

State budget meets mixed reactions Highline

turns up the heat

Students need a 1.0 to successfully pass transfer classes

By ALISA GRAMANN
Staff Reporter

With the end of the legislative session, reactions are mixed about the final budget.

The 2012 legislative session ended April 11 around 6:30 a.m. with a finalized spending plan.

While both legislators and higher education officials are pleased that the plan contained no additional cuts to higher education, some expressed concerns with the budget.

“Our main priority was to protect education and human services,” said State Rep. Tina Orwall, D-Des Moines. “We all said it can’t be cut again.”

However, finding where to cut spending can be difficult, due to the fact that 60 percent is constitutionally protected, Rep.



Orwall said.

Although there were few cuts to the most vulnerable of Washington’s population, a downside to the budget is that it will most likely leave a substantial deficit to be dealt with next year, said Joe Atkins, legislative assistant to State Rep. Katrina Asay, R-Milton.

“We had to compromise and

just get it passed,” Atkins said.

“Two things happened,” said Sen. Karen Keiser, D-Kent.

First, in the special session in December, the Legislature reduced the deficit to \$1.5 billion by trimming down expenses.

In recent sessions, Sen. Keiser said, the Legislature set aside Initiative 728, an initiative passed in 2000 which provided additional funding to K-12 institutions to help students improve academic performances.

The funds granted gave schools the ability to, among other things, reduce class sizes, provide extra learning opportunities and provide additional professional development for teachers.

Suspending funding for this program freed up \$1 billion, Sen. Keiser said.



Rep. Katrina Asay

“The last half a billion came from several things,” Sen. Keiser said, including axing the

See Budget, page 15

Highline has officially raised the minimum grade point to 1.0 for classes that go toward a two-year transfer degree, while anything below a 1.0 gets thrown away, thanks to the college’s new compliance with the Inter College Relations Committee.

Prior to the change, you could get credit in some classes by having a 0.7. Since the change has taken place you would now fail if you get any grade below a 1.0 and the only grade below a 1.0 is now a 0.

This will affect students who have scored below a 1.0 in core classes that are transferrable to other four-year schools. Those institutions will now be able to cherry pick a student’s transcript deciding which grades they will accept and which ones they will ignore.

All community colleges in Washington are in compliance with the Inter College Relations Committee and Highline has now joined the group. The relations committee’s goal is to facilitate between institutions for all students pursuing baccalaureate degrees by setting uniform rules within all community colleges in Washington. All community college students must attain a 1.0 in classes that go toward transferring to a four-year school while any grade below that is as good as zero.

Students who are attending Highline for their two-year degrees will not be affected by this change.

“If students decide to

See Grades, page 15

Higher enrollment means more S&A funds

By EDNA SALINAS
Staff Reporter

The Services & Activities Budget Committee is likely to meet most requests for funding due to high enrollment this year.

The Services and Activities or the S&A budget is a fund used for all extracurricular services and activities such as the Student Handbook, athletics, and the Thunderword. The money for the S&A budget comes from 10 percent of each student’s tuition. As enrollment goes up, the S&A budget funds increase, and as enrollment decreases, the budget funds decrease. Once the enrollment number is guessed for the upcoming year, the committee divides the estimated budget among 52 program lines.

This year’s total budget was \$2,146,380 and according to Student Government Vice President Enrique Ramirez it has been a lot of money due to the slight increase in enrollment compared to previous years.

The S&A budget for the upcoming 2012-2013 school year



Erika Wigren/THUNDERWORD

The Services and Activities Budget Committee discusses funding allocations to various services and extracurricular activities on campus. The funding decisions were made Wednesday evening and were unavailable at press time.

was determined yesterday, with the allocations unavailable at press time.

“Since we have an increase in revenue we will most likely have flexibility to keep funding

all programs, but we’re still in the decision making process, so it’s hard to say,” said Budget Chairwoman Anna Sale.

Every week Sale creates agendas for the weekly two

hour long meetings, in which the committee discusses the budgets for each of the program

See S&A, page 15

INSIDE THIS ISSUE



P8

New club gives students the opportunity to improvise



P9

Lady T-Birds hang onto win streak with a sweep



P10

Learn how to clean green without going bankrupt



Crime and Punishment

Student has seizure in restroom

A Highline student experienced a seizure in the men's room on the second floor of Building 8 at 8:55 a.m. on April 11.

The office staff called 911 and the victim was transported to Highline Hospital at 9:29 a.m. No report on the student's condition was available.

Hit and run reported

A woman contacted the Campus Security office and reported a hit and run around 10 a.m. on April 12 in the North lot.

There was a very small amount of paint transfer onto her driver side front bumper. She chose not to report it to the police.

Creeper caught in act

A male was reported photographing females without their permission in front of Building 10. This happened around 10:55 a.m. on April 12.

Student faints on campus

A student became disoriented and fainted outside of Building 13 on April 16. The South King Fire Department came to take her vitals. Then they advised her to go home and get a snack and get some rest.

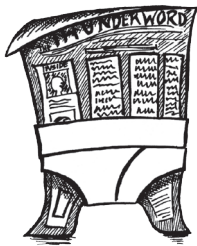
Suspicious truck reported to security

Students reported to the Campus Security office that two suspicious male adults were driving a white truck and looking through vehicles in the east lot around 1:35 p.m. on April 12. Campus Security checked the lot but did not find the suspect.

Items found

Found items on April 11 include a key chain, a Yamaha guitar in a black case, and miscellaneous items from the bookstore.

-- COMPILED
BY HAYLEY ALBRECHT



News Briefs

Campuswide cleanup

Today there will be a campus cleanup from noon-1 p.m. for Earth Week. Meet outside of Building 6 by the parking lot if you are interested in making this campus a cleaner place.

Science Seminar on air pollution

Dr. Heather Price, a Highline chemistry professor, will be presenting, "Importing Air Pollution from China," this Friday, April 20 for Science Seminar. This special Earth Week seminar will explore how air pollution from China affects air quality in the Pacific Northwest.

The presentation will take place in Building 3, room 102 from 2:20-3:23 p.m. and all are welcome.

Wine appreciation class still accepting students

There is still time to join the wine appreciation course on campus for all those who are 21 and interested. The class meets every Thursday from 6-8 p.m. in Building 22, room 104.

You can join by paying for the two-credit course and the lab fee that covers all of the wine.

For more information contact Nancy Warren at 206-878-3710, ext. 3343.

StartZone showcase open to the public

StartZone is putting on a showcase of 20 of the small businesses involved in their program to celebrate their success. This event will be promoting these businesses and their services by selling their products, including food, so make sure to bring your wallet.

This night of recognition will take place on Friday, May 18 from 4-6 p.m. at the Burien Community Center, 14700 6th Avenue SW, Burien 98166, and is open to the public. Light refreshments will be provided.

Young Democrats of Highline meet 'n' greet

The Young Democrats of Highline will be hosting a "meet 'n' greet" next Wednesday, April 25. The meet 'n' greet will include a question and an-



Austin Seeger/THUNDERWORD

Highline's new CaptionCall phone will make communication easier for the hearing impaired.

Highline's CaptionCall phone to aid the hearing impaired

By KEVIN KENISTON
Staff Reporter

Students with hearing loss can now communicate more easily at Highline. Available to anyone for use, a CaptionCall telephone has been installed in the library.

Susan Vincent, a teacher's assistant with hearing loss, was an early advocate for Highline getting a caption phone. She found that using traditional phones to communicate could be difficult.

"Hearing loss is percentage-wise the largest disability. It is also invisible. You can't tell by looking at a person whether or not he or she is hearing impaired," Vincent said.

Vincent requested that High-

line install a phone after she realized there wasn't a device on campus. Under the American Disabilities Act (ADA), this seemed like a reasonable accommodation.

"But I wasn't just asking for myself," Vincent said. "I was asking it to be available for any student, staff member, or community member on campus who can benefit from it. It is fitting that the phone was installed this year, Highline's 50th Anniversary."

The caption phone takes what is being said and translates it to written text. It uses a high resolution touch screen to display captions quickly and clearly.

This can make communicating much easier for those with

hearing loss.

CaptionCall has provided phone installation and captioning service for free. The phone is located in the library to the left of the entrance.

"There were, however, many people involved in this project. I want to thank all of you involved once again for your time, effort, and caring," she said.

Vincent said she hopes that having a caption phone on campus will make communication easier for those with hearing loss and that it will promote awareness of the needs of hearing impaired people.

"I also hope that having the caption phone on campus will encourage people with disabilities to attend college," Vincent said.



WHAT'S
NEW
AT THE
MAST
CENTER?

Highline's MaST Center, located in Redondo, has lots going on if you are interested in your local environment.

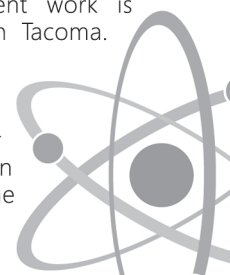
WATER WEEKEND – Every Saturday from 10am to 2pm. We are open FREE OF CHARGE to the public to view more than 100 local species in our aquarium

SCIENCE ON THE SOUND SPEAKER SERIES – 1st and 3rd Saturdays of every month. Local scientists and environmental educators discuss the health of Puget Sound.

LIVE DIVER – 2nd Saturday of every month. Shows at 11 and noon.

THE WHALE PROJECT – The MaST Center is rebuilding the skeleton of a grey whale that died in Puget Sound to be displayed in the MaST Center. Current work is happening at Foss Waterway Seaport in Tacoma. Come and see the progress.

VOLUNTEER STEWARDS – Most of the work at the MaST Center is done by our team of volunteers. If you are interested in volunteering you can come and visit the Center, or e-mail us at mast@highline.edu



swer session where students can ask local political figures, including Tim Burns, chairman of the 30th Legislative District Democrats, and Omaha Sternberg, chairwoman of the 33rd Legislative District Democrats, about government policies and current events in politics.

This meeting will take place at 2 p.m. in room 302, which is on the top floor of the Student Union. Anyone is welcome to attend and learn more about their local government.



Movie Fridays

The Highline Film Studies Program will be showing J.J. Abrams' *Super 8* this week for Movie Fridays.

The movie will begin at 12:30 p.m. in Building 29, room 24.

Unity Week to focus on social change

By **SHYLA AKINS**
Staff Reporter

Unity through Diversity Week's theme this year focuses on justice, leadership and social change.

This year features a performance by Head-Roc and many guest speakers including Dr. Jeff Duncan-Andrade, Dr. Jared Ball, Christopher D. Coleman, and Dr. Bernice R. Sandler.

All events are located on campus and start on Monday, April 23 at 9 a.m. and end on Saturday, April 28 at 4 p.m.

One of the leaders of Unity through Diversity Week is Yoshiko Harden, the director of Multicultural Services and Student Development.

"People who are interested in working towards equity and social justice and want to dismantle institutional and systemic forms of oppression, such as, racism, sexism, heterosexism and classism should attend Unity Week events. These issues impact all of us. I cannot think of anything more important than working towards a more just and equitable campus, country and world," said Harden.

On Monday, Dr. Jared Ball Associate Professor of Raza Studies Dr. Duncan-Andrade will talk about redefining success in our communities. The lecture is in Building 7 and goes from 9 a.m. to 9:50 a.m., followed by questions and answers at 10 a.m. un-



Hip-hop artist Head-Roc will be performing at Highline during Unity through Diversity Week.

til 10:30 a.m. This talk focuses on recapping how important young people are to the search of justice and why success is defined differently depending on where you live.

Afterward, Dr. Jared Ball will talk about resistance and then "The Mayor of D.C. Hip Hop," Head-Roc Capitol will follow up with a performance.

For almost 20 years, Head-Roc has been viewed as the finest that Washington, D.C. Hip-Hop has to offer. Head-Roc is now promoting his newest release "Empower DC" project. This session will go from 11-11:50 a.m., also in Building 7.

A book signing will take

place afterwards, from 12-12:30 p.m. in Building 7.

Head Roc will then lead a writing workshop about Hip-Hop from 1:30-3 p.m. in Building 8 where refreshments will be provided.

On Tuesday at 10 a.m., keynote speaker Christopher D. Coleman talks about the power of a diverse culture.

Dr. Coleman will talk about how he was pronounced dead at birth and went 15 minutes without oxygen to his brain. He was then diagnosed with cerebral palsy and his family was told that his disease would prevent him from ever moving, talking, or even thinking for himself. Disregarding this diagnosis, Coleman taught

himself to read and became the first member of his family to graduate from college. The event is located in Building 7 and ends at 10:50 a.m.

Dubbed "godmother of Title IX," by The New York Times, Dr Bernice R. Sandler is attending Unity through Diversity Week to speak about progress and problems for women in higher education. Dr Sandler is a senior scholar at the Women's Research and Education Institute in Washington, D.C.

Dr. Sandler has three different lectures/events on Thursday. The first lecture is at 9 a.m., the second at 11 a.m., and the final event is at 1:30 p.m., all in Building 7.

On Friday at 12:30 p.m., all guests will be viewing the film *Waiting for Superman* and discussing the response to the popular and controversial movie that follows the lives of five different public school teachers as they balance their professional

and private lives. The event is in Building 7 and ends at 2:30 p.m.

The other events during this week are: a discussion about developing the knowledge and skills to work efficiently with students on Tuesday at 12:10 p.m.

to 1:13 p.m. located in Mt. Constance/Mt. Olympus rooms in Building 8.

Then, participants will view the film *Miss Representation* on Tuesday at 1:30-3:30 p.m in Building 7 and discuss the me-



Yoshiko Harden

dia's representations of women and girls.

On Wednesday, there will be a panel discussion about marriage equality in Washington located in Building from 12:10-1:13 p.m.

Highline's fifth Annual Divas in the Spotlight: Drag Show is on Thursday at 6:30 p.m. in Mt. Townsend room in Building 8. Admission is free with refreshments provided.

The final event of the week is the teaching equity conference at 8 a.m. in Building 8. This conference is to discuss how instructors can increase their understanding of how to be successful in working with students in today's diverse classrooms and for students of color who want to learn about possible careers in education. The cost is \$30 and includes lunch.

This is the 15th annual edition of this event.

"Unity through Diversity week was started by vice-president of Student Services, Toni Castro," said Harden. "The events are open to the public and we encourage everyone to attend."



Dr. Christopher D. Coleman

Annual event celebrates Highline's outstanding women

By **SARAH JOHNSON**
Staff Reporter

The 30th annual celebration of Women's Awards Programs will take place on May 16.

The event will include gift basket sales, a vintage fashion show, and awards for Women in Action.

Everyone is welcome and anyone can be nominated for a Woman in Action award. Nominations for outstanding Women in Action are due by May 8 at 5 p.m. To obtain a nomination form, e-mail Jean Munro at jmunro@highline.edu.

Awards for the nominees of Women in Action will be the main event.

"Even men can be nominated if they helped women's success," said Munro, Women's Programs and WorkFirst Services program coordinator and



Jean Munro

educational adviser and retention specialist.

"People love to be recognized for their accomplishments and our students, staff and faculty and community members deserve to be recognized for all their support with donations, giving money to help students with text books, electric bills and specialized services," Mun-

ro said.

"Our faculty and staff will also nominate their students and colleagues. They are so proud of them and how well they do and many come from homelessness, Domestic Violence, are single parents, come from other countries that have limited resources and that are still at war and their resiliency is so amazing and wonderful to witness," Munro said.

"The Women In Action Awards was previously known as 'The Extraordinary Ordinary Awards' but we decided to change the name since all of our women are far from ordinary. We are unique, fantastic, smart and diverse in many ways in addition, we have many likeliness."

The event also will feature a Goodwill fashion show where students and faculty will model

styles from 1961 to present. If you are interested in participating, contact Munro at 206-522-3365. Men can and will be modeling.

"The success really comes from Highline and the sense of community it brings we all want to share our successes ...that is why WIA is successful," Munro said.

There will be a raffle and basket-themed items to bid on. You will receive tax credit on the items you donate. If you would like to donate, contact Robyn Richins at 206-592-3837, or drop off items at Women's Programs in building 6 next to Security.

"We will also be viewing our gift baskets and certificates, for a change, to take the gift home; all proceeds will go to HCC Emergency Fund Scholarships that support our students with

electric bills, rent, and other costs that hinder them from staying in college," Munro said.

They are also interested in expert donations. For example, if you teach piano, donate a few hours a week of your talent to help students succeed in school.

This event is taking place in the Student Union Building, Mt. Constance/Mt. Olympus.

At 10 a.m., gift basket sales begin. At noon, the vintage fashion show will be hosted by Goodwill Seattle. At 1 p.m., the Women in Action awards will be given. At 2:30 p.m., the gift basket winners will be announced.

News?
tword@highline.edu

Editorial comment**State saves school budget**

For the first time in several years, the State Legislature decided to protect higher education in the new budget.

The state budget runs in a two-year cycle, and the Legislature meets every even year for supplementary changes. The budget of 2011 ended up cutting higher education severely, leading to an increase in tuition in recent years.

The fact that the budget wasn't cut during the recent meeting indicates a step in the right direction for the future. It's imperative that the state recognizes the importance in higher education for the Legislature.

In recent years, Highline's enrollment has increased significantly. Rising population (14 percent over the last decade) and high unemployment has led to a larger demand for higher education.

People are beginning to realize it's almost impossible to become successful without a higher education. Without higher education it becomes very difficult to land a job that pays anything more than minimum wage.

Minimum wage isn't going to be enough for anybody to make a living, even if you're working 50 plus hours a week. We need higher education to teach people skills for high paying careers.

However, higher education is becoming less and less affordable for the average person due to increase in tuition over the past several years.

The new budget could reduce the need for tuition hikes in the future. Financial aid will remain intact, protecting the students who cannot afford to pay for tuition by themselves. Less school programs will get cut in the near future.

Admission slots will also be affected positively. Universities will be able to accept more students in the future.

The new budget will positively affect the students, the teachers, and the community; and will hopefully lead to a brighter future for the state.

**Your prom won't beat my prom**

With the Highline Pink Prom coming up on May 18, I find myself reminiscing about my high school senior prom.

The entire process was magical. I remember asking my high school sweetheart a couple weeks before the event.

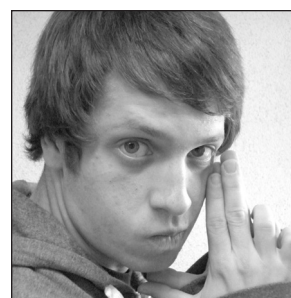
I rode on horseback to her house in the middle of the night holding a boom box over my head that blasted her favorite song, *Crank Dat* by Soulja Boy. To my disappointment she said no, as it turns out you aren't allowed to take your geology teacher to prom.

I ended up just going with my bro Ernest Watson instead. *Think Night at the Roxbury* meets *Avatar: The Last Airbender*.

The theme of the prom was Casablanca, so Ernest dressed like Humphrey Bogart and I dressed like an airplane. A minor disadvantage was our source of travel happened to be him riding on my shoulders.

The dance was nothing like I imagined. Everybody stood idle in separate lines, there were monitors everywhere, and the DJ played the same Michael Bolton song the entire time. It wasn't until we reached the front of the line that we found out we were actually at a bank.

I was getting tired of lugging Ernest around so we decided to steal a motorized shopping cart from Albertson's and drive that



Total Traegedy
Trae Harrison

to the real location in the arts museum of Tacoma. We both had to share the same cart; it was really uncomfortable but also super adorable.

Once we arrived at the prom, that's when the real fun started. I didn't dance too much, but I did tailgate the Congo-line while making missile noises.

My real goal was to become prom king. With that kind of power I could finally go to war with Oklahoma.

It has yet to do anything worth censuring, but the way it's shaped leads me to believe it's going to attack New Mexico someday. Call me a dreamer.

Ernest and I spent the majority of our time campaigning for myself, subliminally.

Ernest hid in one of the bathroom stalls and screamed my name repeatedly while banging the walls whenever someone walked in. I now realize why

people may have interpreted this scene the wrong way.

I crept behind couples and taped pictures of my face to their backs.

Unfortunately I underestimated the amount of the people in the room so I ended up parting ways with my driver's license and other ID cards with my face on them.

Once the king and queen of the night were revealed, I unfortunately was not elected. It turns out you have to actually go to the school to win.

Ernest and I threw an after party in my neighbor's house. I regret to say the party went nothing like they usually go in the Rebecca Black video. There were neither bowls nor cereal and there was a shortage in under-aged drivers.

We did manage to use his flower vases as piñatas. Unfortunately they made poor piñatas and we ran out of treats rather quickly.

Nevertheless, I look forward to the Pink Prom and only hope that it can be half as amazing as my last prom went.

And if not, I will retreat back to the Caribbean to destroy Jack Sparrow and restore peace to Cuba.

In a terrible misunderstanding, Trae was later elected prom queen at a boarding school in Tierra del Fuego.

Letter to the editor**Student feels no child can go unwanted**

Dear editor:

I am a student in the MPACC program at CWU-Des Moines and occasionally take a look at the Thunderword when in need of a study break.

Today I started reading your column and was quite impressed with your level of admiration for Kierstan Burke. However, I must take issue with your treatment of the subject of abortion.

While it's perfectly reasonable to bring up that you asked her why she didn't just have

an abortion, your statement, "I don't care what the Republicans think, an aborted baby is probably better than an unwanted one" is just plain ridiculous.

Whatever your opinion on the morality of abortion, there are thousands of people out there whose parents considered abortion but decided against it. There are thousands more who are unable to conceive, but want more than anything to adopt a child. I'm sure most of them would disagree with your statement.

—Stephanie Hunt,
Highline student

Got something to say? Write to us

Do you have something you want to say to the student body?

Send submissions to traeharrison@hotmail.com by Monday for print on Thursday. Letters to the editor should be about 200 words, columns should be no more than 600 words.

The Staff

Now I smell like a girl.

E-Mail tword@highline.edu

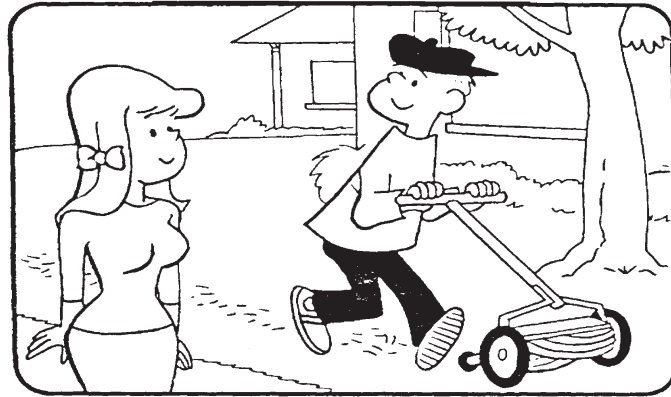
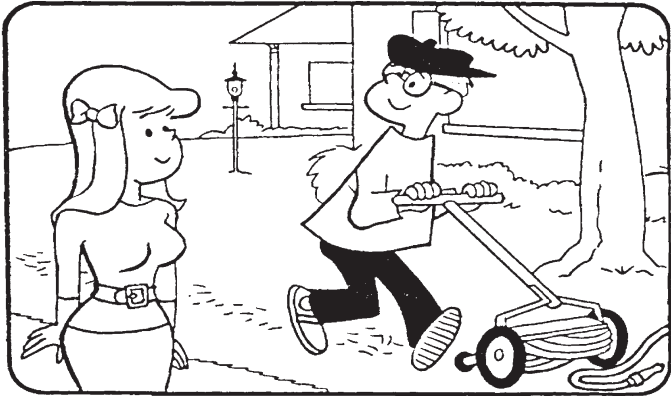
Editor-in-Chief Alisa Gramann
Managing Editor Josh Nelson
News Editor Micah Morrill
Arts Editor Erika Wigren
Sports Editor Adrian Scott
Opinion Editor Trae Harrison
Graphics Editor Kaley Ishmael
Photo Editor Corey Sun

Reporters Ben Friedland, Barbara Cawley, Gabi Paulson, Shyla Akins, Hayley Albrecht, Chayce Baldwin, Shannon Carter, Hien Hong, Josias Jean-Pierre, Sarah Johnson, Kevin Keniston, Ashley Kim, Jesse Leaupepe, Jamela Mohamed, David Norwood, Joseph Park, Paul Pinkney, Edna Salinas-Luchi, Michael Sallee, Matthew Severe, Zachary Stemm, Angela Stone, Edgar Vega, Rosalee Vitente, Brooke Williams, Jacob Young

Photographers Austin Seeger
Simone Elbrecht
Business Managers Kaylee Moran
Erica Moran
Adviser Dr. T.M. Sell

HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Bow is moved. 2. Belt is missing. 3. Lamppost is missing. 4. Eyeglasses are missing. 5. Shirt is different. 6. Hose is missing.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2012 King Features Synd., Inc.

A Good Hand

Across

- 1. Tosses, as a coin
- 6. White lies
- 10. Halt
- 14. Like some columns
- 15. Lotion ingredient
- 16. Clear off
- 17. Handy sort
- 20. "Where are you?" response
- 21. Designate
- 22. Wanting
- 25. Spread out
- 26. Board game pieces
- 30. Jay of late night TV
- 32. Like carbon monoxide
- 35. Core
- 41. British anthem
- 43. It's short on a T?
- 44. Freed for a price
- 45. Funny one
- 47. Knights
- 48. Italian isle
- 53. Skin abnormalities
- 56. Pupil-surrounding rings
- 58. Went to a restaurant
- 63. Lion's title, as they say
- 66. Brother of Jacob
- 67. Paper unit
- 68. Early times
- 69. Edit out
- 70. Pearl Harbor locale
- 71. Skirt fold

Down

- 1. Pacific island nation
- 2. Mortgage, e.g.
- 3. Ruler unit
- 4. MA highway, informally with "The"
- 5. Disdain
- 6. LAX watchdog
- 7. Sick
- 8. Henry VIII's second
- 9. ___ good example
- 10. Everglades, e.g.

Crossword 101

By Pete Canty

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18					19				
20								21						
					22		23	24		25				
26	27	28	29			30			31					
32				33	34				35	36	37	38	39	40
41									42					
43							44							
						45	46				47			
48	49	50	51	52		53			54	55				
56					57				58		59	60	61	62
63						64	65							
66					67				68					
69					70					71				

- 11. Kind of wave
- 12. Met offering
- 13. Annoying
- 18. Professional charge
- 19. B&O, et al.
- 23. Further
- 24. Total
- 26. Hot ___ (flashy types)
- 27. False god
- 28. Secret message
- 29. Gaelic language
- 31. Foreshadow
- 33. Washroom, for short
- 34. Always
- 36. Mensa stats
- 37. Couples
- 38. Actress Moore
- 39. Odd look
- 40. Odds counterpart
- 42. Caps
- 46. Summer cooler
- 48. Solidified
- 49. Get up
- 50. Kind of code
- 51. Renegade
- 52. United Nations agcy.
- 54. ___ Mahal
- 55. Puzzle
- 57. 60's hairdo
- 59. Chemical compound
- 60. Folklore fiend
- 61. Forearm bone
- 62. Exam
- 64. Derisive laugh
- 65. Outback runner

Quotable Quote

Last night I stayed up late playing poler with tarot cards. I got a full house and four people died.

... Steven Wright

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

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|---------------------|---------------|---------------|---------------|
| 1. Bellybutton | ___ _ _ E _ | Nautical | ___ _ _ A _ |
| 2. Vocation | ___ _ _ _ _ R | Zigzag | ___ _ _ _ _ N |
| 3. Equestrian chair | S _ _ _ _ _ | Canoe oar | P _ _ _ _ _ |
| 4. Motorcycle rider | _ I _ _ _ _ | Breadmaker | _ A _ _ _ _ |
| 5. Green Bay player | ___ _ _ _ _ R | Sachet | ___ _ _ _ _ T |
| 6. Make amends | A _ _ _ _ _ | Pebble | S _ _ _ _ _ |
| 7. Pancake mixture | _ A _ _ _ _ | Margarine kin | _ U _ _ _ _ |
| 8. Koufax or Duncan | S _ _ _ _ _ | Useful | H _ _ _ _ _ |
| 9. Beatle drummer | ___ _ _ _ _ R | Begin | ___ _ _ _ _ T |
| 10. Air travel | _ L _ _ _ _ | Terror | _ R _ _ _ _ |

© 2012 King Features Synd., Inc.



- 1. GEOGRAPHY: What is Europe's longest river?
- 2. TELEVISION: What was the fictional home state of

- M.A.S.H. surgeon Hawkeye Pierce?
- 3. MOVIES: What was the name of the woodcarver and creator of Pinocchio in the Disney film?
- 4. LANGUAGE: What does "gesundheit" mean in German?
- 5. RELIGION: Who is the

- patron saint of dancers?
- 6. ROYALS: Who preceded Queen Elizabeth II in the English throne?
- 7. GENERAL KNOWLEDGE: What is the term for the pointed wheel at the end of cowboy boots' spurs?
- 8. LITERATURE: In Ian Fleming's spy novels, what

- agency did James Bond work for?
- 9. FOOD & DRINK: What fruit that is commonly eaten today was widely considered poisonous until the 18th century?
- 10. INVENTIONS: What popular drink did druggist John Pemberton invent in 1886?

- Answers
- 1. The Volga River
 - 2. Maine
 - 3. Geppetto
 - 4. To your health
 - 5. St. Vitus
 - 6. Her father, George VI
 - 7. Rowel
 - 8. MI6 (Military Intelligence Section 6)
 - 9. The tomato
 - 10. Coca-Cola
- (c) 2012 King Features Synd., Inc.

Seasonal, sassy spears

Spring asparagus offers delicious possibilities

By **ASHLEY KIM**
Staff Reporter

Go green with asparagus this spring season.

Asparagus will be at its best April through July. Spring is the best season to grow asparagus because spring provides a perfect balance of warm and cool weather. Asparagus needs to grow in warm weather for strong growth and needs the cool weather for the snapping crunch and flavor it creates.

Asparagus can usually be seen as a garnish on a steak or seafood or a Sunday meal side dish, but it can also be the star of a main dish.

"Asparagus can definitely stand on its own as a main meal," said Chef James VanDeBerg, who is the executive chef at the Verrazano's Restaurant.

"Asparagus is a funny vegetable. It goes with nothing but goes with everything. It technically pairs well with nothing, yet it's used in lots of dishes," said VanDeBerg.

Cooking with asparagus is really simple.

"It absorbs flavors really easily and if you grill it, you're going to get a nice grill flavor. Salt, pepper, butter, you're going to feel all those flavors,"



Asparagus wants to be crisp and to not be overwhelmed by spices.

said VanDeBerg. You can grill the asparagus for 2-3 minutes on a high heated grill.

It is best to not overseason the vegetable because you don't want the seasoning to overpower the delicate asparagus flavor.

You also don't want to overcook the vegetable also because it will lose its flavor.

"Asparagus starts off as a bland vegetable like all other vegetables. It is best prepared when it's not fully cooked,

partially cooked. You want the asparagus to retain its natural crunch," said Chef VanDeBerg.

Asparagus provides vitamin A, vitamin C, vitamin E, and vitamin K. Folic acid is a needed nutrient in the body and asparagus is one of the best vegetables for folic acid. It is also very low in cholesterol.

Explaining asparagus would be like explaining lettuce, it is an unexplainable taste. You have to taste it in order to know

what it tastes like.

Try cooking the following asparagus recipes for a little spring variety at dinner time.

Roasted Garlic Asparagus

1 bundle of asparagus
5-8 cloves of garlic (lightly smashed)
¼ teaspoon of cracked sea salt
¼ teaspoon of cracked pepper
Extra virgin olive oil for drizzling

Directions: Pre-heat the oven to 375 degrees. Wash the asparagus and cut off 1 inch or 1 ½ inch of the stem. Crush the whole garlic lightly. Transfer to a baking sheet and toss the asparagus, garlic, salt, pepper, and oil. Bake the asparagus for 10 minutes and serve.

Prosciutto Wrapped Asparagus

1 bundle of asparagus
1 package of Prosciutto (Italian ham)
Extra virgin olive oil for drizzling
Pinch of salt (optional)
Pinch of pepper (optional)

Directions: Pre-heat the oven to 400 degrees. Wash the asparagus and cut off 1 inch or 1 ½ inch of the stem. Wrap each asparagus with a think slice of prosciutto and lay on baking sheet. Bake until prosciutto is crispy, about 10-15 minutes. Serve immediately.

Good Housekeeping Chocolate- pecan ice cream sandwiches are a tasty treat

1/2 cup (1 stick) butter, cut up
1 bag (12 ounces) semi-sweet chocolate chips
1 can (14 ounces) sweetened condensed milk
2 cup pecan, chopped
1 cup all-purpose flour
1 tablespoon vanilla extract
2 pint favorite ice cream

1. Preheat oven to 350 F. Grease large cookie sheet. Place 2 jelly-roll pans or cookie sheets in freezer to use later for ice cream.

2. In microwave-safe large bowl, combine butter, chocolate chips and sweetened condensed milk. Cook in microwave oven on High 1 minute; stir. Microwave 30 to 60 seconds longer and stir again until chocolate and butter are completely melted.

3. Into chocolate mixture in bowl, stir pecans, flour and vanilla until combined. Drop dough by rounded measuring tablespoons, 2 inches apart, onto greased cookie sheet. With fingers, press each mound into 2-inch round.

4. Bake cookies 10 to 12 minutes or until firm when lightly pressed. Cool on cookie sheet on wire rack 2 minutes. With metal spatula, transfer cookies to wire rack to cool completely. Repeat with remaining dough. Store cookies between layers of waxed paper in tightly covered container at room temperature until ready to use or up to 2 weeks, or freeze up to 3 months.

5. Meanwhile, scoop ice cream by rounded 2 tablespoons into 24 mounds onto cold jelly-roll pans; flatten each mound into 2-inch round. Freeze ice cream rounds until firm, at least 1 hour. If not using right away, store ice cream rounds in freezer-safe container with waxed paper between layers, up to 1 week.

6. Just before serving, assemble ice cream rounds and cookies into 24 sandwiches.

¥ Each serving: About 305 calories, 20g total fat (9g saturated), 32mg cholesterol, 85mg sodium, 31g total carbs, 2g dietary fiber, 5g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

(c) 2012 Hearst Communications, Inc.

You can go nuts with versatile almonds

Of all the things to love about almonds, this one should really get your heart pumping: Just a handful of almonds a day could help maintain healthy cholesterol levels.

That's good news for just about everyone, as cardiovascular disease holds its spot as the leading cause of death among men and women in the U.S. Research shows that a diet high in heart-healthy foods like almonds can reduce cholesterol levels as much as statin drugs like lovastatin and mevastatin.

Almonds also are one of the richest sources of vitamin E, a powerful antioxidant that helps to reduce the risk of cancer and heart disease. A study published in the June 2005 Journal of Nutrition showed that consuming whole almonds, including the skin, doubles the antioxidant intake.



Just 1 ounce (22 almonds) packs more protein than an egg and more than 3 grams of dietary fiber. This same portion of almonds provides about 160 calories and the high protein content staves off hunger. Almonds also are a rich source of riboflavin, magnesium, manganese and copper.

Shelled almonds may be whole, sliced or slivered with skin on, or blanched with the skin removed. Look for dry-

roasted almonds that contain no additional ingredients like sugar or preservatives. Store them in a tightly sealed container in a cool, dry place to prevent them from going rancid and absorbing odors of other foods. Almonds will last several months in the refrigerator and up to a year frozen.

This heart-healthy recipe for Savory Almond and Cheese Straws makes an excellent snack and is a great way to incorporate almonds into your diet.

SAVORY ALMOND AND CHEESE STRAWS

1 pound puff pastry dough
1 egg, beaten with 1 teaspoon water
3/4 cup grated dry cheese, such as Parmesan or aged Gouda

3/4 cup almonds, chopped
Flour for dusting

1. Thaw pastry overnight in refrigerator or 40 minutes at room temperature. Unfold pastry sheets on a lightly floured surface. With the shorter side facing you, roll out each sheet to 12 by 12 inches. Cut each sheet in half, lengthwise.

2. Brush dough with egg mix and sprinkle with an even coating of cheese and almonds. With a rolling pin, lightly press the mixture into the dough. Cut each half crosswise into 3/4-inch strips. Place on parchment-lined baking sheets and refrigerate for 30 minutes before baking.

3. Bake at 400 F, 9 to 10 minutes, or until light brown and crisp. Makes about 96 straws.

(c) 2012 King Features Synd., Inc.

Local shop in search of college artists

By JOSH NELSON
Staff Reporter

From the outside, it seems like just another business. One of several stores within a particular Federal Way strip mall. However, after crossing the threshold, it is clear that this is not your average tattoo shop.

In fact it's both a tattoo shop and art gallery.

All Hope Aside Tattoo and Art Gallery is looking for artists to display in their now open art gallery.

"We opened the gallery up because it is the current and modern thing to do," said Peter Dominguez, co-owner and tattoo artist at All Hope Aside. "We are trying to become the shop of the South Sound, and to do that you can't just tattoo anymore."

All Hope Aside opened last September, and in the seven months since, Dominguez and his partner José Camarillo have been attempting to establish themselves within the Federal Way community.

"We decided it was time to get the gallery going," said Dominguez.

"People know where we are now, so it's time to get the ball rolling on this. We always in-



Jose Camarillo (left), Scottie Stopka, Eric Nash, and Peter Dominguez are tattoo artists at All Hope Aside in Federal Way.

tended to be an art gallery and just tattoo in the back room."

Dominguez said that they are looking for anything, nothing is taboo.

"We want boldness, anything new and fresh to spice up the atmosphere," said Dominguez. "We are essentially an 18 and older establishment, so we won't be necessarily focusing on the family friendly."

Dominguez wanted to stress that although some mature content may be displayed, they are still a professional business so it won't be in the front window.

While ecstatic about finally opening the gallery in his shop, Dominguez still has a full-time job as a tattoo artist. That is where Vanessa Vancuren comes into the picture.

Vancuren, shop secretary, gallery coordinator, public relations agent, and all around attendant, is in charge of organizing any and all applicants.

"The guys want to show that they are all about the art," said Vancuren. "As such they are allowing anyone interested in displaying their work to apply."

The application process is fairly straightforward. One can either walk-in and physically fill out an application, then submit it with samples of their art.

Another option is to visit allhopeasidetattoos.com and submit the application digitally, also accompanied with art samples.

"We won't be charging our exhibitors a deposit," said Vancuren. "But if, and when, a sale

is made from the gallery, we will split the commission 60-40."

Once an applicant has submitted their information, Vancuren then organizes them and gives them to the shop owners.

"I feed it all to Pete and Jose. They are totally in charge of selection," said Vancuren. "And don't be discouraged if your application isn't selected right away, we will keep it on file and may cycle through to your work."

In fact a cycle is just what the co-owners want. "We're thinking of displaying two or three artists with a six-week minimum for starters," said Dominguez. "Then, based on how well the art is selling it may go up or down."

Dominguez said that he is especially looking for what he thinks will sell, but also something that shows care and pride.

And it is with care that Vancuren is going about advertising this new gallery.

"I'm using social media, word of mouth, flyers, emails, pretty much any medium I have access to I will use," said Vancuren.

"We are especially trying to hit up colleges, like Highline. For now we want to keep this gallery local."

For now, most of the art currently on display belongs to the shop staff and owners. But that will change as soon as the gallery is fully running.

Students interested in applying for exhibition can visit All Hope Aside Tattoo and Art Gallery at 2016 South 320th Street, Suite M in Federal Way.

Aspiring artists may also visit allhopeasidetattoos.com for more information and digital copies of the application. Or call the shop at 206-249-8124.



•The Langston Hughes African American Film Festival began last Saturday and will continue until April 22. The festival is at the Langston Hughes Performing Arts Center at 104 17th Ave. S in Seattle. Tickets range from \$5-20 depending on age. For more information and tickets visit langstonblackfilmfest.org.

•Taproot Theatre presents *Freud's Last Session*. The event focuses on Sigmund Freud and C.S. Lewis. The production will continue to run until April 21. It will begin at 7:30 pm on Thursday. Friday and Saturday it will begin at 8 p.m. as well as at 2 p.m. on Saturday. Taproot Theatre is located at 204 North 85th St. in Seattle. Tickets are \$15 for students ages 25 and under. All other tickets range from \$22-37. For more information visit taproottheatre.org/buy-tickets.

•Seattle Repertory Theatre's *Clybourne Park* begins this weekend. The play runs from April 20 to May 13 at 155 Mercer St. in Seattle. The show runs Wednesday through Sunday at 7:30 p.m. with select Saturday, Sunday, and Wednesday matinees at 2 p.m. Tickets to *Clybourne Park* are now on sale and range from \$15-\$74. For tickets call 206-443-2222 or go online at seattlerep.org.

•Burien Little Theatre's production, *Reasons to Be Pretty* will begin Friday, April 20. The show will run every Friday and Saturday at 8 p.m. as well as 2 p.m. on Sundays. Tickets range from \$15-20. Attendees must be 16 or older to attend the show due to strong adult language and humor. Burien Little Theatre is located at 437 Southwest 144th St. in Burien. For more information on tickets and showtimes visit burienlittletheatre.org/tickets.html or call 206-242-5180.

•5th Avenue Theatre will begin their production of *Damn Yankees* on April 21. The show will run until May 20 everyday except April 23 and 30, as well as May 7, 14, 15, 16. The production is at 7:30 p.m. on Tuesdays and Wednesdays, 8 p.m. on Thursdays and Fridays. As well as 2 p.m. and 8 p.m. on Saturdays and 1:30 p.m. and 7 p.m. on Sundays. Tickets range from \$29-75. 5th Avenue Theatre is located at 1308 5th Ave. in Seattle. For more information visit 5thavenue.org/boxoffice.



Vanessa Vancuren

Puzzle answers:

A GOOD HAND

F	L	I	P	S		F	I	B	S		S	T	O	P
I	O	N	I	C		A	L	O	E		W	I	P	E
J	A	C	K	O	F	A	L	L	T	R	A	D	E	S
I	N	H	E	R	E			E	A	R	M	A	R	K
				N	E	E	D	Y		S	P	L	A	Y
D	I	C	E			L	E	N	O					
O	D	O	R	L	E	S	S		M	I	D	D	L	E
G	O	D	S	A	V	E	T	H	E	Q	U	E	E	N
S	L	E	E	V	E		R	A	N	S	O	M	E	D
					R	I	O	T			S	I	R	S
C	A	P	R	I		C	Y	S	T	S				
A	R	E	O	L	A	E			A	T	E	O	U	T
K	I	N	G	O	F	T	H	E	J	U	N	G	L	E
E	S	A	U		R	E	A	M		M	O	R	N	S
D	E	L	E		O	A	H	U		P	L	E	A	T

Even Exchange

answers

- | | |
|-------------------|--------------------|
| 1. Navel, Naval | 6. Atone, Stone |
| 2. Career, Careen | 7. Batter, Butter |
| 3. Saddle, Paddle | 8. Sandy, Bandy |
| 4. Biker, Baker | 9. Starr, Start |
| 5. Packer, Packet | 10. Flight, Fright |

Weekly SUDOKU

Answer

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

Lemony Fresh

New club plans to be spontaneous

By **HIEN HONG**
Staff Reporter

The new Highline Lemony Fresh Improv Club is giving students a chance to practice improvisational acting this Spring Quarter.

Improv, short for improvisation, is “drama that is unscripted and made up on the spot,” Club President Jake McCauley said. McCauley wants “everyone to become comfortable performing” and to practice their “skills as a performer,” he said.

McCauley is planning to introduce games to the improv

club, including those he learned from improv class. “Some may require more audience participation,” McCauley said.

Last quarter, McCauley was in the improv class taught here.

“I took an improv class, but we only got to have one performance,” McCauley said.

“I’m hoping if we get established enough, we’ll have performances as well,” McCauley said.

McCauley’s interest in improvisational acting stemmed from watching *Whose Line Is It Anyway?* with friends.

“I’ve been doing improv for



Erika Wigren/THUNDERWORD

Students Tiana Ross and Jake McCauley are both members of the Lemony Fresh Improv Club.

like two and a half years,” McCauley said.

“Some people really enjoy improv. A lot of people really like doing that but they don’t have a place to go,” McCauley said.

“Improv is not always about

humor though,” McCauley said, “people improv every day.” He considers flash mobs as an example of improv because they makes things fun.

Additionally, “I’m making this club because I enjoy improv,” McCauley said.

Furthermore, “the founding members all have lemon jokes,” McCauley said with a chuckle.

The club will meet every Thursday at 2:30 p.m. If you are interested in joining, e-mail McCauley at McCauleyJake@students.highline.edu.

Upcoming spring shows soon to rock Seattle area

By **JESSE LEAUPEPE**
Staff Reporter

Coldplay, Foster the People, and Snow Patrol are some of the many bands you can expect to see this spring, as well as artists such as Ingrid Michaelson and James Morrison.

This season you can be sure to hear a wide array of musical genres at concerts around the Puget Sound.

Whether you’re into indie-pop, alternative rock, or R&B, there is something for everyone.

The shows are scheduled to take place at venues such as the Key Arena, the Tacoma Dome, the Showare Center, the Neptune, the Paramount, the Moore, and the WaMu Theatre.

This Saturday, April 21, is when indie-pop artist Ingrid Michaelson will be performing at the Moore Theatre with special guest Harper Blynn at 8 p.m.

The Moore Theatre is located on 1932 Second Ave. in Seattle.

Unfortunately, the show has sold out.

The Key Arena, which is located on 321 Mercer St. in Seattle, is scheduled to have the rock band Coldplay performing on April 25 at 7 p.m.

The ticket prices range from \$60 - \$130 and have been selling out quickly.

James Morrison is going to be performing at the Neptune Theatre located on 1303 NE 45th St. in Seattle on April 29

at 8 p.m.

Tickets can be found online at stubhub.com and range from \$66 - \$73.

Alternative rock band Snow Patrol is scheduled to perform at the Paramount Theatre with Ed Sheeran on 911 Pine Street in Seattle, on May 1 at 4 p.m.

Tickets for the show can also be found online at stubhub.com and range from \$28 - \$125.

For those of you who are into soul and contemporary R&B, the Showare Center, located on 625 W. James St. in Kent, will be hosting the Isley Brothers concert on June 2 at 8 p.m.

You can purchase tickets ranged from \$30 - \$85 online at tickets.showarecenter.com

Performing earlier that night at the Key Arena on June 2 at 7 p.m. will be the electro/hip-hop band LMFAO.

They will be touring the globe with special guests Far East Movement, The Quest Crew, Sidney Samson, Eva Simons, and Natalia Kills.

You can find tickets online at ticketmaster.com from \$35 - \$99.50.

Daughtry will be at the Paramount Theatre on Sunday, June 3 at 7:30.

Tickets can be found online at stgtpresents.org ranging from \$30.75 - \$50.75.

Daughtry, an alternative rock band will be donating \$1 from every ticket sold on their “Break the Spell” tour to help out the non-profit organization,

Malaria No More. The organization helps to fight malaria in Africa, where it is a common

cause of deaths.

For more information on tickets, events, and showtimes

you can visit stgtpresents.org/tickets, tickets.showarecenter.com, or ticketmaster.com.

STEP UP Or Step Aside

**Be a part-time Soldier while attending school full time.
For your service you could be eligible for...**

- ◆ \$4,500 in Federal Tuition Assistance
- ◆ We will pay up to \$50,000 in current student loans
- ◆ Put over \$300 a month in your pocket with Montgomery GI bill
- ◆ Add up to another \$350 per month with the Army National Guard Kicker
- ◆ Up to 50% reduction tuition at the University of Washington.
- ◆ One weekend per month (paid training)
- ◆ Two weeks during the summer (paid training)
- ◆ Be physically and mentally fit to perform your duty as a Citizen Soldier



To learn more on how to join our team please contact:
Sergeant Michael A. Danao
michael.a.danao@us.army.mil
Mobile: 206-462-9535
Office: 253-945-1818



‘Birds stay in first with five-game winning streak

By **ADRIAN SCOTT**
Staff Reporter

The flaming hot first-place Lady T-Birds softball team took their winning streak to five games after sweeping their opponents this week.

Friday, April 13 the T-Birds took on division contender the Chokers of Grays Harbor, defeating them 2-1 in the first game and 7-0 in the second game of the afternoon double-header.

Freshman pitcher Blessed Joy Mipalar started the game on the mound for the Lady T-Birds for the 11th start of the season.

Mipalar has been questionable this season due to injury, but has played through the pain and has become a leader on the playing field, says Dillinger.

Mipalar pitched six scoreless innings, allowing five hits and one earned run in the win.

At the plate she struggled and went 0-3 with a strike-out.

“When you have a team like this, someone can struggle but someone else will step up,” said Mipalar.

Highline’s bats warmed up in the fourth inning, giving Mipalar the run support she needed to hold off the Chokers.

Third baseman Brooke Evans started the team rally with a leadoff hit after being down two strikes. Kathy Murdock followed with a single of her own, advancing Evans to second.

Right fielder Riley Jewett-



Austin Seeger/ THUNDERWORD

Freshman outfielder Brianna Votaw connects at the plate in the win over Green River on Saturday.

Chan was able to advance to first as result of a fielder’s choice.

Evans and Jewett-Chan later scored off of two Choker’s infield errors.

In game two of the double header, sophomore pitcher Clarissa Gidcumb went to the circle to earn her seventh win.

Gidcumb had an outstanding performance, pitching a shut-out game, allowing two hits in seven innings ending the game 7-0. Gidcumb also recorded six strikeouts, adding her season total to 48.

At the plate, catcher Dani Babcock and shortstop Blessed Joy Mipalar both went 3-4 with two runs batted in [RBI].

Mipalar currently leads the softball team in batting average with .424.

“This season our team put in a lot of hard work and now it’s starting to show,” said Mipalar.

Babcock has become a reliable bat at the plate this season averaging .397, with 23 hits, five doubles, seven RBIs, and two strikeouts for 58 plate appearances.

“When we are close in a

game, I feel like we all have the common knowledge that we can take hold of a game with our bats,” said Babcock. “Having success at the plate is a plus to how well the team can rally up and win games.”

That’s exactly what the softball team did into the home weekend series against Green River. Highline swept the last place Gators 8-0 in the first game, and ending the second game of the doubleheader with a whopping 12-0 win.

Both games ended after five innings, because of the run

eight run mercy rule.

“We knew going into these games that Green River wasn’t the best team in the league,” said Babcock. “That didn’t mean we could let up and let sneak out a win against us.

Babcock started behind the plate, hitting two doubles and stealing a base against Gator pitcher Madison Mainard.

Highline pitcher Gidcumb shut out the Gators in five innings, allowing four hits and striking out two batters.

In both games Highline dominated at the plate, and shut the Gators down defensively, but in game two of the double header, outfielder Brianna Votaw made her pitching debut.

Votaw pitched a one hitter in her five innings. She struck out five batters, and walked one.

“Earlier in the season Votaw told me that she didn’t want to pitch at all,” said Coach Dillinger.

The Lady T-Birds were stuck with a day of bad weather as their rematch against the Pierce Raiders was cancelled due to rain, and was rescheduled for a later date in the season, which was unavailable at press time.

The ‘Birds will travel east to face the Green River Gators in a doubleheader Friday, April 20 at 2 p.m. and 4 p.m.

The ‘Birds will continue their road trip and take on the North Divisions last place team, the Edmond Tritons on Tuesday, April 24.

Boot Camp is back in action

By **PAUL PINKNEY**
Staff Reporter

To a first-timer, Highline’s Boot Camp Friday may seem daunting.

On the camp’s first session of Spring Quarter, instructors are muscular and fit. Even before you start, students are doing pull-ups, practicing their wrestling stances and talking about and demonstrating different fighting styles.

“We’ve got people in there that are very fit, we’ve got people that have never exercised,” said Tim Vagen, the instructor in charge of the boot camp.

Only about six people attended on the first Friday, though usually 15-20 participants show up.

Then, you are asked to do warm ups that you would swear must be part of the actual boot camp. By the time you start your boot camp workout you’re already sweating.

A fit young man splits the group of about six in to four even smaller groups and puts

you in corners. He proceeds to tell you the workouts you will be doing at each station and you are thrown in at full speed.

The boot camp instructor shouts “30 seconds on, 30 seconds off.” That is the last sentence you hear before your body is pushed to the limit. When you want to give up, someone in your group says “Don’t stop. Your brain will give up before your muscles do. Muscles are stupid. If you keep going, they will too.”

Proper technique is stressed by the trainers so injuries are kept at a minimum, Vagen said.

Multiple different squats, push-ups and sit-up exercises are done. Finally, comes the cool down - which also feels like a workout.

Boot Camp Friday is a fitness program instituted about two years ago. This program was made for the Personal Fitness Trainer (PFT) students but is open to all members of the Highline community and is held every Friday morning at 7 a.m. in Building 27. Students meet

in the multi-purpose room now, but when the weather becomes better it will be done outside.

Vagen said the Boot Camp program has a dual purpose.

“Giving people on campus a fitness opportunity,” he said, and “Exposure of the Personal Fitness Trainer program.”

From this program you can “increase your fitness level, develop self-confidence, and get to know people on campus,” Vagen said.

“The Personal Fitness Trainer students are trained to adapt and make modifications to their workouts...based on the intensity or the range of motion in the exercise or the actual movement itself,” he said. “We might modify it by putting them up against a wall or an elevated surface that’s gonna make it a little easier for them.”

“We’re gonna change it to whatever level of fitness they are.”

“No matter the skill level, you are encouraged to participate,” Vagen said. “We’re gonna make this work for you.”

heritage.edu

Your teaching career starts here.

Highline Community College and Heritage University have joined hands to help you seamlessly expand your AA or AS degree into a Bachelor of Education. For details, visit Heritage’s office in Highline’s Academic Affairs Building (Bldg. 9) or contact us at 206-592-4243 or seattle@heritage.edu.



Heritage University
@ Highline

Greater success is closer than you think.

Applying science to go green

Students were unleashed in a lab to create their own green cleaning supplies

By **KALEY ISHMAEL**
Staff Reporter

In a room that smelled of vinegar and lemon, students gathered to try their hand at making green household cleaning products.

They weren't making green colored cleaners. They were making household cleaners that only used eco-friendly ingredients.

In a workshop held in honor of Green Week, Heather Price provided students with the necessary ingredients to make their own eco-friendly cleaning products.

At first it seemed as if the 20 or so spray bottles provided would be an ample amount for the eight participants to try to make a few different cleaners.

However, that all changed when Angie Meyer arrived with her English as a second language (ESL 45) class of 34 students.

For those who were lucky enough to get a bottle, it proved to be an enlightening experience.

"It was nice that they supplied the bottles, but I only get one," said Mary Boldt.

Boldt is the instructor for the Green Module for ABE/GED classes. The Green Module teaches students concepts of sustainability in environmental, economic and social justice.

Boldt, who had missed the workshop last year, was excited to take part in it this year.

"I had no idea that you could make a spot cleaner with borax and water," said Boldt.

A vast majority of the ingredients that were required in the cleaners can already be found in the average kitchen, such as the all-purpose cleaner Christine Wang made, which simply comprises of soap, water and lemon juice.

Kirstin Macfarlane said she has never tried a green cleaner or one of the many green cleaning tricks such as using baking soda for a deodorizer though she has heard of them and has wanted to try them.

"If I am going to be cleaning, might as well try to go eco-friendly," Macfarlane said.

Others such as Teri Daly have tried a few of the natural tricks, such as using vinegar



Alisa Gramann/THUNDERWORD

Student Christine Wang demonstrates how to make the simple all-purpose cleaner of soap, water, and lemon juice.

in her laundry to remove pet odors.

Daly has also tried store-bought productions like Seventh Generation, though she said they didn't work that well for her. But that doesn't mean she's given up on using green cleaners.

If you missed out on the workshop but are interested in moving to a greener way of cleaning, there are some simple tricks that you can follow.

If you are not ready to make your own cleaning products, several options are available in stores such as Seventh Generation, Simple Green and Clorox Green Works.

To start your path to becoming a green cleaner start with the easy steps of avoiding products with phosphates, petroleum

based ingredients, chlorine or simply any ingredients you are unable to pronounce.

When you make the decision to go green be sure that you dispose of your cleaning products in the appropriate manner. Do not simply pour them down the drain. Instead take them to a waste disposal location. To find a waste disposal location near you, go to lhwmp.org/home/default.aspx.

You could also use the rest of your cleaners and then save the and clean the bottles to store any of the homemade cleaners that you might make.

For those of you who are interested in trying to make your own green household cleaning supplies the simple all-purpose cleaner is an excellent place to start.

To make the cleaner: add half a cup of pure liquid soap, such as Castile liquid soap, to one gallon of hot water.

For a fresh scent and to cut through grease add one quarter cup of lemon juice to the mix.

If you are looking to bring a fresh scent into your home, make an air freshener by dissolving one teaspoon of baking soda in two cups of hot water into a spray bottle. You can also add one teaspoon of lemon juice or your favorite dried herbs to the mix.

Simply spray this blend into the air as you would with any air freshener.

These recipes were provided by the American Lung Association of Washington. For more recipes and information go to alaw.org.

Acid in oceans depleting sea life, expert says

By **SARAH JOHNSON**
Staff Reporter

People can help lessen ocean acidification one step at a time, said Rus Higley, manager of the Marine Science and Technology Center.

Ocean acidification depletes sea animal life. Animals like crabs and sea urchins will be smaller because the acid in the water makes them start to erode.

Higley spoke as part of Earth Week, Highline's observation of environmental issues.

The animals in the water are suffering from blown ear drums already. The acid makes the ocean even louder.

"When the ocean becomes more acidic, sound travels farther," said Higley.

"If I want to reduce the acidity of the ocean, I would give it a Tums," Higley said. Adding a Tums, which is a base, would balance out the acidity in the ocean even though one Tums in the ocean would hardly make a difference.

People need to consume less, support green technology, and "live local; shop local. It's making choices to not live disposable," Higley said.

"We live in a disposable society. Everything you buy, think about how much you still actually have from six months ago. 99 percent is garbage," Higley said. "We do not have the capability to destroy the earth. We have the capability to alter the life on the planet."

Over a span of around 100 years, the ocean has increased



Higley can help change the planet by recycling, planting trees, and supporting alternatives to burning.

in acidity by about 20 to 30 percent, although numbers vary per season, he said.

People can help change the planet by recycling, planting trees, and supporting alternatives to burning.

"We burn everything. For example, your engine in your car burns gasoline. We need to find alternatives to fossil fuels," Higley said.

Going to myfootprint.org will show you how many earths it would take to survive if everyone lived like you, Higley said.

Highline library will help you search smarter

By **JAMELA MOHAMED**
Staff Reporter

Many Highline students say that the internet is the go-to source for their projects instead of the books offered at the library.

However, Highline librarians say they can teach students how to use the internet more responsibly when working on their homework.

"Us students, we use whatever is convenient to us and that's the internet. Books are not always going to be there when we need it," said Shukriyah Abdullahi.

Jasmine Merriweather also said that students use the internet more than books and her preference when writing an assignment is the internet.

Students have different reasons why they prefer the internet over books. Some students said that they find it easier to find books online than in the library.

"In the library you won't see students lining up for books, but instead they are lining up for the computer," said Asha Isaac.



Simone Elbrecht/THUNDERWORD

Karen Fernandez recommends doing research on the databases of Highline's library, and on other bigger libraries.

One Highline student said "The availability of books that are needed for a class is sometimes not in the library, but when I look online the pdf file can be found easily."

The type of assignment and when it was due was another reason. Most students said that

time is also a factor of choosing books over the internet or vice versa.

"If the assignment is due in a short period of time, than I will use the internet. If I have a long period of time, than I will use books and the internet," said a student identified as Alex.

However, not all of the students said that the internet was the most reliable source to use.

Highline student Jennifer Tong said "Books are more reliable than internet sources."

Tong also said that some sources are not always scholarly information. Being able to pick the ones that are more fact than bias is one of the issues of on-line researching, she said.

Highline librarians have noticed that students go straight to the internet depending on what type of assignment it is. Learning how to use the right sources is what librarians teach some students to do.

"If students insist on using Google, I teach them how to use it responsibly...I teach them how to dig deeper when using websites," said Highline librarian Wadiyah Nelson.

Nelson said that instead of picking the first thing that Google gives you, you should scroll all the way down to the bottom of the page, to make sure you have a better chance of getting good sources.

The website for the Highline library holds a wide range of in-

formation from books to subject guides. The website also has monthly recommended books, reference resources of the week, and other gadgets that might hold a student's interest.

The website for the Highline library has a Find It section. The Find It portion gives students easier access to books, articles, and other popular links.

Another thing students can find is Ebrary books which allow them to read their books online.

Librarian Karen Fernandez said that there are different databases on the website for the Highline library that are available to students.

"Students need to expand their knowledge and not choose only one place for their researches. They should try going to bigger libraries, such as the ones in King County. They have bigger databases that hold more resources," said Fernandez.

Informational websites such as ProQuest are programs that the library pays for annually, so that students have a better advantage of finding the material they need, she said.

Baka people struggle with environment, change

By **HIEN HONG**
Staff Reporter

The Baka are an ethnic group of people who have sustained a lifestyle in the forest and are now facing challenges due to their changing environment, Highline professor Dr. Emmanuel Chiabi said.

Dr. Chiabi, who teaches anthropology, history, and political science, spoke about the Baka of Cameroon at last Wednesday's History Seminar.

History Seminar is a series of weekly discussions on topics throughout history featuring Highline faculty and guest speakers from 1:30-2:20 p.m. on Wednesdays.

Dr. Chiabi had done research on the Baka people while working for the government of Cameroon from 1984 to 1986. Anthropologists study how people differ in appearance despite originating in the same location, Dr. Chiabi said.

The Baka originated between the areas of Benin and Nigeria, countries west of Cameroon, along with the Bantu people.

"Baka people are not Bantu but they should be," Dr. Chiabi said of their short stature.

"Why are they shorter than the rest of the people in the area?" Dr. Chiabi asked, as he showed a map of Cameroon, with the southeastern part highlighted to show where the Baka

currently live.

The answer is in the environmental conditions of their location, Dr. Chiabi said. Traditionally, they lived in nomadic houses built of trees and vines from the forest.

"They get their food from gathering.... The men do hunting," Dr. Chiabi said.

The Baka hunt animals ranging from little birds, snakes, to gorillas. The tools they use are bows and arrows and hooks, Dr. Chiabi said.

"They're foragers," Dr. Chiabi said, and they move with their families. The women help men carry the food and their children while hunting.

"The forest provided a lot of resources for these people," Dr. Chiabi said.

They know their medicine and herbs, Dr. Chiabi said. The Baka used leaves that repelled snakes and "they didn't care" while they slept, Dr. Chiabi said, recalling that the researchers were afraid of the snakes.

Today, outside influences are affecting the Baka, bringing to them items such as cigarettes and cloth.

The influence of outsiders has also led the Baka to use the slash-and-burn technique in attempt to grow crops.

"Their history is changing because their environment is changing," Dr. Chiabi said.

However, since they also



Austin Seeger/THUNDERWORD

Professor Dr. Emmanuel Chiabi lectures on the history of the Baka people of Cameroon.

burn the manure, growing crops is not working well for them, Dr. Chiabi said.

"These so called short stature people are becoming short," Dr. Chiabi said, explaining how the Baka population of "maybe 4,000" is declining.

Aside from burning down their forest for agriculture, they are cutting down their trees for European and American timber companies.

"We have accepted the idea ... We cannot just do foraging ... We will sell," Dr. Chiabi said

of how they are choosing to sell their home. Nevertheless, "they don't benefit from the forest revenue," Dr. Chiabi said.

Only 0.4 percent of the Cameroon population is Baka, a lot of them being children. "How do you help them? Unemployment is high. Crime in the city is increasing," Dr. Chiabi said of the current lifestyle.

There is "no mechanism to protect them," Dr. Chiabi said. The purpose of his research was an attempt to bring the Baka people into the system

and teach them. However, after Dr. Chiabi realized nothing was done with the research, he went into teaching.

There are European and American support groups trying to help them, but "they have been forgotten by their country," Dr. Chiabi said, concluding the seminar.

The next history seminar will feature Highline professor Chris Foertsch speaking about Indonesia on April 25 from 1:30-2:20 p.m. in Building 19, room 101.

Technological advances can cause legal problems

By **ANGELA STONE**
Staff Reporter

Legal problems continue to arise as technology changes and adapts faster than U.S. laws, a Highline professor said here last week.

Last Friday, Professor Amelia Phillips, the chairwoman of Pure and Applied Science, spoke on the new field of digital forensics at Highline's weekly Science Seminar.

Because technology is constantly changing, in the U.S. and throughout the world, the laws are not able to keep up. Many loopholes exist that can work for or against the spirit of the laws, she said.

Phillips started with an example of how the letter of the law can be abused. She said that during Prohibition, in the 1920s, bootleggers sometimes claimed that wiretapping was no better than eavesdropping. In at least one case, a bootlegger attempted to sue arresting officers because they had illegally eavesdropped via wiretapping. But that case was thrown out because Washington state's legal definition of eavesdropping did not include wiretapping.

Phillips also related how, recently, Texans have tried to get out of speeding tickets mailed to them through PhotoCop.

In Texas, a requirement to be a digital forensics expert is that one must also be a private



Austin Seeger/THUNDERWORD

Amelia Phillips explains that the advances of technology can cause legal problems when officials use photos, e-mails or online sources as evidence for wrongdoings.

investigator. Thus some people who have received tickets through PhotoCop are claiming that it's illegal for them to use those cameras to send out tickets, as the company that makes the cameras does not have a private investigator's license.

However, companies have license to inspect their employees' company phones. Phillips said a company "can take it and examine it at any time."

An employee can be fired for what he or she has done with

any company-issued devices.

An employee can also be fired for the content on his or her Facebook or Myspace account. Many companies require the user name and password to their employees' Facebook and Myspace accounts, which is a violation of a user's agreement with both social networks.

But will an employer's case against an employee hold up in court for what was written on your Facebook page? Phillips posed this question to the Sci-

ence Seminar attendees.

"At most it will be considered hearsay," Phillips said.

The courts would have no way of proving that you were the one who actually wrote that.

"Accounts get hacked all the time," said Professor Dusty Wilson, coordinator of the Science Seminar series and math professor at Highline.

In other circumstances, people have desired to use digital information (such as e-mails) in court cases, Phillips said, and a

digital copy must be extracted from the physical server.

Though a company can tunnel in and see all your information stored on their server, they must go to the physical location to make a digital copy so that they can confirm that nothing has been changed.

In the case that something has been digitally altered they can uncover the original documents.

"And it's a pain in the butt, forensically," Phillips said.

Going to the physical location of a server is a problem. There have been cases where digital forensic experts were arrested because they were going to access a U.S. citizen's information on their companies server. The country that hosts that server has different privacy laws than ours in the U.S.

Despite the legal issues that can arise from the physical location of a server, internet companies will not reveal where their servers are physically located.

Phillips said that laws should be written to handle ever changing technology. Otherwise, people will continue to see and experience these problems.

Next Friday Dr. Heather Price, a professor of Chemistry will be speaking on the impact of China's air pollution on the Pacific Northwest. Science Seminar is open to everyone and meets Fridays at 2:20 p.m. in Building 3, room 102.

Seafood harvesting has consequences for fishes, expert says

By **KEVIN KENISTON**
Staff Reporter

Pacific Northwest residents are having a noticeable impact on marine life, an expert said at Highline's Marine Science and Technology (MaST) Center on Saturday.

Marine animals have been found to be suffering from both commercial and recreational fishing, said Andy Lamb, a scuba diver with over 40 years of experience.

Lamb is also the published author of two books.

One endangered species is sharks. Movies like *Jaws* had vilified sharks and made people reluctant to scuba dive, Lamb said.

Several species of sharks are under risk and Lamb noted that awareness of the problem is rising.

"People's attitude towards sharks has changed," Lamb said. "Sharks are now a protected species."

Small crabs typically found on local beaches are also endangered.



"People's attitude towards sharks has changed. Sharks are now a protected species."

- Andy Lamb,
author and scuba diver

"People are now harvesting shore crabs," Lamb said.

The shore crab population has suffered a noticeable decline.

Laws have recently been implemented restricting the number of shore crabs you can harvest to around 60 bags, according to Lamb.

Lamb also talked about the major impact that bottom trawling has on marine life.

Bottom trawling is fishing that involves a boat dragging

large nets along the sea floor, held open by arm-like beams.

A variety of marine life can be caught in the nets. The unwanted organisms caught is referred to as "bycatch."

"A lot comes up that has no economic value," Lamb said. "It just gets shoveled over the side. Alive, dead, or in between."

Some countries have started to ban bottom trawling as a result.

A Vancouver native, Lamb said he hoped Canada would

soon join the list.

Lamb showed rare photography taken from his books, *Coastal Fishes of the Pacific Northwest* and *Marine Life of the Pacific Northwest*.

The books can be used to identify marine species ranging from northern Alaska to California.

Lamb said he hoped to raise awareness of endangered marine life in the Pacific Northwest and encouraged people to be more conscious of the impact they can have.

The next Science on the Sound seminar will be on April 21.

State Rep. Dave Upthegrove, D-Des Moines, will be speaking about politics, policy, and the environment.

Rep. Upthegrove will also discuss natural resource budgets and laws regarding renewable energy and land use in Puget Sound.

Science on the Sound is a bimonthly speaker series sponsored by Highline's Marine Science and Technology Center.

The series brings in local and

national experts to talk about a variety of environmental issues effecting life in the Puget Sound.

Rep. Upthegrove serves as the chairman of the Washington State House Committee on Environment.

He will be speaking from noon until 12:45 p.m. Admission is free.

The MaST Center is located at 28203 Redondo Beach Dr. S. in Des Moines, near the Redondo Beach Park next to Salty's seafood restaurant.



State Rep. Dave Upthegrove

Vote in upcoming elections, secretary of state says

By **ALISA GRAMANN**
Staff Reporter

Secretary of State Sam Reed is encouraging students to vote.

Young people are greatly affected by government decisions, and it is vital that they participate in decision making, Secretary Reed said.

"It is really critical that young people get involved in the system," he said.

Although some people might argue that votes don't count, "That just isn't true," Secretary Reed said.

Secretary Reed said that close races are often determined by a very small percentage of votes — and the outcomes of those races could have been different with just a few more votes.

The upcoming elections include many important races, including the presidential race, as well as the race for governor of Washington and several congressional seats. Secretary Reed said that eligible young voters could determine who fills those seats.

"One vote could make a big difference," Secretary Reed said.

Secretary Reed said that be-



Secretary of State Sam Reed says that being politically involved does not mean being a hard-core politician. Voting is the easiest way to get politically involved.

ing politically involved is the duty of American citizens.

"We expect citizens to participate in the government," he said. "[But] that doesn't mean they have to be hard-core politicians."

Being politically involved can be as limited as voting. Secretary Reed said that most

candidates have a website, which provides voters with information. Additionally, websites can provide opportunities to volunteer and make valuable connections.

Secretary Reed said that voting is the easiest way for young people to be heard. He said several issues that young

adults are likely to be interested in, including the legalization of marijuana and, quite likely, the legalization of same-sex marriages, will be on the ballot in the fall.

"Young people have the most at stake," Secretary Reed said, however, young adults are proportionally less active in voting

and government than their older counterparts.

"[Voting] is so fundamental to what makes America work," he said.

Secretary Reed said that voting in Washington is fairly easy, with little red tape to sort through.

Despite voter concerns that the process is complicated, Secretary Reed said that Washington does not have as many restrictions as other states.

Nationwide, Secretary Reed said, "I think those concerns are greatly exaggerated."

Over his 12 years of service, Secretary Reed said he has been involved in "saving Washington state's wide-open primary system."

The primary system allows voters to choose the candidate they like best or agree with most, with no party restrictions.

"I really had to fight [for it]," Secretary Reed said.

Secretary Reed will be retiring in January, and he said that his successor should be someone who is well qualified and experienced, as well as a person who cares about protecting Washington's history.

"I think it's very important."

Local politician wants to improve life in SeaTac

By **ADRIAN SCOTT**
Staff Reporter

Mia Gregerson wants to be a bridge for people in South King County.

The SeaTac City Council member said she's trying to "bridge the gaps" between different communities — old and new residents of her city, different local jurisdictions, and the variety of ethnic communities that dot the area.

Gregerson spoke as part of local Tuesdays, a weekly series of forums involving local officials, sponsored by the Highline Economics and Political Science Department.

Gregerson, who is Asian-American, was an orphan who was adopted and raised by a white family.

"I was adopted, so I feel one way inside. And then I feel differently when I look in the mirror," she said. "So I can wear different hats."

In her second term on the City Council and now deputy mayor, Gregerson said she is trying to bring together the different communities of the area to address problems such as poverty, opportunity and gang violence.

Gangs are a "regional issue," said Gregerson, a Highline graduate. "The more we can work together the better."

She pointed to lower life expectancies for residents of South King County is also a concern.

"We are not walkable communities," she said. "We do not have access to healthy food.

"Unfortunately, we are not going to live as long as people in other zip codes."

She said the city has been able to hire some staff to work on this issue through a grant. But adding sidewalks can cost \$1 million per mile, and the city has no community gardens where residents might grow their own food.

Some City Council members "don't believe in community gardens unless it's run by a private entity," Gregerson said.

Gregerson said she is pushing for joint-use agreements between governments to make better use of parks and schools, and including schools in emergency response activities.

Nonetheless, some council members want to get rid of the city's human services budget entirely.

SeaTac faces some challenges in being wrapped around Seattle-Tacoma International Airport. The city's residential population of 26,000 balloons to 97,000 every day with all the activity at the airport. The city tries to save money by contracting for police services with King County and for fire



Erika Wigren/THUNDERWORD

Mia Gregerson wants to make connections between local governments to improve life in SeaTac.

services with the City of Kent. Still, she said, a lot of the city's roughly \$60 million budget goes to pay for police.

Gregerson said her focus on social justice came after she first ran for City Council unopposed four years ago.

"I became an elected official without being mad about any-

thing," she said.

Now, she said, "I want to plant trees that I may never sit under -- as long as I can leave the world a better place."

The next Global Tuesday will feature Des Moines Mayor Dave Kaplan, on Tuesday, April 24 at 10 a.m. in the Mt. Constance room of Building 8.

Roosevelt aimed to clean up New York

Island of Vice: Theodore Roosevelt's Doomed Quest to Clean Up Sin-Loving New York, by Richard Zacks. (Doubleday, \$27.95).

Reviewed by Larry Cox.

Theodore Roosevelt was a force to be reckoned with, but not even he could tame New York City during the 1890s.

During that decade, which would later be called the "naughty nineties," the city was home to more than 40,000 prostitutes, countless brothels, gambling dens and all-night dives.

There also were criminal rings and thugs of every type imaginable. Although Roosevelt admitted he knew nothing about police management, the future president became police commissioner in 1895 and made cleaning up the city his top priority.

Roosevelt immediately locked horns with the corrupted powers at Tammany Hall. He began making midnight rambles with muckraker Jacob Riis so that they could observe firsthand the lewd realities that seemed to lurk on almost every corner.

As Roosevelt tried to persuade 2 million New Yorkers that wholesome family fun was more enjoyable than the sinful alternatives, he quickly learned that the citizens of the city loved sin more than salvation.



Austin Seeger/THUNDERWORD

Sue Padden said the city hopes the card will help residents be able to afford their prescriptions

Prescription card provides discounts

By **EDGAR VEGA**
Staff Reporter

Prescription drug discounts are now available to all residents of Des Moines.

City of Des Moines Senior Service Manager Sue Padden said “We’re trying to give residents help with the costs of medicine.”

Anyone is eligible and there are no fees or requirements.

City of Des Moines staff received word that a prescription drug discount card was being offered to Burien residents and decided to contact the city of Burien for more information.

A member of the Burien City Council discovered the program while attending a National

League of Cities meeting and decided to bring it back with him to Burien.

City of Burien human resources department staff worker Nhan Nguyen said that “So far it’s been working very well,” since it launched at the beginning of this year, saving residents 15-30 percent on prescription drugs.

Des Moines staff then began working with Marc Shapiro from the National League of Cities and Ralph Frissore from CVS Caremark, the administrator of the discount drug card program.

Throughout the process, “City Council was very supportive of the project,” Padden said.

The card will save you an average of 23 percent off of the regular retail price of prescription drugs.

The cards are available at Des Moines Field House, Des Moines Activity Center, local libraries, the Des Moines Food Bank and other social service agencies.

The cards can also be downloaded on the City of Des Moines website at www.desmoineswa.gov.

On the home screen there will be a link that says The National League of Cities Prescription Discount Card program. Click on that link and print out the page that follows then cut out your new prescription drug discount card.

Social Security benefits are invaluable, panel says

By **JOSIAS JEAN-PIERRE**
Staff Reporter

Social Security needs to be preserved and protected, a panel of advocates said here last week.

The April 12 Social Security forum, attended by around 275 people, featured local experts and U.S. Rep. Dennis Kucinich, D-Ohio.

The main message of the speakers was “scrap the cap,” a reference to the income limit on Social Security taxes. Wage earners now pay a 6.2 percent tax on their first \$110,100 of earnings, and nothing on any income after that.

Doing so, proponents say, it will increase the benefits and strengthen Social Security by trillions of dollars.

“If we scrap the cap, millionaires will pay the same tax rate as middle class families, eliminating any concerns about Social Security’s long term-term financing,” said Kucinich, a former candidate for president.

Social Security is the United States’ federal program of social insurance and benefits that was developed in 1935. It’s a program that working people pay into their entire lives. When you retire, or become disabled, Social Security pays benefits to you or your family members.

The benefits aren’t enough to make anyone wealthy - the average monthly benefit for a retired worker is \$1,230 in 2012.

Social Security taxes go into a trust fund. Earnings from the trust fund pay for the benefit checks. But as more workers retire, there are fewer people still working to support the program with their taxes. The Social Security trust fund has a surplus of \$2.7 trillion that is likely to grow to \$3.7 trillion by 2022.

But Social Security is ex-



U.S. Rep. Dennis Kucinich

pected to face a shortfall in 2037, so that either benefits will have to be cut or program administrators will have to start dipping into the trust fund to cover benefit payments.

Panel members stressed that this problem could easily be fixed by lifting the cap.

“Social Security is not going broke. It has money in the trust fund to pay 100 percent of benefits through 2036 without any changes whatsoever,” Kucinich said.

One in four Washington households receives Social Security benefits, and panel members explained how many retirees and others rely on Social Security as their primary source of income.

“Social Security was my safety net,” said Federal Way resident Deanna Kirkpatrick, who suffers from multiple sclerosis. Kirkpatrick was forced to retire at age 38.

Marilyn Watkins, policy director of the Economic Opportunity Institute of Seattle, told how her mother, who lived to be 100, relied on Social Security.

Watkins called for raising benefits for lower income wage earners, providing work credits for people who take time off to raise families, applying Social



Deanna Kirkpatrick

Security to same-sex couples, and restoring college benefits for people who have lost a parent.

Panel members dismissed reform proposals such as raising the retirement age from 67 to 70, or reducing inflation adjustments, as unfair to working people.

“Our fight is not just for Social Security,” said Magdaleno Rose-Avila, a Latino activist. “It’s for our families, and our children, and for our right-wing brothers and sisters who vote against themselves. Yes, we are fighting for them too.”

Rose-Avila said that without Social Security, half of retired Hispanic-Americans would be poor, because so many had so little earnings during their working lives. Panelists said that half of all women senior citizens would be in the same situation without the benefits.

“Let’s fight for our vision of America, a vision that says we take care of our old people, because that’s what a country does,” said Premila Jayapal, an immigrant rights activist.

“It’s important to remember that we pay into Social Security now, and we are earning it for our future retirement. Social Security will only be cut if



Premila Jayapal

our generation stays quiet, and doesn’t tell our elected leaders that we want social security,” said Alex Stone, communications and technology manager for the Economic Opportunity Institute.

Some people blame Social



Magdaleno Rose-Avila

Security for the federal budget deficit, which Kucinich said was wrong.

“America’s seniors are being blamed for the deficits,” he said. “Senior citizens should not have to accept a cut in benefits to finance a tax cut for the rich.”

Come enjoy your cafe favorites all while enjoying a view of the Pudget Sound.

Menu includes, but is not limited to, fresh baked cookies, espresso, fresh squeezed juice, salads and sandwiches.

Indulge in your favorite treats then enjoy one of the many walking trails near the cafe. Then return to enjoy the roaring fire and light music.

Cafe is located at 25025 8th Place S. Des Moines, WA 98198

Open daily from 9 a.m. to Park Close

free WiFi

Know someone graduating who is just amazing?
The Thunderword wants to know.
Email agramann@highline.edu for more information.

Budget

continued from page 1

monthly grants to Temporary Assistance for Needy Families (TANF), which provides financial assistance for needy families, especially single mothers, Sen. Keiser said.

"That was probably the most hurtful cut," she said.

The Legislature also capped enrollment into basic health care.

A revenue increase, as well as reduced caseloads (less people receiving government services) helped to balance the budget, Sen. Keiser said.

"There's lots of different pieces on the table," she said.

One change to higher education, as a result of the budget, is the redirection of funds toward Science, Technology, Engineering, and Math programs (STEM) and Customized Training programs.

Sen. Keiser said that the



Sen. Karen Keiser

Legislature wants to provide funding for students in these programs so that they can take full advantage of their time at college and be able to get good jobs.

"The information we have is that that's where the jobs are," she said.

Exactly how this change will affect institutions is still being determined.

"We don't disagree with the goals," said Laura McDowell,



Lisa Skari

director of communications for the State Board for Community and Technical Colleges. "[But] I think we don't have an official stand on it [the redirection of funds]."

"No cuts are good news at this point," McDowell said. "We have been subject to such deep cuts. Every cut hurts."

Lisa Skari, Highline's vice president for institutional advancement, said that the college is quite pleased with the Legis-

lature's spending plan.

After cuts over the last several years, the college has been limping along from year to year, making do with the funding it has received and unexpected tuition held in reserve, Skari said.

"We've been OK, but I think we've had to limit what we do," she said. "There's less services provided."

Highline's notorious long waits everywhere from financial aid, to the bookstore, to the cashiers in Building 6 have been partially a result of less funding, Skari said.

Additional cuts would have meant longer waits, as well as fewer class choices and offerings of core classes, making it harder for students to get the classes they need.

"Currently, our base budget is smaller than our expenses," Skari said.

Because of the size of the budget, the college uses caution with expenses.

"[But, we] always do the best we can," Skari said.

S&A

continued from page 1

lines. The program lines have the opportunity to present their requests for more or less money to the committee and they decide whether or not to fulfill the requests.

"I am happy to announce that the Student Handbook program line is getting rid of the paper handbook, it will now be online," said Sale.

According to Sale, not only has the Student Handbook line made the student handbook more accessible, but they were also able to reduce their budget by \$5000.

With \$178,000 still left in the contingency funds, Ramirez said he believes the committee was very effective in estimating and dividing the budget this year.

"It's been a pretty good committee, a very efficient committee," said Ramirez.

The contingency fund is an emergency fund created for programs that are in need of more money than they received.

Five percent of the total Services and Activities budget is put into the contingency fund each year.

As the 2011-2012 school year approaches its end, Ramirez said there is still a good amount in the contingency fund.

Grades

continued from page 1

transfer to a four-year later than this change will have an impact," said Faculty Senate Chairman and Paralegal professor Buzz Wheeler.

If students' transferrable classes fall below a 1.0 they will be able to attain their two-year degrees but will not be able to transfer on to a four-year university until they get their core class grades up.

Instructors will still have to put a last day attended on students' grade sheets for those whose grade has fallen below a 1.0. Having to enter a last day attended for failed students annoys instructors, but the reasons for doing so are for of financial aid

"Yes, instructors will have to enter a last day attended for all students in regards to financial



Buzz Wheeler

aid reasons," said Wheeler.

Washington is under a state-wide transfer agreement that recognizes a 2.0 minimum cumulative grade point average to transfer. The Inter Collegiate Relations Committee has made it so the pre requisite classes for college cannot fall below a 1.0 for transferring students.

"I'm not sure how raising the grade point average to 1.0 is going to impact the students. The desired college the student

decides to transfer to after Highline will look at each course and see what grades can go towards a B.A," said Wheeler.

Students don't feel too affected by this change. Some students said this is more motivation to get higher grades in all of their classes.

"Well now I know I can't slack off in any of my classes because I plan on transferring to a four year after Highline," said Highline student Brandon Leach.

"Getting below 1.0 in a class would pretty heartbreaking to me even though it hasn't happened yet, but knowing I couldn't make up for that class by taking an easier elective to higher my GPA isn't even an option anymore," said Leach.

"This actually motivates me to strive for excellence by forcing me to get above a 1.0 in all of my pre-requisite classes," said Leach.

Other students feel scared now as they have scored below a 1.0 in some pre requisite

classes.

"I scored pretty low in one of my business classes that I had to take in order for me to get into a business school down in California," said Manuel Perez who still attends Highline.

Perez said he will retake the business class to get a higher grade.

Highline remembers the Holocaust

By SARAH JOHNSON
Staff Reporter

National Holocaust Remembrance Day takes place today, April 19, from 8 a.m. to 4 p.m.

Highline's observance will feature visual displays and flags in honor of the people who suffered and lost their lives in the Holocaust.

The event is located outdoors, between buildings 2, 7, and 9. It is being hosted by the counseling center.

The Holocaust was the sys-

tematic, bureaucratic, state-sponsored persecution and murder of approximately six million Jews by the Nazi regime and its collaborators.

Holocaust is a word of Greek origin meaning sacrifice by fire. The Nazis, who came to power in Germany in January 1933, believed that Germans were racially superior and that the Jews, deemed inferior, were an alien threat to the so-called German racial community.

The reason this event is taking place for the first time at

Highline is because "It's something that connects to students and honors different groups of people who were murdered in the Holocaust," said Steven Martel, an intern at the counseling center. "It connects with so many other people with human suffering. It helps because there's so many subjects that connect with it."

"It is a visual event and is meant to be a time of remembrance and reflection. It is a time to think of the impact of the Holocaust," Martel said.

GYT

Appointments will be accepted, but Walk-ins are welcome and encouraged. ALL STD Tests for Chlamydia (CT) and gonorrhea (GC) only will be paid for by a generous grant from *Someone You Know*. Learn more at ppgnw.org/gytnow

GET YOURSELF TESTED

FREE DAY OF TESTING

MONDAY

APRIL 30

KNOW YOUR STATUS!

This offer is valid at any Planned Parenthood of the Great Northwest Health Center open on Monday, April 30, 2012 and good for one (1) free test for Chlamydia (CT) and gonorrhea (GC) only. This offer has no monetary value and may not be redeemed for cash. Positive Test results will be reported to the Department of Health, Medication, treatment, or Expedited Partner Therapy is not covered by this offer.

Planned Parenthood®
of the Great Northwest

WE'RE HERE.™

800.230.PLAN (7526) | www.ppgnw.org

Transfer events bring college officials to answer your questions

By **HIEN HONG**
Staff Reporter

The Transfer Center is inviting four-year college representatives to Highline throughout Spring Quarter to help transferring students plan for the future.

Universities scheduled to visit are: Argosy University from 10 a.m.-1 p.m. on April 23; Grand Canyon University from 10 a.m.-1 p.m. on April 24; the Evergreen State College from 9 a.m.-1p.m. on April 19 and May 22; Central Washington University from 9 a.m.-12p.m. on April 25, May 9, and May 23; the Art Institute of Seattle from 9 a.m.-1 p.m. on May 7 and June 5; and the University of Washington, Tacoma from 9 a.m.-12:30 p.m. on June 7 and June 9.



Siew Lai Lilley

College representatives will be on the first floor in Building 8.

Individual advising is also an option for students hoping to go to the University of Wash-

ington, Tacoma. Sessions can be arranged between 9 a.m. - 2 p.m. on April 25 and May 14.

Students can visit the Transfer Center on the second floor in Building 6, or send an e-mail to transfer@highline.edu to arrange an appointment.

There are no current plans for workshops or a Transfer Fair in Spring Quarter, said Siew Lai Lilley, director of the Transfer Center.

Whichever college students plan to transfer to, they should ask the college representative

whether they need to know their major before applying.

"That's the first question you want to ask," Lilley said.

Another question to ask is about the deadlines, not just for applications but for financial aid and scholarships, Lilley said. The dates for those two may be different but crucial.

The most important thing for transferring students to ask about is contact information.

"They should know the name of who to contact," Lilley said.

Students can find more

transferring tips on the Transfer Center website.

"I would encourage students to check out the transfer website," Lilley said, adding that workshops could also be added later this quarter.

Dates are always subject to change.

"Always review the website of the university you're planning to go to," Lilley also said.

The Transfer Center will also be open during the summer for students wanting to start planning then.

Next week, buy this space for about \$30.

Come on, it's only money.

Contact Erica Moran
at emoran@highline.edu
206-592-3291

Bachelor of Social Work Program



Social work is one of the most dynamic, versatile, and rewarding professions you can have.

You'll have exciting teachers, engaging classmates, and field placements to give you the experience and skills to be the best.

Join us.



Come graduate with us...

WWW.SEATTLEU.EDU/ARTSCI/SOCIALWORK



SEATTLE
UNIVERSITY
COLLEGE OF ARTS AND SCIENCES



I WORK. I PLAY. AND I SAVED ON A CAR THAT HELPS ME DO BOTH. The Best In Class Alumni & Student Discount¹ is the best discount from any car company for college students, graduate students or recent grads like me. And it can help you save too: hundreds, even thousands, on a new Chevrolet, Buick or GMC. I found a vehicle that helps me do it all. Now it's your turn...



2012 Chevrolet Malibu (discount example)	Malibu LS MSRP starting at	\$ 22,870.00
	MSRP of Malibu 1LT as shown ²	\$ 24,230.00
	Preferred Pricing ²	\$ 23,474.06
	Consumer Cash ³	-\$ 4,000.00
	Price You Pay	\$ 19,474.06
	Your Discount	\$ 4,755.94



find your ride at bestinclassdiscount.com

find us on



1) Eligible participants for the Best In Class Alumni & Student Discount include college students (from any two- or four-year school), recent graduates who have graduated no more than two years ago, and current nursing school and graduate students. Excludes Chevrolet Camaro ZL1 and Volt. 2) Tax, title, license, dealer fees and optional equipment extra. See dealer for details. 3) Not available with some other offers. Must be used toward the purchase of a vehicle. Take retail delivery by 4/30/12. See dealer for details.

The marks of General Motors, its divisions, slogans, emblems, vehicle model names, vehicle body designs and other marks appearing in this advertisement are the trademarks and/or service marks of General Motors, its subsidiaries, affiliates or licensors. ©2012 General Motors. Buckle up, America!