

## INSIDE



2010 ELECT  
ELECTIONS  
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ELECTIONS

Voter's guide  
inside



Men's soccer  
team moves up  
to third place

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### Weekend Weather



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

For full forecast, see  
page 12.



Jackie Argueta/THUNDERWORD

Students say they don't get enough sleep; experts say that hurts everything they do. Maybe what students need is a really big

## SNOOZE BUTTON

By DAVID LUGO  
Staff Reporter

Students who get enough sleep are more likely to make their educational dreams come true, experts say.

Sleep is not only vital to educational health, but basic physical health as well, they say.

"Sleep is right up there with food and water as far as being a basic need," said Nursing Department Coordinator Terri Trillo.

"Studies have shown that with adequate sleep, students score higher on exams that require problem solving or analysis," said Polysomnography Program Director Nicki Bly. "If you're going to take an exam, it's probably a good idea to get a good night's sleep before."

There's a lot of debate on how much sleep a student should get, but studies show that a college student who gets at least eight hours of sleep is likely to do better on a test than a student who gets less than that, Bly said.

It is even recommended that students get more sleep versus staying up late to cram information before a test.

"The truth is, you should use the time you would use to cram overnight for sleep, because your brain won't remember anything that you study," Trillo said.

"Probably one of the worst things students can do is stay

up all night and cram for a test. They are probably better off getting a good night's rest the night before in order to retain more information," Bly said.

However, experts say that more sleep is not always better sleep.

"Folks that sleep too much are probably not getting the right cycles of sleep that they need," Bly said.

"So they may sleep for 10 or 12 hours, but they aren't going through the right cycles in order to get the most restful sleep," she said. "This can happen for a variety of reasons; too much caffeine in the body, an animal in the room, or the T.V. on."

"When you sleep too long,



Bly

See Sleep, page 10

## Local kids need community support

By KANDI CARLSON  
Staff Reporter

Hundreds of hungry children are finding the nutrition they need in a school backpack.

Through the combined efforts of the Des Moines Area Food Bank and Highline School District, children at five different elementary schools are able to eat on the weekends.

The Weekend Backpack program provides children at risk of going hungry over the weekend a backpack containing nutritious snacks and meals.

The Des Moines Area Food Bank started the program in the spring of 2005.

"We were one of the first to institute this type of program here. Agencies have been doing this back east," said Kris Van Gasken, executive director of the Des Moines Area Food Bank.

For many children, the only meals they eat are those served at school.

"Teachers have reported seeing many children ravenously hungry on Mondays, and as the week progresses the children are notably less hungry; an indicator they aren't getting fed enough over the weekend," Van Gasken said.

Kids who go hungry are distracted by their hunger, often lack focus, and are ill more often than those who are receiving proper nutrition, according to Des Moines Area Food Bank

See Backpack, page 12

## Low-income students attain new opportunity

By AARON WALLACH  
Staff Reporter

Highline and Neighborhood House are collaborating to give low-income students an opportunity to get into the medical field.

In this new College Attainment Program, students are offered help with financial aid and mentoring to help them complete college course work.

The program started in July and is led by Cindy Holland, an educational navigator at Neighborhood House.

Neighborhood House is a non-profit organization that helps low-income people become more self-sufficient.

Chris Foertsch lends a hand to the class by teaching College Attainment Program students how to successfully navigate their way through Highline. Foertsch is currently employed at Highline in Pre-College Studies.

Previously a phlebotomist, Foertsch said he feels comfortable in showing students the path towards successfully achieving a career in the medi-

cal field.

"Health care is a huge industry, and there are many career opportunities," Foertsch said.

Cindy Holland said she tries to actively ensure a positive outcome for her fall cohort, but she gives much credit to her students for their success by saying she is impressed with the hard work and commitment they put toward achieving their goals.

"We do a lot of financial planning and educational planning," Holland said.

The Fall Quarter cohort of six students engages once a week in

the Highline Student Union to discuss their progress in their classes as well as receive help with any questions or concerns they have with their future.

"I recommend this program to any student who is low-income," said Mohamed Mohamed, a student currently enlisted in the program who is pursuing a career in respiratory care.

The College Attainment Program is currently accepting

See Attainment, page 12



## Crime and Punishment

### Gave blood and needed ambulance

A Highline student was taken by ambulance to Valley Medical Center after becoming ill from donating blood.

The student was purchasing books in the bookstore when she reported becoming very light-headed and sick to her stomach after she had donated blood at the blood drive in Building 8 on Oct. 13.

Security was notified and South King County Fire & Rescue was requested.

When South King Fire Rescue arrived on scene the Emergency Medical Technician found the student had very low blood pressure and recommended transport to Valley Medical Center.

### Car hit and run

A Highline student reported to security that her father's car suffered damage due to a hit and run accident on Oct. 14.

The accident occurred near the bottom of the North lot.

There was a note found on the windshield from an eyewitness.

### Graffiti found

There was some graffiti found in the lower level men's restroom of Building 6 and the elevator of Building 26 on Oct. 14.

The graffiti found in the elevator of Building 26 had "Smoke meth" written in black marker.

Both instances were reported to Facilities to have them removed.

### Building 99 parking full

Highline Staff can't find parking around Building 99.

Security has written a total of 26 parking tickets on Oct. 14 and 18 due to a high volume of student's cars parked in the lot.

A suggestion was made by Security to staff in Building 99 that a visitor sign-in sheet be created.

### Purse stolen

A Highline student reported to Security that her purse had been stolen from the 2nd floor of the library while she was in the restroom on Friday, Oct 15.

—Compiled by  
Skyler Nichols

# Highline students give it up at blood drive

By **DAUNTE SANTOS**  
Staff Reporter

The blood drive got the blood it was thirsting for at Highline.

The blood drive, which happened last Wednesday, Oct. 13, was another success with 67 people registering online and 34 first-timers giving blood. That's more than 150 patients who will be helped from the blood that was donated, said Nikki Watkinson, a donor representative for the Puget Sound Blood Center.

"There were a lot of folks who registered online and a phenomenal amount of walk-ins," said Allison Radke Bogen, the volunteer services coordinator of the Blood Center's Federal Way Donor Center.

"The response has been wonderful from the student body," she said.

"It went well. I've donated since I was 16 about five or six times at least," said Highline student Ashley Atkinson.

The blood drive was full of snacks and drinks and volunteers were handing them out to the donors after they gave blood.

They had the donors stay at least 10 minutes after giving blood to ensure that they were okay.

Volunteer Anatolli Leontier who takes a Phlebotomy class at Highline, told donors, "Drink lots of liquids and eat lots of foods with sugar. Things like cookies and crackers are good."

"People of all ages come

here," said volunteer Dev Daijee who also takes a Phlebotomy class at Highline.

"I've donated all my life for 30 years. They call me because I have a negative blood type. I know my blood's really good because I've never taken any drugs," said Highline student Donna White who also works for Valley Medical Hospital.

"I get to see what donating blood can do for people," she said.

"I'm not using it," another Highline student said, "I'm living off it but it can help other people's lives."

Donating blood can happen at any time and the Blood Center encourages people to come in and donate blood whenever they want.

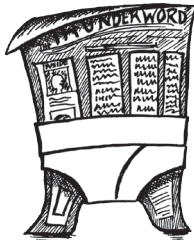
You can find out how to donate at the Puget Sound Blood Center's website, [www.psbcc.org](http://www.psbcc.org).

"A lot of people's lives are touched. You can save a life and your blood can go to three different people," said coordinator Radke-Bogen.

They also encourage people to do bone marrow transfusions, she said.

Only 25 percent of people can find a transfusion within their family, so if your bone marrow matches theirs, you can save someone from things like leukemia and other diseases, said Radke-Bogen.

You can find out more information and how to sign-up for bone marrow transfusions at [bethematch.org](http://bethematch.org).



## News Briefs

### Exercise boot camp

Mike Leishman, a personal fitness training student, is starting an exercise boot camp that will be held on every Friday starting tomorrow. It will start at 7:15 and will end at 8:15 a.m. in the group exercise room in Building 27.

Locker rooms will be available for use and after the session is over, showers are also available.

If you are planning on going to the exercise boot camp email [jbaker@highline.edu](mailto:jbaker@highline.edu).

### Academic Achievement Awards are here

The Academic Achievement Award applications for Winter quarter are now available for students to pick up.

This program is offering 15 full time tuition waivers to students with a 3.5 or better cumulative GPA.

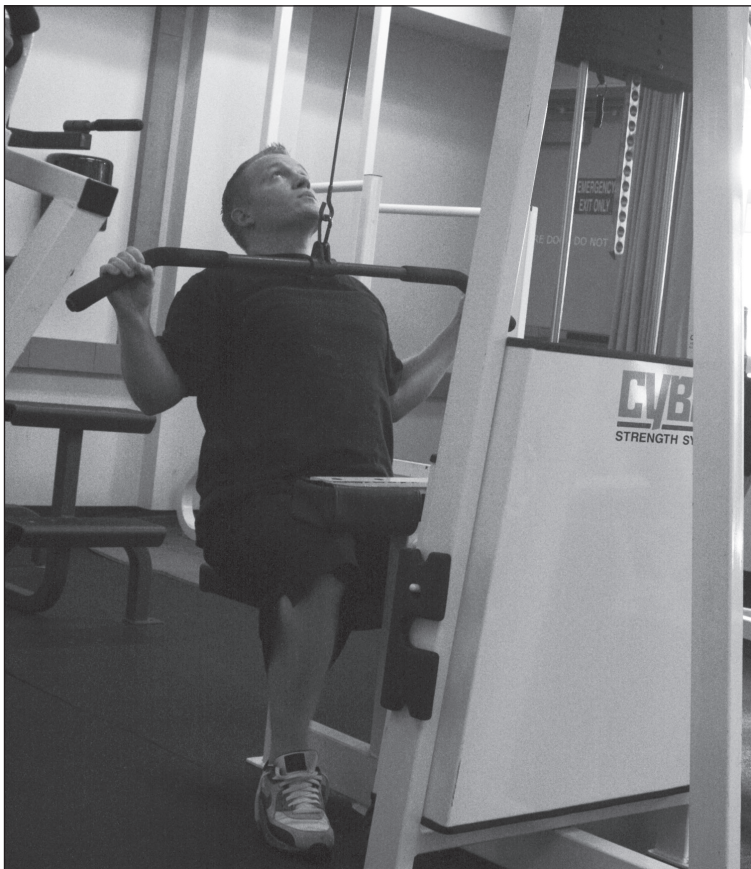
Students can pick up applications from Teri Balkenende in Building 11 room 203.

The odds of a student receiving the scholarship is 1 in 3 and the application is due by Wednesday Nov. 10.

### The fundraising campaign is underway

Highline is starting its 49th annual fundraising campaign to further benefit the college community.

The goal of the fundraiser is



Jennifer Choi/THUNDERWORD

Mike Leishman demonstrates how to use a lat bar in the fitness room in Building 23.

to get all of campus to participate 100 percent.

Every donation from students, faculty, staff, community leaders, trustees and foundation board members will be an investment in Highline to help the campus community.

Your donations can be designated to the area of your choice.

If you have any questions about donations call 206-870-3774 or email me at [rstephen@highline.edu](mailto:rstephen@highline.edu)

### Safe Zone Workshop Helps GLBTQ students

There will be a Safe Zone Workshop that will focus on campus climate for Gay/Lesbian/Bisexual/Transgender/Questioning communities to address individual and institutional forms of homophobia.

In our current education system on all levels 85 percent of teachers oppose integrating GLBTQ topics into the curriculum. The workshop will be on Friday Oct. 29 from 11:00 a.m. to 1:00 p.m. in Building 2.

### Psychology transfer students invited

Carrie Perrin, Director of UW Seattle's Psychology Undergraduate Advising, will be on campus presenting information on how to apply to the Psychology program.

The presentation is today at 1 p.m. in Building 10 room 103.

She will also answer any question people have at the presentation.

### Sustainabili-Tea

The third Sustainabili-Tea was yesterday at 2 p.m. on the sixth floor of the Library.

If you missed it there is another Sustainabili-Tea next Wednesday Oct. 27.

## College Transfer Fair

**START YOUR TRANSFER PLANNING NOW**

The Transfer Fair is **YOUR** opportunity to meet with **ADMISSIONS REPRESENTATIVES** from over 20 colleges and universities.

Come by and meet with the admissions reps, pick up application materials & have your questions answered!

For a list of schools in attendance go to: [www.highline.edu/stuserv/transfer](http://www.highline.edu/stuserv/transfer)

This is a GREAT place to explore your transfer options!

**Thursday, October 28  
9AM-12:30PM**

# Campus says no to violence, yes to survival

## One survivor shares story

By **TIGEST BEYENE**  
Staff Reporter

Highline student Schantelle Carter has survived the pain domestic violence has caused her.

Carter found herself in the middle of a violent relationship while she was pregnant. She and her ex-boyfriend had a son together.

“My ex-boyfriend was a very supportive man and was very caring, until he found out that I was addicted to drugs,” Carter said.

“After I told him that I had a drug problem, he became a different man towards me, and that is when the abusing started,” she said.

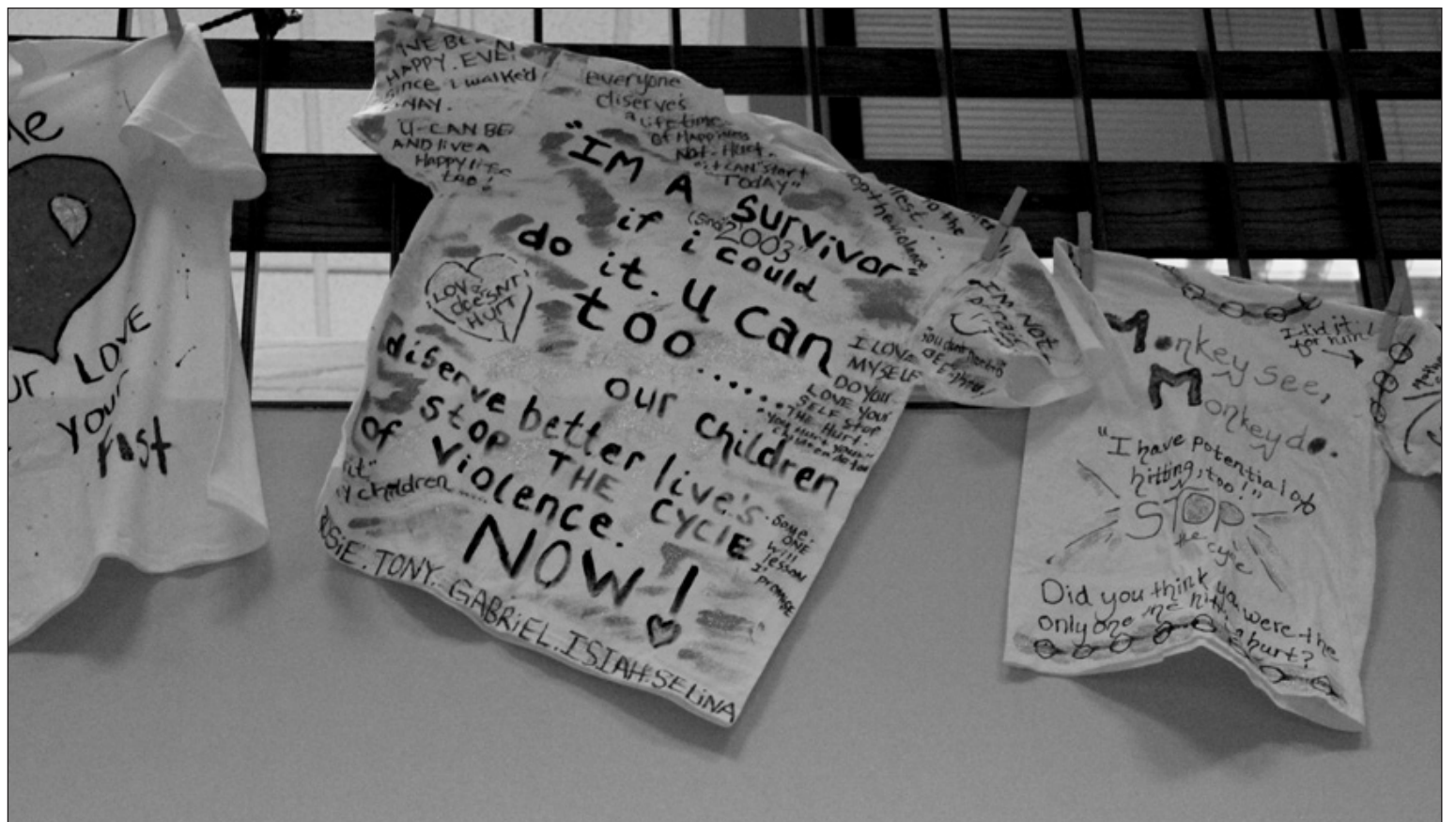
“Partially I think he was hurt from all the lying that I was doing,” Carter said.

Their most violent fight came when her ex-boyfriend thought she was going to buy drugs when she decided to change directions while driving to her sister’s house.

Her decision to change directions led to his knocking her out, Carter said.

“He had knocked me out I did not know what happened,” Carter said.

When they got back to the house, he said, “If [you] scream



Victoria Saddler/THUNDERWORD

*Highline students shared their domestic violence stories through T-shirts at the Clothesline workshop on Tuesday, Oct. 19. Women’s Programs hosted their Clothesline Project on Tuesday, for students to express their experiences on a T-shirt. Highline students decorated the shirts by writing messages or drawing pictures to show their fellow students what they went through or just to send out encouraging words to the victims of abuse. The shirts, when finished, were hung on a clothesline in Building 6.*

or make a noise, ‘I will beat you.’”

Carter’s breaking point was when she knew that she was unconscious and her son was still in the car sleeping.

“He ripped a part of my favorite shoe strings off my boots, which I had since high school,” Carter said.

Carter threw a sheet over her

ex-boyfriend and started to beat him repeatedly.

“I am so tired of this,” Carter said as she struck him. “My next step was I went to a YWCA which is a confidential domestic violence shelter,” Carter said.

While at the YWCA she attended workshops and domestic violence awareness classes.

In spite of her new education,

she had a change of heart about her ex-boyfriend. She went back to him, she said.

“The reason I went back to him was because he needed help financially and he had missed his child,” Carter said. Once she realized that he had not changed, she left him.

Carter has moved into a domestic violence transitioning

house with her son and is doing pretty well, Carter said.

“One [piece of] advice I can give is if you are in a domestic violence situation, it is good to find an experienced domestic violence counselor,” Carter said.

“I am stronger and wiser now due to the help I have received,” Carter said.

## Autistic people can function with a little help

By **ROLANDO SIERRA**  
Staff Reporter

People who with autism spectrum disorders can live a comfortable life with the help and understanding of people around them, an expert said in a seminar this week.

This is most important in an educational environment, where they need help and understanding from both their teachers and other students, Dr. Steven Altabet said.

Dr. Altabet gave a seminar about people with autism spectrum disorders in an educational environment on this past Monday, Oct. 18.

Dr. Altabet is the clinic director at the University of Washington’s Autism Center in Tacoma.

“Autism is a developmental condition that results in deficits in communication and social interaction,” he said.

Dr. Altabet proceeded to explain the autism “core deficits,” which are deficits in communication, social interaction, and repetitiveness in behavior.



Dr. Steven Altabet

Experiencing one or more of these deficits leads to autism spectrum disorders such as autism, Asperger’s syndrome, or a pervasive developmental disorder not otherwise specified, he said.

“The types of problems that

people with autism face are specific to each person, he said.

“However, there are some general challenges that most people with autism face,” Dr. Altabet said.

“[T h e s e] may be difficulty expressing their thoughts and feelings, difficulty understanding others’ feelings and intentions, difficulty knowing what to say or how to act in social situations, sensory sensitivities, and difficulty handling sudden change or new situations,” he explained.

Teachers can help their students with Autism by being patient and helping them receive necessary accommodations,

Dr. Altabet said.

Students can request a letter of accommodation from the Office of Access Services, located in Building 99, room 180.

Autistic students may not ask for help due to their challenges and so students and peers should offer them help if they think they need it, Dr. Altabet said.

Students with autism often have difficulties in social situations and may appear as though they are being rude, he said.

“By speaking to students with autism in a direct manner (e.g. no sarcasm or slang) and not being offended when students with autism speak to them directly, interactions will be more enjoyable and meaningful,” Dr. Altabet said.

For more information, you may access the Autism Speaks website, at [www.autismspeaks.org](http://www.autismspeaks.org).

There are also several documentaries and movies on the subject, such as “The Temple Grandin Story” and “Mozart and the Whale.”

## ISP plans annual ski trip to Whistler

International Student Programs at Highline is offering its yearly Whistler Ski Trip to British Columbia, Canada.

The trip takes place Dec. 10-12. Deadline to sign up is Oct. 29 in the ISP office, fifth floor in the Library.

The trip includes lodging, starting at \$249 for two nights, plus equipment rental for \$80, a discount over published rates.

Some students will need a Canadian visa. The Canadian visa office closest to Highline is located at Canadian Consulate General, Seattle Immigration Section, in downtown Seattle.

For students who are interested in this trip, you may come as an individual or as a group of two, three or four. The price of the hotel rooms will start at \$249 up to \$499 depending on how many people are coming.

“We went there last year. It was a wonderful memory for me and my friends,” a student said.

For more information, contact Leewan Li at [lli@highline.edu](mailto:lli@highline.edu) or call 206-878-3701, ext. 3384.

## Editorial comment

### We all have a responsibility to end domestic violence

October is domestic violence awareness month in Washington, and it is our duty as citizens to not only be aware of this senseless crime, but to do all in our power to prevent it from happening.

According to a statistics from Washington State Department of Health, approximately 28 percent of women and 15 percent of men report being the victim of physical violence or unwanted sex from an intimate partner over their lifetimes.

The good news is that overall, domestic violence offenses in Washington dropped significantly between 1997 and 2006.

The bad news is that people are still committing these crimes, and everyone in society is affected, either directly or indirectly.

Children who are exposed to domestic violence between their parents are at a heightened risk of becoming a perpetrator or victim of domestic violence as an adult.

In terms of health costs, the Center for Disease Control estimates that the yearly national cost of domestic partner violence is more than \$4 billion.

Domestic violence also accounts for a large percentage of female victims of homicide. A Washington study found that half of all homicides committed against females were perpetrated by current or former intimate partners

To end this, we not only need to have strict penalties for the perpetrators, we must be able to identify the warning signs of imminent domestic violence and stop it from ever starting.

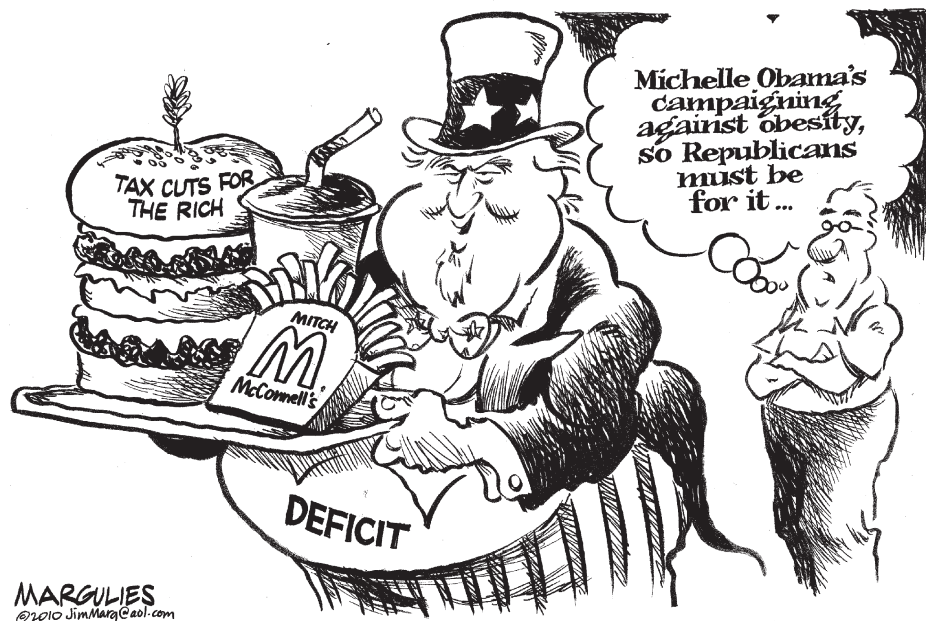
Washington Attorney General Rob McKenna has successfully introduced and passed legislation that toughens sentences for repeat offenders and those that choked their victims.

More work needs to be done to prevent the crime though, and we all can work to help stop the problem before it starts.

Those that feel at risk of being a victim need to recognize potential problems. If you are being verbally abused, it is a sign that the relationship is not on solid ground and you should either end it or seek counseling from a licensed professional versed in domestic violence. Physical violence should be dealt with immediately, call the police.

If you believe that someone you know is a victim, you have a responsibility to speak up. If the person at risk is unwilling to talk about it, you can notify the proper authorities of your suspicions. If you see a problem, yet do nothing to stop it, you are partially responsible.

If you have any questions regarding domestic violence, we urge you to call the Washington State Domestic Violence Hotline at 1-800-562-6025.



MARGULIES  
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## Let's get rid of violent criminals

Violent crimes are a social injustice that people have had to deal with for time immemorial, and every year our society spends far too much money dealing with the scumbags that perpetrate these crimes.

I believe the best way to deal with these horrible people is to ship them off to the Aleutian Islands and permanently exile them from civilization.

The monetary damage these criminals inflict on society is shocking. In a study performed by researchers at Iowa State University, the societal cost of one murder is \$17.25 million!

Other violent crimes also were found to create ridiculous costs: rape coming in at almost \$450,000, armed robbery more than \$335,000, and aggravated assault more than \$145,000,

These are just the monetary costs. The emotional distress inflicted on a victim and a victim's family also damages our civilization.

Simply putting violent criminals in jail is not a sufficient deterrent. In jail, these inmates can still communicate with the outside world, and in many cases, they have helped facilitate criminal behavior outside the walls of their prisons.

Also, they often are still able to get drugs, watch television, and some even have the privilege of conjugal visits. This is a total disgrace and not fair to the victims, especially ones who lost their lives.

When a criminal decides to kill someone, or violently accost them, they do not deserve any of the benefits that our society has to offer. I see nothing cruel or unusual about this. Murder, armed robbery, rape, and child abuse: these acts are cruel and unusual.

We as a society should stand up and say that if you commit these horrible atrocities, you will no longer have a place in our civilization, ever. Giving these people a second chance is not sensible.

Case and point: Maurice Clemmons. Giving him a sec-



Commentary  
Daniel Howell

ond chance ended in the violent and senseless murder of four local police officers.

The Aleutian Islands would provide a great deterrent to those pondering doing something really stupid. With its severe isolation from the modern world and a climate that makes Seattle seem like San Diego, I don't think you can find a better place to house the worst our country has to offer.

We even have existing infrastructure to house these offenders. The Island of Adak once was home to a naval air station that housed 6,000 military personnel. Why don't we put this abandoned base to good work by filling it with offenders who do not deserve to be a part of our nation?

Having spent time steaming by this island while fishing in the Bering Sea, I cannot see any avenue of escape for these criminals.

The weather is so bad that even experienced captains lose their vessels and their lives on a regular basis. The natural escape barriers of the Aleutians put anything our current prisons have to shame. Furthermore, any attempts to help anyone escape by plane could be detected hours in advance. All one needs to do is find Adak on a map to confirm this.

Unlike the penal colonies that England once had, the penal colonies of the Aleutians should be reserved only for violent offenders. Once we put them there, they should be given nothing more than basic items to survive, with absolutely no luxury items such as television, phone, or radio.

They should have to live the rest of their miserable existence as far away from the comforts

of civilized society and innocent people as humanly possible. Once there, they can either learn to adapt to their new home or kill each other with impunity. Who cares as long as they don't have the ability to harm another innocent victim?

The one exception to this would be offenders who are mentally ill to the point that they could not care for themselves in an Aleutian penal colony. Other than that, society should have no sympathy for those who are willing to violently attack or kill a fellow human being.

Another huge benefit of putting these offenders out of reach of society is reducing costs. Keeping an inmate under lock and key costs taxpayers more than \$20,000 a year, by putting all the violent offenders on an island far removed from society, we can immediately cut the expensive cost of prison guards.

By taking this step to punish violent criminals, society can turn the tables on them. It is they who should be afraid of us, not the other way around.

*Dan has been banished to the newsroom.*

## Write to us

The Thunderword invites letters and guest commentary from members of the campus community.

E-mail your submission to [dhowell@highline.edu](mailto:dhowell@highline.edu).

Letters should be no more than 200 words.

Commentaries should be 600 words or less and arrive no later than Monday for publication that Thursday.

Guest commentaries may be about any subject that you feel strongly about

Submissions may be condensed and/or edited for spelling, grammar and length.

Please provide contact information for confirmation purposes.

For information, contact [thunderword@highline.edu](mailto:thunderword@highline.edu).

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Because of you, jackass.

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# Local band, Gatsbys American Dream, reunites

By KATIE ADAMS  
Staff Reporter

After a four-year hiatus, popular local band Gatsbys American Dream is back.

Bobby Darling, the lead guitarist for the Seattle based alt-rock band Gatsbys American Dream has been hard at work reuniting the band after a four year long hiatus.

"It's like an organic thing [with the band now] where we all feel like we have so much more to offer. I don't think that was the case at the end [of the self-titled record]. After we made that record, we felt very spent from our experience within the music industry and struggling against the pressure to conform," Darling said.

The band agreed on the decision to reunite after an unexpected full band performance at Forgive Durden's "Return To Wonderland" concert on Sept. 10 at the music venue El Corazon in Seattle.

Opening the concert was Princess Dinosaur and Places and Numbers, two of the bands that were formed following the Gatsbys American Dream hiatus.

"I was really excited to have a full band and not have it just me on stage, rocking out with my laptop," he said. "If I could pick any guys to have as my backing band, it'd be the Gatsbys guys. They're world class."

The crowd began chant-



Fearless Records Photo

*Gatsbys American Dream is back after four years apart.*

ing the band's name following the performance by Places and Numbers and within minutes, Newsham appeared on the stage and they played the song *Theater*, from the band's 2005 album *Volcano*.

"We weren't going to do it [play the song] because we never had a chance to rehearse. We hadn't played together in four years, so we weren't going to get on stage and try playing after not for so long; we were just going to make massive fools of ourselves," Darling said.

"Well then the kids start chanting Gatsbys at the end of my set... We played and it was so cool, like no time had passed," he said.

The Gatsbys American Dream lineup prior to the breakup was Nic Newsham; Bobby Darling, lead guitarist; Kirk Huffman, bassist; Ryan Van Wieringen, guitarist; Kyle O'Quin, keyboardist; and Rudy Gajadhar, drummer.

O'Quin is tentatively not involved in the reunion.

Several dispersed bands had announced their reunions as well before hype started circling around Gatsbys American Dream.

"With these bands, they were pioneers in what they were doing. And nobody ever got enough of it. People weren't like, 'Oh whatever, nobody cares about Acceptance any-

more or The Starting Line'," he said. "It's like all these bands made fantastic records and just went, 'Peace, we're out.' They were pioneers and trend-setters and bands have mimicked them, including us."

Acceptance, a band also local to Seattle, have been contemplating doing a return performance with Gatsbys American Dream in Seattle in December, following hype that was created by Darling on Twitter.

Acceptance broke up in 2005 and many of their fans have been asking for the band's reunion.

"What I would like for us to do is play a show in Seattle with just us, just Acceptance, and I

want Acceptance to play *Phantoms* [Acceptance's only album] all the way through and us to play *Volcano* the whole way through," he said.

"I got on Twitter and people were freaking out," Darling said.

"We got the conversation started and at this point, as far as I know, everyone in the band is on board for it. They're talking with Jason [Acceptance's vocalist] and from I've heard, he's interested," he said.

"If they take the bait and they play more shows with us, which is what I'm hoping will happen, it's going to be the best thing for our scene."

Darling's biggest drive for reuniting Gatsbys American Dream band came from his hunger for change in the music scene.

Darling said he questions the sincerity of the bands that have been releasing music since Gatsbys went on break, and with the return of the band, he's declaring war on the people who have poisoned the music industry.

"This is the one place that the man and that kind of stuff can't touch us. It makes me angry that people have turned it [music] into fast food because it's not what it's supposed to be. I don't want those people to have their hands in this."

For more information on the return of Gatsbys American Dream on their fansite, snicker-attheswine.com.

## Drum performer says artists should 'follow their heart'

By KATIE ADAMS  
Staff Reporter



Stephanie Kim / THUNDERWORD  
*Pegg talks about the history of drums.*

After a lot of years and a lot of places, James Pegg still has the beat.

Pegg was the headliner and the year's first Arts and Lecture performance, sponsored by the Inter Cultural Center. The program was created for local artists to share and present their form of art.

Pegg, a percussionist from Detroit, performed on congas and African hand drums.

He began his presentation by reading off a quote from Picasso saying that God is the only art-

ist. He then talked about the history of drums.

Drums were the first source of communication, he said. They date back to early tribes in Africa when women used them to call their men in from hunting; making women the first to play drums.

He has performed in a number of countries all over the world, as well as a street performer in New York City.

"I was in bands with all different kinds of people; I got to be able to hang with the best artists," he said. "I joined a band [in Detroit] that was the number one lounge act. It was like a show band and we used to do

five shows a night, so it really got your hands in shape."

Toward the end of the hour with Pegg, he handed out various instruments to students in the audience to give them the opportunity to play with him.

Whatever your art, he emphasized not following someone else's example and, instead, playing what's in your heart.

"It didn't matter where I played, you're always confronted with, 'This is the way it's supposed to be,' but that's... I want to throw that out the window," Pegg said. "If you're drawing, if you're painting, if you're dancing, always be yourself."

## Design club gives artists a chance to share tips, tricks of trade

By ANGEL NALAGON  
Staff Reporter

Students, staff, and faculty unite for a common interest to get tips, tricks, and to learn how to put together a professional portfolio in the Graphic Design Club.

Anyone can join the Graphic Design Club. You can have an

interest in an array of mediums such as fine art, painting, tattooing, interior design, photography and graphic design.

"As the year progresses we will be working on basic designs and then moving forward, there will be Q&A's, lectures, workshops, and field trips and portfolio pieces," said the president of the Graphic Design club,

Joseph Myers.

"Students can expect much more from the Graphic Design Club this year," Myers said.

"If students come to at least two meeting students get opportunities that many students do not get a chance at, such as internships, and job announcements and going to high schools and educating younger students

about the program, and what jobs students can get from completing the program," Myers said.

At the club's first meeting, instructors Laura Worthington and Gary Nelson lectured on fine and commercial aspects of art and how you can make money doing both.

"The biggest benefit is networking," Myers said. Stu-

dents may meet professionals such as Yana Long, and Laura Worthington, both designers from Team Builder and John L. Scott.

For questions, contact Joseph Myers by e-mailing him at [digital\\_rebel\\_graphics@yahoo.com](mailto:digital_rebel_graphics@yahoo.com) or attend a club meeting in Building 16, room 158 on Wednesdays from noon-1 p.m.

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# Michalak challenges Keiser for 33rd Senate seat

By **SUSANE HUONG**  
Staff Reporter

Republican challenger for state senate in the 33rd district says Olympia needs to stop the spending while the democratic incumbent says we need to focus on education and health care.

District 33 covers SeaTac, Des Moines, Normandy Park, parts of Burien, the Kent Valley, and West Hill.

Incumbent State Sen. Karen Kaiser, D-33rd district, 62, has served a total of 10 years in the state senate. She served in the House of Representatives from '96 – '01 and has represented the 33rd district in the state sen-



State Sen. Karen Kaiser



ate since she was appointed in 2001 and was reelected in 2002 and 2006.

"I think that my values reflect the values of the constituents of the 33rd district," Kaiser said. "I support public education and services from early childhood through college. I support affordable health care access for all and programs that help working families thrive – and I have a record that shows that support."

Kaiser said that her experience is what the state needs to tackle its budget problems head on and she believes that she can represent the district while doing so.

"It's a perfect storm of bad situations. I think you need

someone with a level head and loads of experience. I don't think you want to do on the job training," she said.

Education and health care are her top priorities, and Kaiser said she will make sure that is where her time and energy are focused.

"We have a lot of work to do on important policies especially with health care programs that help our community colleges, our public schools, and students," said Kaiser. "Those services and programs need an advocate to protect them from devastation given the horrible budget deficit that we are facing."

The budget deficit is what Kaiser pinpoints as the key is-

sue the state faces.

"Currently in our state budget, healthcare and education is 75 percent. If you cut the budget it's likely we're going to have to deal with maintaining quality of healthcare and education given the cuts," said Kaiser.

Challenger Jack Michalek said that what the 33rd district really needs is a change, and he's the man for the job.

"I'm running for office because I think right now, Olympia is broken. We're spending money and we're spending money, and we're spending money," said Michalek.

Michalek, 69, is a businessman. In contrast to Kaiser, he has no government experience, but says that he will bring business savvy that Olympia needs.

"I'll bring a sense of having had people work for me. I have been an employer; I know what it takes to sign a check on the front, not the back. People need a change," said Michalek on what he offers.

He has worked in transportation for more than 40 years: with Continental Airlines; a two year stint at Highline teaching transportation; entrepreneur of Aviation West, a ground handling company at SeaTac airport; and now an aviation consulting business run out of his home.

Michalek says his main priority is to control state spend-



Jack Michalak

ing. Education and creating jobs by stimulating the economy are also at the top of his list.

"We need to start taking care of our education. We ought to give money to teachers," said Michalek.

Michalek says he is ready to represent the people of the 33rd district, "We need to protect the vulnerable and the uninsured public safety," he said. "We've got to reduce the size of the government by eliminating wasteful programs. I'm going go in there and stay as long as I need to, if we can get it done in four years then I'll leave after four. I won't be here for 10 years. No longer than eight."

## Statewide ballot measures could affect school funding

By **SUSANE HUONG**  
Staff Reporter

Voters will face a number of different measures and referenda on the November ballot.

•Referendum 52 authorizes \$505 million in state bonds to fund projects that increase energy efficiency in schools. This would include public K-12 schools and colleges and universities.

R-52 prolongs the sales tax on bottled water that would otherwise expire in 2013. The bonds would be general obligation bonds, which are repaid from the general state revenue as opposed to a dedicated source.

Grants would be awarded on a competitive basis. Criteria for applications would be dependent upon the availability of non-state money to fund the project, energy efficiency achieved, and how quickly the project could proceed.

Those in favor of R-52 argue that it will improve the overall quality of schools and make them healthier for students. The improvements will remove hazards such as asbestos and mold, and repair heating and air

conditioning systems.

Supporters also say that these projects would create up to 30,000 construction jobs.

In the long term, supporters say that R-52 will save taxpayers money by increasing energy efficiency in schools and by only funding projects with energy cost savings greater than the cost of funding.

Those who oppose the resolution say that the debt that R-52 would create outweighs its projected benefits and that only 5 percent of the funding is guaranteed to K-12 schools. And as for health issues, state law already regulates the health conditions of schools.

State Sen. Joseph Zarelli, R-Ridgefield, said his main concern about the bill is the debt it would impose on voters.

"Debt is a big concern for many college students, and it's a big concern for me too because I'm looking out for the taxpayers who are on the hook for state government's debt," said Sen. Zarelli.

"There will be a lot of schools competing for a limited amount of money, and there is absolutely no guarantee Highline would

see any of that funding," Sen. Zarelli said on how R-52 would affect students here.

In response to what supporters of R-52 say about creating jobs and improving schools, Zarelli said that there is no guarantee on where the funding will go or how many jobs it will create.

"According to the economists the number of jobs will be a fraction of what the supporters are claiming," said Sen. Zarelli.

Supporters of R-52 did not respond to requests for an interview.

•Senate Joint Resolution 8225 would allow the state to take advantage of a federal program where the government would subsidize the interest cost of general obligation bonds. It would not change the state debt limit.

State Sen. Karen Fraser, D-Olympia, a supporter of SJR 8225, said that this will ultimately benefit taxpayers.

"It allows the state to take a cost saving opportunity. For community college students and faculty it's important because it allows us to purchase new com-

munity college buildings for a lesser cost," said Fraser.

Fraser said that the resolution will positively benefit higher education institutions in particular.

"I always think it's always worthwhile saving money. Community college buildings are a big portion of the state's budget, as well as four year higher education institutions.

Half or more of the general obligation bonds go for higher education buildings. Interest costs are an important part of the cost of buildings," said Fraser.

"If the government wants to subsidize the state taxpayers' money we ought to say thank you very much and find a way to do that."

Opponents of the SJR 8225, State Reps. Mike Hope and Jim McCune, have said that in the midst of a budget crisis, now is not the time to take on more state debt. They have also said that this will not save taxpayer money, but will in fact burden them with more long-term debt.

Opponents of SJR 8225 did not respond to requests for an interview.

•Engrossed Substitute House Joint Resolution 4220 would give judges the ability to deny bail in situations where the charges involve a very serious offense. As the state Constitution currently stands, a person pending trial can only be denied bail if it is a "capital offense," in other words if the death penalty could be a consequence if the person is charged.

"We want the judges to be allowed to deny bail pending trial. It requires the judge to be able to articulate a reason for this, not just 'he looks dangerous'," said state Sen. Adam Kline, D-Seattle, a supporter of ESHJR 4220.

"There has to be sufficient evidence: did he say something? Did he threaten a witness?" said Sen. Kline.

As the law presently exists, judges sometimes work around the rule. "Judges are forced to do it anyway by setting a high bail amount for someone they suspect is dangerous. That shouldn't be the case. It should be a yes or no," said Sen. Kline.

Opponents of ESHJR 4220 did not respond to request for an interview.

# Federal Way to choose first strong mayor

By **CHRISTINA GRAMLING**  
Staff Reporter

State Rep. Skip Priest says his experience is what Federal Way needs for mayor. According to City Councilman Jim Ferrell, good leadership is what they need.

This year will mark the first mayoral election for the city of Federal Way since its official incorporation in 1990.

Ferrell led the campaign in 2009 for the city of Federal Way to have an elected mayor. He referred to the upcoming vote as a “pivotal election for the future of Federal Way.”

“The nearly 90,000 people of this community should be able to vote for this office,” Ferrell said.

Ferrell is serving his second term as a city councilman and is also senior deputy prosecutor



Jim Ferrell



for King County. His position as a prosecutor has an emphasis in domestic violence issues and he currently manages Domestic Violence Court for the King County Prosecutor’s Office.

Ferrell’s main objectives as mayor are community safety and preservation and expansion of the existing police force; city center growth and economic stability; and financial responsibility for city officials.

With the economic state of the city and talks of possible police officer layoffs, Ferrell has noted that funding for four police officers had recently been received through a grant and said, “As your mayor, there will be no lay-off of police officers.”

Ferrell opposes plans for a 45-story building to be put up in the city center. His concern with quick growth is fear of more empty buildings in Federal Way.

His plan for growth in Federal Way’s city center is in a paced manner. He said integrating one step at a time will ensure a reasonable rate of growth for

the city and will not overload the already overcrowded roadways in the community.

Ferrell said he will make sure that the city is available to business owners when they need them. “As mayor, I will make sure when people contact the city their needs are met,” Ferrell said.

He also said the city needs to “re-think” the signage laws and said that it did a lot of harm to the city’s business community. “Businesses need the ability to use effective advertising,” Ferrell said.

Ferrell said he supports human services funded by the city. “There’s a great deal of need in our community,” Ferrell said.

In terms of community tourism, Ferrell said that “Federal Way needs to be a destination instead of a launch pad,” and says that Dumas Bay and the King County Aquatics Center have great potential for tourism with active marketing.

“Federal Way needs an ambassador and I will be that ambassador for you. ... I will work

hard for you every day,” Ferrell said.

At a recent debate, Ferrell said the major differences between him and Priest are “leadership, leadership, leadership.”

Priest also said he has the leadership skills necessary to be mayor.

Priest did not support an elected mayor in February of 2008 and was the last to make the decision to run for office of mayor.

Priest has said his government and business experience is what Federal Way needs to improve the quality of life in the city.

Priest has nearly two decades of government office experience and has owned and run a large-scale business, among other small businesses in his past.

He also is currently president of his own land management and investment company.

He has been a 30th District representative for four terms and was also a city council member in Federal Way from 1992-97. His last two years as a council member he was ceremonial mayor for the city.

As state representative, Priest has been an advocate for education and as a city council member he was a leader in the effort to bring Federal Way its own police department.

Priest is also a supporter of city funding for human services and said, “we need to continue the safety net” that Federal Way currently has in regard to community assistance.



Skip Priest

Although “building up” the city center is a major issue among the candidates, Priest is in support of a 45-story tower, located near the Federal Way transit center and said it will boost the city’s economy.

“We need to approach every issue with a positive and proactive approach,” Priest said.

In regard to creating jobs, Priest said he would recruit back jobs that have been outsourced, such as Capitol One.

“I believe in community service with a passion,” Priest said and is his motivation for running for office.

At a recent exit poll at the Federal Way Chamber of Commerce luncheon on Oct. 6, the results were 36 votes for Priest, 26 for Ferrell and one undecided.

# Two initiatives target state liquor monopoly

By **STEPHANIE KIM**  
Staff Reporter

Initiatives 1100 and 1105 both seek to repeal government liquor sales, but have different approaches.

With approximately 161 state liquor stores and 155 contract liquor stores in the state of Washington, I-1100 and I-1105 will affect the state’s revenue from the distribution of alcohol. These initiatives will also provide different ways consumers can purchase alcohol.

I-1100 would close state-operated liquor stores, and authorize the sale, distribution, and importation of spirits (also known as hard liquor) by private retailers.

It would get rid of uniform pricing requirements, which would allow retailers both to put alcohol on sale and to negotiate discounts from suppliers.

Currently, the Washington State Liquor Control Board reg-



ulates the distribution, manufacture and sale of liquor.

If I-1100 passes, the state would no longer have exclusive control over the distribution of alcohol, allowing privatization of distribution and sale of hard liquor.

Under the initiative, private stores may begin selling liquor by June 1, 2011 and the state liquor board will not be able to renew or extend any contracts with existing contract liquor stores starting Dec. 2, 2010. Contracts cannot go beyond Dec. 31, 2011.

The liquor board will also have to terminate its system of state liquor stores and liquor distribution by mid-March 2011. They must also dispose the assets that are no longer useful to the their mission.

Starting Dec. 2 of this year, the total tax rate of hard liquor will be 12.3 percent

The current distribution restriction will be revoked; with the initiative, in-state distilleries will be able to distribute and/or sell liquor of their production without having to comply with current laws.

“It’s not an essential government service,” said Ashley Bach, spokesman for Yes to 1100. “It’s best left for the private sector.”

Bach said that privatizing the distribution of liquor would provide “a great convenience and potentials for low prices.”

Along with conveniences and low prices, Bach argues there are other benefits that come with I-1100.

“The liquor board is too focused on sales and not on alcohol enforcement,” Ashley Bach said. If Initiative 1100 were to pass, the board could focus more on alcohol enforcement,

he said.

“The regulator shouldn’t be regulating themselves,” he said.

Yes to 1100 also argues that the 32 states that have the privatization of alcohol are “doing better,” Bach said. “None of the numbers back up that state employees selling liquor makes you more safe.”

Chief Executive Officer of Costco Jim Sinegal is also among supporters of I-1100.

“We serve our members in many states and around the world by selling them spirits, beer and wine at competitive prices,” he said in a press release.

“We should be able to do so in Washington state too, and other retailers should be able to similarly serve their customers. We are excited that Washington voters will be able to have a direct voice in determining these important policies.”

Similar to I-1100, I-1105 will also amend the state’s current

law regarding the distribution and sale of hard liquor in Washington state.

I-1105 would close all state-operated liquor stores, license private parties to sell and distribute hard liquor and would revise the current regulation, taxation and revenue the state receives.

With this initiative, all state liquor stores operating for the board must sell their inventory and assets of state liquor stores by April 1, 2012.

Persons holding a hard liquor retail license may start selling Nov. 1, 2011. These licensees must pay 6 percent of their gross annual spirit sales to the liquor control board for a five-year period.

They will also have to pay an annual license fee that will be determined by the board.

Persons holding a spirits dis-

See Liquor, page B4

# Moore wants less, while Eide promises more

By **DANIEL HOWELL**  
Staff Reporter

Candidate Tony Moore would like to see the government do less, at least when it comes to taxation. Incumbent Tracey Eide would like to see an end to permanent tax loopholes for some businesses.

Republican Moore is challenging 18-year incumbent Democrat Eide for her position as state senator in the 30th legislative district.

The 30th encompasses the cities of Federal Way, Milton, Algona, and Pacific.

Moore, 46, previously ran for the state House earlier this decade and is the current president of the Federal Way School Board. He has owned a wholesale tire business for 20 years.

High taxes on business and a perceived inflated budget are paramount concerns for Moore.

Business and Operations taxes (B & O taxes) are something Moore says is a detriment to the success of small businesses.

"We have the second highest business failure rate in the nation. The economic engine has stalled," he said.

"Give small businesses a two-year moratorium on B & O taxes," Moore said in suggesting ways to help businesses get kick started.

"I think B & O taxes are regressive," he said. "Right now [they are] punitive to everyone. We need to change [them], period."



Tony Moore



Moore is also against the growing size of the state's budget and thinks that the large deficits looming are a product of overspending.

"I am alarmed at the amount of spending we are doing," he said. "We don't have a revenue problem, we have a spending problem."

"We have a ferry system wasting tens of millions of dollars," Moore said.

"We have to go through the budget item by item," Moore said. He also believes that "a lot" of government could be privatized.

He said that raising taxes is not the solution to solving our state's problems and that the current Legislature wants to raise taxes "however they can." He also said that incumbent Eide does not want business to be able to write off expenses.

"In six years, they've added \$26 billion to the budget. How much more do you need?" he said.

Regarding social issues, Moore leans mostly, but not always, on the conservative side.

"I am not for same sex marriage," he said, but has "no problem with domestic partnership."

Moore also opposes abortion rights.

"I am pro-life in my personal beliefs, I believe life begins at conception," he said. "In 1991, we were going to have a baby and we lost it, it affected me to the core."

When it comes to marijuana legalization though, his stance is a little more liberal.

"I think it is goofy that we are not able to have an adult

conversation about a war that we are losing," he said. "Marijuana is one of those issues that I am wrestling with; I am open to conversation about it."

He is also an advocate for education, and said he knows that higher education is in need of help.

"As a junior college guy, I believe the opportunity you get at Highline can lay the foundation for success," he said. "I'm going to do everything I can to strengthen Highline."

Tracey Eide, 56, is currently the second highest ranking member of state Senate.

She currently owns a commercial real estate business. Past career experience includes working for the University of Washington bookstore and the Salem Police Department.

She said that many issues she has worked on in the State Senate that make her deserving of another term.

The first is the Intermediate Driver's License bill, which was passed in 2000.

She says that the bill has "cut teen driving fatalities and serious injuries by nearly half."

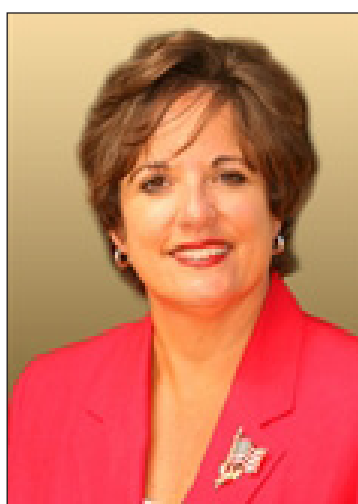
Another is the 2007 bill that made passage of school bonds a "simple majority." Prior to that, school bonds needed to pass by getting at least 60 percent, instead of the current "50 percent plus 1."

She says this law has caused the passage of 66 school levies and "raised \$1.7 billion for school districts across Washington, benefitting nearly 500,000 children."

She said that her sponsorship of the bill that banned drivers from talking on hand-held devices and texting has greatly helped her constituents.

"Talking on a cell phone while driving is the equivalent of driving drunk," she said. "Texting drivers are 23 more times likely to be involved in a crash."

Her accomplishments are



Tracy Eide

what she says separate her from her opponent.

"I have brought real results to the people I serve. For example, I work closely with the president of Highline Community College and have secured millions of dollars of funding to help the college," she said. "One example would be money to construct the college's Marine Science and Technology (MaST) Center."

She is also very excited about the work she has done to stimulate job creation, job retention and economic development during the 2010 legislature.

She is hopeful that the JOBS act of 2010, which would provide \$505 million in bonds for energy efficiency improvements to school buildings and create 38,000 jobs, will meet with voter approval this fall as Referendum 52.

House Bill 2836, which she says will create 13,700 jobs and fund construction and maintenance budgets for an array of state infrastructure, including schools and colleges, is another issue she has worked on.

The funding of transportation infrastructure is another way she says she has tackled her top priorities.

"We're putting 18,000 people to work annually in good-paying jobs on critical infrastruc-

ture and safety projects across the state," she said.

"I was able to secure \$100 million for the I-5, SR 18 and SR167 Triangle project. This will help improve safety and reduce congestion. It is providing jobs right now and when finished will bolster local businesses by making it easier for people to get to shopping areas and restaurants," she added.

Her work with the Federal Way Chamber of Commerce in developing the South Sound Regional Business Incubator will produce successful businesses in 24 months or less, Eide said.

To combat the growing budget deficit, Eide says that the state needs to start looking at closing tax loopholes.

"The state provides businesses \$98 billion in tax exemptions and loopholes. Some go to big, out-of-state banks. I'd like each exemption to have a sunset date so the Legislature could determine if the tax break is creating jobs," she said.

On social issues, Senator Eide leans toward a liberal stance.

She supports a woman's right to choose, and has voted for domestic partnership legislation.

"Because I believe discrimination of any kind is wrong," she said.

When it comes to marijuana, she acknowledged the negative societal costs of prohibition.

"The grass roots effort to bring a marijuana legalization Initiative to this fall's ballot failed to get the required number of signatures. However, I believe this issue should be discussed. Our jails are filled with non-violent, marijuana offenders," she said.

Eide wanted to let the student voters know the importance of their vote.

"Young voters are a crucial and valued part of the electorate. I believe active young voters are important as the future of our government," she said.

## Liquor

continued from page B3

tributor license may start selling on Oct. 1, 2011. These licensees must pay the liquor board 1 percent of their gross annual spirits sales. The revenue the board collects will go into the state general fund. They too, will have to pay the board for a five-year period.

If I-1105 passes, the Washington State Liquor Control Board must recommend to the State Legislature a rate of taxation to be paid by new liquor distributors. The rate the dis-

tributors pay must be equivalent to the revenue the state receives from state liquor stores.

Currently, the Washington State Liquor Control Board provides liquor to more than 16,000 businesses.

"Last year, we generated \$370.3 million," said Brian Smith, liquor board spokesman.

With the revenue the board generates, they help fund services such as education and law enforcement, he said.

If Initiative 1100 passes, the state would lose between \$256 to \$277 million in revenue. If Initiative 1105 passes, the state would lose \$691 to \$730 million in revenue, Smith said.

Both initiatives would cause the state to lose its revenue by allowing the private sector to sell liquor.

The initiatives didn't arise because the state's system of distributing liquor is inefficient, Smith said. Consumers want to purchase liquor at the cheapest more convenient way possible, he said.

If Initiatives 1100 and 1105 passed, the amount of stores selling liquor in the state would multiply by 10, Smith said.

"It's a proven fact that if you open up the availabilities [of alcohol], it causes increased problems in the society," Smith said. "It's outlet density."

Washington Mothers Against Drunk Driving member Marsha Masters said she isn't happy with the initiatives.

"We're going to have more victims," she said. "MADD will grow because we'll have more victims to deal with."

"Underage access to alcohol and the amount of alcohol available" are the issues Masters has with the two initiatives. With these two initiatives passing, "I see more drunk drivers and I see more collisions," she said.

Although the Washington State Sheriffs' Association has not taken a formal position on the two initiatives, Executive Director Don Pierce expressed

two main concerns many members have.

First, members of the association are concerned with the easier access to alcohol. "Do we really need more alcohol in society? Making it easier to get alcohol doesn't seem good to us," Pierce said.

Second, members are concerned about the decrease in funding for law enforcement. Currently, the Liquor Control Board provides \$40 to \$50 million to law enforcement.

"If Initiatives 1100 and 1105 were to pass, who's going to pay for our law enforcement? Costco's not going to pay for that," he said.

# Sullivan, Miloscia disagree on role of state

By **DANIEL HOWELL**  
Staff Reporter

Candidate Shawn Sullivan says the government intrudes too much in people's lives and businesses. Incumbent Mark Miloscia touts his record of fighting for government accountability.

Democrat Mark Miloscia is squaring off against political newcomer Republican Shawn Sullivan in the race for state representative, position 1 in the 30th legislative district.

The 30th district encompasses the cities of Federal Way, Milton, Algona, and Pacific.

Mark Miloscia, 52, has been a state representative for 12 years. His private sector work experience includes nine years running a contract warehouse for Goodwill Industries, five years as a contract manager for the Air Force, and running a mental health agency.

He believes his work to make government more efficient and accountable is one of the reasons voters should re-elect him on Nov. 2. "Making sure our government has the highest ethics and higher quality," he said.

"I'm one of the most vocal proponents of campaign finance reform," he added.

Some problems that he sees in the state include: a lack of living wage jobs, too many babies being born to single mothers,



Mark Miloscia



and a budget crisis.

Regarding the economy, Miloscia says that barriers need to be lowered for people wanting to start businesses and state department of Labor and Industries regulations need to be changed so they help businesses, not hurt them.

He believes another way to improve the economy is to raise the minimum wage, and that too many of our state's new jobs do not pay enough.

Single parent families and a declining birthrate are a major concern for Miloscia.

"Forty percent of all babies are being born to single moms," he said.

The declining birthrates also concerns Miloscia because it will affect funding for social entitlements like Social Security in the future.

The ongoing budget crisis in Olympia is also a paramount concern for the incumbent.

"Right now we are in the worst crisis in 80 years," Miloscia said. "A year after the recession ended we have \$14 billion in new deficits."

Miloscia, while being a Democrat, takes a conservative stance on some issues.

Regarding same sex marriage, Miloscia said: "I do not support same sex marriage at all." He added that he is in support of certain basic rights and civil unions.

Miloscia is also not in favor of abortion rights. "I am pro-life," he said.

The legality of marijuana, which has come up twice in the last year in the state House and an unsuccessful bid to get

on the ballot as an initiative, is also something that Miloscia opposes.

"I think, in the long run, that adding more mind altering drugs will be harmful," he said. "My goal is to reduce consumption any way we can."

"It will never pass in Olympia, period," he added. He does believe it will become legal by initiative one day.

He does not believe that raising taxes is the solution to solving the growing budget gap. "If we can reform government, we don't have to raise taxes or cut programs," he said.

Regarding his opponent, Miloscia said that he liked that Sullivan is energetic and a fresh voice, adding that they agree on a lot of different issues.

What separates them, he believes, is his history of fighting for reform, 25 years of being involved in the community, and support he has from the whole political spectrum.

Republican Shawn Sullivan, 32, is running for public office for the first time.

His work experience includes being a project manager for the Sabey Corporation, working for the state Chamber of Commerce as well as being a mechanic in the US Army.

He said he believes that he is the right choice because he says he can work cooperatively to get things done and come up with "fresh ideas and new approaches to state government."

"The first thing that would separate me from Mark Miloscia is that Mark talks a lot, and does little. I do a lot, and talk very little," he said.

The three issues that Sullivan said he is most concerned about are jobs, education, and small business owners.

Giving employers more incentives to hire more people is a key part of increasing employment, he said. He believes a good way to do this is by reforming unemployment insur-



Shawn Sullivan

ance, because company's insurance rates go up even after they hire workers.

The funding of education is also a high priority, Sullivan said.

"The jobs of the future require degrees," he said. "Cutting off our education system at the knees does not put us in a good position to get people back to work."

Small business owners are the key to getting through recessions, Sullivan said. He thinks that the state makes it too hard on people that want to start a small business.

"It's almost impossible for someone to start a small business in Washington," he said.

Three things that he thinks the state needs to reform in order for people to more easily start business are the permitting process, Labor and Industry laws, and the inspection process.

To help close the budget gap, Sullivan said that there are some things the state shouldn't be spending money on.

"I would like to see all of the advertising dollars spent on transportation projects. We shouldn't have to spend over \$100,000 to create signs that say 'this is your dollar at work.' Seems to me like a big waste of money," he said.

To find other waste, Sullivan thinks the legislature needs to

look at the "priorities of government process," to define what it is that government is responsible for and making sure that they do their job as efficiently as possible.

He said he supports the budget plan of State Sen. Joseph Zarelli, R-Ridgefield.

"Senator Zarelli has a budget plan that gets us to where we want to be, without eliminating a lot of state jobs," he said.

On the issue of same sex marriage, Sullivan believes that marriage should be between a man and a woman.

"However, I don't believe that the government is in a position to legislate anything in regards to people's personal lives, nor should they. What people do at home is their responsibility and it's their choice," he said.

In regard to abortion rights, Sullivan said that it is a federal matter.

On the issue of marijuana legalization, Sullivan said he does not believe that the government should legislate what you can do in your personal life.

If the people ever pass an initiative to legalize marijuana, Sullivan said that the government should make it permanent law.

"I would support a bill for the legalization of medical marijuana, given there was provisions for us to be able to tax marijuana," he said.

He said he would support a bill for full legalization if he got the 100 percent endorsement of law enforcement.

Sullivan said that if elected he won't cut the budget for education. "Highline Community College is where I got started," he said. "I will do everything in my power to protect your budget."

Sullivan accused his opponent of saying one thing to get elected, then doing the opposite when he was in Olympia. "All of the bills he introduced each year raised taxes," he said.

## Asay, Gregory vie for open state House seat

By **DANIEL HOWELL**  
Staff Reporter

Candidates Katrina Asay and Carol Gregory agree on issues such as helping businesses and education, but diverge sharply when it comes to social issues.

Democrat Gregory and Republican Asay are vying for the vacant second position for state House for the 30th legislative district.

The 30th encompasses the cities of Federal Way, Milton, Algona, and Pacific. Incumbent state Rep. Skip Priest R-Federal

Way, is vacating his position to run for mayor of Federal Way.

Gregory, 66, is running for this position for the second time (she lost to Skip Priest in 2008). Her career experience includes eight years of teaching, being president of the Washington Education Association, and working to connect schools with diverse populations in the Highline School District.

Her experience in government includes working on the staff of former Gov. Booth Gardner, former state Superintendent of Public Instruction Judith Billings, and former

King County Executive Ron Sims.

She is now director of an initiative called Burst for Prosperity. This initiative looks for strategies to help people out of poverty through economic means. She said an example of this initiative in action is Highline's own Welcome Back Center.

Her experience in education, working on job creation, and her prior responsibilities of running state programs and balancing their budgets, make her a qualified candidate, she said.

"I think I have a far broader

breadth of experience, I understand how government works at the state level and I can hit the ground running," she said.

She also said that she does not believe that the city of Milton, where Asay has been mayor for seven years, has been fiscally well managed.

The first order of business that Gregory wants to tackle if elected is the state's financial crisis.

"We have to get our fiscal house in order," she said. "We really have to have a long term plan for what we are going to do, what government's role is

in our society, and specifically what does that mean, and how we are going to pay for it."

Fixing tax loopholes and a regressive tax system will help solve our state's financial problems, Gregory said.

An example she gave of an unneeded tax loophole is the \$40 million tax break given to now defunct Washington Mutual bank, which is now owned by Chase.

"I don't know that we should be giving tax breaks to Wall

See Open, page B6

# Democrats, friends compete for 34th House seat

By **OTHMAN HEIBE**  
Staff Reporter

Washington State House candidate Joe Fitzgibbon calls himself the only candidate with local, county and state experience. His opponent, Mike Heavey, said he has no less experience than Fitzgibbon, if working for an elected official is what counts.

The 34th District voters will soon be choosing between two Democrats (Fitzgibbon, 24 and Heavey, 30) for position two, thanks to Washington's top-two primary law, which qualifies the two candidates who receive



Joe Fitzgibbon



the most votes in the primary for the General Election.

District 34, position one is also contested between state Rep. Eileen L. Cody and Ray Carter, who terms himself "Reluctantly Republican." However, state Rep. Cody appears likely to win, after she received over 81 percent of the votes in the primary.

Position two is an open seat. It was held by state Rep. Sharon Nelson, who is running for the district's Senate seat unopposed, after Sen. Joe McDermott decided to run for Dow Constantine's old King County Council seat.

In the primary, Fitzgibbon, state Rep. Nelson's legislative assistant, received 35 percent of the vote, whereas Mike Heavey received 33 percent. Heavey is the son of a former Washington State Senator, Michael J. Heavey.

Little seems to separate Heavey and Fitzgibbon in terms of their political views, background and education. They're both Democrats; they earned their bachelor's degrees in political science; they're the sons of lifelong public servants.

"My dad was in the military and my mom was a pre-school teacher," Fitzgibbon said. "I grew up in that mentality that says 'public service is good.'"

Both candidates support Initiative 1098 and R52, which are both on the November 2 ballot, and oppose Initiatives 1053, 1100, 1105, 1107, and 1082. They think the unemployment benefits should be extended.

"During tough economic times, it is more important than ever that out-of-work Washingtonians are able to keep food on the table and keep paying their rent or mortgage," Fitzgibbon said. "It is the right time for us to increase unemployment benefits that were cut in 2005, to allow those looking for part-time work as well as full-time work to receive unemployment."

Fitzgibbon said the only reason that will make him a "better representative" than Heavey is that it will take time for Heavey



Mike Heavey

to understand Olympia politics.

"Mike is my friend and a good man," Fitzgibbon said with poise. "If I wasn't running myself, he would have my vote, for sure. The problem is that he's never been there, but I [have]."

"I worked alongside Rep. Nelson to protect Puget Sound from an environmentally destructive gravel mine, pass far-reaching reforms to the payday lending industry to protect consumers, and led the fight for stronger growth management laws and transit choices," he

said.

Fitzgibbon was appointed to the Burien Planning Commission in 2008, and was elected by his fellow commissioners to become the chairman of that commission in August of 2009.

To convince voters that he can handle the job from the very beginning, he talks about when he worked for King County Council Chairman Bob Ferguson before joining Rep. Nelson in the Legislature.

"While I was working with Bob," Fitzgibbon said, "I became familiar with the challenges that King County and other local governments face in funding and providing critical services to their constituents."

"And for public safety," Fitzgibbon said, "I believe that through a reprioritization of our criminal justice resources, we can allocate law enforcement resources in the areas where they will have the biggest impact on public safety."

For the economy to be stronger 10, 20 and 30 years from now than it is today, basic education must be fully funded,

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## Open

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Street banks, I don't think they need our money as badly as we do," she said.

The inequity of the tax burden concerns Gregory.

"The middle class pays 16 percent in state taxes, but the upper 1 percent pays 4 percent of their income," she said. She thinks that financial responsibility should be spread more evenly for the common good.

Furthermore, she said the state will have to make some tough cuts in some programs, and try to eliminate any programs that are redundant.

She also wants to work on improving the economy.



Carol Gregory



"I would work very hard on developing an economic climate in this state," she said. She wants this state to become more attractive to business and industry.

"We don't want industry in here that is going to do damage, that is not a value to us," she said regarding the environmental concerns of bringing in more industrial jobs.

"I've been endorsed by the environmental community," she said.

Education is also something that Gregory plans on working on in Olympia if elected.

Getting people educated properly will help the job situation and broaden the middle class in our state, she said.

"If you can get into a college or a training program, your world changes," she said. "I'm going to fight hard particularly for our community college system."

In regard to the social issues of same sex marriage, abortion rights, and marijuana legalization, Gregory takes a liberal

stance.

She supports same sex marriage, saying that a loving relationship is all that is important in a marriage.

"I support a woman's right to choose," she said about abortion rights.

When it comes to the issue of marijuana legalization, she does not have any strong feelings.

"I don't know a lot about the issue," she said. "I really don't have an opinion one way or another."

The message she wants to give to Highline students is to get out and have your opinion counted.

"Vote, this is a critical time," she said.

Asay, 52, is running for state representative after serving more than six years as mayor of Milton.

Before that, Asay worked in tax preparation for H & R Block and spent 10 years running the correction department of Quickfile. Once she became mayor she quit doing taxes, except to help out family members.

She feels that her time as mayor has prepared her well for the chance of representing the 30th district at the state level.

"I think it showed me government processes, how the legislative system works," she said. "I've had to prepare a budget and balance expenditures with



Katrina Asay

revenue."

She feels her time in public office gives her an advantage over Gregory.

"She has worked as a government employee, but never as a policy maker," she said.

Her biggest concern if elected is balancing the budget.

"Without balancing it, we can do nothing else," she said.

To combat the growing budget gap, Asay wants to start by looking at the state auditor's book of recommendations.

Helping businesses is another issue high on her agenda.

"We need to really look at Labor and Industries, it is very punitive to hiring," she said. "I know that unemployment has gone up 80 percent for businesses."

To further spur economic growth in the business sector, Asay is an advocate for doing away with Business and Operations taxes.

Equitable funding for education is also important to Asay.

"Historically, the way that Federal Way schools have been funded, they have received less per student," she said.

She says that it is going to take legislative change to fix this issue, and that overall she and Gregory agree on the issue of education.

On the social issues of same sex marriage, abortion rights, and marijuana legalization, Asay leans conservative in her stances.

"The Republican mantra is no on same-sex marriage," she said.

On abortion rights, she is firmly pro-life. "I always choose life," she said.

She does not believe she will ever have a chance to support legislation banning abortion rights though.

"I think it is a hypothetical that will never happen," she said.

Regarding marijuana, Asay said that she hasn't given it a lot of thought, but she is not in favor of it.

One of her main concerns about it is the lack of ability for law enforcement to measure impairment for driving purposes.

# Conservative Muri challenges Smith

By CHRISTINA GRAMLING  
Staff Reporter

Incumbent U.S. Rep. Adam Smith cites his legislative record and his past community accomplishments, while challenger Pierce County Councilman Dick Muri says his conservative spending habits will be crucial to the area's future.

Smith, a Democrat, and Muri, a Republican, are both long-term residents of the area and both claim to be what's right for the Ninth District. The two are vying for a seat in Congress in the Nov. 2 election.

Smith is currently in his seventh term as House representative. Muri has been a councilman since 2003.

The Ninth District covers areas as far north as Renton and Olympia to the south. It includes Federal Way, Des Moines and the other cities along the I-5 corridor between Olympia and the Southcenter area.

Smith noted his many years of experience in Washington, D.C. and his local roots as his strengths for candidacy.

Smith and his family live in the Tacoma area and Smith was raised in SeaTac.

Smith is a 13-year member of the Armed Services Committee during his seven terms in office as representative. He also chairs the Subcommittee of Air and Land Forces, which dictates almost all Army and Air Force deployment.

Smith's past accomplishments for the area include the

"Triangle Project," which is helping to alleviate traffic at the Highway 18/I-5 interchange. He said he also stopped a sound wall from blocking Fife business' signage.

"Social Security was never meant to be your sole source of retirement," said Smith. "It was meant to be the one piece that you could count on."

He said in order to guarantee Social Security benefits the nation will have to restructure and also possibly raise the age in a category formula.

This formula for retirement age would be based on the type of job that you have had. For example: hard laborer, secretary or police officer. The physical intensity of your job would determine your retirement age.

To create jobs Smith said he wants to start in schools and train students with "applicable skills" and create partnerships with schools and community businesses for internships.

Smith said he has a blue collar background and supports unions. He also said is father's labor background has influenced his views on unions.

The federal budget deficit is a major issue to Smith. "We're not gonna do it tomorrow. To take \$1.3 trillion from the budget will devastate the economy," he said. Smith said that they will need a long-term project to lessen the deficit.

"We can not have a debt-based economy," Smith said.

Muri's resolution to the budget problem is a balanced budget rule for the federal government, a rule which is imposed on states.

"You have to learn not to say yes to everything," he said. Smith said that he and other

council members have successfully "banked" money in previous years and because of that he said, "they are in good fiscal condition [in Pierce County]."

He cites Pierce County's reputation for having a balance budget during his terms as councilman.

Muri has also served on several boards including the Pierce County Law and Justice Council, Law and Justice Community Oversight Committee and Safe Streets.

As chairman of the Performance Audit Committee in Pierce County, Muri helped to lighten the backlog of criminal cases and lower incarceration costs.

He has said that health care regulations are costing businesses money and that we need to "re-think Obama-care," in regard to the new health care bill.

"We need a congressman who is going to set priorities and learn to live within his means," Muri said.

He claims to have always worked in a bipartisan way and works hard to "do good things for good people."

Muri is against an income tax in Washington and does not support Initiative 1098.

No income tax is one of the few things Washington has that attracts talent and businesses, Muri said.

The race for the seat in Congress is close. In a recent poll by King 5, Smith was only ahead by 3 percent with 49 percent of the vote.



Smith



Muri

# Initiative would repeal soda, water tax hike

By TYLER SEDLACEK  
Staff Reporter

1107 initiative

I-1107 will repeal taxes on gum, candy and soda as well as stop a tax extension on bottled water, if it is passed in the Nov. 2 elections.

A temporary surtax was placed on gum, candy and bottled water during the last legislative session. These taxes were enacted to help with the budget problems faced by the state during the economic crisis.

In 2010, the Legislature enacted an excise tax on soda that taxes it at the wholesale level so that when soda is purchased the tax is worked into the purchase price.

If 1107 passes it would give exemptions to gum, candy, and bottled water and eliminate the excise tax on soda so these items would no longer be subject to the tax.

The opposition to 1107 say that removing the taxes on these items would go against the state's efforts to balance the budget.

"There have been several cuts in the past budget cycles," said Celia Schorr, spokesperson for vote no 1107.

Legislators estimate that if I-1107 passes, it will punch a \$1 billion hole in the state budget, and make it politically difficult to pass any kind of tax increase in the future.

Opponents say that millions that would normally go toward education would be cut, which includes at the college level. Schorr said that higher education would probably be cut to save money if 1107 passes.

Some confusion surrounds I-1107 about what kinds of products are actually being taxed and who is behind the initiative. Schorr said it was written by the beverage industry and they are trying to mislead people.

"The initiative was written by the American Beverage Association, the lobbyists for soda companies," Schorr said.

Schorr said that they decided to include language in the initiative that brought up old taxes involving meat, which allowed them to talk about 1107 as if it applied to a grocery tax instead of a candy and soda tax.

Supporters of the initiative call it "a tax on groceries," but what's candy and what's not is set by an interstate compact on sales tax. If something has flour in it, it's food. If it doesn't, according to the compact, it's candy.

A spokesperson for the Yes on 1107 campaign was contacted but did not respond to requests for an interview.

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and accountability measures must be put in place to ensure that these investments are resulting in real improvements, Fitzgibbon said.

"Higher education institutions have taken deep cuts during the past two years, because this area is not constitutionally protected," Fitzgibbon said. "And our universities are where the ideas that generate our economic recovery begin, and there are efficiencies to be found in the operation of our higher education institutions."

On the experience issue, however, Heavey replied that he is no less experienced than Fitzgibbon, but even more experienced, if working for an elected official is what counts here.

"I signed up to work on Dow Constantine's campaign for King County Executive and served as Dow's field organizer during the 2009 campaign," Heavey said. "After the election, I was hired to serve as Director of Outreach and Constituent Relations for the King County Council in District 8."

"Currently, I am the lead policy staff person on law, criminal justice and public safety. I am now working on issues related to youth violence, the South Park bridge, the Vashon library and adding open space to county land for recreational purposes."

Heavey said his main goals as a state legislator will be creating jobs to help the economy to recover, allocate more funds for education, solve state's transportation problems, without privatizing the State Ferry System, and allocate funds for the Juvenile Detention Alterna-

tive Initiative (JDAI).

"For every dollar spent on unemployment benefits, there is a net gain to the local economy of \$1.61," Heavey said. "I support additional extensions of state benefits, and want to expand the number of eligible unemployed workers, which will help more protect working families and those struggling to find employment."

"Rehabilitation programs have been gutted from state funding," Heavey said. "In addition to downsizing McNeil Island and Larch Corrections Center, three facilities have been closed down: Pine Lodge Corrections Center for Women, Ahtanam View Corrections Complex and Maple Lane Juvenile Rehabilitation School."

Maple Lane School had an inpatient chemical dependency treatment program and specialized in the treatment of sex offenders.

Heavey said that there is no doubt that closing these facilities saves money for the state, but these consolidations and closures won't make the public safer.

"These facilities provided certain rehabilitation programs, such as to reduce recidivism among juveniles, particularly Maple Lane, which also offered programs specifically designed for older youth experiencing serious mental and emotional problems."

"I will work in the next legislative session to ensure the existing facilities receive restored funding to rehabilitative programs that help reduce chemical dependency, and address deep mental and emotional problems and sex offender treatment."

Funding basic and higher education is another area where Heavey wants to improve if he's elected for the state legislature.

"Funding education does

not simply mean stepping up to fund K-12 education alone. We must invest in early learning and higher education as well," Heavey said. "For every dollar we spend on early learning, the state saves \$7-\$17 in future government expenses."

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# Measure would open up workers insurance field

By **TYLER SEDLACEK**  
Staff Reporter

## 1082 initiative

I-1082 could allow employers to purchase industrial insurance from qualified private insurers if it is passed in the coming elections.

The initiative proposes that businesses be able to purchase private industrial insurance. This would allow employers to shop around and purchase workers' compensation insurance instead of having to go through the state.

I-1082 also proposes that employers pay all the medical benefit portion of premiums rather than splitting the cost with the employee.

Currently, employers must get their insurance through the Department of Labor and Industries, which is a state-run program, or prove that they qualify as a self-insured employer. Self-insured employers must demonstrate the financial

ability to pay compensation and premiums charged against them.

"Washington is one of only four states with a government monopoly on workers' compensation insurance. The lack of competition in workers' comp has resulted in increasing prices and decreasing quality," said Erin Shannon, public relations director for the Building Industry Association of Washington.

Washington is also the only state that allows its employers to charge employees a share of workers' compensation taxes, Shannon said. By offering more competition and freeing them of L&I taxes, proponents of I-1082 hope to lower costs for the average worker.

Opponents of the initiative

are skeptical about whether I-1082 is really about helping people out.

"In the fine print, you'll discover that 1082 is bad for small businesses and bad for working families. It would force small businesses to pay the full amount of workers' comp premiums now shared 50-50 with employees," said Alex Fryer from the Vote No 1082 campaign.

"Proponents concede that's a hit of \$315 million on small businesses next year and every year," Fryer said.

Shannon said that small businesses are willing to pay more money up front because competition will lower costs in the long run.

Proponents point to West Virginia and Oregon as examples of how competition can lower costs.

"West Virginia privatized in 2006 and in just four years, workers' comp rates decreased

44 percent, saving employers \$150 million," Shannon said.

"Oregon also allows private insurers to offer workers' comp; their rates haven't gone up in 21 years and they refunded \$100 million to businesses this year." "Washington bases its workers' comp rates on the number of hours worked. Oregon bases its workers' comp rates on payroll which has risen with inflation over time," Fryer said. "So it's misleading to say Oregon hasn't had a rate increase."

"Oregon and Washington pay about the same, but employers in Washington share some of the premium with their employees," Fryer said. "If you consider that factor, Washington rates are lower for small businesses than Oregon."

People on both sides of I-1082 have strong feelings about both the cost and quality of insurance.

"Many business owners and injured workers believe the

'quality' of insurance they receive from L&I leaves a lot to be desired," Shannon said.

"That is why virtually every business organization in the state, along with hundreds of small business owners and large homegrown Washington companies like Boeing, Alaska Airlines, Costco and Weyerhaeuser, have endorsed I-1082."

"Efficient' is a code word for deny and delay claims. That's the only way private carriers could make money," Fryer said.

"Proponents point to West Virginia as an example of a state that allowed private carriers and experienced lower rates," Fryer said. "But West Virginia slashed benefits, putting a two-year cap on wage replacement (partial salaries) for injured workers, no matter what."

"In Washington, we don't believe in putting injured people in the poor house," Fryer said.

# State income tax measure provokes sharp debate

By **TYLER SEDLACEK**  
Staff Reporter

## 1098 initiative

Voters will decide if Washington state will have an income tax on individuals making over \$200,000 when they vote on I-1098 in the elections Nov. 2.

I-1098 would introduce an income tax on individuals making over \$200,000

The initiative proposes that if approved individuals making over \$200,000 would pay a 5 percent tax on any income over that \$200,000. Married couples who file together would pay 5 percent on any income over \$400,000.

The tax increases for those individuals making over \$500,000 and those couples making over \$1 million.

The initiative would also cut state property taxes by 20 percent and eliminate the business and occupation tax for nearly 80 percent of small businesses.

"1098 is good for Washington. 1098 will provide middle class tax relief by cutting the state property tax by 20 percent and by eliminating the B&O tax for small businesses," said Erik Magnuson, new media director for the Yes on 1098 campaign.

"For example, a couple earning \$405,000 a year would only pay \$250 in state income taxes," Magnuson said. "Only 1.2 percent of Washington's population will pay any income tax at all. This tax will generate about \$2 billion a year to fund education and health care."

Opposition to the initiative are worried that an income tax

like the one I-1098 proposes would eventually be expanded to lower income groups.

"People simply don't believe arguments made by pro income tax activists," said Mark Funk, spokesperson for Defeat 1098. "Respected independent pollster Stu Elway got to the matter's heart in a recent survey: 70 percent of the voters he polled stated if I-1098 passes 'it will only be a matter of time before the income level is lowered and everyone will end up paying a state income tax.'"

"The Legislature is able to modify I-1098 after two years with a majority vote," Funk said. "And while lowering the income tax rate might be a tough vote, the reality is that the state budget office predicts more deficits by 2013. Is dropping an income tax on to the middle class a tougher vote than raising our state's sales tax above 10 percent?"

Proponents of 1098 say that it is a possibility the legislature could extend the tax but not without the people having a say in the decision.

"We specifically wrote into the initiative a provision that if the legislature wants to change this income tax they need to go back to the people for a vote," Magnuson said.

"It is true that the Washington State Constitution allows

the Legislature to amend any initiative after two years with a majority vote," Magnuson said. "However, the Constitution also clearly gives the people of Washington the right of referendum, meaning any decision by the legislature can be immediately challenged with a referendum."

The decision to propose an income tax came about as an answer to the states slipping education spending.

"Washington has slipped to 47th in the nation in spending on education per \$1,000 of income," Magnuson said. "I-1098 will support K-12 and higher education by dedicating 70 percent of the increased revenues to the Education Legacy Trust fund that will help keep class sizes small, improve teacher performance and support our high education system and community colleges."

Opposition to 1098 is worried that the money may not go towards what it is intended for. But proponents say that the money must go towards health and education, it's in the text of the initiative.

"All the revenue generated by I-1098 goes into a trust fund that cannot be used for anything except education and health care," Magnuson said.

"The initiative specifically states the money will go into the Education Legacy Trust account and supplement funds for the basic health plan," Funk said. "Both are restricted accounts set aside to fund a very narrow slice of the state's edu-

cation and health care obligations."

"The programs are also discretionary; the Legislature is not obligated by the constitution or federal matching fund requirements to maintain spending in the two accounts," Funk said. "So, when money gets tight, these funds are among the first to be raided."

I-1098 is more than just an income tax proposal, it also would cut property taxes and eliminate the business and occupation tax for a lot of small businesses.

"The B&O tax is totally unfair because it taxes gross receipts and not the actual profits and under I-1098 80 percent of the state's businesses won't have to pay it," Magnuson said.

"The property tax cuts have been referred to by our opponents as 'trivial' but in this economy every dollar helps," said Magnuson. "In King County, the average homeowner will save \$180 a year after I-1098 passes."

Opponents say that these cuts are a small attempt at a tax reform effort and something else needs to be done to truly improve Washington.

"A real tax reform effort would have lowered the state sales tax, which is the most regressive of our state's taxes. Funk said. 1098 does not do that. Why did the 'Yes' side choose to lower property taxes by about \$10 a month – a very small reduction – instead?"

"Instead, it proposes an income tax which, at more than

\$2 billion in the first year alone, is the largest tax increase in state history," Funk said.

Proponents say they are doing what they think is right and fair for Washington.

"After we pass I-1098, the rich will pay more of their fair share," Magnuson said. "Today in Washington, the wealthiest 1 percent pay 2.7 percent of their income in state and local taxes while the middle class pays 11 percent and the poorest 20 percent pay almost 18 percent of their income in state and local taxes."

"Washington is a great place to live and do business because of our educated and healthy workforce, and I-1098 will make sure we continue to invest in our state's future," said Magnuson.

**Vote by  
Nov. 2**

**Register to  
vote until  
Oct. 25  
at the  
Regional  
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Room 1A,  
Kent**

# Highline snags third place after two draws

## Highline men move into tie with Tacoma for third

By **WILLIAM BROKAW**  
Staff Reporter

The Thunderbird men's soccer team advanced into a third place tie in the NWAACC West division with ties against Tacoma and Olympic last week.

Highline drew 1-1 with rivals Tacoma on Wednesday, Oct. 13 and 0-0 with Olympic on Saturday, Oct. 16.

Although the T-Birds drew against both teams last week, the ties gave the Highline men the two points they needed to move into third place in the division.

Highline battled it out with Tacoma in a game that had no victor.

"It was a really competitive game," said Highline captain Devin Thomas. "We wanted to come out with a lot of intensity, get off to a quick start and score early. We were very offensive



Katie Adams/THUNDERWORD

*Highline's Hansol Park dribbles the ball past two Olympic College players.*

minded."

Tacoma scored first with a beautiful goal from the Titans Sean Foss in the 58th minute.

Foss fired a shot from the 18 yard box that sailed past Highline goalie Bryan Murray to give the Titans a 1-0 lead.

Highline was determined to get back into the game. "We fought back. The last 10 minutes is where we picked up our

intensity," said Thomas.

Then in the 87th minute the Thunderbird men equalized with a stunning finish from forward Max Thomas.

Max Thomas dribbled to the corner of the 18-yard box and hit a ripping shot to the far post tying the game.

The late strike rescued a much needed point for the T-Birds. "It's tough to lose those

two points," Devin Thomas said.

The T-Bird men played Olympic on Saturday in a game that finished as it started, 0-0.

"We had most of the possession but we weren't keeping the ball with purpose," said Devin Thomas.

Highline had five or six chances on the left side but couldn't find the back of the net.

Amos Nistran and Devin Thomas both received yellow cards. "I went in for a hard tackle. I was trying to set the tone," said Devin Thomas.

"They were better than we thought they were. They had a strong defense and a very different team than last season," he said.

Highline still earned a point from the game and moved into third place in the NWAACC West Division.

Highline played Bellevue Wednesday, Oct. 20 with results unavailable at press time.

The T-Bird men match up against Peninsula for a second time this season on Wednesday, Oct. 27.

Highline defeated the first-place Pirates 1-0 earlier in the season and look to gain three more points when they meet next week at Peninsula.

Peninsula still sits atop the division with 19 points and Highline is currently in third with 11 points.

Highline must finish in the top three of its division to clinch a playoff position.

With just four games remaining the T-Bird men are looking to gain full points to earn a high seed into the playoffs.

## Lady T-Birds net third place with no subs

By **MARIE THOMA**  
Staff Reporter

Highline's women's volleyball is tied for third with Green River and Pierce.

The T-Birds victory on Oct. 13 against Lower Columbia moved the team back to third in the standings.

The team played the match with only six players and took the match in four, (25-23), (25-18), (11-25), (25-18).

With no sub, captain Davina Fuiava said that after the game the team was "pretty banged up," adding that it showed the team had heart that they could win with only six players.

Highline also participated in the Skagit Crossover tournament this past weekend, Oct. 15 and 16 where they again played with only six players.

"We should have won more games but we were all exhausted from the Lower Columbia game," Fuiava said.

On Friday the team played three matches, winning against Edmonds (25-21, 25-23) and losing against Olympic (25-21, 25-16), and Chemeketa (25-14, 25-14).

Saturday they took Skagit

Valley for a win (25-21, 25-15) but lost against Wenatchee (25-23, 25-16, 25-20).

Chris Littleman, Highline's head coach, joked about the lack of players the T-Birds have by calling for a sub during a tournament game.

"He got up and looked at the empty bench and then looked down the hall, then came back and told the refs he couldn't find anyone," Fuiava said, adding that they won the next point and she thought it was because Littleman's joke had relaxed the team.

The team used the tournament as a practice.

"I worked on things I didn't usually do to find out what worked and what didn't work and our hitters were throwing down hits they had just learned," said Fuiava.

Aurora Vasquez, the T-Bird's injured middle hitter, should be able to play the upcoming match against Pierce, bringing the team to seven total players to finish out the season.

Highline hosted Green River last night. Results were unavailable at press time.

The women's next match is at Pierce on Oct 22 at 7 p.m.

Freshman runner CJ Timm is passionate about running.

"I love the feeling of racing," said Timm, a member of Highline cross country team. "It feels like pure competition is flowing through my veins, bringing out a certain animal instinct that is telling me I have to beat the person ahead of me."

Timm was born in San Jose, California and moved to Renton when he was a year old. He has been living in Renton ever since.

A 2009 graduate of Lindbergh high school, this is Timm's first year at Highline. Aside from running, Timm plans on focusing his studies in either forestry or environmental science. After his two years at Highline, Timm plans on attending either Western Washington University or Montana State University.

"I like to go on adventures, so my dream job would have to be something where I can get outside and just live life and be free," said Timm. "I also like to help people, and have always wanted to be a firefighter, so I want to work for the forest service where I can hike, see sights, search for lost people, and fight

By **EMILY HUYNH**  
Staff Reporter



CJ Timm

forest fires. I think that would be a pretty sweet life for me,"

Timm began running in eighth grade and has been running ever since.

"I was in middle school and I sort of felt the need and the pressure to be a jock," Timm said. "So in the spring of my 8th grade year I decided to sign up for every single fall sport they had except for football. Cross country was the only one that contacted me during the summer, including a phone call from a captain and a handwritten letter from the coach himself. I guess I joined because I felt that they wanted me to join their team."

Running as an eighth grader, Timm got in better shape and made the varsity baseball team

at Lindbergh as a freshman.

In addition to making the varsity squad on the baseball team, Timm also ran varsity all four years at Lindbergh with a personal record of 17:24 in the 5k.

"I won many awards in high school for races, but I think the two achievements I am most proud of are winning the Sportsmanship Award during my senior year for XC," said Timm. "Besides that, I finished in the top 10 for the Seamount class meet four years and helped my team to the 3A state meet all four years of high school."

Timm's future plans extend beyond his goals that he has set for himself here at Highline.

"You can take yourself just about anywhere, places where no other mode of transportation can take you," Timm Said. "It gives me a sense of freedom and individuality. Plus running has a miles per gallon of infinity."

"I have always set my goals too high on purpose, because I believe that if I hit my goal I could have done better, and therefore should have tried for more," Timm said. "So my goals are pretty high, but I want to run a sub-4 minute mile and a sub-1:50 half mile. I also want to try running a marathon before I'm through running."

# Thunderbird women fall to rival Tacoma

Lady T-Birds fail to gain on first-place Bellevue

By BEN DRAEGER  
Staff Reporter

The Highline women’s soccer team split games last week, falling to rival Tacoma last Wednesday and bouncing back with a win over last-place Olympic on Saturday.

The Lady T-Birds jumped on the Titans early last Wednesday with a goal from freshman forward Nicole Brunette in the 20th minute to give Highline a 1-0 lead at the half. Midfielder Alex Drazic found the net early in the second half extending Highline’s lead to 2-0 in the 49th minute.

“I think we just found ourselves in a situation we had not previously been a part of at Tacoma. We were leading by two goals in a very competitive match,” said Head Coach Tom Moore.

However, Tacoma responded immediately scoring three goals in ten minutes (50th, 54th, and 60th). The Lady T-Birds were unable to respond as Tacoma held on for a 3-2 victory.

“We had our chances even after going down by a goal, but did not take advantage,” said Coach Moore.

Although the loss to Tacoma was tough, it didn’t hurt Highline in the standings. After the loss to the Lady Titans, High-



Highline’s Brittney Cosgrove clears the ball downfield against Olympic College.

Katie Adams/THUNDERWORD

line still remains in second.

Highline followed the loss to Tacoma with a win over Olympic College last Saturday, coming out on top 3-0.

Outshooting the Rangers 22-4, the Thunderbirds didn’t take their foot off of the gas the entire match.

Freshman midfielder Micheal Paulston found the net twice, first in the 14th minute and then again in the 52nd, to give Highline a 2-0 lead early in the second half.

“The game went really good. They tried to play an offside trap and it didn’t work out very well for them, I’m quick and I used that to get around them and score,” said Paulston.

Alex Drazic added the third goal in the 70th minute to put the game away and help goalkeeper Brianna Slavik record her third shutout of the season.

“We didn’t make any changes for the Olympic game, but did make sure to remind ourselves what the task at hand was and to stick to the game plan,” said Coach Moore.

Yesterday marked the halfway point in the regular season, and what better way to end the first half then with second-place Highline and first-place Bellevue playing each other.

“We are looking to beat Bellevue and get into first place,” said Paulston before the game.

“The only thing I’m focused

on is competing with them and forcing them to be better than us, I’m confident that if we take our game and put it on the field we should be fine,” said Coach Moore.

Results from the match were not available at press time.

Looking ahead at the schedule Highline will be hosting Green River at noon on Saturday, Oct. 23. The Lady T-Birds then travel to Peninsula to square off against the third-place Lady Pirates Wednesday, Oct. 27.

With only five games left in the regular season, the Thunderbird women are more than poised to reach the playoffs.

“It has been a tight race thus far and I think it will only get closer as we come to the final weeks,” said Coach Moore about the end of the season.

A victory over Bellevue would cut the Lady Bulldogs lead in the standings to 3 points, which would give Highline the opportunity to challenge Bellevue for first place down the stretch.

## Highline racing toward improving

By EMILY HUYNH  
Staff Reporter

Highline’s men finished in 10th place and the women finished in 12th at the Mike Hodges invitational in Portland last Friday.

The men’s team was led by Khalid Abebe, who placed 39th in 21:21 in the 4-mile run.

“I did decent but I wish I could have competed stronger, though I know there is next time to do so,” said Abebe.

Following in second was Nick Lipinski, who finished in 61st place with a time of 21:25.

“I went into the race knowing that it was going to be short and quick, but my goal was to run an even pace, instead of burning myself out by starting too fast,” said Lipinski. “In that regard, I am fairly content with my performance, as my mile

splits were fairly consistent throughout the first three miles of the race (5:30 pace), and I was able to pick it up at the end and run a negative split.”

Ashley Densmore led the women’s side finishing in 38th place with a time of 19:53 in a 5-kilometer run. Coming in second was Kalee Cirpra, who finished in 57th place in 20:55.

“I think I did pretty good. It was a flat and fast course and I ran well. I wanted to break 20 -minutes but I will be able to do that for the championships,” Cirpra said.

On the men’s side, David Laney from Southern Oregon University won the men’s 4-mile race in 19:31. On the women’s side, Christine Babcock, who was an unattached runner, won the women’s 5-k race in 17:15.

“The course was pretty flat the entire race and there were

no big hills. They did a lot better than I expected. I expected them to be slower because of all the hard practices,” said Highline Coach Taryn Plypick.

The NWAACC championships will be held on Nov. 13 at 11 a.m. in Portland.

“The race went very well. All the girls made a personal record in the 5-k race. This was a great boost of confidence and I feel good about the championships,” said Plypick. “For the boys’ race, it was hard to compare since they ran a 4-mile race. It was a fast and shorter race than the usual. We are going to be ready for NWAACC.”

With one more race in the season before the NWAACC championships, Highline will be competing in the North Region championships at Willis Tucker Park on Oct. 30 at 11 a.m.

### the Scoreboard

Men's Soccer				
NORTH	LEA	PTS	SEA	
Edmonds	4-5-0	12	4-8-1	
Whatcom	3-4-1	10	4-6-2	
Shoreline	2-4-2	8	2-7-2	
Sk.Valley	2-5-1	7	6-5-3	
Everett	1-6-1	4	1-9-2	
EAST				
Col. Basin	8-0-0	24	10-2-1	
Tr. Valley	5-2-2	17	6-5-3	
Spokane	5-2-1	16	8-4-2	
Walla Walla	5-2-1	16	8-3-1	
Wen. Valley	1-6-1	4	3-7-1	
WEST				
Peninsula	6-2-1	19	8-2-3	
Bellevue	6-2-0	18	9-2-1	
Highline	3-3-2	11	7-3-2	
Tacoma	3-3-2	11	5-4-2	
Olympic	2-3-3	9	2-5-3	
SOUTH				
Chemeketa	6-1-1	19	12-2-1	
Clark	5-1-2	17	7-2-3	
Pierce	2-3-3	9	3-4-5	
SW Oregon	1-8-0	3	1-11-0	
S.P. Sound	0-7-0	0	1-12-0	

Woman's Soccer				
NORTH				
	LEA	PTS	SEA	
Edmonds	6-3-1	19	7-3-3	
Everett	6-2-1	19	8-3-1	
Whatcom	3-5-1	10	6-6-1	
Shoreline	2-6-1	7	4-6-1	
Sk.Valley	0-8-1	1	0-12-1	
EAST				
Walla Walla	8-0-1	25	12-0-1	
Col. Basin	6-2-1	19	7-5-1	
Spokane	5-3-1	16	8-3-1	
Yak. Valley	5-3-1	16	5-3-1	
Tr.es. Valley	2-6-1	7	3-9-2	
Wen. Valley	2-7-0	6	3-8-0	
WEST				
Bellevue	7-1-1	22	9-2-1	
Highline	5-3-1	16	6-4-1	
Peninsula	3-3-3	12	3-5-4	
Tacoma	3-4-2	11	3-6-2	
Grn. River	3-5-1	10	3-7-1	
Olympic	1-6-2	5	3-7-2	
SOUTH				
Clackamas	9-0-0	27	10-2-0	
Lane	6-2-1	19	8-3-1	
Chemeketa	4-3-2	14	5-6-2	
Clark	2-6-1	7	2-8-2	
SW Oregon	0-10-0	0	0-12-0	
Chemeketa 1, Clark 1				
Green River 1, Peninsula 0				
Tacoma 3, Olympic 0				
Shoreline 1, Whatcom 2				
Tr. Valley 2, Yak. Valley 1				

# New bakery promises to deliver the goods

By **KANDI CARLSON**  
Staff Reporter

Blue Vanilla Bakery is baking delicious treats that may leave you wondering how they got your grandmother's oh-so-secret recipes.

The bakery is located right in the heart of downtown Des Moines and has been open for about a month now.

Owner and baker Margie Nelson bakes every item on the menu herself, from scratch, every day.

"Our ingredients are all fresh, you won't find any preservatives in our goods," she said.

Customers can start out with one of their freshly made-to-order sandwiches and a fresh bowl of soup.

Then finish with a favorite dessert or two.

They offer pastries and desserts such as muffins, scones and sweet rolls. A variety of different breads are baked each morning some of which include cinnamon walnut, blackberry lemon, rhubarb, pumpkin, and banana.

Customers will also find cookies, pies, tarts, cupcakes, layer cakes and cheesecakes.

"Selection does vary from day to day, but there's always a lot to choose from," Nelson said.

Although officially they have been serving the public for a couple of months now, Nelson delayed the official grand opening until this coming Saturday, Oct. 23.

Nelson explained, "We needed a little more time to figure out what we still had to work on, get an idea of how the business flows, and resolve any vendor or equipment issues we run into."

Nelson said she wanted to make her first impression a professional and confident one.

"Up until now business has mostly come through word of mouth, and we have had an opportunity to experience the very slow days to very busy, the days



Katie Adams/  
THUNDERWORD  
*Delicious baked goods line the racks at Blue Vanilla, left, the creation of the mother-daughter team of Ashley and Margie Nelson, below.*

where equipment wasn't working properly, to resolving issues with our suppliers," Nelson said.

This time has been well spent and they are ready now, Nelson said.

Nelson learned of the importance of taking your time, and taking action when you are ready while she was a part of Highline's Start Zone program.

Start Zone is a program that helps women and minorities start a small business within southwest King County. Their services are offered for free.

In 2009 Nelson was laid off from her job and decided it was a good time to explore all her options.

After researching Start Zone at the recommendation of a friend, she decided to apply and was accepted a week later, she said.

Deciding what type of business she wanted to open was easy. As it happens, she was making extra money at the time selling baked goods to friends and family.

"I found their response was more than I expected," Nelson said.

"It was great and I stayed busy."

The experience got her thinking this side job could be her only job.

Nelson was ready for a career change after working more than 30 years in the advertising industry.

"I liked it [her job], but it changed," she said. "It wasn't where I wanted to be anymore, but I kept on working, I had a family to support."

She began working with Start Zone and was able to organize her thoughts and put together a business plan, she said.

Nelson credits Start Zone with keeping her going through the difficult process of getting a business started.

"There were times when I thought I was just going to forget about this and find a job," she said.

It was the Start Zone staff who encouraged and kept her pushing through the overwhelming times, Nelson said.

Once she got her thoughts out on paper and her business plan was underway, she was ready for the next step, the fun step, the baking, Nelson said.

"A lot of the recipes that I use are from when I was a child learning to bake with my mom and grandmother," Nelson said.

She credits both her mom and grandmother for passing on to her their passion of cooking and baking.

"It's what I love to do," she said.

The Blue Vanilla offers customers a chance to experience homemade baked goods at reasonable prices.

This Saturday the bakery will be open at 9 a.m. and be offering a variety of specials until closing at 4 p.m.

The doors will close from 4



-6 p.m. and re-open from 6-8 p.m.

This is the open house portion of the grand opening where Mayor Bob Sheckler will be doing the ribbon cutting ceremony.

Miniature pastry samples, free coffee and tickets for free pastries will be distributed.

They are located between 223rd and 225th Streets at 22341 Marine View Drive S., in Des Moines.

Regular business hours are Tuesday through Friday from 8 a.m. to 5 p.m. and Saturdays from 9 a.m. to 4 p.m.

They are closed Sundays and Mondays.

All students, staff and faculty of Highline are being offered a 10 percent discount on purchases made through the month of November.

You will need your Highline identification to receive the discount.



Katie Adams/THUNDERWORD  
*These cookies may be kept under glass but are not out of reach.*

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## Students feel the difference with sleep deprivation



Jackie Argueta/THUNDERWORD

### Sleep

continued from page 1

it takes longer to wake yourself up,” Trillo said. “When you sleep for 12 hours you don’t really feel refreshed. There’s no benefit to sleeping that long.”

Not sleeping enough regularly and then sleeping in, or in excess, can also be more detrimental than helpful to the body’s health.

“There’s no way to bank sleep,” said Trillo. “So if you don’t get a lot of sleep during the week and you try to sleep in on the weekend, that is probably the worst thing you can do. In fact, it will probably mess you up for Monday.”

“Unfortunately, if you don’t get enough sleep one night, and you sleep in the next day, that doesn’t make up for it,” Bly said. “It takes time of getting good sleep to get back to where you should be.”

Even exercise can have an effect on students’ sleep health.

“Your brain won’t go into the right stages of sleep unless you go to sleep at least four hours after you’ve exercised,” Bly said.

Distractions or bad sleep routines can also inhibit your ability to get enough or restful sleep.

“You don’t realize it, you may never fully wake up, but distractions, such as an animal in the room disrupt your sleep cycles and prevent your body from reaching the restful levels of sleep,” Bly said.

“Neurologists that are in the sleep field suggest that to get the best, most restful type of sleep, you do not fall asleep to a television,” she said.

These disruptions can lead to serious consequences, such as sleep deprivation.

“Sleep deprivation is prolonged lack of sleep, difficulty falling asleep, staying asleep or not giving yourself enough time for sleep,” Trillo said.

Sleep deprivation can have dramatic consequences to your health.

“During sleep, the body is basically rebuilding itself, so lack of sleep can lead to both mental and physical illnesses,” Trillo said. “All aspects of the body can be affected by sleep deprivation.”

Sleep deprivation can even have legal repercussions.

“People with sleep deprivation have increase in traffic violations,” Bly said. “Actually, if you are knowingly sleep deprived and you have a traffic violation it can be a big additional fine.”

“It has gotten to be serious because there are too many people that are driving without enough sleep.”

“It’s not an excuse to the courts,” she said.

However, sleep deprivation can be avoided in a number of ways, one of which is using midday naps.

“If you are going to take a nap to refresh yourself, you will not go into the type of sleep restores your body you need at least 40 minutes,” Bly said.

“Naps can be a good thing if you don’t abuse them,” Trillo said.

The experts agree that setting up a sleep routine, or schedule, is the best way to prevent sleep deprivation.

“The best way to avoid sleep deprivation is to get into a regular schedule of sleep,” said Bly. “I think the best way to get the most restful sleep is to form a pattern or schedule.”

“The number one way to get the best sleep is to have a routine; falling asleep at the same time and waking up at the same time,” Trillo said.

By DAVID LUGO  
Staff Reporter

Highline students say that sleep is important, but many don’t get enough.

Many Highline students purposely set up their schedules in order to allow themselves enough sleep.

“I care a lot about my studies and I want to be successful in them,” said student Lauren Stephani. “I’m not fully attentive if I don’t get enough sleep. So, I get about six to seven hours of sleep.”

“I probably get about seven hours of sleep,” said student Victor Vang. “If I don’t, I get tired easier or fall asleep in class.”

“I think other students get less sleep than I do, because I set myself a bed time,” he said.

However, many understand that they don’t get enough sleep and that their school and personal lives can take a beating

because of it.

“I usually only get about six hours of sleep,” said Lenin Ramirez. “I leave things until the last minute so I have to stay up to do homework all the time. But if I don’t get enough sleep, I get angry easily.”

“I’d say I get about five to six hours of sleep,” said Highline student Mercedes Sullivan.

“I get my homework done early, but I stay up and watch T.V. because the good shows don’t come on until it’s late,” she said.

“I’m not really a morning person so if I don’t get enough sleep then I get really cranky.”

“I sleep about three to four hours a night,” said Lydia Sabane, a Highline student.

“If I don’t get enough sleep I go crazy, or I sleep in class,” she said. “I don’t like to, but I have no choice sometimes.”

“I don’t sleep much because I am stressed and have too much homework,” she said.

Students understand that sleep is important even though they may not get enough.

“I don’t get a lot of sleep at all, probably four hours a night,” said student Taylor Hoover.

“I know it’s not good for me but with school, friends and work, that’s all the time I get,” she said.

“We’ve just got too much to do in our day,” said Hoover.

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## History can be more than what mainstream reports

By **DAUNTE SANTOS**  
Staff Reporter

The most recent History Seminar was different, but it reminded us that everyone is important and contributes to our history in some way.

“Knowledge is key and the key maker is the one who knows how knowledge is constructed,” said Ay Saechao, the speaker at the History Seminar on Wednesday, Oct. 13.

Saechao spoke on “Knowledge Construction: The Canon Debate,” which was described by Saechao as the traditional and western way of looking at history that has been passed down and used in our mainstream society and schools.

Mainstream academic knowledge of U.S. history has often limited the scope, realities and contributions of multiethnic communities, Saechao said.

The seminar focused on the concept of knowledge construction and how multicultural and diverse communities can be represented in our school curriculum and history textbooks.

Dr. Tim McMannon, the founder of the History Seminar, said that the main topic of the seminar was, “who gets to decide what knowledge is and what it means.”

Saechao described knowledge as being “objective and without bias.”

“Knowledge is socially constructed and reflects human interests and values,” he said.

Saechao pointed out that knowledge is everywhere and can come from a number of different sources, whether it comes from our history text books, the media, or even each other, knowledge is everywhere, and in order to find the truth in stories, we need to learn how to construct knowledge.

Saechao stated that “Media affects us all,” and asked, “What are schools doing about it?”

He wondered if students believe what they see and hear about things and themselves in the media and if they internalize these portrayals.

“Subjectivity is a human quality and can be a great tool if we recognize its strengths and weaknesses,” he said.

“It can motivate learning and ultimately help better society,” Saechao said.

There are so many places nowadays where information comes from and anyone can be in the media with Facebook, Twitter, blogs and others, Dr. McMannon said.

“The media shapes how we think about things because they choose what’s reported.”

“We need to find the greater truth in stories. Students need to recognize both sides so they won’t neglect the other side [because] there’s truth to both sides,” he said.

“We want students to be well-rounded in knowing how to construct knowledge.”

Being a teacher himself, Saechao said that in the school



Jennifer Choi/THUNDERWORD

*Ay Saechao speaks of the media's affect on history during last week's History Seminar.*

system, you need teachers with high expectations who know how to relate to students on personal levels.

Our society is so diverse and our old history textbooks can leave many people’s stories out. This can have a great affect on the students who read these textbooks, he said.

“When I was younger I always tried to find my dad’s story of the Vietnam War in the history textbook but couldn’t,” Saechao said.

“History is tough, it’s hard to determine what you put in and what you leave out,” Dr. McMannon said.

“We need to think about what

we do learn and how we can construct it, transform it, and expand it,” Saechao said.

We need to be able to take what we know and interpret it in a way that makes sense to our lives, he said.

“Students need to construct their own knowledge and what’s important to them. Every generation writes its own history. Every person needs to construct their own knowledge,” Dr. McMannon said.

“If we want a complete history story, we can’t leave people’s stories out.”

“I guess it comes down to how you can get everyone’s stories into the classroom,” he said.

Dr. McMannon described the seminar as more “philosophical” and not like a regular History Seminar, but “good.”

He said that as a society, we are getting better at looking at the common people in the classroom, but there is still much work to be done.

“Especially at Highline, students are so diverse that everyone can feel like they are left out. The seminar was kind of a reminder that everyone is important,” Dr. McMannon said.

The History Seminar runs weekly on Wednesdays from 1:30-2:20 p.m. and the next one will be Oct. 27 is about “Jack the Ripper.”

## Highline’s Respiratory Care students succeed

By **S. RUSSELL GREGORY**  
Staff Reporter

For the eighth year in a row, all of Highline’s Respiratory Care graduates have passed the Entry-level Certified Respiratory Therapist Examination.

“Respiratory care is the allied health specialty concerned with the treatment, management, control and care of the patient’s breathing,” said Bob Bonner, department coordinator of Respiratory Care.

The entry-level exam is given to all graduates of respiratory care programs nationally.

The graduates must pass this examination in order to be licensed, which is required to be able to work.

The success rate of passing this exam is about 80 percent. For the past eight years, all Highline Respiratory Care graduates have successfully passed, Bonner said.

The success of the graduates

is owed to an entire community of support, he said

“It really takes a whole region to adequately train a Respiratory Care student,” Bonner said.

The students have support both on and off campus.

The program has great a great relationship with local hospitals in the Puget Sound area, where students go for clinicals.

On campus, students have the support of classmates and Respiratory Care faculty, said Bonner.

“We have some great full-timers and part-timers. We have some part-timers that have worked with us for five or six years. Nikki Bly and Stephen Swope are both full-time faculty and they both do a great job,” Bonner said.

Nikki Bly is the Head Coordinator of the Polysomnography program.

Although a sleeping disorder is not a lung disease, it can af-

fect the heart and lungs.

Much of the content polysomnography students learn is similar to the content the respiratory care students learn. For this reason, both programs share some of the same classes, Bonner said.

The Respiratory Care program is seven quarters long and students in the program learn additional anatomy and physiology of the heart and lungs.

Students also learn to use life support equipment.

During the second year of the program, students work with patients who have different medical issues.

These issues range from trouble breathing on their own due to lung disorders and diseases, Bonner said.

With eight solid years of successful testing, it is now on the shoulders of the next graduating class to continue the legacy.

“I don’t really feel pressured. I feel they will give me the skills

I need to succeed,” said Lisa Wohler, a second- year Respiratory Care student.

“We don’t want to be the

class that drops the ball and breaks that tradition,” said Bob Courchaine, another second-year student.

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**Wednesday,  
November 3  
from 12:15-1:05PM**

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
						
MOSTLY SUNNY PATCHY A.M. FOG	MOSTLY CLOUDY 40% CHANCE OF RAIN	MOSTLY CLOUDY 60% CHANCE OF RAIN	SHOWERS INTERMITTENT SHOWERS	MOSTLY CLOUDY SHOWERS LIKELY	MOSTLY CLOUDY SHOWERS LIKELY	PARTLY CLOUDY 10% CHANCE OF RAIN
H 61 L 47	H 59 L 46	H 60 L 44	H 66 L 44	H 56 L 44	H 56 L 51	H 51 L 43



Katie Adams/THUNDERWORD  
Rotarian Mark Rusnak helps sort food for backpack program.

Backpack

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website.

Teachers and staff members at each school served decide which children are in need of help.

“Each school has its own way of determining who receives a backpack; we just deliver the food,” Van Gasken said.

A number of volunteers assist in the program. The Rotary Club of Des Moines has been involved in this backpack program for the past three years.

Rotary is an international organization with local chapters in cities all across the United States. Members are active in humanitarian services within the individual chapter’s community.

“I was looking for a program we could become a part of that was helping youth, and I found the Weekend Backpack program,” said Steve Swank, community service director for the Rotary Club of Des Moines.

Swank felt this program was a good one and he seized the moment to get involved.

“These children are not getting what they need to be healthy; they are going hungry,” said Swank.

This is one of the few programs which only takes into consideration the individual in

need.

“This is a great program. What I like most about it is, family size doesn’t limit how much a child receives,” Swank said.

For example, if siblings are attending the same elementary school, they each get their own

backpack, he said.

Swank and other volunteers from the Rotary spend two hours, once a month, preparing 400 – 450 backpacks, which contain six kid-friendly meals.

Some of the items included in each backpack are: granola or breakfast bars, fruit pies, fresh fruits, juice boxes, boxes of macaroni and cheese, or cups of noodles, Swank said.

Once the backpacks are filled, they can be sent out to the Des Moines, Parkside, Madrona, Bow Lake, and Midway Elementary schools by Thursday of each week.

On Thursdays or Fridays the backpacks are checked-out to the children and they return them empty by the following Monday or Tuesday, Van Gasken said.

This process starts over again, every week that school is in session at those schools.

Donations of food, cash and time are the most valuable

things in keeping this program going, Van Gasken said.

“We need volunteers to help put food in backpacks, as well as drivers to pick-up and drop-off the backpacks at the different elementary schools,” Van Gasken said.

Additional volunteers are always welcome to help with this and other programs or tasks.

If you are interested in volunteering at the Des Moines Area Food Bank, you are encouraged to e-mail them at dmafb@bigplanet.com. This is the easiest way to reach someone.

You may also call 206-878-2660, but the response time may be a bit slower.

If you are in need of food, you will be assisted as long as you are within the area of service.

The Des Moines Area Food bank serves residents within Des Moines, Sea Tac and those living on the west hill of Kent.

They are located in the basement of the Des Moines United Methodist Church located at 22225 9th Ave. S., in Des Moines.

Food is distributed Mondays, Wednesdays and Fridays from 9 – 11:45 a.m. On the third Tuesday of each month they are open in the evening from 6 – 8 p.m.

Attainment

continued from page 1

applicants for Winter Quarter 2011.

The program is open to anyone within the greater Seattle area who is considered low income and interested in pursuing a career in the medical field.

Those who are interested in this program are encouraged to contact Cindy Holland at 206-461-4554 or by e-mail cindyh@nhwa.org.

# ATTENTION!

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1PM

Building 13, Room 104

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