. Dear ones
23. Expire
24. Coach Parseghian
25. 53 Down, after graduation
27. Water part
32. Not nice
33. Corn unit
34. Northwest territory?
36. Sounds of relief
39. BBQ side
41. Bizarre
43. Exchange
44. Home to many vermin
46. Smooths, as wood
48. ___ king
49. Partner of born
51. Be born and bred, say
53. "Watch out"
56. Geometric fig.
57. Singer Di Franco
58. Fireplace tool, at times
64. Sidestep
66. Crew need
67. Martini garnish
68. Rims
69. Season opener?
70. Near perfect scores
71. Saw components
72. Big fuss
73. A hound follows it

Down

1. Former JFK arrivals
2. All over again
3. Like some excuses
4. Seem

Crossword 101

By Pete Canty (Pete@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			70				
71					72			73				

5. Seek's partner
6. Out of the wind
7. Dr. Pepper, e.g.
8. Store info
9. Disorderly disputes
10. Eggs
11. Competition among purchasers
12. Stan's partner
13. Sooth or nay follower
21. Dutch city, with "The"
22. Famous Brady
26. Speaker's platform
27. Exxon competitor
28. Institution since 1701
29. Moat crosser, perhaps
30. Barely manages, with "out"
31. Singer Jones
35. Singer Simone
37. Angel's headwear
38. Unwanted email
40. "The Way We ___"
42. Decree
45. Explorer's option?
47. Like many loafers

50. Important date for libraries?
52. Play merrily
53. West Point student
54. Battery end
55. Anti-Parkinson's drug
59. Follows rock, but precedes candy
60. Nabisco brand
61. Oxen in King James Bible
62. Tied
63. Take five
65. Understand

Quotable Quote

Rule: Never perform card tricks for the people you play poker with.

... Proverb

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

Last week's crossword solution

ANIMAL PRODUCTS

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

a string quartet and a piano duo.

The performance will be held in Building 7 at 7:30 p.m.

Anyone is welcome to attend the concert free of

charge.

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

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

This weekend's forecast calls for barbecue

By **KANDI CARLSON**
Staff Reporter

It is an unfortunate fact that not all barbecues will end in success. More often than not, this is due to simple mistakes that can easily be avoided.

The top three mistakes people make when they barbecue are: using a fork to turn their meat, opening the lid to the grill repeatedly and incorrect cooking temperatures.

The first of these is easily solved. Stop poking holes in your meat. Each time you puncture the skin of your meat, you release the juices that keep your meat moist.

Tongs and a spatula are the best utensils for turning your meat, preferably the types designed for barbecue use.

Barbecue utensils are longer. Using utensils that are designed longer helps to keep your hands and arms away from the heat source.

Now that you have stopped poking holes in your meat, you can leave the lid on.

Leaving the lid on the grill helps keep the interior of your barbecue warm and allows it to remain at a constant temperature.

Every time you take the lid off, you lower the interior temperature of the barbecue. This results in a longer cooking time.

The only foods that are not affected by this are those that cook quickly, such as hot dogs and kababs.

Mistakes involving temperature are two-fold: the temperatures of the cooking surface and the ideal temperature at which you should be cooking your meat.

Both the grill temperature and cooking temperature have significant influence in the success of your barbecue.

To begin with, the temperature of your grill varies depending on the style of your grill.

There are two primary grill types: gas and charcoal.

Gas grills usually have a thermometer that indicates



Cody Warf/THUNDERWORD

Your barbecue will get off to a good start if you have all your seasonings and tools ready to go.

when you should place the meat on the grill. Take advantage of this and watch the gauge.

Charcoal grills often give people more trouble when it comes to determining temperature. Not to worry, there is a trick you can use.

Once the coals are hot, place your hand over the center, but no more than two inches above the coals.

The amount of time that you can hold your hand in place before you begin to feel the heat will give you an idea of the temperature.

This is a standard timetable for this method:

- <10 seconds is low heat.
- 6-8 seconds is medium heat.
- 2-4 seconds is high heat.

Now that you have a better understanding of how to determine the temperature of your grill, you can start thinking about cooking.

The first rule of thumb is that every type of meat needs a sear to seal in the juices.

In order to get a good sear on a piece of meat, you need to place it on the grill over direct heat. Direct heat refers to the area directly above the heat source.

To tell if you have a good

sear or not, all you need to do is look at your meat. A good sear ranges from a light browning to a blackening of the outside of the meat. This depends on your individual taste.

After you have seared in the juices, you should ideally move the meat into indirect heat.

Indirect heat refers to any area that is not in the direct heat area. Usually this is off to the

sides of the grill.

Once the juices have been successfully sealed in, you are halfway to a perfectly executed barbecue.

Mistakenly people think that all meat can be cooked at the same temperature.

Chicken and seafood cook ideally over medium heat.

Both tend to cook quickly. So if your grill temperature is

too high, they will be done on the outside, but raw on the inside.

Once you have seared the meat, you should move it onto indirect heat.

Once chicken reaches 155 degrees, you can take it off the grill. Allow it to rest and it will reach the 165 degrees that is required to kill bacteria.

It is easy to determine if your seafood is ready: shrimp or prawns change color from white to pink when done, and fish falls off the bone or flakes apart with a fork.

Lastly, there is beef and pork. Both types of meat cook ideally over high heat.

As with all other types of meat, you begin with a good sear and move to indirect heat. Cooking times vary depending on the cut, thickness and whether there is a bone.

Pork should be cooked to a minimum internal temperature of 165 degrees. Beef varies depending on how done you like it.

Check the package your meat came in. There are usually recommended cooking times provided.

Most importantly, be patient and allow your meat time to cook.

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Saucy tomato topping boosts barbecue

A basic tomato barbecue sauce can be made using ingredients found in your kitchen.

This recipe allows for substitutions to accommodate different tastes.

You need the following ingredients:

- 1 can tomato sauce
- 1 can tomato paste
- 2 tablespoons vinegar
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 3 cloves garlic, crushed
- 4 tablespoons onion, minced
- 1 tablespoon Worcestershire

sauce

- 1 teaspoon dry mustard
- 1 teaspoon cayenne

Simmer the sauce over low heat for 20-30 minutes.

It is important that you stir your sauce often so that it does not burn.

Your sauce is done once all the ingredients are heated through.

Remove sauce from heat and refrigerate.

Refrigerate for three days. This gives the ingredients time to mellow and fuse.

PLU YOUR PRIVATE COLLEGE OPTION

Nelson gives advice on how to become an artist

By **STEPHANIE KIM**
Staff Reporter

Fear should not be a color to have on your palette to be a successful artist, Highline professor Gary Nelson said.

Nelson gave a lecture during Highline's biweekly Arts & Lecture series on Tuesday, May 18.

During the lecture, Nelson listed seven steps on how one could get involved.

First, to be a serious artist, you need to work hard at the craft.

Second, after producing a piece, you need to be brave enough to show it to people.

"Promotion of your art is more important than the art itself," Nelson said.

The third step is to enter your pieces into competitions. The competitions need to be professionally judged, have cash prizes and you need to have enough to enter into the competition.

"If you don't try, it won't happen," Nelson said.

The fourth step is to join artist organizations. The fifth step is, after winning some prizes and joining organizations, meet your mentor or mentors.

The sixth and seventh steps are to understand your piece and know where it belongs in the market.

After you decide where you want your pieces to go, consider making prints.

"All cultures have art and unifies us as human beings," Nelson said. "[It] makes us be individuals."

"[A] creative product in my mind is a byproduct of life-style."

Nelson is the coordinator for the Visual Communications



Cody Warf/THUNDERWORD

Nelson gives a presentation during Highline's biweekly Arts & Lecture Series on Tuesday.

Program on campus.

In kindergarten, Nelson colored a turkey purple, while all the other kids colored it brown. This is when he realized he had artistic talent.

From coloring a purple tur-

key, Nelson's art has evolved and he now has more than 200 sketchbooks.

"Live by the sketchbook," Nelson said.

Nelson paints about three times a week in his studio. Four

years ago, he convinced his wife to turn their living room into a studio and his wife agreed, being an artist herself.

"I'm primarily a watercolor artist," he said.

Although Nelson has done

acrylic and oil paintings before, he likes to stick with water colors because with acrylic paintings, more control is needed.

Nelson prefers watercolors over acrylic and oil. With acrylic and oil paintings the mixing of paint happens on a palette. While with water color paintings, the mixing happens on the paper itself.

"It's a very magical thing," Nelson said. "Watercolors are more vulnerable."

"The mood of a painting can be changed by how you approach it," he said. "[Watercolor painting] allows me to be more spontaneous than [acrylic and oil] painting."

With acrylic and oil paintings, artists try to make their subjects "look better."

With watercolor paintings, Nelson is able to accept the actual nature of the object.

When looking for an inspiration for his next piece, Nelson reflects on his "life experiences and the world around me," he said.

Nelson said he once hiked Mt. Rainier for three days just so he could get a precise look of how the mountain looked from thousands of feet up.

Often, Nelson takes a digital camera and a sketchbook to decide on his next painting.

"I go out into the world with a sole purpose of finding a subject," Nelson said.

"Being creative helps us be more open-minded."

Painting allows Nelson to express who he is and it also lets him step out of his "adult" zone and be a kid again.

"I guess I'm still just a little kid," Nelson said. "I wish I was more of a little kid."

Students to exhibit original works

By **ALYSON FUHRMAN**
Staff Reporter

Highline students show off their talents to build, decorate, and communicate at Highline's annual portfolio show.

The show will be in the Mt. Constance room in the Student Union, May 24 and 25 from 9 a.m. to 3 p.m.

The portfolio show will exhibit the work of 38 students who have studied in either interior design, drafting or visual communications at Highline.

"It's mainly for students who are finishing up school," said Laura Worthington.

She teaches part-time design classes and maintains a freelance design business.

"[The portfolio show work] is kind of like something you would show for a job inter-

view," Worthington said.

"The thing I like best about interior design is the challenge of solving a problem creatively," said Tamara Hilton, Highline's Interior Design program manager.

Interior designers are responsible for transforming a simple room, office, or building into the space of their client's dreams, using their creativity.

A designer listens to the needs and desires of their client, and studies the room in order to create the ideal atmosphere using elements such as lighting, color, furniture, and art.

"Interior Design is a very creative field. You get to use your imagination to come up with a great solution to your client's problem," Hilton said.

"Upon graduation students can enter the workforce in an

entry level position in residential or commercial design," she said.

"Duties would include but are not limited to: space planning, material selection and presentations."

The other two departments' displaying work includes the Drafting Design Program, and the Visual Communications Program.

Drafting designers create plans, computer models, and sketches used in the construction of buildings and other large objects.

Visual Communications, which prepares students for jobs in fields such as graphic design, illustration, and web design features many various forms of art ranging from digital illustrations to lettering.

The show is free.

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Cody Warf/THUNDERWORD



COMFORT CLOTHES

Students say that when it comes to school, they wear whatever is handy

By **ALYSON FUHRMAN**
Staff Reporter

With warmer weather finally arriving, Highline's campus will be seeing less and less clothing.

Not all students say that is a good idea. College opens up a whole new freedom for students when it comes to apparel.

Unlike in high school and junior high, colleges such as Highline do not have a dress code.

This leaves what is appropriate and what is inappropriate

to wear to school completely up to the discretion of each individual.

"We're at the college level, so you can pretty much wear whatever you want," said Highline student Marjorie Couch.

But, there can be a fine line between what a person wants to wear, and what a person should wear to school.

Most students agree that outfits that show off too much of a person's skin have no place in the classroom.

"[It is inappropriate to wear] shirts that show too much cleavage and skirts that are way

too short," Aman Cheema said.

"You should be properly dressed.," Cheema said.

"Your shorts shouldn't be too short ... your undergarments shouldn't be showing."

"[It is inappropriate] for girls to wear short, short skirts ... I think everything else is pretty flexible," said Highline student Joshua Curran.

"As long as you're respectful about [what you wear] and it's not really bad [or] inappropriate."

Other students, such as Casey Shaw, say that clothing featuring offensive material is also not something his fellow students should be sporting around campus.

"We've got freedom of speech and everything, but like clothes with obscene words and violence, and if

you're not wearing a full shirt or like showing off too much skin ... it's pretty inappropriate," Shaw said.

So, while Highline does not have an official dress code, many students appear to feel there are unspoken rules to what students choose to wear to school.

When a student wakes up in

the morning, picking out what to wear for the day can be a process, or a simple task.

"I have like three pairs of pants I wear, and a couple shirts that I repeatedly wear, so [I dress] pretty much for comfort," Shaw said.

"I pick them out and everything, but it doesn't really matter that much to me."

"Usually, you know, I'll like just put on some jeans and like a shirt," said Highline student Garret Miller.

"Most time I spend 10 minutes or less [getting dressed in the morning]," said Highline student Vitaliy Tsuz.

For other students, such as Majorie Couch, the day's outfit is based on what she is doing the rest of the day away from classes.

"Your shorts shouldn't be too short... your undergarments shouldn't be showing."

— **Aman Cheema,**
Highline student

"I go to work straight after [school] and I work as a caregiver," Couch said.

"So I try to wear on the days that I work something that I don't mind getting dirty in.

But, days when I don't have work afterwards I wear

something casual." For many Highline students, such as Tylor Curry and Chris

Brown, the decision of what to wear is based around comfort, not appearance.

"I just throw on whatever. I just don't really put too much thought into it," Brown said.

"I usually care more about my comfort than how I look," said Curry.

Although many don't dress up, some students agreed that they believe there are special instances in which you should dress up for school, however.

"If you have like a presentation or your meeting someone important; wherever you need to make a good impression," Cheema said.

"It depends [when I dress up for school]. For my music class, I dress up," said Highline student Nonda Aye.

Overall, students at Highline have different opinions on what should be worn to school, but most students agree that as long as your outfit choice is respectful, you are free to wear whatever you wish.

"Most people who go to school just throw on whatever they want, which I think is completely fine, like old sweatpants and hoodies," said Highline student Teresa Fomich.

"Even though it looks plain and ordinary, your fashion should reflect how you're feeling ... which is why it's usually hard to find head-turning outfits at school."

An ensemble of students from Evergreen High School, right. Fei and David, center, perform the sakuataki dance.



Chuck Kibbie/THUNDERWORD
Tammy Lago, right, does the Tahitian hula dance. Sumo, far right, does the Sakuataki dance.
Winnie Sefilino, Chrystal, Tammy Lago and Lyss Kinimaka, bottom left, performing the hula. Mount Rainier students, bottom right, perform the haka.



Lively luau

By VICTORIA SADDLER
Staff Reporter

Highline's Asian Pacific Islander Club hosted its second annual luau last Friday. Traditional dances, quiz questions on Samoa and Tonga and prizes packed Building 8.

At the luau, traditional dances from different groups were on display, such as Samoans, Tahitians, Hawaiians, Tongans and the Maori.

Students from Mount Rainier High School and Highline students from the club also performed.

They performed a number of traditional dances, such as the haka, the sakautaki and the sasa. The haka dance was performed by students from Mount Rainier High School. It is a war chant that is used to show their enemies that they are not afraid, said Vice President Marlin Mal of the Asian Pacific Islander Club.

The sakautaki dance, which was performed by Highline students, is a dance where the men gather in a group and slap their chests, Mal said.

The sala was also performed by Highline students. In this dance, men and women come together and sit on the ground and do a clap dance.

Lost Planet 2 may not be worth finding

By **SAMUEL E. TIMLICK**
Staff Reporter

Lost Planet 2 might not be the improved sequel it was hyped to be.

Lost Planet 2 is a third-person shooter that marks the second game in the *Lost Planet* series, and is a direct sequel to the first *Lost Planet*.

It takes place 10 years after the events of the first *Lost Planet*, after the ice on EDN III has melted (the first *Lost Planet*'s environment was covered in snow and has since heated up) to reveal lush jungles teeming with life.

Planet 2 includes single-player, co-op and multiplayer modes. Co-op is short for cooperative, meaning a mode that forces players to work together with a real partner.

What separates the co-op from the multiplayer is players are not facing other opponents online, but battling with their co-op teammate through the single-player mode.

The plot of *Planet 2* is nour-



A Screenshot of a fire fight from the recently released game *Lost Planet 2*.

ished by an ongoing civil war over thermal energy, pitting player-generated characters against the Akrid – beastly creatures native to EDN III, from the start of the game.

“Thermal energy was needed in the first [*Lost Planet*] game to survive through the cold weather, so I don’t know why it would be needed in the warm jungles of *Planet 2*,” said Michael Futter, associate editor at www.zombiefrog.com, a video-game website.

The need for thermal energy to survive remains constant throughout *Planet 2*. Besides this motive, there is little else to drive the story of *Planet 2* forward, as more focus is put on the monsters of *Planet 2* and the game play.

“I think the concept of the

thermal energy is really neat. You have your life bar and your thermal-energy bar that are connected and needed to survive,” Futter said.

To acquire this thermal energy and to progress toward the end of the game, players must defeat the enemy Akrid. Some of the Akrid may be small, but large in number, while others can be massive in scale, but are never in a group.

“The size and design of the creatures is very neat and a good idea, but I think Capcom should have focused more on this one aspect of the game,” Futter said.

Another aspect of *Planet 2* that factors greatly into its game play is the control scheme. In the first *Lost Planet*, players were given the option to use a grappling hook and to jump,

which were done separately, to the disappointment of many players.

Now, in *Planet 2*, players can jump and use the grappling hook at the same time.

Those playing *Lost Planet 2* may find its character turning speed to be quite slow. The R1 and L1 buttons on PlayStation (or RB and LB on the Xbox 360) are used to speed things up by turning a character’s body 90 degrees to the right or left.

“If your game needs buttons to help you turn faster, and your game isn’t from the Resident Evil 2 era [a PlayStation survival/horror game that made controlling characters difficult], you’ve got a problem,” Futter said.

“In a weighty game like *Killzone 2* [a first-person shooter

known for its heavy-feeling controls] it can be good, but in this game, it’s not.”

Many *Planet 2* players may find its arsenal of weapons rather lacking when they are introduced to what has now become run-of-the-mill in most shooters: a sniper rifle, a machine gun, a gatling gun and grenades.

Two *Lost Planet 2* demos are now available on the PlayStation Network and XboxLive, one a competitive multiplayer demo and the other a co-op demo, which may also be played as a single-player demo.

“I absolutely hated the *Lost Planet 2* demo,” Futter said.

“It immediately throws you into the game with a quick button layout for the controls without explaining anything else in the game.”

“The best demos incorporate tutorials and *Lost Planet 2* had none.”

Lost Planet 2 was released May 11 for \$59.99. IGN gave *Lost Planet 2* a 6/10, a 5.5 for the PS3 version, due to technical issues; a B- grade from 1UP; and a 7/10 from GamesRadar.

Futter said most of his notions are based off the *Lost Planet 2* demo and the first *Lost Planet* game, “which were major factors in my decision not to purchase *Lost Planet 2*,” Futter said.

“If I were planning on picking *Lost Planet 2* up, I would wait two months when it’s under \$30 on www.amazon.com, then pick it up.”



Theater brings Fats Waller back to life

By **ALISA GRAMANN**
Staff Reporter

The Centerstage Theatre in Federal Way is recreating scenes from the late 1930s Harlem Renaissance in their production of *Ain’t Misbehavin’*.

Ain’t Misbehavin’ is not a play. The director, David Duvall, calls it “a musical celebration.”

The production has several different sets in which the five-member cast sings songs written by Fats Waller.

Cast members include Stacie Calkins, Ashanti Colé, LaVon Hardison, Gesse Smith, and Bill Bland.

Ain’t Misbehavin’ is a review of Fats Waller’s career and of his songs.

Thomas Wright Waller, also known as Fats Waller, was a jazz pianist, composer, songwriter, and singer.

His fame peaked in the 1930s Harlem Renaissance. Some of his songs, such as *Ain’t Misbe-*

havin’ or *Honeysuckle Rose*, are still popular.

Duvall said that they are capturing a time of history and portraying it without having to use a plot.

He said it is a way for the audience to experience “flavors” of music.

“It is important to keep track of and enjoy where we’ve been artistically as a civilization,” Duvall said.

“[Fats Waller] is one of the great black songwriters of all time,” said Alan Bryce, Centerstage’s artistic director.

In 1970, Fats Waller was inducted into the Songwriters Hall of Fame.

Duvall’s vision for this production is to encourage people.

During the Harlem Renaissance, African-Americans did not have an easy life.

“Amidst all of the things that made their lives a challenge, they still had a good time,” Duvall said.

This is the idea Duvall is

hoping the audience walks away with.

“No matter how dire the situation, enjoy life to the fullest,” Duvall said.

Evening shows are at 8 p.m. Fridays and Saturdays and matinee shows are at 2 p.m. Saturdays and Sundays.

Shows will run from Friday, May 21 to Sunday, June 6.

Ticket prices for the show range from \$10 to \$25, with both student and military discounts available.

A wine reception and a Q&A session will be held Saturday, May 29 at 8 p.m. with director David Duvall.

Tickets can be purchased online, at www.centerstagetheatre.com, or over the phone, at 253-661-1444.

Centerstage Theatre is located at 3200 S.W. Dashpoint Rd., Federal Way.

“[*Ain’t Misbehavin’*] is beloved by all,” Bryce said.

“I hope [the audience has] a good time,” Duvall said.



May 20 as a part of Highline’s weekly Blend performance. The performance will be from 11 a.m. to 1 p.m. in the Bistro of the Student Union. The event is free and is open to the public.

•Highline’s annual Spring One-Acts will take place tonight, tomorrow and Saturday. All performances will start at 8 p.m. There will be a total of seven plays, with five being directed by drama students and the rest being directed by professor Rick Lorig. The event will take place in Building 4. Tickets can be purchased 30 minutes prior to the start of the show.

•Renton Civic Theater will have a showing of *Summertime Madness* on Sunday, June 6 at 2 p.m. They will be performing classic, pop and rock songs.

This will be a sing-a-long performance and there will be opportunities for the audience to win prizes. Ticket prices are \$10 for students and seniors, and \$15 for the general public. For more information and ticket purchasing, call 425-226-5529.

•Highline’s art gallery will feature the works of local artist Anette Lusher. Lusher’s paintings are done on canvas, using acrylic. Her artwork will be displayed until the beginning of Fall Quarter. The gallery is located on the fourth floor of the Library. Library hours are: Monday - Friday 7 a.m. to 9 p.m., Saturday 10 a.m. - 5 p.m., and Sunday 2 - 9 p.m. The gallery is free for everyone.

•*Withering Heights* will be put on by Breeders Theater in Burien. Shows will run July 16, 21, 23, 24, 25, 28, 29, 30, 31 and Aug. 1. The theater is located at 127-B S.W. 153rd St., Burien. Tickets can be purchased at E.B. Foote Winery (same address as theater) and also at Corky Cellars, located at 22511 Marine View Dr., Des Moines.

Scoreboard



Women’s fastpitch standings

West Division	
	Record
Z-Pierce	27-3
X-S. Puget Sound	21-9
X-Centralia	18-12
X-Green River	17-13
Highline	4-26
Grays Harbor	3-27
North Division	
	Record
Z-Shoreline	21-3
X-Bellevue	19-5
X-Everett	17-7
X-Olympic	12-10
Peninsula	6-18
Skagit Valley	6-18
Edmonds	1-21

East Division	
	Record
Z-Wenatchee Valley	23-5
X-Walla Walla	19-9
X-Columbia Basin	18-10
X-Spokane	18-10
Treasure Valley	12-16
Blue Mountain	10-18
Yakima Valley	8-20
Big Bend	4-24
South Division	
	Record
Z-Clackamas	16-4
X-Mt. Hood	14-6
X-Lower Columbia	12-8
X-S.W. Oregon	11-9
Chemeketa	4-16
Clark	3-17

Z-Clinched division championship
X-Clinched playoff berth

NWAACC Tournament
First Round Schedule
(May 21, Delta Park East, Portland, Ore.)

9:30 a.m.
Shoreline vs. Spokane,
S. Puget Sound vs.
Lower Columbia,
Wenatchee Valley vs.
Olympic,
Mt. Hood vs. Centralia

11:30 a.m.
Clackamas vs. Green River,
Walla Walla vs. Everett,
Pierce vs. S.W. Oregon,
Bellevue vs. Columbia Basin

Return service



Liviu Bird/THUNDERWORD

Olajide Osadare, right, hits the ball over the net to Issah Agyeman while Vitaliy Duelar keeps score in the background. Osadare, Agyeman and Duelar were participating in a table tennis tournament hosted by the Highline Table Tennis Club. The tournament was held in Building 2 last Saturday, May 15. The building, normally used for conferences and meetings, was fitted with three pingpong tables for the occasion. With trophies on the line, the level of competition was high. The sun was shining outside, but the real heat could be felt inside the small room, as the sound of the ball going from player to player was periodically permeated by shouts of triumph and frustration from competitors.

Two-year schools should not be ignored

While I was in high school, I was convinced only untalented players with no future in their sport would play at a two-year school. Then I ended up at Highline. Growing up in Fairbanks, Alaska, getting recruited is difficult. Alaskan teams never play where coaches can see them, and the population of the state isn’t high enough to produce too many competitive teams. Some exceptions exist, of course. One club soccer team from Anchorage won third place in the Far West Regional Tournament, defeating teams from much larger states.

One player from my high school, West Valley in Fairbanks, made the under-16 U.S. National Team. But for the vast majority of us, getting recruited by a good college is a challenge. And for many Alaskan soccer players, and athletes in general, who end up at a four-year school, it usually means riding the bench for two years until they can work their way up to being able to start at that level. Halfway through my junior year, I realized my situation was not ideal and began to look for alternatives to my dream of playing Division I soccer out of high school. I contacted several Washington community college coaches, including Jason Prenovost at Highline. I came here for a visit, expecting to see decrepit facilities and players who didn’t know how to complete a 20-yard pass. However, I found a lot of players like me – guys who had talent, but weren’t quite ready for the next level.



Bird’s Eye View
Liviu Bird

Reasons for me to come here were numerous, including a supportive coaching staff, players that were more my level and how cheap the school was compared to the four-year colleges I was looking at. Also, despite the idea that community colleges are for people with subpar study habits and grades, I’ve found that is not the case. Just as many bright students take classes at community colleges, for various reasons, as students who couldn’t quite hack it at a four-year school. I earned a starting spot my first season at Highline, so while most of my Alaskan teammates who went to four-year colleges were busy learning the game from the bench, I was in the thick of the action, learning through hands-on experience. The one downside is having to go through the recruiting process all over again after two years. Calling coaches, sending videos, visiting schools and going to tryouts is stressful enough the first time around. On the other hand, the recruiting process for a community college is much less strenuous. In the National Collegiate Athletic Association, to qualify as a Division I athlete, students have to take 16 core classes, broken down in a particular order. Division II requirements are

slightly less strenuous, but still complicated. In addition, students must have high enough grades according to a sliding scale that takes ACT or SAT scores and GPA into account. Coming from a community college, as long as a student-athlete has his or her associate of arts transfer degree, they by-pass all of these convoluted requirements. Overall, despite the lower level of play and the negative connotations surrounding community college athletics, it is a better path for many high school students, especially coming from an isolated place such as Fairbanks, Alaska.



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Local softball teams are filling up quickly

By **RICHARD MEIER**
Staff Reporter

Sign-ups for summer adult softball programs are going, going, but not yet gone.

Adult softball leagues from Auburn to Tukwila are filling up fast, if they haven't filled up already.

Those looking to get involved in summer softball leagues might find themselves caught off base if they don't act quickly.

The city of Burien is the only city with registration for summer softball still available and they will continue to run their registrations throughout the month of June.

"This league is meant more for fun; people who want to come together. A majority of the people wanted a fun league and not a competitive league," said Rachel Gilbert, recreational specialist for the city of Burien.

Those looking for a more challenging and unorthodox approach to softball, keep Tukwila in mind for next year.

Those looking for conventional softball may be caught off guard when registering for Tukwila's softball league, which throws newcomers a curve ball.

"There are so many other leagues running in neighboring cities and we have limited fields.

"Also, in our softball program then men hit opposite handed and that doesn't attract a lot of people," said Marlus Francis, recreation coordinator for the city of Tukwila.

Individuals still looking to



Brian Grove/THUNDERWORD

Members of the Seattle Inferno softball team congratulate each other after a bases-clearing homer.

find their way onto a softball team may be in luck. Several cities near Highline offer individuals the opportunity to squeeze onto teams by taking their information.

Sometimes, throughout the season, teams will need alternates.

Those individuals who have given their information to the city's parks & recreation departments will have an opportunity to get picked up during the season.

"Teams can call our office

[throughout the season] and if they are interested, they can pick off individuals who are on a waiting list," said Ralph Thomas, recreation coordinator for the city of Des Moines, home to three separate leagues.

Seasons currently under way include the leagues in Auburn and Kent, which begin registration toward the beginning of the year.

"We usually start registration at the first of the year and begin play sometime in April," said Brian Petty, recreation manager

for the city of Auburn.

Surrounding cities offer several different league types, from men's and women's leagues, to coed, to even church leagues.

"We offer leagues for men, women and coed," said David Heldt, parks program coordinator for the city of Kent, which boasts 107 teams.

"Surprisingly, our church league is one of our larger programs, with 20 teams," he said.

For those who have missed out on spring and early summer leagues, you can still get

an at bat because several cities offer late summer and early fall leagues for those still wanting to get in the swing of things.

"We also offer a late season which starts in later July, early August and runs under the same format as our regular season that we have going now," Auburn's Petty said. "Our late-summer league is less expensive as our early league and it draws fewer teams, with about 40 teams."

"I think it's our most popular, because everyone along the way played either T-ball, toss ball, baseball, or fast pitch. Plus, the exposure is there and it's [a] more social thing now," Kent's Heldt said.

Interested players can contact the various parks and recreation departments at:

•Des Moines: 206-870-6527, desmoineswa.gov/dept/parks_rec/athletics/fall_coed_softball.html.

•Federal Way: 253-835-6901 cityoffederalway.com/recreation/Activities/Activities.asp?SCheck=544028917&SDT=40317.4764089468&SectionId=11&SubSectionId=5.

•Kent: 253-856-5000, ci.kent.wa.us/SportsLeagues/Adult-Softball/.

•Burien: 206-988-3700, burien-wa.gov/index.aspx?NID=272.

•Auburn: 253-931-3043, online.activecommunities.com/auburnwa/Activities/Activities.asp?SCheck=558461630&SDT=40317.4647966435§ionId=2.

•Renton: 425-430-6719, rentonwa.gov/living/default.aspx?id=2256.

Fastpitch recruits depth and more pitching

By **BRIAN GROVE**
Staff Reporter

After a season with just enough players to field a healthy roster, Highline Head Coach Gary Graf has hit recruiting hard and signed a slew of fresh talent in hopes of being more competitive next season.

Following riding the whole season on one pitcher in Faith "the iron arm" Baldwin, who pitched all 34 games this year, Graf made sure to sign some more arms for the 2011 campaign.

So far, Graf has signed five players: Kelsi Baker, pitcher, West Seattle High School; Brittney Myers, catcher, Bonney Lake High School; Kari-lynn Spafford, catcher, Franklin Pierce High School; Katie Nuebauer, pitcher/outfield, Tyee High School and Ashley deOrnellis, outfield, Seattle Christian High School.

Graf is still going after one player from Kennedy High School, one from Mount Rainer and two from Lindbergh High School, but they have yet to sign.

Over the years, Graf's youngest daughter, Jess, has played softball on select teams that Graf has coached with players who are graduating from high school this season over the next couple of years.

Graf said already knowing some of the players he wants to recruit has helped immensely.

"What's really helped is knowing a lot of the parents already and they'll say, 'Oh, we know who you are,' and it'll just get better," Graf said. "Next year, most of the girls that I've coached over the last several years are all seniors, so that'll be helpful."

Graf said his favorite part of recruiting is "selling" Highline to the players.

"You've got to sell the program and you've got to sell the idea of going to community college and playing ball," he said. "It's a hunt [for players] and the hunt is always fun, and being able to sell them on the idea on playing for us is the fun part."

Recruiting at a two-year school also comes with its own set of challenges. Graf said finding out which players are available is difficult as well as scouting them during the season.

"You don't get a big opportunity to view them during the season because both of our seasons are going at once," Graf said.

"And also, it's not easy to find out who's out there, who the seniors are on the teams.

"It would really be helpful if a lot of the high schools did a little bit better job with their websites so we could know who's available. Doing the ugly

research piece of it is a little bit tough," he said.

Despite those hoops to jump through, Graf said the worst part is "when a girl just flat tells you 'no.' That they're done playing softball and you know that they've still got a couple good years in them.

"That part's a little disappointing," he said. "Not just for us, but because they're not playing ball somewhere."

Graf said although his recruits have a lot of talent, there is still work to be done with regards to shaping them into solid collegiate-level players.

"The reality is, most of the time we're going to get girls that didn't qualify to go to a four-year [school]," he said.

"If they've been given an offer to go to a four year, they're going to go there. We're not going to draw them away from it."

Still, there is a positive aspect of having players not quite

ready for a four-year program.

"The good challenge of it is, is this gives us an opportunity to help them get ready to go to the four-year for their last two [years]. That part is really enjoyable and that's one of the things we try to sell. We can help [the players] get the skill set you need to go to a four year and finish up your college career."

Out of the players he's recruited so far, Graf said the best part of this process was the amount of pitchers he was able to get.

"I've got more than one pitcher," he said with a laugh. "The catcher I have from Bonney Lake can actually pitch, Katie [Nuebauer] can pitch, Kelsi Baker is definitely a first-class pitcher and then I still have Faith [Baldwin], so we're in pretty good shape for pitchers now, at least a lot better than last year."

De-stress and defend your life with tai chi



Sara Rosario/THUNDERWORD
Ronald Jorgensen demonstrates a tai chi technique.

By **SARA ROSARIO**
Staff Reporter

Tai chi may have many possible health benefits. The two Chinese martial arts systems are the internal system and the external system.

External martial arts, like shao lin, long fist and southern fist, emphasize linear movements and breathing paired with sound, strength, speed and power.

Internal martial arts, like tai chi, sheng-I and paqua, emphasize stability and have limited kicks and jumps.

Tai chi, translated as the ultimate fist, or the ultimate, is a form of internal martial art that involves a series of slow, controlled, relaxed movements.

The origin of tai chi is uncertain, but it is believed that a Taoist priest, from a temple in China’s Du Wong Mountains, developed tai chi by observing and imitating the movements of a white crane preying on a snake.

Tai chi began as a fighting form of martial art, but over time it has evolved into a slow, relaxed exercise that people of all ages practice.

Tai chi centers around the ancient Chinese belief of chi. Chi is translated as breath, spirit, or energy of life.

The ancient Chinese believed that everything had both positive and negative chi coursing through it.

It is also believed that it is essential to your health that your chi flows easily and that the positive and negative forms of chi in your body stay balanced.

Tai chi is regularly practiced for health benefits.

“Most people [practice tai chi] for stress release,”

said Ronald Jorgensen, tai chi instructor at Highline.

Another health benefit of practicing tai chi is an increase in your energy, he said.

In addition to stress release and increased energy, tai chi activates your immune system.

“[Tai chi] breaks up any blockages in your system so your chi or energy can flow easily,” said Jorgensen.

Although tai chi is a spiritual internal martial art, it is not attached to any religion.

“Tai chi is not a religion. You can be a Christian tai chi player, a Buddhist tai chi player or an atheist tai chi player,” said Jorgensen.

“Tai chi helps you in your own religious path,” he said.

In addition to the health and spiritual benefits, tai chi can be applied as a very effective self-defense mechanism.

“The self-defense is unusual because you don’t resist. Instead, you use their energy to defeat them,” Jorgensen said.

“If you have to strike them, you don’t do it with sweat and strength but instead with chi energy, which is more powerful,” he added.

Tai chi will be offered at Highline for the 2010 Summer Quarter on Mondays and Wednesdays noon – 1:20 p.m., and in the Fall Quarter on Mondays and Wednesdays 8 a.m. – 8:50 a.m.

Tai chi classes are also offered at the New Burien Community Center Tuesdays and Thursdays 10:45 a.m. - 11:45 a.m.

To register online for classes at the New Burien Community Center visit <http://www.burienwa.gov>.



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The Thunderword / May 20, 2010

No need for fancy equipment for star gazing

By **ALISA GRAMANN**
Staff Reporter

Spring and summer is the perfect time to learn about the mysteries of astronomy, experts say.

Astronomy is the study of the stars, nebulae, clusters and galaxies. It is an old branch of science, and one that can be useful. Classical astronomy is the kind that was practiced by ancient astronomers, before the invention of timepieces and calendars.

Jay Ryan, author of *Signs and Seasons*, a home-school astronomy curriculum, is a big advocate of classical astronomy.

"Classical astronomy was used for the calendar," Ryan said.

Ancient astronomers used the sky to remember important holidays, to know when to plant and harvest crops and to navigate their way from place to place. Ryan maintains that this method still has significance.

"The goal is to restore an awareness and understanding of classical astronomy; that is, visual observation of the sky and its prominent role in history," Ryan said.

"Visual astronomy was an important part of daily life for most of history, and was essential for telling time and finding direction."

Learning his way around the night sky has been a long journey for Ryan — a journey that started with his mother pointing out the Big Dipper when he was little. Ryan never pursued astronomy professionally.

"I home-schooled myself in astronomy," he said.

Ryan said he enjoys being able to look at the sky and know what month it is, to be able to use the sky to direct him and to know by the phases of the moon when Easter is coming.

Ryan said astronomy has given him an appreciation for history and all the people who relied on the sky, and not technology.

"Classical astronomy has given me something more to notice when being outside," Ryan said. "It has enriched my life."

Astronomy can be an enjoyable hobby at any level. The beautiful sights never grow old and there is always something new to see or learn, Ryan said.

Often people believe that astronomy is expensive and complicated. This is a misconception, however, because although astronomy is a physical science, it is not nearly as daunting as it may seem.

"It's not too mathy," said Highline's astronomy professor, Igor Glozman.

The bare minimum you need for astronomy is your own eyes.



Alisa Gramann/THUNDERWORD

A view from a telescope shows details, like craters, on the surface of the moon.

Constellations such as Orion, Cassiopeia, or Ursa Major, can only be fully appreciated with the naked eye. Also, if you are in a dark enough area, the dust that makes up the Milky Way is visible and beautiful.

"A dot is a dot, with or without a telescope," Glozman said.

Just a simple pair of binoculars can reveal some of the vast mysteries of the night sky. Some star clusters can be seen with binoculars, and planets as far as Saturn can easily be admired.

"People overrate telescopes," Glozman said. You don't need a big telescope

to enjoy astronomy, and the brand is of little concern.

"Some of the fancier [telescopes] have software," Glozman said. However, part of the experience

is finding what you are looking for by yourself, and not relying on software to navigate the sky for you.

There are many places where you can go to get help and learn,

with many willing and able professionals who will lend a hand.

The Seattle Astronomical Society holds public star parties every month on the north shore of Green Lake. The next star party is scheduled for 7 p.m. on May 22. If you have a telescope, the astronomers at the star party can help you learn to use it. They can be visited online at www.seattleastro.org.

The Goldendale Observatory State Park is in the perfect position to reveal many of the night sky's secrets.

Although a road trip would be required to visit that particu-

lar observatory, its secluded, non-light-polluted location is where any astronomer would love to find himself.

Professionals at the observatory can help you to learn your way around the sky, and they also will allow you to take a look through the observatory's telescope.

Goldendale is located about 200 miles south of Seattle. They

can be visited online at www.perr.com/gosp.html.

Closer to home is the Theodor Jacobsen Observatory, on the University of Washington's Seattle campus. The observatory is open to the public on the first and third Wednesdays, April through September, 9-11 p.m., and the first and third Wednesdays in March and October from 7-8 p.m.

Light pollution may not seem like a big deal, until you've experienced the sky away from city lights. Elevated places are often good for escaping light, but any place away from the city will do.

Ana Larson, a senior lecturer at the University of Washington and the director of the Jacobsen Observatory, said many astronomy students take the class because they need the physics credits and they have heard that astronomy is an interesting class.

"[Astronomy provides a] whole different view of the universe," Larson said. Astronomy opens the door to learning about the larger universe and the role the Milky Way Galaxy plays in it.

"It's like, what if you didn't

know where you came from?" Larson asked rhetorically.

At the Jacobsen Observatory, Larson said they open the doors and show the public galaxies, planets and the moon. The old telescope has been there since 1892, and it is still in operation.

"It's pretty big, and it's impressive," she said.

"[We are] so excited about sharing our enthusiasm," Larson said. That is the reason why the observatory has public nights—so that astronomers can share their passion and knowledge with the public.

"It's very rewarding," Larson said.

The Pacific Science Center's Willard Smith Planetarium is yet another way to experience astronomy.

It's an interactive venue that is good for astronomers of all ages, where curiosity is embraced and people are encouraged to go outside and experience astronomy on their own.

The planetarium is open Mondays, Wednesdays, Thursdays and Fridays from 10 a.m. to 4 p.m., and Saturdays and Sundays from 10 a.m. to 6 p.m. Admission is between \$7 and \$14.

Astronomy software for a computer is a useful tool to have. It provides a way to learn your way around the night sky by providing a virtual map of the sky to explore. Many astronomy programs can be downloaded for free off the internet, including Stellarium, WorldWide Telescope and Sky Globe.

Magazines such as "Astronomy and Sky" and "Telescope" provide a lot of information — sky charts, observing tips and information on different pieces of equipment.

In addition, many books can aid in the exploration of the night sky.

These titles include *The Observers Sky Atlas* by E. Karoschka; *The Constellations Field Guide* and *The Binocular and Naked Eye Guide to the Stars*, both by Richard Dibon-Smith.

"Get a map of the sky and just get out there," Highline's Igor Glozman said. There is no better way to learn astronomy than to grab a star chart and look up.

Currently on a clear night, Venus is visible, on her way to being the Evening Star once again; Mars can be seen near the constellation Leo and Saturn can be seen trekking his way through Virgo.

"[What got me into astronomy was] the same thing as everyone else," Glozman said. "Excitement about the universe."

Professor surfs sonic waves for science

By **JOSH BECKER**
Staff Reporter

Studying waves is important, said a Central Washington University researcher.

On May 14, Dr. Andy Piacsek gave a seminar called “Sonic Booms, Skulls and Tsunamis: Some examples from the wide world of wave physics.” The seminar covered the various kinds of waves in nature and how studying them can have practical applications.

An assistant professor at Central Washington University, Dr. Piacsek is an expert in the study of mechanical waves. He said there are “two different kinds of scientists: theorists and experimentists. Theorists specialize in developing equations that describe how nature works,



Hoang Nguyen/ THUNDERWORD
Dr. Andy Piacsek says waves are an important part of nature.

while experimentists specialize in testing those theories.

Dr. Piacsek started the seminar with a brief lesson on the basics of waves. All waves, with the exception of electromagnetic waves, need a medium. However, “Not all waves are the same,” said Dr. Piacsek.

Some waves are compres-

sional; the particles of the wave’s transporting medium only move back and forward, like the air molecules in a sound wave.

Some waves are transverse; the medium – a thin, solid object like a string – moves up and down as the wave goes by.

Others are surface waves. In these waves, which move only at the interface between air and liquid, the individual particles of the medium move in a circle. A good example of this would be ocean waves.

Dr. Piacsek’s main area of research is sonic booms. A type of compressional wave, sonic booms are created when an aircraft reaches supersonic speeds, effectively outrunning its own sound waves.

In his research, Dr. Piacsek learned that not all sonic booms are exactly the same. Usually, the shock waves form a sort of N shape on a graph. However, some waves were more “jagged” than others. The typical N shape was distorted.

To find out the cause of this unexplained unconformity, Dr. Piacsek made a computer model of the leading edge of a sonic boom. According to the model, shock waves from a supersonic plane form a sort of swallow tail-shaped wave. When Dr. Piacsek added turbulence to the model, the wave became more distorted. Using these models, Piacsek hopes to find ways to soften sonic booms, possibly allowing supersonic flights over populated areas.

The next Science Seminar is scheduled for May 21.

Retraining

continued from page 1

employment rate and the number of students in the program,” Huber said. “We have been running out of money for the program in Winter Quarter and are hoping to get more money to help serve more students.”

As of March 2010, the unemployment rate for the state of Washington was 9.5 percent.

With the struggling housing markets, jobs in construction, real estate, flooring and roofing have been prime contributors to

Washington’s employment.

“There are a lot of people coming out of the manufacturing fields, as well as a lot of layoffs in real-estate-related jobs, such as roofers, carpenters, real estate agents and construction workers,” Huber said.

“Because of the layoffs in real estate and the lack of jobs available in construction and manufacturing, the hottest [fields] that everyone wants to get into are health care and informational technology.”

However, losing your job isn’t the only thing which can qualify you for the program; several different categories can

qualify an individual for worker retraining.

Other ways to qualify for the program other than age are: someone who has become recently divorced, received a substantial cut in pay and is considered a homemaker and/or a personal business owner who isn’t receiving unemployment.

After attending an orientation to inform students on the workings of the program, students are asked to fill out an application for acceptance into the program.

The Worker Retraining Program works one-on-one with students to help them fill out



John Huber

the information that is required, as well as help get them public grants so they can continue schooling.

“We generally pay for one,

maybe two quarters of their schooling,” said Kelsey Anderson of Workforce Development Services. “We try and work with them to receive grants from the state to pay for their schooling.”

For those who have received a substantial pay cut, opportunities to get enrolled in the program exist as well.

A person must be able to prove that he or she is receiving unemployment or is receiving substantially less in pay. Their unemployment benefits must be from the state of Washington.

For more information, visit Building 99 or www.flightline.highline.edu/workforce/index.

Update

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“So there will be some positions that won’t be filled and some expenses that we will not be incurring.

Most of it, we will be able to take without significantly affecting life on campus,” Yok said.

“People on leave without pay, positions we are not filling and those [spending cuts] allow us to capture the saving without having people to take basically a cut in pay,” he said.

This is good news for staff of Highline for the threat of furloughs is gone.

Highline still has control of how they cut spending for next year.

“We are still in control of our fate, to the extent that we can decide when and where to make these reductions,” Yok said.

Yok says the challenge is to maintain a stable college budget while still preparing for lower enrollment when the economy picks back up.

Generally, enrollment at

community colleges increases with downturns in the economy.

“Assuming we obtain additional tuition income beyond our budget projections, that will help us mitigate the next round

of budget cuts,” he said.

As of the third quarter, which ended on March 30, Highline is surviving financially.

“We’re in solid shape. The one thing about budget, budget

reductions and income is you want to try to maintain some degree of control over how fast or how slow we make these reductions,” Yok said.

“I think the thing to keep

remembering is that we have a good cash flow but the demands of the college remain high.

“We are not in good financial shape; we are just holding our own,” he said.

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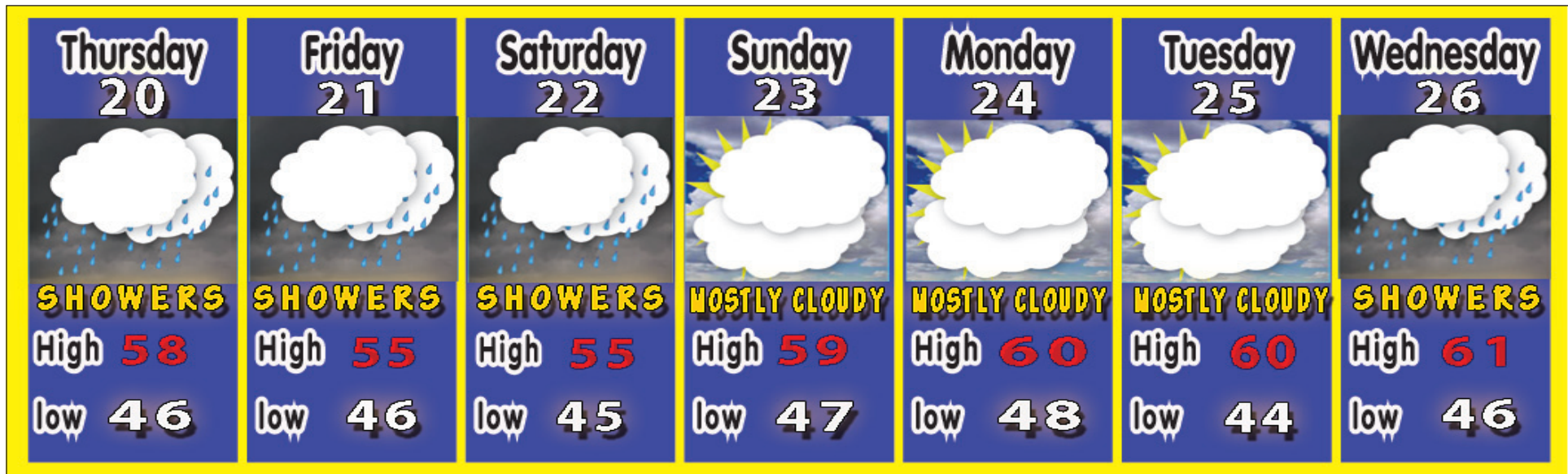
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Weekly weather forecast



Club

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enacted a law in 2007, which created the Washington Auto Theft Prevention Authority (WATPA). The theft authority aims to reduce vehicle theft across the state and funds several regional task forces. Among these regional task forces is the Prevention Auto Theft Through Regional Operational Links (PATROL), which consists of all South King County police

departments. Further, several other cities which contract for police services with the King County Sheriff’s Office participate in PATROL. The Des Moines police, in partnership with the PATROL Task Force, is giving steering wheel locking devices (the Club) free of charge to South King County and North Pierce County residents in order to tackle the theft of older models of Honda cars, especially Accords and Civics. “I don’t know what makes these Honda cars a target but, in

most cases, vehicle thefts can be prevented by taking precautionary measures when leaving your vehicle unattended,” said Des Moines Community Services Officer Tonya Seaberry. “Utilization of the Club does not guarantee or ensure that your vehicle will not be stolen. It’s a crime deterrent, and another level of security to consider keeping your property safe.” Eligible owners must prove Honda ownership by showing a current Department of Licensing registration at one of the participating police departments. This offer is available while supplies

last, officials said. “We have a limited amount of Clubs in our department,” Seaberry said. “And when we start giving to eligible owners, I’m sure they won’t last long.” Des Moines police and the PATROL task force hope, through this initiative, that the public will become better aware of their ability to prevent theft. “Vehicle thefts continue to be a crime plaguing the South King County and North Pierce County areas,” said Kent Police Lieutenant John Pagel, who also commands the PATROL Task Force, in a statement.

“Remember, vehicle crimes are most of the time preventable. We know that auto thieves target certain vehicles and we hope through this, the public will become better aware of their ability to prevent auto theft from occurring.” You can contact your local police departments and arrange for pick-up locations and times if you need the Club: To contact the Des Moines Police Department, please call Tonya Seaberry at 206-870-7619 or Kelly Crouch with the Federal Way Police Department at 253-835-6710.

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