

Higher education to see cuts over \$650 million

By VICTORIA DOM
Staff Reporter

Students are facing an inevitable tuition increase by at least 10 percent as the Senate released its 2011-2013 budget proposal Tuesday evening.

Now that the House and Senate proposals have been unveiled, the Legislature must reconcile the two versions and construct the final budget.

"It is all a matter of reaching final numbers, but the principles have been developed," said State Rep. Larry Seaquist, D-Gig Harbor, chairman of the House Higher Education Committee.

The major issue in creating

the budget is filling a \$5.3 billion revenue shortfall. The Senate's proposal plugs the hole with spending and compensation reductions, fund transfers, and new net revenues.

The Senate's key solution to bridging the gap is making \$4.8 billion in spending reductions.

The proposal leaves higher education facing an overall reduction, receiving a total of \$617.5 million in state appropriations.

Of that amount, \$200.3 million will go to community and technical colleges, which is 14.4 percent below the amount needed to continue the current level of programs and activities.

The Senate budget will re-

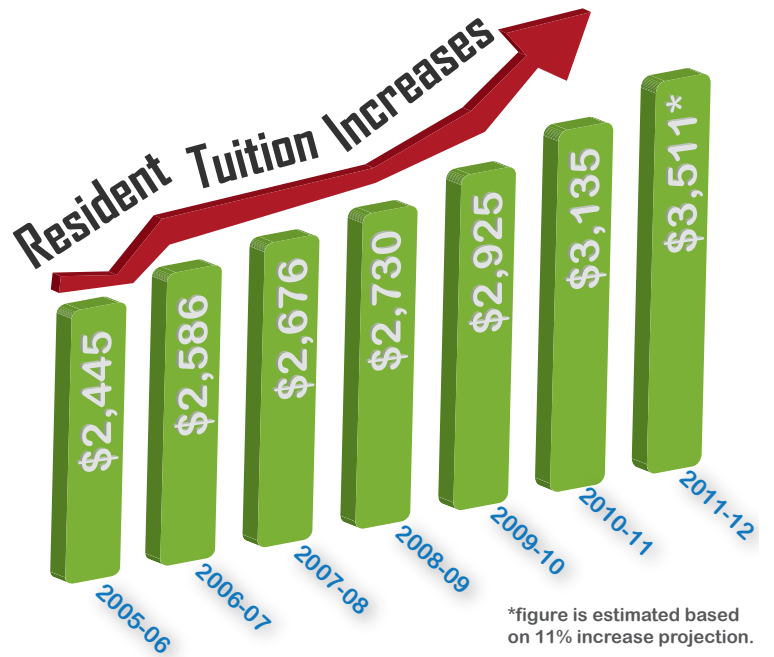
duce the higher education budget by a total of \$642.7 million, in comparison to the House proposal, which has a \$603.3 million reduction.

However, the Senate declares that the House proposal overestimates tuition revenue, stating the proper reduction amount as \$677.8 million.

"The most important thing to realize is that both budgets have the same message," Rep. Seaquist said.

Although less money will be spent on higher education, the Legislature is trying to mitigate the situation by maintaining stu-

See Budget page 12



Tuition continues to rise for Washington college students.

Students worried about finishing education

By THUNDERWORD STAFF

A tuition increase of more than 10 percent will hurt their ability to go to school, many Highline students say.

The state Legislature is nearing completion of a new two-year budget for Washington state, including money for higher education. With a more than \$5 billion projected revenue shortfall, all three current versions of the 2011-2013 budget – the governor's proposal, and the House and Senate budgets – anticipate college tuition hikes of 10-13 percent.

The news is catching some students by surprise, and they say they are not happy.

"I had no clue tuition might rise next year. It's already high enough," said student Frances Ma.

Student Tina Balika said the first question that came to her mind was, "Will I finish school?"

Some students say they don't understand why the state Legislature couldn't find another way to balance the budget other than cutting the budget for school.



Highline students Jordan Okamoto and Jared Lewis express concern over impending tuition increase.

"Education is an essential tool for the younger generation," said one student, who wished to remain unnamed.

Student Tara Clark said that she has been following the state's money issues closely. "I think they can find other ways to pay off the deficit," she said.

Clark thinks that the tax on water and candy should have never been taken away. She said that people will need to sacrifice a little bit so that things will be better in the long run.

Hannah Holmes, another student, agreed that higher education should be spared from

budget cuts. "Education is important," she said.

Holmes also said she wouldn't be able to afford things like parking with the tuition increase. "Books would be im-

See Reaction page 12

State to give students one ID

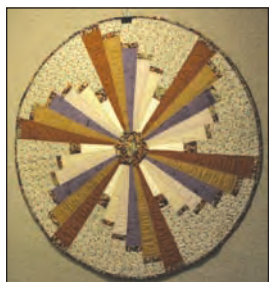
By RASCHELLE CASEBIER
Staff Reporter

Highline students could soon get a common identification number for Washington community colleges. However, a bill to raise tuition for students with "excess credits" may be dead, while a bill to stop bullying in colleges is waiting for the governor's signature and will be passed.

This student ID bill, SB 5463, requires the State Board for Community and Technical Colleges to establish minimum standards for common student identifiers, so that once a student has enrolled at any of the

See Legislature page 11

INSIDE THIS ISSUE



P8

Artful, adventurous fabric in library



P9

Jugglers to jiggle Highline



P10

Women's softball wins first league game



April showers bring May flowers.

Full forecast | P12



Crime and Punishment

Laptop stolen from campus bookstore

A laptop valued at \$308 was stolen from the bookstore on April 5 at 6:20 p.m.

"He took out cutters and cut the wire to the computer, everyone saw him," said Laura Nole.

The suspect was wearing dark clothing with a hooded sweatshirt.

He was asked by Bookstore staff to inspect his bag but he ran.

"Because of budget cuts, guards are only provided during rush hour and buy back," said Nole. "This leaves us vulnerable to incidents like these."

The suspect may have acquired a nice laptop but he won't be using it anytime soon.

"The laptop has no battery and has a combination lock," said Nole.

Officers patrolled the area with no results.

"Hopefully this was just a random incident that won't happen again," said Nole.

Intoxicated man causes disturbance near library

The Security office received a call from the library about an intoxicated man on April 10 at 5:35 p.m.

The male was being loud, and refused to leave. When security arrived the male had slurred speech, smelled heavily of alcohol and he had urinated on himself.

Security called 911 and requested they send an officer.

An ambulance was called and the male was transferred to detox.

Items found on campus

Items found include a silver LG cell phone from Verizon and a Washington State license found in the north parking lot on April 7.

A black umbrella with color prints was found in Building 26 in the writing center April 7.

Pink prescription glasses were found in Building 6 on the second floor on April 6.

Items reported lost include a student's Canon digital camera on campus April 6. A male student lost his wallet on campus on April 8.

-COMPILED BY ELZIE DICKENS III

Earth Week offers broad program

By BRIAN GRANTHAM
Staff Reporter

This year's Earth Week will involve everything from campus clean-up to discussions of recycling, green cleaning products and sustainability.

"We have a lot of great speakers," said Dr. Heather Price, adviser of the Environmental Club.

Earth week runs April 18-22.

Campus Clean-up is Monday, April 18, and it is open to everyone.

"You can also participate in campus cleanup by helping to remove any litter that might be strewn around," said Michelle Eckhart, president of the Environmental Club.

"We hope to achieve a higher level of awareness among all who attend regarding how humanity fits into the bigger



Dr. Heather Price

picture of all life on earth, and hope to get people to think more carefully about where the stuff they buy comes from and what happens to it when they throw it away or pour it down the drain," said Eckhart.

The week's events include:

•Monday, April 18

"A tragedy of the Commons: How greed totally ruins things," by Highline biology professor

Woody Moses, Building 7, 10-10:50 a.m.

Campus Cleanup led by Kelly Cassinerio, an Environmental Club student. Meet on the east side of building 6, 1:30-2:30 p.m.

•Tuesday, April 19

"HCC recycling Program – moving towards a more sustainable place," by Director of Facilities Barry Holldorf, Building 2, 10-10:50 a.m.

Green Cleaning Products with Dr. Heather Price, Building 29-305 1:30 – 2:30 p.m.

•Wednesday, April 20

Presentation boards with Dr. Heather Price, Building 29-216, 10-10:50 a.m.

Plant I.D. walk with Woody Moses. Meet at the greenhouse by building 12, 11-12 p.m.

Sustainability Seminar, Building 3-102, 1:30-2:30 p.m.

Caucus led by Environmen-

tal Justice in Building 8-302, 2:30-3:30 p.m.

•Thursday, April 21

"Puget Sound Marine Mammals: Living Toxic Waste Dumps," by Highline biology professor Dr. Kaddee Lawrence, in Building 7, 10-10:50 a.m.

"Factory farming and meat," by Highline professor of Economics Kevin Stanley and Highline professor of physical education and nutrition Tracy Brigham, Building 7, 11-11:50 a.m.

•Friday, April 22

Movie Friday – "The China Syndrome," Highline professor Dr. Tommy Kim, Building 29-104, 12-2 p.m.

Science Seminar "Capturing Microplastic Debris from Puget Sound and Neighboring Waters," by MS Research Affiliate Faculty, UW, Julie Masura, Building 3-102, 2:20-3:20 p.m.



News Briefs

Women in Action Award nominations sought

The Highline women's department is now accepting nominations for the Women in Action Award.

The nominations should recognize women who have overcome major obstacles and have gone on to accomplish great things. Nominations can be for students, faculty and staff.

The nominations are due by 5 p.m. on May 5. They can either be emailed to Laquita Fields at lfields@highline.edu by attachment or sent to mail stop 6-2.

Workforce Education changes locations

The Workforce Education grant orientations for new students are now held every Friday in Building 10 room 103 from 1-3 p.m.

To receive fliers with updated information to hand out, contact Kelsey Anderson, Worker Retraining Funding Advisor, at kanderson@highline.edu.

Learn about paid leadership positions

Multiple paid leadership and volunteer positions are available.

To learn more about the positions attend the Leadership Luncheon on Tuesday, April 19 from 2:30-4 p.m. in the High-



Jarel Baz/ THUNDERWORD

Rain returned yesterday after a glimpse of spring on both Monday and Tuesday. However, students have come to expect it.

line Student Union, Mt. Constance room. You can RSVP by e-mailing Tran Pham at trpham@highline.edu or call 206-878-3710 ext. 3893.

Memorial service for Eena Hibbs

A memorial service for Highline instructor Eena Hibbs on Saturday, April 16 at 3 p.m. Hibbs fought four different types of cancer since 2000 before succumbing to liposarcoma on March 31.

The memorial will be held at Emmanuel Baptist Church, 22316 106th Ave. E. in Graham.

Mourners are requested to wear colorful, cheerful attire. Hibbs' family requested that any flowers sent be potted outdoor plants. The family intends to plant the flowers in the garden as a personal memorial.

Highline Relay for Life team seeking members

Highline is joining with the American Cancer Society by

taking part in the Relay for Life, which will take place in June.

The event will be held at Mt. Rainier High School.

The Relay for Life is a walking/running team event to raise money for the American Cancer Society.

To register, Highline's team must raise at least \$100.

Anyone interested in taking part in the Relay for Life should contact Robyn Richins at rrichins@highline.edu.

Spring Festival needs volunteers

The Outreach services' annual Spring Festival will be held on May 13 from 9 a.m. to 1 p.m.

The Spring Festival is an event that combines a college fair, college and career workshops, entertainment, and food, among other things.

The festival provides information for many high school students, as well as many of Highline's students.

Volunteers will be needed as early as 7 a.m. for set up.

Volunteers are not required

to volunteer for the entire duration of the event.

Anyone interested in volunteering should contact Tanisha Williams by e-mail at twilliam@highline.edu, or by phone at (206) 878-3710 ext. 3212, specifying when they are available to help.

Nominate a distinguished alumni

Highline alumni from years previous to the 2006-2007 academic year could be eligible for the Distinguished Alumni Award.

Alumni who are outstanding in their field, or who have made contributions to their field, community, or around the world are considered distinguished and eligible.

Nomination forms are due April 18. The form can be found at <http://www.highline.edu/ia/foundation/distalums/da.htm>.

The winner of the award will be recognized on June 9.

Completed forms should be e-mailed to foundation@highline.edu.

Fundraiser for Japan continues today

The International Leadership Student Council and the Highline Supports Japan group will be in building 8, the Student Union, today from 10 a.m. to 2 p.m. to collect donations for Japan.

They will accept cash donations, as well as checks made out to the Highline Foundation.

All donations collected will be sent to the Red Cross, to help fund relief efforts.

Filing open for Student Government

By MEGAN WALLIN
Staff Reporter

Applications are now available for students interested in becoming part of Highline's Student Government.

Student elections are being held for the positions of president and vice president, and both student voters and candidates alike are being encouraged to get involved as soon as possible.

For those interested in running, declaring your candidacy involves picking up election packets from the Student Government office, which will be due by noon on May 3. Students can turn their packets in the office on the top floor of Building 8.

Some of the requirements for candidates is to bring in a petition signed by at least 50 Highline students. Also, you must have a minimum GPA of 2.5 and attend a mandatory candidates meeting on May 3, from 3-4 p.m. to meet training requirements.

Vince Dominguez, current



Student Government Vice President Vince Dominguez encourages motivated students to run for office this spring.

vice president, said the advice given to him by the Student Programs' associate dean and Student Government adviser, Jonathan Brown, was to "declare your candidacy early."

Dominguez advises candidates not to doubt themselves, and to remember the importance of building connections with students, faculty and staff.

"Elections aren't won by accomplishments alone, but by relationships you've developed," he said.

Dominguez encouraged can-

didates to make sure they approach the whole range of Highline students, including those who may be overlooked while attending night classes.

Besides meeting the minimum qualifications, student leaders also need to be highly motivated and service-oriented, Dominguez said.

"Anybody who has a passion for service and wants to give back to the Highline community," said Dominguez, would be the type of person best suited for Student Government.

It is equally important, Dominguez said, to "definitely know what the job duties are and be committed to serving the students you're supposed to be representing." A sense of professionalism with the faculty and with the public is expected as well, he added.

Some of these responsibilities can be challenging, Dominguez said, and that is a good thing for candidates to keep in mind. For Dominguez, those challenges have been found in "the coordinating of different legislative activities, and making sure everything is accomplished to have a successful event."

"On a positive note," he said, "once you see the work that you've done, it's very rewarding."

For more precise information regarding the responsibilities of the positions, the duties of the president and vice president are on the Highline website, at www.highline.edu/stuserv/programs/ASHCC/index.html, as well as being available in the elections packet.

England focuses on safety, transportation

By MAX HENRY
Staff Reporter

Victoria England wants to provide a safer, cleaner environment at Highline.

England deals with updating safety and emergency plans, as well as finding new methods to better conform to the Commute Trip Reduction Program.

She is the new executive assistant to the vice president of administration/analyst, which means that she is aiding Vice President Larry Yok.



England

England grew up in Puyallup, where she went to high school. She went on to the University of Washington, and then finished her master's degree in environmental geology from Western Washington University.

After spending 10 years in the field as an environmental geologist managing safety plans, England said it was time to "get away from the boredom I was all too familiar with."

One of England's professional goals is to become an expert at project management, and seeing that opportunity at Highline was one of the factors that drew her attention. Also she said she has a strong personal desire to be part of a mission that she can be proud of.

One of the many projects on England's plate has to do with the Commute Trip Reduction Program. The commute program, operated by King County, aims to reduce pollution, traffic congestion, fuel consumption, and just improving the overall carbon footprint of businesses and institutions.

Some of the ideas for successfully improving the carbon footprint here at Highline include carpooling, encouraging the use of public transportation, bicycling, and the drop-off method.

England also has the task of updating the safety and emergency plans here at Highline. Though England said she is excited and optimistic in her new role here, she said.

"I'm still getting my seagles," England said.

"I'm looking to think outside the box," said England, "to find unique ways to solve problems and approach challenges."

"I'm always looking to grow and be challenged," she said.

Quake memory drives student to action

By YURI NISHIZAKI
Staff Reporter

The recent earthquake in Japan brought back memories for Highline student Yukino Atami.

The now 27-year-old Atami experienced a magnitude-6.8 earthquake when she was 10 and living in Kobe, Japan in 1995.

She was sound asleep, it was at 5:46 a.m., and a big jolt woke her up. It was a Tuesday morning.

"It was sudden. I felt a big quake suddenly, like 'bang!' I felt it long, and I didn't know what was going on," said Atami. "About a minute later, I opened the door to secure the way out, and I saw my neighbor's house across my house was not standing there anymore."

By noon, the entire local infrastructure stopped working. Her family went to Itami Station, which she used for commuting every day.

The station was not there anymore. The earthquake destroyed the station about an hour before.

"Rubble was everywhere, and people were in panic," she said.

Atami's parents were talking about moving to Kyoto, which is about 50 miles away from the epicenter of the quake and not severely affected. Atami's grandmother was living there.



Katie Adams/THUNDERWORD

Highline student Yukino Atami survived a major quake 16 years ago in Japan.

On the next day, they moved.

It has been 16 years since, and a more powerful earthquake followed by a tsunami hit northern Japan on March 11. This 9.0-magnitude quake was one of the most powerful in recorded world history, leaving more than 13,000 people dead and tens of thousands missing.

When Atami saw the video of tsunami sweeping everything away, she was shocked, she said. But her friends and

her father's relatives in Miyagi, which was severely affected by the earthquake and tsunami, were safe.

Then she decided to gather information and to take action. She is now a member of Highline Supports Japan, a student group which is working to help people affected by the earthquake in Japan.

"I wanted to do something from America. I came to know about this group and I thought,

"This is it," she said.

Highline Supports Japan had fundraising events on April 12 and 13, having sold cookies and popcorn on April 13, and will ask people to make donations today, April 14. All the proceeds of the sales and collected money will be donated to the Red Cross.

On the day Atami moved to Kyoto, her grandmother said to her, "I'm happy that you are alive." Even now when she talks about her experience, her friends say the same, and it always cheers her up.

"I want to say the same thing to people [now]," she said. She hopes that people will say the same to affected people if they have chance to talk with them.

She has made handouts with information about the quake, and is distributing them in the fundraising event held by Highline Supports Japan, wanting people to get accurate information.

"We need correct information," she said, adding that Japan will soon be safe to visit.

"When things are settled, please come to Japan and travel there as part of reconstruction," she said.

For more information on Highline Supports Japan, access Facebook page Highline Supports Japan. To join the group, visit the International Student Programs on the fifth floor in Building 25 to sign up.

Editorial comment

Government needs lesson in responsibility

Americans were concerned with government responsibility late last week.

Since Congress failed to come up with a budget for the 2011 fiscal year, the country has been running on fumes since September of 2010. Struggles arose when, after determining to cut \$38 billion, they couldn't agree on where to cut spending.

Disagreements and arguing over cuts is common. However, when the budget has run out and the country is on the verge of a government shutdown, our officials really need to agree to disagree for the moment, and reach some kind of compromise.

The fact that our government continued their arguing until the last moment is not only disconcerting, but it also had many Americans in an uproar.

Due to the non-existent state of the budget, the government deducted portions of soldiers' paychecks — up to half — under the pretense of "debt reduction."

This supposed debt reduction had nothing to do with the soldiers themselves, but instead, was the aftermath of Congress' irresponsibility.

A bill was introduced by U.S. Sen. Kay Hutchison, R-Texas, on Tuesday, April 5. This bill, in essence, stated that U.S. soldiers deserve to be paid in full, on time, even during "funding gaps."

The original text of the bill defined funding gaps as such — "the term 'funding gap' means any period of time after the beginning of a fiscal year for which interim or full-year appropriations for the personnel accounts of the Armed Forces for that fiscal year have not been enacted."

The bill has more than 50 cosponsors.

This turn of events — deducting soldiers' pay — had many Americans infuriated. Soldiers on active duty away from home have enough to worry about already, without having to wonder if the families they had to leave behind can make ends meet.

The fact that soldiers had this additional burden, because of government irresponsibility, left many Americans infuriated.

Irresponsibility of the government should not be placed on soldiers' already burdened shoulders.

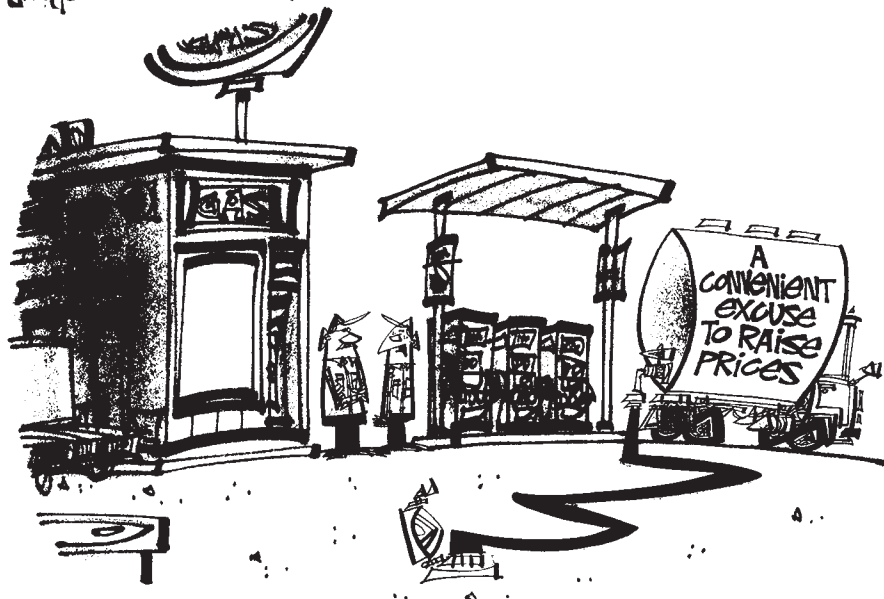
This situation begs the question, "What was Congress doing all this time?"

In September of last year, Congress failed to produce a fiscal budget. When the new members took their seats in January, a budget should have been at the top of their "to-do" list.

But obviously it wasn't.

Two disconcerting questions resound. The first is "why?" The second is "Can we trust that our government won't do this again?"

The Thunderword / www.thunderword.com



"WELL, IF THEY DON'T ACTUALLY SUPPLY US WITH THAT MUCH OIL, WHAT DOES LIBYA GIVE US?"

How to prepare for an earthquake

Being a volunteer in the Red Cross-Seattle Chapter is a great opportunity for me as a college student to gain community service experience and utilize my skills to educate the community about disaster preparation techniques that are very crucial in times of disaster. I have spoken to various communities, associations and schools about the importance of preparation for disaster and security measures for when disasters happen. Washington State is one of the most vulnerable states in the U.S., especially here in the greater Seattle area. With two active volcanic mountains — Mt. Rainier and Mt. St. Helens — located in this state, we must always be ready for earthquakes, which can occur at any time. In the wake of the Japan Earthquake, I would like to give a few tips based on The American Red Cross Disaster Guide on how to prepare for earthquakes and how to react when they happen.

If there is an earthquake and you are inside a building, there are two things you can do.

If the exit door is near and accessible and you are on the first floor, get out of the building as quickly as possible and move away from the building to prevent injuries by the falling debris. If your position is on the higher floors where you cannot get out of the building easily, find a sturdy table, duck under it and hold on until the tremors totally stop. Don't move im-



Commentary

Marchel Rumlaklak

mediately after the tremor stops because there will always be an aftershock following a major earthquake. It is better to wait a few minutes before moving.

If you are outdoors or driving and there is an earthquake, find a clear spot where there are no buildings, trees or power lines and stay there. Stay away from bridges and slopes because they can collapse and trigger a landslide.

Clear the walls around your bed from hanging pictures, paintings or any kind of heavy decorations, since they can fall down on you if there is an earthquake and you are sleeping.

We in the greater Seattle area don't have the potential for a major tsunami because we are protected from the open ocean by the peninsula. Areas in Japan are exposed to the Pacific Ocean and have ongoing potential for tsunamis.

The next crucial part in disaster preparation is preparing a disaster supplies kit. The disaster supplies kit is a survival kit for you in times of disaster. Store your supplies in a duffel bag, backpack or covered trash receptacle near an accessible place, such as the door. Items you should put in the kit are:

- A three day supply of food. Canned food is highly recommended because of its longevity. However, renew the food every six months to ensure the food is not expired.

- Three gallons of water per person.

- A portable battery-powered radio with extra fresh batteries.

- Flashlights and extra fresh batteries.

- First aid kit including all medications, prescription and non-prescription, that are regularly used. Renew every three months.

- Cash and coins

- Copies of personal identification and important documents such as a driver license, passport, medical prescription and marriage certificate.

- Utensils such as spoons, forks, can openers, scissors, paper and pencils.

- Matches in a waterproof container.

- Special items such as a bottle for a baby, a walker for old parents and extra eyeglasses.

- One complete change of clothing and footwear per person.

- Blankets or sleeping bags.

Additionally, put a flashlight and sturdy shoes under your bed as an extra precaution.

Stay alert and follow the current updates about earthquake potential in Washington State by logging in to pnsn.org.

Marchel is a Highline student and Red Cross volunteer.

Share your opinions in print

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

E-mail your submission to agramann@highline.edu.

Letters should be no more than 200 words.

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

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

Please provide contact information for confirmation purposes.

For information, contact thunderword@highline.edu.

The Staff“ Mine is more of a light, spring afternoon soup.”

E-Mail tword@highline.edu

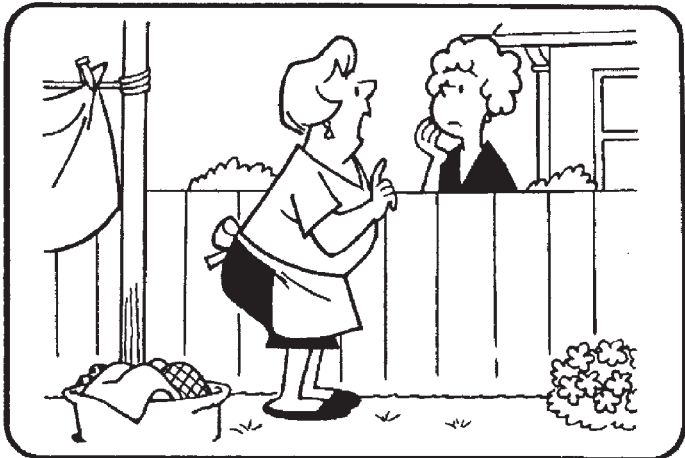
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Flower bush is different. 2. Woman's hair is black. 3. Laundry item is striped. 4. Woman has a headband. 5. Window is different. 6. Shrub behind fence is gone.

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Weekly SUDOKU

by Linda Thistle

	6		7	5		8		
4				1			9	
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9			1					3

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. MATH: What is the Roman numeral for the Arabic number 400?
2. PERFORMANCES: At what event would someone perform a maneuver called the veronica?

3. EXPLORATION: What was the sextant once used for?
4. MUSIC: What does the musical term "con bravura" mean?
5. LANGUAGE: In Arabic, what is the country of Morocco called?
6. INVENTIONS: What common drug was introduced to the world by Felix Hoffmann?

The Three R's

Across

1. Supercharger
6. Hot tubs
10. Putin's refusal
14. Strand, in a way
15. Make money
16. GI wear, for short
17. R and R
20. Many a carol
21. Does an art gallery job
22. Clean air org.
23. Singer Lovett
24. Motel employee
27. Cousin of reggae
29. Susan Lucci's Emmy role
33. It fits in a lock
34. Tops
36. ___ Gay
38. R and D
41. Whale finder
42. Hunter of myth
43. Soft & ___ (Gillette product)
44. Justin Timberlake's old group
46. iPhone servicer
47. Jet-setters' jets, once
48. Stain
50. Ming of the Houston Rockets
52. 1880s first family
56. It may be due
60. RR's
62. Locker room shower?
63. Kind of miss
64. One who should beware
65. Rice wine
66. Deadly biters
67. Discontinue

Down

1. DVR competitor
2. West Coast sch.
3. Office stamp abbr.
4. Not square
5. Leading
6. Kind of alert

Crossword 101

By Bill Deasy (Bill@gfrpuzzles.com)

1	2	3	4	5	6	7	8	9	10	11	12	13
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52	53	54	55			56				57	58	59
60						61						
62												
65					66					67		

7. Brooch
8. Ticked off
9. Remington ___ ('80s TV show)
10. March Madness org.
11. Sign of boredom
12. Kindle material, perhaps
13. Santa's sackful
18. "Be right with you"
19. "___ lies the rub"
23. Sideways throw
24. Swabs
25. Hammerin' Hank
26. Driving needs
28. Green Hornet's aide
30. Night spot
31. Dorm occupants
32. On one's toes
34. Gets really angry
35. Huff state
37. Fleischer and others
39. Calendar square
40. Prankster's cry
45. Beer served with a lime
47. "You've got that right"
49. British ___

51. "Easy ___"
52. Iowa State site
53. Parks on a bus
54. Toll rd.
55. Improve
56. 7, on modern phones
57. "Right back ___"
58. Thousands, slangily
59. French 101 verb
61. Go on and on

Quotable Quote

When I read about the evils of drinking, I gave up reading.

... Henny Youngman

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

7. MEASUREMENTS: What is the basic unit of temperature?
8. MOVIES: What did the dwarfs do for a living in Disney's Snow White and the Seven Dwarfs?
9. GEOGRAPHY: Which nation has a major wine-producing region called Adelaide Hills?
10. LITERATURE: What was the pen name of writer Mary Ann Evans?

- Answers
1. CD
2. Bullfighting
3. Navigation
4. With boldness
5. Al-Magrib
6. Aspirin
7. Kelvin
8. Miners
9. Australia
10. George Eliot

SAINTLY BEGINNINGS

S	H	E	L		I	T	E	M	S		O	R	B	S
N	E	R	O		T	A	R	A	S		F	O	R	T
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Most-Visited Countries

1. France
2. United States
3. Spain
4. Italy
5. China
6. United Kingdom
7. Russia
8. Mexico
9. Canada
10. Germany



Source: www.aneki.com

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Arts news?
tword@highline.edu

YOUR MUSCLES WILL TURN TO FAT

and other fabulous myths from the world of fitness

By DARIN SMITH

Special to the Thunderword

Between the internet, TV infomercials, and muscle magazines there is now a wealth of information about exercise available.

Unfortunately many exercisers, both novices and seasoned gym rats alike, may be confused or misinformed about several basic facts about exercise.

Here are some of the most common exercise myths that need busting.

Myth #1 - Spot Reduction.

This is the idea that a person can selectively burn off fat from a particular body area by doing a specific exercise for that area.

For example, many late-night commercials would like you to believe that their abdominal machines will melt belly fat away and give you a chiseled six-pack.

Abdominal exercises will help build muscle and tone that area, but they will not selectively burn the fat layered on top of your abs.

If you want to lose body fat, you must do it throughout your whole body with prop-

er diet and regular exercise.

Myth #2 - Stretching before exercise is a must.

It used to be widely accepted that a person should stretch before they exercise to avoid injury.

Modern exercise research actually suggests that pre-exercise stretching may increase injury in some cases.

Static stretching techniques may reduce muscle strength by 30% for up to 30 minutes after stretching.

Instead of stretching before exercise, it is more important to focus on doing a warm-up consisting of 5-15 minutes of light cardio activity to get the blood flowing and to increase the temperature of the muscles.

For some activities that require a lot of flexibility like dancing, gymnastics, and martial arts, it might be advisable to do some stretching after warming up to prepare for the activity.

For many exercise activities like weight training, it is recommended to stretch at the end of the workout while the muscles are still warm to help improve flexibility and relieve muscle soreness.

Myth #3 - Weight training bulks up women.

Many women

may avoid lifting weights due to the fear that it will bulk them up or make them look masculine.

For most women, weight training helps tone muscle, burn calories, and builds strength without developing the same increase in muscle mass experienced by men.

In fact, some women have been found to double their strength without showing any observable change in muscle size.

This gender difference in muscle size is largely due to hormones like testosterone, which men have 20-30 times more of than women.

The few women who do get massive from weight training may have a genetic predisposition for building muscle mass or may be altering their body chemistry in some way (e.g. steroids).

Myth #4 - Lower intensity exercises are the best for burning fat.

A person does burn a higher percentage of calories from fat during low intensity exercise (e.g. walking) compared to higher intensity exercise (e.g. running).

However, the main concern for fat weight loss is not the percentage of energy (calories) supplied specifically from fat, but the total energy expenditure, meaning how many calories total (from fats and carbs) were burned during the exercise.

At higher intensities you burn a lot more total calories than you do at lower intensities, which facilitate greater weight loss.

Myth #5 - If you stop working out, muscle will turn into fat.

Muscle and fat are two completely different types of body tissues, so muscle does not technically transform into fat.

If you stop weight training and keep eating the same amount of calories, your muscles adapt to the lack of exercise by getting smaller and weaker, and your body may accumulate more fat from the resulting calorie imbalance.

Fat tissue takes up more

space than muscle, so a loss of muscle mass and a gain in body fat will likely result in increases to your

body size, and may look that the muscles have been converted into fat.

In addition, muscle cells actively burn calories, so losing some muscle may result in less calories being burned each day, which may further contribute to weight gain.

Myth #6 - Protein supplementation is necessary for building muscle.

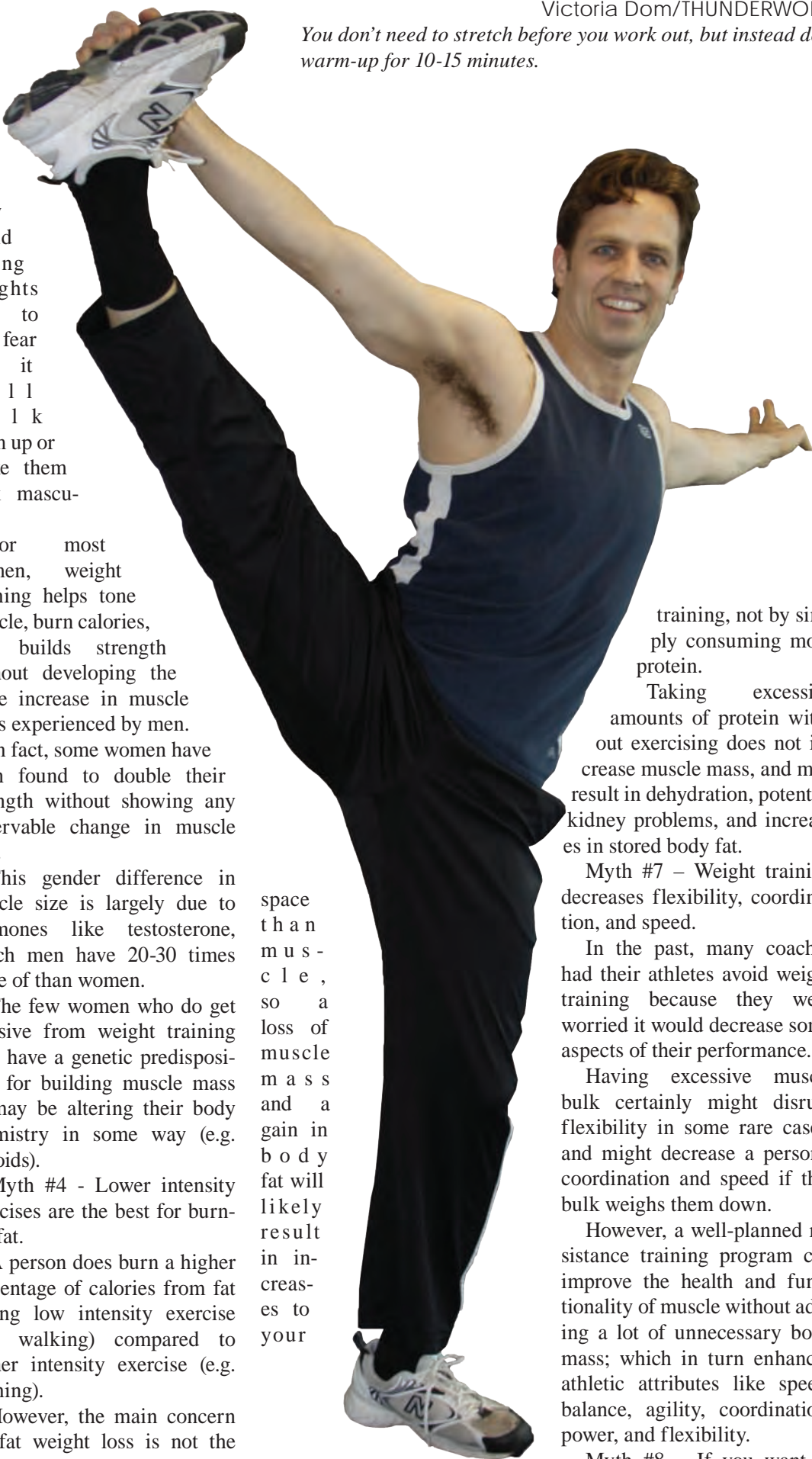
Most Americans consume far more than the Recommended Daily Allowance of protein in their diet (.8g of protein/kg of body weight).

Athletes, bodybuilders, and intense exercisers may require slightly more protein than the normal limit (1.2-1.8g/kg), but typically the diets of many athletes often exceed 2-3 times the recommended intake anyway.

A person gains muscle mass mainly through resistance

Victoria Dom/THUNDERWORD

You don't need to stretch before you work out, but instead do a warm-up for 10-15 minutes.



training, not by simply consuming more protein.

Taking excessive amounts of protein without exercising does not increase muscle mass, and may result in dehydration, potential kidney problems, and increases in stored body fat.

Myth #7 - Weight training decreases flexibility, coordination, and speed.

In the past, many coaches had their athletes avoid weight training because they were worried it would decrease some aspects of their performance.

Having excessive muscle bulk certainly might disrupt flexibility in some rare cases, and might decrease a person's coordination and speed if that bulk weighs them down.

However, a well-planned resistance training program can improve the health and functionality of muscle without adding a lot of unnecessary body mass; which in turn enhances athletic attributes like speed, balance, agility, coordination, power, and flexibility.

Myth #8 - If you want to lose weight, do cardio and skip weight training.

Watching what you eat and doing cardio (e.g. running, biking, and swimming) are common approaches to losing weight.

Unfortunately, many people may exclude weight training from their exercise plans because they are worried about bulking up and gaining weight.

While it is true that a person may experience some initial weight gain on the scale from increased muscle mass, weight training is a key factor for any weight loss program.

Weight training helps burn calories during the exercise session, adds to long-term increases in your metabolism due to increased muscle mass, and it also helps tone the body to improve a person's appearance.

Darren Smith teaches physical education at Highline.



Victoria Dom/THUNDERWORD

Some people think that spot reduction, such as abdominal exercises, will get rid of the fat layer on your abs, but it won't.

Soup tops students’ lists for cold weather food

By **KATIE ADAMS**
Staff Reporter

When it begins to rain and the temperature drops, sophomore Lauren Rubio reaches for soup before any other type of food.

“Soup is easy to prepare,” Rubio said. “On cold nights, or cold harsh winter nights, people think of hot chocolate or tea; they don’t think of Rockstar

[energy drink] or a glass of orange juice. [You want] something that warms you up and makes you feel good inside.”

Stormy days have the tendency to be exciting or depressing, so it’s a form of comfort food, Rubio said.

“It’s programmed into my brain to eat soup and enjoy the comfort of it,” said sophomore Katie Crepeau. “When it’s cold and wet outside, I’d like to know

that my insides are nice and cozy.”

Chicken noodle, tomato, and potato soup are among some of the must-have flavors for Highline students when the weather is stormy.

“I love chicken noodle soup,” said freshmen Cassie Turner. “It’s a classic.”

“Chicken coconut curry from Infinite Soup is my favorite,” said Crepeau. “I like

the flavors of the coconut and curry; it warms my belly. Plus, the chicken adds that protein to keep me alive during terrible weather.”

“Whenever it’s cold or rainy, my family has this homemade potato soup they make; it has potato, onion, celery, Tabasco, and whatever kind of meat we have around the house,” said freshmen Brian Fletcher.

“I crave it anytime the

weather gets like that since we’ve made it ever since I was a kid,” he added.

Sophomore Lily Cunningham always prefers homemade soup on rainy days.

“The process of making soup and combining all the ingredients makes me feel like I’m eating healthier,” said Cunningham. “I like making soup when I’m sick, and that always happens when the weather is cold.”

Avacado and shrimp gazpacho

- Ingredients:
- Gazpacho
- 3 avocados
 - 2 cups diced cucumber
 - ¾ cup fresh chopped tomato
 - ½ cup chopped onion
 - 1 ¾ cup (14 ounces) chicken broth
 - 2 tablespoons lemon juice
 - 1 ½ teaspoon salt
 - ½ teaspoon pepper
 - ½ cup coarsely crushed tortilla chips
- Shrimp
- ½ pound shrimp, peeled and deveined
 - 2 cloves diced garlic
 - 2 tablespoons olive oil
 - ½ tablespoon lemon juice
 - ½ teaspoon salt
 - ½ teaspoon pepper
 - ½ teaspoon cayenne pepper
 - ¼ teaspoon curry powder

Drizzle olive oil into a skillet pan over medium-high heat.

Add the garlic to the pan and stir until it is light brown.

Then add shrimp, lemon juice, salt, pepper, cayenne, and curry powder and stir until the shrimp is cooked.

Cut half of one of the avocados into thin slices and save for later use.

Then in a food processor, place remaining avocado, cucumber, tomato, onion, broth, lemon juice, salt, and pepper. Whirl until you get the consistency you want.

Spoon the gazpacho into medium-sized bowls.

Place shrimp and sliced avocado on top of that and sprinkle with tortilla chips.



Top Ramen vegetable soup livens up an old college standby.

Spice up your Ramen with fresh vegetables

By **KANDI CARLSON**
Staff Reporter

Soups come in all shapes and sizes, but there is one that many may be most familiar with – Top Ramen.

Easily and quickly made in minutes, Top Ramen is a no frills soup, but it can be with a little dressing up.

With the addition of vegetables and a small amount of any kind of meat, a bowl of ramen noodles can become a feast.

All ingredients are added on the basis of what you have on hand at the time you are cooking and what your personal taste is.

This is what makes this particular version of Top Ramen a family favorite on a budget.

You can usually purchase a variety of fresh vegetables and herbs from your local grocery store or farm stand.

Purchasing such ingredients

helps support your local farmers.

Some ingredients that can be found fairly cheap are: green onions, onions, jalapeños, carrots, and cilantro. Basically, any vegetable or fresh herb you have available to you or can afford.

None of the vegetables are cooked but added after the ramen is done cooking.

If you have meat of any kind, it can be added too.

Chicken is a good choice because it adds extra flavor and complements all the vegetables very well.

Whichever kind you choose, you need to slice into small pieces and fry in enough to coat the pan so it does not stick.

The pieces shouldn’t be any bigger than a nickel. This allows it to cook quickly and thoroughly.

This only takes about 10 minutes with chicken. Once

done you can start your ramen.

Follow the instructions on the package except don’t add the flavor pack – you want to save it for last.

While your water is waiting to boil, you can chop your vegetables.

After you rinse all of your vegetables and pat dry, using a sharp knife, chop whichever vegetables you have selected to use.

Once chopped, place them into a large bowl. You can put them all into the same bowl and mix together if you’d like to spare yourself the extra dishes for clean-up.

Once your water boils, add in your noodles.

Cooking the noodles only takes a few minutes and that is all you need to add the finishing touches to this hearty and filling soup.

The seasoning packet you waited to add is added to the

vegetables now.

This will add a bit more flavor to the soup because it is not so diluted by the water.

Grab yourself a large soup bowl or even a small mixing bowl and place some of the vegetable mixture in the bowl – only some, not all.

Once the ramen has finished cooking, using either a fork or tongs, dish the desired amount into your bowl.

It is not required that you add all of them.

Add the remaining vegetables, and add enough of the water to just cover the noodles.

You can then add sauces or spices that you like. Soy sauce, red peppers or cayenne are a few that you may have handy.

Last step in this recipe is simply to sit down and enjoy this hearty soup with a fresh glass of something cool to drink.

This meal cooks in about 15 minutes.

Fabric artists spin cloth into creative gold

By **MATTIE MICHALEK**
Staff Reporter

A group of local artists have woven their way into Highline's library art gallery.

Every Thursday, a group made up of librarians and one data specialist meet up to work on fiber art projects. This weekly roundup helps group members to swap ideas, collaborate on special projects, and gives them an excuse to keep getting together.

Fiber art consists of many different types of techniques while working with fabric. Some of these include quilting, needlepoint, knitting, and even crewel, an English-style stitching.

Each member of the group uses her own techniques to create unique pieces of art. Some use machines, and some do everything by hand.

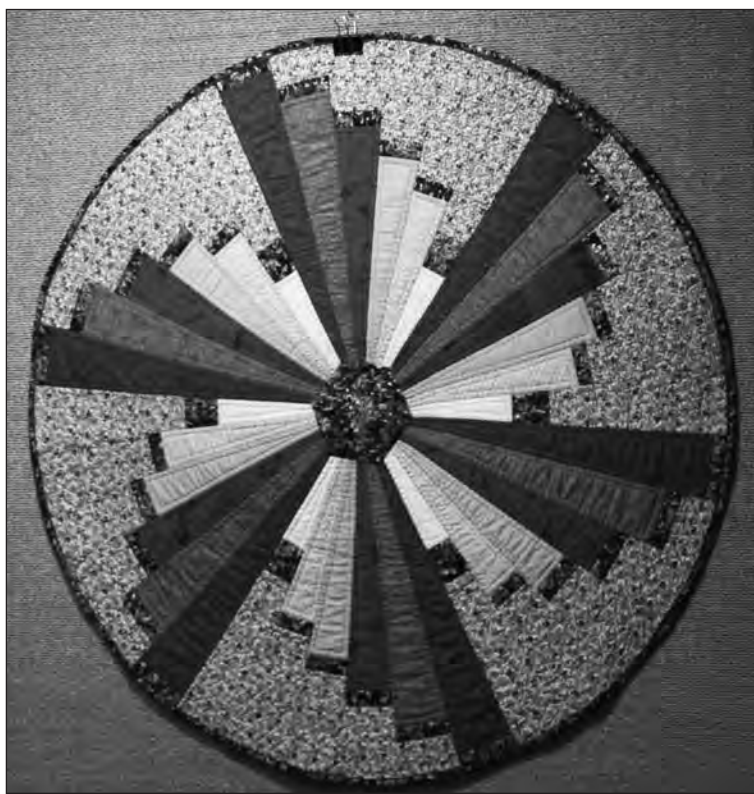
Marlys Rudeen, who has been quilting for about 10 years, does everything by hand.

"I like working in three dimensions," she said.

At the exhibit, one particular piece of hers used fabric with leaves on it. This was paired with hand-stitched three dimensional leaves, creating a matching circular wreath. Other group members use machines to do their quilting.

Marie Zimmermann, a founder of the group, had one piece that covered the entire

WOVEN



wonders

height of the carpeted wall used for exhibits. This piece had a darker color scheme featuring interesting fabrics.

"I like dragons," said Zimmermann, as she pointed to part of the quilt featuring dozens of little dragons.

"I've been quilting since the late '80s, early '90s. Ever since I've retired I've had a lot of time to devote to it," said Zimmermann, who was the former head of Highline's library.

Many of the projects show

just how devoted the group is to their craft.

Jan Walsh, also a founder of the group, talked about one project that took her two years. This was a rocking chair with total needlepoint on the backrest down to the seat.

While this project was not featured at the exhibit, other projects of Walsh's featuring needlepoint and crewel are on display.

Another founder of the group, Shirley Lewis, does mostly tra-

ditional quilting. With one of her projects, she bought one quilt which was made in the '70s, and restored it, putting her own spark into it.

Not all Quilts are Square by former Highline administrator Marie Zimmermann.

ditional quilting. With one of her projects, she bought one quilt which was made in the '70s, and restored it, putting her own spark into it.

She explained that part of the fun with quilting is that you can give the same fabric to a group of people, and each person will come up with something totally different.

While the group meets every Thursday that they can, they also participate in other events. They did an Art Walk in Olympia, which was a community organized process that featured local artists.

Also, once a year they do a retreat (this year's plan is to go to Cannon Beach), where they bring their sewing machines, or other crafts, and work on their projects together for part of the day, whilst the rest of the day they will shop, dine, and enjoy each other's company.

The exhibit, up for the entire month of April, shows many different types of fiber arts and portrays the originality of each artist.

Gallery hours are Monday through Friday, 7 a.m. to 9 p.m., as well as Saturday, open from 10 a.m. to 5 p.m., and Sunday from 2 p.m. to 9 p.m. Admission is free.

Fact, not fiction: SciFi fans gathering

By **MELINA BROWN**
Staff Reporter

Science fiction and fantasy lovers will gather in the SeaTac Doubletree Hotel on April 21-24 for the Pacific Northwest's Premier Science Fiction and Fantasy Convention, also known as Norwescon.

Each year writers and artists from all over the nation come to this convention, and that ranges from 3,000-3,400 people.

"This really is a literary convention. We promote the written word," said Public Relations Manager Patricia Booze.

Norwescon brings together both science fiction and actual science and technology.

"The science of the mind becomes the science of the future. If we dream it we can make it come true," Booze said.

Booze gave an example of how the characters in Star Trek had little ear pieces they used to communicate with and how today we have Bluetooth technology.

There will be at least 100 -150 professional science fiction and fantasy artists and writers with more than 400 hours of panel discussion.

"We also have writing workshops and dances," Booze said.

There will be three dances, the Thursday Night Hoedown, Carnaval de Stardance on Friday and It's Saturday Night. Carnaval de Stardance is Mardi Gras themed and It's Saturday Night is '50s themed.

Other events will include laser tag, the Stargate Scavenger Hunt, gaming, the Paranormal Fair and Midnight Movies.

There is also an art show that displays the work of science and fantasy artists both local and national.

The art show and dealers room is open to the public.

Special guests include artist Kinuko Craft and writer Patricia McKillip.

This is a family event and guests of all ages are welcome. There are activities for the younger generation such as the Children's Masquerade, a costume contest for kids.

Admission is \$50 for members and one day membership is \$40 from April 21-24. Festivities start at 8 a.m.

The Doubletree Hotel is located on 18740 International Boulevard in SeaTac.

For more information visit norwescon.org.

Jugglers toss Highline into their routine

By **JONNY MCGUIRE**
Staff Reporter

The famous juggling act Brothers from Different Mothers will be performing at Highline on April 26.

The Brothers from Different Mothers are two-time Guinness World Record holders and have performed their show in over 14 different countries.

They have also appeared on such television shows as America's Got Talent, where Sharon Osbourne called them "hilarious."

The Brothers perform a variety of different feats, such as spearing vegetables in mid-air, spitting ping pong balls at volunteers and the famous "machete leap of death."

The Brothers from Different

Mothers have received critical acclaim from a variety of celebrities, such as Piers Morgan, Jamie Lee Curtis, and Sharon Osbourne.

These half-brothers started their performing careers as professional hacky sack players. As they toured the world competing they began to incorporate comedy into their acts as a way to add depth to their performances.

The Brothers from Different Mothers will be performing at Highline on April 26 at 7:30 p.m. in Building 7. Tickets are \$15 for adults and \$5 for students.

To purchase tickets for this event contact the Des Moines Parks and Recreation at: 206-870-6527; or pay for your tickets at the door.



Half-brothers Matt Baker and Alex Zebre juggle flames while balancing.

What's Happening?

04.15

• *Tron: Legacy* is the featured movie on April 15. The movie begins at 12:30 p.m. in Building 29, room 104. The viewing is free. Movie Fridays is sponsored by the Highline Film Studies program and ILSC.

04.16

• Admission will be free at The Museum of Flight on Saturday, April 16. Museum President and CEO Doug King said today that Saturday will be a day to celebrate the institution's acquisition of a space shuttle trainer, and free admission is a way the Museum can show its gratitude for the community's goodwill and support during the Museum's long effort to bring a NASA space shuttle to Seattle.

04.17

• The Korean Music Association presents a musical fundraiser for Cornerstone Clinic at the Auburn Performing Arts Center. There will be a variety of musical talents this year including - pop, classical, folk, musical, and an opera gala show. All proceeds will go towards Cornerstone Clinic and to aid Japan's recent disaster. Tickets will be available at the door for \$20 each or you can call 206-550-6876.

04.21

• Highline High School Drama presents *Little Shop of Horrors*, a rock musical about a helpless florist shop worker who raises a plant that feeds on human blood. The show is at the Highline Performing Arts Center and starts at 7 p.m. Tickets cost \$12.00 for adults, \$8.00 for seniors & students w/ASB and children under 10. For tickets and more information call Bill Killian at 206-631-6737

04.22

• Lakeland Hills Elementary presents *Into the Woods, Jr.* at the Auburn Riverside Theatre. The Brothers Grimm "go Broadway" and offer up a cockeyed fairytale where all of your favorite characters - Cinderella, Little Red Riding Hood, Jack (and his beanstalk), and the Witch - meet and interact on their their journeys.

The public is welcome. The show starts at 7 p.m. Tickets are \$5. Call 253 315 3627 for information.

04.23

• Auburn Arts Commission's Bravo Series presents Alfred Hitchcock's *The 39 Steps* Broadway Performance. Alfred Hitchcock's award-winning *The 39 Steps* is Broadway's longest-running comedy thriller. Performed by a cast of four playing 150 unique characters. The show starts at 7 p.m. Tickets are \$25 or \$23 student/senior. Call Auburn Parks, Arts & Recreation at 253-931-3043.

• Seattle's acclaimed 5th Avenue Theatre brings its Adventure Musical Theatre Touring Company (AMT) to The Museum of Flight for a special performance of a new musical, *Rosie the Riveter*, on April 23 at 2 p.m. The show tells the story of the heroic women in the World War II workforce who built the airplanes that helped win the war, known collectively as "Rosie the Riveters." Admission to the Museum of Flight is \$16 for adults, \$14 for seniors 65 and older, \$13 for active military, \$9 for youth 5 to 17, and free for children under 5.

04.26

• *Puget Brass* is performing a free concert at the E.B. Foote Winery in Burien. *Puget Brass* is a 25-piece traditional British brass band. The performance starts at 7:00 p.m. All ages are welcome to attend this free event, and no reservations are needed.

04.30

• The Auburn Avenue Theatre presents *The Diamond Experience*, bringing the wholesome and heartwarming passion of Neil Diamond's music to the stage, performing well-known favorites such as Sweet Caroline, Song Sung Blue, Cracklin Rose and many more, with interesting facts and down home audience interaction. Tickets are \$17 or \$15 student/senior. Call Auburn Parks, Arts & Recreation at 253-931-3043.

05.20

• Janece Shaffer's new "dramedy," *Brownie Points*, is making its West Coast premiere at Taproot Theatre this spring. With \$10 tickets for ages 25 and under for all performances, students can enjoy great professional theatre for virtually the cost of a movie. Directed by Karen Lund, *Brownie Points* opens on May 20 and runs through June 18, with previews on May 18 and 19.

Rango aims at younger market

By JONNY MCGUIRE
Staff Reporter

For those of you out there that have always dreamed of being a chameleon sheriff battling robbers in the old west, your prayers have been answered.

A video game has been released for the motion picture *Rango*, a computer animated comedy film featuring the voice work of Johnny Depp.

In the film, Depp voices a chameleon named Rango whose terrarium falls from his owner's car in the middle of the Mojave Desert.

Rango soon finds himself in the town of Dirt, an old-west style town populated by desert animals such as rattlesnakes, moles, and prairie dogs.

In the game, players will take control of Rango in his fight against the bad guys, including several villains from the movie such as "Rattlesnake Jake" and "Bad Bill."

While Rango is geared toward the younger crowd, there is still some fun to be had for older players.

"Rango's core gameplay draws from many genres, so there's platforming, brawling, shooting, racing, etc. So anyone who likes games like Ratchet and Clank, God of War, and even Star Wars Episode I: Racer, will have fun, regardless of how old you are," said Casey



Rango wielding his signature popcorn shooter.

Lynch, director of public relations and business development for Reverb Communications, a video game public relations company working for Paramount Entertainment.

There are indeed a variety of things to do in *Rango*, such as Wild West shootouts, riding roadrunners and desert bats, and battling a variety of enemies ranging from rattlesnakes to alien rodents.

Historically, video games based on movies have been sub-par quality, however, this is simply not the case with *Rango*, Lynch asserts.

"Rango is the antithesis of a game based on a movie, a game category that doesn't have the greatest track record. It's tons of fun, there's lots of variety

from level to level and it's received lots of love from critics, which is always a great validation that all the hard work has paid off," said Lynch.

"The game really looks good as well, as all the original character designs come straight from the film team at Industrial Light and Magic (*Star Wars*, *Pirates of the Caribbean*)," Lynch said.

"The game also features music from the Hans Zimmer team, along with an original story from one of the writers of the film. Ultimately, it's a really fun game; you should definitely check it out."

Rango: The Video Game is now available for the Playstation 3, Xbox 360, Wii, and Nintendo DS entertainment systems.

Rainier Symphony heads east for weekend

By KELLY CASSINERIO
Staff Reporter

The Russians are coming to the Rainier Symphony this weekend.

The Tukwila-based group will be performing its Classical Concert Three, featuring works by three Russian composers.

Selections at the concert will include *Russian Easter Overture* by Nikolai Rimsky-Korsakov; *Cello Concerto* by Antonin Dvorak, with John Michel performing a solo on cello; and *Pictures at an Exhibition* by Modest Mussorgsky.

The symphony is a community orchestra in Tukwila composed of a diverse group of people including teachers, students, engineers and business professionals.

The music director of Rainier Symphony, David Waltman, conducts the orchestra through all their concerts and has been doing so for nine seasons. Waltman is also an artistic adviser for the Bainbridge Symphony Orchestra and guest conducts symphonies in Russia.

Rainier Symphony has performed with many internationally recognized musicians.

This season Ilkka Talvi, a world class violinist, will be a guest performer and will be seen in the upcoming concerts on April 16 and 17.

The concert on April 16 will start at 7:30 p.m. and be held at the Renton IKEA Performing Arts Center which is located at 400 S. Second St. Renton.

The concert on April 17 will

start at 3 p.m. and be held at the Foster Performing Arts Center which is located at 4242 S. 144th St. Tukwila.

Ticket prices are \$15 for adults, \$10 for seniors and students, and children 12 and under are free.

To buy your tickets, go to www.brownpapertickets.com or call 800-838-3006.

Transfer 101

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Attend this 45-minute session and find out more about:

- ▶ AA/AS transfer degree benefits
- ▶ Important deadlines when transferring
- ▶ Selecting your major and school
- ▶ Admission requirements

and MUCH MORE!

Tuesday, April 26
12:00 – 12:45 p.m.
Building 10, Room 105

Registration required.
Sign-up in the Educational Planning and Advising Center (Building 6)

Sponsored by Educational Planning/Transfer Center

T-Birds win amid substitution error

By JOSHUA HART
Staff Reporter

The Highline softball team won their first divisional game at Green River on Tuesday, 9-8, after losing their first seven games in the regular season.

The game against Green River ended in controversy, however.

Green River made an illegal substitution which gave them two outs in the seventh inning, Highline led by one run, then flew out to end the game.

The Gator substitution was spotted by Highline Head Coach Scott Dillinger and reported to the umpire, who then correctly recorded both players - the substitute and the player being substituted out - which left Highline pitcher Faith Baldwin with only one more out until the Highline win.

Dillinger did his job as head coach in reporting the illegal substitution, but the Green River players and fans weren't happy.

Coach Dillinger said that they were calling Highline "a dirty team" and that Highline "can only win by cheating."

Despite the ending to the game, Highline managed to score nine runs off of 12 hits that included an Evan Tullis triple, and doubles from Brittney Myers and Keri Spafford.

They picked up the win in the second game of the doubleheader against Green River after losing the first, 7-3.

"We picked it up last game," Highline first baseman Keri Spafford said of their performance against Green River.

Spafford added that they have been working on their hitting and that it showed against the Gators.

They also played Green River on April 6, losing 11-1 both



Corey Sun/THUNDERWORD
Highline catcher Brittney Myers makes contact with a pitch from Alexa Derrick.

times.

Highline pitchers Shannen Morgan and Faith Baldwin were tagged with the two losses.

Green River star pitcher Alexa Derrick picked up both wins.

Coach Dillinger said that it's tough when you have to face one of the top pitchers in the league on half of the eight games played so far.

"This is a sport where you can really ride one player to the top," Dillinger said.

Highline then went on to play on the road at Grays Harbor, losing both ends of the dou-

bleheader, 9-1 and 3-0.

Baldwin was the losing pitcher in both games, but she recorded 16 strikeouts in the process.

Grays Harbor freshman pitcher Shelby Pase picked up both wins.

Coach Dillinger said that Grays Harbor is slightly better than Highline, but that the games should have been closer.

The T-Birds took two losses to first-place Pierce on April 9.

They got outscored 24-1 over the two games. The first was 8-0 and the second 16-1.

Shannen Morgan was the

unlucky pitcher for Highline, marked as the losing pitcher both games.

The T-Birds managed only three hits over both games, compared to Pierce's 27.

In the six games leading up to the second doubleheader against Green River, Highline was outscored 54-4.

"We just haven't gotten that dirt feeling," Spafford said.

Spafford said that they just needed to get out on the field earlier in the season.

She added that they got stuck inside a lot more than they would have liked.

"We are just undermatched," Dillinger said.

He added that these are the players they have and that they will do the best they can.

"We need to communicate more and move our feet," Spafford said of the defensive woes for Highline.

The T-Birds have committed 22 errors to date over the course of eight games.

Spafford said that catcher Brittney Myers and outfielder Lisa Sykes are the leaders on the team, and that they always keep a positive atmosphere alive despite the early season defeats.

Coach Dillinger said that he is glad that he gets to work with this group of T-Birds, despite the early season struggles.

"This is a fun group to work with," Dillinger said.

Highline played South Puget Sound on Wednesday with results unavailable at presstime.

The T-Birds face only two opponents this week, but both are on the road.

The first is against Centralia on Thursday, April 14 at 3pm.

Then Highline face South Puget Sound on April 19, before taking a couple days off until their April 22 matchup against Centralia.

The Scoreboard

Women's SOFTBALL				
	W-L	PCT	W-L	
Bellevue	6-0	1.000	13-1	
Everett	4-0	1.000	9-9	
Shoreline	6-2	.750	6-9	
Douglas	3-2	.600	4-3	
Olympic	1-3	.250	1-3	
Skagit Valley	0-4	.000	0-4	
Edmonds	0-8	.000	0-12	
Wenatchee Valley	12-1	.857	20-2	
Walla Walla	11-2	.846	19-5	
Columbia Basin	9-5	.643	16-10	
Spokane	8-6	.571	11-12	
Treasure Valley	7-7	.500	11-12	
Big Bend	5-9	.357	12-12	
Yakima Valley	3-10	.231	10-14	
Blue Mountain	0-14	.000	2-20	
Pierce	9-1	.900	12-3	
Green River	6-4	.600	6-4	
S. Puget Sound	3-3	.500	4-7	
Centralia	4-6	.400	4-11	
Grays Harbor	3-5	.375	3-9	
Highline	1-7	.125	5-7	
Clackamas	4-0	1.000	8-1	
Mt. Hood	4-0	1.000	6-4	
SW Oregon	4-0	1.000	12-6	
Chemeketa	0-4	.000	1-12	
Clark	0-4	.000	7-10	
Lower Columbia	0-4	.000	4-6	

Snowy March extends ski season into spring

By MATTIE MICHALEK
Staff Reporter

More mountain snow means an extended spring ski season in the Northwest.

Thanks to the strong La Nina weather pattern, the Pacific Northwest has seen enormous amounts of snow, with promises of more on the way. The Washington State Department of Transportation reported that up to 15 feet of snow fell last month. This is one third of a typical season's snow in just one month.

While some resorts will be closing in April, others are in it for the long haul.

This year, Crystal Mountain

will operate well past its typical mid-April close. The new Mt. Rainier gondola gives people access to upper mountain skiing, as well as scenic rides for hiking and sightseeing. The extra snowfall has also contributed to the longer spring ski season.

"There's just tons of snow," said Crystal Mountain spokeswoman Justus Hyatt. "Our snowpack has over 500 inches of snow, which is more snow than in over a decade."

Hyatt predicts that the ski season will last until mid-June, maybe even to July. Daily ticket rates are \$63 or \$73 with the gondola. Lifts run Sunday through Friday, from 9 a.m. to

3:30 p.m; and Saturday 9 a.m. to 5:15 p.m.

The Summit at Snoqualmie has closed down the more family oriented West ski area, as well as East, but the main ski area, Summit Central, remains open. Summit Central features an award-winning terrain park as well as many runs for various skill levels. A full day ticket runs for \$58 and hours are 9 a.m. to 4 p.m. all week.

For the more advanced skiers and snowboarders, Alpentel also remains opens. Alpentel is home to some of the most challenging terrain in North America, and because of its higher elevation, usually remains open the longest.

On the other hand, Stevens Pass, located just about two hours away from Highline, will be closing for the season this Sunday, April 17.

Luckily, Stevens Pass always likes to end on a good note.

On Sunday beginning at 9 a.m., Stevens Pass will feature Springfest, an activity loaded day with fun competitions, prizes, and music.

All the benefits of Springfest go to the Outdoors for All Foundation, a non-profit group providing opportunities for children and adults with disabilities.

Stevens Pass is open Thursday through Sunday and tickets cost \$60.

Legislature

continued from page 1

state's 34 community or technical colleges, they retain that same identification number throughout the system no matter which community or technical college the student attends within Washington State.

Having a common student identification number will help students wanting to transfer, one of the bill's sponsors said.

"The bill will benefit students by eliminating barriers to transfer from one school to another within our state's community and technical college system," said State Sen. Scott White, D-Seattle and a cosponsor of the bill.

There are multiple benefits of this bill, he said.

"By assigning common student identification numbers throughout the system, we are also streamlining many administrative processes that will ultimately save the state money so that we can focus our higher education dollars directly on student learning," White said.

This bill is likely to be signed into law by the governor, he said.

"The bill received broad support from the State Board for Community and Technical colleges, students, faculty members, legislators, and the public at large and received unanimous support in both the House and Senate. I fully expect the governor to sign it into law," Sen. White said.

The measure would go into effect 90 days after the governor signs it.

The sponsors for the bill are Sen. Derek Kilmar, D-Gig Harbor, Sen. Randi Becker, R-Eatonville, Sen. Jim Kastama, D-Puyallup, Sen. Paull Shin, D-Edmonds, Sen. Rodney Tom, D-Bellevue, and White.

"I was proud to be a cosponsor of this measure to help students and increase efficiencies in community and technical colleges throughout the state," Sen. White said.

This bill is not the only one that could affect Highline students.

Senate Bill 5868 would charge higher tuition for students with excess credits or prior degrees.

If this senate bill is passed, prices for excess credits would increase. A five-credit class would cost a student \$1,500 instead of \$500.

The sponsors for this bill are Sen. Tom and Sen. Joseph Zarelli, R-Ridgefield.

Many college officials spoke out against this bill with concerns for students going back to colleges for career changes, those needing prerequisites for graduate school admission, and



State Rep. Tina Orwall

students pursuing a teaching certification.

Some officials said that this bill would not affect enough students to make it worth it to pass the bill and could end up costing more money than it helps to bring in.

This bill has passed by Senate Higher Education Committee on Higher Education and sent to the budget-writing Ways & Means Committee.

The bill got a hearing there on March 24, but no action has been taken since then.

Meanwhile, House Bill 1163 aims to end bullying in schools, including in college.

This bill will create a work group on preventing bullying, intimidation, and harassment and increase student knowledge about mental health and youth suicide.

It requires the work group to examine and recommend policies to protect K-12 students attending community and technical colleges from bullying and harassment, in collaboration with the State Board for Community and Technical colleges.

Past reports on bullying in college is one reason why this bill was created.

"Due to reports of bullying in school, and in some cases it has led to suicides, the bill was introduced to assist young people," said Lesley Roberts, the legislative assistant to State Rep. Pat Sullivan D-Covington, a co-sponsor of the bill.

House Bill 1163 has passed through the House and the Senate and is being delivered to the governor for her signature.

"I am very pleased that house bill 1163 has passed the Senate and is on the way for the governor's signature," said Rep. Tina Orwall, D-Des Moines.

"This is a very important bill to have both community colleges and K-12 institutions to do more formal planning and intervention on bullying. I also worked with the sponsor, Rep. Marko Liias, (D-Mukilteo) on suicide prevention for youth," said Orwall, also a cosponsor.

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Increasing number of students turn to program for assistance

By ELIZABETH MIKLOVICH
Staff Reporter

Women's Programs and WorkFirst Services have seen the number of students they serve triple.

"We have over 700 students that we are assisting," Director Deana Rader said.

The unemployment rate in King County is currently 8.6 percent.

Meanwhile, with a higher poverty threshold for receiving benefits, many families have lost their funding for child care.

These programs and the lack of funding for them accounts for the high number of students that Women's Programs and WorkFirst are currently assisting, Rader said.

Rader explained that Highline works with the Basic Food and Training Program (BFET) to assist families who are trying to obtain child care.

The BFET program can provide financial assistance for students who meet the food stamp guidelines but are not receiving WorkFirst cash.

"Having the Washington Children's Home Society moving into the campus child care



Deana Rader

center has helped not just students, but staff and faculty as well," Rader said.

There is currently a wait list for the facility.

Beyond that, Women's Programs continues to work on a variety of issues.

"Our main focus this year is on domestic violence. We are seeing on average one case a week instead of our historical one case a month," she said.

"We work with Domestic Abuse Women's Network (DAWN) in helping victims of domestic violence," said Rader.

Limited counseling services are offered in the program office.

"We use a strength-based approach with students. It is a great mentoring program,"

Rader said.

The Women's Programs and WorkFirst Services offer several classes and seminars throughout the year.

They include: self-defense, domestic violence awareness, sexual health classes, and classes on repairing your credit. Men are also encouraged to attend these classes.

The program also offers a workshop orientation to Highline, for those considering their educational options.

The workshops held on Mondays and Wednesdays starting in June and running through December.

They are held in the Inter-cultural Center, in Building 6, room 151 and are free to all who are interested in attending.

Men are encouraged to attend the workshops as well.

The next event is the Annual Women's Celebration on May 4. The key note speaker is Magdalen Hsu-Li, who will discuss the intersection of race, gender, and the arts.

For more information on Women's Programs and WorkFirst Services, visit www.highline.edu/womens_programs, or visit their office in Building 6.

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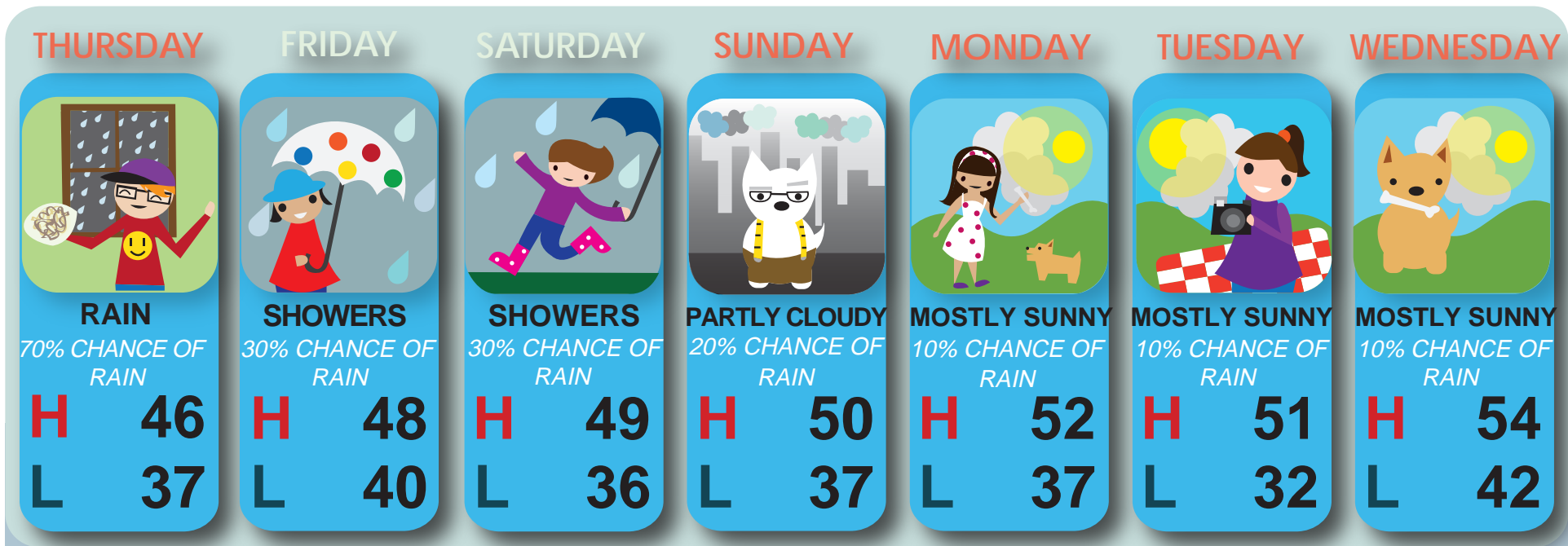
* To guarantee review. Applications submitted after April 15, will be considered on a space-available basis.

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Budget

continued from page 1

dent aid and allowing flexibility for tuition increases, he said.

The Senate's budget proposal retains \$124.4 million in state

general funds for financial aid to compensate for the 11 percent tuition increase that community and technical colleges would face each year.

Under SB 5924, the Senate has also proposed to charge non-needy Running Start students 10 percent of their tuition.

"The numbers are bad, but there is no way around it," said Rep. Seaquist. "We are at the downfall of a very serious recession, and we need to manage these cuts toward a better future for higher education."

In light of the harsh cuts, the worker retraining program

would receive \$15 million in state funding, providing an additional 1,617 positions for students who were left out of work due to the poor economy.

The budget provides student work study with \$23.2 million in state general funds.

Although the funding is be-

ing reduced, the Senate is still preserving the program, in contrast to the House budget that suspended the funding completely.

"We're hoping this is a low point and the state can help the institutions move forward into a better future," Seaquist said.

Reaction

continued from page 1

possible to afford," she said.

Several students said that the rise in tuition would limit their book money, typically the extra money left over after tuition is paid from grants or scholarships they receive.

Another student is in the same situation where she relies heavily on financial aid to go to school. "This quarter I'm only taking 12 credits and because of that I had to pay for a quarter of my tuition," she said.

She doesn't have a job, making her paying for tuition very hard.

"I'm going to school to get credits in order to get a job," the student said. With the increase going into effect she highly doubts she will be able to continue her education.

Deborah Ho said she wouldn't be able to attend school.

"With no financial aid I would have to have two jobs," said Ho.

Some students say they likely will cut back on classes.

Mack Schlesinger said he

will have to check to see if his financial aid will cover the tuition hike.

"Maybe I would take one class per quarter," said Schlesinger.

"I'm already working full-time, so I'm guess I'm going to have to take fewer classes," said Kevin Price.

"That's all bad," said student Sunny Minhas, upon hearing that tuition could increase in the fall. "Maybe I could afford one or two classes, but without financial aid it would be hard to take a full load."

"I would definitely have to work more to keep taking classes," said student Jared Lewis.

Others say they might drop out of school altogether.

"I might not come to school. It might be too much," said student Yodit Alemu.

The tuition increase would make it especially hard for international students, who already pay more than resident students.

International student Nigo Siang said she would have to take fewer classes if the tuition was raised because "We are not supposed to have part time jobs."

Another international student

said that it would be much harder for her to go to school. She said the best she could do would be to try to find a job on campus; otherwise she would have to take fewer classes.

One student, Christina Pom, will have to face the tuition increase head on as this is her last year of Running Start.

"I was already worried about having to pay for tuition next year," said Pom. With the tuition increase she has started thinking more about her future once she is done at Highline.

"Is the University of Washington a possibility anymore?" she asked.

"I would just have to get a job playing poker," she said jokingly.

Some say the increase in tuition won't have as great of an impact on them.

Emily Huynh said she wouldn't have to worry about paying more, but she did say she would possibly have to get a job or pay for the extra amount herself.

Student Sean Brinkmann said it wouldn't be much of a problem for him. "I have money and I can afford it," he said.

The increase did not come as a surprise to student Jordan

Okamoto, because many other schools have also been facing raised tuition, and his parents would pay for his classes.

Still others say they will push through and try to finish college the best they can.

"I'm going to school anyways, because I want to finish in two years," said student Huzail Semakula. "I might have to find a new job, but either way I'm going to finish in two years."

"I plan to move on and get a BA," said one student. "With-

out the help of those grants and loans it will be really, really hard to go to school."

While some students are looking for second jobs or better paying jobs to cover the increase in tuition, one student said "money isn't a reason to give up on a career choice."

As one student said, "It's going to drive me to do a little better. You just gotta get it done."

Thunderword reporters TJ Squires, Derek Ngor, Max Henry and Seth Powell contributed to this report.

Unity through Diversity Week returns to Highline

Unity through Diversity Week runs from Friday, April 22 – Saturday, April 30 this year.

This year's Unity through Diversity Week offers seven days of lectures surrounding topics concerning diverse populations.

This year the week will end

with the Teaching Equity Conference that is designed "to increase future teachers understanding of how to work effectively in a diverse classroom," according to the MultiCultural Center's website.

The conference costs \$30 to attend and includes lunch. You must register in advance to attend by going to www.TeachingEquity.com.

If you are interested in attending you may find additional information at the Teaching Equity Conference website or at the Multicultural Services website at www.highline.edu/stuserv/multicultural/unity-week.

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