

Graduate stepped out of comfort zone

Found confidence, gained an award, and a nickname

By ALISA GRAMANN Staff Reporter

Mango Pham has mastered the art of fitting in while still standing out.

Over the course of her two years at Highline, Tran "Mango" Pham has learned to live independently and to interact with people from diverse backgrounds.

Pham spent her first 17 years at home in Vietnam before moving to Michigan through an exchange student program, where she spent her senior year attending high school and living with a host family.

Pham said her initial goal after high school was to attend Grand Valley State University in Michigan, but she didn't get accepted. Pham had to do research for alternative schools, and her search led her to High-

"Highline accepts everybody," she said.

Pham said that coming to the U.S. posed some challenges.

"[The] Language barrier, that was the biggest one," she

Although she began learning English when she was around 9 years old, Pham said that when she came to the U.S. she didn't feel confident enough to communicate, even though she could understand English.

She said that she was shy and



felt very lost at first.

Pham said that another challenge was gaining self-confidence.

"I have had to step out of my comfort zone," she said.

When she got involved with Student Programs as a community leadership consultant, she was introduced to many people with diverse backgrounds.

This helped her to get used to interacting with people from all over the world, each with a different history.

With a goal of being a business communications major and communicating on a global level in the future, this experience has been irreplaceable, she said.

Her activities at Highline display her ability to embrace

Pham, who works in the Student Programs office, is the consultant for the PRISM, Campus Crusade for Christ, and Black Student Union clubs, among others.

Pham helps these club leaders work out the logistics of their events, such as time, food, and location.

Pham has won the International Student Scholarship twice, as well as an Outstanding Student Contribution award for her work with the Vietnamese Student Association.

Also, she recently received an Outstanding Program Contribution award for her work with Student Programs, presented to her by Natasha Bur-

rowes. She said these scholar-

ships and awards help her to

feel more independent. "Now I know that I can do a lot of stuff," Pham said.

Pham said that, in addition to learning to be confident in herself and her abilities, part of her "stepping out" was keeping an open mind about new ideas and also learning to live on her own.

Pham has been living in the U.S. for three years — with two of them being in Washington to attend Highline. She said that

it has been two years since she has been able to visit Vietnam.

When she first came to the U.S., she said that she was very homesick, and had trouble making friends.

"I didn't have any friends at all," she said. "I looked like an alien there."

Pham said that in Michigan, everyone she saw was white, which made her feel very out of place. However, the host family she stayed with helped her to feel more at home.

Pham said her host family included her in their Christmas parties, family dinners, and fun things like planting their gar-

"They engaged me in family activities," she said.

Pham's nickname "Mango" also helped her feel more at home with her host family, she said. In Michigan, the family she lived with all had names that began with "M."

Her nickname "Mango" has stuck with her since middle school, where she said she thinks she just wrote it down as her nickname.

"I don't even know," she said. Regardless, she liked it enough to keep it, using it for her name on blogs and social networking sites.

"So now I'm just Mango,"

Now, Pham lives independently, paying for all her living expenses herself. She said her family only has to cover tuition.

Pham plans to graduate this spring with an Associate of Arts in communication studies.

Then she will transfer to Grand Valley State, where she has won an International Merit Scholarship, and pursue a degree in business communica-

Pham has set herself a fourvear goal.

"I will go to school and get a master's in business communication," she said, double majoring in business.

Additionally, she hopes to gain work experience along the way, through various internships.

Pham said that she has always pictured herself in the business world.

"I always imagined myself in a big company," she said, complete with high heels, nice clothes, and traveling the world. Pham said that her dream job is to work for Unilever, a global company which manufactures a large variety of products ranging from food to toiletries to household care products.

Pham said that working for Unilever has always been a dream of hers, since her father worked there when she was

"It's something I looked up to when I was young," she said. "I think that Unilever is cool."

Highline Community College

seven graduates Volume 49, Issue 27

Uncover the top

At tale of art, love, and success

Highline alum Linda Yoshida honored for her achievements

By ELLENA FLOYD Staff Reporter

Highline will honor philanthropist, acclaimed author, and businesswoman Linda Yoshida as the 2011 Distinguished Alumni.

Each year the Distinguished Alumni Award recognizes Highline graduates who have excelled in professional achievement, leadership, and service to the community.

Yoshida graduated from Highline in 1974 with an Associate of Arts degree with a literature and business administration emphasis. After Highline, she took various classes at Portland State University.

While at Highline she focused on improving her skills in business administration to become a legal secretary, but soon found a love of the arts, especially literature, on campus.

Her short stories gained much praise from her instructors as well as fellow students, which made her



Distinguished Alumni Award winner Linda Yoshida is being recognized for her work in philanthropy, writing, and business.

contemplate writing for the local paper.

Instead, her life journey carried her to a position as the director of a fine art gallery where she assisted in advancing the careers of many visual artists.

After seven years in the visual arts field, Yoshida said she was eager to spread her

See Yoshida, page 18

HOW CLEAN IS YOUR AIR?

Summer sun will bring smoggy skies, experts say

By AMOS NISTRIAN Staff Reporter

State officials are encouraging the community to limit their driving in an effort to prevent summertime smog.

Toxins that are currently present in the airways will develop into smog as the temperature begins to increase, putting polluted, cloudy skies in the summer forecast, experts say.

Air pollution is caused by factors such as burning wood to heat homes, burning coal and oil, and especially because of emissions from industry and motor vehicles.

"The staggering number of vehicles on the roads around the Puget Sound region consistently creates an equally staggering amount of air pollution," said Richard Wisti, communications specialist for the Puget Sound Clean Air Agency. "The difference in the summer is sunlight and high temperatures cook air pollution into smog."

Pollutants currently present

in the air include sulfur dioxide, lead, nitrogen dioxide, and carbon monoxide, which can potentially cause major health problems.

In 2009, a State Department of Ecology study concluded that pollution from fine particles, which are commonly found in smoke and diesel emissions, contributes to about 1,100 deaths in Washington each year, as well as about \$190 million in added health care costs.

The quality of the air is impacted by differing factors from season to season.

In the winter, smoke from wood-burning fireplaces becomes a major issue, and with summer comes the risk of wildfire smoke, as well as ozone, which is formed when reactive organic gases and nitrogen oxides react with sunlight.

"Around the state, fire districts and agencies like the Forest Service and the Washington

See Air, page 19

Students hope to find summer work

It's not too late to get a summer job, as multiple employers are still seeking hard working individuals to work both full and part time.

Meanwhile, many Highline students say they hope to accu-

and ELLENA FLOYD as possible this summer.

Staff Reporters Some students who are al- Other students haven't been ready employed look to increase hours during the summer.

> "My managers like me, so hopefully they will be bumping up my hours," said student Wendy Nichols.

> "I've already got a job for summer. Sixty hours a week

By TJ SQUIRES mulate as many hours at work isn't too bad," said Sunny Gakhal.

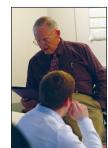
as lucky finding summer work.

"It's hard trying to find a job right now, I've volunteered during the summer but I would rather find a job where I can

See Jobs, page 18



Des Moines Farmers Market back in business



Professor bids farewell after 50 years of teaching



The critters of the Highline biology lab

Weekend Weather



The rain is away on summer vacation.

Full forecast | A19

Men's soccer brings back most of team after playoff run ends a game shy

By RICHARD MEIERStaff Reporter

The Thunderbirds men's soccer team is looking to reload after falling short in the title game last season.

After clinching the last playoff spot in NWAACC West last season, Highline rallied off five straight victories to meet Peninsula in the championship game. After regulation and overtime, Highline and Peninsula took a 0-0 tie into a shootout where the Pirates bested Highline, 5-4.

Of the 29 players on last season's roster, six were sophomores, setting the expectations high as the team assumes to return more than 20 players from last year.

"I expect us to be better," Head Coach Jason Prenovost said. "We have a number of exciting players returning next season. It will be interesting to see who steps up."

While the Thunderbirds return an abundance of talent, the departure of its six sophomores is still a loss of talent and veteran experience, Prenovost said.

"We lost a lot of leadership off of last year's team. Two of



Jason Prenovost

our sophomores [Zach Taylor and Devin Thomas] were our captains and our central players," he said. "We will need to work hard to replicate the environment that we were able to create and sustain last season."

Additionally, the Thunderbirds are facing another possible setback with one returner considering transferring to a four-year program next season, Prenovost said.

He added that the returners have been working rigorously to elevate their game to the next level and take the team one step further.

"The players participated in

off-season training. We are allowed a six-week period to train the team and had great participation," he said. "Most of the guys are also participating in a sports conditioning class and have been since season ended. They will need to find a way to carry that training through summer until tryouts in August."

After falling short of the title last season, Prenovost has placed additional efforts on off-season recruiting efforts.

"I'm out in the soccer community every day. The key to success in any venture is good people," he said.

"If you want to lead a successful program you need to make sure you surround yourself with good people. I work hard to make sure that every year whether on paper we need them or not, we bring more good people into the program."

Prenovost's hard work has paid off as he brings in a very talented recruiting class.

"Darwin Jones will be playing for us next year and is one of the best goal scorers in the region. We picked up two boys, Luke Broz and Dominic Torres,

from Idaho's state champion team and I expect them both to compete for starting spots," he said.

In addition to Jones, Broz, and Torres, the Thunderbirds also add SPSL 3A co-offensive MVPs, Auburn Mountainview's Isaac Cordova and Bonney Lake's Jordan Billy.

The Thunderbirds also add Riley Dewing of Auburn, Britton Jolley of Tahoma, Jonathan Betancourt of Hazen, and Auburn Riverside's Tanner Fairweather, who are expected to compete for starting spots, Prenovost said.

Prenovost understands that expectations are high for next season and he and his team will have to be ready for the challenge, he said.

"Our goal is always to win the NWAACC Championship. We try to create a competitive environment where players work hard, are not afraid to challenge themselves and get better every week," he said. "By being accountable to these principles and holding the players to high standards, we will have a shot at accomplishing

Jerome Bland's rough past drives him to succeed

By MICHAEL McDONALD JR.
Staff Reporter

Jerome Bland used his family, basketball and college to escape the harsh circumstances of a Chicago gang life to embark on a future of helping others.

"If it wasn't for my momma and my uncle, I would probably be dead or in jail," said Bland.

Bland is a 6' 1" guard who played last season for the T-

Bland grew up in the south side of Chicago and was exposed to organized gangs as a child.

The south side is controlled by these organized gangs called nations.

These nations controlled their neighborhoods with extortion, narcotics and violence.

The gangs normally controlled houses with thousands of official and unofficial tenants.

Life in a concentrated area of a major metropolis like Chicago could be deadly.

"If it wasn't for my momma sending me out of Chicago, my life would be different. I know better than some of my homeboys about the importance of a good education," Bland said.

"I have hoop dreams of reaching the league [NBA]. I know that I might not make it, but I do have control over my academic destiny."

"I will return back home and work with a personal trainer. I have a lot to work on because the competition is going to be on a higher level," he said.

Playing for Highline, Bland had to share the court time with a deep and talented bench, so working within the scheme of Head Coach Che Dawson's team design limited his potential to become more visible.

That hasn't stopped his climb to the next level.

"I understand what the coach did this season and I remained disciplined to the system. Now I am going to take my talent to a four year school. I really appreciate the experience and opportunity that Highline offered me to play basketball and get a good education. This team is good. I hope that next year that they go further than we did last season," said Bland.

Bland wants to finish his education by obtaining a degree in social work.

"I want to go back home to Chicago and help those who are worse off than me and open up mentoring programs and help people stay away from gangs," Bland said.

Wrestling faces rebulding year with three All-Americans leaving Highline

By RICHARD MEIER Staff Reporter

After a 10th-place finish at the NJCAA National Wrestling Championships, Highline Wrestling Coach Scott Norton faces the challenge of replacing three of his four All-Americans.

While Highline's losing all but one of its All-Americans, it does return 125-pounder Steven Romero, who is favored to win a national title next year, Norton said.

Highline is losing Gray because he's no longer eligible at the junior college level. He was originally considering redshirting and working out with the team next season, but now considering transferring to Montana pending a review of his transcript.

In addition to the departure of Gray, Highline is also losing All-American Darren Faber, who is transferring to Wheaton College, and is facing the possibility of losing fellow All-American Eric Jones who may be transferring due to eligibility discrepancies.

With the departures of so

many key wrestlers Highline is faced with the harsh reality that next season will be a much tougher season than last year, Norton said.

"We're definitely looking at the possibility of a rebuilding year," he said. "We're looking at kids who don't have replace guys, but kids who we can develop over the year. We're definitely looking at a brand new team."

The team's recruiting class is headlined by Dickinson State transfer Micah Morrill at 157 pounds; 171-pounder, Lucas Huyber of Auburn Mountainview; 175-pounder, James Souza of Emerald Ridge; 215-pounder, Anthony Whitmarsh of North Central in Spokane; and Graham-Kapowsin's 285-pounder, Michael Henry.

Morrill is the likely successor to two-time All-American Jason Gray at 149 pounds, and Souza was part of a select pool of Washington high school wrestlers selected to wrestle against some of Japan's finest wrestlers this past January.

Auburn Moutainview's Huyber was a high school state



Scott Norton

champion at 171 pounds, while Souza and Whitmarsh, both state runner-ups, add talent at the upper weight classes, Norton said.

While Norton has finished the bulk of off-season recruiting, he is still awaiting responses from a few more athletes who could make a big contribution if they sign with Highline.

"We're looking at two or three kids who are undecided who are competing at Junior Nationals," Norton said. "The problem is they're kids who are really good and getting looked at by a lot of different schools, but if we got them, they could realistically make a big impact."

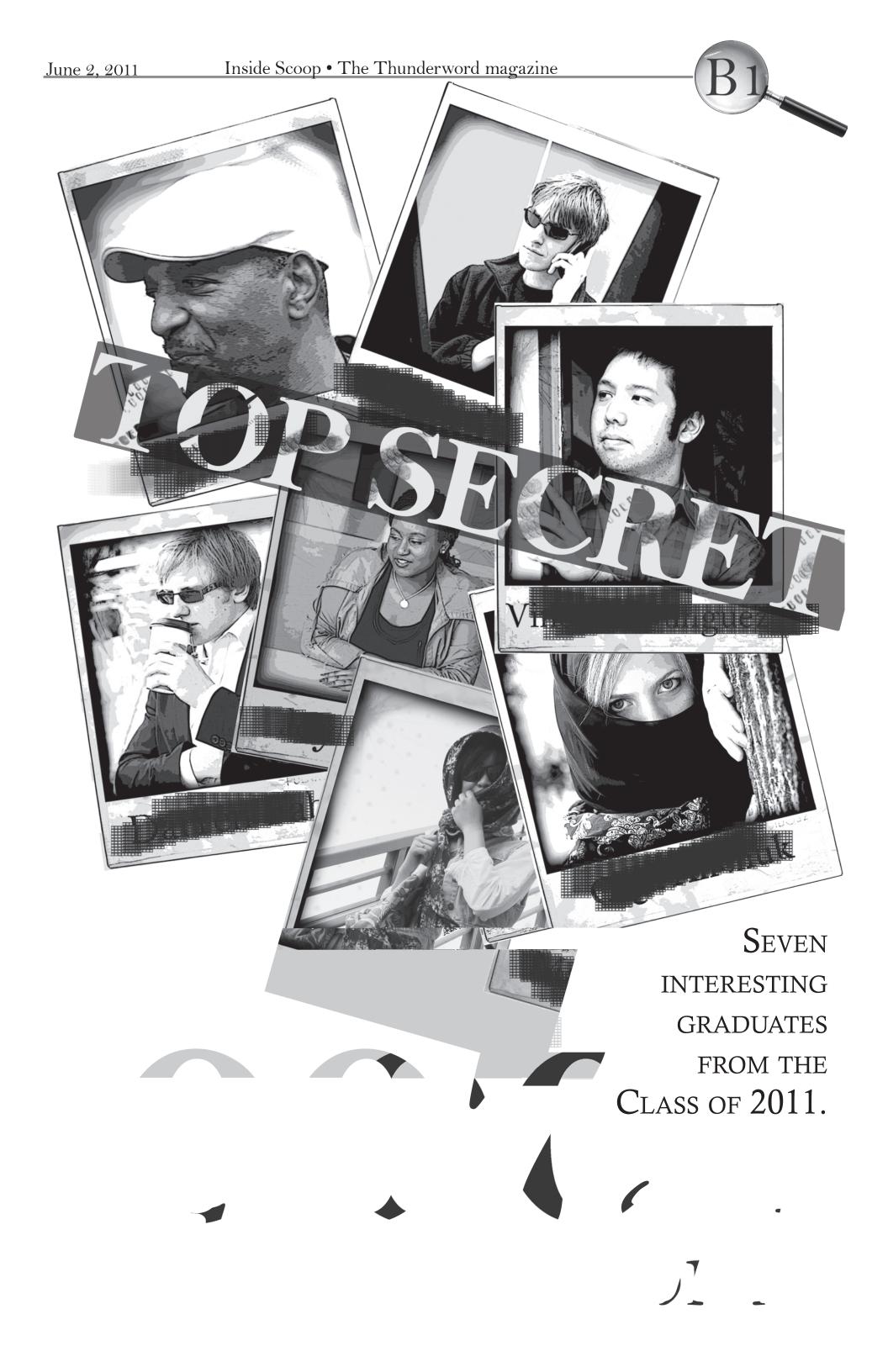
While Norton is happy with

his incoming class and his returning athletes, there's no denying that next year will be a development project, he said.

"We do have a decent class coming in, we're going to have a lot of depth at the lower weight classes which will definitely give kids challenges," Norton said. "Everyone's looking to be the next big thing and that's not going to happen overnight. We're going to take good kids and over the year turn them into a contender for next year."

To prepare his wrestlers for next season as well as raise money and familiarize local wrestlers with the Highline program, Norton has two events planned this summer.

"Starting June 4 we're starting a wrestling club that will run every Tuesday and Thursday from 5:30 to 7 p.m. throughout the year. It will be a great way for wrestlers to stay in shape and to bring in local talent," he said. "Also one of the coaches from Oregon State is coming up here for a two-day wrestling clinic/fundraiser from July 7-8, with all proceeds coming back to Highline."



Washington.

and Romania.

in construction. Afichuk

Highline

Highline.

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ning Start her first two years at

Highline, paying a very small

amount for two years' of class-

Her third year she went

through the trouble of getting

a financial aid check and tu-

ition waiver in order to take the

classes she needed to graduate.

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trums of student success," Afi-

chuk said of her struggles early

while still getting work done

throughout her time as a Run-

you have to have fun too," Afi-

ning Start student.

chuk said.

She learned how to have fun

"School is important, but

She learned how to manage

"There are only so many

She found out early that a de-

Afichuk said she feels privi-

She felt like she could con-

"Highline is in the little pov-

She said that she now under-

her time as a student and be-

came a better student through

She gained a lot from her ex-

"I have been on both spec-



Politics makes outsider Afichuk into an insider

By JOSHUA HART Staff Reporter

Olga Afichuk took control of her education by becoming student president and vice president in three short years.

She will be graduating and receiving her associate of science degree from Highline in biology this quarter.

She plans to take that degree to a university to work toward a bachelor's degree in biology as

a pre-med student.

Afichuk said she will either transfer to Seattle University or Western Washington University. She will make her decision after she has received all the notifications from the colleges to which she applied.

Afichuk came to Highline as a Running Start student three years ago not knowing what lay ahead for her in her time at Highline.

Since then she has been the

vice president and president of Student Government.

president as a running start student in her second year of attending Highline.

Coming to Highline was due in large part to what her mother

"My mom told me that education was the only way to come

Afichuk spent 10 years in Moldova before coming to

Afichuk became the vice

said to her.

out of poverty," Afichuk said.



CLASSIFIED

Afichuk gained the trust of students on her way to becoming the vice president of student government.

This sparked other students to get involved, Afichuk said.

She said that people need to take control of their education and that they have a lot of choice in how their school is run if they take advantage of it.

She used the trust she gained as vice president and the relationships she made with the students at Highline to become president of student government last year.

Afichuk's goal as president was to give students more knowledge about what their rights are in school and society.

She felt like not enough people knew their rights as students and that was part of the reason people did poorly in school.

As student president, she wanted to assist students with their troubles in class since she could relate to that, having gone through and conquered the same struggles of the students throughout her education.

Afichuk said she eventually would like to have her own practice as a family physician.

She said Highline was a good stepping stone to get there.

She said that Highline was transformational for her and she is now a completely different person leaving Highline then when she first came here.

Afichuk said she is more aware of cultural differences in society as a human rights advocate and has learned to open her eyes to the variety of cultures around her through the diversity at Highline.

She said she is sad to be leaving Highline, but ready for the next challenge.

"It's been my home away from home in a way," Afichuk said. "I'm excited to take the next step."



CLASSIFIED

Wrestler pins down direction while at Highline

Staff Reporter

For All-American Highline wrestler and soon to be graduate Darren Faber, discipline is the key to everything.

"Discipline is the vessel. It includes hard work to come to practice, or to do homework. It includes being focused on what you're going to do and how you're going to get better," Faber said.

"But, you have to have a willingness to work or you're never going to get anywhere. Your mind has to say you're going to do this if you're going to be successful with what you're doing."

Yet, Faber didn't always have an enthusiasm for learning. Before Highline, Faber was an immature teenager who now has the focus he lacked. "I didn't have direction before Highline, I just floated through life, I thought I knew everything and learning was a chore," he said.

After taking the step to enter Highline's Running Start Program and competing for two year's as a member of Highline's wrestling team, Faber's attitude changed and his vision

By RICHARD MEIER for his future began to take

"[At Highline] I learned what's valuable, I learned how to learn. I learned that you don't just learn by sitting in a classroom, but you learn by engaging yourself in it and caring," he said. "I grew up here, I did Running Start here, I learned how to manage my time here, and I learned the discipline to work harder than I would have in high school. What I've done and learned here is extremely valuable."

For Faber, Highline isn't just a school and the instructors are no longer mere instructors.

"Highline is so diverse, there are people from every walk of life and you can sit there and talk to them about anything. There are so many people here with a broad sense of things, and they have the same needs and wants," he said "There are professors who are more than just a professor, they are now my friends. People I've asked advice for, who I've debated and argued with, or just went to talk to."

While Faber gained a wealth of knowledge from Highline professors, the wisdom and values gained from Wrestling Coach Scott Norton provided Faber with the discipline needed to excel in the classroom.

"I've gotten better as a wrestler and a person because of Norton, he's awesome. He's a great example of what hard work can do, you have a 40-year-old guy who runs circles around guys, working harder than the people competing in the room. The jump from high school to college wrestling is huge and he definitely helped with that," Faber said. "A lot of what I've learned here is from Norton.

Disci-

Darren Faber

pline and hard work to constantly push yourself harder and harder, to do better on specific skills, and learn to focus. It always comes down to discipline." The respect between Faber and Norton is mutual.

"I can't say enough about him [Faber], he's a great example of a person. On that mat he's a fierce competitor and off the mat he's one of the nicest kids I've ever coached. He's great at putting things into perspective, he's a kid with great grades, he's an optimal student, and a great competitor," said Norton. "He's a great kid. Whoever gets him will be lucky."

Under the guidance of Coach Norton, Faber finished his collegiate career at Highline with a fourth-place finish and All-American honors at the NJCAA National Wrestling Championships, contending for a national title at 197 pounds.

Next year, Faber plans on continuing his education at Wheaton College in Illinois.

While he isn't 100 percent certain about his plans, he has narrowed it down to two paths that would suit him well, he said.

"I want to get my bachelor's in philosophy and then see how I feel. If I feel up to it I'll get my masters and teach philosophy at a university or something," he said. "If I don't do that I think I'd like to become a pastor."

Even though he's still years from discovering his ultimate future, the All-American found the tools necessary to bring the vision into focus at Highline.

"The pursuit of learning for

the sake of learning, or knowing the truth. I used to not have that, I didn't know it existed. I found my passion here," Faber said.

Faber's passion now is a curiosity to learn and to understand the world better, he said. From the wisdom he's gained to this point and from the wisdom he's yet to have gained, he wants to use his knowledge and passion to help others, he said.

"As a little kid I wanted to be a brain surgeon because my grandma died of cancer, I didn't want people to go through the same thing that my she

went through. I wanted to help people," Faber said. "I'm not too good at memorizing things, I'm better at understanding concepts so that dream changed. But, while what I wanted to do [as a child] may have changed, the core hasn't. I still want to help people."

While philosophy was the unveiled passion discovered at Highline, Faber's true passion, the basis for all his successes to this point, is his passion for the Lord.

And while the transition from All-American wrestler to ministry may be complete opposites to some, Faber said there is a strong correlation between the two.

"I don't see them as being very different. You have to be disciplined. In life, they say it's impossible to be perfect, I'd agree with that, it's impossible to be a perfect wrestler," he said. "The pastor thing comes in here because the only way to be perfect is to rely on God. I can try as hard as I want, but I need help to do that. I can't do it on my own. I know I'm going to fail, but the goal is to still be perfect and I have to rely on something else to get me there. That's how it connects."

While he still has several more challenges to face in his lifetime, Highline will forever remain in his heart as the place that molded him into the man that he now is.

"The skills I've learned and the friends I've made at Highline is something that I'll carry with me forever," he said.





International man of mystery enjoys foreign affairs

By VICTORIA DOM Staff Reporter

In a college thriving with culture, Alex Birch is the unexpected face of diversity.

Studying international business, Birch utilizes his affinity for the world, as he is the only American in the International Leadership Student Council.

"I already know what Americans are like," Birch said. "I wanted to get out of the little bubble and open my eyes to a taste of change."

Involvement with the International Leadership Student Council gave him the opportunity to discover everything that the world has to offer.

"I wanted to explore things outside my knowledge, and it allowed me to test myself. I love challenges," he said.

Interacting with a group from diverse ethnic backgrounds also sparked Birch's friendships with students from countries as far away as Germany, China, and Honduras.

"It's not for some people, but + it shows a different perspective on people as a whole, and the world as a whole," he said. "The uniqueness of it – that is what fueled me the most."

In addition to the International Leadership Council, Birch has also been involved with Student Programs, the Highline Volunteer Association, the Cultural Exchange Club, and is multilingual in Spanish, German, and Chinese.

"It's amazing how different

people can be from around the world. We are all so different but so alike," he said. "It's fun to hear how people outside the United States think."

Birch's global fascination stems from his father's business adventures as a senior engineer for The Boeing Company.

"My father traveled a lot helping airlines, and when he would tell me his stories I got hooked," he said. "I'm shooting for his path, but with a business aspect."

Upon graduating from Todd Beamer High School in 2009,

the Federal Way native was faced with a difficult decision on how to continue his educational path.

"I didn't know whether to go to a community college or go straight to the University of Washington," Birch said. "I had been thinking about the UW for a long time, and I don't know what pushed me to decide to go here."

Though, if given the opportunity to start over, Birch says he would come back to Highline without hesitation.

"This was one of the largest

stepping stones in my life that helped me from getting lost, and it definitely helped me choose what I want to do," he said.

Birch is transferring to the University of Washington, where he plans to earn a bachelor's degree.

As for further education plans, he is considering moving forward to obtain a master of business administration degree.

"My dream job would be to be the CEO of a large company; the creator of some fantastic thing that revolutionizes the world," he said.

Using his experiences with students from diverse cultural backgrounds, Birch is on the path to becoming an international, jet-setting businessman.

"It's something about the limitless possibility of being able to travel anywhere around the world," he said. "I want to be able to pick a location on the globe and fly there first class.

"A lot of people go to a good school, good college, get married, have kids, and die. I don't want to do that," Birch said. "Life is too short to be normal, I think."





By MICHAEL McDONALD JR Staff Reporter

at Highline

Marcus Bailey likely be older than the other students in this year's graduating class of highline students in. He very well may be older than some of his professors too.

Bailey graduated from the University of Washington class of '74 but has recently returned to college to fine tune his education at Highline.

"I'll be turning '65 soon and I needed to upgrade certain skills," bailey said. I was doing consultant work and the bottom fell out."

"I am a Vietnam veteran. When I first came home from the war I really didn't like or appreciate how we vets were received. My first time in college was intense," he said.

"At first I was upset at the people with the long hair, the hippies. Their outlook and treatment of the vets were horrible. As I became more aware of the circumstances of the war, I became an anti war advocate. I associated myself with the Black Panther Party and protested against the unequal treatment of people of the world and tried to do my best to make things better for women and minorities," Bailey said.

In the Air Force, Bailey was bound by orders but once he was discharged he was able to express his feeling on the war in Vietnam as well as the other issues that dealt with the youth of the United States. The killing of five college students at Kent State kept tension high among the people, especially young men and women at the University of Washington at the time.

"The difference is that nowadays there isn't very much protesting on the social equality issues that the students had to deal with in the '60s and '70s. Highline shows that. Some of the same issues maybe still relevant today, but hey, now we have a black president, and that in itself shows growth that we couldn't have possibly believed would be possible for at least another hundred years. When I was at the 'dub back in the day, we would have laughed at anyone who said that was possible," Bailey said.

"Maurice is a worldly man and if I had one word to describe hit it would be, complicated. He is not a man to be under estimated. That statement is not to be taken in a threatening way. What I mean is that he has been around the world and seen a lot

not to be taken for granted. He is a very wise man who should not be stereotyped," said accounting professor Anthony Newton.

He said that he is happy to be a part of the Highline graduating class and appreciate the sacrifices and contributions to humanity he has made to encourage diversity to be the way it is nowadays.

"Before I actually decided on what college I wanted to attend I looked around. I could have gone to Seattle Central or a number of other colleges in the general vicinity because I live in the downtown area. I chose Highline because of its rich diversity," Bailey said.

"Highline has a true college setting that I am used to. The other colleges were like high schools," he said.

His goal was to brush entrepreneurial skills and to keep up with changes in business tech-

"I needed to upgrade by skills with advanced Excel, the latest accounting software, Quickbooks and earn by AAS," Bailey said.

He wants to retire and run his own accounting firm in Brazil. He speaks fluent Portuguese and loves the Brazilian culture and he hopes to make it his long-term residence.

"My current visa is only for six months. I just want to relax in a small town called Buzious. The weather is just so beautiful. I shouldn't have to tell you the beautiful women," he said.

Born in Louisiana, Bailey moved to Washington in the mid-1960s. He did a tour in the U.S. Air Force and afterward went to the UW. He still remains true to his Husky roots.

"I am now also a Thunderbird. But I'm also a pure-bred Husky," Bailey said.

"I had a lot of help from Lance Gibson, Jeff Ward and the staff at the Worker Retraining program. People like John Huber, Loyal Allen, Kelsey Anderson, Katrina Titchenal, Marybeth McCarthy and Lynn Boettcher, who helped to finance my tu-

books," said.

" W e really joyed working with Mr. Bailey. He is a real interesting character," said Boettcher. "We call him 'the camel,' because he always stops through to get a drink of water. He is heavily involved in school clubs and the community. Marcus is a real caring and active person. We wish him all the best," Boettcher said.

Bailey said he wants to be an inspiration to all people who feel that their age is a reason not to return to school.

"If I can do it, so can anyone," he said.

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Corey Sun



Long road to Highline may now lead to medicine

By KATIE ADAMS
Staff Reporter

When Joy Mukiri moved to the United States from Kenya just over two years ago, she didn't know if higher education was going to be in her future.

Life in Kenya wasn't easy on her or her family.

Clashing tribes made their safety the prime concern for Mukiri's mother, who was single-handedly raising Joy and her four sisters.

In a difficult decision, Mukiri's mother left her children and their home in Nairobi to move to the United States to find work and create a life for their family where they had a greater guarantee for safety and security.

That was 11 years ago, and now Mukiri is the last of her sisters to move on to the university level, graduating with her associate's degree.

Being the youngest of five girls in her family, she was never sure if she would find a way to fund her schooling once she moved here or come as far as she has, but thanks to the Act 6 Leadership Scholarship, she will be able to.

Mukiri is one of 48 recipients of the Act 6 Leadership Scholarship, a full-ride leadership scholarship to Whitworth University, Pacific Lutheran University, Northwest University, Trinity Lutheran College, Gonzaga University or Heritage University.

It is the only full-ride, meritbased leadership scholarship offered in the Northwest.

"Having the scholarship and

knowing I have four years paid," she said. "I can go to school, get good grades, and do my thing because people saw something in me."

"I came from Kenya, I came from a single mother with four other girls, from not a rich family whatsoever," Mukiri added.

"My sisters didn't know if they would go to school or not, and being the youngest I didn't know. You always have that goal that it's going to turn out okay but you never really know how."

While at Northwest University, Mukiri is going to be working toward a bachelor of science degree in biology.

Having a degree in biology is the first step toward her dream of one day becoming a doctor, she said.

She is still unsure which area of medicine she wants to go in to, but is enjoying the journey she is on

"Right now I'm looking [at what area I want to go in to]," she said.

"I was thinking about going into pediatrics or cardiology, because I'm getting fascinated with the heart and all that stuff. I really don't know yet, though. I want to dig more and go deeper into biology so that I can know where I fit."

Transitioning to life in the United States had its ups and down for Mukiri.

Where she lived in Kenya, she had already learned British English but still had a thick accent, which created a language barrier between her and everyone she interacted with in the United States.

On the other hand, her older sister Grace had already been attending Highline by the time Mukiri moved to the area, so she helped her get comfortable and involved with Student Programs, which ultimately got her the position she has now as the Community Resource Consultant in Student Programs.

She has worked with Student Programs since winter of 2010.

She said she gets her happiness and motivation to keep going from the little things in life, such as putting a smile on someone's face, and from God, her family and friends.

"People ask me, 'What's wrong with you?' I have a friend who asked me, 'Are you on crack?' Is it wrong to be happy?" she said.

"I have got to tell you, my family has been through so much, especially my mother," she added. "She has been through so much. She's constantly there and telling me I can do this. There is never a day that she told me I couldn't do something."

"She's constantly telling me, 'You can do this. Go for it. You want that scholarship? Apply for it. You're going to get it," she said about her mother. "She's constantly speaking into my life, telling me that I have great things around me and I have great things going for me; I'm going places."

Going through what her family did in Kenya got them to where they are today, she said.

"I have a sister in the UK, another one in Switzerland, two sisters here [Grace and Florence] and my nephew," Mukiri said. "I would say it's worth it. It all happened for a reason. I don't think I would take anything back."







All business, but with a purpose and a heart

By RASCHELLE CASEBIER
Staff Reporter

With a passion for business driving his career decisions, Vince Dominguez chose Highline to pursue his goals.

Dominguez has attended Highline for two years and currently works as the vice president of Student Government. His interest for business started in high school.

"In high school I used to be a member of a business organization called DECA that focuses on developing future leaders for business and marketing throughout all of high school," he said.

DECA provides opportunities for students to compete in

various events.

"From these types of experiences I came to be passionate about the creativity, professionalism and competitiveness involved in business and it taught me to think critically about business ventures," Dominquez said.

"In addition, I also saw business as having versatility in

what types of opportunities could be opened up for me in my future," he said.

When Dominguez is done with business he hopes to go into teaching to hand down his knowledge to inspire students, he said.

Initially Highline caught his eye because of the amount and variety of business courses that are offered.

But the diversity on Highline's campus was a major factor in his decision to attend.

"I wanted to be more intentional with my decision and I wanted to choose a school with a big reputation and diversity. So I chose Highline, especially because it is the No. 1 school for diversity in Washington," said Dominguez.

His long commute from Lynnwood every morning shows his dedication to Highline.

"I'm willing to pass by other community colleges to come to this one because of the diversity, people and classes that are offered," Dominguez said.

The diversity is something

that he'll miss when he moves to the East Coast, he said.

CLASSIFIED

"I have chosen Babson College in Massachusetts, the No. 1 college for entrepreneurship according to U.S News," he said.

He will continue with his business major as he moves on, but his emphasis will change.

"The difference between Highline and Babson College is my business emphasis. Here my emphasis is accounting but there it will be entrepreneurship," Dominguez said.

He hopes to utilize his business major to open a multi-cultural restaurant that will appeal to the masses.

"For me, it [the restaurant] would be about more than profit. It would be about contributing and giving back to the community," he said.

His experiences at Highline have taught him the importance of leadership programs and getting involved.

He recommends that students get involved on campus by voting for student government elections, get acquainted with the Student Legislative Action Committee, campus events and find clubs that match their passions.

He plans to continue supporting his passions of higher education and sustainability through his college and future career.

Women's soccer adds 11 recruits to playoff team

By BRIAN ALEXANDER Staff Reporter

The women's soccer team has playoff hopes again this coming fall season, especially with the combining of the incoming players and the remaining women from last year, Head Coach Tom Moore said.

The T-Birds have 11 new women who have committed to being on the roster next fall and five others who have yet to sign. Five of the players from last year will be returning to the squad to have another go at a NWACC championship, Coach Moore said.

Tom Moore and his assistant coach and goalkeeper trainer, Jake Potter, recruited the incoming freshmen forwards, Emily Johnson from North Central High School and Kristen Rephoff from Timberline High School.

The incoming freshman who are likely to play in the midfield include Emily Schuck,



Corey Sun/THUNDERWORD

The new recruits are welcomed into the women's soccer team.

who was home-schooled from the Kent area; Morgan Brown from White River High School; Chenelle Green from Tahoma High School; and Falyn Malloy from Kentridge High School.

Lauren Johnson from Au-

burn Riverside High School will be a freshman and she plays in the defense.

Kyla Kitts from Kentridge High School will be a freshman and will be playing goalkeeper. Hutton, Eastern Shelby

Washington University, will be a red shirt freshman and she plays midfield.

The incoming sophomore midfielders include Jessica Sanchez from Quest University in Canada and Kelby Weiler from

Seattle Christian.

Emma Gremer, Dani Streuli, Shelby Devol, Jamie Farris, and Michael Paulston are all returning and are ready to get back to the NWAACC playoffs.

In the past, the women's team has had their ups and downs but has built up a solid reputation for being a tough team to beat. Last season the ladies went 7-7-4 on the season until the road to the championship was cut short in a heartbreaking double overtime loss to Columbia Basin.

"Last season we lost in double over-time to Columbia Basin in the first round, but this year, I expect to go a lot deeper into the playoffs," Moore said.

Even though they didn't win a championship, making it to the playoffs is something to be proud of, but not enough for Coach Moore.

"I know the team is capable of winning a championship. Becoming a team and working together is what it is going to take," Moore said.

Kosi uses height inside

By MICHAEL MCDONALD JR. Staff Reporter

Kosi Ali is one of the players that Head Basketball Coach Che Dawson has high expectations for this upcoming season.

Ali is a 6' 10" power forward/center who grew up between Los Angeles, California and Atlanta, Georgia.

His life could have easily turned out differently had he not made the decision to focus on his education and basketball.

He chose to attend Highline for both of those reasons with goals of reaching the highest level of competition playing as a professional.

"My life could have easily been on another track," said Ali.

"If I wasn't playing basketball I would be either on the streets or in jail somewhere."

Ali grew up in a gang-infested neighborhood where the "wrong" crowd was the norm.

Gangs and drug dealers were the role model for a lot of the youth in urban Los Angeles.

Ali had the talent to excel in basketball and used it to find a way out of the at-risk environment. Though not every neighborhood breeds at-risk environments, at-risk situations were around Ali.

"I got to Atlanta and found out that the same stuff is going on there," Ali said.

He had relatives who centered his focus though.

"The only thing that motivates me is my family. The big-



Kosi Ali

gest one was my grandmother, who has passed. I told her I would make her proud and graduate and go pro," said Ali.

He also credits his journey to God.

"I want people to look at me and use my story as inspiration to succeed over adversity. They whom walk with God will reach their destination. I am walking with him so I know that my destination is promised from my faith and hard work," said Ali.

Dawson speaks highly about Ali's talent.

"We expect big things out of Ali this season. With him in the lineup, we should be very competitive," Dawson said.

"I've been working on my 15 footer [jump shot] this off season. I feel that it is the area that I need to improve on to help us win the NWAACC," said Ali.

Ali red-shirted last season and is ready to show that he is Division I ready for someone with his skills and dedication.

T-Birds' volleyball recruits give depth to six returning players

By RICHARD MEIER Staff Reporter

Returning six of its seven players from last year's roster, Highline's volleyball had a core, but lacked depth.

However, after going through most of the season with only one alternate player and at times none, Women's Volleyball Coach Chris Littleman was determined not to have a barebones roster again this upcoming season.

Littleman is currently expecting to add eight or nine players to next year's team, after only having six last year.

"I put more time into recruiting this year because the more you put in and the more you get out," Littleman said.

While the addition of several new faces will add depth to a team, which had one sub last season, the biggest contribution may not necessarily be seen during matches, Littleman said.

"I think the girls may have gotten fatigued later on in the season," he said. "But the other thing is the girls saw the same few people every day at practice. More girls will show different styles and make things more competitive and allow some girls to rest."

More players on this year's team, with more focus from Littleman, could mean a vast improvement over last season.



Chris Littleman has the T-Birds built for a strong run.

roster and we've still consistently finished between fifth and seventh," he said. "With a dozen girls and six months of training we expect to improve."

This year's players are taking part in workouts at a local gym in Burien and are reaping the benefits, Littleman said.

"A lot of major universities are constantly working out, getting into shape, and it gets the girls stronger and prepared for the season," he said. "Some of the girls are already getting faster and stronger."

In addition to having his players utilize the gym this offseason, Littleman is also preparing his players for the oncoming season by heading to Brazil for the second straight year.

"We're going to start pre-

"We've been coaching four season training in Brazil at the months a year with a smaller Brazilian National Training Center for practice and so we can bond as a team too," Littleman said. "It's a pretty cool way to give back to the girls after working so hard during the off-season.'

> Littleman is optimistic that a full roster and a productive offseason will translate into a successful season and he says that they may have the league's best player leading them as well.

> "Aurora Vasquez was one of the top players last year, and with a year past and her working hard this off-season she could be the league MVP and one of the best players in the NWAACC," he said.

> "I expect to win. I'd like to say we have a chance to win the whole thing this year," he



Crime and **Punishment**

Thieves strike again

During the past week, snatch and grab thefts have plagued Highline.

Four thefts have occurred involving two male suspects who work together to distract the victim and take their valuables.

"The suspects are African American males, about 15 to 18 years old," said Security Chief Richard Noyer. "Their main hits are the library and Building 29 and aren't students."

In each incident, the items were left out in the open. Their main targets are cell phones, mp3 players, and laptops.

"Our job is to keep students aware," said Noyer. "We are doing this by putting information on the school website and sending email alerts."

"As we see similar situations with students being loose with their belongings, we remind them to be watchful and secure their items better," said Noyer.

"All cases involved in crimes of that matter are immediately turned over to the Des Moines Police Department," said Noyer.

Most recently, a cell phone was reported stolen on May 26.

Cars reported stolen

Two stolen cars were reported on May 26.

A female student parked her 1994 Honda Civic in the south lot at 8:50 a.m. She returned and realized her vehicle was gone.

A male student parked his 1998 Acura Integra in the north lot at 8 a.m. He returned and saw that his vehicle was miss-

A computer was reported stolen on May 27 at 1:51 p.m.

The staff from Building 30 reported that a computer was stolen from the Library.

Car window smashed

A smashed car window was reported on May 26 at 3:35 p.m.

A male Highline student parked his 2004 VolksWagen in the south lot at 8 a.m.

He returned to his vehicle at noon and all was in order.

At 3:32 p.m., he went to his vehicle and saw that his passenger side window was smashed out. Items missing were his mp3 player and his laptop school bag with net book inside.

> Compiled by Elzie Dickens III

Magallanes bids farewell to pursue education

By KATIE ADAMS Staff Reporter

Running Start Coordinator Josh Magallanes is leaving Highline and moving on to bigger and better things - a master's degree from Seattle Uni-

It is at Seattle University that he will take part in a year-long internship with Seattle Counseling Services, where he will be able to engross himself in counseling and hone his craft.

With his master's degree, he hopes to gain a tenured faculty position in a counseling department and open up a private practice.

"[Community college] is really where the heart beats," Magallanes said. "It is the core of human and community development."

He never thought he wanted to get an advanced degree but since being in the community college setting, he has proven to himself that higher education is where he belongs and he can accomplish great things.

He wants to be able to provide research, write articles, and develop new theory; the way to do that is to get those



Magallanes

glorified and advanced degrees, he said.

He doesn't know if he will come back to Highline after finishing his degree, but whereever life takes him, he is willing to take that journey.

"I like to think there is a higher power somewhere providing divine order for me in whatever fashion that is," he said. "I do know in some way, shape, or form it will include higher education."

Education is a huge passion of his and helping individuals develop their sense of self within the education system is important to him because it has

been a huge part of his life and helping advance who he is, he

In moving to Washington from Arizona before beginning at Highline, he faced challenges in his job, including adjusting to Washington's higher education system.

"Learning the Running Start program and how students could access it [was also difficult]," Magallanes said. "[I had to] try to figure out what my role was and how I was going to play a role in students' lives, then figuring out how I would funnel into development through Multi-Cultural Ser-

In some ways he felt like he had a split personality, he said.

Magallanes had many accomplishments during his time here, including implementing a probationary program for Running Start students.

Within the first year of having the program, he was able to decrease the amount of Running Start students on probation by 25 percent. He has also spent a fair share of time on committees, most recently with implementing the LGBTQ task force and safe zone for students,

staff, and faculty.

"One of the things I am working on right now to leave as part of my legacy is the facilitation, training process, and handbook [for the task force]," he said.

This training will give individuals something to reference back to when talking with a student or faculty member who may be struggling.

"We [the LGBTQ community] are very invisible still," Magallanes said. "I want to help individuals feel like they can have the comfort to be out."

He said that it has been the people at Highline who have kept him here for so long.

"The people are what keep you at an institution or drive you away," he said. "Everyone who has touched my life at Highline has done it in such a way that it has kept me here for seven years."

"I'm going to miss the people and I think above even the staff and faculty here, I'm going to miss the students. They are who impact my day to day and drive me to continue to be a better advisor. I know they have given me all the practice I need to be a great counselor."



Apply for the Academic Achievement Award

Students can now apply for Highline's Academic Achievement Awards for Fall quarter

Those that receive the award will get one of 15 full-time tuition waivers. Students must be full-time with a 3.5 cumulative GPA or better. Running Start students, non-residents, and international students are not eligible to receive this award.

Applications are available in Building 9 and are due on July

Students can also access the scholarship online at www. highline.edu/stuserv/financialaid/pdfs/scholarships/ Fall_2011_AAA.pdf.

Open topic for Poetry Diversity Lounge

The final Diversity Poetry Lounge event will be today from 12:30 to 1:30 p.m. in Building 6, room 164, the InterCultural Center.

There is not a specific topic for this event so feel free to bring poetry on any topic and share it, said Svetlana Slobodchikova.

Goats clean up campus

Goats and sheep will be used at the end of the quarter to help clear the overgrown brush around Highline's retention ponds.

The goats will be brought in from June 6-8. Originally the date was set to be June 22-27.

Enjoy the musical talent of the Concert Chorale

The Spring Concert, hosted by Highline's Music Department, will showcase American choral composers Stephen Foster, Gjeilo, Clausen, Hafso and Brunner.

Highline's Concert Chorale will perform twice today at 12:15 p.m. and 7:30 p.m. in Building 7. The first concert is for students, faculty and staff. The second is for community, family and friends.

"Highline Concert Chorale is an ensemble of auditioned voices, including students seeking a college-level singing experience, faculty and staff," said Dr. Sandra Glover.

"In this Spring Concert, smaller ensembles from within

the Chorale will be featured as well, singing special music enhancing the Americana theme," Glover said.

Learn handy tricks and useful advice for college

Jennifer Worick, author of The Worst-Case Scenario Survival Handbook, will discuss dating, sex, college and advice about what college students need to know to be successful.

Her presentation will be on Friday, June 3, at noon in Building 14, room 101.

Her book covers an array of topics from comical how-tos to

Watch UW film about mixed heritage and race

Learn about the University of Washington's project "Intergenerational Roots: A Mixed-Heritage Families Oral History Project."

The film is entitled "Beyond the Spiel: A Media Project about Identity and Mixed Heritage."

It will be showing today at the University of Washington's Ethnic Cultural Theater at 7 p.m. A second exhibit is scheduled for June 12 at 5:30 p.m. in the Benaroya Hall lobby before and after the University of Washington's School of Social

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Des Moines Farmers Market returns with plenty

By RICHARD MEIER Staff Reporter

The Des Moines Farmers Market begins this Saturday at the Des Moines Marina.

Coming off its most successful year financially, the market enters its sixth season, and its second under the control of local volunteers.

The market has had a unique up-bringing as it has been run by local organizations, the city, and other non-profits, before a volunteer group formed last year with the sole purpose of producing a quality market for local residents.

The market is headed by president Wayne Corey and Washington State Farmers Market Association's market manager of the year Rikki Marohl.

As a special treat, the market plans on acknowledging Marohl's accolade this weekend, Corey said.

"During the June 4 opener we're going to be having a tribute for her," Corey said. "The mayor is going to be there with a proclamation, the WFMA will be there plus several community groups and local non-



Michael Brunk/NW LENS

A berry farmer shows his wares at last summer's Des Moines Farmers Market.

profits."

Corey said that he expects a turnout of about 1,200 in attendance for opening day to browse the offering local vendors and artisans.

"Locals will find that we have a variety of things. We'll have organic meat vendors, fresh-organic chicken, beef, lamb, and pig. Fresh seafood vendors, and depending on what's in season, we'll have a variety of vegetables. However, there won't be a lot of fruit yet.

It's too early in the season," Corey said.

The market will feature roughly 30 vendors every Saturday with 90 percent of its vendors focusing on selling produce and specializing in food preparation, while the other 10 percent being local crafters and artisans.

Shoppers should be more than satisfied with the produce offered, as they go to great lengths to find the best quality product available, market manger Marohl said.

"We'll ask farmers to recommend other farmers who will sell at the market. I work with King County and other organizations to go and find farmers," she said. "The city worked really well with us, hiring someone to go out and recruit vendors as well."

While the market begins this Saturday, it runs until the last Saturday in October from 10 a.m. to 2 p.m. with various special events spread out throughout the season.

The market is located near the water at the Des Moines Marina at South 227th Street and Dock St.

Federal Way to try again on downtown development

By CHRISTINA GRAMLING
Staff Reporter

FEDERAL WAY – The Federal Way City Council has gone back to the drawing board concerning the empty AMC Theater lot in downtown.

Last month Federal Way City Council members defined the building guidelines for potential developers and will begin accepting preliminary plans and building concepts from developers for the site.

The former movie theater site was purchased by the city in 2007 for \$4.1 million in hopes of creating a town center and mixed-use area located at the intersection of South 316th Street and 20th Avenue South.

The city would also like the development to benefit the area economically by creating a



Skip Priest

business friendly environment and boosting the economy.

The City Council's ideal development would include commercial and residential space, including a community center. The community center would have flower beds, mounded earth designs, fireplaces, fountains, and markets.

After three years and seven extensions, Twin Development, a developer previously chosen to build on the site, had to throw in the towel when it became apparent they would not be able to secure the financing necessary to develop the property.

Today the site is still empty and the City Council is at odds in regard to the height of the potential buildings. The previous plans were to build three high rise towers, ranging from 35 to 45 stories. This was against the wishes of some council members.

Council members Linda Kochmar and Roger Freeman were vocal about their opinion on the building height and voted against lifting the height limitations the first time around.

"The town is currently limited to 85-foot buildings and I'm afraid of another empty building," Kochmar said.

"People want charm that invites passion and renaissance. I'm listening to the people this time, they want charm over



 $Artist's\ conception\ of\ the\ downtown\ high rise\ in\ Federal\ Way.$

height," said Freeman.

City Councilman Jack Dovey said that it would be best not to limit the developers and to let them decide what works for them.

"We have to be flexible and open," Dovey said. "I don't think it's a wise direction to limit the specs [height] like that."

"The city isn't going to develop the project by itself. It's not good to limit the parameters," said Councilman Mike Park.

Park said a market driven project will be necessary otherwise no one will respond to the Request for Qualifications.

Ferrell agreed with Park's idea about a market-driven ap-

proach, but said, "I just don't think a 45-story building would integrate into the community."

After another discussion of the limitations, the vote was unanimous, however Kochmar said, "I only voted in favor of the guidelines to get the issue off the books and will oppose any proposals with construction higher than 200 feet."

Mayor Skip Priest added that when attending the Mayor's Institute on City Design 14 years ago, he learned that, "you should do something" in regard to a town center, making the point that something is better than nothing.

However, Kochmar said she learned in more recent years, at the same institute, it's not a good idea to go too high in a low-rise community.

The Mayor's Institute on City Design is a governmentfunded leadership initiative that allows mayors to network with leading architects and designers in regard to successful city planning.

The process of choosing a developer will continue in late June of this year when a Request for Proposal is drawn up. A public open house will be held Aug. 9.

The city plans on selecting a new developer sometime in September or October of this year.

Zoning laws could change look of Des Moines

By SETH POWELL Staff Reporter

The Des Moines City Council is trying to adopt zoning changes to spur economic development and improve the city's tax base.

The City Council has several goals, including improving pedestrian spaces, making more room for parking, and raising the allowable building height in the downtown area.

Mayor Bob Sheckler said that no changes will be made until a public hearing on June 9, at which time the council will try to adopt the changes and begin implementing them.

The hearing will be held at 7:30 p.m. at City Hall in the Council Chambers.

"It's an attempt to improve the tax base downtown," said Sheckler.

Des Moines has one of the worst per capita tax bases in the state, due mainly to its lack of business in the downtown area.

Sheckler said that with the current allowable building height, further development is almost impossible. The only way to go is up.

"Building height is the No. 1 topic everyone is talking about right now," said Sheckler.

The new allowable building height would be 45 feet, as opposed to the current height of 35

The new zoning changes would even allow for buildings taller than 45 feet if sufficient public benefits are included in the project.



Jarel Baz/THUNDERWORD

Downtown Des Moines could look very different if proposed zoning laws are adpoted.

Another challenge that the city faces is the current water

South King Fire and Rescue has said that the system can't deliver the required sustained flow of 3,500 gallons per minute for three hours for fire sup-

Eric Clarke, the manager of Water District 54, which covers downtown Des Moines, said that despite the lower than required flow, people could still build new or taller buildings.

"There's certain building criteria they'd have to follow," he

Instead of building mainly with wood, the new buildings would have to be made predominantly from concrete and metal, said Clarke.

Local contractors say that it is 10 to 15 percent more expensive to build this way.

The city and Water District 54 have plans to put in new, bigger water mains before the end of the year, Clarke said.

"We're going to put it out to bid here shortly," said Clarke.

Clarke said the project would cost about \$1.5 million. The water district will raise funds by selling bonds, and the city already procured a federal grant for almost \$500,000.

Another change the council

is looking at is making more parking space. Currently, there is a little bit of parallel parking space along Marine View Drive, but the council wants to change it to angled parking.

Sheckler said that these changes are much needed.

"Nothing's been going on for many years," he said.

Des Moines City Hall is located at 21630 11th Avenue South.

Students shouldn't ignore health insurance, experts say

By JAMES LEE Staff Reporter

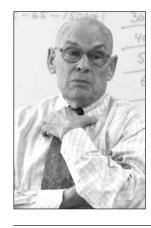
You can stay on your parent's health plan up until the new age of 26 with the new Affordable

One in five recent college graduates are going without health insurance because they cannot find employment that provides coverage, according to Washington State Office of the Insurance Commissioner.

In fact, many college students are unaware of their rights that they can be covered with their parents' health insurance

According to Goinsurancerate.com, 46 percent of college grads are not interested in health insurance.

The Affordable Care Act, also known as federal health care reform, was signed by President Obama on March 23,



"By not having health insurance, an accident can put you in debt."

> -Bill Webster, business instructor

It assures your rights to be insured as a dependent on your parents' health insurance if you are under age 26.

The only exception is if your parent has an existing job-based plan and you can get your own job-based coverage.

Among all generations in the US, citizens between ages 18-24 are the most likely to be without health insurance.

Almost 31 percent of the total population between ages 18-24, and 28 percent of ages 25 to 34, didn't have health insurance.

"You should have health insurance," said Bill Webster, a business instructor at Highline.

The risks of not having insurances can change your life

You can miss early detection of potentially serious medical disorders. Untreated health conditions can become serious.

Additionally, a sudden illness can come on rapidly no matter how good of shape you may be in.

Yet, the worst problem can be financial.

For example, last year, a 23-year-old graduate student at the University of Washington injured himself while on a snowboarding outing.

He suffered a head trauma. His overnight stay at the hospital after his emergency room visit stuck him with a \$17,000 tab. Of course, he didn't have insurance.

"By not having health insurance, an accident can put you in debt. It will bring down your credit score and, at the end, companies won't hire if you can't take care of your own money," Webster said.

According to the New York Times, the average college debt

rose to \$24,000 in 2009, and it still follows an upward trend.

Moreover, CNNMoney.com recently reported that 85 percent of college graduates now move back home after graduation because many of them are finding that moving back home is their only real option.

Unemployment plus debt is just bad news, Webster said.

If you have been uninsured because of a pre-existing condition, you may be able to join the Pre-Existing Condition Insurance Plan (PCIP).

To find out more about PCIP, go to www.wship.org/PCIP-wa or call 1-877-505-0514.

Also if your health insurance company denies a benefit you believe is owed to you, you have a legal right to appeal that deci-

Call 1-800-562-6900 or visit www.insurance.wa.gov to find out ways to hold on to your

Richins coaches students with passion

By ELIZABETH MIKLOVICH
Staff Reporter

Robyn Richins' passion for her job and her life is easily seen by the students' who she coaches in the life skills program

Richins is the Life Skills facilitator and retention adviser for the Highline Women's Programs/WorkFirst services.

Life Skills helps to build selfawareness, and shows students how to balance school, parenting and life responsibilities.

Life Skills offers a safe supportive environment for students who are receiving temporary aid for needy families to attend for coaching tips on educational and career planning, navigating through the college system, community resources and retention services for completing certificate and degree programs.

Life Skills is available during the college quarter breaks and has open entry/continual enrollment to meet the needs of WorkFirst parents.

Workshops are taught periodically throughout the week to help move students toward their plan of becoming self-sufficient.

Students who attend Life Skills are typically in school part-time, working on earning their GED or high school completion or in a work-approved activity or planning their college training to start a future quarter.



Robin Richins

Richins regularly shares her own story with the students in the program. Her self-disclosure of her own life and the obstacles she overcame help the students to relate Richins, she said.

"My family was truly homeless. Not the kind of homeless family that lives in shelters or in their car, but a sleep-on-the sidewalk homeless when I was growing up. I pulled myself up from poverty," Richins said.

"When I share this with the students, I hope to inspire them to see that overcoming very difficult things in life is possible."

Overcoming tragedy and working through grief are also part of Richins' skills that she helps students with.

"I share with them that a death in my family 14 years ago changed my life forever. I had to learn to share my story with people and work through my grief," Richins said. "I see so

many students with grief issues, such as the loss of a job, loss of their home, and loss of a loved one. Telling their story could help someone else work through their loss a bit better."

Richins explained, "I am also very passionate about students' learning to be accepting. I want them to have a passion for what path they take in life and not see their job as just a paycheck. I want them to be excited and empowered to do their job."

With a background in human services, Richins said she is in her dream job.

"By following my true passion, I am helping to improve the lives of Highline students. I really love the cultural diversity here at Highline and the atmosphere of community on campus," she said.

Richins received her associates degree from Highline and went on to the University of Washington and received a bachelors degree in Social Work.

Richins won a Women in Action Award this year after being nominated by the students that she coaches. She was nominated for being outspoken and thinking outside the box.

Richins keeps a copy of her own personal mission statement on her office wall. It sums up exactly what she says her mantra is

"Teach people how to take the pain of their life and fly by empowering and inspiring their inner strength."

Brice earns Ph.D. with family's help

By ELIZABETH MIKLOVICH
Staff Reporter

That's Dr. Brice to you.

Darryl Brice, instructor in the Sociology Department at Highline, has been grinding away to finish his doctorate and has now done it.

Dr. Brice received his Ph.D. in sociology from Loyola University in Chicago on May 27.

"It still seems very surreal to me," Brice explained. "It was a whirlwind trip back to Loyola last weekend; I arrived as Mr. Brice and left as Dr. Brice. It is still sinking in that my hard work is paying off."

Brice earned his bachelor's degree in political science and justice studies from Frostburg State University in Maryland. Then went on to Loyola University and received a master's in sociology.

Brice grew up in Baltimore and was the youngest of three boys.

"My brother Michael wanted me to attend a private Catholic school. The family could not afford that, so Michael joined the military to pay for my tuition," Brice said. "My mother also often worked two or three jobs so that I could attend private school."

Michael wanted Brice to have a good education. Michael and Brice's mother both wanted Brice to overcome the poverty of Baltimore and become an educated man.

"I dedicated my doctoral studies to both of them," Brice said.

Brice has been an instructor in the Sociology Department at Highline since 2003 and was awarded tenure in 2007.

He also teaches coordinated studies and global diversity and globalism studies classes as well.

Brice is also the faculty adviser for the Social Justice club at Highline.

"Highline students are wonderful. I love to help them with the life experiences that they bring to me in my classes," Brice said.



Dr. Darryl Brice

Student shares experiences to change lives

By ELIZABETH MIKLOVICH
Staff Reporter

Two years ago Kathy Troxel was battling severe substance abuse and homelessness. Today she is on the honor roll at Highline.

"Two years ago, I was living on the streets, smoking crack and drinking like a fish. I used to shoot heroin but when I quit that about three years ago, I then turned to crack," Troxel said. "Every day was the same. I would get up and find a way to buy some crack and go to the neighborhood convenience store and buy a couple Jooses [an energy drink stronger than regular beer] or go to the liquor store and get a pint of gin."

"I would then proceed to get as high and drunk as I could. I did this day after day. I felt like I was in a horrific version of the movie Groundhog Day," Troxel said.

"One day, a little over two years ago, I woke up in the seedy motel where I periodi-



Corey Sun/THUNDERWORD Troxel hopes her story can help other students make good choices.

cally stayed, usually on the first of the month, and I looked in the mirror and cried," Troxel explained. "I was tired and I just felt I couldn't face another day of doing what I had been doing for years."

checked myself in detox and from there, went to Seamar treatment center which is just a few blocks from away Highline, for 7 months," Troxel "I have been clean and sober for almost two years and I feel great."

Troxel is now very involved in Alcoholics Anonymous.

Troxel won a Women in Ac-

tion Award this year after she was nominated by fellow students and co-workers for her

ability to overcome addiction and homelessness. They said that she is a great example for students.

"I have a 4.0 GPA in the marketing program and also work at the college under my work study grant. For someone who has spent over two years in prison and been in jail 17 times, that is amazing. I have accomplished more in the last two years, than I did in 10 years prior," she said.

As for being a role model, Troxel has advice for today's youth.

"I would like to pass on to the youth today this message: youth is something that passes very quickly, it is only a small portion of your life. The choices that you make today, whether they are good ones or, in my case bad ones, will dictate your tomorrow. Choose wisely and don't pick up drugs and alcohol," Troxel said.

"If I can save just one person by sharing my experience, then what I went through has meaning," she said.

Glennon takes memories with him to retirement

By ALISA GRAMANN Staff Reporter

Highline professor Jim Glennon is retiring after 50 years of teaching.

Glennon's career began at Rosalia (a small town in Whitman County in southwest Washington), where he was both a teacher and coach for five years. From there, he moved to Mt. Rainier High School, where he taught for 29 years. Finally, Glennon has spent the last 16 years at Highline, through a series of one-year contracts.

"When I came here, it was like I had died and gone to heaven," Glennon said.

Over the past 50 years, Glennon has collected many stories and memories, which he will take with him into retirement.

"If I didn't take the memories with me, I don't know if I could retire," he said.

Over the 50 years that he taught, Glennon estimates that he taught around 16,000 students — the vast majority of whom he liked. Glennon said he could probably count on one hand all the students he ever had that he wasn't glad to see each day.

Glennon said that the students he didn't care for were



Professor Jim Glennon is announcing his retirement, after 50 years of teaching.

the ones who showed no interest in learning. Glennon said he always worked with students to make sure they achieved their best.

"I'm there as their protector," he said.

Glennon said he hopes that his students all find something they love doing, just as he loves teaching.

Out of the 50 years Glennon

has taught, he said he has only missed about 15 days of school.

"The students are my battery," he said. He always has believed that his students are the best cure.

"If I can get to my students, I'll be OK," said Glennon. He said that, over the years, this has always proved to be true.

"My students, next to my wife, are the most important

people t me," h said.

Many of Glennon's students have come to him, just to have a listening ear, he said. Students stop by his office, pour their troubles out, and when they talkhave ed themselves to a resolution, Glennon said they thank him for helping them out.

"Sometimes, I don't know if I'm a teacher, a preacher, or a bartender," Glennon said with a chuckle.

Glennon said he likes keeping in touch with his students. He is constantly bumping into former students, whom he remembers well. Glennon has many stories from his years teaching that he loves to share.

Glennon has also built a reputation among his students as "The Penny Guy," in reference to his quick reflexes. Glennon said it has been one of the best ways he has found to break the ice with students.

Glennon places a penny in the students' open hand, and tells them to close it before he takes the penny. Few students have succeeded in being faster than him.

Glennon said that this is an easy and effective way to make contact with students, and is one he has used for a long time.

Glennon said that he may write a book comprising some of his stories and memories from his 50 years of teaching.

Glennon said he is getting excited about retirement. After his wife had two strokes, things were put into perspective for him. This was one of the factors contributing to his retirement. Glennon said he is excited to spend more time with her.

"We finally have time enough for each other," he said. "No matter what I do, it'll be with her."

Glennon's retirement is a bittersweet time, but one he plans to enjoy.

"I'm gonna enjoy the freedom," he said.

Professor climbs to new heights to balance work and play

By KELLY CASSINERIO

Staff Reporter

From being a full-time instructor to rock climbing in her spare time, Chris Gan has quite a busy life.

Gan teaches anatomy and physiology and microbiology at Highline. She has been teaching here for seven years.

Before Highline, Gan taught at Rogue Community College in southern Oregon.

Gan studied at Humboldt State University in Arcata, Calif. There, she received a master's degree in biology and she also received a bachelor's degree in both biology and zoology.

With the end of Spring Quarter coming up, Gan has been pushing her classes and trying to end the quarter strongly.

In her microbiology class, her students have been given two unknown bacteria and have to find what type of bacteria they are all on their own.

"While it can be intimidating and overwhelming for many of them at first, I am often so incredibly excited for and proud of them," Gan said. "I love to just sit back on the sidelines and watch them put all the skills they've learned over the term to use."

Gan really enjoys teaching

her classes and watching her students grow, she said.

"Teaching is my passion. I am incredibly lucky to look forward to going to work," she

Gan has set the standards high for all her classes, but she does not apologize for it, she said.

About 80 percent of her students are pre-nursing or premed. It is important they learn the material because they will have lives on their hands in the future and they need to be ready, said Gan.

Gan said she has personally seen the fruits of her labor when she was teaching in Oregon at Rogue Community College.

Her mother was diagnosed with Parkinson's disease several years ago. Six years ago she was put in intensive care for 13 days. Six of the nurses helping her mother were some of her best students, Gan said.

"I knew them and trusted them," she said. That is why she pushes her students to do their best, Gan said.

More recently, Gan has become a part of many committees at Highline.

"I am honored to represent my division on the Tenure Review Committee, Discipline Committee, and Faculty Excellence Committee," Gan said.

A student club she strongly supports is PRISM.

"They are an amazing group of people [and] I'm really proud of them and what they stand for," Gan said.

Gan also spends a great deal of time outdoors, either rock climbing or mountaineering.

Last year she took part in the Mountaineers Basic

Alpine Climbing Course where she climbed Mt. Rainier, Mt. Baker and Emmons Glacier over a span of eight months, Gan said.

This year, she has been helping out with the Mountaineers Basic Alpine Climbing Course



Chris Gan spends her free time being involved with other communities, such as helping with the Mountaineers Basic Alpine Climbing Course.

by volunteering her time and knowledge.

"I have spent a lot of time volunteering to teach the same class and am also involved in filming instructional technique videos for the organization as well," Gan said.



A16 news

Student's arrival delayed by quake

By YURI NISHIZAKI Staff Reporter

The recent earthquake in Japan put future Highline student Asuka Ito's life on hold.

Ito hopes to transfer to Highline after polishing her English skill at Kaplan school on campus.

She was supposed to begin at Kaplan on April 16, but didn't make it to Seattle until May 12. She was delayed by the 9.0-magnitude quake and tsunami that hit Japan on March 11.

According to data released by Japan National Police Agency on May 30, the death toll of the quake has reached 15,270, and 8,499 people are still unaccounted for.

This earthquake occurred off the coast of Miyagi prefecture, killing 9,122 people and leaving 5,196 people missing in that area alone.

Miyagi, where Ito grew up, experienced many small earth-quakes for about a week before the quake.

On March 9, a 7.3-magnitude earthquake hit the area.

Ito and her friends were saying that the big quake would maybe hit there soon, she recalled.

Their conversation became a reality two days later.

All the Shinkansen, or bullet trains, stopped when the quake hit, and their operator, Japan



Asuka Ito

Railway Company, did not resume all normal operations until April 29, 50 days after the quake.

However, trains continue to be cancelled because of continuing aftershocks.

"I was going to Tokyo to apply for my visa a week after the earthquake, but I was afraid because aftershocks were still continuing," she said.

She ended up taking a bus, finally getting to apply for a U.S. visa in mid-April, about the time she had planned to be here.

At Kaplan, many new students started their studies on April 16, and Ito was to be one of them.

As she arrived there a month later, Ito said some students were speaking better English than she was.

She might have had more friends if she went into Kaplan

following her original plan, she said.

Her family still lives in Sendai, the capital of Miyagi prefecture, and remains a source of concern for Ito.

"My family is OK. Every time they experience an earthquake, they email me, and I come to worry about them," she said.

Although people are still restricted from entering many places in Sendai, the city is getting back to normal, even though life is still not as normal as it was before the earthquake, Ito said.

All infrastructure has been restored in the area, Ito said, but many problems still exist.

Her main concern is the children affected by the earthquake and tsunami.

"There are so many children who got shocked. Many lost their parents. People are seeking a way to treat these children.

Many people who have jobs buy things for children, such as CDs, food, clothes, and diapers. Even people living in Sendai are helping them," she said.

"I don't really think things are getting better yet. There are no obvious changes."

Ito said she will be at Kaplan until next June, and wants to study at Highline in the future.

"I finally came here. Now I can have time to study," she said.

Students struggle to navigate degrees

By HOI DUONG
Staff Reporter

Students sometimes have trouble navigating Highline's degree requirements. Some blame their advisers.

Before the start of Fall Quarter 2010, Highline student Steven Ong said he was informed by his adviser to take things easy.

"There's a series of chemistry classes I needed to take – Chemistry 161, 162 and 163," said Ong. "They told me, for your first quarter to not take hard classes. So I'm late one quarter and had to take 161 during the winter. I barely made it in."

Ong is currently trying to complete his Associate of Science degree in biology. It was not until after he started taking his classes that he realized he would have to take a class during the summer to complete his goal on time.

"They pretty much screwed me over my first quarter," said Ong. "There's no flexibility and they shouldn't have advised me to take it easy. You have to jump into it."

Other students have been in situations similar to Ong.

Highline student Abigail Westfall said she had to pay approximately \$500 for a class she did not need.

"I had been keeping track of my credits myself on the AA form," said Westfall. "And I wanted someone to double check because things might have changed since the form came out."

After applying for graduation, Westfall said she received a letter stating that she was missing a science credit. At the time, she said she had every intention to go to the Central Washington University campus which is located at Highline in Building 30.

Westfall said she believes that her adviser at the time looked over her credits too casually. She also went to another adviser to have it doublechecked in the administration building.

"He said to me 'Great' then moved me on," said Westfall.

Some students have had the opposite type of experience with their advisers and the Educational Planning department.

"My adviser is great," said student Farah Hasan. "He tells you what you need and directs you towards other resources. He's the best."

Highline student Sinead Baylon said that it is about the connection with the adviser and the efforts a student makes to take charge of their education.

"Some advisers don't care enough or because they have so much to do, they want you out of their office as soon as possible," said Baylon. "And some students who are assigned advisers think because they're assigned to them that they can't change. It took me a while to find an adviser who cared enough."

Dr. Ruth Windhover, an English professor at Highline, said she believes people can miscommunicate and make mistakes on both sides.

"Advisers don't know what their [students] interests are so students need to tell their advisers," said Windhover. "Inevitably, students may take the wrong course for a variety of reasons. But how often that happens, I don't know."

Dr. Gwen Spencer, the director of Educational Planning and Advising and High School Programs, has news for current and incoming students.

"Our role is to do our best to provide timely and accurate academic or educational information so students can make informed decisions," said Spencer. "Ultimately students have a key responsibility for asking questions, clarifying information, applying for graduation at the completion of 45 college level credits and reading what is written on the planning sheets that we provide."

Academic and educational programs are constantly changing as well; thus, the staff at Highline has trouble remaining up to date, Spencer said.

"One of the challenges that students and advisers face is that a number of our degrees sound very similar and yet they are very different in their intent and coursework requirements," said Spencer. "But students do need to know that we try to keep up."

For example, there is an Associate of Arts, Associate in Business and Associate of Applied Science in Business. Although all three sound alike, the courses which need to be taken in each are different.

The Educational Planning department is located on the upper level of Building 6. There are three full-time and three part-time advisers. They will help students on a first-come, first-serve basis.

They are open from 8 a.m. to 6:30 p.m. on Monday and Tuesday, 8 a.m. to 5 p.m. on Wednesday and Thursday and 9 a.m. to 5 p.m. on Friday. There is a break from 2 p.m. to 3 p.m. on Thursday for a staff meeting.

Herpes virus has been linked to other illnesses

By AMANDA SILLS Staff Reporter

Many people associate herpes with cold sores that last a lifetime, but there are more serious effects unknown to most people, said Mira Beins, a biology professor at Science Seminar last Friday.

Science Seminar is a weekly series of presentations on topics of scientific interest, by professors and community members.

The herpes virus is widely talked about, included in the media and even joked about. However, in general when people talk about herpes they think of sexually transmitted diseases; mistakes that cannot be changed.

"It's more than just an STD," Beins said.

Beins chose to cover the herpes virus because of the popularity concerning the subject of sexually transmitted diseases. Students can relate to the topic of sexually transmitted diseases and many find it compelling to learn about, Beins said.

"It's sort of catchy," she said. Some people think of herpes as a non-serious sexually trans-



Biology professor Mira Beins

mitted disease and yet there is much more involved than cold sores

"I wanted to communicate to everybody that herpes is a lot more than what people think. It's a family of viruses," Beins

What people may not know is that herpes can increase or cause other illnesses such as chicken pox, shingles and cancer.

"Some viruses can even cause cancer," said Beins.

Herpes is a virus which is different than bacteria. Beins said she wants to bring awareness to students of the serious risks viruses have compared with bacteria.

"Viruses and bacteria are two very different things," Beins said.

Bacteria are like cells which can change, while viruses cannot

"There is no way a virus can create another virus," Beins said.

Receiving the correct treatment for herpes is important and if people neglect treatment, they will have a higher risk for uncommon diseases.

After someone is infected with the herpes virus, they may not be aware of the virus for some time which can lead to cancer growth.

"People may not know that they have at least four herpes viruses in them," Beins said.

The next Science Seminar, June 3, will be the last seminar for Spring Quarter presented by geology professor Carla Whittington on Living on Unstable Ground: The Causes, Signs and Mitigation of Landslides in the Puget Sound Region.

Science Seminar meets at 2:20 p.m. in Building 3, room

THE CREATURES OF THE HIGHLINE LABORATORY

Biology lab animals act as pets and learning tools

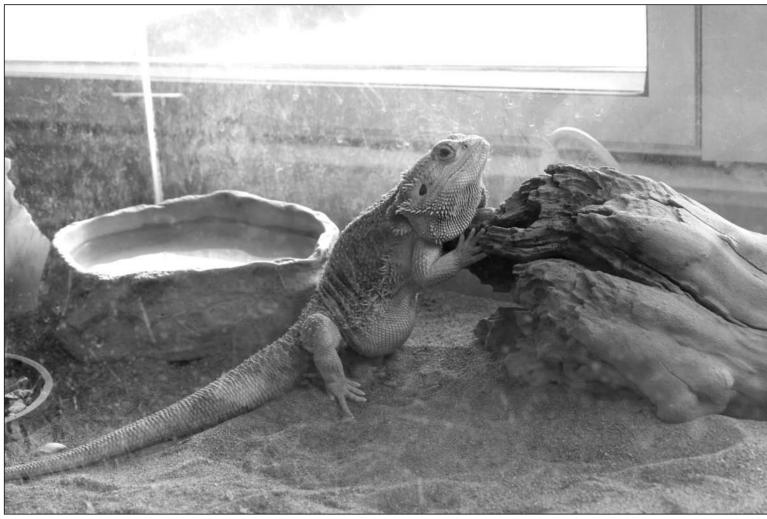
By AMOS NISTRIAN Staff Reporter

Highline's campus is diverse with the young, the old, the furry, and the cold-blooded.

As students range in cultural and ethnic backgrounds, so do the animals in the biology lab.

The lab is currently home to 18 animals; including two ball pythons named Monty and Balak; Cody, a red tail boa constrictor; two uromastyx mali lizards named Oma and Mr. Smith; a rubber boa named Gumby; a bearded dragon lizard named Kedaka; a tortoise named Sam; Shoorik, a Russian tortoise; a turtle named Slider; a parrot named Squawky Dude; four axodotyls; and a tank of fish.

"The animals we have here, the reptiles were all abandoned or neglected in one way or another, and because my wife and I belong to the Pacific Northwest Herpetological Society as institutional members through Highline, we've adopted a lot



Victoria Dom/THUNDERWORD

Kedaka, the bearded dragon, is among the reptiles in the biology lab that was rescued and adopted.

of these animals and rescued them," said biology lab technician Donn Walter.

"For example, Kedaka, our bearded dragon, wasn't handled until adult size when he came here," Walter said. "His previous owner was too afraid to handle him so he stayed in his cage his whole life."

One of the ball pythons in the lab was rescued after he was taken from a drug raid, where he was very skinny, neglected, and hadn't been fed, he said.

Walter, along with his wife, Sabine, care for the animals in the lab, and he also integrates the creatures into his curriculum

"One of the things we really like, since it is biology, is the study of life. That's why we have animals here," Walter said. "It's not just to find interest in them as far as watching them and that kind of stuff. In some classes we use them for comparative anatomy and we also do classification as far as

kingdoms, family, and that type of stuff."

The lab is also home to a cat named Jericho, who was taken in after the former lab cats, Stubby and Domino, died.

The Walters have since started a FatCat Fund, in order to collect money to support the animals in light of the budget cuts.

"Although the cats are no longer with us, we have several other animals in the lab, so we have decided to continue the FatCat Fund in memory of the cats," said Walter.

Donations to the fund can be made directly to the Highline Community College Foundation, which can be reached at 206-878-3710, ext. 3774.

The biology lab is located in Building 12, and is open to all

students, staff, and faculty.

For more information about the biology lab animals, visit www.flightline.highline.edu/biologylab.



Slider the turtle was donated by a former Highline faculty member.

Victoria Dom/THUNDERWORD *Jericho, the lab cat, is a friendly feline to the biology students.*

Summer vacation has students in a scramble to survive spring

By MAX HENRY and KELLY CASSINERIO

Staff Reporters

Highline students are making plans for the summer as Spring Quarter comes to an end.

While some students are focusing on taking classes this summer, other students will be visiting colleges, going on vacations, or looking to make some money.

Abdul Rahim said that he hasn't really thought about what he will do this summer for recreation, but that he was focusing

on finding work.

"The only thing I've been thinking about is finding a job. That's been my main goal," said Rahim.

Another student, Erin Mullen said, "I'm going to be working at the West Campus Music Center."

Peyton Tomayo said, "I'm going to be a nanny for my mom's friend's kids."

While some students are taking up a job over the summer, others will be vacationing.

"I'm going to New York in June for a week for a family vacation," said Kendall Hutchins. Another student, Ben Friedland, said he was looking forward to traveling with his family this summer.

"I'm going to New York. It's just a family vacation," Friedland said. "I've been to New York plenty of times. It's a fun place."

One student said he is going to be on set on a television show this summer.

"This summer I'll be on the HBO set of Eastbound and Down with Danny McBride," said Nick Costanza. "I'll be delivering coffee on set."

Other Highline students will

be tying in academics with their activities this summer. Scott Johnston and Zack Ruiz-Bednarski are both planning on taking classes this summer.

"I'll be right here probably, working on my laptop," said Ruiz-Bednarski.

Johnston is going to be taking only one class this summer, but is making plans to travel to California to visit colleges.

"I'll be going to California to visit some colleges down there. I want to go to school outside the state," Johnston said.

Kirsten McFarlane also has college on her mind this sum-

mer.

"I'm probably going to visit Washington State University," she said.

McFarlane isn't all business though; she is looking forward to a gaming convention called P.A.X.

"I'm going to P.A.X. It's a gaming convention held every year downtown," she said.

Many students are looking forward to the summer, but some are still wrapped up with the end of Spring Quarter.

"I'm a little bit stressed [for finals], but I'll study and get it done," said Danny Frost.

Jobs

continued from page 1

make some money," said Manpreet Bhandal.

Many employers began filling positions well before the summer months. Some students started applying as early as April.

Popular summer jobs such as Family Fun Center and Wild Waves have completed their hiring for the summer.

"I was hired at Family Fun Center in April, but I don't start until school is out," said Emily Warren.

However, for those students struggling to find a job, or feel like it's too late, many companies are still looking to fill positions.

The key is getting on the ball and applying to several places immediately.

More than 20 employers were present at Highline's spring job fair last Thursday.

Many are looking for college students to work anywhere from a few hours a day to a full 40 hours a week.

Taco Time is looking for employees to work for the summer and beyond, so those who plan on working during the school year could potentially have a job that lasts for the whole academic year.

"The jobs for Taco Time would not just be for the summer, but if someone is looking for employment we are actively accepting applications for our Des Moines, downtown Renton, and Fairwood locations," said Joe Eggers, south district manager of Taco Time.

FedEx is looking for package handlers as well for the morning and evening shift. Shifts are scheduled for Monday through Friday, or between Tuesday and Saturday. One must be 18 years of age or older, enrolled in high school,

The Thunderword / June 2, 2011

or older, enrolled in high school, and be able to pass a criminal background check in order to qualify for the job.

Besides earning money and potentially opening doors to other job opportunities, FedEx package handlers can receive great benefits as well.

After working for more than 60 days one can receive up to \$1,500 for tuition assistance, which could help many students pay for an entire quarter at Highline. After clocking in over 1,000 hours one would eligible for medical, dental, and vision benefits as well.

Other employers who are offering job opportunities include Avon, Kelly Services, and Plato's Closet.

Avon is looking for sales representatives; Kelly Services is seeking general warehouse fork-lift drivers, customer service representatives, and administrative assistants; and Plato's



Corey Sun/THUNDERWORD

A variety of employers attend Highline's annual job fair to find employees with the necessary skill sets.

Closet is looking for someone to fill a sales associate position.

Recruiters from Holland America and Princess Cruises were also on hand with information on open positions and open eyes.

Some of the positions currently available are guest services, rail services, driver guides, lodge services, and fleet maintenance.

Compensation rates are between \$9 and \$13.25 depending on the position.

Seasonal employees are offered highly discounted rates for personal cruises and travel, so there is potential for employees to get a cheap vacation out of the deal.

At Southcenter Mall, in Tukwila, there are many places to apply.

"We are still hiring and currently filling positions," said Chris Barnes, a manager at the Southcenter AMC movie the-

"Students can benefit by applying because there are lots of hours available and employees also get mall discounts at stores," he said.



Corey Sun/THUNDERWORD

A recruiter from an investment firm seeks out potential employees among Highline students.

Air

continued from page 1

Department of Natural Resources are concerned about people burning outside when conditions are dangerous," said Wisti. "For example, outdoor burning in hot summer weather can easily spark a wildfire that gets out of control."

In an effort to prevent wildfires, the Clean Air Agency places burn bans that restrict people from burning materials both indoors and outdoors.

"We can call burn bans based on federal air quality standards meant to protect human health," Wisti said.

Information about burn bans are available at www.pscleanair.org/airq/burnban/default.

"Smoke from wildfires can travel a long way from the actual fires themselves," said Seth Preston, communications manager for the Air Quality and Toxics Cleanup Programs of the Washington Department of Ecology.

"For example, last summer the Seattle area was inundated with smoke from wildfires up in British Columbia. It's hard to predict when fires will happen and where the smoke will travel," Preston said.

"Smoke is difficult, because it can be blown in from far away and we can't control that," said Wisti. "However, the major source of air pollution is from motor vehicle emissions – our personal cars."

The Washington transportation sector alone, which includes cars, trucks, heavy-duty vehicles, trains, airplanes, and ships, produces about 47 percent of local greenhouse gases.

"Compare that to the largest industrial source, the coal-fired

TransAlta power plant near Centralia, which produces about 10 percent of greenhouse gases in Washington," Wisti said.

"So, bottom line, driving less means less air pollution. We can all try to do that. And we also can try to use vehicles that are more fuel-efficient to reduce emissions," said Preston of the Department of Ecology.

Experts say addressing the long-term problem of reducing the amount of pollution from vehicle emissions can only be done by reducing the number of vehicles on the road, driving less, and assuring that the vehicles being driven are as clean as possible.

"Biking, walking, car or vanpooling, riding the train, bus or ferry, switching to manual or electric yard care equipment will all help reduce the longterm air pollution levels," said Wisti.

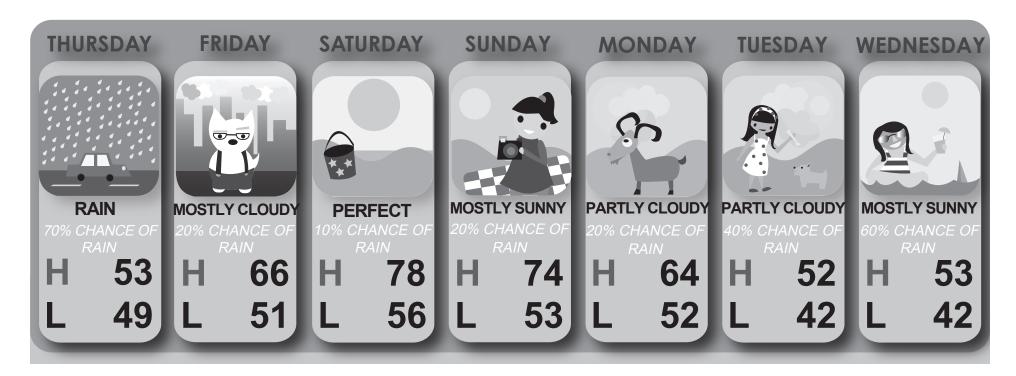
"But, it's the number of ve-

hicles and how often we drive them, and their emissions that really count."

For more information on the visit www.pscleanair.org.

air quality in Puget Sound and alternatives that can be taken to help decrease pollution levels, visit www.pscleanair.org.

Bye for now.
See you
in the fall.
The Thunderword.



Yoshida

continued from page 1

own creative wings.

She said she collected the journals she'd written over the years, summoned her life experiences, and steered her energy toward writing novels.

"I originally began writing Flaherty's Crossing as a source of personal therapy after losing my beloved father to colon cancer," Yoshida said.

She said the loss of her father left her angry, but after writing the story, her retrospect prompted her to consider the fact that many sons and daughters had to deal with the same hardships and even more heartbreaking situations.

"Rather than a memoir, my debut novel evolved into a woman's fictional journey, which brought about the resolution I needed to find," Yoshida said.

She said she never expected the writing to go to press, touch lives, or win literary awards.

The book received the Publisher's Award of Excellence in 2010 and was a 2008 finalist for the Romance Writers of America's Golden Heart contest.

Yoshida has committed all profits from the sale of the book to cancer research at Portland's Providence Medical Center.

A screenplay was created and is currently under consideration for a Hallmark movie.

Yoshida said she is currently expanding her writing into the action-adventure genre, also known as Romantic Suspense.

Her first book in a threebook series, *Severed Threads*, is almost complete and will be in eBook and paperback format.

Severed Threads brings treasure seekers and modern-day pirates on chase to recover a priceless Chinese artifact.

Literature was not the only love she stumbled upon at Highline.

Yoshida also met the man who became her husband, Junki

Yoshida.

"I had seen him from time to time in the Student Center, playing pool or banging on the pinball machine in an attempt to win free games," Yoshida said.

Mr. Yoshida was a karate instructor on campus, although Yoshida admits she never paid much attention to who he was until one fateful afternoon while studying.

She said she lifted her head from studying.

"I saw him perform a spectacular karate demonstration that shifted my opinion of him from cocky rooster to noble warrior."

Their eyes met, but not a single word was exchanged between them.

Four days later, she was invited by a friend to a party.

To her surprise the party's host was Junki.

She stayed late after the party and ended up talking with him for hours.

"Two weeks later, he asked my father for my hand in marriage," Yoshida said.

Within the next four months, the couple was married at Fauntleroy Church with 350 family members and friends.

Mr. and Mrs. Yoshida will have enjoyed 38 years of marriage by the end of this year.

Mr. Yoshida was honored as the Distinguished Highline Alumni Award recipient in 2003.

Some years later, she contributed her sense of entrepreneurship to help him develop and market Yoshida's Gourmet Sauce, a very popular teriyakistyle gourmet marinade sold in many markets today.

The "secret family recipe" was the birth of the Yoshida Group.

"It grew to a conglomerate comprised of 18 diverse companies with products ranging from Jones Golf bags and Forrester's Outerwear to Prison Blues accessories and garments," said Linda Yoshida.

The conglomerate also includes services such as custom-

er care, screen printing, and real estate projects.

Heinz USA acquired the marketing for the Yoshida brand in the USA, Canada, and Mexico in 2000.

Yoshida's spirit of benevolence came long before financial security.

Her oldest daughter, Kristina, became seriously ill with jaundice, which resulted in the newborn being hospitalized.

Baby Kristina remained in intensive care for five days with an elevated bilirubin level.

This indicated hyperbilirubinemia, which is a disorder that can potentially cause brain damage in infants.

Kristina soon recovered, but

having no health insurance or resources to pay the medical bill, Yoshida and her husband were in crisis again.

However, good fate intervened and the amount due was only \$250. Charity had been bestowed upon the Yoshidas.

From that day, Yoshida and her husband vowed to repay this blessing.

"We would find a way to make a difference, to give back, whether through community involvement, fund-raising or monetary means. This is the practice and promise we live by even to this day," said Yoshida.

Yoshida said Highline definitely contributed to her growth and success, which allowed her to give back to others.

"Highline opened my eyes to new possibilities by providing committed, enthusiastic instructors who encouraged me to challenge my abilities and to strive to reach my potential," she said.

She hopes that her story of success and humble beginnings at Highline encourages students to use their potential with no waste.

"It's never too late to become the person you could have been," Yoshida said.

"There's always a new door within reach, a soul-satisfying accomplishment waiting in store, if you just keep your eyes open to possibilities."



JUNE 6-10TH

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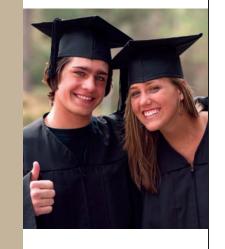




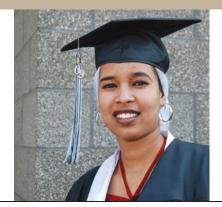
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Bridging the gap between home and Highline

Students have trouble making friends with Americans

> By YURI NISHIZAKI Staff Reporter

Many international students have difficulties with English, but the key to overcoming that is to face the problem and be confident in themselves, a Highline official says.

Highline has around 500 international students during any given year, coming from all over the world. They come with a variety of abilities in English. Some study at intensive English programs such as Kaplan, while others jump into the fire of regular classes in English.

International students here say that one of their challenges is getting outside of the group of people from their home country or region. That doesn't necessarily challenge them to learn more English.

Kaplan student Sangbin Park from Korea came to America on March 21. He said he spends much of his time with his Korean and Japanese friends from his classes.

He feels the limitation of learning English with other Korean and Japanese people.

"When I talk with people who want to learn English, we use English with each other, but we can't correct mistakes," he said.

"We know their personalities



Victoria Dom/THUNDERWORD

International student Sangbin Park (far right) has been at Highline since the start of Spring Quarter and hangs out with his Japanese and Korean friends.

and culture, so we can more understand each other than other people," he said as a reason to be with other Korean friends, even though he said that the best way to improve his English was to make American friends.

Kuan-Lin Chen is a Highline student from Taiwan, and entered Highline in September 2010. She was in a high school in Florida as an exchange student before.

"It was quite hard. I was the only exchange student there [in Florida]," she said.

"They didn't see Asian people there. They thought I was rare," Chen said.

Some talked to her as though they thought she was interesting, she added. "In Florida, there were only American students.... I have a choice to talk with American or international students now, so it doesn't help me improve my English," because she tends to be with other international students.

"I have no challenge here. There are too many international students who can cover me," Chen said.

Hiroki Tsukamoto, Kaplan student from Japan, hopes to become a police officer in

America. He plans to transfer to Highline to study criminal justice.

"There weren't a lot of Japanese students, but Kaplan got a lot of Japanese students this quarter, and it made my English poor," he said.

"Even if I speak English, Japanese students answer in Japanese.... Some people are afraid of speaking English. And I think speaking Japanese is more comfortable, and speaking English is sometimes stressful," he said.

Tsukamoto said Kaplan students have different schedules from Highline ones, and that makes it difficult to be friends with American students from Highline.

Nonetheless, the important thing is to start talking with people, even though it's comfortable to be with the same people, said Amee Moon, associate director of the **International Student** Programs.

"It's just really comfortable and easy to stick with their own group. It's hard to make decisions to do something difficult," such as standing up and going to talk with American people alone, Moon said.

"They have to break up the comfort zone. People won't walk up to talk with

them. Successful people [international students] are breaking out of their country group, and talk with people not being shy," she said.

Sanae Suehiro, a Highline student from Japan, entered Highline last September.

"Every time I talk with American people, and every time I have to repeat what I said, I realize my English hasn't been quite improved yet," she said.

"My parents pay for the tuition here, but the level of my English and academic achievements are still low. I feel sorry for them," she said.

New student officials to focus on unity and awareness

By MEGAN WALLIN Staff Reporter

ernment welcomes new challenges while focusing on unity and sustainability.

"Unity is what we discussed the most (while campaigning)," said the new president, Zoey Myagmarjav. Myagmarjav and Enrique Ramirez were recently elected to Student Government as president and vice president.

"Student Programs does a lot of things already," said Myagmarjav, giving the example of event coordination and club enhancement. However, she believes they can also do more to raise student awareness of opportunities for further involve-

"One thing this campus needs is to promote our Student Government," Myagmarjav said. She suggested that students and faculty do this by networking.

Vice President Ramirez Highline's new Student Govagreed that students need to be

> involved with Student Government, but also clubs and committees."

"Highline students need Myagmarjav

added.

to see that other students are actually doing something," Myagmarjav

Winning by more than 50 percent, Myagmarjav Ramirez attributed their win in large part to their level of involvement prior to running.

Still, it surprised them both. "I thought it would be way closer," said Myagmarjav. "The other candidates were very qualified."

Ramirez echoed this senti-



Ramirez

thought our level of involvement and positions here at school helped," he said.

ment.

He added that although he

felt confident, "when I saw the numbers, it was a pretty humbling experience."

They also thought their strategy to run as a ticket helped them with voters.

Myagmarjav said that running together made them more recognizable. "People noticed—'Hey they're running

The slogan also caught people's attention, she said. "People would say "EZ Choice... That's clever!"

Ramirez cited club support as another main factor in their win, and both Myagmarjav and Ramirez sav club involvement is the key to increasing Highline's sense of unity.

That unity could also help students support the new sustainability policies, which is another one of the new Student Government's goals.

Ramirez said that although new recycling bins have been set up around campus, some students do not seem sure of how to properly use them.

Myagmarjav and Ramirez both said that Student Programs needs to not only promote the new recycle bins, but teach people what is appropriate to put in

Highline's sustainability policy is still very new, and Myagmarjav remarked that she had already found food in a recycling bin.

She said one challenge this year will be finding ways to enforce sustainability rules while encouraging students to get involved.

That and many other issues will be facing the Student Government this year, and they are embracing their new tasks.

"From what I see from what Olga [outgoing President, Afichuk] does, I think she interacts more with administrators," Myagmarjav said of what she expects from her new role.

"I know I'll be working with the [Services & Activities] budget, as well as working closely with students," said Ramirez, who said that he is looking forward to "being an ear" for the Highline student body.

A4 opinion

Editorial comment

Our year in a comment: excitement and lessons

As the school year comes to an end, a review of the highlights reminds us of the excitement the year contained and of the events that served as learning opportunities.

Excitement was sprinkled throughout the year with snow, meth, a bomb, and a fire.

Snow in both fall and winter quarters brought snow fun and campus closures. Students on campus when the snow struck could be seen enjoying the snow in a carefree manner, such as indulging in snowball fights and building snowmen.

In early winter, campus security officers cornered a stolen vehicle and discovered meth and an explosive device inside. This resulted in closure of the East Parking Lot for a few hours.

The excitement continued when, a few weeks later, an electrical fire closed down Building 99, which did not reopen until early

There were some bittersweet moments, as some staff and faculty members retired and/or moved on to new things.

The year also contained some sadness, with two beloved professors succumbing to different types of cancer. Also, several faculty members were let go, due to budget cuts.

In the face of budget cuts, Highline has shown resilience, and great commitment to academic excellence. Although faced with tough cuts — with more inevitably to come — staff, faculty, and students have found ways to adjust and compromise, without sacrificing education.

Similarly, despite budget cuts, the campus has made a commitment to sustainability and to being environmentally friendly. During Winter Quarter, Highline took another step toward being "green" by installing its first solar panel.

During Spring Quarter, a new sustainability policy was constructed and approved. While no immediate changes occurred, there is the hope that this policy will mirror the diversity policy, and bring sustainability to the classrooms in pertinent ways. There is also the hope that students and faculty can come up with ways to integrate sustainability into their learning and teaching so that they can carry it with them into the future.

The unity of the campus was displayed in many ways during Spring Quarter.

After the earthquakes in Japan, the college community banded together, hosting and supporting events to benefit Japan. Bake sales and prayer walls were just two of the ways that the community was able to show their unified support and sympathy for the people of Japan.

There was too much drama on campus for the Drama Department to contain this spring, as incidents of vandalism and discrimination sprung up around campus.

Most of the campus community expressed support for the clubs — notably the PRISM Club — and some expressed outrage at the nerve of the culprits. Many members of the campus community were baffled, saying that Highline has always been very accepting.

Regardless, there was a lesson to be learned. Despite our differences, we all share common ground, and thus, there is no reason to discriminate.

The campus community stepped up to remind everyone of this truth.

As one Highline student put it, "All the cool kids don't discriminate."

This year-end recap highlights the never-ending changes that affect our lives and the adjustments that we all have to make. But there are always lessons we can learn by remembering how we and the people around us dealt with the changes.



Finding a new perspective

Sometimes we don't stop to think about how good we have it here in America.

Being thankful is a lesson we often learn only after we get a wake-up call, which can come in many forms.

Mine recently came in the form of an interview with an international student.

International students who come to Highline each have their own goals.

One Highline student, Ahmad Ali Syahbana, came from Indonesia to major in tourism and hospitality management, and to take new ideas back to Indonesia.

Syahbana said the contrast between Highline and the previous college he attended in Indonesia was stark. He said that, coming from a Muslim culture, the diversity here was very new to him.

He said that in Indonesia, things were very uniform. There was a lot of gender segregation in his old school, Syahbana said. In Indonesia, opposite genders did not interact.

"We have separations," Syahbana said.

The diversity he experienced at Highline was new to him. Here, he said that background doesn't matter and differences don't really matter. People are just people and they interact together, he said.

"[Here] everything is so dif-



Commentary Alisa Gramann

ferent," he said. "Everything is so unique."

"It's like liberty here," Syahbana said.

In the U.S., we fight hard to keep diversity from becoming an issue. We want opportunities to be open to all, regardless of gender, culture, or other diverse characteristics.

This freedom is something that I, at least, take for granted every day. Instead of being grateful for the opportunities I have, I instead find something I can complain about.

After talking with Syahbana, I was more aware of how good I really do have it here.

Syahbana has been observing everything for the nine months that he has been in the U.S., because he wants to understand, he said, and be able to take knowledge back home with

"I want to get the benefits," he said.

Syahbana said that care for disabled people and care for the homeless are two things he would like to see changed in Indonesia. Currently no such care exists there, he said.

When I heard Syahbana talk about the kind of things he wanted to take back to Indonesia — especially care for disabled and homeless people — it was another wake-up call for me.

Current budget discussions have talked about taking away some of these benefits. I have never personally experienced those benefits, nor experienced how beneficial they really are. But many people have.

Often times, when evaluating budget cuts, it is so easy to think in terms of what will most benefit me.

I think this is something that many of us are guilty of doing. I think it's time for us to make some changes in our thinking and actions. Perhaps there are more benefits for everyone if we were all willing to "tighten the belt" in a few areas and make a few sacrifices now.

However, changing thought processes and thinking in terms of "the greater good" and longterm results can't be done overnight, it is a gradual process of learning one lesson at a time.

We learn these lessons by being observant and listening to new and different perspectives.

These lessons are everywhere, waiting to be found.

Alisa is opinion editor of the Thunderword, at least until next fall, when she becomes editor-in-chief.

E-Mail tword@highline.edu 1e Staff"I'm really good at making people weird

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Program offers culture exchange and new ideas

After the Spring Quarter, Community College Initiative (CCI) students who studied at Highline for the 2010-2011 school year will be returning home. Twenty students from eight different countries (Indonesia, Pakistan, India, Brazil, Ghana, Kenya, Cameroon and South Africa) came to Highline to major in Tourism and Hospitality Management, Information and Technology (IT) or International Business.

I'm personally as a CCI Student representing Indonesia. This program is significantly imperative to me as I gain a profound knowledge of Tourism and Hospitality to develop the tourism sector in my province in Central Indonesia. Additionally, the prominent types



Guest Commentary

Ahmad Alisyahbana

of public service in this college will be recommended to my local government as improvements, such as service for the disabled and accessibility of education for any range of ages and backgrounds.

To show our commitment, before joining this program we students are required to actively participate in classes and show our academic qualities on a daily basis. Furthermore, we are also obligated to get involved in a series of activities which aim to teach American culture and values. These activities include attending a Global Leadership Development Program (GLDP) class, doing volunteer work for a nonprofit organization, getting involved in college clubs and successfully completing an internship. A couple months ago, some CCI students took a trip to Olympia and discussed with the Senators and House of Representatives about issues related to the U.S. Government system. Through these activities, we are expected to gain values to apply in the community of their home countries.

Another way to further the goals of this program is through mentor families. Some Highline staff and faculty are hosting students and showing how

American families live. In addition, CCI students can also share their culture with their mentor family. This ensures that the mutual understanding is attainable.

Jennifer Granger de Huerta, who coordinates the CCI Program, said that this program has been running for four years at Highline and the output of this program shows significant impact to the college.

"In terms of diversity, those CCI students are contributing to enrich the diversity value at Highline as they actively share their culture with other students through series program," she said.

She also emphasized that CCI students are community oriented, and will bring the val-

ues they gain during their study to their communities when they return home.

An example of the successful stories of this program at Highline is the Cultural Exchange Club (CEC). This was pioneered by Adriana Fonseca, a CCI student from Brazil, who attended Highline last year.

This club accommodates students from various countries and allows them to share their culture through weekly meeting. Some CCI students pitch in also to create some events such as the International Education Week, Asian Pacific Islander (API) Week and Globalfest.

Next year the program will welcome 12 students from Indonesia, Egypt, Pakistan, Kenya, India, Brazil and South Africa.



Money management made easy

Do you ever feel as though you are running out of money each month before your next stipend? Or do you feel the money you get is never enough to cover the costs?

With the ongoing economic downturn in the U.S. and rising prices everywhere, we as college students must be more strategic in managing the most difficult yet easy thing in our life; money.

The simplest way to track your spending is by creating a personal monthly budget plan.

The first step is listing all the income you will earn in the next month. This may be allowance, student loans, employment salary, scholarships or interest from savings. The total is your total monthly income.

Next, find your total monthly expenses by combining your academic expenses and personal expenses. The last step is to subtract your total expenses from your total monthly income. If you have some money



Guest Commentary

Marchel Rumlaklak

left, you operate on profit. This means you have disposable income that you can use for savings or investment. You can start investing with simple investment methods, such as buying precious coins. If you feel more confident, investing in the stock market by purchasing stocks or shares is a very wise decision, however, you should consult with a business instructor or financial adviser to get good recommendations of brokers that you can trust with your money.

If you don't have any money left over in your budget, you operate on the break-even point; you are not making profit or loss which is acceptable.

The worst case scenario is when your total monthly income

cannot cover your total monthly expenses, which is called loss. This situation needs special attention, and you should retrace the list of your total monthly expenses and cut unnecessary spending. Instead of eating out or going to the movies, you can search for free entertainment in your communities. Movie Fridays on campus are a good example of free entertainment.

If you use credit cards, choose a card with low Annual Percentage Rate (APR) or No Annual Fee at all and a Long Disgrace Period (the length of time between the previous month's closing date and the next month's due date when you can avoid charges for new purchases if you pay your total new balance in full). Use your credit card responsibly, and differentiate between your needs and wants.

In conclusion, be wise with your spending. Like the old saying; a penny saved is a penny earned.

Name it and claim it

When we name something, we think carefully about it because we want the name to be meaningful and unique.

Usually, scientists and mathematicians use their names directly to name their inventions, such as Brownian motion (Robert Brown, 19th century), the Fibonacci sequence (Leonardo Fibonacci, 13th century), and so on, because it represents a person's achievement and honor.

Although many theories or concepts are named after people, it is not always named after its initial discoverer. Instead, the name might be the result of historical circumstances.

While I was researching Pascal's Triangle, I learned that the earliest record of this triangle was in ancient India in the 10th century. It was in a book named *Sanskrit Poetry*. Around the same time, Persian mathematicians Al-Karaji and Omar Khayyam also discussed the triangle. It made me wonder why the triangle isn't named Al-Karaji's Triangle or Khayyam's Triangle. Maybe it was because they discovered only pieces about how the triangle operates.

According to my research, the triangle was also discovered and findings were made more complete by Chinese mathematicians. In the 11th century, the Chinese mathematician Jia Xian discovered how the triangle operates. The earliest existing Chinese illustration of 'Pascal's Triangle' is from Yang Hui's book Xiangjie Jiuzhang Suanfa. Yang Hui studied "Jia Xian's triangle" and he made more accurate findings. From China, it went through Arabia, and then to Europe.

In 1665, Blaise Pascal, a French mathematician, inventor, physicist, and Catholic phi-



Commentary

Mengjiao "Jolanta" Liu

losopher introduced the triangle in his book *Traité du triangle arithmétique*. This publication made the triangle popular in western culture, and has since been called Pascal's Triangle.

It seems to me that Pascal was in the right place at the right time, historically speaking, so that his name became attached to the triangle. Remember, according to my timeline, Jia Xian and Yang Hui disvoered the triangel before Pascal.

Clearly, Blaise Pascal was not the only person to discover the patterns and operations in the triangle. However, when we study about Pascal's Triangle, there is no mention of other contributors in most textbooks. This is not fair to other contributors, who made big contributions much earlier than Pascal.

I was happy to learn through my research that in China, the triangle is also known as "YangHui Triangle" or "Jiaxian Triangle." And in Iran, the triangle is sometimes called "Khayyam's Triangle."

Calling it Pascal's Triangle masks the fact that many nonwestern cultures have made significant contributions to mathematics and science.

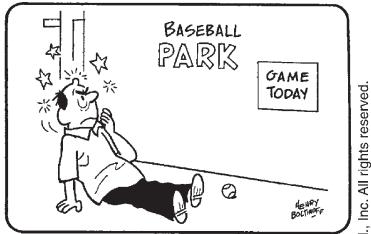
Personally, I think it still can be named Pascal's Triangle, but the other names should be added to textbooks and be formalized in the world.

The important point here is: The name does not necessarily reflect who discovered it.

Jolanta Liu is a Highline stu-

46 puzzles

HOCUS - FOCUS HENRY BOLTINOFF



Find at least six differences in details between panels.



2. Man has catcher's glove. 6. No building in background pisck. 3. More symbols above man's head. 4. Ball is different. Differences: 1, "Game" sign is different. 2. Word "PARK" is

Weekly **SUDOKU**

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging **★★★** HOO BOY!

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1. LANGUAGE: What is the indentation at the bottom of a wine bottle called?

2. HISTORY: In what city's

harbor was the U.S.S. Maine sunk, one of the precipitating events of the Spanish-American War?

3. MOVIES: Actor James Dean was a leading man in how many movies before he died in a traffic accident?

4. ANIMAL KINGDOM: Chinchillas are native to what continent?

Just Horsin' Around

Across

- 1. Blacker
- 7. Rule opposed by Gandhi
- 10. Ancient orator
- 14. Snoopy, for one
- 15. Egyptian snake
- 16. Pub pints
- 17. Serious
- 19. **Smart**
- 20. Nursery fixture
- 22. Letters at Indy
- 25. "Golden Girl" McClanahan
- 26. Computer key
- 27. Rodeo participant
- 32. Arm bones
- 33. Bank offerings
- 34. Denver clock in winter
- 37. Helper: Abbr.
- 38. Drain
- 40. Angler's hope
- 41. Calendar square
- 42. Cal. page
- 43. Estate
- 44. Whistlestop, e.g.
- 47. Alan Ladd classic
- 50. 40's war agcy.
- 51. ___judicata
- 52. Shrewd bartering
- 57. Brand of sneaker
- 58. Persistent
- 62. Country dance
- 63. Colony member
- 64. **Does penance**
- 65. "Anything _ 66. They're numbered
- in NYC
- 67. **Dims**

Down

- 1. Ex-Saudi ruler__ Saud
- 2. "New" prefix
- 3. Auntie Em's state, for short
- 4. "Frankenstein" helper 40. Ball club?
- 6. Heroic feat

7. INVEN-

invention made Cyrus McCor-

EDGE: The famous Native

American Crazy Horse was a

name is Albert DeSalvo better

modern city is built on the site

of the Aztec capital of Tenoch-

8. GENERAL KNOWL-

9. CRIME: By what nick-

10. GEOGRAPHY: What

TION: What

mick famous?

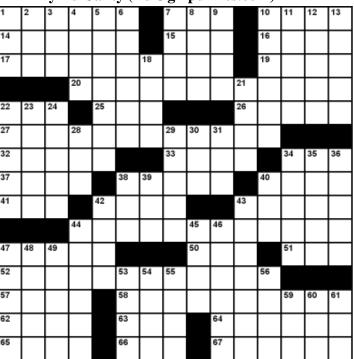
known?

chief of what tribe?

- 5. The U.S. to Mexicans

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)



- 7. Asian princess
- 8. A.A.A. part: Abbr.
- 9. Photo file format
- 10. 'Scarface' Al
- 11. "Heads up!," e.g.
- 12. Blunt
- 13. Blender maker
- 18. One who barely squeaks by
- 21. Amerada ___ (oil giant)
- 22. **Bomb**
- 23. Home of Oral Roberts U. 60. Church msg.
- 24. Mammy Yokum
- 28. A mazing animal?
- 29. Aware of, slangily
- 30. **Crumb**
- 31. Actor Aldo
- 34. **Dependent, often**
- 35. Ski resort in Vermont
- 36. Beach birds
- 38. Big shoe size
- 39. 65 follower, perhaps

- 42. Blade of yore 43. Did intentionally

- 44. Closeout tag
- 45. Bicycled
- 46. Kind of column
- 47. Be generous
- 48. Crude dwelling
- 49. 1980s Dodge 53. Las' companions
- **54. 1996 Tony winner**
- 55. Computer keys
- 56. Be happy
- 59. Wind dir.
- 61. Barbecue sound

Quotable Quote

Horse sense is the thing a horse has which keeps it from betting on people.

• • • W. C. Fields

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

5. TELE-ANY WHICH WAY VISION: E What was E N A OGEE SEMI name of the UPFORGRABS A R N charlead acter on the SECONDED STARR The Flying E E E R E P A S T S Nun televi-sion series? FA-|E|D|E|N|S GLUT YA LTA MOUS QUO-O N E A TATIONS: UCAL ОТ | I | T Who once F A R |S|C|A|T|T|E|R|S "Forsaid, SHECRABSSW mula for suc-A E R O S T A R T | O | R | O | S cess: rise MENU I N T H E M O N E Y work early, hard, strike ODER ODES A M E N D oil"? A S S T S Y S T |N|E|S|T|S

titlan?

Answers

- 1. Punt
- 2. Havana
- 3. Three
- 4. South America
- 5. Sister Bertrille
- 6. J. Paul Getty
- 7. The mechanical harvest reaper
- 8. Lakota
- 9. The Boston Strangler
- 10. Mexico City



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Arts news?

tword@ highline.edu

The Inunderwood The artist, reborn

Thanks to her friends, Sheila Lengle rediscovers her artistic passion

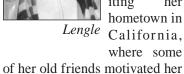
By MATTIE MICHALEK Staff Reporter

After overcoming her illness and discovering the healing power of art therapy, Sheila Lengle has got her artistic passion back and is painting once

Before her lapse in painting, Lengle owned two galleries in West Seattle. She was teaching and very supportive of the artists in her gallery. She later had to give up her passion to receive medical care when she was diagnosed with cancer and also

heart complications.

Lengle's epiphany came to her when visiting her hometown in California,



to get back into painting. Now she has her artistic passion back and says she is optimistic about the future.

"I totally lost myself with my illness, lost my verve, for 10 years," she said. "And picking up the brush, and pulling myself out of it, I got my creative mojo back. I didn't know the Sheila I had become."

Not only is she painting again, but she has developed a er." new style. Her works are littered with gently curving flowers and plants, some real, some made up. Some of her more ab-



Sheila Lengle's Midnight Roses.



Sheila Lengle's Yellow Dotted Vase with Bouquet, one of her latest

stract and impressionistic pieces include various geometric shapes colliding and layering on top of each other.

"Color and art have brought me back from the depth," said Lengle. "The more I painted, the more I got into getting fre-

Other works of hers consist of colorful flowers with bright backgrounds, as well as homey paintings of foods.

> Lengle has an "aha moment" with almost all of her paintings. "I paint and I paint and I let it kind of tell its story. I just start a painting and all of a sudden it starts growing," she said. "I just can't leave it alone."

The next step for Lengle is to promote her work. She has been contacting people to show her art, and had some of her work turned into postcards to sell. Many of her pieces have the potential to be turned into murals for rooms such as nurseries, Lengle says.

Some galleries are also inrested in showing her work. which is a great step for someone to get their work noticed. Lengle said she is very excited to get her work out there.

"I'm a business person and I'm all high powered on marketing," she said. "I'm just ready to explode out there like I'm fresh and new again."

Lengle's website is Lengleart.com. There, she has more information on her story and viewers can look at all of her artistic achievements.

"I believe that we came to earth to have a particular accomplishment. To do something monumental in your own life," she said. "I truly truly believe you can live things that you dreamt of doing. And I believe everything is in place."

Breeders Theater returns to the E.B Foote Winery

By JONNY MCGUIRE

Staff Reporter

Breeders Theater is set to return to the E.B. Foote Winery starting July 15.

Back by popular demand, Breeders Theater will return for a run of *Helpdesk*, a play about five women who work at the customer service desk of an office computer equipment company. Across the street, a young man has been watching them and is about to confront them.

The pending sale of E.B. Foote winery in Burien seemed ready to end Breeders Theaters' 10 year run at the winery. However, as the sale fell through, the winery will now be open through August as winemaker Sherrill Miller sells off the last of her stock.

Laura Smith, one of the cast members of Helpdesk, said she particularly enjoys the perks of working at a winery.

"It is a much more casual atmosphere with none of the 'trappings' that make up so much of a traditional theater performance," said Smith.

"We act without fancy sets, props, lighting, sound cues or even curtains. But that is what makes it so fun," said Smith.

The proximity of the audience also makes the experience more fun for her.

"You can look right into their

eyes," said Smith.

Watching one of the performances is very different from acting in one, said Smith.

"I was in four Breeders Theater shows before I went to actually go see one, and it was such a blast. Being an audience member, I finally understood why the shows sell out."

Breeders Theater was founded in 1999 by Highline professor T.M. Sell. Since then the cast has performed at many different



venues, including Highline, as well as 20 shows at the E.B. Foote Winery in Burien.

The

Breeders Theater has raised more than \$14,000 in scholarship money for Highline students as well as employed more than a dozen Highline students as interns, and several Highline graduates have acted with the company.

Helpdesk runs July 15, 16, 22, 23, 24, 29, and 30. On Fridays and Saturdays the show starts at 7 p.m. On Sundays the show starts at 2 p.m. Tickets are \$20 each; call 206-242-3852 to reserve seats. The winery is located at 127B SW 153rd St., Burien.

Des Moines plans summer celebrations

By MELINA BROWN

Staff Reporter

Des Moines will close out the summer with the Poverty Bay Arts Festival and a celebration of the new Beach Park Auditorium.

On Sept. 10 the Poverty Bay Arts Festival will come back to Downtown Des Moines for the second year.

From 10 a.m to 4 p.m. visit local businesses in Downtown Des Moines to see a featured artist. There is a different artist highlighted in each location along Marine View Drive.

Last year there were about twelve dozen artists featured.

A poetry slam will take place at Barnacles at 1 p.m. Barnacles is located at 22636 Marine View Drive Des Moines, 98198.

"There will also be street performers like music, mimes, and face painters. There will be a silent auction at Odd Fellows Hall," said Des Moines Art Commissioner Denny Steussy.

The Farmers Market will also be open until 2 p.m. The Farmers Market starts on the first Saturday in June and will go until the first Saturday of October. The Framers Market is located at the Des Moines Marina S. 227th St and Dock St Des Moines, 98198.

Then, on Sept. 17 come celebrate Des Moines and the opening of the Des Moines Beach Park Auditorium at the Beach Park from 11 a.m. to 2 p.m.

"This is a community celebration and we just want people to have fun," said Des Moines Parks and Recreation Director Patrice Thorell.

The opening ceremony will take place at 11:30 p.m.

"There will be a string quartet and a political speech and speeches from other community members. The festivities will take place in both the Beach Park and the auditorium," said Thorell.

There will be a picnic as well as activities such as tug a war, egg toss and volleyball.

"We are going to try to have dragon boat racing," said

Des Moines was first established in 1890. There will be displays showing the eras from 1890 to present.

Video warrious

Highline students find gaming is the perfect mind candy

By DEREK NGOR Staff Reporter

Roughly over half of the students at Highline play video games, according to a recent unscientific survey.

Those that admit to playing videogames say they at least own two or more gaming sys-

The reasons why people play videogames are varied.

"It's a nice mental relaxer," said Halden Richards. "Sometimes it's just nice to veg out."

"I would think it's the same reason why others enjoy watching movies or reading books," said Ian Cawley. "Because it's entertaining and it's fun to enjoy new things."

"I really like some of the story elements in video games," said Christina Pom. "My favorite type of game, however, is the Survival/Horror genre. They are just so thrilling."

"Reading just my text books all the time gets boring sometimes," said Aana Voronin.

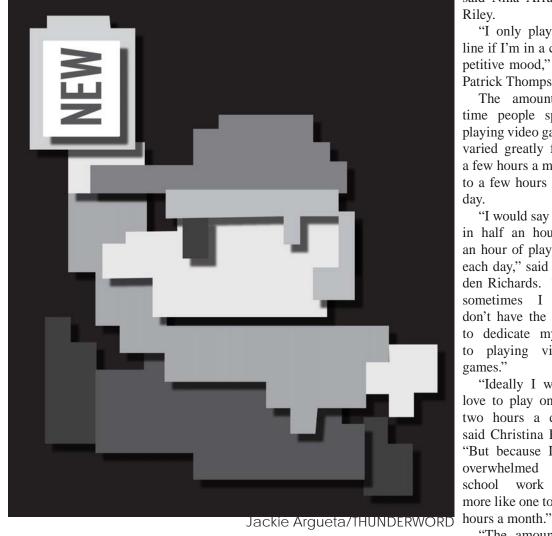
"For me it's adventure porn," said Darren Faber. "It simulates things that I can't do in real life and it gives me this nice, fake, sense of progression."

"Ultimately it's because they're just interesting in a lot of ways," said Patrick Thompson. "It's amazing to see the creativity that goes into one of these games or the skill that is required to play some of them."

While the majority of people who play video games do so by themselves, others say they would prefer to game with someone else.

"I play with my 3-year-old son on the Wii," said Trent Parker. "He really loves to play Wii Golf. He likes it so much that he even wants to play golf in real life and even begs me to watch the Golf Channel."

ting into gaming because their



smart phones make it easier to

"The only recent game I play is Angry Birds," said Lynn Pa-"Otherwise I play old school games like Tetris and Pac-Man."

"I gotta admit I'm really addicted to Words with Friends right now," said a student. "I try to get as many of my other friends and family members to play with me and they don't even have to be in the same room with me."

Although these students enjoy playing video games, most of them would rather play offline or only play on-line if they're in a certain mood.

"I don't like to play on-line," A number of people are get- said Halden Richards. "I've have had problems before where just too shy to play on-line,"

I feel too connected to a world that doesn't really exist. I avoid on-line games at all coast."

Regarding on-line play, Ian Cawley says that, "It just depends on the game. I don't need a game to be on-line if it has as good single player experience that gives me a good narrative. If it is an action game with little story or reason to play the single player game I would expect the game to have a fun on-line experience."

"I only play off-line because I generally can't find any games worth playing on-line," said Christina Pom. "Besides, I can meet with my friends easily enough so I can just play with them in the same room."

"I play off-line because I'm

said Nina Arranza-Riley.

"I only play online if I'm in a competitive mood," said Patrick Thompson.

The amount of time people spend playing video games varied greatly from a few hours a month to a few hours each

"I would say I get in half an hour to an hour of playtime each day," said Halden Richards. "But sometimes I just don't have the time to dedicate myself to playing videogames."

"Ideally I would love to play one or two hours a day," said Christina Pom. "But because I am overwhelmed with school work it's more like one to two

"The amount of free time I have affects how much time I'm allowed to play," said Ian Cawley. "On a good week I can squeeze in 20 hours a week; otherwise I can only fit in 10 hours a week."

"I usually play eight hours a day," said James Terwilliger.

"I play three to four hours easily," said Josh Hughes.

"On average I would say I usually play six hours a day," said Nina Arranza-Riley.

Ultimately it just boils down to one reason why people play video games: "They're just fun to play," said Nina Arranza-Riley. "It gives me a lot to look forward to once I get home."

hosts free summer concert series

By MELINA BROWN Staff Reporter

Join the Des Moines community for the Beach Park Jazz and Blues Free Concert Series.

The Beach Park Jazz and Blues Free Concert Series features The Red Hot Blues Sisters on July 20, The Tallboys and Ali Marcus on July 27, Leroy Thomas and the Zydeco Road Runners on August 3 and Cherry Cherry on August 10.

"Tallboys are a string combo of bluegrass and country and Cherry Cherry is a tribute band to Neil Diamond," said Des Moines Art Commissioner Denny Steussy.

The Red Hot Blues Sisters played their first show in 2004 at Highway 99 in Seattle and have since then preformed at the 2010 Winter Olympics. The Red Hot Blues Sisters play a mix of the blues and rock.

Leroy Thomas and the Zydeco Road Runners is a Cajun band that is known for their fast music and upbeat melodies.

Zydeco is a form of folk music that developed in Lousiana in the early 19th century

If bad weather occurs, the concert will move to the Beach Park Auditorium.

Lawn chairs and blankets would be ideal for seating.

The concerts are held at the north end of the Des Moines Beach Park and start at 7 p.m. and scheduled to end at 8:30

The Beach Park is located on 22307 Dock Ave.

Forsooth! The bard comes to Des Moines

By MELINA BROWN Staff Reporter

The Seattle Shakespeare Company will be performing The Comedy of Errors at the Des Moines Beach Park on July

"This performance is free but we do ask for donations," said Seattle Shakespeare Company's Director of Communications Jeff Fickes.

The Comedy of Errors is

about two twins who have no prior knowledge of each other who end up crossing paths and are victims of mistaken identity.

The Seattle Shakespeare Company was founded in 1991 and has been doing free outdoor plays since 1994. This will be their second year in Des

"The actors do all the work. They set up the stage and get it ready and they take it down after the show," said Fickes.

Even if it is rainy the show will most likely go on. There are hardly any issues when it comes to weather.

When it comes to seating it is best to bring a lawn chair or some blankets to lie out.

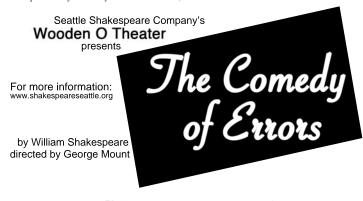
"This is a great way for families to introduce kids to Shakespeare. You can make a day out of it and pack a picnic," said

The play runs under 2 hours and starts at 7 p.m.





Sponsored by the Rotary Club of Des Moines, the Des Moines Arts Commission and



Play:

The play is about two sets of long lost twins who unknowingly cross paths and set the stage for an evening of mistaken identity, confusion and mayhem!

FREE!

CULTURE

When: Cost:

Saturday, July 30, 2011, 7:00PM Beach Park / 22030 Cliffe Ave S Des Moines, 98198

Communities provide free entertainment this summer

By AMANDA SILLS Staff Reporter

Some free community festivals and events this summer will include Burien's annual Strawberry Festival, Federal Way's Red White and Blue's Festival, Kent's Lions Street Fair and Auburn's Good Ol' Days festival.

The Burien Strawberry Festival will take place on Saturday June 18, 10 a.m. to 6 p.m. and Sunday, June 19, 10 a.m. to 4 p.m. at the Burien Town Square Park 5th &152nd SW.

Various shows will take place on June 18, such as a recital by Momentum Dance studio, folk music by a group called The Toy Boats and a performance by the Highline Community Symphonic Band with swing dancers from Swing-amajig.

Throughout the festival wandering performers will entertain as people stroll through the

Some of these include Americana and Folk music by the group MoZo, Cabiri theatrical Stilt Walkers and the One Love marching band, who will lead a town bike parade.

On June 19, Burien's Strawberry festival will feature a demonstration by the B-Town Belly Dance group, as well as Groupo Amoroso, a Brazilian jazz and pop band.

For more information about the festival visit www.burienstrawberryfestival.org.



Kent Cornucopia photo

The Lions Street Fair is the hallmark of the Kent Cornucopia Festival, held in Kent. There are as many as 600 vendors, including commercial, handcrafts, and food vendors spanning 19 blocks.

Further into the summer, on July 4, Federal Way will hold its Red, White and Blues festival to celebrate the Fourth of July.

Fireworks, food and music will encompass the family friendly event. The festival will begin at 6 p.m. at Celebration Park, 1095 S. 324th St.

Numerous music styles such as blues and country will be played throughout the evening. For example, the Charles White Band, the Country Rock Association and Cherry Cherry, a Neil Diamond tribute band, will all perform on a main stage at the park.

Food vendors will offer barbecue, sandwiches, salads and

At the end of the night there will be a choreographed fireworks show literally bursting with different shapes and col-

Further information can be found at www.cityoffederalway. com under life in Federal Way.

Just four days later, Kent will hold its 39th annual Lions Street Fair at Lake Meridian July 8 to 10.

Educational displays, an art show, diverse foods and handmade crafts are only a small

part of what is planned for the

More than 600 street vendors from all over the country will present handcrafted and commercial displays by the lake.

The Lions Street Fair is a well-loved community affair because of the animated atmosphere created by colorful exhibitions and street musicians.

For more material on the street fair, go to the website www.kcdays.com under events.

On Aug. 13 and 14 Auburn's Good Ol' Days festival will take place in downtown Auburn.

Known as a celebration of art

and life, the festival will have musicians, authors, poets, artists and athletes.

Throughout the festival there will be a barbeque, 5K fun run, art show, street dance, model boat demonstration and car

Two stages will be set up downtown, the Mural stage and the City Hall stage, highlighting fiddlers, big bands, a dance group called the Heel Klickin' Cloggers, and a show by the Allegro Academy of Dance.

To find out more about the event and directions, visit www. auburngoodoldays.com.

Warped Tour not for the weak: Tips for being prepared

For many independent music fans, the Vans Warped Tour has become a right of passage and one that requires careful planning if you want to survive the weekend unscathed from the summer heat and weekend-long partying.

Warped Tour features approximately 60 bands at a number of tour stops from coast to coast, along with a handful of dates in Canada.

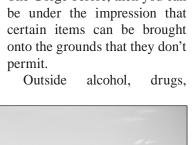
Headlining the tour this year are such acts as 3OH!3, Gym Class Heroes, and Against Me!,



Commentary Katie Adams

who have all spent their time on the Top 40 music charts.

If you have never been to The Gorge before, then you can





Katie Adams/THUNDERWORD

The Gorge Amphitheater is located above the Columbia River Gorge, giving summer concert goers a view during the shows.

lounge chairs, factory sealed soda bottles, hard-shelled coolers or ice chests are a few items to not bring.

Small backpacks, like a school backpack, are allowed but will be searched before entering the amphitheater.

When packing items and you have any doubt in your mind about something, you're better off leaving the item at home than having to take it back to the campgrounds or your car and going to the back of the line.

The campgrounds can be a lot of fun and for some it is vital to the Warped Tour experience, especially if you are a "life of the party" type of individual.

If you like to have a good time and meet new people, but still want to get some peace and quiet the night before and after the big show, you are better off reserving a spot in the premier campgrounds.

Premier camping is \$87 a spot, compared to the normal \$46 for regular camping.

When it comes to dressing for the event, many young women go the swimsuit route.

A bikini top and jean shorts are a good idea if you're comfortable spending all day wearing it and not going to be going into the mosh pit at any of the stages.

That outfit wouldn't be the best idea, though, if you decide you want to go into the mosh pit, seeing how easily your top will come off as soon as you're squished in between a couple hundred guys and gals.

If you plan to wear any revealing items of clothing, make sure you have plenty of sunscreen as you'll run the risk of getting skin cancer and deep burns if you don't.

A couple areas that festival attenders forget are the face and back. You don't want to have a tan line outlining your eyes because you forgot to put sunscreen on your face before putting your sunglasses on.

Having a backpack with a light t-shirt, sunscreen and a couple markers for autograph signings will save you the headache should you want any of it Ezra but Less Than Jake.

at some point during the day.

Warped Tour has many autograph signings throughout the day and more often than not, band members stop by their merchandise tent throughout the day to meet their fans.

It is always a good idea to have Sharpie markers available for them to use to sign your newly purchased t-shirt.

When it comes to meeting your favorite band members, staying calm is the key.

Put yourself in their position and you would be quick to agree that having someone run toward you, scream and freak out is scary. Stay calm, cool, and collected when you approach a musician and strike up a casual conversation.

They are more likely to carry on the conversation and invite you to hang out with them backstage at the after party BBQ.

At the end of the day, drink plenty of water because the last thing you need is a horrible headache the next morning.

Katie is still Better Than