Worker retraining out of money for Spring Quarter

By VICTORIA DOM
Staff Reporter

The Worker Retraining Program has run dry of all student aid funds for Spring Quarter.

Due to the limited job opportunities in the dwindling economy, an increasing number of dislocated workers are enrolling at Highline and turning to the program.

Worker Retraining is a state-funded program designed to assist primarily laid-off workers, a number of which who are having trouble finding living wage jobs, said Dr. John Huber, director for workforce education services.

The program, established in 1992, allows students to still receive unemployment benefits while continuing their education, excluding general transfer degrees.

Qualifications for Worker Retraining include those who receive unemployment insurance checks, self-employed workers who lost their businesses, honorably discharged veterans, those vulnerable to unemployment, and dislocated homemakers who previously depended on cash flow that is now interrupted due to divorce, death, or other circumstances.

"The state gave what they expected to be enough, plus a one-third bonus because they knew we were heavily enrolled," Dr. Huber said. "We still ran out, and now we have to say no to a lot of people."

Of Highline's $2.366 million budget from the state, $660,000 was designated for Worker Retraining to serve the 700 students that are currently enrolled in the program.

From the program's budget, $330,000 went to Fall Quarter, $200,000 to Winter Quarter, leaving a mere $75,000 for Spring Quarter.

The budget shortage puts the program in a tough situation as services cannot be provided for all, and there is no choice but to turn away the recently laid off workers, said Dr. Huber.

Every day, four to five students come in asking for help and we are forced to use the 'no,'" he said.

As the college awaits the Le-Lo, the program's staff hopes that Highline will receive similar funding to that of the 2009-2010 school year, with a $1.5 million total budget and $450,000 for student aid.

"When the state is short billions of dollars, difficult decisions must be made and we will be happy to get that much in 2011-2012, but we don't know what to expect," said Dr. Huber.

"We are anticipating a slow-improving economy in the future to expect less Worker Retraining students for the next few years."

Dr. Huber says training is important because of the changing nature of the job market.

Future job opportunities will likely require a higher skill level, so the program encourages students to develop proficiency in foundational computer skills, he said.

Student workers interested in the program must also file for federal financial aid, meet with their workforce program leader, plan their class schedule, and gain permission from Employment Security.

For more information about Worker Retraining, contact the program office assistant Lynne Boettcher at 206-878-3710, ext. 3802, via email at lboettch@highline.edu, or visit the office in Building 6, room 214.

To apply for the Worker Retraining Program, students must start by attending the orientation.
Student Government elections scheduled for mid-April

By KRISTEN REMETO
Staff Reporter

Student Government elections for 2011-2012 will be on April 18 and 19. Applications for candidacy will be released on Monday, March 28.

With the Student Government, students have many opportunities to get involved. They can participate in setting campus policy and procedures, and allocated service and activities funds.

They also get to serve as members of various campus committees and evaluate the student programs to reflect the changing needs and interests of Highline students.

Olga Afichuk, president, and Vince Dominguez, vice president, held positions in the Student Government for the 2010-2011 school year. The Student Government terms run from Fall through Spring Quarter.

“Holding a position in the Student Government is a paid job. We don’t get paid that much but it’s a paid job,” Olga Afichuk said.

The student government is looking for students with leadership skills, social skills, and most important, great ideas that will benefit Highline and its students.

Along with the elections, positions such as interns, student secretaries, and assistants will need to be replaced.

This was Afichuk’s second year in Student Government. Last year she was vice president.

“I felt like I ran out of time,” Afichuk said. “My first year was spent learning the ropes and this year was spent trying to make a difference.”

Both Afichuk and Dominguez say they had fun with their jobs, but they also took it seriously.

Each project they took on was completed fully, and they worked hard to make it a success.

“I like being on-the-go and always having something to do,” Afichuk said.

If you have any questions or simply want more information, swing by the Student Programs office on the third floor of Building 8.

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Washington state has given Highline a mandate to reduce carbon emissions and no money to pay for it.

By GERSON TESFAYE
Staff Reporter

The Legislature has required Highline to conduct commuter reports and develop a plan to reduce greenhouse gas emissions— all with no funding from the state.

The State Agency Climate Leadership Act was passed in 2009, establishing greenhouse gas emission reduction limits for state agencies.

Highline, being among these agencies, must therefore calculate the commuting emissions and develop a strategy to meet the greenhouse gas reduction targets.

“An unfunded mandate for the next couple of years will be under way to determine the carbon footprint in greenhouse gas emissions for commuting students and staff members,” said Larry Yok, vice president for administration at Highline.

Although the reports are mandatory, the state agencies receive no funding to complete the reports, adding yet another expense to Highline’s shrinking budget.

Through the Climate Leadership Act, the Legislature has set a goal that by 2020, the emission levels will be reduced by 15 percent from 2005.

The act requires state agencies to conduct annual greenhouse gas emission reports and develop a strategy to reduce their carbon footprint based on those numbers.

Greenhouse gases, which include carbon dioxide, methane, and fluorinated gases, occur naturally; however, human activity increases the greenhouse gas levels, which contributes to climate change.

“The reason we must file reports is to find out how industry has increased the natural gas levels,” said Heda Adelsman, executive policy advisor for the Department of Ecology.

Scientists say the carbon dioxide levels being released are exceeding that which the environment can naturally absorb. The two primary sources of carbon dioxide emissions are burning coal used for electricity generation and petroleum used for motor transport.

“To calculate the emissions, we multiply the amounts of coal or other fuels by the greenhouse gas conversion factors,” said Adelsman. “These factors, developed by the Environmental Protection Agency and others, help businesses and governments convert existing data sources, such as utility bills and car mileage, into CO2 equivalent emissions by applying relevant conversion factors.”

The agencies must then establish policies to cut fuel consumption and decide what actions need to be taken to decrease the total carbon footprint.

Highline is still working on a plan to reduce these amounts, but the hard part is that the college has no money to do so, said Highline Facilities Director Barry Holdorf.

The state, on the other hand, says that filing the reports require little to no additional funding.

The information needed to calculate the emission levels should be readily available to the state agencies, said Adelsman.

Therefore, the money spent on the reports will benefit the agencies in the long run when alternative commuting methods are used.

Although calculating the gas emissions to devise a reduction strategy may be inexpensive, the cost of time and lack of resources to initiate the plan is what Highline is lacking.

“In comparison, the four-year universities seem to be much more out in front of this issue than us,” said Holdorf. “I would assume that this is because they have much larger staff and resources for these types of programs.”

The college has taken a step in the green direction to further implement these requirements as Victoria England was named coordinator for the Commute Trip Reduction program, as she was hired as a new executive assistant/analyst for administration last week.

As part of the plan to reduce greenhouse gas emissions, Highline, among other urban area businesses, participates in the Commute Trip Reduction program, to find alternative commuting methods.

“The program encourages the use of alternative transportation and helps commuters find alternatives in partnership with the local government,” said Kathy Johnston, Commute Trip Reduction board member for the State Department of Transportation.

The program was developed after the Commute Trip Reduction Act was passed by the Legislature in 2006, requiring the local governments in nine of the most populated counties to create more efficient transportation systems.

“Funding is provided to the local governments to implement programs and develop local ordinances, some of which end up being stronger than the state ordinances,” Johnston said. “The main point is to work with the resources available to maximize the dollars and make them go farther.”

The program targets large employers who have at least 100 employees who commute through the congested highways during 6-9 a.m.

Highline surveys its faculty and staff to find how many commuters carpool, the average traveling distance, as well as the likelihood of switching to alternative transportation methods, also including an overall breakdown by zip code on what type of transportation is the most popular.

Alternative methods that Highline currently offers are the ORCA pass reimbursement and the guaranteed ride home.

The ORCA pass reimbursement offers a 15 percent reimbursement on ORCA transit passes for students up to $15 per month, and 50 percent reimbursement per month for staff and faculty.

The guaranteed ride home program is a way for staff and faculty to commit to carpooling without the worry of getting stuck or not being able to leave early in case of an emergency.

“As alternatives take place, the program boosts economic development while helping to achieve multiple objectives, and the employee gets an added benefit to take pride for their community,” said Johnston.

For more information about the Commute Trip Reduction program, visit http://www.highline.edu/admin/safety/ctr%20plan.htm.

Program provides standard training in shorter time

By VICTORIA DOM and BRANDON HERMAN
Staff Reporters

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Program provides standard training in shorter time

By GERSON TESFAYE
Staff Reporter

After working for the same firm for 29 years, Robin Bilz was laid off when the company moved to Milwaukee.

Knowing she wasn’t ready to retire yet, Bilz sought further education at Highline in the IBEST program.

She wanted to return to work but in a more stable career.

IBEST stands for integrated basic skills training.

Highline’s IBEST program offers an accelerated education plan with eight different programs of study to choose from; including accounting assistant one and two, early childhood education, customer service, family childcare professional, business technology, nursing assistant, phlebotomy, and school age professional.

Bilz is now working towards her associate of applied science accounting degree and is enrolled in 20 credits for Winter Quarter.

“My academic adviser suggested that I enroll in the IBEST program because the integrated studies classes allow me to finish quickly,” Bilz said.

Josh Kildall is the IBEST instructor for English as a second language, as well as adult basic education at Highline.

“Training varies from program to program, but many of them offer six-month and one-year certificates in less time than the traditional track,” Kildall said.

“Since some of them, like accounting for instance, has three classes back to back, instead of being offered at different times of the day or different quarters,” said Kildall.

IBEST students are taking the same classes as traditional students, Kildall said. The difference is the traditional certificate may require three different classes offered three different quarters, whereas IBEST offers them all together.

IBEST students are plugged into internships with local hospitals, care facilities and even on campus for the accounting assistant program, said Kildall.

Information sessions are held on Tuesdays at 2 p.m. and Thursdays at 10 a.m. in Building 19, room 103. For more information on the program, call 206-878-3710, ext. 3484.
Tax loopholes need to be filled

The state gives a variety of tax breaks to private businesses that should be able to stand on the market.

The Washington State legislature has paid $80 million in tax breaks for non-organic fertilizers. With the struggling economy the government is supposed to be looking to cut costs in areas of the state and federal budget. With loopholes like the $80 million dollar tax break for non-organic fertilizer, social programs like senior in-home health could possibly be saved with this $80 million.

We are cutting programs in the state for people who really need the help to help corporate entities that should be able to stand on their own. Our citizens, especially our seniors, should be better taken care of than the senior citizens all over the world.

If programs deserve to be cut because of the lack of use or relevance, using non-organic fertilizers should be looked at. The State of Washington is world renowned for our stand on environmental issues.

When did we ever in Washington become advocates of non-organic fertilizers? Non-organic anything? This is a state that stood behind the spotted owl and against the logging industry. There are several programs in the state that could use that kind of a break to save them.

Elimination of a $970,000 grant for out-patient services for chemical dependency and detoxification prevention.

Eighty million bucks every two years may not be a large amount on a national scale, but it is enough to knock a real dent into the senior in-home health care budget in Washington state.

Out of all the services that the state government provides, none is more important than the health care of its citizens.

Government should be able to help people provide for themselves by using tax dollars to support real needs.

There are several different loopholes that can be looked at and adjusted to better assist the welfare of the needy.

For now we have to bring to the attention of the Legislature that these loopholes need to be filled to aid programs that have meaning and purpose to the welfare of the state, environment and the health of its citizens.

While on the campaign trail in 2004, Gov. Christine Gregoire talked about closing loopholes in order to raise taxes.

One of the examples she had given was the sales tax exemption on gold and silver bullion. This gave the consumer of gold and silver coins a tax break.

The programs and exemptions that need to be looked at, really need to be looked at to make a logical decision of what the people want. Corporate businesses can hire representatives to lobby on their behalf. Who speaks for you in Olympia?

If there are any loopholes in the state budget that anyone knows about, now is the best time to contact your local state legislator and express your concern.

Black History Month remains relevant

Black History Month is still relevant to the United States to maintain a full understanding of the many contributions that African-Americans have made in the past to America and the world.

This is the most symbolic proclamation honoring African-American people who made huge sacrifices, sometimes under the most dangerous circumstances.

Some parts of African-American history is America’s dirty little secret. In the past, this caused some public educators and government authorities to try to sweep certain facts under the rug.

Even though black people have been in America dating back before colonial times, it was not until the 20th century that the history received a respectable presence among American educators.

Americans have recognized black history annually since 1926. At first there was a week that was dedicated for black history, then it became a month in the month of February.

What was originally called Negro History Week eventually grew into Black History Month. The invaluable additions that African-Americans have made to the culture and history of our nation and to the culture of the world is profound.

We owe the study of black history and Black History Month to Dr. Carter G. Woodson. Both of his parents were former slaves and he spent his childhood working in the coal mines of Kentucky. He went to high school at age 20. He graduated in two years and went on to earn his doctorate of philosophy at Harvard.

This month is not for celebrating as much as to commemorate the black people and culture that emerged from oppression on American soil.

Black history is full of rich facts and harsh realities that sometimes are difficult to receive and teach.

The slavery, the lynching and the unequal treatment by the authorities made it nearly impossible for there to be any kind of history. But there is one. It’s sometimes an uncomfortable subject to discuss. Young people today may not see the importance of the struggles of the past.

Some students feel that their culture should be celebrated on campus along with black history. This prompted a recent discussion on whether Black History Month should be ended or shared with other cultures.

 Earlier this week, the Cau- cus for Student Leadership held a meeting to discuss whether Black History Month should continue at Highline.

Some students felt that Black History Month should continue at Highline. Some at the meeting felt that other cultures should receive recognition along with black history during the month.

Others felt that it should be spread out throughout the year, but nobody felt that it was an irrelevant part of history. One student told me that it is all about diversity and we should learn to appreciate it.

Another student said, “Our month of appreciation should never even come to be thought of as being ended. This is the month out of the year we have to salute the slaves that built this country for free, civil rights activists and inventors who made the ultimate sacrifices for us to even be in such a diverse school.”

Sharing a nationally recognized month dedicated to the struggles, sacrifices and achievements of African-Americans can be a touchy subject, especially for those African-Americans who understand the strides black people have made from being enslaved to being president of the country.

There are still fresh wounds in the body of the psychology that deals with the oppression of black people.

It is important not to let go. From oppression to success, the culture and history of black people needs this month in this country. Research will be your guide to understanding why.
**Weekly SUDOKU**

by Linda Thistle

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

**DIFFICULTY THIS WEEK: ★★**

Moderate ★★★ Challenging

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**Crossword 101**

By Ed Canty (Ed@gfrpuzzles.com)

- **Across**
  1. Cleo’s Antony
  5. Dip choice
  10. Eye problem
  14. Tennis serving whiz
  15. Old war story
  16. Advantages
  17. Bangkok native
  18. Mechanism lead-in
  19. Georgetown player
  20. Sinatra’s 1994 hit
  23. Pitcher’s goof
  24. Close by
  25. Field
  28. Junior, e.g.
  30. Pie choice
  34. Advantages
  38. Puncture lead in
  39. Sinatra’s 1958 hit
  43. Guff
  44. Simple top
  45. Cowboy’s showcases
  46. James and Jones
  49. Met display
  51. Sinatra’s Bad Bad Brown
  52. It’s sold in bars
  53. Smith’s workplace
  55. Columbo’s clues
  60. Fair-sized garden
  61. “Star Wars” princess
  62. Wander
  63. Peace Corps kin
  64. Frozen treats
  65. Call for help
  66. Types of dough
  67. Ran in park
  68. Small combo
  69. Depression
  70. Sly looks
  71. Yes votes

- **Down**
  1. Yoga spot
  2. Flu symptom
  3. Chew out
  4. Game with pegs
  5. Rope fiber
  6. Smart
  7. Old Italian bread
  8. Georgia city
  9. Desert home
  10. Field of activity
  11. City on the Hudson
  12. Ma
  13. Brother of Jacob
  21. Demolishes
  22. Ba’al seat?
  25. Stroll
  26. Kindled anew
  27. Explode
  28. Sea phenomenon
  29. Sea phenomenon
  31. Hoops player
  32. Cause for a blessing?
  33. Bonkers
  35. Dog command
  37. For each one
  39. Freedom’s highway
  40. Tea spot
  41. Pitcher Ryan
  42. Jack of “Barney Miller”
  47. Trip up a mountain
  48. Jack of “Barney Miller”
  49. Overnight camper
  50. Overnight camper
  51. Fields
  52. It’s sold in bars
  53. Smith’s workplace
  54. Enthusiasm
  56. Trampled
  57. Place to score
  58. Tied up
  59. Bermuda, e.g.
  60. “Fair-sized garden
  61. “Star Wars” princess
  62. “Star Wars” princess

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**Puzzles**

- **HOCUS-FOCUS**
  by Henry Boltinoff

- **Quotable Quote**
  The early bird might get the worm, but the second mouse gets the cheese.
  • Source Unknown

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**Trivia test**

by Filó Rodriguez

1. GEOGRAPHY: What two nations lie directly north of the Gulf of Oman?
2. U.S. STATES: Which state’s name is Spanish for “snow clad”?
3. MOVIES: What was the name of the Volkswagen made famous in The Love Bug?
4. FAMOUS PEOPLE: What abolitionist was the first black woman to win a court case against a white man for illegally selling her son as a slave?
5. LITERATURE: In what book did the characters Tweedledum and Tweedledee first appear?
6. LANGUAGE: What’s another word for a plebsicite?

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**PASSING FADS**

- **BOOM**
  - Burma
  - Dart
  - Rise
  - Alan
  - Alphonse
  - Albert
  - Rodney
  - Stomp
  - Robin
  - Emeril
  - Albee
  - Tights
  - Spuds

- **Glass**
  - Referendum
  - $7.2 million
  - Isaac Hayes
  - Rook
  - Missouri

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**The Thunderword / March 10, 2011**

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Cupcakes: The latest trend in sweet treats to eat

By TAYLOR LUNKA
Staff Reporter

Cupcakes are delicious, cheap, the perfect amount, and they are making a comeback in a big way.

Local shops such as BabyCakes Northwest have been a part of this craze that is now catching on nationwide.

"Cupcakes bring out the kid in many of us," said Lee Falley, an employee at Ballston Wizard and BabyCakes Northwest said of the sudden cupcake trend.

Besides cupcakes being individually packaged and less messy than a piece of cake, they come in a variety of different flavors that appeal to everyone. BabyCakes Northwest is the cupcake part of Ballloon Wizards and BabyCakes Northwest that is located in downtown Des Moines.

They sell more than just the regular chocolate and vanilla cupcakes. From chocolate doll, to the breakfast, as well as peanut but and jelly, BabyCakes Northwest sells a variety of unique flavors.

These small treats only cost $2.50 each or only $2.00 if more than two dozen are purchased.

The three-leaf clover, or trefoil pattern to symbolize Ireland through the shamrock?

These cupcakes demonstrate that it is time to enjoy the flavors of spring and start thinking about adding a little flair to your Easter or Mother’s Day celebration.

This is the key to smooth, soft cream cheese frosting.

Adding pearl decorations adds a little flair to this treat.

1-1/2 tsp. baking soda
3/4 tsp. salt

For the Bavarian cream cheese frosting:
1 oz. package of cream cheese, softened
1 stick of unsalted butter, softened
2 cups powdered sugar, sifted

Just as soon as the mixture appears smooth in texture, pour it into the bowl of your electric mixer and mix for 3-5 minutes.

This is an extremely important step. It cools down the mixture before you add your eggs. Not doing so will result in scrambled eggs.

While you wait for the mixture to cool, you can get started melting the dark chocolate and cream cheese together.

You will need to be at least 21 years old to purchase the alcoholic ingredients but not to eat them. These are family friendly as the alcohol is baked-down and left behind in the flavor of the cupcakes.

As for the frosting, you would want to omit the Bailey’s if you are serving to children.

Begin by gathering all of your ingredients and utensils. Be sure you have a standard or mini-sized cupcake pan with the liners. It can be difficult to get the cupcakes out of the pan without the liners.

In addition, you will need a large mixing bowl and an electric mixer.

Be sure to have the mixer ready to use because you will be pouring hot mixture right off the stove into your cooler beer mixture that you set aside. You are looking for a smooth and creamy texture as you stir the ingredients together.

This should only take a few minutes to achieve. Once it has let it stand for about one minute.

After your minute is up, stir again until the texture appears smooth again and add it to your cooler beer mixture that you set aside.

You are now almost to the finish line as you add the sour cream and eggs.

Next, turn your mixer onto a medium speed setting and mix the ingredients all together until they are combined completely.

Lastly, add in your final ingredient - the dry ingredients you just set aside.

Keep mixing all your ingredients together until well combined.

Finally, pour the batter into each lined cupcake pan holder until 2/3 full and bake for about 20 minutes.

Over temperatures and cook times vary so as always, keep an eye on what you are baking.

While your cupcakes bake you can prepare the frosting.

You want to begin by adding your cream cheese and butter to a large bowl. Then mix the two ingredients together until they are creamy.

Next, add the powdered sugar you sifted. Do so slowly. If you did it too fast you will have powdered sugar dust all over the place.

Your last ingredient, the Bailey’s Irish Cream liquor, is readily to taste. Be careful not to add too much because this will make the frosting to runny.

You can add some color to your frosting at this stage. Again, be careful not to add too much because food coloring also dilutes the frosting and can make it runny.

Runny frosting does not like to stay on top of your cupcakes. Not to worry though, if you find yourself in this situation simply add little more sifted powdered sugar.

Again, you will want to sift before adding and add slowly until the frosting returns to the creamy texture and consistency that it had before your wet ingredients diluted it.

Now that you have your frosting made, set it aside until all of your cupcakes are made and cooled completely.

Usually, cooling takes only about an hour depending on the temperature your kitchen.

Both recipes yield 24 servings.

Every celebration should end with one of these cupcakes.
Softball team still battling weather

By WILLIAM BROKAW  
Staff Reporter

The Highline women’s fast-pitch team continues to weather the storm as they were rained out on Tuesday, March 8 against Edmonds, but have high hopes for a season under new Head Coach Scott Dillinger.

The Lady T-Birds are scheduled to play Edmonds on Thursday, March 10 and if that also gets rained out they will play at home against Edmonds on Tuesday, March 15.

Luckily this season new coach Dillinger was able to provide Big League Edge, an indoor facility in Auburn, for the Lady Thunderbirds to train through the rain.

This season began with a big change for the Highline fast-pitch team with Dillinger the newly hired head coach.

He came to Highline with 28 years in coaching.

Dillinger is an Ohio native but made his way out to Washington through his wife, whom he met through coaching baseball.

“I met my wife through coaching her son in Ohio,” said Dillinger.

He came to Washington and lived in the Steilacoom area and immediately began coaching.

He coached at Steilacoom High School for a year, coaching three sports and was able to coach his wife’s other son at Lynnwood High School.

Dillinger had offers to coach at the Division 1 level in college as an assistant but opted to remain a high school head coach instead.

After years of coaching on the high school level, the opportunity to coach collegiately presented itself again, this time in the form of a community college head coach position at Green River.

“It took over the Green River program and they were similar to how Highline is now,” he said. “The first year was rough, but the next two years we went back to back NWAACC.”

He spent three years at Green River before deciding to leave but he declined to discuss why.

Coach Dillinger brings a new style and more structure to Highline with a lot more authority.

“I would say my style is old school,” said Dillinger. “I come from an era where coaches grab your facemask and hit you upside your head with a clip-board.”

Dillinger started coaching baseball and didn’t get into softball until years later.

It all started when he began giving private lessons through a connection with a fellow coach from his gym in Woodinville and Bothell.

“I had to learn the game because they are similar [softball and baseball] but they are not the same,” he said.

Highline is a new challenge for Dillinger but nothing he isn’t used to.

For the focus for the women this year is to compete, be more professional, and display the characteristics of a college fastpitch team.

“I want to show them the way a college fast pitch program should be run,” said Dillinger.

“I know there will be days that we are going to get it handed to us but we want to remain competitive.”

“He brings structure to our team,” said Highline Co-Captain Evan Tullis.

This season is a lot more comfortable because we are organized in practices and have stronger players,” said T-Bird Co-Captain Kayla Calile.

He likes Highline for many reasons but pointed out that the academic accountability for athletes is much higher than other community colleges around the league.

“The programs they have set up for athletes at Highline help the players and the coaches a lot,” Dillinger said.

Baldwin happy to not be Highline’s only pitcher

By JEFFREY KEMP  
Staff Reporter

Faith Baldwin is looking forward to a new season on the women’s fastpitch team. If nothing else, she will get a little break from pitching.

Last season she pitched every game in the regular season for Highline. She threw more than 170 innings in 31 games.

This year, she will hopefully be sharing the load of pitching with two new freshmen, Katie Neubauer and Shannen Morgan.

Pitching for a less than impressive 6-28 team last year, she still showed her talent with 59 strikeouts and ranked 39th out of 94 pitchers in the league.

Even though being in the starting lineup every game is what a player is striving for, pitching every game is a huge strain.

Baldwin has never pitched, though she has played sports almost her whole life.

She started at age 7 with Little League baseball and switching to softball at age 12, she never looked back.

Never playing on select teams, Baldwin still found a love for softball through her middle school and later in high school at Seattle Christian, she said.

At Seattle Christian she switched from playing shortstop and first base to pitcher. She earned second team all-league while going to the district play-offs her junior and senior years.

Toward the end of her senior year, Gary Graf, Highline’s previous softball head coach, came to a few games and saw her pitching but knew she didn’t have much formal training, Baldwin said.

“Graf said, ‘If we work we can make you a pitcher,’” Baldwin said.

She finally considers herself a pitcher now after working out every single day on her pitching mechanics between the last day of the Seattle Christian season and the start of Highline’s season in 2010, Baldwin said.

At Seattle Christian Baldwin only threw a fastball, but now she’s developed a change-up, curveball, and her personal favorite, the drop ball, she said.

With these pitches, she started and finished every game last season for Highline.

Softball is different from baseball because a pitcher can throw every day and sometimes multiple games in a day.

Softball pitching is a more natural motion for your arm because the pitcher throws underhand with a windmill motion.

It doesn’t strain the muscles as much as throwing overhand which puts massive amounts of tension on the muscles in the elbow, like in baseball.

Even though Baldwin could throw every day she was still on strict orders to take care of her arm by icing her shoulder, stretching the muscles, and using exercises for her rotator cuff.

“It [pitching every day] was stressful. I couldn’t get sick or hurt. I was the princess on the team and I hated it,” Baldwin said.

Sharing the load of pitching with Neubauer and Morgan, Baldwin can relax and may be try different positions like shortstop or second base, she said.

“We’re going to do a lot better [this year],” said Baldwin, who’s also one of three captains this year.

Baldwin said she looks forward to working with Neubauer and Morgan.

“With these pitches, she started and finished every game last season for Highline.

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“It [pitching every day] was stressful. I couldn’t get sick or hurt. I was the princess on the team and I hated it,” Baldwin said.

Baldwin also brought his assistant coach, Katrina Ross, from Green River. She was a catcher in college and has a lot of experience with softball, said Baldwin.

Baldwin’s been working hard with her coaches to improve her batting average, which is one of her personal goals this year, she said.

As a team they have an unofficial motto: It’s a new year, it’s a new game, said Baldwin.

“Every girl loves to play. We’re going to have fun and play our hardest,” Baldwin said.
KENNEWICK - The Highline women's basketball team returned from the NWACC tournament without placing after a win and two losses in Kennewick.

Highline started off the tournament strong with a 68-60 win over Umpqua on Saturday March 5th.

The T-Birds then lost a heartbreaker, 55-52, in the closing seconds of a game against Walla Walla on Sunday.

A 58-42 loss to Lane on Monday, sent Highline home and ended the T-Birds' season with a final record of 19-10.

"We left it all out on the court," Howard said. "We are proud of the way we played." Highline guard Carol Howard said.

The win over Umpqua demonstrated their efforts when they used their tough, physical defense to pull out to a 25-point lead early in the second half.

The offense was attacking the 2-3 zone of the Riverhawks and Highline looked like the superior team.

Then Umpqua switched to a full-court press with 15 minutes left in the second half.

"We weren't going to give up," Howard said. Jocelyn Jones was the leading scorer against Umpqua with 19 points. Heather Hitch also had 13 points.

However, Bree Morkert-Burline's 10 points may have been the most influential. She nailed a three to start both the first and second halves.

Highline's Carol Howard took a hit a three with six seconds left in the game.

"We had a hard time figuring out what to do better in our plight bracket," she couldn't shoot because of a flagrant foul for trying to block a shot and a technical foul that gave them the lead, 35-34.

Howard led the team with 15 points, while Jones contributed 11.

Walla Walla won their next game as well, before losing in the championship to Yakima Valley.

Highline then went on to play the Lane Titans in the consolation bracket.

Once again, the T-Birds took the lead, this time off a 9-2 run in the opening minutes.

Lane used solid post play and rebounding to take a 28-21 halftime lead. They ended with 40 rebounds compared to 26 for Highline.

Highline couldn't penetrate Lane's 2-3 zone, which forced them to make 26 three-pointers.

Carol Howard said that Lane's zone collapsed into the paint more than the other teams because Highline's shots weren't falling.

The T-Birds were streaky scoring with 13 points.

After a couple timeouts, Highline's Carol Howard took a contested three that missed and knocked the T-Birds out of contention for an NWACC championship.

Howard said that they were going to run a play, but realized there wasn't enough time so they had to switch it up.

Once again, the T-Birds took the lead, this time off a 9-2 run in the second half.

Walla Walla used the free throws from the numerous fouls well, shooting 9 of 11 from the line in the first half, and 83 percent free throw shooting for the game.

Walla Walla suffered another injury when guard Leslie Stillar went down. She led the team in scoring against the T-Birds with 16 points. Stillar returned with one minute remaining to hit the game-winning three.

However with 35 seconds remaining, Highline guard Dani Carlman hit a three to tie the game at 52.

"Dani stepped up," Howard said. She added that it wasn't a designed play, but Carlman saw an opening and hit the shot.

Then Walla Walla's Stillar hit a three with six seconds left to take the lead.

After a couple timeouts, Highline's Carol Howard took a contested three that missed and knocked the T-Birds out of contention for an NWACC championship.

Howard said that they were going to run a play, but realized there wasn't enough time so they had to switch it up.

Highline's Carol Howard goes up for a layup while Walla Walla's Tai Jensen, left, contests the shot.

Howard led the team with 15 points, while Jones contributed 11.

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Carol Howard said that Lane's zone collapsed into the paint more than the other teams because Highline's shots weren't falling.

The T-Birds were streaky scoring with 13 points.

"We had a hard time figuring out what to do better in our games," Howard said. "We are proud of the way we played."

The Highline Table Tennis Club regained a room to play in.

Last quarter, the Table Tennis Club was disbanded because their room was taken to make room for the Highline Student Business Center.

"The club died out simply because the room was taken away from the club," said club President Darrel Belvin.

The Table Tennis Club is a group of Highline students who get together to play table tennis.

Members from the club met in the Student Union while pushing to get another room all last quarter.

"All of Fall Quarter, the people who took our room away were trying to fit us into the gym, but that was not going to work out for the club due to the inconvenient times the gym is available," said Belvin.

Near the end of Fall Quarter, Highline business professor Oussama Alkhalili, who is the adviser for the club, found a room and "had the bright idea of getting it for the table tennis club," said Belvin.

"After some bureaucratic maneuvering on Alkhalili's part, the club was able to move into the new room at the beginning of Winter Quarter," he said.

After getting a new room this quarter, the club restarted playing table tennis in room 315 in the Student Union.

"The new room is larger and better suited for table tennis compared to what we had before," Belvin said.

The club is growing and plans to grow even more. As of Winter Quarter, there are six consistent members.

The club welcomes students to come play table tennis, whether you're good at it or not.

The club's mission is to promote table tennis and to provide an area for Highline students to practice table tennis and prepare for local and national competitions.

"Our numbers are increasing steadily and we hope to be a thriving, active club for a long time," Belvin said.

The tennis club meets every Friday from 2:5 p.m. in Building 26, room 315.

For further information, email club president Darrel Belvin at darrel.belvin@gmail.com.
T-Bird men come up short at tournament

Close losses leave Highline without any hardware

By RICHARD MEIER
Staff Reporter

KENNEWICK — The Highline men’s basketball team was unable to overcome several unforeseen errors, as the Thunderbirds fell just short of placing at the NWAACC tournament this past weekend.

After failing to reach the playoffs last season, the Thunderbirds were one of 16 teams that made the trip to Kennewick for postseason play.

Coming into the tournament, Tacoma was the heavy favorite to take home the title. However, in the second round Tacoma fell to eventual NWAACC champions, Peninsula.

Highline won its first game of the tournament with a 72-62 victory over Mt. Hood, but followed its performance against Mt. Hood with two losses, one an 84-81 overtime loss to Big Bend, the other a 69-64 loss to Bellevue.

Highline Head Coach Che Dawson said that he was pleased with how the season went and was impressed with how the team came together, but was disappointed the team was unable to place.

The Thunderbirds started the tournament off on the right foot, as the team controlled the tempo of the game on its way to a 72-62 victory over Mt. Hood.

With the Saints up early 23-22, Highline pushed the pace and attacked the rim, going on a 12-4 run to take a 36-26 lead into the half.

“They were hurting us inside early on, they’re a big team,” Dawson said. “But they switched it up to a smaller lineup and we were able to get rebounds and get the ball inside on them.”

The Thunderbirds started the second half off with the same intensity it held late in the first half, as the Thunderbirds extended their lead to 47-31.

From there, Mt. Hood was never able to get back into the game. The Thunderbirds were led by sophomore forward PJ Bolte, who opened the tournament with game highs in both points and rebounds, and 15 rebounds.

Christopher added 13 points and 8 boards of his own in 22 minutes of play.

Highline’s success in the game can be attributed to its ability to dominate the Saints on the glass as the Thunderbirds out-rebounded Mt. Hood 47-29. Of those 47, 22 came on the offensive glass which led to 14 second-chance points for the Thunderbirds.

“Early on we were trying to get a feel for how they played. Once we did, we just kept attacking the rim,” Christopher said.

He added, “We’re like a family, we call each other family and in the locker room we try and get to talking because when we talk in the locker room, that just means we’re going to talk more on the court.”

The victory advanced Highline into the quarterfinals to play East Division champions, Big Bend.

Highline began the game with three straight turnovers on its first three possessions as the Runnin’ Vikes went on an 18-5 run to start the game.

The Thunderbirds did respond however, with a 11-2 run of their own and from there the rest of the game was back-and-forth as the Vikes took a 37-34 lead into the half.

The second half continued to be a seesaw battle as the Thunderbirds and Vikes combined for 10 lead changes in the second half.

At the end of regulation neither Highline nor Big Bend was able to gain an advantage and the teams took a 71-71 tie into overtime.

In overtime the Thunderbirds were unable to maintain a 79-76 lead, as the Vikes ended the game on an 8-2 run.

“We dug ourselves into a hole early on, but we kept fighting our way back,” said freshman guard Zach Hafen. “We pride ourselves on our defense because defense wins games, it wins championships. We just couldn’t keep it up down the stretch.”

The Thunderbirds offset a 54-40 rebound advantage by turning the ball over 20 times, which translated into 21 of the Vikes points.

“We were telling each other to slow down the tempo and be patient, a lot of these guys were used to having to do everything for their teams in high school, so they tried to do too much. We were too impatient and tried to do too much,” Robert Christopher said.

Highline was led by PJ Bolte, who recorded his second double-double in as many games with 15 points and 15 rebounds.

Robert Christopher led the Thunderbirds in scoring with 13 points and 15 rebounds.

That sent the Bulldogs to the line 16 times in the first half.

Highline’s inability to get the ball into the basket had them trailing 32-3 at the half.

In the second half, Highline was able to get within three of Bellevue early on, but Bellevue went on a 10-0 run to extend its lead to 47-32.

The Thunderbirds responded with a 22-8 run to move the game to within three, but Highline just wasn’t able to get over the hump as they fell to the North Division champions, Bellevue, 68-64.

Highline struggled throughout the entire game from the floor, shooting a dismal 33 percent.

To add to the Thunderbirds’ troubles, the men compiled 28 personal fouls, in the game which sent Bellevue to the line 43 times.

Highline and the court leader PJ Bolte struggled going 4 of 19 from the floor with 7 turnovers. However, Bolte did record his third double-double in as many games with 13 points and 15 rebounds.

Robert Christopher led the Thunderbirds in scoring with 15 points in 20 minutes despite fouling out late in the second half.

“Coming into the game we were stuck in between, place and nothing. We came in wanting a title and we felt that if we couldn’t have a title then, what’s the point?” Christopher said.

“When that we wanted to finish the season with a win, it was too late.”

Christopher continued, “It wasn’t their defense that was stopping us, it was our lack of focus, we were stuck on yesterday. We just couldn’t get over the hump, shots weren’t going in, and we weren’t focused.”

Coach Dawson made no excuses in the team’s performance, “There was a lack of [of] maturity, mental preparation, and getting ready on our end.”

“I think it was a variety of things. There aren’t any excuses, we have to get ready to play and get ready to compete and we didn’t do that,” Dawson said. “Not playing hard, being caught out of position, it all leads to fouls,” the coach said.

“It was a pretty typical consolation game, one team falls behind, and they realize their season may be over and their urgency kicks in, but they just can’t get over the hump.”

Despite an early exit from the tournament and not placing, Coach Dawson wasn’t disappointed with his team’s performance.

“The group came together and overall, it was a good season,” Dawson said.
Highline expects bigger things next year with veteran roster, coach says

By RICHARD MEIER
Staff Reporter

KENNEWICK - The Highline men’s basketball team’s season came to an end at the feet of seventh-place Bellevue, Monday at the NWAACC Championships.

Highline’s loss to Bellevue knocked the Thunderbirds out of the playoffs before they had an opportunity to place.

Despite not placing in the tournament, the Thunderbirds vastly improved upon last season’s performance.

The Thunderbirds finished the regular season ranked eighth in the final NWAACC poll with an 11-5 record on division play and 19-9 record overall and a third-place finish in the NWAACC West Division. This was quite an accomplishment for a team that returned just three players from last season’s roster just a year after Highline managed a 9-7 record in division play, but an un-Highline-like 12-12 record overall.

After a season plagued with uneven play and off-the-court issues, Head Coach Che Dawson was faced with the daunting task of reconstructing the roster to remove the distractions which kept the Thunderbirds out of the playoffs.

With eight freshmen on the roster, Coach Dawson was able to not only reconstruct the roster and get the new players to buy into the system, but he was able to make the Thunderbirds competitive.

“I was displeased at times with our innocent immaturity. But, the team really impressed me with how cohesive they were with so many new faces,” Dawson said. “[The] team sincerely cared about playing together.”

To ensure that the young Thunderbird roster didn’t fall into last season’s tribulations, Coach Dawson relied on not only himself and his coaching staff to keep the players focused, but the few returners that he had as well.

“Our returning players did a great job of making sure the culture of this team was together. We were a very cohesive group, and much of that can be traced to the sophomore returners,” Dawson said.

Dawson added, “Jermie Bland was our best leader on and off the court. Our other returners, Stephen Reinhart and Jon Morine, also did a nice job of setting examples for how to get things done. Elzie Dickens was also another player who provided great, positive leadership at times.”

However, due to the team’s lack of experience at a higher level and unfamiliarity with one another, there were times which the season was troublesome for the young group.

“We often had a difficult time knowing how hard we needed to consistently compete and how to get ourselves ready to play,” Dawson said. “A lot of that is not knowing what to expect because of youth.”

Coach Dawson’s focus on the team being a cohesive unit goes beyond just having to play as a team, but a mantra as well that those who work together go farther than those who work alone.

“We emphasize it [unity] probably more than anything else in our program. Not much can be accomplished in life individually without the support of other people who have a mutual trust and respect,” he said. “Too many kids growing up today miss that life lesson early on. That is our biggest challenge as coaches.”

Coach Dawson’s next challenge with this squad will be to prepare the returners for a deep playoff run next season. The Thunderbirds could be returning as many as 13 players from this season’s roster.

For Coach Dawson, winning just one game in the NWAACC Championships will be an option next season.

“The expectations are high [for next season]. We have to do things better on the court and in the classroom,” Dawson said. “Things were a bit sloppy at times in both areas. [It’s] time to take some ownership over our future.”

All-sophomore team leaves
Highline women needing to rebuild

By JOSHUA HART
Staff Reporter

A second-place finish in the West Division of the NWAACC, with a 14-2 record in league play and a 19-10 record overall, highlighted the Highline women’s basketball team this season.

It was a big improvement over last year’s 13-14 record, however the Lady T-Birds again didn’t last long at the championships.

This year’s team comprised 10 sophomores, so the T-Birds will have an entirely new group of players next year.

Jocelyn Jones led the team of sophomores in scoring with 13.5 points per game, shooting 54 percent from the field. Jones averaged 2.8 steals per game to lead Highline to the NWAACC lead in steals with 17.5 per game.

Shalece Butler-Woods led the team with 7.5 rebounds per game and Carol Howard led the team in assists with 3.8 per game.

Highline sophomore guard Carol Howard said that the team went through a lot this year after losing five players at the start of the season to grade checks.

“We were inconsistent at times, but we always worked hard,” Howard said.

“I am very proud of this team,” Head Coach Amber Rowe Mosley said.

Rowe Mosley said they could have easily been in the championship game but the “gym gods” weren’t in their favor.

“They gave me all they had,” Rowe Mosley said.

The coaching staff isn’t worrying about all the sophomores leaving, and they look forward to rebuilding next season.

“We are excited for next season. We have some verbal commitments and a lot of talented kids who are interested in playing for us. Only time will tell,” Rowe Mosley said.

Howard said that Highline has a great coaching staff that will get the players in shape and they will be able to work harder and run longer than other teams.

“It will be hard for them,” Howard said of next year.

Young Thunderbirds find unity, but still struggle to learn the game

By RICHARD MEIER
Staff Reporter

“T"-Birds go through a lot this year after...
More than 400 people crowded in Building 8 for the celebration of the Vietnamese New Year on March 3. The Tet Festival was held in the Student Union from 6-9 p.m. on March 3. The festival celebrates the Vietnamese New Year, and it was the 13th one held in Highline.

Admission and food were free, including spring rolls, steamed meat buns, fried rice, soup and salad. The show featured a performance by the Highline Yamato Taiko Drum Club; the Lion Dance; and other traditional Vietnamese performances.

Between performances, there were quizzes for prizes. They also had a game time, and the winner got a sweater. All prizes were provided by the Highline Bookstore.

People had positive responses to the festival.

Highline student Kazuki Nakamura said, "It was very important chance for me... to feel the different culture. [The event] was great."

"Everyone did such a good job," said Mike Le, a Tet festival volunteer and performer. "It was amazing."
Venues to hold concerts over spring break

By MELINA BROWN  
Staff Reporter

Just as spring break kicks off so do March concerts at the El Corazon and The Showbox at the Market.

Headliner rock band Saving Abel, on tour with Red Line Chemistry, Desperate Union and The Crying Spell, will be at Seattle’s El Corazon March 23.

Selling Abel’s newest album, Miss America, is featured on this tour.

This show is for all ages and the tickets are $16. The doors open at 7 p.m.

Also at the El Corazon the Glamour Kills tour, featuring The Ready Set, Allstar Week-end, The Downtown Fiction, We Are The In Crowd, and You Me And Everyone We Know, will be rolling into town Tuesday March 29.

The Glamour Kills tour is sponsored by peta2. Throughout the night you can drop by a peta2 table to find free stickers, DVDs and a postcard of The Ready Set’s peta2 no fur ad.

By going you will learn about the fur industry and why peta2 is making the effort to get people to take the pledge to go fur-free.

This is an all-ages show and tickets are $13. Doors open at 6 p.m.

For tickets check out www.elcorazonseattle.com or email him at mocktales.com or email him at mocktales@gmail.com.

For tickets visit http://www.showboxonline.com market Showbox at the Market is located at 1426 1st Ave.

Local artist shows work at Emerald City Comicon

By JOSHUA NELSON  
Staff Reporter

Local artist Greg Bailey has designs on breaking into the comic book industry for the past eight years.

Bailey operated a booth in Artist Alley at this year’s Emerald City Comic Convention in Seattle last weekend.

“Mostly, my goal here is to get comic fans aware of my work and garner support within the industry,” said Bailey.

Bailey is mainly self-taught, although he did attend the Art Institute of Seattle for nine months before dropping out.

“It’s probably my one regret in all of this. With all the stuff I learned in nine months, I wish I had finished,” said Bailey.

“I’ve been doing quite well this year, and am most excited about how many people actually stop by and see my work,” said Bailey.

At his booth, Bailey was offering copies of prints for sale, that depicted characters from his comic book.

Patrons also had the option to commission a custom sketch by Bailey, which he said he enjoyed most of all.

Since his comic book has yet to be published, Bailey maintains a day job with Grubb & Ellis, providing technical support for security products like card readers.

“Personal issues and time management are what has delayed the book. I also feel my work from previous years wasn’t up to par with what I’ve done recently,” said Bailey.

These issues aside Bailey has taken it upon himself to be both writer and artist on this project.

“It’s a lot of work, especially since I’m doing all the writing and penciling myself. As the comic comes closer to completion I must likely work with a colorist and an editor,” said Bailey.

Bailey plans to have his comic published in the traditional format by March 2012. He has chosen to call it MockTales: The Adventures of Tim Garn.

“Tim Garn is myself. I’ve drawn from my life and what I know. Hopefully the comic is received well and if so I plan on releasing another nine issues,” said Bailey.

In the near future Bailey will be attending the Chicago Comic and Entertainment Expo (C2E2). More of Bailey’s work can be found on his website at www.mocktales.com or email him at mocktales@gmail.com.
Portland jazz musician plays in NE Tacoma

Musician Tom Grant will be performing his smooth jazz locally on Sunday, March 13 at 5 p.m. at Marine View Presbyterian Church, 8469 Eastside Dr. NE Tacoma. Grant is a master pianist, accomplished singer and songwriter of smooth jazz. He’s been on the Tonight Show with Jay Leno and had four number one albums on adult contemporary and smooth jazz charts. His compositions have been used in TV shows and films. Mainly documentaries and independent films. Grant also plays for many non-profit organization events including his upcoming concert.

5th Avenue Theater is holding auditions

In March and April, The 5th Avenue Theater will be holding general auditions for singers, actors, and dancers to fill key roles in its 2011-12 season productions. They are casting for Saving Aimee, Cinderella, First Date, Oklahoma!, Damn Yankees, and Rent. Auditions are by appointment only. Call 206-625-1418 to schedule.

Students waltz to success

in production of ‘Texarkana’

By BRYANNA ROBBINS  Staff Reporter

Highline’s Drama Department brings playwrite Louis Broomes’s Texarkana Waltz to life with musical talent and an interesting story line.

The Texarkana Waltz is about a family from Oklahoma who try to recover from a horrific event involving a family member’s murder. The members of the family try to recover in various ways, from falling in love to living in an imaginary world.

Newcomer Codi Palm brought believable emotion to the stage from sadness to happiness when his character, Houston Wickett, drifts into a fantasy world peopled with cowboys, sheriffs, and dead relatives.

Actor Zach Ginther-Hutt brings his funny side to the character of Sheriff Truett. With a believable Western accent and charisma, Ginther-Hutt shimmies in every scene.

With serious fringe and a saucy attitude, Rebecca Rogers made Deputy Slim a hilarious character, standing out in Houston’s imaginary West too.

This production definitely wouldn’t have been a success if it wasn’t for the direction of director Debra Pralle. Pralle picked the right cast and gave them the push they needed to create believable characters.

Spring One-Act auditions coming soon

By BRYANNA ROBBINS  Staff Reporter

Highline’s Drama Department will be holding auditions for their Spring One-Acts March 30, 31, and April 1.

The one-acts are for students who have been in Highline’s Drama 121 class and higher to direct plays, and they need students to be actors for them.

“Auditions are open to all students on campus,” said Rick Lorig, drama professor at Highline’s Drama Department. Overall, author of The Texarkana Waltz Louis Broomes would have been proud of Highline’s Drama Department. Every actor gave it their all giving the audience a wonderful night.

The story of The Texarkana Waltz has a moral that the past is the past and people must move on which conclusively came across in the production.

To see The Texarkana Waltz, it’s running March 10, 11, and 12, starting at 8 p.m. in Highline’s Little Theater in Building 4. Ticket prices are $8 for general admission and $7 for student admission.

• West, a new production from Breeder’s Theater, begins on March 11 at the E.B. Foote Winery in Burien. This is the last production being done at that location. The show runs March 11 through March 26. Tickets are $20 and include the tasting of E.B. Foote wines.

• Handsome Little Devils “Squirr Burpee Circus,” a Vaudeville comedy, high-skill circus act, is playing at Kent-Meridian Performing Arts Center on March 12 at 3 p.m. Tickets are $18 general, $16 senior, and $12 youth.

• Alpin Hong is performing at the Kent-Meridian Performing Arts Center on March 18 at 7:30 p.m. Hong is a pianist that has earned the reputation as a modern day Pied Piper. Tickets are $26 general, $24 senior, and $20 for youth. Tickets can be purchased at www.ticketturtle.com.

• Melinda Doollittle, of American Idol fame, will be performing at the Kentwood Performing Arts Center on March 25 at 7:30 p.m. Tickets are $28 for the general public, $26 for seniors, and $20 youth. Tickets can be purchased at www.ticketturtle.com.

• The Broadway Showstoppers are performing at the Auburn Performing Arts Center on March 26 at 7:30 p.m. Tickets are $25 for the public and $23 for seniors and students. Tickets can be purchased by calling Auburn Parks, Arts & Recreation at 253-931-3043, or online at www.brownpapertickets.com.

• The Gothard Sisters will be performing as part of Auburn Art Commission’s St. Patrick Day celebrations on March 17. The performance begins at 7:30 p.m. at the Auburn Avenue Theater. Tickets are $17 for the public, or $15 students and seniors. You can purchase tickets at www.brownpapertickets.com.

• What’s Happening?

03.11

03.12

03.18

03.26

03.25

• Making a hit parade, Tom Grant will be performing his smooth jazz locally on Sunday, March 13 at 5 p.m. at Marine View Presbyterian Church, 8469 Eastside Dr. NE Tacoma. Grant is a master pianist, accomplished singer and songwriter of smooth jazz. He’s been on the Tonight Show with Jay Leno and had four number one albums on adult contemporary and smooth jazz charts. His compositions have been used in TV shows and films. Mainly documentaries and independent films. Grant also plays for many non-profit organization events including his upcoming concert.

03.17

Weekly SUDOKU

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Tower of Power is plowing through their fourth decade of music and is still as powerful and catchy as ever.

Tower of Power merges soul, jazz, funk, and rock music to create what bandleader Emilio Castillo calls “Oakland soul music.”

Tower of Power has 20 CDs released and twice as many years of recording and touring behind them. They are wanted all over the world.

“It’s exciting to get e-mails and calls around the clock on Tower of Power,” publicist Anne Leighton said.


Tower of Power has a new album, Great American Soul-Book which features covers of soul classics with guest singers Joss Stone, Sir Tom Jones, Huey Lewis, and Sam Moore.

Tomas of Power began their musical adventure 43 years ago when Stephen Kupka auditioned during a band rehearsal at Castillo’s house.

During the audition, Castillo’s father called him into the kitchen and told him, “Hire that guy, he’s got something.”

Taking his father’s advice, Kupka was hired as their baritone sax member.

Just a few months later Tower of Power began playing gigs and started making a name for themselves.

In 1970 they tried out for an audition at the Fillmore and they got signed to Bill Graham’s San Francisco records where their first album, East Bay Grease, was recorded.

All of the compositions are original, written by Castillo and Kupka.

Their second album, Bump City; was recorded with the Warner Brothers label, which led to several hits and further albums.

Over the years, the Tower of Power horns have recorded with numerous artists including Aerosmith, Elton John, Little Feat, Phish, Santana, and Heart.

Tower of Power has lost some original members since the beginning due to drug and health problems, or because they joined other bands.

“Every so often one person might leave the band, but there’s always someone from the old gang who comes back to the fold,” Leighton said.

“Many have been fighting horrendous health problems,” Leighton said.

Prestia had a liver transplant and Smith had cancer.

Tower of Power’s music is perfect for survivors, because it’s big, horn and blues derived. It’s a joyful sound,” Leighton said.

To this day Tower of Power satisfy their fans by not only releasing albums but by touring around the world and replying to endless amounts of fan mail.

Tower of Power have been performing together for 43 years. They return to Seattle for a series of shows March 24-27.

"I was ready to go to school, ready to leave work and do what I love and learn what I love, and UW Tacoma allowed that to happen for me."

—TRAEANNA HOLIDAY, senior

Why UW Tacoma?

Find out at:
tacoma.uw.edu/why
Faculty Senate seeking broader feedback from campus

By TAYLOR LUNKA
Staff Reporter

The Faculty Senate wants more input from students. “We [the Faculty Senate] are charged with responsibility for making decisions about curriculum, degree offerings and requirements. Anytime someone makes a change to degree offerings, it has to be approved by the Senate,” Buzz Wheeler said. Wheeler, an attorney and professor in the paralegal department at Highline, is the current chairman of the Faculty Senate.

From changing degree offerings to the add/drop policy, the Senate works on academic issues that require student input. “I would like to attend meetings to voice their opinion,” he said.

Besides students, anyone on campus, including faculty and staff, is welcome to attend any meeting of the Senate, which take place on the first and third Wednesdays of every month at Building 25, room 411 at 3 p.m.

The Faculty Senate includes 15 senators total, 10 division representatives, two at-large senators, vice chairman, secretary and two at-large senators. Representatives in the Faculty Senate speak for the Arts and Humanities, Social Sciences, Physical Science/Mathematics, Business and Health/Physical Education divisions at Highline.

Senators are elected by the members of the faculty and hold a term for two years. Division representatives are chosen by members of that division.

Dr. Tommy Kim, a film studies and English professor on campus, works with Wheeler as the vice chairman of the senate. “Students may not feel like it has a direct impact, but everything we do has a benefit for students,” Wheeler said.

Recently the Senate has worked on a degree proposal change in biology, and is currently thinking about changing the add/drop policy on campus to be in sync with other Washington state community colleges.

“The Faculty Senate not only solves problems on campus, but they want everyone to know what they are doing,” said Wheeler.

We are not doing things behind closed doors in monkey rooms. There’s a level of transparency,” Vice Chairman Kim said.

Being an open forum, the Faculty Senate welcomes and encourages students and other faculty to attend the Senate meetings.

“It is part of the institution [faculty and students] should have access to. It’s the philosophy of the officers and something we’re trying to do,” Wheeler said of getting people on campus to attend the Faculty Senate meetings.

“We try to get more voluntary input. We want it from students and staff,” he said.

“Students, basically anyone on campus have some sort of have access to this. We invite input and we sometimes feel like we have to scrounge for it,” Kim said.

The Senate is on campus to provide a forum for faculty, to be an advocate for students and show leadership for academic affairs at Highline, the pair said.

“We are interacting with students regularly. We are very sensitive to what students need,” Kim said.

The pair encourages anyone interested in the Faculty Senate to visit http://flightline.highline.edu/senate/home.htm to see all of the business and nature of what the Senate does.

One step forward, one step back

Some students start at universities, then come to Highline to start again

By MALORY MURRAY
Staff Reporter

Most students come to Highline to finish their two-year degree and transfer to a four-year school or university. However, a handful of students transfer from a university to Highline College. “They were looking for a place that could adapt to this direction,” he said.

The number of students who transfer from a university to here is not tracked by the college, but it’s not uncommon to find a couple in any class.

“The size was around 60 which it’s completely different social life and culture than other universities and four-year schools,” said Becker.

“Bellevue didn’t have the paralegal program I was looking for when I changed my mind of what I wanted to do,” said Kelly Macdonald, a transfer student from Bellevue College.

“Some students say Highline has a completely different social life and culture than other universities and four-year schools. “The culture is the biggest change from Bellevue to Highline,” said Macdonald.

“Bellevue is a good school, living at home these past two years was enough for me,” said Macdonald. “I don’t plan on going back to a four-year college. The paralegal program only requires two years, but if I get to the end of it and decide I want something more, then sure,” said Macdonald.

“Life always has a way of surprising you. Two years ago I never imagined myself being where I am today,” Angeles said.

“If I hadn’t decided to transfer to UW once I finished at Highline but I am taking my life one day at a time and seeing where that leads me,” she said.
Expert says AIDS continues to be scourge in Africa

By MALLORY MURRAY Staff Reporter

As of 2011, 33.3 million people around the world are living with HIV/AIDS, a researcher said at a recent seminar.

Dr. Ashraf Mohammed, a researcher from Cape Town, South Africa spoke on campus on Monday, Feb. 28 about the impact of HIV/AIDS in South Africa.

Human Immunodeficiency Virus is a lot like other viruses.

However, there is an important difference being that over time, your immune system can’t clear this virus out of your body like it can do with other viruses.

“Over time, HIV can destroy several general cells of your immune system,” said Dr. Mohammed.

This leads to your body not being able to fight infections and diseases anymore and when that happens, HIV infection can lead to AIDS, also known as acquired immune deficiency syndrome.

Limited resources often prevent poor communities from supplementing who suffer from AIDS.

“In 25 years, HIV/AIDS has infected more than 65 million people and the majority of those suffering live in Africa,” said Dr. Mohammed.

The 2009 UNAIDS report estimated that 5.6 million South Africans were infected with HIV/AIDS, and that number has increased since then.

UNAIDS in South Africa is a major health concern because it is believed to have more people infected with HIV/AIDS than in any other country.

“In Africa, the highest life expectancy for someone infected with HIV/AIDS is 43 years old;” said Dr. Mohammed.

“Young women have the greatest risk of infection and may pass it onto their children through birth,” he said.

Although studies show that there has been an increase in pregnant women attending antenatal clinics in South Africa, it’s still a huge issue that is affecting lives every day.

Over 2.1 million children are HIV positive and more than 400,000 children became newly infected with HIV/AIDS each year around the world.

In South Africa, almost 40 percent of 13 to 19 year-olds said they had sex, and 13 percent reporting they first had sexual intercourse while under the age of 14.

“Kids in South Africa, along with kids all over the world, are starting to have sex at a very young age and aren’t always safe about it,” said Dr. Mohammed.

Unprotected sex can lead to sexually transmitted diseases which don’t always show signs or symptoms.

Only 70 percent of the world’s teens who have STDs get treated, and the other 30 percent don’t know they are infected with these diseases,” said Dr. Mohammed.

“Often, teens who know they are infected with an STD will still continue to have unprotected sex and pass it on and infect another,” he said.

Educating the youth in Africa about safe sex hasn’t always been the correct way.

The president of Africa stated that poverty causes AIDS, not HIV. This sent off the wrong message to the youth in Africa, which caused them to believe that condoms aren’t important,” said Dr. Mohammed.

“Some African teens even said condoms weren’t important and that they will continue to have unprotected sex for their own pleasure,” he said.

In 2009, an estimated 330,000 African teens under the age of 15 years old were living with HIV, a number that has almost doubled since 2001.

Educating the youth in Africa and all over the world about prevention and the seriousness of HIV/AIDS and other STDs is an important issue.

“AIDS prevention comes in cans; I can, you can, we can,” said Dr. Mohammed.

Savonarola returned to Florence with Mirandola, and began to preach passionately about the last days.

The first disaster to give credibility to Savonarola’s message was the Medici family’s weakening grip on power due to the French-Italian wars.

“Florence, Italy was a small but wealthy little city,” said Balkenende.

“The wealthy controlled the city and Savonarola did not agree with that idea,” she said.

The peak of expensive Renaissance art and culture paid for by wealthy Italian families seemed to mock the growing depression in Italy, which created a bitter and angry reaction by the people.

“Today there are still many preachers around which have agendas quite similar to Savonarola’s and insist that once their agendas are realized, political power will become more responsible,” said Balkenende.

“I think it’s important to listen to such people because they are likely to be saying something important about the accountability of public office. However, we also need to be careful not to accept their plans because some can come candy-coated with various kinds of prejudice and scapegoating,” she said.

Religious intolerance nothing new, history professor says

By MALLORY MURRAY Staff Reporter

People who want to tell you what to believe and how to live are not new, a historian said last week.

Savonarola was a late 15th century Dominican from Ferrara who made his career in Florence, Italy.

After Charles VIII of France invaded Florence in 1494, the ruling Medici was overthrown and Savonarola emerged as the new leader and priest of the city.

Terry Balkenende, a historian here, spoke at the March 2 History Seminar, a weekly series of presentations by Highline faculty.

Savonarola was welcomed into Florence and was embraced by many of the people there.

His book burning, a destruction of what he considered immoral art, and his perception of what he thought the Renaissance should become is what made him so unique and one of a kind to Florence.

“He was known for bonfires of the vanities, where he would take people around the city to collect items like mirrors, jewelry, cosmetics, pictures, immoral sculptures and art and burn them in a pile in the Piazza della Signoria,” Balkenende said.

Savonarola wanted a cultural renewal and insisted that sexual immorality and materialism were the source of the country’s problem.

Before Savonarola became the new leader of Florence, the Medici dynasty controlled the city.

Cosimo De Medici controlled the Medici Bank, the Florentine politics, and the entire city of Florence from 1389-1464.

He had two sons, Piero and Lorenzo, who later took his spot as leader just before Savonarola stepped in.

“Savonarola believed the Medici family to be corrupt and didn’t agree with how they chose to run the country,” said Balkenende.

In 1482 is when he took his first trip to Florence.

“Savonarola’s first trip was not very positive and only lasted for two years,” said Balkenende.

In 1487 is when he met Pico della Mirandola, an Italian Renaissance philosopher, who was known for his intelligence and cleverness, she said.

He had mastered several languages and proposed to defend 900 theses on religion, philosophy, and magic against all comers.

Savonarola returned to Florence with Mirandola, and began with trade and making money.

“A preacher challenged Savonarola to a trial by fire in the city center, which he declined,” said Balkenende.

This is when his popular following began to decrease significantly.

Savonarola was removed by Pope Alexander VI on May 13, 1497 and in 1498, Alexander demanded his arrest and execution.

May 23, 1498 was the day of Savonarola’s execution and was held in the same place where the Bonfire of the Vanities had been lit.

He was hanged in chains from a cross with a fire lit beneath him.

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Dr. Mohammed said that AIDS still kills many people in Africa.

Katie Adams/THUNDERWORD

By Kyle Cotton/THUNDERWORD

Dr. Teri Balkenende talks about Savonarola, an Italian Dominican friar with controversial views for which he was later put to death with trade and making money.

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Girolamo Savonarola

By Kyle Cotton/THUNDERWORD

Dr. Teri Balkenende talks about Savonarola, an Italian Dominican friar with controversial views for which he was later put to death.
Child care facility now open to toddlers

By KANDI CARLSON
Staff Reporter

The Early Learning Center has opened enrollment for toddlers.

In an effort to be helpful to students, staff and faculty, classes for the newly expanded pre-school program will begin on March 28.

Children’s Home Society of Washington leased the building that is home to Highline’s Early Learning Center. They opened their doors Sept. 20, 2010.

The college ran a child care center out of the building for several years, before it was closed due to budget cuts.

The center relocated to this location from Kent because, “It was an opportunity to serve more children,” said Abby Ajaero, the site supervisor.

They are currently seeking children ages 2½ to 5 years old to add to their new classroom, Ajaero said.

This classroom is a special one as it is specifically being designed to promote diversity at an economic and social level.

“This will be a mixed income classroom, diverse. They learn at this early age to accept another one,” she said.

At this age, children are more prone to learn acceptance and tolerance, she said.

It is for this reason the center does not allow drop-in service.

“We want the children to develop a community,” she said.

This cannot be done if we have children coming and going, Ajaero said.

Through a “strength-based, community oriented” structure children gain confidence in themselves and the world around them, said Ajaero.

At five years old these children will go off to kindergarten, a much larger environment, with expectations that may seem very overwhelming if they have not gained this self-confidence, she said.

“Children here are allowed to explore and learn through play while we guide them,” Ajaero said.

For example, when children are playing with lettered blocks, a teacher may ask how to spell a word, or ask them why the blocks only stack so high before falling, she said.

“These questions are designed to make them think on their own and teach them to ask themselves why,” Ajaero said.

All the while, tolerance is taught and pride in one’s culture is celebrated at the center.

“When they play with their peers they learn to problem solve and regulate emotions,” she said.

These unlimited interactions based in play offer children an opportunity to gain understanding of the ways others communicate, what and how they believe and encourage tolerance between different cultures, she said.

But such interactions are not limited to the children.

“We have one child teaching all of us [the staff] numbers in mandarin. We want him to feel comfortable and appreciate his culture,” Ajaero said.

“All children receive individual learning plans upon enrolling,” Ajaero said.

“These plans are tailored for the individual, we believe this is important to the successful preparation for kindergarten,” she said.

The Early Learning Center offers care for ages 6 weeks to 5 years.

They are “particularly looking for 2½- to 5-year-olds,” for the pre-school program at the moment, said Ajaero.

“We are recruiting private pay individuals” as we are seeking to add to the economic diversity of the center, said Ajaero.

However, everyone is welcome at the center.

Both Early Head Start and Head Start are offered at the center for low-income families, and they do accept DSHS vouchers.

Both part-time and full-time services are available.

If you are interested in enrolling your child in one of their programs you may walk into the center or call.

They are located at 2400 S. 240th St., Building 0, on the Highline campus and their phone number is 206-824-1378.

How to stay aware of recalls

By DAVID UFFINGTON

The Food and Drug Administration recently issued the following food recalls: breakfast burritos, sandwich wraps and sandwich spreads for undeclared allergens, frozen fish that wasn’t cleaned prior to freezing, leading to potential botulism, wheat and soy in tortilla chips, leading to potential botulism, and salmonella, but other types of food may also make it onto its list.

Your vehicle also is a potential safety problem. There are two ways to keep up with possible issues with your vehicle: Technical Service Bulletins and full recalls.

Technical Service Bulletins involve vehicle problems where there is no reported death from mechanical failures, but where there has been a pattern of consumer complaints. The difficulty is when you don’t hear about them because your car is out of warranty. If you have a good relationship with your dealer, it’s possible to get them to make the repairs for free.

Recalls are more widespread, get more press and concern issues that can cause death. With recalls, the dealer is required to make the repairs for free.

To keep up with both Technical Service Bulletins and recalls on your vehicle, visit the National Highway Traffic Safety Administration website at www.nhtsa.gov or their alternate site: www.safercar.gov.

www.recalls.gov is an additional one-stop site for recalls of many kinds.

Suggestion: Get a throwaway email address and sign up for recall alerts.

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Children at the Early Learning Center are encouraged to question fundamental concepts such as why only a certain number of blocks can be stacked before the whole tower falls down.
Spring break poses challenges for students far from home

By RAINY HUANG Staff Reporter

Hong Kong native Vicky Chu has been working in the U.S. for one year without a green card through the Optional Practical Training program. After Chu finished her business degree at Highline, she applied for Optional Practical Training to pursue work experience that would benefit her future academic study and social experience.

Victoria Offert, the adviser of international students, said there are about 20 international students who applied for Optional Practical Training at Highline and found their jobs since last summer.

Students who graduated with F-1 status or have been trying to complete their degrees for more than nine months are eligible to apply for Optional Practical Training. They will be permitted by the United States Citizenship and Immigration Services to work for at most one year on a student visa.

Students who apply for Optional Practical Training will wait at least three months for processing all the documents and to get approval. After students get approval, they have to look for jobs by themselves and those jobs must be related to their field.

Offert said that she encouraged students to apply for OPT and be brave enough to go out of their comfort zones to look for opportunities.

“Our students are very capable, but I don’t see big companies’ names. Students are not aggressive and they are not giving themselves a chance to see what’s in the U.S. that benefits their future. GPA is not every- thing, just be aggressive,” said Offert.

International students who are doing Optional Practical Training also have to face the challenge of language.

Offert said that one of international students’ weaknesses is they often lack confidence, and some students only see themselves as ESL students even though their language skills are far beyond that.

Chu, now a Central Washington University student, started to do Optional Practical Training two years ago. She first worked at a marketing company and later at Abercrombie & Fitch.

“The challenges were the communication with coworkers. As an international student, I didn’t know how much information or trends about the U.S. as my other coworkers. We didn’t have much common topics and I feel left out sometimes,” said Chu.

Both Offert and Chu said that the advantages of doing the Optional Practical Training are to gain social experience, learn cultural differences in working environment, and learn management techniques.

Offert suggests students should go to International Student Programs Office, which is on the fifth floor in the library, and talk to her before they apply because everyone’s situation is different.

Students can also contact Offert at volunteer@highline.edu. They have very valuable information that help international students find work.

OPT lets international students find jobs

By RAINY HUANG Staff Reporter

Another Chinese student, Dongjian Sun, has a foreign tour planned for his vacation. He is planning to visit Canada since he has a friend who lives in Vancouver.

Peter Hsieh, who is from Taiwan, is planning to take a group of students to San Juan Island and spend three days there. “I have attended San Juan Island activity that was organized by International Student Programs before, and it’s a cheap and fun place to go. We can ride bicycles there and take canoe in the sea,” said Hsieh.

Compared to those students, Korean student Dusom Lee’s and Vietnamese student Huy Nguyen’s plans are less exciting. They both decided to just relax here instead of traveling. However, Lee said that if her parents come here, she will take them around Seattle.

“I hope school can give international students more travel opportunity,” Lee said.

Although there is no particular activity for current international students, there will be a freshman orientation for new students.

Current students can volunteer and join these activities for freshman, said Atsuko Onoder, the International Student Programs marketing assistant.

The orientation is organized by International Student Programs during the end of the spring vacation, giving both current and new international students a chance to share the experience and meet more friends.

On March 21, current international students can volunteer to take new international students visit the campus and answer questions about Highline.

On March 25, both current international students and new students can go ice-skating at Kent Ice Valley Center.

On March 25, there will be a Federal Way tour for new students to introduce them to some restaurants and provide bus information. After the tour, both freshmen students and current students will gather together and have a barbecue party in Steel Lake Park in Federal Way.

Both current international students and native students who are interested in volunteering for the freshmen orientation, can go to International Student Programs, which is on the fifth floor in library, to talk to Onoder.

Start preparing for spring graduation

As Spring Quarter draws near, students should begin applying for graduation.

If you plan on receiving an AA, AS, or AAS degree, apply once you have 45 credits that apply toward your degree, or two quarters before your completion quarter.

If you are receiving a certificate, complete the applica- tion two quarters before your completion or when you have 30 credits that apply toward the certificate.

For a high school diploma, apply two quarters before your completion quarter.

The Commencement Ceremony will be held on June 9 at the ShoWare Center located at 625 W. James St. in Kent. Participation in the ceremony is not required to graduate.

For more information, visit www.highline.edu/stuver/registration/graduation.htm.

Volunteers needed for Horizons annual event

Highline’s Women’s Program is looking for volunteers to help with their annual Expanding Your Horizons event on Monday, March 21.

Volunteers will be needed between the hours of 9 a.m. – 4:30 p.m.

Director of Women’s Program Deana Rader says that volunteers will be needed throughout the day to help set up and take down signs and arrows, assist presenters, facilitate, take roll and help guide the students to the correct classrooms.

Expanding Your Horizons network is a national program encouraging young women to pursue careers in science, technology, math, and engineering by providing role models and hands-on activities for the middle and high school girls.

There will be several different seminar and workshops including Junk Yard Physics, Geology Rocks, Earth and Space Science and Kitchen Table Chemistry.

If you are interested in volunteering, contact Deana Rader at 206-878-3710, ext. 3004 or by email at drader@highline.edu.
Books

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Therefore, the price is re- moved from the purchasing decision, giving publishers disproportionate market power al- lowing them to set prices high, she said.

"The entire cost of the book is justified by expenses," said Kaser, vice president of the col- lege store.

"With typically 11.7 per cent of the price of a new book going to the author's royalties, 22.7 percent going to the store, and 46.6 percent going to the publisher," she said.

"We're troubled by how much certain textbooks cost," said Bryan Pearce, chief executive of the University of Washington's bookstore.

"On one hand, there's some justification for it, but there's definitely a portion of the profits of certain books that don't make sense," he said.

Pearce said textbooks have increased in price as much as 25 percent in the last three years.

Highline students are feeling the financial strain.

Student Raedena Nieve said she paid $400 in fall for her three books, and this quarter she paid $500 for similar three textbooks.

"I was worried about whether we'd be able to complete the project," she said.

"I don't think students will be quite ready to go into the digital course world until the user ex- perience improves," said Nole, manager at the Highline bookstore.

"The textbooks prices are cut into publishers' profits," said Nicole Allen of The Student Public Interest Research Group, a non-profit organization in the United States and Canada, said renting is "the best short term" way to lower text- book costs.

"The group found that stu- dents can save up to $153.50 by using existing rental textbook services per $130 to $240 per year plus some course mate- rials, Allen said, versus an aver- age of $300 to $900 for students to purchase their textbooks each year.

"The opportunity Act will help students concerned with rising textbook costs. This law was made to give students more options with their textbook purchases.

The mandate, using e-books and rental textbooks will maxi- mize your savings when getting textbooks.

In addition, the Highline Classifieds may be another re- source for students.
It is getting easier every day for anyone to steal private information over the internet, said Kurt Giessel at last week’s Science Seminar.

Giessel is part of the instructional computing staff at Highline and spoke at Science Seminar on Feb. 25.

He pointed out some simple steps anyone can take to make sure your internet connection is secure.

Science Seminar occurs every Friday in Building 3, room 102, from 2:20 to 3:20 p.m.

“Hackers today will use techniques known as Public Key Encryption or a ‘Man in the Middle’ attack to steal passwords and private information without you ever knowing,” Giessel said.

What hackers will do is put themselves in between you and the browser you're on, allowing them to see everything you are doing and intercept messages and information that you send out.

All data is transferred through the air and can be captured using “sniffers”. Sniffers are pieces of software that can grab information going in and out of a computer through their network.

Once the information is captured, such as a password, it is deciphered through a program that determines what the password is.

Hackers get the programs online for free off almost any download website, like www.download.com.

This is why it is important to use passwords that are multiple characters long and use numbers and symbols, Giessel said.

The more complicated the password the longer the process takes. No matter how complicated your password is, though, it can still be cracked in about three months.

A lot of times software updates include patches that plug these holes and make your internet connection more secure, Giessel said.