

Vandalism shocks, surprises campus

Budget

Destruction of PRISM posters leaves hurt feelings, concern

By VICTORIA DOM

Staff Reporter

Posters for Highline’s PRISM club were repeatedly vandalized this month. PRISM is a club that strives

to create a safe environment for the heterosexual and lesbian, gay, bisexual, transsexual, and questioning (LGBTQ) community and their allies. Club president Sinead Baylon discovered promotional flyers that were marked with anti-gay slurs last week, and a number that were torn down completely. “It’s sad, and I’m angry, but obviously I took them down and reposted new flyers,” said Baylon.

The club has filed a report with Campus Security and is pursuing the incident as a hate crime. PRISM represents all students, so when the club is targeted it is not only the members that are being affected, but every student as well, Baylon said. Formerly named the Gay Straight Alliance club, the group has faced numerous attacks in the past, reaping the negativity of homophobia in society.

Marginalization of the LG-BTQ community has come as a surprise to many Highline students, namely because of the rich cultural diversity within the college. “We’re still a diverse school, but if people are defacing literature that is being put up for free speech, they’re completely taking away the first amendment right,” said Highline student Erica Pozgay.

See Vandalism, page 20

woes forcing job cuts

By VICTORIA DOM

Staff Reporter

Highline is facing yet another chop from the budget axe as the college has begun preparation for more reductions next year. While the state’s budget situation is still unfolding, it is clear that the college must make major cuts into the biennium that cannot be fully offset by excess tuition revenues, said Highline President Dr. Jack Bermingham in a recent announcement.

The executive staff is left with the difficult task of filling the hole punched in the existing budget by \$1.86 million in state budget reductions. The college’s operating budget is currently supported with about \$25 million in state funds. The 2011-2012 reductions have been identified now in order to allow affected staff and departments time to prepare for the impending changes before the fiscal year ends on June 30, said Dr. Bermingham.

The inevitable budget cuts will result in a program closure, several reorganizations, position eliminations, substantial reductions in part-time faculty, and reduced funding for supplies, equipment, and technology. “With over 80 percent of the college’s budget tied to salaries and benefits, staffing levels predictably took the most substantial hit in the current cuts,” he said.

Twenty-two positions were eliminated across campus, making 72 positions that have been lost since 2009. Although 15 of the positions were vacant, one

See Job cuts, page 19

By THUNDERWORD STAFF

The handheld convenience of texting may be so popular because of its convenience, students and faculty say. “It’s a lot faster than a phone call if you just want to ask one question, you don’t have time for a long conversation, or you really don’t want to talk to your distant aunt on the east coast very much,” said Davis Savage, a Highline student. This convenience can become a distraction, however, when student’s text in class and so some avoid doing it. “I text frequently in between classes, but never during class,” said Reilly Hannigan, a Highline student. “I lose track of the lecture too easily if I’m on my phone.” Michele Manber, a Highline psychology instructor, has mixed feeling over whether texting has a place in the classroom. “When they [students] are in class they are not able to be ‘in class,’ in terms of listening and absorbing the information,” Manber said.

She added that she is not bothered by the interruption as much as some professors are. Manber said she has even asked her students text rather than whisper to one another. “It’s quieter than talking and sometimes faster,” she



said. Other students say they only text in class if they know the material already, or if they are in the middle of an important conversation, via text message. “I never have my cell phone on me in class,” Sav-

age said. “Before class starts, I put it in my backpack so it doesn’t pose a distraction.” But some students report that keeping conversations going via text messaging can sometimes be challenging. However, they have found ways to maintain their texted

conversations. “I text a lot and try to not reply with less than one sentence,” said Ricki Mudd, a student at Highline. “If I put a lot of thought into it, and the other person

See Text, page 19

INSIDE THIS ISSUE



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Taiko club drums to its own beat



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Personal fitness student bulks up



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Softball player leads from the outfield

Weekend Weather



More clouds. Really.

Full forecast|P20



Crime and Punishment

Crime cools down as weather warms up

As winter settles down, so does the crime on campus.

This past week security has reported no crime on campus, which differs from past weeks.

A typical week includes car thefts, break ins, and malicious activity.

"As the weather gets better, you'll see crime starting to fall on campus," said Security Chief Richard Noyer. "The better the weather, the quicker students want to leave."

"After Spring Quarter you can expect things to change," said Noyer. "Everyone is out of school, and outsiders tend to wander on campus."

The weather is getting better and everyone seems to be happy.

Don't let this catch you off guard.

"Because of the nice weather, people tend to leave their car windows down. Roll them up," Noyer said.

"When you're walking around campus, know your surroundings. If you don't feel comfortable, call us," said Noyer.

Personal problems and stress also attribute to the crime here on campus.

"Outside problems such as family, financial standing, and work increase the chances of criminal activity," Noyer said.

School can also be a factor in crime.

"The pressures of school work and paying for school financially can also lead to crime," he said.

Though these crimes seem to be random, Noyer sees a pattern.

"Everything goes in cycles," Noyer said.

"One month we'll get a rush of car break ins and thefts, and the next we'll have theft of personal belongings," he said.

"For more tips you can go to the [security office's] main website," said Noyer, www.highline.edu/admin/safety/crime.htm.

The security officers are on duty 24 hours a day, seven days a week.

For more information, call 206-878-3710, ext. 3218.

They are located in Building 6, room 105.

- Compiled by ELZIE DICKENS III

Secretary of State coming to campus

By SETH POWELL
Staff Reporter

Washington Secretary of State Sam Reed is coming to Highline on April 28 to speak to students about voting.

Reed's visit is part of his annual college civics tour, on which he visits many of Washington's colleges and speaks to students about voting.

Last week he traveled to 19 colleges, and there are still many more still in his upcoming tours.

The Secretary of State took office in 2000 and is in charge of supervising state and local elections as well as the State



Sam Reed

Archives. Also he launched the nation's first state government digital archives to rescue disappearing electronic history.

He is also the state's chief

corporations officer. Deputy Communications Director Brian Zylstra said that Reed has been doing this tour since 2005.

Reed does the tour every year to encourage college students to vote and engage themselves in their communities.

"It's important for students to realize their collective voice is powerful and that they need to exercise it through their ballot and through being involved," said Reed.

People between the ages of 18-24 comprised only 5 percent of people who voted in 2010.

By this measure, they are the least engaged age group in Washington.

"I think it's because they aren't plugged into what's happening in their home towns," said Zylstra.

Zylstra also said that it is easier now than ever to vote even when living away from home, since people can have their ballots mailed to them.

Through Reed's speaking, Zylstra said he hopes that more college students will register to vote and become more involved in their community.

"We hope to encourage college students to take a greater interest," he said.

Reed will be speaking at 8 a.m. in Building 7 on Thursday, April 28.



News Briefs

Relay for Life's all-night event needs volunteers

The "Relay For Life American Cancer Society" all-night event is in need of volunteers from June 11-12 at Mt. Rainier High School's track.

Relay For Life gives communities a chance to support those who have battled cancer.

Teams of people will camp and take turns walking or running around a track for 24 hours.

"We will need students who can stay overnight or for a block of time to help walk around the track. I'm looking for four students who can help lead the event that night too," said Robyn Richins, Highline life skills instructor and Work First retention advisor.

Students who are interested in participating need to sign up online at www.relayforlife.org/highlinewa and join Highline's team.

They are also encouraged to have their family and friends donate online by going to the same website and searching for the student's name.

For more information, email Richins at rrichins@highline.edu. The address for Mt Rainier High School is 22450 19th Avenue South, Des Moines, WA 98198-7699.

Give your time to the Spring Festival

Volunteer at the Spring Festival, hosted by Outreach Services on Friday, May 13 from 9

a.m. to 1 p.m.

This event includes a college fair, college and career related workshops, live entertainment, a lunchtime barbeque, and more.

Tanisha Williams, program coordinator for Outreach Services, says about 25 more volunteers are still needed. Set up begins at 7 a.m. and clean up goes until 2 p.m.

Volunteers are most needed in the morning from 7:30 to 9:30 a.m., to help greet the buses of students as they arrive, pass out bags to them, and guide them from the parking lot to the student union building.

Those interested should email Williams at twilliams@highline.edu with the times they are available.

Attend the Safe Zone education program

Attend the Safe Zone Workshop sponsored by Multicultural Services today from 11 a.m. to 1 p.m. in Building 2.

The Safe Zone education program is part of a national program that focuses on basic gay/lesbian/bisexual/transgender/questioning (GLBTQ) concepts, definitions, theories and building skills to help students confront homophobia and heterosexism.

The main focus of this workshop is to educate and equip people with strategies to address individual and institutional forms of homophobia. Everyone who attends will also receive a Safe Zone Sticker.

Attend the free seminar on precious metals

Highline business instructor Bill Webster will talk about precious metals in a free seminar next week.

Webster will speak on Tuesday, April 26, at 1:30-2:30 p.m.

in Building 19, room 203, talking about precious metals such as gold and silver as part of one's investment portfolio.

This meeting is sponsored by Highline Student Small Capital Investment Club. They will have pizza and beverages for those who attend.

Welcome back the LTC to Building 9

Celebrate the return of the Learning and Teaching Center (LTC), now back home in the downstairs of Building 9.

An open house will be held in the downstairs of Building 9 today from 2 to 4 p.m.

There will be coffee and cookie bars for those who attend.

The LTC will now have a self-service kiosk to check out learning and teaching books, an office area with two desks and computers, a conference table, couches for relaxing or chatting and much more.

Apply for the Shirley B. Gordon award

Applications are being accepted for the Shirley B. Gordon Award for Academic Excellence.

This award is for 2010-11 graduating Highline students who have benefited their communities and excelled during their community college experience.

Students must have a minimum 3.5 GPA, clear educational goals, and have demonstrated service to Highline and their community for the past three years.

It's also important for the student to have a letter of recommendation from a faculty sponsor.

The earnings from the Shirley B. Gordon Endowment fund this scholarship award for Aca-

ademic Excellence.

The award was established in honor of Dr. Gordon, who served Highline for 29 years.

The \$1,500 award will be announced and presented by the current college president at Highline's commencement ceremony on June 9, 2011.

The Shirley B. Gordon award application forms are available in the Foundation Office, Building 99 room 248.

Completed applications must be turned into the Foundation Office by Friday, May 13, 2011.

Upcoming scholarships

- The Abbott and Fenner Scholarship due June 18.
- Highline Academic Achievement Scholarship due July 25.
- Highline Community College Foundation scholarships due May 13.
- AES Engineers Scholarship \$500 award due Oct. 7.

To get more information about these scholarships and others, visit the Highline financial aid website, www.highline.edu/stuserv/financialaid/scholarships.htm.

Corrections

In the April 14 issue it was announced that the Annual Women's Celebration would be held on May 4 with the key note speaker to be Magdalen Hsu-Li.

The Women's Programs 29th Annual Celebration will be held May 17, 18, 19 and 20.

The theme this year is Sustain Together, Opportunity and Peace (STOP!).

The keynote speaker will be Brenda Clubine on May 17 at 10:45-11:30 a.m. in Building 7.

Events held on May 18, 19, and 20 will be in Building 8 in the Mt. Constance and Olympus rooms starting at 10 a.m.

For more information visit www.highline.edu.

Unity Through Diversity Week returns to Highline

By ELLENA FLOYD
Staff Reporter

This year's Unity Through Diversity Week will challenge students to explore tough social issues.

Highline's 14th annual Unity Through Diversity week will kick off on April 22 and end on April 30 with the Teaching Equity conference for future educators.

The week will include scheduled speakers, discussions, and cultural entertainment.

Highline's Unity Through Diversity Week was started in 2001 as a forum for increasing awareness around issues of social justice and injustice. Created by Toni Castro, vice president of Student Services, the program has showcased renowned speakers and cultural entertainment.

It is organized by a partnership of the Multicultural Services Center, Student Programs, the Learning and Teaching Center, and the Teaching Equity conference.

This year's theme is "Raising Disturbing Questions," and it explores social issues such as racism, the educational crisis affecting African-American and



Laura Reboloso photo

The Laura Reboloso Group mixes different music genres to create a sound all their own.

Hispanic students, and the high rates of homeless gay youth.

"We must talk about the tough stuff," said Yoshiko Harden, director of Multicultural Services and Student Development.

Cultural diversity is not just about potlucks and cultural fairs, said Harden.

She said she believes every individual should be interested in the social issues affecting all groups of society.

"If we think about multiculturalism as competencies, as skills like reading and writing, then everyone should be invested into multiculturalism," said Harden.

The Unity Through Diversity Week is an opportunity to gain awareness beyond one's own experience, she said.

This year's events will also include cultural performances

by the Laura Reboloso Group, Bomba de la Buena en Seattle, Angel "Balance" Reyes, Grupo Bayano, and Garinaga.

Highline's fourth annual "Divas in the Spotlight" drag show will return with a showcase of creativity and artistic sass.

Events this year include:

•Friday, April 22

*Relationships Precede Learning: Stuff You Can Really Use on Monday to Enhance Student Motivation and Performance, workshop with Dr. Derek Greenfield, North Carolina State University, noon-2 p.m., Highline Student Union, Mt. Constance room.

•Monday, April 25

*"How does it feel? -- Black and Brown as Problems in Higher Education," lecture by Dr. Derrick Brooms, 11-11:50 a.m., Building 7.

*"Is Hip-Hop Keepin' it Real?: Hip-Hop as Metaphor/Inspiration for Empowerment and Social Justice," lecture by Dr. Derek Greenfield, North Carolina State University, 12:10-1:13 p.m., Highline Student Union, Mt. Constance room.

•Tuesday, April 26

*"What's going on with Racist and Unjust Discipline policies in Seattle Schools?" Seattle Young People's Project, 10-10:50 a.m., Building 7.

*"Why are the majority of homeless youth Queer?" a workshop with Queer Kidz and Queer Youth Space, noon-1:30 p.m., Highline Student Union, Mt. Constance room.

•Wednesday, April 27

*"Revolutions from the Margins: When is the right time for a revolution?" Highline faculty panel, 10-10:50 a.m., Building 7.

*"Inside Job: Is the on-going economic crisis criminal?" film and discussion, 11 a.m.- 1:13 p.m., Highline Student Union, Mt. Constance room.

•Thursday, April 28

*Boys of Baraka 2011, video/discussion by De'Von Brown, 11-11:50 a.m., Highline Student Union, Mt. Constance room.

*Laura Reboloso Group, musical performance, 12:10-1:13 p.m., Building 7.

*Divas in the Spotlight, drag show, 6-8 p.m., Highline Student Union, Mt. Townsend room.

•Friday, April 29, 2011

*Afro-Latin@ Reader, a book about the experiences of black Latinos in the U.S., and Bomba de la Buena performance and discussion, noon-1:30 p.m., Building 7.

•Saturday, April 30, 2011

*Teaching Equity Conference, 8 a.m.-4 p.m., cost \$30, various locations on campus.

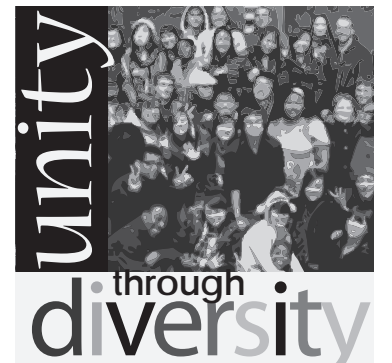
*Reception and Book Signing, Afro-Latin@ Reader, with editors Miriam Jiménez Román and Juan Flores, 4:30-6 p.m.

For more information about Unity Through Diversity week, visit www.highline.edu on the Multicultural Services page.

To register for the Teaching Equity Conference, visit www.teachingequity.com



Yoshiko Harden



Get equipped to teach diversity at the Teaching Equity Conference

By ELLENA FLOYD
Staff Reporter

The third annual Teaching Equity Conference will give future teachers an opportunity to gain valuable insight and skills for working in today's diverse classrooms.

The conference will be held during Highline's Unity Through Diversity week on Saturday, May 30, 8 a.m.-4 p.m.

The conference was created in 2008 by Patricia McDonald, Highline's coordinator of the Education Department, after she was given a grant to support non-traditional students in education.

The goal of the Teaching Equity conference is to educate and inform future teachers about the importance of being

culturally competent professionals and to give students of color an opportunity to explore career options in the education industry, McDonald said.

"All future teachers must know that one of the most important parts of their craft will be to develop cultural competence, that ability to understand, communicate with, and effectively interact with students across cultures," said McDonald.

McDonald said she believes that relationship proceeds learning in the classroom, and cultural competence is the key to building those relationships.

The conference is made possible this year by partnering with Central Washington University, Highline, the Center of Excellence for Careers in Edu-

cation, the Washington Education Association (WEA), Kent School District, the Foundation for Early Learning, and Career and Technical Education of Washington (CTE-WA).

This year's keynote speaker will be Dr. Jeffrey Duncan-Andrade, associate professor of Raza Studies and Education Administration and Interdisciplinary Studies at San Francisco University.

Duncan-Andrade's nearly two decades of experience has taken him to places around the country and abroad, such as Brazil and New Zealand, to educate teachers about effective practices and methods for instructing students of all cultural backgrounds.

His many publications on urban education, urban teacher

support and development, and effective pedagogy (or teaching) in urban settings have been published by journals such as the Harvard Educational Review and Qualitative Studies in Education.

Conference participants will also be engaged in workshops and focus groups pertaining to cultural diversity in the classroom, educational funding options, career placement, and state requirements for the early learning and K-12 industries.

Some of the topics covered will include "Why Teach?" "Education and Social Justice," "Preparing Students of Color for a Teaching Career," "A Critical Dialogue on Poverty," "Racism and Education with a Strength-Based Lens," and "Soy Bilingue: Language, Cul-

ture, & Young Children."

Participants will be given an opportunity to ask questions, seek advice, and establish mentors from the Minority Leadership Conference, which will be occurring simultaneously on campus.

The Minority Leadership conference attracts teachers from all over the state and is sponsored by the Washington Education Association, Washington State's largest teachers union.

The cost for the conference is \$30 and includes breakfast and lunch.

Registration begins at 8 a.m. on the first floor of the Student Union building.

For more information or to register, visit www.teachingequity.com

Editorial comment

We need to preserve higher education

Higher tuition and state tax exemptions are working together against higher education.

Tax exemptions contribute to revenue shortfalls, which results in budget cuts. This shortfall is the reason that, once again, tuition increases lurk in the near future. Higher tuition means that less people can afford higher education.

Unfortunately, it seems that the government looks upon higher education as a mere luxury. They don't take into account that there is a correlation between higher education and productivity gains.

You don't have to be a genius to do the math. More people with less education means that we will have a less educated generation to lead us in the future. That should concern us.

These budget cuts and tax exemptions are hurting the future of our county's economic health.

As leaders, the government should be more than willing to help sustain the peoples' opportunity for higher education.

One way that they can do this is to take a very close and skeptical look at the current tax exemptions in the state.

There is currently a tax exemption for cosmetic surgery sales tax that has an estimated cost of \$12 to \$14 million.

This is an example of a rather absurd tax exemption. While some exemptions help more than they hurt — such as exemptions on some businesses, which provide jobs for many people — allowing people to skip out on paying sales tax on their non-essential cosmetic surgery obviously doesn't play a crucial role in the economy. (And no, the "perfect nose" is not an essential.)

Similarly, there is a sales tax exemption on Golf and Country Club memberships, which is estimated at \$2 million.

We should be willing to pay a little more for our luxuries, especially if it can help give more people the opportunity to get a college education and a better life. After all, the benefits will be reaped by the whole country when we see new breakthroughs and productivity gains, which go hand in hand with education.

If we expect our economy to recover, we cannot afford to be continually cutting funding for higher education and raising tuition. This is not the answer to our financial woes.

The aftermath of these cuts will be felt several years down the road, when our country is further in financial trouble because our workers don't have the education necessary to keep up with the ever-advancing future.

Our country cannot afford to lose higher education. It will hinder the recovery of our economy.

It all comes down to one question. What are we willing to do to ensure a successful future for our country?

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.

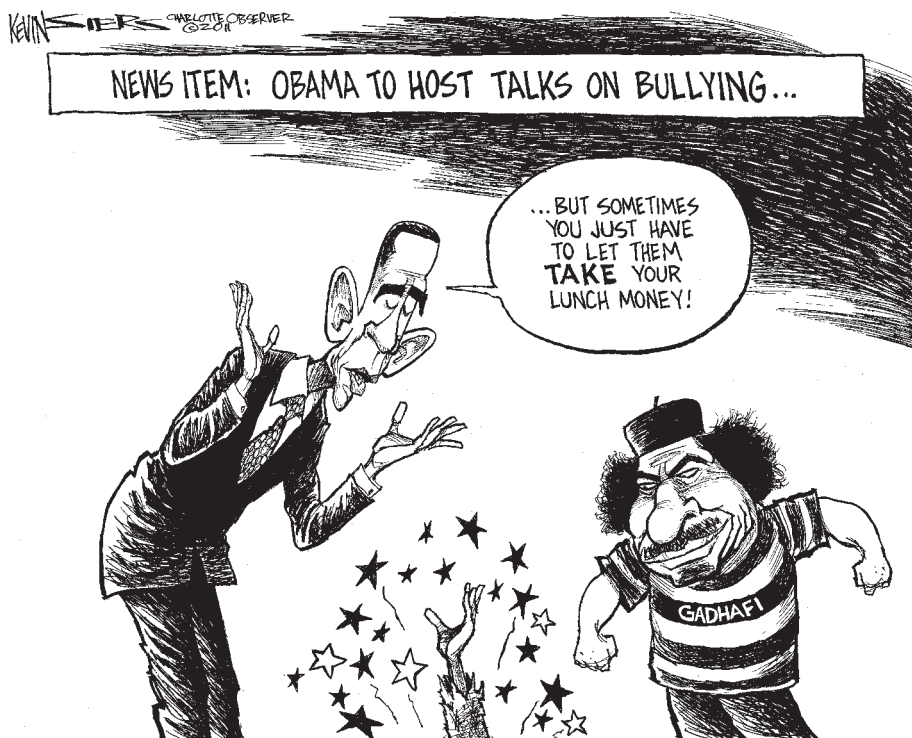
Letters should be no more than 200 words.

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.



Only one race really matters

YAKIMA – In my lifetime I've decided that race is the least important thing about me and others.

I am certainly a fan of diversity and celebrating the many cultural differences among all members of the human race, but don't think that the emphasis on finding your racial identity is the most positive thing.

The 2011 Students of Color Conference was held last week in Yakima, where I had the opportunity to "find my identity" along with many other college students from across the state.

This was the conference's 21st gathering and for the first time the conference opened with a "white" speaker, Robert Jensen. Not only was it a first, but the organizers made a point to acknowledge it as an accomplishment. I had pretty much taken it for granted that white speakers would be present.

Highline is Washington's most diverse college. I'm used to not even wondering about the race of others. One can almost say the entire world is represented on campus.

I think that if race identification is high on your priority list, one might have a difficult time on Highline campus, with so many different "races." I mean really, what is race? It doesn't really identify what country your family is from, that would be nationality. It's primarily



Commentary

Christina Gramling

based on the color of your skin.

Jensen said that race is a new thing in terms of human civilization and is primarily used to keeps tabs on people and label those who are not part of the "elite." Economic and demographic statistics are definitely there to support his notion.

So why do we continue to allow the government to continue to use these labels called "race?" We can still be culturally tied without race, in fact our so called race has nothing to do with our culture.

Society is so caught up with labels. Instead of focusing on the commonalities we share, it seems there is a perpetual campaign to drive us apart.

With all the identity finding going on, one might wonder where disabled people fit into the conference. After all, disabled people are equally discriminated against along with the many other categories of minorities. Although there was no separate caucus available for disabled students, several attended the conference.

Included in the diverse group of students and faculty members at the conference was a stu-

dent with Tourette's Syndrome.

An outburst by Megan, the woman with Tourrete's Syndrome, was a highlight of the conference for me. Dr. Tricia Rose had just gone silent after making a very serious statement and from the crowd came an outburst exclaiming, "Oh no!" The audience was eerily silent and Dr. Rose followed with, "That's right sister! Oh no is right!" We all started laughing and clapping and a standing ovation for Dr. Rose and Megan lasted several minutes.

For those few moments of the conference it I felt like the entire audience had forgotten about Megan's label and no matter what race, the entire audience was able to identify with both the humor of the situation and the seriousness of it.

We weren't laughing at her, we were truly laughing with her. It demonstrated how no matter your race, it's okay to laugh at life and recognize our differences on an individual level as opposed to groups of race.

In all of what I've learned in my life growing up as a multi-racial woman, I can honestly say that I don't feel like I identify with any one race, with exception of the human race, of which I am a definitely a proud member.

Thunderword reporter Christina Gramling doesn't think she's better than you.

The Staff“ This marker is so juicy!”

E-Mail tword@highline.edu

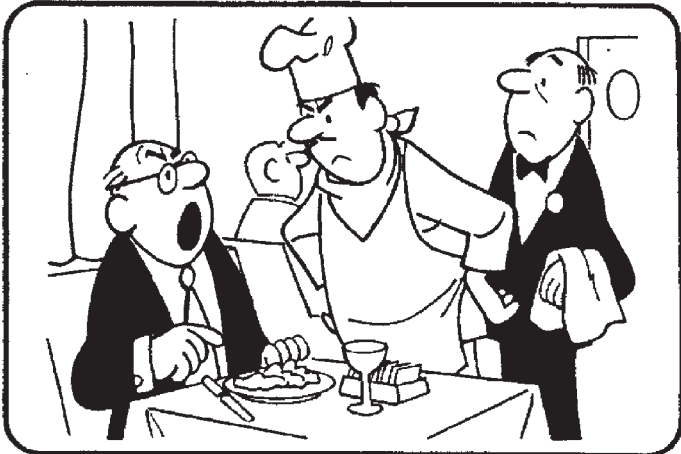
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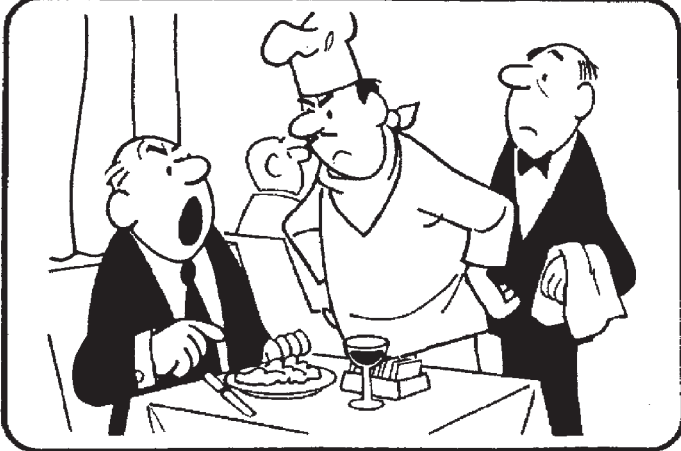
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Waiter's button is missing. 2. Wine glass is full. 3. Man's glasses are gone. 4. Tie is black. 5. Door is shorter. 6. Chef's apron is shorter.

Weekly SUDOKU

by Linda Thistle

		9			6	7		
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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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Wrong Way Corrigan

Across

- Jack who played Friday
- Auld — syne
- Window covering
- Cake finisher
- Declare
- Free-for-all
- Spicy cuisine
- Achy
- Goodnight gal
- 90 degree turn for Bernstein?
- Lend a hand
- High degrees
- Where driftwood drifts
- Times Sq. street
- Overseas org.
- They're entered in court
- Hawaiian dishes
- June 6, 1944
- 180 degree turn for popular weight programs?
- Subsides
- Impulsive
- Kelly the clown
- Fool
- Agreement
- Mudslinging remarks
- Solomonlike
- ___ Canals
- A 180 degree turn for Horace Greeley ?
- Stop by
- Markers
- World's longest river
- Pedro's January
- Ponder
- Kind of race
- Works at the bar
- Baseball stats
- Midterm, say

Down

- At your ___ end
- Canyon effect
- Mr. Brummell
- Old chap, say

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
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	47	48					49				50	51	52	53
54						55					56			
57						58					59			
60						61					62			

- Canine superstar
- Steer clear of
- Geeky sort
- New York City Village
- Horseshoer
- Subs
- Yankee or Oriole, e.g.
- Say it ain't so
- Wide shoe width
- Severe
- Put away
- Sleep disorder
- Messy people
- Oregano and basil
- Horse feed
- Crow
- Swelling
- Food lover
- Unwelcome lumps
- Postwar period
- Meter morsel
- Military bigwigs
- Exorcist's target
- Old saloon sights
- Boozers

- Kooky
- The March King
- No longer around
- Store sign
- Part of BYO
- Pesky insect
- Bog down
- Donations
- Egg holder
- Favorite

Quotable Quote

We are not retreating - we are advancing in another Direction.

• Gen. Douglas MacArthur

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

called?

6. INVENTIONS: What common drug was introduced to the world by Felix Hoffmann?

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

THE THREE R'S

T	U	R	B	O		S	P	A	S		N	Y	E	T
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- Bullfighting
- Navigation
- With boldness
- Al-Magrib
- Aspirin
- Kelvin
- Miners
- Australia
- George Eliot
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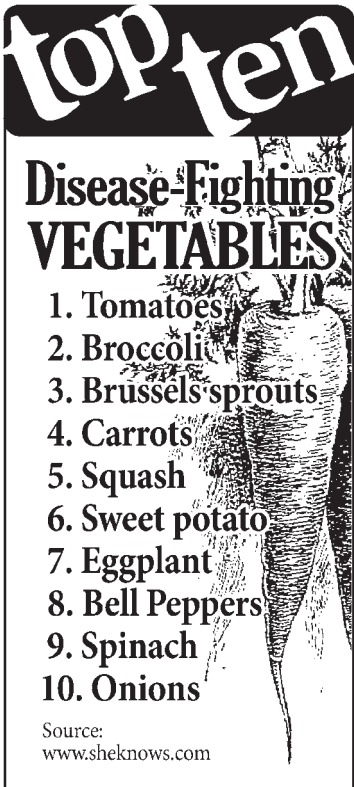
- MATH: What is the Roman numeral for the Arabic number 400?
- PERFORMANCES: At

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



Source:
www.sheknows.com

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Arts news?
tword@highline.edu

Local rappers struggle to become recognized

By MICHAEL MCDONALD JR.
Staff Reporter

Chevy Shann and Keim Bundlez are a couple of up and coming local rappers trying to push their way into the mainstream music scene.

Shann and Bundlez have been struggling to get their foot in the door of the global music industry by increasing their visibility. They perform separately and together in a group called Flatline.

Flatline Entertainment has six members spread all over the country. They have been performing together since 2008.

Their music has lyrical value to their dedicated fans. People can relate to what they are saying and the ladies love them. Their shows are normally populated with a six to one ratio of women over men.

One Highline student, Kozie Ali said, "I can feel that Chevy Shann, he's hot."

Growing up in the Central District, Shann was exposed to gang life and was able to use that experience to motivate his music. Later he moved to the Federal Way/Des Moines area and still lives in Des Moines.

"I been rappin since I've been in the third grade. And I have been performing in front of crowds for the last few years. I have just recently started making videos and working hard on trying to get people to listen to my mixtape," said Shann. He is



Corey Sun/THUNDERWORD

Rappers Chevy Shann and Keim Bundlez hope to make it big.

extremely proactive in working towards his goals as an artist.

"People use to call me Shann Dog. I realized that that name had a less than a positive overtone and that people looked at in a negative light." Shann admits that he did his share of trouble-making and was able to capitalize on having parents who would employ corporal punish-

ment.

"They whooped my butt and I got it right. So what I'm saying is that sometimes a good butt whooping works."

Shann said that if his parents were not active in his life to keep him focused on the right thing, he would probably be either dead or in jail.

Shann visits Highline and

talks to some of the students about supporting local music. He merges hoop with hip hop, using team and sports metaphors in his lyrics. Several members of the mens' and womens' basketball team have Shann on their ipods. As an ex-basketball player, Shann appeals to a lot of the jocks because of those basketball and sports metaphors he uses in his songs.

Keim Bundlez, an artist from West Seattle, is also blazing up recording tracks with his skill. He has two CDs available: *Ball Hoggin The Game* and *Fahrenheit*.

Keim Bundlez said he has been musically inclined since he was 4 or 5 years old and got serious about rapping when he was 11.

"I hit the studio when I was 13 and it's been on ever since then," he said.

Bundlez says that he wants to give the world a view into "the 206."

"I'm the world's first-person view of a Seattle dude. What I rap about is what I and my peers have been going through and are still going through. I rap about real life Seattle street life."

He started off singing and drawing until the rap bug bit him and he has now dedicated his life and time to being a top shelf rapper recognized on a global level.

"No playing. This is serious.

You have to be mentally strong and stay on yo grind and keep going," Bundlez said.

He attributes his attitude of winning to playing football.

"I play to win and think big. I don't let little things take up rent in my head or get to me. I don't think in the past. You can get stuck there and it could impede your progress. I ain't going to let nothing stop me from achieving all my goals. And believe me when I tell you I am trying to do it big."

"It's hard out here for us. We put out good music and do good shows, and people, for the most part, support us. We can't seem to get the local radio stations to and other media behind us," Bundlez said.

These artists make videos and post them on YouTube. They also distribute their own music in the form of mixtapes.

"I want everybody to know that you can do whatever you want to do. If you wanna fly, and you work towards it, you can do it, like an old Nike commercial. Just do it," said Bundlez.

Both of these rappers can be found at Poppas Pub on Wednesday nights along with other local artists. If you would like to view Chevy Shann or Keim Bundlez's music or videos look them up on Facebook and Twitter or see them perform Wednesdays in downtown Kent at Poppas Pub, 500 Washington Ave. N.

Drummers come together to celebrate Japanese culture

By HOI DUONG
Staff Reporter

Yamato Taiko club members were drawn to the group with different motivations, which inspire them to continue performing.

The Yamato Taiko club is an ensemble of taiko drummers working together to promote the Japanese art of taiko. Taiko literally means "drum" in Japanese.

There are also different styles of taiko; the basic and most traditional form of taiko is Miyake.

Club participants Bryan Schmidt, Chris Shin, Arianna Ichikawa-Whitten and Khaito Gengo share a passion for taiko each with a different reason.

While growing up, club member Ichikawa-Whitten al-

ways had a fondness for taiko.

"I've always loved it," said Whitten. "It's a lot of fun and it's a good stress reliever."

"Personally, when I play taiko and when there's stress from classes, when I hit the drum, my stress seems to just fall away," said club Vice President Shin.

In contrast, the club president of the Yamato Taiko club, Schmidt, discovered his passion through a fair.

"A couple of years back, there was a club fair at Highline. It looked interesting," said Schmidt. "And I wanted to get involved on campus."

A few months after joining Yamato Taiko, Schmidt became president in order to replace Melody Erikson. She has graduated Highline.

Recently, the Yamato Taiko club has developed several new



Michael McDonald Jr/THUNDERWORD

Taiko drummers Bryan Schmidt and Chris Shin perform at a recent practice.

melodies, upgraded equipment and performed at events such as the T t Festival.

Now the taiko club has moved on from the traditional Miyake style to getting creative and producing their own work.

"Taiko is team-building," said Schmidt. "It's also unifying."

However, Gengo has a different reason for his passion. His desire to be a part of taiko was thin, but after the earthquake in Japan his perspective changed.

"I used to hesitate joining the club and I am not sure exactly why I changed my mind," said Gengo.

"Maybe I want to face to my

country after the earthquake and wanted to know and explore more about my culture."

Currently, there are nine active members within the Yamato Taiko club. They practice every Tuesday and Thursday from 3 p.m. to 5 p.m. in Building 17, room 205 and are scheduled to perform at Global Fest.

What's Happening?



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

• *The China Syndrome* is the featured movie on April 22. The movie begins at 12:30 p.m. in Building 29, room 102. The viewing is free. Movie Fridays is sponsored by the Highline Film Studies program and ILSC.

• 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

• 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.

04.27

• The *Brothers from Different Mothers* juggling duo will perform at Highline on April 26 in Building 7. The show starts at 7:30 pm and tickets are \$15.00 for adults and \$5.00 for students. There is also a special offer where you can buy 3 adult tickets for \$30. For more information, contact the Des Moines Parks and Recreation Office at 206-870-6527.

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 Northwest Symphony Orchestra will be performing at the Highline Performing Arts Center. Three pieces of music will be performed in the concert: Horn Concerto, composed by Samuel Jones with guest soloist Jeffrey Fair; Symphony No. 9, composed by Antonin Dvorak; and Prayer of Saint Gregory, composed by Alan Hovhaness with student soloist Natalie Dungey. The concert begins at 8 p.m. Tickets are \$14.00 for adults and \$10.00 for seniors. For more information visit www.northwestsymphonyorchestra.org.

• The Auburn Symphony Orchestra presents The Titan in memoriam Gustav Mahler - Join Conductor Kershaw and Auburn Symphony musicians for The Titan, an all-Mahler concert in honor of the centennial of his death (May 18, 1911) with a performance featuring “Blumine”; “Songs of the Wayfarer”, with Victor Benedetti, soloist; and Symphony No. 1 in D Major “The Titan.” Free pre-concert lecture begins 45 minutes prior to concert. Tickets: \$10 - \$32. To purchase tickets visit the Symphony website at www.auburn-symphony.org or call the Symphony office at 253-939-8509

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.

Weekly SUDOKU

Answer

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

Artist fingers new way to paint

By MATTIE MICHALEK
Staff Reporter

A local artist has finger-painted her way to a solo show in a Maple Valley art exhibit.

Iris Scott, a fine arts graduate of Washington State University, uses a nontraditional technique to create her art.

Just a few years ago, Scott was a traditional artist using pens and brushes. At one point she used her fingers instead of a brush, and has been finger-painting ever since.

“[With finger painting.] There’s four points of contact as opposed to just one,” Scott said. “I kind of like crisscrossing, it’s more dynamic.”

She compares finger painting to playing the piano. Using more fingers rather than just one allows more options for her art.

Many of Scott’s pieces are very colorful and vibrant. She likes to use raw or unmixed colors, straight from the tube. The oil-based pigments are the best because they give her more time to move the colors and shape the features in her art.



One of Iris Scott’s creations, entitled Don’t Get Wet, created entirely with the use of fingerpainting.

Each piece varies, but Scott spends a week or more on a picture. Finding inspiration is important for an artist.

“I carry a camera with me just in case something catches my eye,” said Scott. “I sketch a lot and upload some of my sketches on photoshop and enhance them.”

Scott lived in Taiwan for a year and the experience certainly had an effect on her art. “That was the first time I ever had to paint full time,” she said. It gave her time to improve.

This May, Scott has a show in New York, and will be working to network with as many people as possible to make more connections. Scott’s pieces are available online at Ugallery.com, a site for emerging artists.

Scott’s solo art exhibit, at the Creative Arts Center in Maple Valley, is located off of Maple Valley Highway SE, suite 15. The exhibit will be on display until April 26. The gallery is open on Wednesday and Friday 3 - 5 p.m., and Thursday 10 a.m. to 1 p.m. Admission is free.

Drummers get the beat once more

By MELINA BROWN
Staff Reporter

Seattle’s World Rhythm Festival is beating its way to the Seattle Center on April 22 - 24.

The board president of the Seattle World Percussion Society David Chaus said that “this is a cultural community celebration.”

Choralsounds NW plans spring concert

Choralsounds Northwest will be performing their spring concert, Can’t Stop the Beat, at the Highline Performing Arts Center in Burien.

Special guests will include some of the Northwest’s most popular ballroom dancers, Tanar Dial and Mandy Reid

The Chorus will perform Aaron Copland’s *Stomp Your Foot*, a Brahms waltz and even an acappella Samba.

They also will toss in a hilarious Disco medley and popular music from *A Chorus Line*, *Thriller*, *Hairspray* and others. Creative costuming and delightful staging complement this choral celebration of the dance.

The concert will take place on May 14 at 7:30 p.m. and May 15 at 2 p.m. Tickets are available at www.northwestassociatedarts.org and will cost \$15-\$25. People 17 and under get in free when accompanied by a paid adult.

The World Rhythm Festival is free and features 120 workshops and many performances throughout all three days.

“Every hour there are six different percussion and dance workshops. This festival is very participatory and hands-on,” Chaus said.

Some of the workshops include Middle Eastern drumming, West African dance, Rhythms of Ghana, Rio-style samba dance and Zumba.

“There are also a lot of spontaneous drum circles around the

Seattle Center. It’s really infectious,” said Chaus.

This event is nonprofit and runs off of the volunteers who put in a lot of time and effort planning and putting together the festival.

The World Rhythm Festival is Seattle’s third biggest festival next to Folklife and Bumbershoot.

All activities start at 10 a.m. For the complete schedule and festival map visit www.swps.org.

The Seattle Center is located near 305 Harrison St.

Waterland Arts & Music Series

Sponsored by the Des Moines Art Commission, Highline Community College Music Department and 4 Culture



FEATURING
**BROTHERS FROM
DIFFERENT MOTHERS**
JUGGLING DUO
www.differentmothers.com

TUESDAY,
APRIL 26, 2011

Showtime: 7:30 PM

LOCATION
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Highline Community College
2400 S 240th St
Des Moines, WA 98198

TICKETS
\$15 for adults
\$5 for students
\$30 - Special
3 adult ticket offer

For more information call
Des Moines Parks & Rec
(206) 870 - 6527





Mark Mason/BODYBUILDING.COM

Guico (center) competed against four other bodybuilders, including Jonathon Wills (second from right), who is also from the area.

Student buffs up resume with bodybuilding win

By KATIE ADAMS
Staff Reporter

Rusty Guico has a better body than you and that was proven when he won first place in a national bodybuilding championship on April 2.

Guico, a Personal Fitness Trainer student, competed in



Rusty Guico

the NPC Vancouver USA Natural Bodybuilding Championships and Tanji Johnson Fitness, Figure and Bikini Classic in Vancouver, Wash. on April 2, taking first place.

"In my class, there were five guys," Guico said. "It was very challenging, but I won it, and I won it by a point."

He thought he was going to lose because he was the smallest in the class, Guico said.

The competition had participants from all over the country, but he had only four other opponents in the lightweight open men's category.

That particular championship is becoming more popular, having 250 participants this year, compared to the 215 last year.

Guico had only competed in two championships prior to this one, but this was his first first place win.

The score is calculated based upon how lean and proportionate you are, Guico said.

He won by a point because he is leaner and better proportioned than the other contestants.

When he was growing up, his friends had always encouraged him to do bodybuilding with them, since they trained for competitions, but he didn't think he had the discipline to train like they did.

He realized a couple years ago that he could have the focus and discipline to be a bodybuilder and that's when he began training.

When it comes to preparing for a championship, Guico begins preparing his body 12 weeks in advance, making his training more intense and putting a particular focus on his nutrition.

"I eat a lot of fiber and good

carbs throughout my day," he said. "I also eat a lot of good fats."

The closer it gets to the day of the competition, his diet changes a little bit.

"When it gets to two weeks out, or a week out, that's when you go extreme," Guico said. "Some people significantly cut their water about three days out. At about two days out, I have almost zero water. I just rely on food."

He also trains twice a day, once in the morning, and again in the evening after spending time with his daughter and working on homework.

"I train one muscle group once a week except for my legs," Guico said. "I train my legs twice a week because the legs, hips, and core are the foundation for having better balance and strength."

As a single parent, his daughter

is his biggest motivation to keep training.

"My daughter has been an inspiration to me," he said.

"She has been my guidance. When I look at a picture of her, it's like, 'OK, I'm going to do this.' She is my biggest motivation," he added.

The less he sees her, the harder he trains because between going to school full-time and training twice a day, he doesn't get to see her often, he said.

As for his future plans, Guico plans to continue with bodybuilding after he is finished with his schooling.

He is currently talking with a possible sponsor and hopes to be able to share his knowledge with those interested in the world of bodybuilding.

For more information on the Personal Fitness Trainer program, you can contact Darin Smith at dsmith@highline.edu.

Get in shape for the summer with the fitness bootcamp

By KATIE ADAMS
Staff Reporter

It's that time of the year to drop those annoying winter pounds and the fitness boot camp is more than happy to help you with that.

The fitness boot camp is a partnership between the Personal Fitness Trainer program and the Highline Fitness Club.

Michael Leishman, a graduated Personal Fitness Trainer student, runs the boot camp and is the Vice President of the club.

Current Personal Fitness Trainer students work alongside him, helping run the weekly boot camp.

The boot camp happens every Friday morning in Building 27, in the multi-purpose room,

at 7:15 a.m., up until finals week.

"Boot camps consist of a warm up, circuit training and a cool down at the end," Leishman said. "You'll be using mostly body weight exercises and some equipment, like kettlebells, bands and a TRX."

"Although it's called a boot camp, it's more of circuit training. The name can be intimidating," he added.

The exercises run 35 minutes long and showers will be available to use before you go off to class.

Leishman suggests that you bring water and eat before you come, as they will help keep your energy up.

All fitness levels, from beginners to advanced, can participate.

participate.

The exercises can be altered if someone is unable to do a specific exercise but the boot camp is designed so that everyone can do them.

You won't have to worry about keeping up with everyone else, because as long as you keep moving, you can pace yourself, Leishman said.

The boot camp is going to burn fat, build strength, and gain endurance, helping shed those extra pounds you gained during the winter months and get in shape for summer, he said.

Even if you're not able to make it on the early Friday mornings, the Fitness Center in Building 21, room 103 is available to help you get in shape.

From 1 to 5 p.m., the center is open for all Highline and Central Washington students, faculty, and staff.

The room is reserved for class from 8 a.m. to 1 p.m., and again from 5 to 6 p.m.

The Fitness Center is 2,000 square feet of cardio, strength, and flexibility training areas, including treadmills, elliptical trainers, stationary bikes, and stairclimbers.

Resistance machines, free weights, and dumbbells are also available.

All students must register prior to being able to use the Fitness Center.

The registration form is available online at pe.highline.edu/fitnesscenter.php.

The Fitness Center asks that

you allow 24 hours for your registration form to be processed.

You'll know you've been registered when your name appears in the computer log-in system, which you'll use to log in and out every time you work out.

All users must be dressed in work out attire and no food or drink (besides water) is allowed in the center.

All dumbbells should be returned and the plates need to go back on the rack when they're done being used.

For more information on the Fitness Center, contact Darin Smith at dsmith@highline.edu.

For more information on the fitness boot camp, you can visit their Facebook page at www.facebook.com/home.php?sk=group_1342830799691.

Skinner's philosophy translates into award

By JAMES LEE
Staff Reporter

Highline StartZone program manager Michael Skinner is Washington Minority Small Business Champion of 2011.

StartZone is a program offered to students at Highline combining free training, technical assistance, and other business support services to help women, people of color, recent immigrants, and people with disabilities.

Three years ago, Skinner was a corporate attorney for big companies, but he redirected his career to become a hand to others who are in need rather than raise numbers in his bank account meaninglessly.

"I felt like I was just making rich people richer," said Skinner.

He was not satisfied with what he was doing for society until he found out about an opportunity at Highline that can help minority people and required his help.

"I found an opportunity to serve Seattle refugees and start-



Corey Sun/THUNDERWORD

Michael Skinner speaks to budding entrepreneurs at a StartZone session this week.



Michael Skinner

ed to see how much need there was and how I could contribute," he said.

He became the program manager of StartZone to fulfill his new desire and goal; as a result, he was recently awarded with the 2011 Washington Minority Small Business Champion of the Year in Washington state.

To win this award, he demonstrated efforts and accomplishments to improve conditions in the minority small business community.

Even though he could've

continued a more profitable career, Skinner said, he had realized money does not equal happiness.

Since he is a privileged and well-educated white male who can speak English, he thought he can use his advantages and ability to help and support others who may not have them, he said.

"The key challenge for newcomers is understanding the environment for running a business here in the U.S," Skinner said.

"These people may be better

off if they just can get a job, but there aren't many jobs out there these days."

A lot of barriers keep people from being financially self-sufficient, and they are having a hard time learning the different variety of regulations they have never heard of; helping them finding realistic solutions and support is what the program does, Skinner said.

The fruits of his and his co-workers' labor has been 300 clients, 32 new businesses launched, and nearly 60 jobs created in only two years.

His final goal is designing and creating a program that can widely help people to take advantage of services from community colleges such as StartZone of Highline, Skinner said.

You don't have to be a minority, you can also qualify if you have a low income and are running a small business, you can be assisted by StartZone program, he said.

For more information or questions regarding StartZone program, visit <https://startzone.highline.edu> or call at 206-878-3710, ext. 3388.

Free means free in Des Moines to Highline students

By SETH POWELL
Staff Reporter

Businesses across Des Moines are giving out some of their products for free on Fridays in April.

This offer is only available for Highline students.

To this point, only a few students have taken advantage of this opportunity.

Des Moines Economic Development Manager Marion Yoshino said that only a few dozen people showed up the first week, and even less on the second.

Yoshino said that she and Olga Afichuk, president of the Student Government, have tried several promotions to let people know about the free stuff.

"The promotions aren't attracting people," said Yoshino.



Marion Yoshino

One of the main promotions is a Facebook page for the event with information about which businesses are participating and what they are giving away.

All the businesses except



Olga Afichuk

two are located along Marine View Drive, the main street of Des Moines.

The promotion has been a bit disappointing due to a low turnout.

Yoshino said that the Balloons and Cupcakes store baked 100 free cupcakes on the first Friday in preparation for students, but only a few showed up to take them.

Some of the free products include: desserts from the Des Moines Creek Restaurant, and coffee from Auntie Irene's Espresso, as well as The Dog House has free sodas, and Classic Thunder Motorcycles is giving out letter openers.

However, the give aways don't just include products for just people, for those with dogs, the Soggy Doggy has free dog treats. Ladies running low on hairspray can pick up a free travel size can at Salon Michelle. Free candles are available at Des Moines Drug.

Yoshino and Afichuk have put up flyers around campus

and have even spent time handing them out to students, so the small turnout has been very unexpected, Yoshino said.

"I think the problem is that students don't live on campus," said Yoshino.

Yoshino said that it is her dream for Des Moines to be a student district, such as those in Bellingham or Seattle.

It is a fun place, and if people came down they would really enjoy it, she said.

Businesses may get discouraged if only a few people take advantage of this event, and that could stop this event from happening again in the future, Yoshino said.

The Facebook page for Free Fridays can be located at <http://www.facebook.com/home.php#!/pages/Des-Moines-Free-Fridays/20013858337329>.

Scientist warns of micro plastics in our waterways

By CHRISTINA GRAMLING
Staff Reporter

TACOMA - Puget Sound wildlife can die from tiny particles of plastic called micro plastics, a local scientist said.

"I have never taken a sample out of the Sound that didn't contain micro plastics," said Julie Masura of the University of Washington-Tacoma.

Masura is an oceanographer and instructor in the Environmental Science Department.

She is also a research affiliate with the Center for Urban Waters, which tries to preserve and restore the Sound.

Broken-down plastic gets washed down into the waterways from storm water runoff and streets, Masura said. "The Puget Sound is filled with micro plastics."

Masura recently presented her findings in a presentation at Highline's MaST Center. She will also be the host of this Friday's Science Seminar in Building 3, room 102 at 2:20 p.m.

Micro plastics are harmful pollutants that come from the breakdown of other larger plastic materials. Particles of syn-



University of Washington-Tacoma students drop a net into Puget Sound to bring up micro plastics.



Christina Gramling/THUNDERWORD

Masura (center) shows students where they will be going to take samples for the day.

thetic polymers smaller than 5 millimeters are considered micro plastics, said Masura.

The particles commonly come from household products, such as exfoliant-type cosmetics and body washes and many types of toothpaste. Other sources include weathered-down materials such as plastic bags or plastic cups and bottles.

She said the majority is not coming from trash and that Styrofoam fittings from boat docks are also a contributing factor. "I suspect runoff," Masura said.

Masura's research in micro plastics started about a year ago. In that work, she has discovered that the presence of micro plastics in our waterways is a serious and large scale issue, touching every beach and ocean.

Research in micro plastics is

new and full environmental effects not known yet, she said.

However, Masura said there are three known facts: wildlife eat micro plastics, causing a false sense of fullness and can die from malnourishment; humans can suffer from a "clogged gut," from ingesting plastics through toothpaste and other home products; micro plastics are prone to adsorption, and can carry other harmful contaminants on their surfaces, causing further pollution.

A non-profit organization that partners with the Center for Urban Waters is Sea Education Adventure.

"A lot of people don't know they're putting plastics into their body," said Susie Richards of Sea Education Adventure.

Richards is the co-director of Sea Education Adventure

along with Chris Burt. Burt is also the captain of their research boat, The Indigo, and also an educator. The two have been doing marine education for 20 years.

She said she likes to educate people about products in their homes that contain plastics, such as Crest ProHealth Night and Dial Bodywash Smooth Renewal.

The use of the boat and education assistance is all donated time by the crew and staff of the Indigo.

Sea Education Adventure is Masura's partner for her research expeditions in Puget Sound.

The Indigo is one of Masura's tools for taking samples. On the Indigo she is able to use specialized tools that sample the water.



Masura tows plankton nets behind the boat. The nets capture particles that are in the water.

Other tools used by Masura measure the amount of natural organisms in the water and temperature and oxygen level. They are checked for balance, irregularities and patterns, Masura said.

Masura's Oceanography 241 students help with the research and use the boat as a classroom.

Masura relies on volunteer work and the kindness of donations. Masura and the crew of the Indigo welcome volunteers and said they are always looking for help.

The Sound's pollution did gain the attention of the Environmental Protection Agency in 2010 and a \$30 million grant was issued for clean up.

Unfortunately, the grant does not cover funding for research or cleanup of micro plastics in the Sound.

The presence of micro plastics in the Sound is such a large problem that there is no way of cleaning it up, Masura said. Communities need to eliminate the source of the problem to reduce the amount of micro plastics going into the water.

To make a donation or volunteer you can contact Sea Education Adventure at 360-675-1362 or the Center for Urban Waters at 253-692-5753.

Be careful of buying 'local' food, Highline professor says

By BRIAN ALEXANDER
Staff Reporter

The items you buy at the store that say they are green certified or organic approved aren't exactly what they say they are, a Highline professor said here last week.

Dr. Lonnie Somer, anthropology professor, spoke on deciphering green products labels at the supermarket, and whether they are actually what they say they are or not.

Buying local because you think it is fresher than other products might not always be the correct way to go.

Depending on the state you live in or where you shop will decide whether it is actually local or not, such as in Vermont

where locally grown means within 30 miles. In Massachusetts, it means it's native to the state and in Maryland it says where it's grown.

Albertsons says anything within five surrounding states means it is locally grown. Safeway has a one-day drive or same state policy on locally grown products.

Here in Washington there is not a rule on where the product is from for it to say locally grown, Somer said. There is also no regulation on products that say they are non-polluting.

"Laundry detergents can have the dirtiest dioxides in them and still say they are non-polluting," Somer said.

Organic food and drink products have been growing

very popular over the past few years and it is one of the product labels that has the strictest regulations. The USDA has been checking the products that are organic since 2002.

No synthetic pesticides are allowed to be used in food, only organic. Cows that are said to have organic milk or beef need to have at least 120 days in a pasture and 95 percent of ingredients need to be organic for the product label to say 100 percent organic, Somer said.

For the product to just say it is organic, it needs 70 percent of the ingredients to be organic.

Salmon-safe products are another product that has strict guidelines when it comes to labeling them as such.

There cannot be any runoff

near the river, or any form of animal grazing near the river. The river needs to be in its purest form to be considered salmon safe.

Eggs or chicken products that say "cage free" aren't really as cage free as it seems, Somer said.

There are no restrictions on what the chickens are fed and there is no requirement on space for the chickens to live in.

To be considered "cage free" the chickens need five minutes per day outside of the barn or

housing, Somer said.

"Chickens that are used for their eggs are sometimes stacked into barns side by side with no room to move," he said. "Some research says that chickens that are fed less will produce more eggs."

Some free ranging chickens have a 10-foot by 10-foot space that is at the end of the barn that they are allowed to roam into during certain times of the day.

"I purchase Wilcox eggs myself. Their chickens are organically fed and have longer periods of free ranging," said Somer.

Dolphin-safe products are what almost every can of tuna says on it, but the regulation on dolphin-safe tuna is only for Atlantic caught tuna.



Somer

Recycling, responsibility are important, professor says

By BRIAN ALEXANDER
Staff Reporter

Over-harvesting the planet's resources will destroy the earth, a Highline biology professor said March 30.

Woody Moses began the quarter with the new Sustainability Seminar, in place of the History Seminar only for spring quarter.

Items in our everyday society are used and reused all the time. The water bottle or soda bottle that you put into the recycle can, can be used again.

Some resources that are being used every day can't be reused, yet they are being used like there is no tomorrow.

Crude oil, natural gas, coal, and precious metals are not reusable and once we use all of those resources we will face times of crisis, depending on which we use up first.

"A commons is an unregulated ground for gathering re-

sources. For example, your local fishing hole is a commons," said Moses.

Commons are unregulated and not owned by any one person and because of this there is no incentive to take care of it or put rules to how much people can take from it.

Continuing to mine or take from commons without rules or regulations will destroy it.

The audience was told they would be a part of an experiment showing how quickly and easily the salmon supply could be gone.

Moses instructed the audience to form groups of people into four or five. Each group was given a plate of M&Ms and everyone was given a straw and a cup.

The M&Ms played the part of salmon in a local river. The straw was the way to get the salmon out of the river, and the cup played the part of the village or family who fed off of the



Victoria Dom/THUNDERWORD

Professor Woody Moses allows attendees of the sustainability seminar to experience the effects of over-fishing by using the classic straw and M&M's game.



Victoria Dom/THUNDERWORD

Students were happy, until their all their "salmon" were gone.

salmon.

Each group was told that each person only needed one salmon per round (per year) to survive.

Groups were given 10 seconds per round to suck an M&M to their straw and drop it into their cup. Five rounds were played out to see who died off and who stayed alive.

"If you don't get a salmon in a round you didn't feed you or your family and you're out," said Moses.

Many groups were very quickly eliminated because everyone in the tribe got as many salmon as they could and there weren't many left to spawn each

year. And in "years" following, those groups had less and less salmon to feed their tribe.

There was one group that made a decision as a tribe to only take one salmon each for every round. Every new round, the group had double or triple the amounts of salmon all of the other groups had.

Moses explained to the class how the group who took only one salmon per year is the tribe that would survive longer than other tribes.

They weren't greedy and didn't use up their entire salmon source. They took what they needed, saving more salmon for later in their lives.

The next year the tribe had twice as many salmon as the previous year, because the more fish you have one year, the more spawning will go on in following years.

The experiment could be directed at many different cultures or societies around the world. Don't use up the resources that are most important. Prolonging the life or supply of resources will help in the long run.

Recycling and using renewable energy is a great way to continue our lives on this planet, Moses said.

It also is a great way to provide for future generations.

Teach sustainable development, professor says

By AMANDA SILLS
Staff Reporter

Highline professors are trying to help students understand the importance of sustainability by teaching it as a fundamental element within their classes, Woody Moses said at the Science Seminar on April 8.

Science Seminar takes place every Friday in Building 3 and it features faculty who present topics related to their field.

The series of lectures are held to explain scientific discoveries, studies and worldwide interests.

Presentations are open to the public and can also be taken by students for college credit.

Moses, a biology professor, talked about teaching sustainability at the Science Seminar on April 8.

Moses explained that when teaching sustainability, professors want to make sure they have it as the core in their teach-

ing.

Several of the Highline faculty have taken on the challenge of teaching students sustainable development.

Some of these professors include Moses, Dr. Eric Baer, director of the Science Seminar program as well as head of the Geology and Physical Sciences Department and Jennifer Wedderman, an Interior Design professor.

Baer incorporates sustainability into his Geology 111 class by having students study local environmental issues.

Additionally, Wedderman shows her students the impact building has on people and nature and emphasizes the need for sustainable design.

"Every year, U.S. buildings are responsible for 39 percent of U.S. greenhouse gasses," Wedderman said.

Throughout the presentation, Moses emphasized the importance of teaching students how



Woody Moses

to create and maintain a sustainable society.

"We're on this little tiny rock that sustains us," he said.

He pointed out that population growth has become a huge factor in the world, and humans have now reached a point in determining the role of the environment.

However, Moses said he is

more worried about the state of humans than the state of the environment.

"Over a billion people in this world live on less than a dollar," he said.

Furthermore, Highline professors want to incorporate sustainability into their teaching, so students learn to think about the future.

"We have to think beyond our own life time," Moses said. "We want to ensure a sustainable, safe society for our children."

During the seminar, Moses focused on three pillars of sustainable development: healthy ecosystems, equity and social justice.

By learning these three pillars of sustainable development, Moses hopes students can help develop ideas for sustainability and the future.

"The environment is where we live, development is what we do," he said.



"What we're shooting for are healthy communities," said Moses.

Additionally, professors are integrating ideas such as culture diversity, food security, environmental justice and ecological footprint into courses at Highline.

One step to creating sustainable development is having an understanding of where the resources we use come from.

"We are very blessed to have what we have," Moses said.

At the next sustainability seminar, Eddie Hill will present on "Urban Agriculture." The seminar will be on April 27, at 1:30 p.m., in building 3, room 102.

T-Birds remain in last place after three consecutive losses

By JOSHUA HART
Staff Reporter

The Highline softball team ended a disappointing week with two losses to South Puget Sound on Tuesday.

The T-Birds lost both ends of the doubleheader to the Clippers, 8-0 and 9-1.

"It helps to play the same team twice in a row," Highline outfielder Lisa Sykes said of the two scheduled doubleheaders against South Puget Sound last week.

Highline also fell to South Puget Sound at home on April

13, 11-2.

Highline committed four errors in the first leg of the doubleheader, which allowed South Puget Sound to get eight runners in off of nine hits.

T-Bird pitcher Shannen Morgan was ineffective in the loss, striking out only one Clipper over six innings.

On the other side, South Puget Sound pitcher Rachel Todd struck out 12 batters on her way to the win, allowing only three hits.

Highline struggled defensively in the second leg as well, committing two more errors.

South Puget Sound capitalized, driving in nine runs off of 11 hits.

The T-Birds managed a run in the fifth inning off of Clipper pitcher Jackie Luckenbill.

Highline's struggles at the plate continued, with only two hits in the second game against the Clippers.

"We should have been better prepared," Sykes said.

The first doubleheader against the Clippers resulted in an 11-2 loss and a rainout.

The T-Birds suffered through eight errors in the first game, allowing the Clippers to score 11

runs off of only 10 hits.

Sykes said that the T-Birds' focus and mindset isn't where it needs to be at this point in the season.

Highline was able to score two runs of their own off of four hits, including a triple from Lisa Sykes and a double from Evan Tullis.

Sophomore pitcher Faith Baldwin got the loss, throwing only one strikeout in the game.

Rachel Todd was the winning pitcher for South Puget Sound, striking out eight over five innings.

The scheduled doublehead-

er against Centralia was also rained out the following day, April 14.

After three losses and three rainouts in the week, Highline still sits in last place in the West division with a 1-10 record in division play and a 5-10 record overall.

"We aren't playing to our full potential right now," Sykes said.

Highline next faces Centralia at home on Friday, April 22.

Then the T-Birds look to redeem a disappointing loss earlier in the season, when they face off against the Grays Harbor Chokers on April 26.

T-Birds' Sykes finds ways to stay positive in skid

By JOSHUA HART
Staff Reporter

Sophomore outfielder Lisa Sykes is trying to find a way to get the struggling lady T-Birds softball team to compete at a higher level.

"I'm just trying to communicate out on the field," Sykes said.

Sykes said that she tries to get the team to set aside personal business and show up to the field ready to play.

"We have to play not distracted," the sophomore outfielder said.

Sykes' dad got her into softball at the age of 9, but she didn't play for several years before taking it up again in middle school.

"I didn't want to do track," Sykes said of why she got back into softball.

She then went on to play three years at Seattle Christian High School with fellow Highline teammates Faith Baldwin and Ashley De Ornellis.

"I do it just to stay in shape and have fun," Sykes said.

Her teammates know there is more to her play than just having fun though.

"She never gives up and always plays hard," Highline catcher Brittney Myers said.

"She even comes to practice sick," freshman outfielder De Ornellis said.

Both Myers and first baseman Keri Spafford said that she is one of the most positive players on the team and keeps the team's spirits up.

Off the field, Sykes has big hopes.

She has already graduated from Highline and is now just finishing up prerequisites for her next degree.

She hopes to teach middle school internationally after she gets her bachelor's degree in education from Central Washington University's Kent branch at

Green River Community College, which she will be attending next year.

Sykes said that softball takes up a lot of her time and that it's hard to balance school and softball.

"You just have to find a way," Sykes said.

Sykes has managed to do well on the field despite trying to work in 18 credits this quarter.

"My defense has been good, but I have struggled with my batting. Especially early in games," Sykes said.

Sykes said she will continue to keep a positive attitude despite Highline's early season struggles.

Highline is 5-10 on the year, with a 1-10 record in division play. They sit in last place of the West division.

Sykes also had to suffer through the T-Birds struggles last year, when Highline finished with 11-36 and in last place of the West.

"We have really improved in hitting. We just weren't fully focused," Sykes added.

She said that the team often thinks too much out on the field instead of trusting their instincts.

"She will continue to keep going until someone tells her to stop," Myers said.



COREY SUN

Lisa Sykes is a leader for the T-Birds in her second year with the team.



Lisa Sykes

Highline hooper in search of team

By ELZIE DICKENS III
Staff Reporter

PJ Bolte is a 6'7 nomad, trying to find a home. He has played basketball for three different schools including Highline and is now searching for the fourth. Bolte was born and raised in Tacoma. He played basketball for Franklin Pierce High School and graduated in 2008. After his senior year he decided it was time for a scenery change. He received a scholarship to play basketball at Rice University in Houston. "I was recruited through my AAU team, Northwest Panthers," said Bolte. "I loved life in Texas. I miss it." "Everything was chill and it was always warm and sunny," said Bolte. "It's easy going down there with lots to get into and do." As time went on, things began to get sour and Bolte decided it was time for a change of scenery. "I didn't like the coaches' attitudes," said Bolte. "We didn't get along." He relocated back to Washington and was then offered a scholarship to play for Eastern Washington in Cheney. "My AAU coaches knew the assistant coaches at Eastern," said Bolte. "One of the assistant coaches is from the same area and knew about me." "Life in Spokane was the total opposite from Houston,"



Bolte goes for a dunk in a Highline practice.

said Bolte. "It was boring and there wasn't much to do besides going to class and playing basketball." Once again, things didn't click between the coaches and

Bolte. "The coaches didn't like my attitude," said Bolte. Then he came to Highline, a school he picked out of many choices.

"The schools I was considering were Northwest University, Seattle U, Northwest Nazarene, and a few JCs in California and Arizona," said Bolte. "I think he came to Highline because he felt he could trust the players and coaches," said Highline Head Coach Che Dawson. "My experiences at Highline were the best so far out of the past colleges," said Bolte. Bolte was a forward for the Thunderbirds men's basketball team and was named as a First Team All-Star in the NWAACC West Division. He averaged 15 points and 10 rebounds a game. Last quarter Bolte graduated with an emphasis in psychology. "I want to major in psychology or business," said Bolte. "I haven't decided between the two yet because both interest me." He is now in search of another school to play at and continue his education. "I still plan on playing but I don't know where," said Bolte. "PJ is a versatile player who can play inside and out," said Dawson. "He can handle the ball and go inside to rebound and score." "He has the potential to play at another school as long as he works hard and maintains the right focus," said Dawson. Though he's done for the moment, Bolte is still a busy man. "Now that I am done, I just hoop, lift weights and go on visits to schools till I find the right one for me."

Sports movies: the best of the bunch

On my top living-room library shelf, the actual sugar bowl seen and used by Mary Tyler Moore on *The Dick Van Dyke Show* resides. Yes ... it was verified through some agency that supposedly specializes in that sort of thing -- celebrity sugar bowls, apparently -- but as for me, there was always room for doubt or, at least, a little skepticism. I'm thinking that the MTM memorabilia business -- with all due respect to the resurgent Betty White -- is tepid at best these days. Nonetheless, on my shelf that little sugar bowl remains, and someday, when I actually make friends with the neighbors I've so successfully avoided over all these years (and don't I just sound like a thrill a minute), it will be a fantastic "awkward conversation" destructor. "Yes, Mitzi," I'd say, not completely sure that her name



was, in fact, "Mitzi," but gaming her enough to bet she wouldn't make a scene if I was wrong. "Yes," I would say, "That is the Stanley Cup of sugar bowls." Maybe Mitzi would balk at that notion. Maybe her husband originally hailed from Canada and actually knew of the sport called "hockey" and employed some serious skill when it came to "getting past customs." But if you get past that shelf, you run into some of the greatest sports movies in history. Accordingly, these are some of the best of the bunch (in no particular order): *Raging Bull* -- The ultimate sports bio-pic involving sub-

ject matter that wasn't a bit too short in stature for Notre Dame or suffering from a terminal illness, Robert Deniro and Martin Scorsese collaborate to make this not only one of the greatest sports flicks of all-time (the boxing scenes are of legend and cribbed by almost every director in the ring), but one of the best movies ever, period. This is no *Rocky*, so be warned -- there are no uplifting moments covered in cheese, and if you think of Joe Pesci as the lovable ne'er-do-well or if you have a crush on Catherine Moriarty or hate to see the sight of De Niro's blood -- steer clear. *Rocky* -- I'm not going to go too deep here. Ask a real boxing fella like Tony Roach, and he'll tell you this is a crap movie. But (and I wouldn't argue with Mr. Roach, by the way) anyone who confuses this movie with anything Sylvester Stallone ever did after this movie is more

than merely confused ... they just "don't get it." *Bull Durham* -- If baseball movies had a character portrayed more than Lou Gehrig (*Pride of the Yankees*) or Babe Ruth, or could lay claim to a *Rocky* character, it'd be Susan Sarandon and her former co-star/special friend (whatever his name was) and Kevin Costner. It may seem cliché now, but that's only because this movie helped define what they were. Pass the popcorn ... more "best sports movies of all-time" in next week's installment. *Mark Vasto is a veteran sportswriter and publisher of The Kansas City Luminary.* (c) 2011 King Features Synd., Inc.

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The Scoreboard

Women's SOFTBALL				
	W-L	PCT	W-L	
Bellevue	6-0	1.000	17-1	
Everett	4-0	1.000	12-10	
Shoreline	6-2	.750	6-9	
Douglas	5-3	.625	6-8	
Olympic	3-3	.500	5-6	
Edmonds	0-8	.000	0-16	
Skagit Valley	0-8	.000	1-11	
Wenatchee Valley	12-2	.857	26-2	
Walla Walla	11-3	.786	21-8	
Columbia Basin	9-5	.643	18-12	
Spokane	8-6	.571	13-15	
Treasure Valley	7-7	.500	15-12	
Big Bend	5-9	.357	15-13	
Yakima Valley	4-10	.286	14-15	
Blue Mountain	0-14	.000	2-24	
Pierce	11-1	.917	17-6	
S. Puget Sound	6-3	.667	8-10	
Centralia	6-6	.500	7-14	
Green River	6-6	.500	6-6	
Grays Harbor	3-7	.300	4-14	
Highline	1-10	.091	5-10	
Clackamas	4-0	1.000	10-3	
Mt. Hood	4-0	1.000	9-5	
SW Oregon	4-0	1.000	15-7	
Chemeketa	0-4	.000	2-15	
Clark	0-4	.000	8-13	
Lower Columbia	0-4	.000	7-7	

Federal Way's first mayor has ideas for changes

By CHRISTINA GRAMLING
Staff Reporter

Federal Way Mayor Skip Priest said he is pleased with the transition into his new position.

"I have a positive working relationship with the staff and council members," said Priest.

In November of 2010, Priest was chosen as the first elected mayor of Federal Way, where he will serve for at least the next three years.

He won the election with 52 percent of the vote against Federal Way Councilman Jim Ferrell's 47 percent.

He was previously a state representative and earlier, a city council member for the city. Priest also has several years of experience in business, owning and operating a local dry cleaner and a sportswear manufacturing company.

"My primary responsibility is to manage a \$400 million a year community with 300 employees," Priest said.

Things have been challenging from an economic standpoint, however, his business experience has helped a lot, he



Skip Priest

said.

The mayor's workload not only consists of managing the city's money and employees, but also providing leadership for the community and working with the City Council to recommend policies that concur with his vision for the city.

Priest's 20-year vision for the city consists of having high quality education in the community, including working with Highline once again to provide a satellite campus in Federal Way; creating a safe city with effective law enforcement and community policing; being

"There are hundreds, or even thousands of volunteers in the city who are devoted to helping others. It is my job to respect and appreciate those contributions."

**-Skip Priest,
Federal Way mayor**

open to quality business by providing a sustainable economic environment; and a "green" city that includes parks and nature areas such as the Hylebos Wetlands Park.

Like other cities, Federal Way has several issues revolving around the budget and economy, Priest said. A sustainable budget for 2013 is a top priority for the city.

"We are trying to develop a budget [for next year] now," the mayor said.

The city departments are working well together and ahead of schedule in many as-

pects. Things are moving in a positive direction for the city, Priest said.

Several projects are on the board for Federal Way, including a civic arts center on the old Toys R Us site and new plans for the AMC Theatre lot, which was previously slated to become three high rise towers.

Unfortunately for the high rise towers past plans have failed. A City Council meeting will be held April 19 to develop a new plan for the AMC site, said Priest.

Both locations are in the downtown area of the city near

South 320th Street and 20th Avenue South. Priest has said in the past that this is an area of particular interest for revitalization and development for the city.

Steps for the civic center are already under way, Priest said. "I want to develop a civic center in downtown that doesn't break the bank," he said.

Timing for completion is still uncertain and a lot is dependent on arts funding from the State Legislature, he said. The State Legislature has a major influence on what the city is able to accomplish.

Priest said he also serves as a spokesperson for the city to State Legislature and other entities, such as volunteer groups, that have an impact on Federal Way and its future.

The city is reliant on hundreds of hours of volunteer work from various non-profit organizations, Priest said.

"There are hundreds, or even thousands of volunteers in the city who are devoted to helping others. It is my job to respect and appreciate those contributions," Priest said.

Markwell runs for City Council to realize Des Moines' potential

By MICHAEL MCDONALD JR
Staff Reporter

Dave Markwell has officially declared his candidacy for Des Moines City Council for the upcoming fall elections.

Des Moines, also known as the Waterland City, will have three seats that will be up for election in November, and Markwell has set his sights on one of them.

He is not willing to disclose which seat he is interested in running for as of yet.

Incumbent councilmen Scott Thomasson, position 4, Dan Sherman, position 2, and Mayor Bob Sheckler are all up for re-election, but did not respond to requests for interviews.

Dave Markwell responded by saying that there needs to be some changes.

"Right now, it's just time. I have witnessed the snail pace of economic development and I want to take our community into economic prosperity," Markwell said.

"I'm from here and I believe that a council member should be truly a representative of the community that he or she holds office in," he said.

He sits on the board as a member of the Des Moines Rotary and Destination Des Moines.

Markwell worked for the city Parks Department for several years before he opened his own

businesses in Des Moines.

A Des Moines property owner, Markwell and his wife are parents of two children and are also the owners of two businesses in downtown Des Moines: Pier View Chiropractic and Waterland Crossfit.

Markwell attended Parkside Elementary, Pacific Middle School and graduated from Mt. Rainier High School class of '87. He also attended Highline before he went on to get a degree at Washington State University.

He said that

he understands the social mentality of the citizens that live in the area and wants to further help Des Moines grow through economic development.

"I enthusiastically support appropriate economic develop-



Michael McDonald Jr/THUNDERWORD
Markwell is very involved in Des Moines and he feels like the time is right to run for a City Council position.

ment that genuinely improves Des Moines and ensures its long term self-sustaining viability while maintaining the same unique characteristics that makes Des Moines special," Markwell said.

Markwell writes *Feel Good Friday*, a weekly column for the Waterland Blog.

The Waterland Blog provides news and information on events for the Des Moines area, and features local writers and pho-

tographers

"Des Moines is unique in character and I want to preserve that beauty and increase the economic value of the city," Markwell said.

"We have real genuine assets to create the town we want," he said.

"We didn't capitalize on the last real estate boom that occurred in the beginning of the millennium. There was a big real estate from approximately 2000-2008. I want to make sure that we don't make the same mistake twice and build up the developmental status of the city," he said.

Markwell also wants to attract more Highline students down into the Waterland City.

Markwell said he is proud of where he lives and believes that the college population would enjoy all that Des Moines has to offer.

Markwell said that he wants to bridge the gap between the community and the students and staff at Highline. The waterfront scenery, the restaurants, the stores and shops and the cordial people offer a wholesome atmosphere, he said.

"I encourage anyone interested in hearing more about my thoughts and ideas on the future of the City of Des Moines to contact me," Markwell said.

Markwell can be reached at dave@bluesandlife.com or by phone at 206 271-8100.

Paralegal Association offers support, opportunities

By SETH POWELL
Staff Reporter

The Highline College Paralegal Association is creating networking opportunities for students studying to become paralegals, members said.

Paralegals are people with specialized training who assist lawyers.

Jerri Corbett, the club president, said the association has 64 people on its e-mail list, with more being added all the time. Club members meet on the first and third Tuesday of every month at 10 a.m. in Building 29 on the second floor.

Members of the club are in Highline's Paralegal Program, which has been approved by the American Bar Association.

The program trains students



Courtesy of the Paralegal Association

The paralegal association met in winter for an unofficial meet and greet, before they were officially a club.

in everything they will need to get a job in the legal field.

Corbett says that the main goal of the club is to provide networking opportunities, both in the professional world as well as within the club. The internal network is for students to help each other as they move up professionally.

"We provide support for each

other," said Corbett.

The paralegal association tries to impress upon its members the importance and benefit of participating in club activities.

One of the ways they do that is with events. One upcoming event is a professional development day, which Corbett said will be held April 29.

The professional development day will feature speakers from different legal and paralegal organizations, as well as people who work in forensics. These speakers will promote in-club leadership and help to prepare students for the workplace.

Other invitees to the professional day could be members from other local paralegal pro-

grams from schools around the state.

Events such as these are also fundraising opportunities for the paralegal association. They raise funds to provide free legal services to the community.

During Winter Quarter, the paralegal club wasn't even recognized by the school. Corbett wanted to revitalize it, and began the process last quarter.

Corbett said that after talking with the previous club president about what it would take to bring the Highline College Paralegal Association back, she realized that she was in for a lot of work.

First, she had to quickly find a vice president before the leadership training began. The person she found was Maggie Herbord.

Then she had to go through multiple training sessions in one day before she could be recognized by the Student Government.

It was a lot of work to accomplish in a short period of time, Corbett said.

"I really had a heart for it; I thought it was important," said Corbett.

Anyone who is interested in learning more can contact the paralegal association at hcchcpa@gmail.com.



Jerri Corbett

New instructor balances Highline and Harborview

By DEREK NGOR
Staff Reporter

New respiratory care instructor Lauri Stephens balances a busy work schedule teaching at Highline and working 12-hour shifts at Harborview Medical Center on the weekends.

Stephens started teaching respiratory care spring quarter.

Born and raised in Puyallup, she later moved to Tacoma to attend Tacoma Community College and later to Central Washington University. She now lives in Bremerton.

Her degrees include registered respiratory therapist, neonatal pediatric specialist and registered pulmonary function technologist.

She chose this field of work because it is "very dynamic and challenging. No one day is ever the same," Stephens said. "It is always changing and there is always something new to learn."

Respiratory care practitioners or respiratory therapists can work from a variety of settings from patient homes, doctor's offices, or throughout any part of a hospital and work with



Lauri Stephens

any age of people from premature infants to geriatric patients at the end of their lives.

Respiratory therapists help doctors and patients in many different ways.

"We perform many different therapies and diagnostic tests to help people to breathe better," said Stephens.

"We work with people on life support in the intensive care units of the hospital. Some respiratory therapists specialize in the field of asthma education providing training and guidance to patients with asthma, so that they may better manage their disease," she said.

She wanted to teach at Highline because, not only does she know some of the instructors but, "Highline has one of the top respiratory care programs in the area," said Stephens.

"I am very happy for this opportunity to work with such quality staff," she said.

Previously she has taught at other community colleges such as Tacoma and Seattle Central.

She has even taught at Harborview for the students at University of Washington.

"My previous job title at Harborview was respiratory care inter-departmental educator," Stephens said. "I provided training to nurses, medical students, residents and physicians, especially in the area of mechanical ventilation (life support)."

She is now the respiratory care lead at Harborview.

While she is teaching at Highline she hopes that she is able to guide and direct students into the respiratory field.

"I hope I can help students achieve their goal of becoming respiratory care practitioners," said Stephens.

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Seattle's next big quake could be similar to Japan's

By AMANDA SILLS
Staff Reporter

Seattle has a subduction zone and volcanoes just like those in Japan, Dr. Eric Baer said at last week's Science Seminar on the Sendai earthquake and tsunami.

"A big earthquake is possible here," he said. Baer is the director of Science Seminar as well as head of the Geology and Physical Sciences Department at Highline.

The magnitude 9.0 earthquake occurred 80 miles east of Sendai, Japan, resulting in an enormous tsunami. "The fourth or fifth largest earthquake in the last century," he said, "an absolutely monstrous earthquake."

"I hope we can learn something from this," Baer said when talking about how an earthquake the size of the Sendai would look in Seattle.

"Some of the land moved up about eight feet," Baer said.

"We have never seen shaking this great," he said. "This kind of shaking would throw you in the air."

Shaking in Tokyo lasted six minutes, Baer said. "This earthquake hit strong and hit for a long time," he said.

Because Seattle's subduction zone is so similar to Japan's, geologists have a pretty good idea of what a huge earthquake might look like here.

"We have an even longer fault," Baer said. "We could have just as big of an earthquake."

The Pacific Plate, a tectonic plate beneath the Pacific

Ocean, is being pushed under the North American Plate and once enough pressure builds up, the plates will move, causing an earthquake in Seattle.

However the damage in Japan was not caused as much by the earthquake, but by the tsunami. "The biggest thing that killed people was the 33-foot-high tsunami," Baer said. "It was so fast and so incredible."

Before the tsunami hit, people in Sendai had a 15-minute warning but many could not evacuate. "If you are caught in them, it's all over," Baer said, talking about the force of the tsunami.

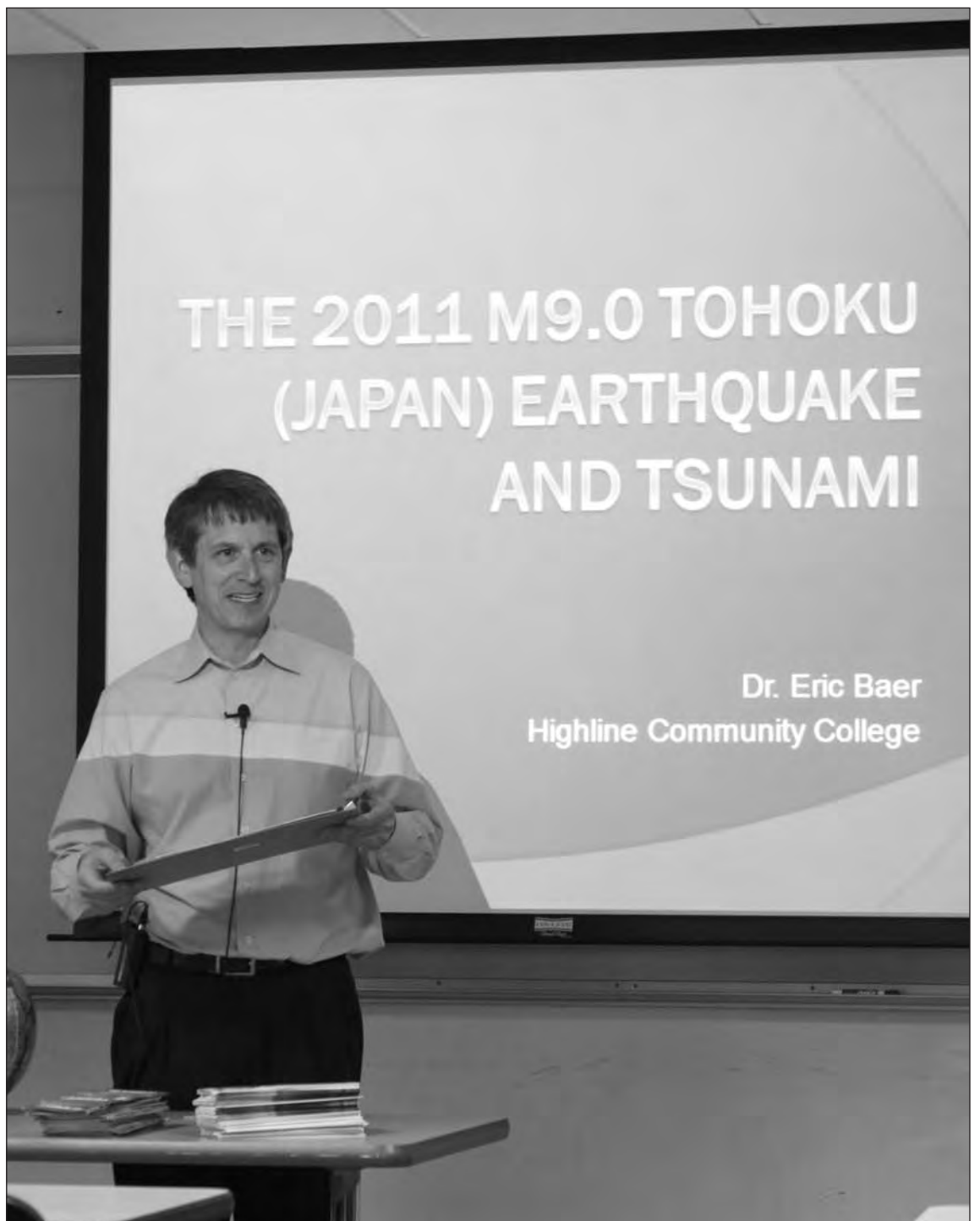
If Seattle had an earthquake, Long Beach and Ocean Shores would be at a high risk for a tsunami. "We have a tsunami hazard in Washington," Baer said.

Geologists are not able to predict when the Seattle earthquake will occur.

"There is just as much chance of it happening tomorrow then in the next 100 years," Baer said.

This week's Science Seminar will be a special Earth Week presentation by Julie Masura, who is a geology professor and researcher from the University of Washington-Tacoma. Masura will be talking about microplastic debris in the Puget Sound and surrounding areas.

Science Seminar takes place every Friday in Building 3 and features faculty who present topics related to their field. The series of lectures try to explain scientific discoveries, studies and worldwide interests.



Victoria Dom/THUNDERWORD

Dr. Eric Baer talks about the science behind Japan's massive earthquake and tsunami at last Friday's Science Seminar. Presentations are open to the public and can also be taken by students for college credit.

Japanese students share stories of quake experiences

By YURI NISHIZAKI
Staff Reporter

The aftershocks of the 9.0-magnitude earthquake in Japan continue to affect both people in Japan and at Highline.

Highline Supports Japan had fundraising events on April 12, 13, and 14, and collected \$1,296.41.

This student group was formed right after the 9.0-magnitude earthquake hit Japan on March 11, which killed more than 13,000 people and left tens of thousands still missing.

Members asked people to make donations on April 12, and had bake sales on April 13 and 14.

They had planned to have a bake sale only on April 13, but the plan was changed to sell food on April 14 too.

"It will be so helpful for Japanese people. I could know so many people were caring about Japan," said Yuki Hayashi,

Highline Supports Japan member, who was in charge of the bake sale and fundraising event. "Thank you so much."

All the collected money and proceeds of the sales will be donated to the Red Cross.

"I want them [earthquake victims] to know they are not alone," said Nozomi Takahashi, who is from Fukushima, Japan, where the damaged nuclear power plant is located.

She first heard of the news from her friend.

"I thought he was kidding," she said.

After a while, she tried to contact with her family, but couldn't.

She waited whole night and in the morning she could talk with her mother, she said.

"I thought it was the end of Japan. ... I worried about them. My family faced the horrible earthquake, not me. And I felt guilty," she said.

Highline student Shiori Ya-

mada is from Yamagata, along the Sea of Japan on the nation's west coast.

The epicenter of the recent earthquake was on the Pacific Ocean side, so it did not suffer any direct damage from the tsunami, but 3,800 people were left homeless by the quake.

When the earthquake hit Japan, she was at home in Yamagata with her mother.

"In my place, dishes and TV and, everything fell down," she said.

She has an 8-year-old brother, who was not at home at the time of the quake. "I really worried about him," she said.

After she and her mother went to her grandparents' house to see that they were safe, they went to her brother's school. He was there, as well as many other students.

"We went back home, and we realized we couldn't use TV, PC, lights," she said. Gas and water service were also stopped

in her area.

According to the data from the Japan Meteorological Agency, it started and kept snowing for three days in her area from the night on March 15.

Snow layered 9.4 inches at its deepest. The temperature hit -6.9 Celsius, or 19.58 Fahrenheit, on March 18. It was the coldest day observed in March in Yamagata.

"[We] couldn't use electricity. ... It was really cold," Yamada said.

Her father came home later on March 11. It was the first time her family got together after the earthquake hit Japan.

"We grabbed a futon, ... and tried to warm up together," she said.

Many of her friends were studying in Miyagi, and Iwate, which are facing the Pacific Ocean and two of the most affected areas by the earthquake and tsunami.

When electricity got re-

stored, which was about four days after the earthquake hit, she called as many friends as she could, and when she saw many of them were safe, she cried for joy.

But one of her friends is still missing.

"She was in Shiogama, Miyagi. I hope she is OK," she said.

"I'm so proud of being Japanese," Yamada said, recalling the day when she went to a store a week after the earthquake hit Japan. Stores which were close to her place started opening at this time.

"A lot of people wanted to buy [a lot], but nobody did. They think about other people. ... Nobody was only thinking themselves first," she said.

She wants people in the U.S. "to think about what's going on in Japan, [such as] 'Is there anything I can do from here?' A lot of Japanese people appreciate it," she said.

One hour, plus two cookies, equals three saved lives

By AMOS NISTRAN
Staff Reporter

Highline's blood drive last week will be contributing to the ongoing need for blood.

The blood drive, held on April 13, was sponsored by the student nursing club and was held by the Puget Sound Blood Center.

"We registered 76 donors, of these, 33 donors were first-time donors to the Puget Sound Blood Center," said Nikki Watkinson, representative for the blood center. "Approximately 228 patients will reap the rewards of the generosity of donors from Highline."

Blood continues to be a necessity for patients, and volunteers are always accepted for donations.

Every two minutes, someone in Western Washington needs a blood transfusion, and the Puget Sound Blood Center must register 900 volunteer donors per weekday to meet this demand.

"There is no substitute for blood, and patients rely on the kind donations of volunteer donors," Watkinson said.

The Puget Sound Blood Center must maintain a four-day operational supply of each blood type so there is plenty for whoever may need it, she said.

"I am an o-negative, so it's universal," said student Nic

Sergeant, who donated for his sixth time at the blood drive on campus.

"Plus, only 9 percent of Washington residents who are o-negative donate, and they use 15 percent per year."

"I saw the sign out front and I haven't donated in a while, but there are always people that need blood and I thought it would be something good to do," said student Carmen Gatewood, a second-time donor.

Nursing student Sherelle Forsell volunteered to donate for the first time.

As a student in the nursing program, it shows how often blood must be used in the hospital, Forsell said.

"The blood goes to local hospitals and blood banks which is then distributed for patients

with chronic blood diseases, surgery, and traumatic injuries," said Nursing Program Coordinator Teresa Trillo.

The next blood drive on campus will be on July 20 with Cascade Regional Blood Services.

Those interested in giving blood before the next drive can visit any one of the local donor

centers, which are always open for volunteers.

A full list of locations is available at www.psbc.org.

"It is a relatively easy way to support the community, it doesn't take a lot of time or money, and each unit [of blood] can save up to three lives," said Trillo.

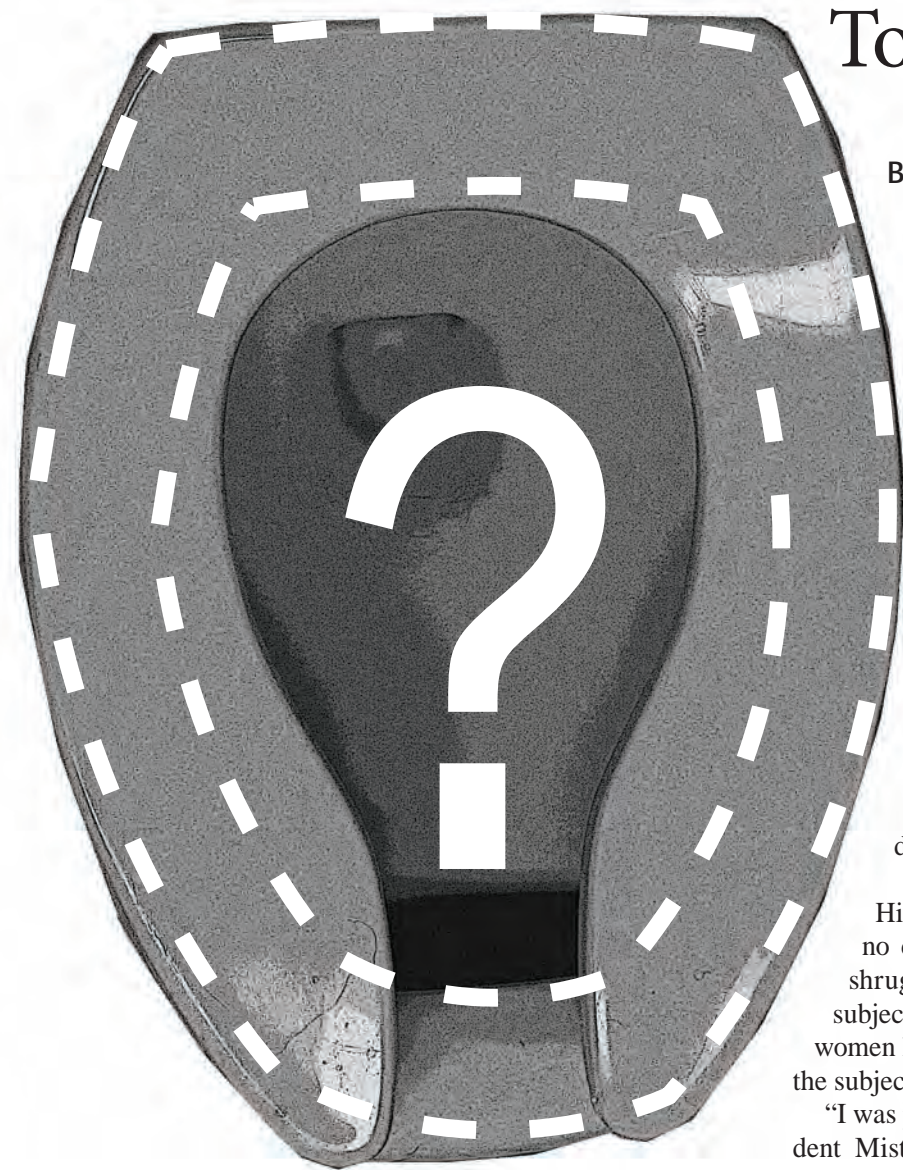
To donate, volunteers must be at least 18 years old, or 16 with a signed parental permission slip, in good health, and weigh at least 110 pounds.

For a specific list of restrictions and more information about donating blood, visit the Puget Sound Blood Center website at PSBC.org.



Victoria Dom/THUNDERWORD

Highline student Ryan Poquiz rests after donating at the Puget Blood Center blood drive last week.



Jackie Argueta/THUNDERWORD

Toilet seats to remain uncovered

By MEGAN WALLIN
Staff Reporter

For Highline women, it's a question of sanitation and seat coverage, but for facilities, it's all in the maintenance.

Some students at Highline have wondered why the campus bathrooms do not have toilet seat covers, particularly in the women's bathrooms, which are often found in less than desirable condition.

While the men of Highline mostly offered no comment or a simple shrug in response to the subject of toilet seat covers, women had a few opinions on the subject.

"I was pretty surprised," student Misti Hagan said of her first reaction to Highline's lack of toilet seat covers.

"Most places have toilet seat covers in their stalls...and even though we're adults here at Highline, people don't necessarily clean up after themselves," Hagan said.

There should be toilet seat covers, said Kerry Lam, another Highline student. "It's kind of...yuck' without them."

In defense of Highline's decision to stop supplying seat covers, Barry Holldorf, head of Highline facilities' services, said, "Budget's a big factor, but beyond budget it's just what makes sense."

Holldorf explained that "[Seat covers] take our limited resource crew right out of the field."

There was once a time when the Highline campus did provide toilet seat covers, he said. However, people often overused them, leading to clogged toilets, which took time for maintenance crews to fix.

"Mainly, to be clear, the main reason we took [toilet seat covers] out was maintenance," said Holldorf.

"A lot of fixtures were ripped off the wall and never replaced," he said. "We researched and asked, 'Do we really need these?'"

After asking around, Holldorf said not many people seemed to care if there were toilet seat covers in the bathrooms.

If sanitation was the concern, he said, "That's not where the germ transfer happens anyhow."

In fact, said Holldorf, "There were more areas that could introduce more nasty germs than the toilet seat itself."

Mostly germs are found on the facet and doorknob, he explained.

He also said that having toilet seat covers does the college budget no favors.

It's important to consider what resources are available, said Holldorf, and "you're probably looking at \$1 or \$1.50 for 100 toilet seat covers."

Overall, he wanted students to know that while the program isn't hard to administer, maintenance is a big issue.

Look past issues to see Nicaragua's hidden gems

Speaker hopes to clear country's bad impressions

By JAMES LEE
Staff Reporter

Noelia Corrales said you should visit Nicaragua.

"Our goal is to change the way of people traveling to Nicaragua," said Corrales, activist, social entrepreneur and the co-founder of Matagalpa Tours.

Corrales seeks to combat pressures to emigrate by providing work and leadership opportunities, while focusing on the importance of fair trade, human rights, social justice, environmental education, and economic sustainability.

"We want to let people see and understand what our real life is like," she said, at a recent seminar on campus.

Nicaragua is a small country located in Central America, bordered by Honduras and Costa Rica; 70 percent of the population is mestizos - mixed native and foreign ancestry - and they speak Spanish as their primary language.

Corrales founded Matagalpa Tours, which is an organization that promotes socio-cultural tourism to promote the city of Matagalpa economically and help tourists perceive the real Nicaragua.

Socio-cultural tourism contains environmental sustainability and women's empowerment in the rural mountains of



Corey Sun/THUNDERWORD

Noelia Corrales explains the social and economic problems that are faced in Nicaragua.

northern Nicaragua, she said.

The tour will give a totally different view to tourists, said Corrales, not only by showing the beauty and decent sides of Nicaragua, but also experiencing undiscovered environments with all of their five senses.

She focused on Nicaragua's numerous problems such as: human rights, poverty, sexual abuse, free trade and its education system.

Nicaragua is primarily an agricultural country; that constitutes 60 percent of exports. A major part of agriculture there is coffee beans.

"Coffee is our main income," Corrales said. "The United States imports 1 percent of its coffee products from Nicaragua, but that 1 percent constitutes 30 percent of Nicaraguan coffee exports."

She said the U.S. has lowered

the price of coffee beans by 50 percent with the control given by CAFTA, the Central America Free Trade Agreement.

This has caused massive unemployment in farms of Nicaragua and pushed people to move into Matagalpa since they had nothing to do on their farms.

The Central America Free Trade Agreement was written to achieve the creation of a free trade area.

This agreement eliminates tariffs on about 80 percent of U.S. exports to the participating countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

Corrales emphasized that free trade is the most vital problem for Nicaraguans because they do not have enough manpower or budget to contend with other countries.

"We simply cannot compete

because you work with machines, yet we work with our bare hands," Corrales said.

As the immense differences in quantity of goods can be produced, there is no way they can compete against other countries in price, she said.

Among other causes of Nicaragua's distressed circumstance, unfair trade and economic hardship are not the only ones, but also the uncertain human rights and the indistinct future of children.

Corrales said although attending the public schools is free, 35 percent of children cannot attend primary schools because they cannot afford the uniforms, which cost less than lunch in the U.S., and only 20 percent of children finish high school and go to college.

People in Nicaragua used to pay half a dollar to attend

school but 50 cents might not be affordable money to families who live on less than \$2 a day.

Another huge problem she said was 90 percent of Nicaraguan mothers are teenagers.

"My mother was 15 years old when she had me," she said.

Many teen pregnancies are the result of rape or sexual abuse. Since the government prohibited abortion for any kind of reasons, pregnant teenagers do not have many choices.

"They do not know that they actually have rights," said Corrales, "So they don't look for help."

Despite these problems, Corrales said her people are still smiling and happy.

"I do not miss anything except one thing since I left Nicaragua - it's a hug," Corrales said.

If you go to tour to Matagalpa, you get a chance to home stay for couple days with real Nicaraguan families, and Corrales said it's common to get hugs and kisses from those people on the last day of the home stay.

You can either choose between a fancy hotel or a home stay. However, she recommended home stay for future tourists, since that is only way to experience inside of Nicaragua, and this kind of opportunity might never come back.

For more information on Matagalpa Tours, visit their website, <http://www.matagalpa-tours.com>.

For the latest news, you can also follow them on Twitter @MatagalpaTours or visit their Facebook at www.facebook.com/pages/Matagalpa-Tours/114519709765.

Avoid racial micro aggressions: Think before you speak

By BRAD VANSTEENVOORT
Staff Reporter

Be mindful of what you say when your around certain people - you could be showing micro aggression, said Yoshiko Harden, director of Multicultural Services and Student Development.

Harden spoke recently about racial micro aggression to help students with leadership.

Racial micro aggressions are defined as conscious and unconscious verbal and nonverbal comments and actions towards a person of color.

Some nonverbal examples would be how you stand, body language when you're around someone, or rolling your eyes when someone says something.

Sometimes people don't even know they are showing racial

micro aggression.

"Comments are often disguised as compliments," Harden said.

"The person who makes the comment usually does not see that they did anything wrong or how they offended someone."

You can also show micro aggression through hidden messages.

Some examples would be "a person grabbing their purse when you walk by them," Harden said. "Or someone locks their car doors when you walk closer to their car."

"Thoughts control your actions," Harden said.

The person doing the action may be showing fear, or just getting ready to leave the parking lot. But the person walking by might think it's because of their race.

Harden also touched on stereotypes and how they are negative toward people of another race. Even stereotypes like being really good at playing basketball.

It might be nice if said to one person, but if it is labeled as a stereotype for an entire group of people it would be negative towards that group.

"When you are watching a certain group of people you are missing the other group," Harden said.

"A friend of mine works at Costco as a security guard and he was telling me the other day that the people who steal the most are old people, and people in families. But the stereotype of who steals is not old people or people in families."

Micro aggressions also appear when you are not dealing



Yoshiko Harden

with race.

For instance, "when speaking to a blind person people tend to speak really loud," Harden said.

We have to watch for these and other micro aggressions when taking on a leadership role.

Harden spoke as part of First Fridays, a workshop held on the

first Friday of each month.

The workshops develop leadership skills that will help build a different type of society, one that is around equities, social justice, and certain leadership, said Natasha Burrowes, Assistant Director for Student Programs and Diversity.

The next First Fridays Leadership Institute will be held on May 6 in the Student Union, Building 8 in the Mt. Constance Room from 2-4 p.m.

The workshop, "Past, Present, Future: Discovering and Exploring your Leadership Evolution," will be presented by Highline alumni Doris Martinez and Noory Kim.

The last workshop will be held on June 3, about "Taking Your Leadership to New Heights," and will also include an end-of-the-year party.



College President Jack Bermingham speaks to faculty, staff and students on what changes will affect them as the Legislature gets closer to a new state budget.

Victoria Dom/THUNDERWORD

Job cuts

continued from page 1
position has been reduced, and six employees have been laid off.

A huge burden falls on part-time faculty, and there is no way of getting around that, Dr. Bermingham said at an all-campus meeting on Monday afternoon.

A number of relocations on campus must be made to gain

efficiencies and generate revenue, and many programs are also facing cuts, including Adult Basic Education and English as a Second Language, which will be cut by 10 percent, affecting more than 3,000 ABE/ESL students that Highline serves each year.

The Legislature's budget proposals would substantially reduce the state funding for the worker retraining program, as the \$830,000 one-time allocation received last year is not

likely to be renewed.

The college will also lose about \$330,000 in state-funding for Workforce Development.

Additionally, the Graphics Production Program, also known as the print program, is being placed on hiatus, putting it at risk of permanently coming to an end.

"Once a program is closed even temporarily, the chances of it starting up again are highly unlikely," said Tony Sittner, graphic production program

manager.

The department will now operate as a stand alone production facility. Students who are currently enrolled in the program will be able to complete their degree, but no new students will be admitted.

"As a graphics production teaching program, we are most likely not coming back," Sittner said. "It is sad as we are the only program in Washington state teaching press operation."

"I understand their decision, and in light of the state budget crisis there was probably little they could do. Nobody likes to be cut, but sometimes that is just the reality," he said.

As far as the highly antici-

pated topic of tuition increases, the college must play a waiting game as the Legislature finalizes the state budget.

Currently, different tuition hikes have been proposed by the state House, Senate, and governor. But likely, the higher cost of tuition will probably prevent some students in the community from going to college, President Bermingham said in an interview.

"There is a huge shift in our students' need to pay for their education," he said. "We are more and more a tuition-driven institution."

In addition to an approximate 10-12 percent increase in tuition, students can anticipate fewer class options as well as higher lab fees and costs.

The college will remain committed to the "glide path" strategy of taking measured budget reductions and using forward-funded excess tuition to fill as much of the base gap as is prudent, Dr. Bermingham said.

As the college anxiously awaits the Legislature's budget, officials say embracing improved student retention is essential to sustaining the strategy.

In terms of the institution today as opposed to a decade ago, the most significant change is the cultural transformation in which education was believed to make a difference in society, and the public shift in viewing higher education as a "private benefit" rather than a "public good," said Dr. Bermingham.

If the final numbers end up as predicted, college officials believe enough resources exist.

"Our priority is to protect our capacity and preserve the quality and core mission of the college as we hope that the Legislature will recognize the wisdom of investing in community colleges," he said.

Text

continued from page 1

well, we can keep a good conversation going," she said.

Keeping a conversation going can be difficult whether you are texting or not by the development of what is considered by many "text talk."

Acronyms that are used in text message conversations, such as "OMG," "LOL," and "LMAO," have become regular phrases in society, both via text message and speech.

These terms have grown so common that the Oxford English Dictionary recently added a number of slang acronyms to their dictionary, labeling them as an official part of the English language.

"Most times it's just a lot more convenient to be able to shorten a sentence by using acronyms," said student Kevin Lee.

Although these terms are more generally used amongst teens, some students say their

parents often use the slang as well.

"My mom tries to use acronyms she hears on TV even when she doesn't know what they mean," said Nathaniel Padre, a Highline student.

"The words have been used so much that they became a normal part of the everyday language, so everyone uses them."

Proper use of these acronyms becomes crucial as misunderstandings can arise.

"Planning your text before sending can be useful in avoiding miscommunications," said Porter Nantai, a Highline student.

"Preventing hurt feelings and even getting someone lost can be avoided if you consider the relationship you have with the person receiving the message," he said.

Poor communication can occur no matter the method, but "text-talk" relies on one's ability to choose words wisely and type efficiently, students say.

Performance, said Cheryl Coulter, is most important; "texting performance" refers to whether someone can type cor-

rectly.

Brenda Garrison-Dale, a fellow student, agreed with Coulter.

"I have received texts that were nearly all acronyms and just erased it," she said. "It was too much effort to decipher."

As this new language is still developing, many more changes will come as the technology used advances, students predict.

"Text-talk" is a fluid language as it is still very new and will get faster and more abbreviated.

Even still, students say that the more personal the communication, the better.

Students seem to enjoy phone calls and face-to-face conversations more than texting, if it is possible.

Reilly Hannigan said that texting is great for casual conversations.

"I find that phone calls are generally best for longer, deeper talks," Hannigan said.

Reporters Victoria Dom, Kandi Carlson, Alisa Gramman, and Jonny McGuire contributed to this story.



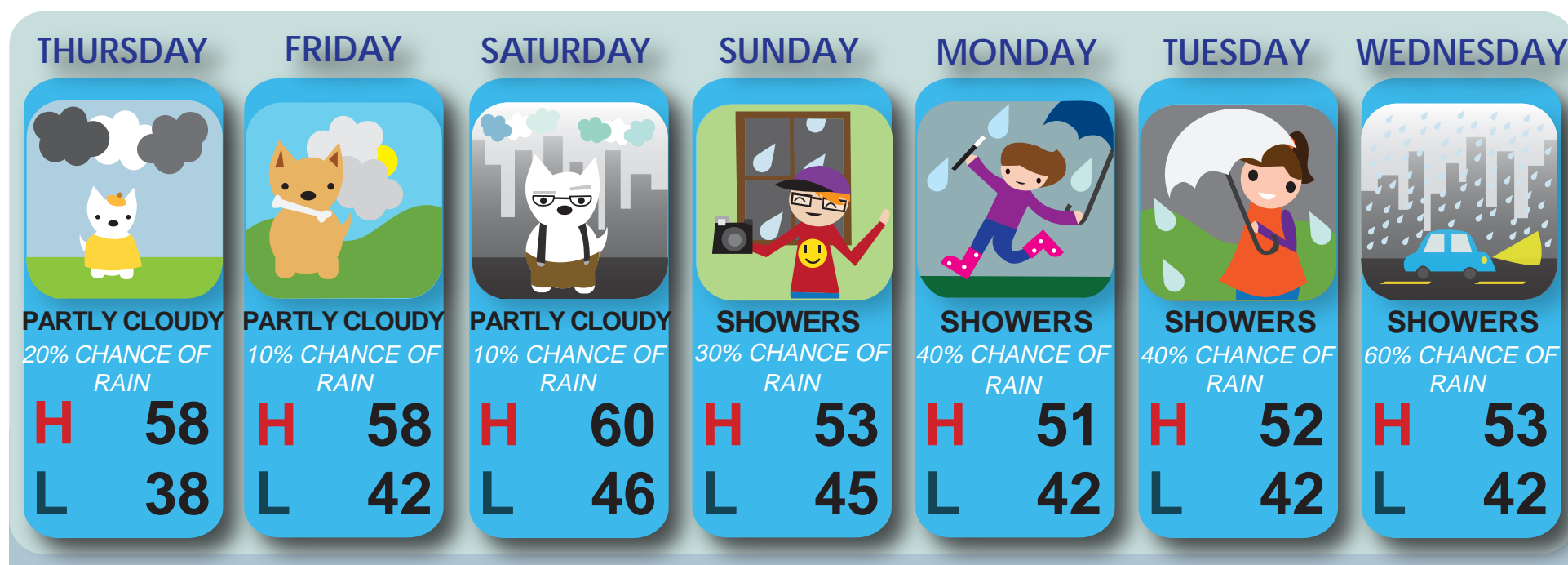
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Remember this: A few tricks can boost your memory

By BRAD VANSTEENVOORT
Staff Reporter

You may want to use a new technique when doing your homework that will make you feel confident during your next test, said a memory expert last week at Highline.

Dr Kurt Eby grew up in Vancouver and received his bachelor's degree from the University of British Columbia and a doctor of chiropractic degree from Palmer College of Chiropractic West, where he maintained a

4.0 GPA.

Last week Eby taught students the very same technique that he used in college.

"I'm not a genius, I just developed a way to study that is different than 99 percent of people who study today," Eby said when he started his lecture.

"Everyone seemed to get mad at me, because I never seemed to be studying. They thought I was really good at cheating. But I just developed a new way of studying using a different part of my brain, that

is going to amaze you," he said.

It's called the Data Chain method, and all you do is take information and convert it into pictures that can be stored in your head.

This method is best used when memorizing a list or order of information such as the Presidents of the United States of America, Eby said.

"I want everyone to picture a washing machine," Eby said. That represents George Washington, the first president. "All you have to know is that George

Washington is pretty close to a washing machine."

"Now picture the loops inside the washing machine, they kind of look like an atom," Eby said. "That represents John Adams."

This chain of pictures is all information that has been converted into pictures to help you remember using memory association, he said.

"All you have to do is get close," Eby said. "Now imagine inside that washing machine, in the middle of the loops that look like an Atom, there is a guy who is bouncing up and down, he is wearing a chef hat, and he is cooking rice, and then he bounces so high that he hits his head on the sun, so we have Chef-Rice-Sun, which is close to Jefferson."

"And here is the strange

thing, the harder the pictures are to imagine, and the crazier the image is, the easier it is to remember," Eby said. "Because you had to work so hard to get that image in your head that your brain will automatically know what the image is."

This method doesn't work for all classes, he said.

For instance, with math it may help you remember formulas, but to really understand the material, you have to practice it, Eby said.

But for language courses, you can create flashcards with the vocabulary words on one side, and a picture on the other side that comes close to what the word sounds like, he said.

Eby's book, *Getting an A Without Trying* can be purchased on www.gettinganawithouttrying.com for \$19.95.

Vandalism

continued from page 1

"I thought people would be more mature on a college campus," said Erin Mullen. "I am a Running Start student coming from a high school where you would expect things like that to happen, but not here at Highline."

Although the college is perceived as a culturally accepting campus, discrimination still remains among those with diverse sexual identities.

"We have this idea that Highline is this utopic place that is accepting of everybody, but it's not, that's just not real," said Josh Magallanes, PRISM club adviser.

The way the gay community is perceived differs from other backgrounds and it is one of the groups where society feels it is still ok to discriminate, Magallanes said.

"These people are not exclusive, they are excluded," he said.

Homophobia is an issue that is present nationwide as those who do not identify as heterosexual are often perceived to be far out of the norm, made evident by the ongoing debate to legalize gay marriage, he said.

"People being gay is not the problem, the problem is homophobia and heterosexism – that is, a systematic, dominant, heterosexual culture that dictates and defines a 'normal' sexual orientation as heterosexual," said Yoshiko Harden, director of Multicultural Services and Student Development.

The LGBTQ community is a group that intersects every form of identity, these are people who are black, white, Latino, Asian, spiritual, religious, disabled – sexual orientation crosses all groups, she said.

Negative comments and acts lead to a widespread problem that perpetuate a hostile climate

for members in the community, resulting in many people being excluded, victimized, and bullied, Harden said.

"If you care about these issues, educate yourself about them from a historical, political, and social lens; speak-up and interrupt anti-gay jokes, comments or acts; and align with other people working to end systemic and individual acts of discrimination against LGBTQ communities," Harden said.

The PRISM club meets on Wednesdays at 1:30 p.m. in Building 17, room 105.

The Safe Zone Task Force, a program that focuses on LGBTQ concepts, definitions, theories, and building skills to confront homophobia and heterosexism, is also holding a workshop today at 11:00 a.m. in Building 2.

For more information, contact Josh Magallanes at jmagall@highline.edu, or visit the Student Development center in Building 6.

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