



Highline: a college, not a zoo

Classrooms and offices are not the place for your pet

By **ALISA GRAMANN**
Staff Reporter

Although Highline doesn't have a campuswide policy about pets, students should think twice before bringing Snakey to class.

A man has been spotted twice on campus with his pet snake. The most recent time, last week, the man was asked to leave campus.

A circulating rumor that the man was from Midway Tropical Fish and Pets, located on Pacific Highway, has since been disproved. An employee said neither he nor his fellow employees have brought snakes to campus.

Last week a woman was also

spotted on campus with a pet snake.

These incidents have raised questions regarding campus policies on pets.

"We do not have a campuswide policy [regarding pets]," said Vice President for Administration Larry Yok. Instead, each division's vice president is responsible for making a division-specific policy.

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User and dealer talks about drugs

By **MICAH MORRILL**
Staff Reporter

Daisy is a seemingly normal 18 year old college student.

She has grown up in the Seattle area, has a part-time job, active social life, lives at home with her mom and older brother – and uses and deals illicit drugs.

Daisy is not her real name.

The first time that she smoked marijuana was, "Fourth of July when I was 14. It'll be four years ago this July 4," Daisy said. Since then, she has done, "almost all of them," when it comes to drugs, "except crack and some research chemicals."

Research chemicals are newer drugs on the market with less known about their effects on the user. They can cause the user to

hallucinate, experience euphoria, or slip into a sedative state.

"I'm not as experienced in R.C.s, but I have done a few."

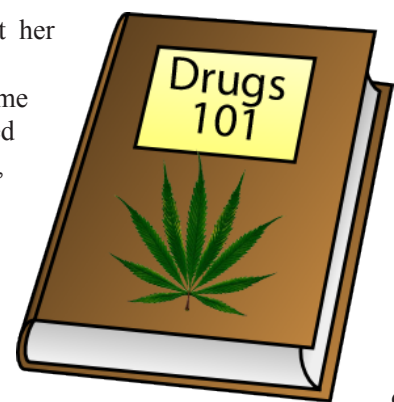
"It really depends on the drug, but I enjoy doing them to broaden my horizons and experience things outside of the norm," Daisy said.

Her drug of choice is marijuana and she smokes every day.

"I love marijuana because at the end of the day, I can use it to relax. It helps me eat, sleep and calm down if I'm overwhelmed or frustrated. I enjoy the social aspect of it as well; smoking weed you'll always find chill people," Daisy said.

Other favorite drugs include

See Drugs, page 24



Latino, Hispanic students say they can overcome the challenges

By **EDNA SALINAS**
Staff Reporter

Hispanic/Latino students say they want to improve themselves and their education just like other Highline students.

Hispanic/Latino students face an identity crisis; most of them have different views on the terms that should be used to describe them. Some of these students are the first in their families to attend college. Others come from a background with parents who attended college, and expect the same from their children.

The Hispanic and Latino student population at Highline has had a substantial increase over

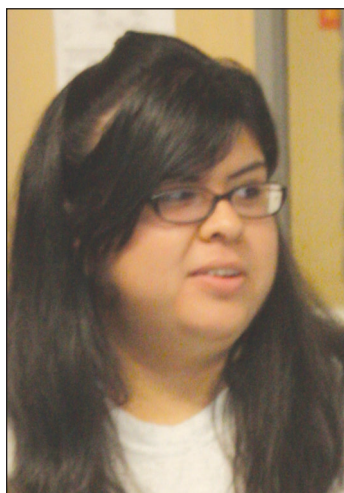
the last 25 years.

For the 1986-1987 school year (the earliest records available), only 1.7 percent of Highline students were Hispanic/Latino. Records show that for the 2010-2011 school year, 14 percent of Highline students are Hispanic/Latino.

Although Hispanic/Latino students say they struggle with various challenges, they have goals like everyone else, and are striving to achieve them.

Hispanic/Latino students say their ethnicities are often mistaken.

"Yes, all the time. People think I'm Filipino and Native American," said Highline student Luz Estrada.



Another Highline student, Nirvana Rodriguez, said people think she's Russian.

"I just want to show people that it is possible. Yes we can. Si se puede."

- Gabriela Osorio
United Latino Association president

ity, but they also face a question in what to call themselves. They all have different responses for the terms they want to be known as.

"Latinos include people from Latin America like Hondurans and Argentines. Hispanics are like the mix between the Native Aztecs or Mayans and the Spanish that conquered them," said Rodriguez. "I prefer just Mexican."

"Latinos are from Latin America and Mexico," said Highline student Jesus Castro. "Hispanics are from Europe."

"Latinos and Hispanics are only people that live in the

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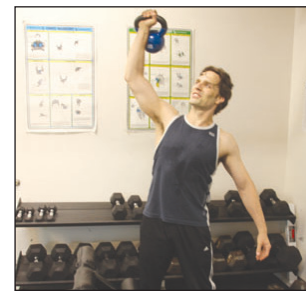
P8

Student dancers bust moves to express themselves



P12

Lady T-Birds count season as successful



P13

Professor encourages people to find joy in fitness



Crime and Punishment

Student reports stolen vehicle from student lot

A student's Honda was stolen out of the east lot on May 18 around 5 p.m. The student had gone to class and came back to find her car missing out of the lot.

The theft was reported to Des Moines Police Department.

Stolen wallet

A student's wallet was stolen on May 18 in Building 6 between 11:30 a.m. and 3 p.m. The student had left it out in the open and it was gone when she returned to her stuff.

Wallet and cell phone stolen from locker

Another wallet was stolen, along with the student's phone, on May 22 between noon and 1 p.m.

The student left her things in an unlocked locker in Building 27 and returned to the locker, which was clearly shuffled through.

Security investigates person sleeping in car

Campus Security received a call reporting that somebody was in the South lot sleeping in their car. Campus Security checked the lot; however, they were unable to find the car the caller had described.

Items found

Found items for this week are a textbook and a water bottle. Pick up your items from the Campus Security Office in Building 6.

Security tip

Campus Security has asked all students with electronic devices to please engrave or mark your device to make it easily identifiable.

If all electronic devices including cell phones and laptops were marked by the owner, Campus Security would have less trouble returning the item to the correct owner.

-COMPILED BY HAYLEY ALBRECHT



Austin Seeger/THUNDERWORD

Students and community members talk to employers and college recruiters at the job fair last Thursday in the Student Union.



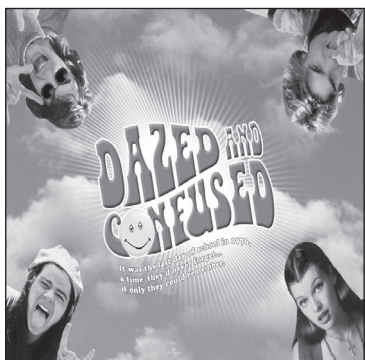
News Briefs

Food for Thought seminar planned

The Inter Cultural Center will be putting on their second Food for Thought seminar on Tuesday, May 29. This event will feature Steven Martel, an intern counselor and faculty member of the LGBT Experience course.

The seminar will take place from 1:30-2:30 p.m. in the Mt. Skokomish room of the Student Union and will be discussing Referendum 74, which deals with the legalization of same-sex marriage in the state.

All are welcome to come and refreshments will be provided. For more information visit wikipedia.org/wiki/Washington_Reference/Referendum_74_%282012%29 or contact Cassandra Dillard at 206-878-3710, ext. 4350.



Movie Fridays

Movie Fridays presents *Dazed and Confused* this Friday, May 25, to prepare students for the summer. The showing will be at 12:30 p.m. in Building 29, room 104.

Movie Fridays are brought to

you by the ILSC, the Highline film studies program, and David Wooderson.

Virtual desktops Science Seminar to take place

Science Seminar presents Kurt Giessel, who will be speaking on virtual desktops this Friday, May 25. He will be taking a closer look at virtual desktop infrastructure and how Highline is using these tools to reduce costs in hardware and power consumption.

The seminar will take place in Building 3, room 102 from 2:20-3:23 p.m. All are welcome to attend.

Artistic bicycle ride open to everyone

Earthworks Tour Inaugural Ride will take place on Saturday, June 2. All bicyclists are invited to register and take part in half-day ride through the Green River Valley. There will be art displayed all along the route as bicyclists pedal from place to place.

Everyone is welcome to join the celebration. Even if you're not planning to ride, there will be a ceremony at 9 a.m. to celebrate the restoration of the Herbert Bayer Earthwork put on by the Kent Arts Commission.

The route will be filled with music, theater, and site specific installations of art work and will begin at 742 E. Titus St. in Kent. To register for the event visit www.KentArts.org/earthworks.

For more information contact Cheryl dos Remedios at 253-856-5050 or email cdosremedios@kentwa.gov.

Celebrate Arcturus 2012

A celebration of students whose work is published in Arc-

turus 2012 will take place today in the Mt. Constance room of the Student Union. Students will be presenting their essays, short stories, poetry, and art.

Readings will be at 11-11:50 a.m. and 6-7:30 p.m. starring writers Tatum Moury, Michael Hall, Emily Wood, Kareen A. Maloney, Vedran Jankovic, Sarah Coble, Svitlana Matsyuk, Victoria Paterson, Colby Goodner, David Beier, Bri Gabel, Amanda Beck, Muibah Azeez, Alexandra Roe, Porter Wells, Lisa Jensen, Deborah Hansen, Jamie Yellam, Brigitta Faber, Joseph Dyachuk, Jacqueline Arqueta, Rachel Moyer, Amanpreet Cheema, Diamond Trinh, Alex Poorman, Jasmine Cawley, Chiara Burt, Amber Cobelle, Charlie Jones, Bryan Schmidt, Cheyanne Royse, Sherry Holt,

Donna Kaufman, Tyler Enges, and Drake Eastman.

One free copy of Arcturus 2012 will be available to everyone who attends. All are welcome to attend.

Memorial Day observances planned

Olympia will be holding multiple observances for Memorial Day, next Monday.

At 10:30 a.m. the Thurston County Veteran Coalition is holding their annual program in the State Capital Rotunda.

The Washington State Vietnam Veterans Memorial will hold an observance beginning at noon on the Capital Grounds.

For more information contact Colleen Gilbert at 360-725-2180.



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.

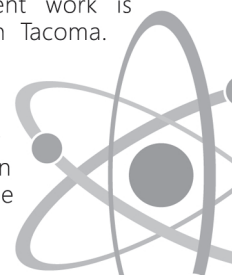
WATER WEEKEND – Every Saturday from 10am to 2pm. We are open FREE OF CHARGE to the public to view more than 100 local species in our aquarium

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.

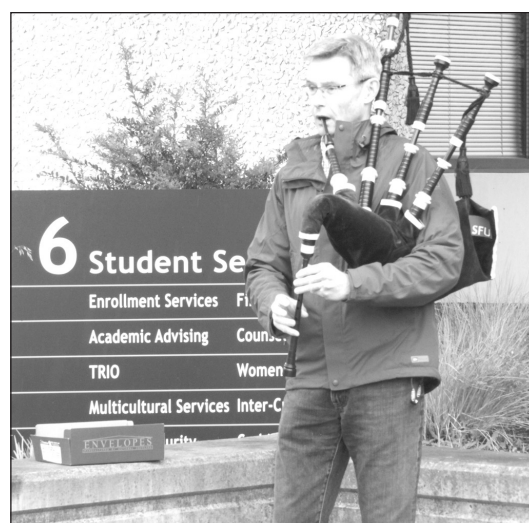
VOLUNTEER STEWARDS – Most of the work at the MaST Center is done by our team of volunteers. If you are interested in volunteering you can come and visit the Center, or e-mail us at mast@highline.edu





Memorial Day program celebrates American veterans

Highline's Veterans Committee and Veterans Service Office held a commemorative service underneath the POW-MIA flag in between Buildings 5 and 6. Darryl Harris, top, recognizes those students, faculty, and staff that previously served the country. Keith Paton, right, performs a bagpipe solo. Several dozen people participated in the commemoration of veterans despite the dreary mid-May weather.



Photos by Corey Sun/THUNDERWORD

Student speaker sought for commencement

By JOSIAS JEAN-PIERRE
Staff Reporter

Student Government is accepting applications for the 2012 commencement speaker for graduation.

Commencement takes place on Thursday, June 14 at 3 p.m. at the Kent ShoWare Center, graduate check-in is at 2 p.m.

Student Government is looking for students who are graduating either this quarter or in the Summer Quarter to speak at the graduation ceremony about their experiences at Highline.

Applications are available in Building 8, on the third floor in the Student Programs office and applications are due on Friday, May 25 by 4 p.m.

You can send your application via email to Thuy Nguyen at, thunguyen@highline.edu, or you can go to Building 8 and drop it off in the Student Programs office located on the third floor.

"In order to be a speaker for graduation, certain requirements have to be fulfilled to qualify," said Thuy Nguyen who is the president for Student Government.

"You will need a 3.0 G.P.A.; and you need to attach an unofficial copy of your transcript. You must be graduating from Highline with completed cred-

its for you degree or certificate program no later than spring or summer quarter of the current year. And you need a letter of recommendation addressing your public speaking ability from an instructor or staff member," Nguyen said.

"Students who are graduating and are applying for this position, you will have to write a response. Limit your response to a maximum of two pages, double spaced with 10-12 font," Nguyen said.

"In your response, you will have to include, your involvement at Highline and in the community. Special awards and honors you received your experience in public speaking, and why you are interested in this opportunity," Nguyen said.

"It is an application process, so I will have a lot of people who will apply. I'm looking for someone who is motivating and someone who has been involved throughout campus and also the community for this commencement," Nguyen said.

Appointments will be happening next week, and interviews start Wednesday from 2-5 p.m..

If you are selected, you would have to provide an outline of your message and delivery style to be expended during your commencement speech.

Elections result in new voice for student body

By JOSIAS JEAN-PIERRE
Staff Reporter

Raphael Pierre has won election as president for the 2012-2013 school year, and Nimo Azeez has been elected vice president.

On May 17 and 18, elections happened at Highline for new positions in Student Government. People voted either online, or in Building 8.

Two candidates were running for president, and three candidates were running for vice president.

Raphael Pierre had 281 votes, beating Lloyd Thomas who had 210 votes.

In the race for vice president, Nimo Azeez had 294 votes, Bobbi Hale, had 106 votes and Cynthia Boss, had 81 votes.

Raphael Pierre, the president, plans on doing outreach to students on campus and see what is affecting them on campus.

"Now I am the president for Student Government, I intend on being familiar in the student body," said President elect



President elect Raphael Pierre

Pierre.

"I am anticipating the summer training period. I plan on doing outreach to student in the school to discuss with them some issues that are affecting them on campus and see what change can happen from there," said Pierre.

Pierre said he wants people to realize as president, he is the liaison.

"I have been here at Highline for a start of two quarters," he

said. "I feel like I have a greater ability for people to speak to me of anytime. I want people to realize as a president, I am the liaison for the school board, and the board of trustees. I definitely would impact the student body by reaching to students and see what change students wants to see and let it be known to the staff, faculties" Pierre said.

Pierre said running for office was a challenging experience.

"I find it amazing with the diversity we have on campus," he said. "It made me more confident in the position I was applying for. I said to myself, before I even got this position, if I win this position, I know why, and I would see all the different views coming from people."

"I was extremely excited to take on the role of president elect. I don't see it as a victory. I see it as a learning role for me. I will reach my victory when I am done with my term, and I could see how I better my school and the change on campus. But overall, I was very ex-

cited when I figured out that I was president," Pierre said.

Nimo Azeez, the vice president, plans on helping in any way she can.

"Now I'm the vice president for Student Government, I plan not to act as if I was vice president. I want to be involved in clubs and events. If that means volunteering than I will volunteer. I want to meet as many students as I can," Azeez said.

Azeez said, before she even knew that she got elected, "I felt

anxious. It was a great experience. I was acting as if the job was given. I had a lot of faith in myself. I had fun especially when I contacted with a lot of students on campus."

Azeez felt glad to take everything she learned about leadership and put it into the position as vice president.

"It didn't happen immediately, felt like it was a responsibility. I felt glad to take everything I learned about leadership and put it into this position. I felt blessed and humbled and I just can't want to start and see what the next year has to bring.

Azeez feel like she could impact the student body.

"I feel like I would impact the student body because, before I cared a lot on how my students are doing and if they are coming to school," said Azeez.

"The other reason why I feel like I would impact the student body is because I would not only reach to students but let students know that there is someone to speak in behalf of students."



Vice President elect Nimo Azeez

Editorial comment**No guns on campus**

Highline needs to stay far away from allowing guns on campus.

Highline is considering changes to its part of the Washington Administrative Codes to provide for an appeal process by which someone could seek to legally bring guns on campus. However, the entire idea of allowing guns on campus would certainly go against the interests of Highline students.

Guns appear to cause more problems than they solve, and if you allow them on campus it's inevitable that accidental shootings will become a factor. In a study conducted about gun violence it was shown that from the years 2004 to 2009, over 3,800 people died from accidental shootings.

Also, the states in America with the highest amount of gun owners had nine times the amount of accidental firearm related deaths than the states with the lowest amount of gun owners.

Accidental gun fires could affect anybody and happen at any time.

All it would take is an accidental slip of the hand and a person who's completely innocent could lose his or her life. The idea of having guns on campus in order to protect people becomes pretty senseless once somebody dies by accidental gunfire.

The only time a person is allowed to fire guns at another person is when his or her life is clearly threatened.

Over the past year there have been no reported murders on campus, which is a good indicator that nobody's life has clearly been threatened enough to the point that someone would need a firearm to defend him or herself.

If the campus was an unsafe place where it wasn't uncommon for somebody to be murdered, the need for someone to protect him or herself with a gun would be a lot greater.

That, however, isn't the case, which is why guns simply aren't a necessity on campus.

On top of that, it's no guarantee that a student would successfully use the firearm if he or she ever was in a situation when it was needed.

Not everybody who owns a gun knows exactly how and when to use it, and if an unarmed criminal were to get his or her hands on someone else's gun a completely new problem would arise. Suddenly a criminal, who wasn't armed, is now armed and is now an even bigger threat to everybody on campus.

The final misconception comes with the people who feel like their rights are being taken away from them when they aren't allowed to bring guns to campus.

You do have the right to have guns, but you don't necessarily have the right to take them with you wherever you go. It should be up to the campus to determine whether or not guns are allowed, and if you don't support the college's decision then you still have the right to not attend that college and apply to a school that allows guns.

Highline has been an official gun-free zone for more than a decade. For now Highline doesn't need to allow guns on campus to maintain a safe environment, and there's no need to try to change a process that's already working.

Got something to say? Write to us

Do you have something you want to say to the student body? The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

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

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email: kirk@kirkbladder.com

**There's never just one victim**

Suicide is selfish.

No matter how bad someone felt, to kill themselves was to disregard all the pain and heartache they would cause to other people.

I learned this year after a friend of my parents committed suicide. They told me how he had hanged himself in his garage and how his wife came home to find him, his face undoubtedly disfigured from asphyxiation.

It shocked many people who knew him, or rather thought that they had known him. Most were unaware of his depression. His wife mourned, but she was also angry.

How could he do that to her? It was selfish.

Last September, someone told me the same thing in reaction to a recent suicide. "That's selfish," he said while shaking his head. But it wasn't selfishness. I tried to explain, and in my explanation, I began crying.

The harder I tried, the more I blubbered. He didn't understand; I needed him to understand. Something I had known as a fact was no longer an absolute. "Suicide is selfish" wasn't always true anymore.

Two days before, one of my oldest brother's closest friends had committed suicide.

One of the most incredible, creative and caring people that I knew had disappeared. All the people in his life had felt a special connection to him and even people who had only met him



Commentary

Gabi Paulson

once mourned his death.

Less than 10 of these people knew he had struggled with depression and because of that, some were upset. It didn't make sense. Everyone saw this happy and vivacious guy. He hid it so well; he performed.

I have come to better understand depression.

It's horrible. A mental disease is one of the worst things that can be a part of you. It's one thing to have a medical condition or to be crippled in body. With a mental illness like depression, your own mind is working against you.

It's not just sadness or feeling a little down. I think that's a common misconception. Depression is pain, physical and emotional.

I like the way that Highline professor Dr. Bob Baugher described it. Think of this room as your life, he said, and everywhere you go in this room you feel pain. Whether you sit in a chair or crawl under a table, you still feel pain.

It started for my friend when

he was 13 years old. Some kid shoved his head into a door knob and it messed with his brain chemistry. This led to his depression.

He dealt with acute moments of irrational thinking that he called his "fogs." He said he could understand during these moments that his thinking wasn't logical, but he couldn't do anything about it.

My friend felt he was worthless and sometimes even felt that he deserved death. At times he couldn't believe people when they gave him compliments, or that people actually liked him, that we loved him.

That's something that gets me every time. It was so ridiculous to think that we didn't love him, that we wouldn't feel agony when he was gone.

It wasn't about him though. It wasn't that he ended it to end the pain.

His job was the last blow. He was falsely accused of dishonesty, and he was fired. He took it to heart, and his depression magnified it. He believed he was worthless and began planning to make things right, as he saw them. He would have been 23 years old last November.

I found out that there is a difference between ending your life because you're tired of all the pain, and ending your life because you believe that the people you love will be better off without you.

That isn't selfish, but it still hurts.

The Staff

We don't hate you, we just don't find you that funny.

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My graduation gift will mean something forever

Tattoos are one of the many permanent changes that a person can do to their bodies.

Sure, they can be removed via laser surgery. But even then, the ghost of it will still remain.

So what is it about tattoos that people find so appealing, why would anyone want to make such a permanent alteration to themselves?

For some, it is the thrill of getting it done. For others, they go under the needle to get some symbolic image embedded into their skin. And then there are those who get a tattoo on a whim – they indulge in a flight of fancy that more often than not leads to regret.

For me, it is the strange comfort in something so permanent. In a world where anything can change in the blink of an eye it is strangely comforting knowing that there is one thing that won't change.



Death Maiden
Kaley Ishmael

There are other ways I could alter my body, and I have looked into them all. But in all honesty, getting holes all over my body doesn't hold much appeal for me.

I didn't always view tattoos as a socially acceptable.

When I was younger, I saw people with tattoos as dangerous and rebellious members of society.

I never really saw a "normal" person with a tattoo.

But as I got older, I saw some

of my friends' older siblings with body alterations such as piercings and tattoos. I was able to see that they weren't scary people and that tattoos could in fact be beautiful.

I went from seeing them as taboo to being socially acceptable. And I suddenly wanted one.

My desire for a tattoo started as a normal teenage curiosity. For some people, the desire fades. But as time went on, my desire grew.

Now if I've wanted a tattoo, why haven't I gone to get one yet?

The reason is simple; I want to make sure I have thought it through.

There is a lot of thought that goes along with getting a tattoo like, "Where do I want this?" "What do I want?" "Can I stand to look at this for the rest of my life?" and "Where should I go to

get it done?"

It is really easy to get swept up in the excitement and not completely think things through. Over the years I have changed my mind several times.

When I was 16 I thought it would be a good idea to get a full body dragon tattoo. At 18, I wanted to get an ultra-violet Triforce on the back of my hand—to be completely honest I haven't ruled this idea out, it's just a matter of finding a tattoo parlor that has this kind of ink.

Last year for my 21 birthday I had planned to get a mermaid at the base of my neck. Unfortunately, my plans for that idea fell through.

Now anyone would think that with how much I have changed my mind that getting a tattoo may not be the best idea. I have thought that too.

But I really can't shake the desire for one.

So for my graduation this spring, I am getting a tattoo as a gift to myself.

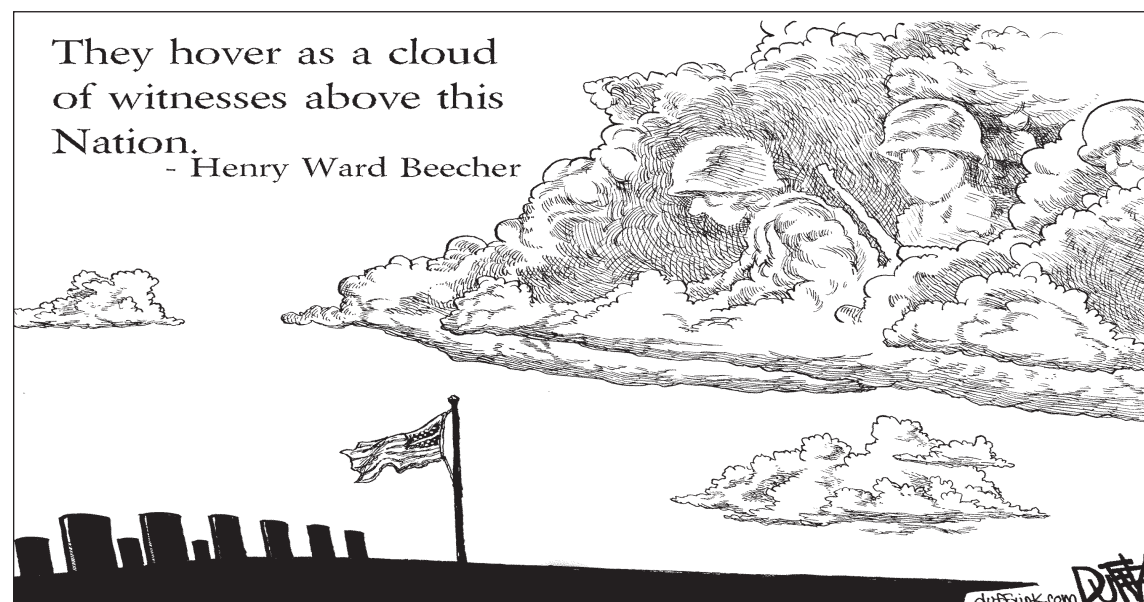
Based on recommendations from my friends I have decided which parlor to go to make my appointment and will be going in this Friday to set up my appointment.

I won't lie; I am a little nervous, but in a good way. I have never made such a big commitment before and I am glad that I will be the only one affected by my choice.

I have chosen to get an Oroboros on my hip. It is a symbol of a dragon that is devouring its own tail.

It represents both a new beginning and an ending. Showing that things will change but they will also remain the same.

Wherever she goes, Kaley leaves no marks, no witnesses and no survivors. But she has a piercing on her soul.



It's time to fulfill our duties as citizens

Archibald MacLeish, a librarian of Congress, wrote *The Young Dead Soldiers Do Not Speak* to commemorate the Library's staff members who died in World War II. The poem's first half is elegiac and the last line is frequently cited in memorials:

The young dead soldiers do not speak.

Nevertheless, they are heard in the still houses: who has not heard them?

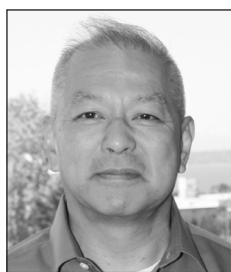
They have a silence that speaks for them at night and when the clock counts.

They say, We were young. We have died. Remember us.

But it is the poem's last half to which our attention should be drawn as we approach the Memorial Day observance. In these lines the dead soldiers speak directly to us about our obligation to give significance to their deaths:

They say, Our deaths are not ours: they are yours, they will mean what you make them.

They say, Whether our lives



Commentary
Larry Yok

and our deaths were for peace and a new hope or for nothing we cannot say, it is you who must say this.

They say, We leave you our deaths: give them their meaning: give them an end to war and a true peace: give them a victory that ends the war and a peace afterwards: give them their meaning.

On behalf of these dead soldiers, MacLeish challenges us, the living, to give meaning to their sacrifices.

And while MacLeish wrote about the deaths of World War II soldiers, his words are for all dead soldiers in all wars includ-

ing those in our current wars in Iraq and Afghanistan. They call us to action.

But what actions can we take that would be commensurate to their sacrifice? We can be active participants in the democracy for which they gave their lives. We can study the issues, listen to the candidates, actively advocate and, most importantly, vote. This is a presidential election year. Issues of war and peace, economic stability, and civil rights are on the ballot, implicitly through the pronouncements of the candidates and explicitly through ballot measures.

Our duty as citizens is to become informed on the issues, vote our consciences and provide guidance to our elected officials. Answer the challenge of those young dead soldiers, give their sacrifices meaning. Pay attention, register to vote, send in your ballots – remember them!

Larry Yok is vice president of administration for Highline.

I'm on a newspaper!

Summer's coming up, and some of you may already be wondering about how you're going to spend the extra three months off. More of you are probably still trying to figure out the ending to *The Lorax*, but for that kind of information you'll have to add me on Google Plus.

I've been known to have the most interesting of summers, as I've never actually had a moment of boredom in my life.

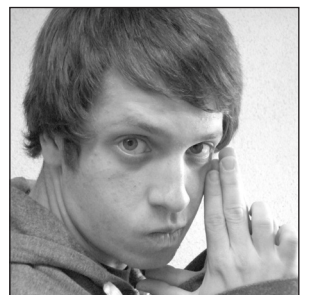
I spent a week last year at Sea World, and was kicked out for the most ridiculous of debacles. I dressed up like a dolphin and tried to lead an uprising amongst the marine animals. It's just another example of "The Man" holding us back.

Ernest and I spent a lot of our time last year at the laundromat. Not to wash our clothes, of course, but to film our hit web show *Will It Wash in a Laundry Machine?* The answer for the most part was no, unless it was clothes, and the costs from the damage were enormous.

Speaking of Ernest, he plans on spending the summer training as a monk in Thailand. He has no interests in any regular monk affairs, but he feels like he can become the last airbender if he can convince the rest of the monks to grow hair.

Some say the mall can be a great chill spot, which I completely disagree with. Whenever I'm looking to chill, I like to hide in the walk-in refrigerators at fast food restaurants.

I once won a getaway on a yacht with Andy Samberg and T-Pain. Things went smoothly until a mermaid washed up on



Total Traegedy
Trae Harrison

deck. That was stressful.

All of you should visit Wild Waves during the break, not for any practical reason but because Wild Waves is paying me to mention them in my column.

The library's also a great spot to spend your summer time. I like to spend my time in the library pulling random books off their shelves in hopes of unlocking a secret laboratory.

I always spend the month of July hibernating because I'm part-bear. Since most bears don't hibernate at this time I'm guaranteed lots of den space.

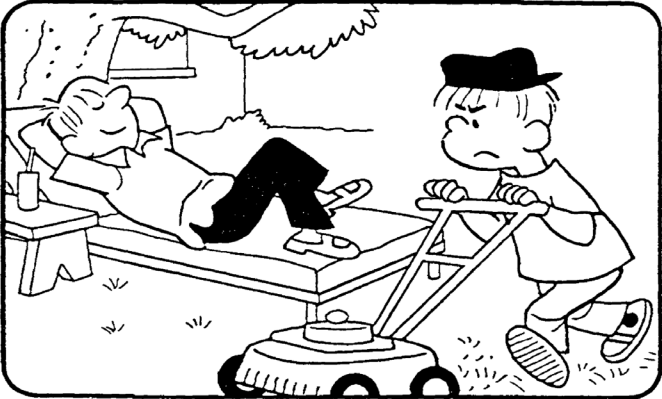
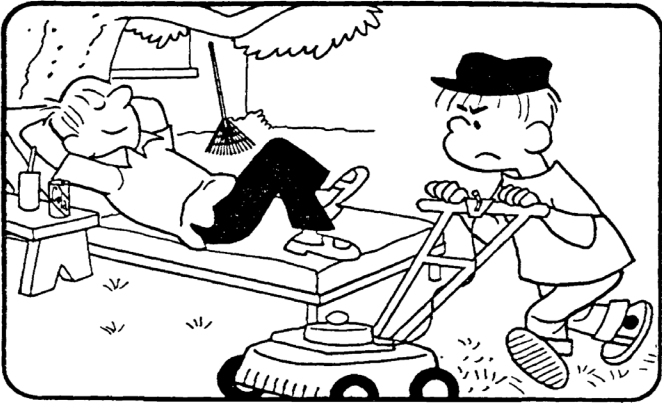
House-sitting for others is also a great way to take advantage of the time off. I usually house-sit for my neighbor, except he's in his house when I'm doing it, and he has no idea I'm house-sitting unless he's on the roof too.

Summer's a great season, and I only hope for you to enjoy it as much as I do. But if you don't, it's important to stay optimistic because the end of the world is coming soon.

In Trae's tiny magic world, everyone gets the joke, and then showers him with gifts in appreciation. Meanwhile, back on Earth...

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. Can is missing. 2. Rake is missing. 3. Foot is missing. 4. Cap is reversed. 5. Mower control wire is missing. 6. Cuffs are missing.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Famous Pairs

Across

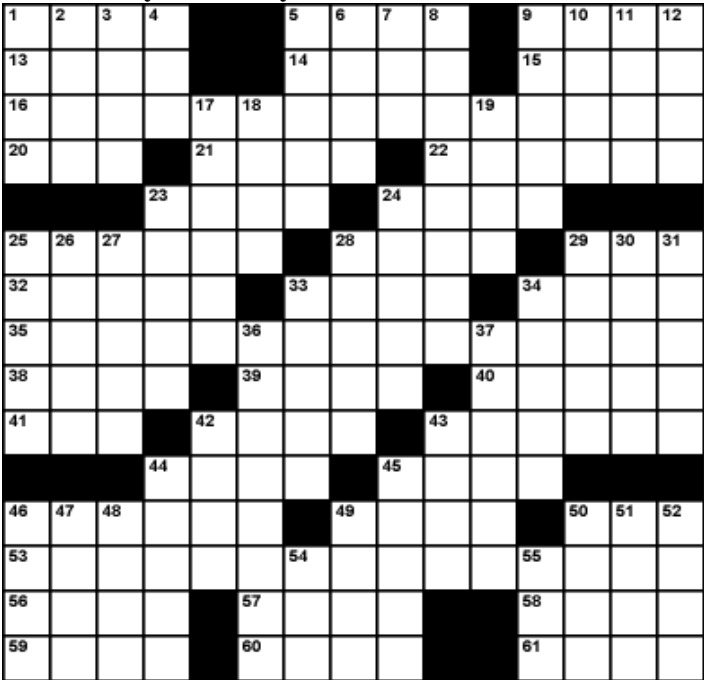
- 1 Pig's fare
- 5 Box
- 9 Celtic poet
- 13 Vietnam neighbor
- 14 Comfort
- 15 Reverberate
- 16 Happy 50's duo
- 20 Sayonara
- 21 Disarrange the hair
- 22 Dieter's no-no
- 23 Skin problem
- 24 Big name in pineapple
- 25 Metal attractor
- 28 Zero
- 29 Wane
- 32 Wear away
- 33 Horse feature
- 34 Celebes ox
- 35 TV cop duo
- 38 Deli add on
- 39 Peruvian native
- 40 Upright
- 41 Affirmative
- 42 Piece of cake
- 43 Makes a loud noise
- 44 Pleads
- 45 Elk's payments
- 46 Reverses
- 49 Ceramist's need
- 50 Health resort
- 53 Famous film duo
- 56 Slips
- 57 Like some tournaments
- 58 Burden
- 59 Strong solutions
- 60 Mr. Gingrich
- 61 Salesman's car

Down

- 1 Messy person
- 2 Work-shy
- 3 Seep
- 4 Greek letter
- 5 Taste, for one
- 6 Living quarters:Slang
- 7 ___ tray

Crossword 101

By Ed Canty



- 8 Well thought out
- 9 City on the Aare
- 10 Sour tasting compound
- 11 Perlman of Cheers
- 12 Show affection
- 17 Ellen DeGeneres and Rosie O'Donnell
- 18 Jemima, for one
- 19 Govern
- 23 Conductor Previn
- 24 Singer Summer
- 25 Untidy

- 26 Jazz musician Shaw
- 27 Spurs
- 28 Civil rights org.
- 29 Come on stage
- 30 Lawn bowling
- 31 Currency in Thailand
- 33 Mimes
- 34 Haloes
- 36 ___ Trio:Folk band
- 37 Western state capital
- 42 Visionary
- 43 Tulip part
- 44 Generals:Slang

- 45 Common contraction
- 46 Early victim
- 47 Fishing boat
- 48 Monster
- 49 Understood
- 50 Reasonable
- 51 Dark purple
- 52 Besides
- 54 Copy
- 55 UPS abbr.

Quotable Quote

Between saying and doing many a pair of shoes is worn out.

... Italian Proverb

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. Permit | ___ _ _ _ W | Ration | ___ _ _ _ T |
| 2. Unrefined | ___ _ A ___ _ | Route | ___ _ U ___ _ |
| 3. Get the better off | ___ _ _ W ___ | Set of clothes | ___ _ _ F ___ |
| 4. Smash into | ___ _ A ___ _ | Squash | ___ _ U ___ _ |
| 5. Wed | ___ A ___ _ _ | Full of glee | ___ E ___ _ _ |
| 6. Video games gallery | ___ _ _ _ D _ | Mysterious | ___ _ _ _ N _ |
| 7. Sit, like a bird | ___ E ___ _ _ | Veranda | ___ O ___ _ _ |
| 8. Gawk | ___ T ___ _ _ | Go halves | ___ H ___ _ _ |
| 9. Camouflages | ___ _ _ K _ | Flagpoles | ___ _ _ T _ |
| 10. Wisconsin's animal | ___ _ D ___ _ | Grocery store worker | ___ _ G ___ _ _ |

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test by Fifi Rodriguez

- 1. MUSIC: Who wrote and performed the song Me and Julio Down by the Schoolyard?
- 2. THEATER: My Fair Lady

- is a modern musical adaptation of which play?
- 3. GEOGRAPHY: The Palace of Versailles is located near what city?
- 4. PHYSICS: What is the branch of physics that deals with light?
- 5. LITERATURE: Who wrote Doctor Zhivago?

- 6. LANGUAGE: What is the American term for the British perambulator?
- 7. ROYALS: From what house did Great Britain's King Edward VIII descend?
- 8. PSYCHOLOGY: What does someone fear if he or she has chronomentrophobia?
- 9. SCIENCE: What is an

- ichnite?
- 10. PRESIDENTS: Which U.S. president said, "The chief business of the American people is business"?

- Answers
- 1. Paul Simon
 - 2. Pygmalion
 - 3. Paris

- 4. Optics
- 5. Boris Pasternak
- 6. Baby carriage
- 7. The House of Windsor
- 8. Clocks
- 9. Fossil footprint
- 10. Calvin Coolidge

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You can dress for success for less

Annual drive gathers donations to help students

By JOSEPH PARK
Staff Reporter

Highline's annual Professional Clothing Boutique is next Tuesday and the price for all of the clothes is a staggering figure of \$0.00.

Highline students will have the chance to get professional garments in the Mt. Constance/Mt. Olympus conference rooms, which are located in the first floor of the Student Union. Doors will open at 9 a.m. and stay open until all of the clothes are taken off the racks.

For one day, Hospitality Services, the Union Crew, and Women's Programs will set up their Professional Clothing Boutique for students who are either graduating or entering the work force.

"About four years ago, Hospitality Services and the Union Crew began a partnership with Women's Programs," said Hospitality Services Manager Donna Longwell.

"What we do is we collect professional clothing from people that they don't want anymore and we make it available one day."

The people donating professional attire can be anyone on campus, ranging from school administrators to students.



Corey Sun/THUNDERWORD

Highline's Donna Longwell has helped organize the annual Professional Clothing Boutique.

"It occurred to me that a lot of our students are graduating, and they need to look for jobs, but they can't afford to buy the clothes. This is an opportunity for the graduating students or anyone to come and get professional clothing," said Longwell.

Longwell has been working diligently for the past few weeks with other colleagues to collect garments from faculty and students. For people who are interesting in donating, Hospitality Services is still collecting clothes in Building 1.

"We send out a plea to the campus, to the faculty and staff,

and ask them to bring in the clothing and then we set it up a little store, just like a boutique, and then they come in and get whatever they want – whatever they can use – and take it and they don't have to pay. This year, it's in the Mt. Constance/Mt. Olympus room."

Due to its immense popularity, the event follows a first-come, first-serve basis. If anyone comes out of the conference rooms empty handed, no worries, they can always come back next year.

"We do this every spring, just before graduation. Last

year, I think we probably ended up about 75 to 100 that actually came through," said Longwell. "We try to get clothing of all sizes, so that everybody has the opportunity to find something."

The Professional Clothing Boutique has everything from shoes, accessories, and even menswear.

"We don't always have men's, but sometimes people do bring men's clothing and we really appreciate that when they do," said Longwell. "Last year I was really surprised, I had a lot of men's clothes, some years just more than others."

Get the most from your air conditioner

By SAMANTHA MAZZOTTA

Q: I have a window-mounted air conditioner that I use in the summer months. During the winter, it's stored away. This year, it doesn't seem to be cooling as well as it did in the past.



Do I need to charge it with freon or something? -- Bailey T., Wheeling, W.Va.

A: I'm not sure how old your window-unit air conditioner is, but refrigerant (R-22 freon) doesn't typically need to be replaced in the first couple of years of the unit's life. Additionally, purchasing and handling of freon is now regulated, so you would need to contact a refrigeration professional to check and charge the unit.

Before laying out money for that repair, there are other ways to improve your air conditioner's cooling capability:

- Make sure the unit is mounted properly in the window and isn't tilting downward or upward.

- Check to see if siding, bricks, leaves or other debris are blocking the louvers on the outside of the unit.

- Keep curtains and furniture away from the unit while it's operating, to ensure good airflow into the room.

- Make sure the air-conditioning unit is clean, including the coils and the intake filter on the front of the unit.

- Start the air conditioner at a medium or low fan setting and a moderate temperature, even on hot days. After 20 minutes, lower the temperature to the setting you want.

- Note the time of day that the room feels hottest, and note the position of the sun. Closing the curtains on windows that don't have an air-conditioning unit can reduce the amount of sun-generated heat in the room.

- If you have a ceiling fan, even in another room of the house, use it to your advantage. Reverse the direction of the fan blades (the switch is located on the metal housing for the fan blades) so that air is pulled up by the fan rather than pushed down. Cool air normally sinks, so the fan will stir that air and make the whole house more comfortable.

Your Social Security updates move online

Until 2011, the Social Security Administration (SSA) mailed yearly updates to every person who'd paid into Social Security. Those updates showed the facts and figures that would be used if the recipient applied for benefits, whether for retirement or disability.

In other words, it was crucial that the information be correct.

It's still crucial, but now the information has to be accessed online at the SSA website.

When you go to the online site, you'll need to create an account with a password. You'll be asked for your name, birth date, phone number, mailing address, and yes, your Social Security number.

With all the daily cautions not to enter any personal information on the Internet, many people are hesitant to type in the most important information of all, the Social Security number. However, there are safeguards that can be taken to ensure that the information is safe. Allsup,

Dollars and sense

by David Uffington

Inc. [www.allsupinc.com], a financial-planning group, recommends the following:

- Don't use a public computer. Your Social Security number could be available to the next person who uses that computer.

- Don't use Google or any other search engine to find the SSA website. Go directly there by typing in the URL: socialsecurity.gov

- Don't tell anyone your password.

- If you receive an email that looks like it came from the SSA, and if it asks for personal information, don't respond. It's a scam. The SSA is never going to contact you that way.

If you're leery of using your

home computer to put in all that personal information (especially if you have an unsecured wi-fi connection or if you're not sure of your virus protection), you can go to any Social Security office and sign up for an account login.

Once you have your statement, check it carefully.

Since retirement and disability benefits are based on the taxes you paid and the length of time you worked, check Your Earnings Record on the form. Do the numbers match what your W-2s show? If there are any discrepancies at all, contact SSA right away.

Look at your estimated benefits. That is what you can expect to receive at different retirement ages or if you need to collect Social Security disability benefits.



The SSA will send statements by mail to those who are age 60 and older if they have not applied for benefits, and one time to 25-year-olds.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Write to him in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

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STOP! NOW BUST A MOVE

Highline's breakdancers dance as a way of life

By **MICHAEL SALLEE**
and **ERIKA WIGREN**
Staff Reporters

To some dancing is an art. To the breakdancers in Highline's Student Union, dancing is a lifestyle.

Breakdancing, also called B-Boying, is a style of street dance that originated as a part of hip-hop culture in New York City in the 1970s.

For Highline's breakdancers, breakdancing is a way of self-expression and a stress reliever.

"We dance because we just love to dance. It's our way of expressing ourselves," said Donovan "Envy" Smolich, who is considered the leader of the group.

Smolich said that Highline's group of breakdancers consists of about 15 students who all enjoy dancing and having a good time.

Students Dez "Turbo" Chatman and Ryan "Poki" Poquiz started the breakdancing trend in the Student Union in 2008 for the club Ace Crew.

The group grew in size as more dancers began to attend Highline.

"Highline is a very diverse place and we just want to dance and have fun, anyone can come and join us. With Highline we have a place that we can call our own," said Poquiz.

The group said they see dancing as a way of life and that

they don't join competitions because they are more about enjoying themselves and having a good time.

"We dance for fun as a group and have watched competitions before, but [we have] never competed in a competition with the people that dance here at Highline," said Smolich. "I do have my own dance group called the Rhythms Rats, outside of Highline, where we do dance competitions at places like the Munch Bar in Bellevue."

Patrick "Krabby Patty" Kim, Gursharan "Gursh" Singh, Yuri Nishizaki, and Asha "Lady Fizz" Salim are all students who dance regularly in the Student Union.

"Dancing is just natural to us. We embrace being unique. It's fun and it's a good habit to have," said Chatman.

"Dancing defines who I am, builds confidence, and is a good stress reliever" said Kim. "Music is my first language, it's my motto and we are all learners."

The breakdancers said that there are many things that inspire them to dance, especially music.

"Mainstream hip-hop and dub step give off various emotions and tempos that correspond to how we dance and feel while we are dancing," said Singh.

Breakdancing is a dance that involves a lot of footwork, spinning, jumping, flipping, and



Erika Wigren/THUNDERWORD

Patrick "Krabby Patty" Kim dances in the Student Union regularly and says dancing defines who he is and builds his confidence.

rolling.

Though some of the dance moves are choreographed, the majority of it is free-styled.

The crumping, power moves, and freezes the dancers use involve a lot of upper body strength, technique, flexibility, concentration, practice, and energy.

Outside of Highline, many of the breakdancers said they plan on pursuing careers in dancing and dancing in competitions.

Chatman said he will be opening a studio sometime in the next year so that he can not only improve his dancing skills, but teach others how to dance as well.

Smolich and Poquiz said they plan to continue to dance, go to competitions, and become better breakdancers.

"Dancing is a fun thing to do, you make a lot of friends, you socialize, but to us it's more



Erika Wigren/THUNDERWORD

Dez "Turbo" Chatman is one of the original breakdancers who founded the club Ace Crew.

than that, it's a lifestyle," the group said simultaneously.

Students can see the breakdancers on the first floor of the Student Union almost every day

around noon.

Anyone is welcome to dance with them or watch. As the group members say, it's all about having a good time.



Erika Wigren/THUNDERWORD

Students Patrick Kim (left), Ryan Poquiz, Gursharan Singh, Donovan Smolich, Yuri Nishizaki, and Dez Chatman all breakdance in the Student Union.

Silent star will steal the show

By MICAH MORRILL
Staff Reporter

This show’s leading act doesn’t have any lines. The set of *Live! From the Last Night of my Life* has taken over an estimated 150 hours to build and there is still work to do before the production opens next Thursday, May 31. Drama Department workers have taken on the daunting task of creating a life-like gas station convenience store for the show’s set. “I really hope that when it’s all said and done people can walk into the space and say, ‘Wow, look, it’s a convenience store,’” said Zach Ginther-Hutt, who has put in 20 hours or more a week working on the set since the second week of the spring quarter.

“At first you put in a couple of hours a day and get home by 8, but now as we get closer to the show I’ll find myself staying three hours after rehearsals to get stuff ready for the next day, and today we’ll be working on it for a good ten hours straight,” Ginther-Hutt said. “It’s a lot of hours,” said Amanda Rae, another of the department’s workers, “Zach has done most of the work and building with Rick Lorig,” who is the Drama Department coordinator. “We started out building the walls, and some of these walls have to be strong enough to support a 70 pound door, which is different from normal because usually walls for a set don’t have to support hardly anything,” said Ginther-Hutt. The set has been filled with many other complications as it has been put together. “We have eight different ex-



Shannon Carter/THUNDERWORD
Deena Chapman testing out one of the many counters that the crew has built for the spring play *Live! From the Last Night of my Life*.

its and entrances and six doorways. Three of the doorways are soda coolers that will light up and look like real coolers, but allow people to enter and exit through them. We are also making a Slurpee machine, soda fountain, and large display that is central to the script,” said Rae. “The aisles of the store will also be filled with birth control, food racks, and all the other randomness that you can find in a convenience store.” Right now is crunch time as opening night approaches and the set is yet to be finished. “We’re trying to have the set done by tech week so that we can work on lighting, sound, and technical stuff, so we’re working really hard on the set so that we can get it done,” said Rae. “The hardest thing is the time commitment,” said Ginther-Hutt. “It’s tough to get

home late and then you have to do homework and find time to sleep.” It’s also difficult to cut, “everything correctly because it’s hard to be perfect when you’re exhausted,” Ginther-Hutt said. With one week remaining before opening night the set resembles the hollow shell of convenience store with walls, a countertop, and multiple entrances. The design team still has to do some painting and set up of props to fill the store and make it life-like. They are also working on building the Slurpee machine and putting together the center display to prepare for show time. *Live! From the Last Night of My Life* will show the weekends of May 31 through June 2 and June 7 through 9 at 8 p.m. in Building 4. Tickets cost \$7 for students, and \$8 for general admission.



•Students will read from their work as published in *Arcturus*, Highline’s literary magazine, today, May 24, from 11-11:50 a.m. and at 6-7:30 p.m. Work will include essays, short stories, poetry, and art. Student writers will be reading their works in the Mount Constance Room in Building 8 (The Student Union). The event is free and all students are welcome to attend at either time. •We the Kings will be performing Friday, May 25 at Green River Community College located at 12401 SE 320th St. in Auburn. Ticket prices range from \$10 to \$20. For tickets contact William Budihardjo at wbudihardjo@greenriver.edu or call 253-838-9111 extension 2400. •The Library Exhibits Committee’s Zimbabwe Artists Project (ZAP) is in its final week. The gallery features Zimbabwe artists and their handcrafted work. The library gallery is on the fourth floor of the Library and is open to all students. After May 29th, the exhibit will no longer be on display. The li-

brary is open from 7 a.m. to 9 p.m. Monday through Friday and 10 a.m. to 5 p.m. on Saturdays. As well as 2 p.m. to 9 p.m. on Sundays. •Centerstage Theatre is currently showing *The Who’s Tommy*. The play runs every Friday and Saturday at 8 p.m. It also shows at 2 p.m. on Sundays. The *Who’s Tommy* will run until May 27. Ticket prices range from \$10 to \$27.50. Centerstage Theatre is located at 3200 Southwest Dash Point Road in Federal Way. For more information visit centerstagetheatre.com or call 253-661-1444. •Captain Smartypants (a vocal comedy group) performs *A Panty Line Because Broadway Isn’t Gay Enough!* at Capitol Hill’s Erickson Theatre at 1524 Harvard Ave on May 18 through the 26 at 8 p.m. There is also a Late Night Cabaret on May 19 and 26 at 11 p.m. Tickets are \$25 for *A Panty Line* and \$15 for the Late Night Cabaret. The songs performed will be from classics such as *Oklahoma*, *Sweeney Todd*, *Chicago*, *Wicked*, *Rent*, and *Hairspray*. For tickets call 206-388-1400. •Metrilodic, a modern jazz trio led by saxophonist and composer Eric Barber will be performing at Highline on Monday, June 4 in Building 7. All are welcome to attend .

Puzzle answers:

CIRCULAR REASONING

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

Even Exchange
answers

1. Flint, Fling
2. Litter, Latter
3. Broom, Brook
4. Kitten, Mitten
5. Beauty, Beatty
6. Norse, Horse
7. Mayor, Manor
8. Hurdle, Huddle
9. Sheer, Steer
10. Cairo, Cairn

Weekly SUDOKU
Answer

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

Someone you know
is almost certain
you can't get
pregnant the first time.

May is
Teen Pregnancy
Prevention Month

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Parent education
Well woman exams
Emergency contraception

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By JOSEPH PARK
Staff Reporter

Fun, feminine, fashionable

Highline took a stroll on the catwalk with timeless ultra-femininity on May 16 in the Mt. Constance/Mt. Olympus room of the Student Union.

Seattle Goodwill opened the Women in Action Awards with a fashion show and attendees were able to witness a colorful array of classic beauty from the 1950s to 1990s.

The models that sauntered down the runway were both from the Seattle Goodwill and Women's Programs.

There were a total of six women who dressed in vintage clothes, and all of them were employees of Seattle Goodwill.

While Seattle Goodwill took care of the retrospective side, staff members of the Women's Programs were responsible for showing current fashion.

The Seattle Goodwill Vintage Fashion Show exhibited what appeared like an evolution of American style.

One model, Linda Ellefson, softly glided across the runway in a pleated chiffon dress with a blend of teal, fuchsia, and saffron; the dress dates back to 1961.

Another model, Kaye Ostgard, walked out in a free-flowing robe that had traditional Moroccan patterns; this piece dates back to 1975. Ostgard passed by, winked at one of the onlookers and teasingly asked "stunned?"

Ostgard was indeed, along with the rest of the ladies from Seattle Goodwill, stunning.

While there was no music playing, all of the ladies had a certain melody to their walks.

Model Christine Palmer wore a white lace dress that had flower appliqués all over the bodice, and silk fringes on the hem of the skirt. Her baby's breath headband re-



Austin Seeger/THUNDERWORD

Models display the clothes of yesteryear at the Women's Programs/Goodwill Vintage Fashion Show.

Vintage show features tastes of decades past

minded people of Minnie Riperton's *Loving You*.

After the show, most of the guests stood up and shuffled towards the buffet – they noticed cheese-kebabs and ham wraps on the banquet tables.

"I thought [the fashion show] was fantastic. It brought a lot of memories of my early

days. It was very colorful and very true to the periods," said Director of Women's Programs Deanna Rader.

Students also agreed that the fashion show was nothing short of entertaining.

"The fashion was amazing," said Highline student Matthew Tolentino. "I've

honestly never seen those styles before...very unique and captivating."

"I think [the fashion show] was interesting," said Student Government President-elect Raphael Pierre. "It looked like people had a good time."

The Seattle Goodwill Coordinator Carla Moar said that

the Seattle Goodwill provides education, job training, and other services, for individuals who face difficulties such as poverty and language barriers.

This organization began its communal work in 1923 and it runs entirely on donations.

Ever since Seattle Goodwill opened its doors to the public, it has been collecting a steady stream of clothes.

"[The fashion show] was a trip down memory lane; looks that a person may have worn on campus, or have seen in magazine photographs."

As a way to demonstrate Seattle Goodwill's history, Moar organized the fashion show, displaying the evolution of vintage garments.

"1950s pieces always make me think of the politics of the time; proper, put-together looks – even for grocery shopping. The mid-late 60s pieces are such a blast, really fun clothing. 1970s styles usually invoke personal childhood memories," said Moar.

On top of promoting Seattle Goodwill, Moar expressed her love of fashion.

"The 1950s-1980s...I appreciate the construction of the garments. After that, overall sewing standards changed quite a bit. The 1990s make me laugh – in a good way – all the bands and how the Pacific Northwest look went viral. I would say we dress for convenience much more today. Much of that is due to all of the synthetic technical fabrics that are available now."

The fashion show was not merely about clothes and accessories, Moar said, but it was more of an icebreaker that helped Highline connect with the Seattle Goodwill.

"We've established new relationships throughout the community and are always meeting great individuals who sometimes volunteer a few hours of their personal time," said Moar.

Prism's Pink Prom a colorful hit with Highline crowd

By JOSIAS JEAN-PIERRE
Staff Reporter

Highline Prism Club surprised a lot of people with their first Pink Prom.

The Pink Prom was May 18, in Building 8, and 360 people showed up to the dance. There were poker tables for anyone who wanted to play poker and a performance from the Hip-Hop Union.

A student from Bellevue College came and gave out condoms to students who wanted some.

"The reason why I am giving

out condoms is because it is a Friday and we are in a college dance. Usually in college dances, people especially males, always search for whom they can go home with. Instead of getting it in and have an S.T.D why not give out some condoms so they can do everything safe," Jeremiah Floyd said.

"I could not help to laugh, I loved the dance it was amazing and it was just good," Josiah William said.

"I can't even explain how good the dance was. If anyone said they did not have fun in the dance, is because they didn't

make it fun. One thing I truly love more in the dance, was when I got some free condoms from the man who was going around and giving some condoms out," Williams said.

The Christmas lights used for decoration gave students the feeling of being in Vegas.

"Wow, Wow, Wow, Wow, I could not even believe it. I was born in Vegas and walking into the dance, I felt like I was in Vegas," Johnny Casvo said.

A lot of people said that this not what they expected.

"The Prom was a blast. I felt like, I was in a club that was

like 21 year old and over. Whoever set the prom up; I owe you guys' one big time. I loved everything about this dance, and I was shocked to see how many people showed up to an event like prom," Jacob Thomas said.

"I am not going to lie; Highline knows how to get down with it," Giovanni Ramirez said.

"I never had been in a college that had a prom. I could tell Prism put a lot of hard work in the dance, and wanted this dance to happen. Prism, you guys are amazing and keep doing you guys. There are a lot

of people that you guys have touched in the dance, and it was phenomenal all the way through."

"I had no restrictions whatsoever in how freaky I could get down in the dance," Victor Camillia's said.

"I honestly can say I loved the dance with everything I have, and it was just a moment where I could be myself. This was one of the best moments of my life, and I really want to thank Prism so much for having this event because it affected me a lot in a good way," Camillia said.

Cinderella season ends with early playoff losses

By **ADRIAN SCOTT**
Staff Reporter

The Highline softball team came up short in the NWAACC playoffs, but players and coaches both say this season was still a success.

A NWAACC champion hasn't been crowned, as the championship game between the Lower Columbia Red Devils and Clackamas Cougars was postponed from Monday, May 21 to Wednesday, May 23.

Results from the championship game were unavailable at press time.

The Thunderbirds had a young team, only bringing back three players from the last season 3-23 team.

Entering the NWAACC playoffs hosted by Clackamas Community College, the Thunderbirds were named the sixth seed holding an 18-6 league record and 21-7 overall.

The Thunderbirds took early losses to the Lower Columbia Red Devils and Pierce Raiders, ending their Cinderella like season.

In game one against the Red Devils, T-Birds No. 1 pitcher Clarissa Gibcumb went to the mound for her first career playoff start, while the Thunderbirds bats faced Red Devil pitcher Tailer Snow.

The Thunderbirds were first to score in the second inning against the 11th seeded Red Devils.

Center fielder Samantha Scott started the second inning with a single, and later scored after stealing off of a few wild pitches from Snow.

The tables turned on to the Thunderbirds as the Red Devils bats fired up scoring three runs



Photo by Jack Harton

Head Coach Scott Dillinger stands aside center fielder Samantha Scott after she steals third base against the Lower Columbia Red Devils in round one of the NWAACC playoffs.

off four hits in the fourth inning, forcing Thunderbird Head Coach Scott Dillinger to make a pitching change and bring in freshman outfielder Brianna Votaw to pitch.

The rest of the game the Red Devils kept scoring, while the Thunderbirds bats were shut down by Snow.

After the loss the Thunderbirds went on to face their West Region rival Pierce Raiders.

Though the Thunderbirds defeated the Raiders earlier in

the week to win the West Region, they were knocked off by the Raiders 9-3.

Highline pitcher Gibcumb started game two of the playoffs on the mound. The T-Birds batters faced Raider pitcher Luden Young for the seventh time this season.

The Raiders were able to score four runs in the second-inning.

Center fielder Kimmie Courneya smacked a bases-loaded triple in the second-inning.

Highline bounced back in the top of the third inning to score three runs off of two hits, and one hit batter.

Sophomore catcher Brittany Myer started the third inning getting hit by a Young pitch, as outfielder Dani Babcock, followed with a single moving Myer to third.

T-Bird shortstop Blessed Joy Mipalar later drove in Myer with a single.

Raider pitcher Young threw three passed ball, allowing both Babcock and Mipalar to score.

After the third inning rally from the Thunderbirds, the T-Birds only got one hit to finish the game against Young.

While the Raiders only scored two more run against Gibcumb, they scored four off Mipalar after she was brought in to pitch.

"Even though we lost, I still feel we were successful this season," said freshman third baseman Brooke Evans. "We were West Region champs, and the team that we lost to is now playing for the championship."

For all of the Thunderbirds players, this was their first playoff game in the NWAACC.

"We were a young team, and most of us really didn't know what to expect going in the NWAACC," said Mipalar. "I still feel we accomplished a lot this season. We won the West."

The T-Birds this season surprised many teams in the NWAACC. Pierce Head Coach Mark Edmonston said that

Highline proved they are contenders by winning the West.

"Trusting one another was a key reason why we had success as a younger team," said Mipalar. "It wasn't because of the coaching, but the girls really believing in themselves and each other and working as a team."

Next season the Thunderbirds hope to bring back the entire freshman class, but will lose Whitney Purvis, Gibcumb, and Myer, who all were sophomores this season.

The Thunderbirds also won't have the luxury of being able to pitch Mipalar next season.

Throughout the season Mipalar has played through a knee injury, and next season she will be limited to playing in the infield.

As a pitcher Mipalar pitched 82 innings, started 19 games and won 8, recorded 85 strikeouts, and held a 4.59 to end the season.

"I'm pretty sure almost all of the team is coming back to play next season," said Mipalar. "We're obviously going to miss our three sophomores."

Going into next season as defending region champs, T-Bird players say if they want to continue their success and go further next year it's going to take some off season training.

"During this off-season it will be a lot of work on finding more energy and better ways to communicate during play," said Mipalar. "Our heads aren't down about the playoff loss."



This photo of the softball team was taken in honor of Highline's Athletic Director John Dunn.

This professor will whip you into shape

By ZACH STEMM
Staff Reporter

Taryn Plypick, the men’s basketball strength and conditioning coach at Highline, is the only female in the entire NWAACC working as a coach in men’s basketball.

“I take a lot of pride in that,” Plypick said. “We are no longer in a phase where women can only coach women’s sports.”

Coach Plypick said she appreciates the opportunity that she has been given.

“It’s a great experience,” she said.

Plypick is also the strength and conditioning coach for the women’s basketball team. She has noticed differences while coaching both teams.

“It’s more about competition with the men,” Plypick said. “They are always competing against each other during agility drills.”

Plypick’s main purpose is “keeping players healthy and on the court.”

One of the ways Coach Plypick works toward this goal



Corey Sun/ Thunderword
Coach Taryn Plypick on the left also works with the Lady T-Bird basketball team in addition the Men’s team.

is by having players not wear any ankle braces or shoes during the strength and condition-

ing session.
“The feet and ankles are the foundation of a basketball play-

er’s athleticism,” Plypick said. “The feet and ankles must be strong and mobile in order for a basketball player to truly maximize his potential.”

Plypick expected to face some obstacles being a female strength and conditioning coach on a men’s team. However, no problems have occurred.

“These guys have bought in,” Plypick said. “I love working with them.”

“I encourage the guys to come ask me questions if they want to know why we are doing a certain drill,” Plypick said. “Everything has a purpose.”

Plypick’s strength and conditioning program focuses on basketball specific drills.

“The conditioning program includes sprinting, backpedaling, cutting, defensive sliding and jumping as well as safe landing, acceleration and deceleration,” Plypick said.

“This is one of the best basketball specific strength and conditioning programs in the NWAACC,” Plypick said. “It allows the athletes to perform at a higher level.”

The Scoreboard

Softball			
Region	League	PCT	Streak
NORTH			
Bellevue	24-0	1.000	24W
Olympic	15-9	0.625	1W
Douglas	15-9	0.625	1L
Shoreline	14-10	0.583	2L
Everett	12-12	0.500	2W
Skagit	4-20	0.167	2W
Edmonds	0-24	0.000	24L

EAST				
Wenatchee	26-2	0.929	26W	
Walla Walla	24-4	0.857	2W	
Treasure	18-10	0.643	1L	
Spokane	17-11	0.607	4W	
Big Bend	9-19	0.321	5L	
Blue Mtn.	7-21	0.250	1W	
Columbia	6-22	0.214	4L	
Yakima	5-23	0.179	4L	

WEST				
Highline	18-6	0.708	3W	
Pierce	17-7	0.708	1W	
Gr. Harbor	11-13	0.458	2L	
Centraila	10-14	0.417	1L	
Green River	5-19	0.208	1W	

SOUTH				
SW Oregon	18-2	0.900	12W	
Clackamas	17-3	0.850	8W	
L. Columbia	10-10	0.500	1L	
Mt. Hood	9-11	0.450	4L	
Chemeketa	4-16	0.200	2L	
Clark	2-18	0.100	1W	

Scores

Friday, May 18

#2 Bellevue 10, #15 Centraila 0
#7 Treasure 0, #10 Douglas 1
#6 Highline 1, #11 L. Columbia 8
#3 SW Oregon 4, # Pierce 1
#13 Mt. Hood 6, #4 Walla 5
#12 Shoreline 0, # Clackamas 8
#12 Spokane 9, #8 Olympic 7
#16 Grays 0, #1 Wenatchee 28
Centraila 0, Treasure 13
Highline 3, Pierce 8
Walla 11, Shoreline 3
Olympic 1, Grays 9
Bellevue 3, Douglas 5
L. Columbia 7, SW Oregon 3
Mt. Hood 3, Clackamas 2
Spokane 4, Wenatchee 9

Saturday, May 19

Douglas 1, L. Columbia 3
Mt. Hood 1, Wenatchee 0
Spokane 2, Treasure 7
Clackamas 6, Pierce 5
SW Oregon 5, Walla 4
Bellevue 9, Grays 0
Treasure 0, Clackamas 9
SW Oregon 1 Bellevue 9
Clackamas 6, Douglas 4
Bellevue 2, Wenatchee 1

Sunday, May 20

L. Columbia 21, Mt. Hood 16
Clackamas 5, Bellevue 4
Mt. Hood 6, Clackamas 21

Wednesday, May 23

NWAACC Championship

L. Columbia vs Clackamas

Cross country coach tracks down talent

By ZACH STEMM
Staff Reporter

Oscar Iraheta from Thomas Jefferson High School and Cory Brandt from Sumner High School are the top two incoming freshmen cross country prospects in this year’s recruiting class.

Iraheta placed 25th in the 5,000 meters Varsity 4A at the South Puget Sound League Sub-District Meet with a time of 17:13.

Brandt placed 24th in the 5,000 meters Varsity 2A at the South Puget Sound League Sub-District Meet with a time of 17:24.9.

Last season, cross country Head Coach Taryn Plypick won Men’s Coach of the Year for the NWAACC Cross Country North Region.

The men’s team is losing four top runners to graduation.

One of the graduating sophomores moving on is Luke Martin.

“He is a class act,” Coach Plypick said.

The men’s team finished sixth at the NWAACC Cross Country Championships. Luke Martin led the Highline men with a time of 25:34.

Plypick said it is not difficult replacing fast runners.

“It is easy to find fast runners, but it is hard to replace good people,” Plypick said.

Besides Iraheta and Brandt,



2011 Cross-Country team takes a quick team photo after the North Region Championships in October.

Plypick is working on recruiting more runners.

“Everyone should be set in stone during the first week of June,” Plypick said.

“While most schools do their recruiting during the season, we do our recruiting during June and July,” Plypick said. “Those months are big for us.”

When recruiting runners, Coach Plypick said she looks for athletes who believe they are Division I caliber runners.

“If their goal in high school was to run for Highline, then they are not the type of runner we are looking for,” Plypick said.

Plypick then tells the run-

ner about the financial situation at Highline compared to other schools.

“When recruiting a runner from a family with many kids, paying thousands of dollars in tuition becomes unrealistic,” Plypick said. “Coming to Highline will save them money.”

Coach Plypick stresses the academic side of being a student athlete.

“If they’re not willing to go to class, they are not going to be on the team,” Plypick said.

The two main methods Plypick persuades these runners is by “selling the program and selling the school,” Plypick said.

After those two methods, Plypick said she listens to what the runner wants to accomplish.

“I want people with goals,” Plypick said. “My job is to help them reach their goals.”



Coach Plypick

The joy of exercising – do what you like

Working out can be more enjoyable than you might think

By **DARIN SMITH**

Special to the Thunderword

Most people know exercise is good for them.

It prevents many serious diseases, improves fitness and functionality, and it helps you look good and feel good both physically and mentally.

However, if you ask people if they regularly exercise, about half will say no.

Despite the fact that exercise positively affects almost every organ system in the human body, and despite the overwhelming evidence that physical activity is the number one indicator of your health, only about 49 percent of adults in the United States engage in at least the minimum recommended amount of exercise.

According to the Center for Disease Control (CDC) statistics, 37.7 percent of the population does “insufficient” physical activity and 13.5 percent are considered “inactive”, meaning that they do less than 10 minutes of moderate intensity activity a week!

So if it is so good for us, why don’t more Americans exercise regularly?

Many people say they don’t have the time, energy, or motivation to exercise.

Others don’t like the discomfort, fatigue, or soreness that they experience from doing physical activity.

Many people are distracted by technology that makes sedentary activities like playing video games, watching TV, and surfing the internet seem more appealing than getting sweaty.

Some people would like to be more active, but they have simply been conditioned to believe that exercise is something that only athletes, bodybuilders, or marathon runners need to do.

Exercise doesn’t have to be a chore or a pain. And it definitely isn’t just for elite athletes or the fit people that you see in magazines.

In fact, with just a little planning and an open mind, most people could actually find enjoyment in doing exercise.

Imagine that: exercise as a part of your regular routine that you look forward to.

Here’s where it starts:

- Do something fun. I remember hearing about a professor who forced himself to run



Erika Wigren/THUNDERWORD

Darin Smith didn’t initially enjoy exercising as a teenager, but became interested when he was introduced to non-competitive forms of exercise.

five days a week for his health even though he hated running. When asked why he didn’t do something else, he seemed perplexed. “What else is there?” he responded.

We’ve come a long way since your only options were to run, bike, and swim.

Nowadays you can choose from literally hundreds of activities and exercise programs.

Cardio kickboxing, boot camps, spinning, parkour, zumba, belly dancing, kettlebells, and pilates are just a few examples. If it’s something you enjoy doing, you are much more likely to keep at it.

- Do something meaningful. Exercise is often seen as an obligation or a hassle. Change this mindset by finding an activity that fits your personality and gives you a sense of purpose.

For some, activities like yoga or tai chi may have some spiritual or meditative aspects that they value.

Some people may engage in dance or martial arts to express their creativity through movement.

Others may choose rock

climbing or obstacle courses/mud runs to challenge their mental and physical limits.

Whether you train for health benefits, social connections, competition, practical skills, or just for self-improvement, the point is that having meaning behind your activities makes it more likely that you’ll continue to stay active for the long haul.

- Be a kid again. Many people complain about how boring and structured exercise can be.

Sometimes jogging on a treadmill might make you feel like a hamster on a wheel. The solution is to make exercise into play.

Many young children run around the yard, climb trees, and play tag simply because it is fun to do. There is no reason it can’t be the same way for adults.

Make exercise a game by joining an Ultimate (Frisbee®) team, or sign up for a zombie run (people dressed as zombies try to chase you down to steal flags off your belt).

Some adults join “recess” group exercise classes where you jump on trampolines or

play floor hockey and dodge ball.

- Make it social. One of the best predictors of exercise adherence (i.e. sticking with it) is the social support an exerciser has.

If that person has friends and family that are encouraging them, they are more likely to stick with it.

This also applies for joining a sports team, taking a group exercise class, or hiring a personal trainer.

Not only does working out with other people make it more motivational and enjoyable, but it also helps hold a person accountable.

You are much more inclined to show up for a training session if you know that others are counting on you being there.

- Change the scenery. Your surroundings can affect your mood and your motivation when it comes to exercise.

Using signs with slogans or posters of fitness role models (e.g., putting up pictures of Bruce Lee or Muhammad Ali near your punching bag) can motivate you to push harder.

You might also want to take exercise outside when the weather is nice.

Take a hike, go for a bike ride, or simply find a park or beach with a beautiful view and enjoy the feeling of the sun on your skin while you exercise.

- Listen to music. Studies find that music can have a positive influence on exercise adherence and might possibly increase exercise performance.

Generally, music helps distract you from feelings of fatigue while simultaneously giving your heart and muscles a boost.

Upbeat, fast tempo music can typically motivate a person run harder and faster, and music with inspirational lyrics might help push a person to lift weights more intensely.

The effects of exercising with music may vary slightly from person to person, but you usually can’t go wrong if you are listening to music that you like.

- Find something you are good at. I didn’t start exercising until my senior year of high school.

Up until that point my PE

classes were a joke and I assumed that the only people that really needed to work out were athletes.

Luckily, our PE classes were restructured during our senior year and we were required to do a regular program of calisthenics, running, and stretching that was focused on self-improvement.

This sparked my interest in exercise by removing the competitive aspect out of PE, and it also allowed me to discover that I was very flexible.

Even though I was out of shape and physically inactive, I was more flexible than everyone in the class. This made me feel special; like I had just discovered a new super power.

Everyone has something that they are good at.

Some people have good endurance while others are fast and like to sprint. Some people are strong, others are flexible or agile.

You don’t need to be an athlete or bodybuilder to work out, you just need to find things you do well at and use those things to build your confidence and inspire you to do more.

Physical activity doesn’t have to be exercise. You don’t necessarily have to do a structured exercise program to get health benefits.

Just engaging in more physical activity on a daily basis will benefit your health greatly even if you don’t see any changes in muscle size or weight loss.

Don’t worry so much about the outcomes of physical activity and instead focus more on simply incorporating more activity into everything you do.

Walk to the store and then pump the grocery bags up and down for some biceps curls on the way home. Forget elevators and escalators and take the stairs every chance you get.

Embrace hobbies and interests that involve physical activity like gardening, dancing, scuba diving, orienteering, or kayaking.

If you have a sedentary job in a cubicle, plan regular short breaks into your day to stretch or take short walks.

The more you stay active, the more it becomes part of your life, and the more likely you are to find joy in exercise.

Got a pony?
That’s nice.
Got news?
Email tword@highline.edu



Highline instructor debunks myths about fitness

By **ANGELA STONE**
Staff Reporter

It is possible to be fat and fit, a Highline professor said here last week.

Darin Smith, a professor of physical education and nutrition, spoke on fitness myths and misconceptions at Highline's Science Seminar last Friday.

"Physically fit is a better indicator of health than weight," Smith said. "You can be fat and fit."

"In a Canadian National Health Survey, overweight adults were 17 percent less likely to die during the 12 year study period than those of normal weight," said Smith citing a study from 2010.

Another study found that obese people who exercise regularly are less likely to die than people of normal weight who don't exercise.

"Exercise is good for you... we all know that," Smith said. The question a lot of people tend to ask is, "how do I get fit, lose weight without actually getting sweaty?"



Darin Smith

Smith asked if "sweating is an indicator of how hard you're working?" No, he said, this is false. "Sweating is a mechanism for regulating body temperature."

"Exercise does increase body temperature, so perspiration tends to increase as well," Smith said.

"Sweating does not correlate to calories burned or exercise intensity level," Smith said. "Heart rate is a much better in-

dicator of intensity."

"People are very interested in anything that involves gaining muscle, losing weight without actually doing anything."

One thing people have tried is putting on a belt to stimulate their muscles. Smith said it doesn't work, but the idea is actually based in science.

The Russians used "electrical muscle stimulation," first during the '70s, "in conjunction with their training," Smith said.

"This is something where you put electrical pads that delivers a current to the muscles and stimulates the muscles without you having to do anything." The Russian's used this method "to develop strength in their athletes," he said.

The key here is the electrical stimulation was in conjunction with their training, Smith said.

"Spot reduction" is another fitness myth, Smith said.

Smith cited several studies where the participants concentrated on one part of their body such as their abs or their arms.

Tennis players were studied because they tend to have one

arm more muscular than the other.

However, the ratio of fat to muscle was the same for their racket arms as it was for their other arms.

The studies concluded that "you cannot selectively burn off fat," Smith said, because the muscle to fat ratio was the same and other locations of the participants' bodies where they weren't exercising.

However muscle can be built up in specific locations even if the location of fat reduction cannot be controlled Smith, added.

An old myth that Smith talked about was stretching. He said that in the '70s people would say to stretch before exercising.

"Stretching makes you more prone to injury," because stretching pulls cold muscles.

Some studies suggest that "stretching may actually reduce your strength, speed, endurance," Smith said. "Stretching is not the same as warming up."

Warming up before exercising is so important, Smith said.

Jogging in place and jumping jacks are some examples of ways people can warm up their muscles before running or other exercises.

Smith said the best time to stretch is after exercising.

When exercising "you have to work the muscles to fatigue," Smith said.

When muscles are fatigued, the muscles are actually damaged and the body sends protein to strengthen and build those damaged muscles.

To find the maximum heart rate a person can safely reach, Smith said to subtract one's age from 220.

For a high-intensity workout, Smith said to multiply one's maximum heart rate by .85. For a moderate workout, multiply one's heart rate by .55.

Next week Science Seminar will feature Kurt Giessel presenting Virtual Desktop Infrastructure.

Science Seminar is open to everyone and meets every Friday (except the first and last Friday of the quarter) at 2:20 p.m. at Building 3, room 102.

Homelessness among vets may be result of PTSD

The Department of Veterans Affairs recently completed a study to determine the causes of homelessness among veterans as part of its goal to eliminate homelessness by the year 2015.

This was no small, casual study. The VA Office of Inspector General Office of Healthcare Inspections looked at the data of nearly one-half million veterans through 2010, half of whom had served in the Gulf Wars.

It studied existing research and laws, and consulted experts. Here's what it learned:

- Five years after leaving the military, 3.7 percent of veterans became homeless for the first time, with those who were in the Gulf Wars having bigger percentages.

- The first homeless experience generally came at the three-year mark, with Gulf veterans becoming homeless sooner than non-Gulf veterans.

- Homeless veterans were more likely to have traumatic brain injury (three times more than non-homeless veterans), be less than 35 years of age, and in a pay grade of E1 to E4.

- Half of homeless vets were diagnosed with a mental disorder before discharge, and more than 78 percent were diagnosed with a mental disorder before becoming homeless.

- More than half of homeless veterans were getting service-connected disability benefits,



by Freddy Groves

with 83 percent to 95 percent receiving benefits before first becoming homeless.

- Approximately 65 percent were using VA homeless veteran services: health care, the mentally ill program and HUD-VASH housing program.

The VAOIG had some recommendations in the study, noting especially the three-year period before most of the homelessness occurs and suggesting a need for greater access to mental-health services.

The VAOIG pointed out that approximately half of the homeless veterans had disability money coming in before they first became homeless.

Maybe that should be a focus of any further attempts to lower the number of homeless veterans: discover why they become homeless.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

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Sudden heart failure is scary, but there are treatments that can help

DEAR DR. DONOHUE:

Six months ago, my wife died in her sleep. She said she just felt shaky and tired out around 6 p.m.

When I turned on my light at 4 a.m., I immediately knew she had died.

I was told she died of congestive heart failure. She told me she had this two months prior to her death.

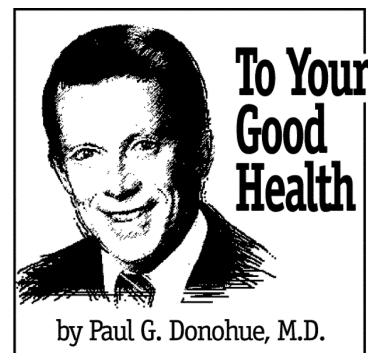
Was there something we could have done? I carry guilt with me every day. Is congestive heart failure a death sentence? -- S.F.

ANSWER: Heart failure indicates that the heart has become a weak pump. "Congestive" often is added to "heart failure" to emphasize that the failing heart causes blood to circulate poorly.

Fluid oozes out of vessels and congests body organs, especially the lungs and makes breathing difficult. Congestion also shows in swollen ankles and feet. However, not all people with heart failure show the signs of congestion.

Shortness of breath when lying down, waking from sleep gasping for breath, coughing during the night and the inability to get enough air to accomplish even light physical tasks are signs of heart failure.

I can assure you that the



by Paul G. Donohue, M.D.

world's most renowned heart doctor would not have expected your wife to die in her sleep because she said she felt tired and shaky. You are entitled to feel sad, but you do not deserve to feel guilty.

Heart failure comes from heart arteries clogged with cholesterol, from heart valve malfunction, from high blood pressure and from heartbeat disturbances like atrial fibrillation. Treatments are available.

Water pills draw water from an overfilled circulation, and that eases the burden on the heart.

Other medicines increase the strength of the heartbeat.

Special pacemakers can restore synchronous beating to the heart's out-of-sync pumping chambers. Congestive heart failure is not always a death sentence.

My sincerest condolences to you and your family.

DEAR DR. DONOHUE:

A friend of ours is in a nursing home with pneumonia. We're afraid to visit her. Is pneumonia catchy? -- A.M.

ANSWER: A huge number of different germs cause the many different kinds of pneumonia. A blanket statement on transmission, therefore, is impossible.

The pneumococcus (NEW-moe-KOK-us) bacterium is a prominent cause of pneumonia, especially in adults and older adults. This germ can be spread in droplets coming from a cough or sneeze.

However, 24 hours of treatment renders the patient no longer a transmitter.

You can bank on it that a hospital or a nursing home will not let you visit any patient who might be at risk of spreading any infectious disease.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible.

Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

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Fresh mint has perfect flavor for summer

A refreshing dessert for a summer day

By KALEY ISHMAEL
Staff Reporter

Mint will help you liven up your foods this summer.

Mint is a wonderful plant that can grow just about anywhere. In fact, if left to its own devices it will actually take over a garden.

Not only is mint easy to grow, it has a number of uses in the home.

Fresh mint can be made into a paste and used as a natural astringent.

Dried mint can be used as potpourri to freshen the air in your home. Peppermint can also be used as a natural pest control, repelling ants, mosquitos and even rodents.

If you are dealing with an upset stomach, mint tea can help soothe the uneasiness you are feeling.

With all these uses it is easy to think of all the ways that you can use this versatile plant in the kitchen.

Along with the popular flavors of peppermint and spearmint, mint can come in flavors such as apple, pineapple, licorice, lemon, lime and chocolate.

There are also members of the mint family that do not have "mint" in their names such as lavender, rosemary, sage, and thyme.

With these different flavors of mint available to you, there are a number of ways you can use them in the kitchen.

You can make mint extract with any type of mint to add bursts of flavor into your cooking.

To make an extract, simply take 1/3 of a cup of any kind of mint put it in a mason jar with four ounces of high quality vodka. Allow this to rest in a cool dark area for about five to seven days.

Be sure to shake the mix every day. After the week is up, strain out the mint and discard and move the extract to a clean bottle for later use.

To add a refreshing twist to any drink, add a fresh mint leaf into an ice tray when making ice. As the ice melts into your drink, it will add a light minty flavor.

It is easy to think of all the ways mint can be used around the holidays, such as in sweet holiday treats such as cookies, fudge and candies.

But mint also makes a wonderful addition to warm-weather foods. If you are looking for new ways to try mint, here are a few recipes.

Vietnamese fresh spring rolls

2 ounces rice vermicelli
8 rice wrappers (8.5 inch



Chocolate mint is a unique twist on the traditional mint flavor and is a tasty addition to drinks or holiday treats.

diameter)

8 large cooked shrimp - peeled, deveined and cut in half

1 1/3 tablespoons chopped fresh Thai basil

3 tablespoons chopped fresh mint leaves

3 tablespoons chopped fresh cilantro

2 leaves lettuce, chopped

4 teaspoons fish sauce

1/4 cup water

2 tablespoons fresh lime juice

1 clove garlic, minced

2 tablespoons white sugar

1/2 teaspoon garlic chili sauce

3 tablespoons hoisin sauce

1 teaspoon finely chopped peanuts

Directions: Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side.

Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.

In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce. In another small bowl, mix the hoisin

sauce and peanuts.

Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

Tangy fruit salad

1/4 cup raspberries

1/4 cup blueberries

3 Honey crisp apples

2 sprigs apple-mint

2 sprigs pineapple-mint

3 cups raspberry juice

Directions: Peel, core and cut the apples into wedges

Rinse raspberries and blueberries

Mix with apple in a large bowl

Pull leaves from mint and add with raspberry juice in a medium sauce pan. Allow to simmer over low heat to reduce the juice into light syrup. Stir occasionally.

When juice has a syrup light consistency, remove from heat and strain out the mint. Then allow the syrup to cool before pouring over the fruit.

Mint and parsley pesto

1 cup fresh mint leaves

1/2 cup fresh parsley leaves

1 clove garlic

2 tablespoons pine nuts, toasted

2 tablespoons grated Parmesan

3 tablespoons extra-virgin olive oil

Kosher salt and ground pepper

Directions: Pulse mint, parsley, garlic, pine nuts, and Parmesan in a food processor until coarsely chopped. With machine running, add oil in a steady stream. Season with 1/4 teaspoon salt and pepper to taste.

Serve this sauce over whole grain penne pasta for a light summer meal.

A little twist to peaches and cream proves to be a healthy snack.

Served as a fruity dessert or snack, a creamy Peachy Frozen Yogurt delivers a double dose of peach flavor and only 1 gram of fat per serving.

Peachy Frozen Yogurt

1 bag (10- to 12-ounce) frozen sliced peaches

2 containers (6 ounces each) low-fat peach yogurt

1 tablespoon sugar

1. In food processor with knife blade attached, process frozen peaches until finely shaved. Add yogurt and sugar. Process just until smooth. Serve immediately. Serves four.

2. If not serving right away, pour into 9- by 9-inch metal baking pan; cover and freeze one hour for best texture.

¥ Each serving: About 130 calories, 1g total fat (1g saturated), 6mg cholesterol, 50mg sodium, 28g carbohydrate, 2g dietary fiber, 4g protein.

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Rhubarb – it isn't just red sour celery

A versatile veggie, rhubarb can be used in all kinds of recipes

By **ASHLEY KIM**
Staff Reporter

Rhubarb will make your taste buds dance this spring.

"Rhubarb is very tart. So some people really like it for its tartness, or for some people it's kind of a surprise," said Carmen Palmer, who is the communications director for the city of Sumner and has great knowledge of rhubarb.

Sumner calls itself the Rhubarb Pie Capital of the world. People have been growing rhubarb in Sumner since the 1890s. The Washington Rhubarb Growers Association is headquartered in Sumner where farmers raise rhubarb both in hothouses and the field year-round.

Every summer, a rhubarb festival events are held. People can explore rhubarb art and try rhubarb pies at the festival in Aug. 3-4. For more information, visit the website at sumnerfestival.com.

Rhubarb is a perennial plant that grows during spring and summer and die in the winter. It re-grows again the next spring and summer.

Rhubarb is a vegetable. The but the leaves on the stalks should not be eaten because they contain oxalic acid which can cause illness.

Rhubarb stalks offer many nutrients such as vitamin A, vitamin K, vitamin C, folate, protein, calcium, and riboflavin. Rhubarb has the least calories of all vegetables.

Although rhubarb season is spring and summer, thanks to technology rhubarb is available year long.

"We grow rhubarb in De-



Although the leaves are poisonous, rhubarb stalks can be served in several delicious ways.

cember through February in hothouses. They grow it outside for a period of time and transfer the rhubarb to the hothouse. Field rhubarb season starts May through July," said Palmer.

Palmer explained what to expect when you encounter rhubarb.

Rhubarb has both the texture and the look of celery, she said.

"Some people like to call rhubarb red sour celery. But the taste of course is not celery," said Palmer.

Rhubarb can be used both in savory and sweet dishes, she said.

"People use rhubarb in salad vinaigrettes. One of our restaurants here in town uses rhubarb

in a vinaigrette seasonally," said Palmer.

"It will be very adventurous and exciting to use rhubarb in a savory dishes. You are seeing a lot of people experimenting with rhubarb. I had a piece of salmon that had been marinated in rhubarb butter," said Palmer.

Sweet and warm spices pair well with rhubarb.

"You can use rhubarb in pastries, with a little cardamom spice and sugar. You put the rhubarb on top of the pastry and just bake it for 12-15 minutes," said Palmer.

Cardamom spice, sugar, nutmeg, cinnamon spice, and other warm flavors all work.

Rhubarb also works well

with fruit.

"A lot of people like to combine rhubarb with other ingredients such as strawberries to combine the sweet and the tart," said Palmer.

"Some people will claim the strawberries ruin the rhubarb and should be just rhubarb pie," said Palmer.

Rhubarb is not difficult to cook, Palmer said.

"You can soften the rhubarb by sautéing, or boiling it down so you can make a rhubarb syrup. Rhubarb growers use rhubarb syrup with soda water to create a flavored soda. A bar that I know serves rhubarb mojitos," said Carmen Palmer.

Boil the rhubarb with sugar and strain out the chunks and you're left with syrup, she said.

You can drizzle the syrup over ice cream, waffles, pancakes, toast, or use to make flavored drinks.

Try some of these exotic rhubarb recipes this spring.

Rhubarb Turkey Sandwich

4 ciabatta rolls
4 provolone cheese slices
3 rhubarb stalks
½ cup of sugar
Lemon
½ cup of mayo
Arugula
Turkey breast sliced
1 stick of butter (room temperature)
½ teaspoon fresh thyme leaves

Directions: Take the room temperature butter, ½ tablespoon of thyme and mix in a bowl to make flavored butter. Set aside.

Meanwhile, heat a sauce pan on medium high.

Chop the rhubarb stalks into ½ -inch pieces and add the rhubarb, sugar, and half the juice of lemon. Let boil until the rhubarb has broken down and the mixture has thickened, about 20 – 25 minutes.

Turn off the heat and let the rhubarb sauce cool completely.

Cut the ciabatta rolls in half and lather with the herb butter mixture. Grill on high heat on a grill pan for about one to two minutes or until grill mark is visible.

Spread a little mayonnaise on bottom roll and place two to four slices of turkey. Then add one slice of cheese, arugula lettuce, and spread a good amount of the rhubarb mixture on the top roll and serve. You can serve an extra side of the rhubarb sauce to dip.

The sweet and the savory will be the perfect balance.

Rhubarb Shrimp Salad

¼ cup cranberries (dried)
½ cup croutons
2 romaine lettuce
Lemon
2 cloves of garlic
1 tablespoon parsley
1 teaspoon butter
Salt
Pepper
15-17 shrimp (deveined and peeled)
2-3 rhubarbs stalks
½ red onion
Your choice of dressing, preferably Italian dressing

Directions: Heat a large skillet on medium high.

Add 1 teaspoon of butter and garlic and cook for about 20 seconds. Add the shrimp, parsley, salt, and pepper.

Cook until shrimp turns pink, about two to three minutes and squeeze half a lemon on the shrimp and turn off the heat.

Meanwhile, wash the romaine lettuce and chop into one inch pieces.

Slice the red onion, and chop the rhubarb into small bite-size pieces.

Mix all the lettuce, onion, shrimp, cranberries, crouton, rhubarb and dressing.

Serve immediately.

Fresh lemon bars are an easy, classic taste treat

Lemon bars are a classic American sweet that has been winning over kids and adults for years. Our recipe is super-simple, with a crispy cookie bottom and a tangy lemon custard.

Lemon Bars

1 1/2 cups all-purpose flour (see step 2)
3 tablespoons all-purpose flour (see step 4)
1/2 cup confectioners' sugar (see step 2)
1 tablespoon confectioners' sugar (see step 5)
3/4 cup (1 1/2 sticks) mar-

Good Housekeeping

garine or butter, cut into small pieces

2 large lemons
3 large eggs
1 cup granulated sugar
1/2 teaspoon baking powder
1/2 teaspoon salt

1.)Preheat oven to 350 F. Line 13- by 9-inch metal baking pan with foil; lightly grease foil.

2.) In medium bowl, combine

1 1/2 cups flour and 1/2 cup confectioners' sugar. With pastry blender or two knives used scissor-fashion, cut in margarine or butter until mixture resembles coarse crumbs.

3.)Sprinkle crumb mixture evenly in pan. With floured hands, firmly pat crumbs onto bottom of pan to form a crust. Bake crust 15 to 17 minutes until lightly browned.

4.)Meanwhile, grate peel from lemons to equal 1 teaspoon and squeeze juice to equal 1/3 cup. In large bowl, with mixer at high speed, beat

eggs until thick and lemon-colored, about 3 minutes. Reduce speed to low; add lemon juice, lemon peel, granulated sugar, baking powder, salt and remaining 3 tablespoons flour, and beat until blended, occasionally scraping bowl.

5.)Pour lemon filling over warm crust. Bake 15 minutes or until filling is just set and golden around edges. Remove pan to wire rack. Place remaining 1 tablespoon confectioners' sugar in sieve and use to sprinkle over warm filling. Cool completely in pan on wire rack.

6.) When cool, cut lengthwise into 3 strips, then cut each strip crosswise into 12 bars. To store, cover pan and refrigerate.

Each serving: About 90 calories, 4g total fat (1g saturated), 18mg cholesterol, 90mg sodium, 12g total carbs, 1g protein.

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

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King County aims to curb smoking at colleges

King County health officials are targeting smoking on college campuses

By ROSALEE VITENTE
Staff Reporter

King County's smoke-free policy hopes to decrease smoking at college campuses.

Last year, the King County Public Health Board won a grant from the Communities Putting Prevention [CPPW] to Work to create a prevention program for the King County area.

The program aims to curb tobacco use and addiction, exposure to secondhand smoke and to support effective cessation efforts.

"The CPPW grant was provided to address the leading causes of death and disease in the county – tobacco use and obesity. Tobacco use is still the leading cause of preventable death in King County, causing almost 1,800 preventable deaths and over \$340 million in medical expenses each year in the county," said Caroline Hughes, the smoke-free program's officer.

"While tobacco use in King County is relatively low at just under 12 percent, tobacco use disproportionately affects some of our most vulnerable populations," said Hughes.

"Such as low income, minority, immigrant and LGBT [Lesbian, Gay, Bisexual, and Transgender] populations. As



Austin Seeger/THUNDERWORD

Smokers gather in Highline's designated smoking areas. Although King County has seen a reduction in public health risks, Highline is not involved in the smoke-free program.

well as those with no more than a high school education."

"Since the program has started, 12 cities in King County have tobacco-free or smoke-free policies in place, protecting over 1 million residents from exposure to secondhand smoke. Almost 130 vendors participating in the 2011 PrideFest, 100 percent of the vendors, implemented tobacco policies for their worksites. Four churches in Federal Way established tobacco-free campus policies for the congregation," Hughes said.

"Twenty-five teens observed tobacco use in their communities, talked about the impact of

tobacco use with their peers and learned how to use their voices to speak with politicians and policy makers about smoke-free places like parks and housing units."

Seeing such an improvement throughout the county, program officials decided to refocus on college campuses. Colleges and universities are situated to fight the tobacco industry's efforts to endorse smoking for young adults. Young adults, considered to be ages 18-24, are transitioning from being youths to becoming adults.

Tobacco companies take full advantage of this age group be-

cause they are vulnerable to experimenting with things such as smoking, Hughes said.

The Tobacco-Free Colleges and Universities project mainly focuses on supporting campus' in their efforts to advance a tobacco-free or smoke-free campus policy.

The projects work closely with their campus partners to increase campus-wide awareness on tobacco issues - not only about the health effects of tobacco, but also the environmental impact of tobacco, and societal/global implications of tobacco use, Hughes said.

"Our ultimate goal is to im-

prove the health and well-being of students, staff and faculty," said Molly Ryan, project officer for tobacco-free colleges and universities. "Smoke-free policies have been shown to prevent young people from starting to smoke and help current smokers quit or cut back on their smoking," said Ryan.

"These policies not only reduce harm from the use of tobacco products and from secondhand smoke, but they provide an environment that encourages people to be tobacco-free, establish a campus culture of wellness, and promote a tobacco-free future," Ryan said.

The CPPW grant won by King County in the spring of 2010, began affecting the community shortly after the County received the funds.

Many grantees' projects ended March 2012, with some continuing on extension through 2012, including technical assistance to cities to develop tobacco-free or smoke-free policies. This work is slated to end Sept. 30, 2012.

"We are working closely with five campuses — all of which are at different places in the policy change process," Ryan said.

"One community college is set to adopt a 100 percent tobacco-free campus policy in the coming months," she said.

"On all campuses, we are working to increase awareness and support for tobacco-free or smoke-free campus policy and I anticipate at least two campuses will adopt policy in the 2012-2013 school year."

Highline is not currently involved in this program.

Dean candidate wants to bring teamwork to Highline

By KEVIN KENISTON
Staff Reporter

Collaboration and teamwork are important keys to being successful in both college and career said a candidate for associate dean of counseling and judicial affairs.

Dr. Garret Gilchrist is one of five finalists for the associate dean position at Highline.

"It takes a team," said Dr. Gilchrist. "It is clear that Highline greatly values team, community collaboration, and inclusivity."

He said that these aspects of are valuable in any educational setting because teamwork and collaboration build a constructive environment.

"I've deeply enjoyed the warmth of the campus community, and hospitality of each of the faculty, staff, and students

I've met," said Dr. Gilchrist.

Dr. Gilchrist has a doctorate of Philosophy in Clinical Psychology from Seattle Pacific University.

He has more than five years of experience counseling at universities.

He also worked as a psychology associate at Western State Psychiatric Hospital.

Dr. Gilchrist is a psychologist at Pacific Lutheran University where he is co-chairman of LuteFit, a health and wellness committee at PLU.

It focuses on being more than physically fit, including emotional and social wellness.

Sports psychology and body image issues are two things that Dr. Gilchrist is particularly interested in.

He has published multiple articles regarding male and female body image issues and

also participates in national and local presentations.

Dr. Gilchrist focuses on mind, body, and spiritual health.

He also has experience working with addiction and substance abuse.

The associate dean of counseling and judicial affairs is responsible for providing counseling services for students as well as various other methods for supporting Highline students.

Vice President of Student Services Toni Castro has said that, "it is a high level administration position." Castro also pointed out that campus opinion matters in this situation.

This new associate dean position has been created as a means of filling the gap created by Lance Gibson's retirement from his position as director of counseling, testing, and career development.



Austin Seeger/THUNDERWORD

Dr. Garret Gilchrist says that teamwork is essential to a productive college life.

Managing Federal Way is a frugal operation, says mayor

By JOSH NELSON
Staff Reporter

Federal Way is the archetypal representation of the challenges suburbs in America face, said Federal Way's Mayor Skip Priest.

"It's too expensive for the working class to live in the Seattle," said Priest. "So we've seen this migration into the suburbs. But those people that live in the suburbs need to get to their jobs in other cities."

Priest claimed that Federal Way has seen an increase in the number of students that qualify for free and reduced lunches, a jump from 28 percent to 53 percent in the last 6 years.

"It falls on the city to maintain the services for these residents," said Priest. "And we are obligated to provide them, even in light of losing 17 percent of city employees."

The key to maintaining services in spite of budget cutbacks is what Priest calls "frugal innovation."

"It means to look at how you're currently doing things and then do it in a way that's more cost effective," said Priest.

For example Priest said that his monthly Legislative Breakfast became a Legislative Coffee



Corey Sun/THUNDERWORD

Mayor Skip Priest says that "frugal innovation" is essential for maintaining Federal Way

fee, by doing so Priest said they saved \$40 per month by not buying donuts.

"The city faces very similar problems to most homeowners," said Priest. "We're trying to keep our home too."

In order to address the problems surrounding public transportation, Priest said that he is consistently in contact with both King County Metro and Sound Transit. Both organizations have buses and shuttles that run through Federal Way.

"It is highly unlikely that we

will see light rail in Federal Way during the next 50 years," said Priest. "But I have been trying to make them [King County Metro and Sound Transit] accountable for fixing our current problem."

Priest said there is standing room only on busses in the morning and in the evening, "...and if you have to catch the bus at noon you won't really be able to find a parking spot."

While Priest did say that King County Metro and Sound Transit have been receptive, he

still feels that they need to find a lucrative temporary solution for the time being.

"The city [Federal Way] has been giving Sound Transit \$12 million a year," he said.

Another challenge that Priest said Federal Way faces is the effective use and placement of City Police.

"Since we've added red light and school zone traffic cams, we have been able to put more police into the neighborhoods instead of at intersections," said Priest. "We've also cut crime

downtown by utilizing bicycle police."

Priest said the added visibility of police has actually lowered crime in the downtown Federal Way area.

But the trade-off for pulling these police from traffic duty has been six cameras throughout the city, which will catch drivers violating red-lights and school zone speed limits.

"We made the focus on high traffic areas and school zones," said Priest. "We've actually seen a decline in T-bones and we've been able to maintain the flow of traffic much better in Federal Way."

Priest mentioned that there is a level of objectivity to the infractions that come in the mail.

"We have an officer review each specific infraction before we send out the tickets," said Priest. "Other cities allow the third-party that operates the cameras to send out the tickets."

Priest said that although sometimes government isn't as productive as it should be, it's the politicians that truly care about their community that get the actual work done.

Local Tuesdays will be returning next week at 10 a.m. in Building 7, featuring State Rep. Tina Orwall, D-Des Moines.

Spark of interest from Puget Sound Energy in Des Moines

By JOSH NELSON
Staff Reporter

Des Moines may have a solution for the currently unused Des Moines Creek Business Park.

Puget Sound Energy is interested in using the land for a new maintenance facility, and hopefully consolidate some of the facilities from the surrounding area.

Just west of 24th Avenue So. and the Des Moines Creek Trail Park, sits more than 80 acres of unused land currently owned by the Port of Seattle.

The business park has become overgrown, with foliage and blackberry bushes. And although there are remnants of residential streets, they have fallen into disrepair and suffered from years of neglect. The lackluster barbed-wire fence is rusted and has lost its intimidation factor.

This land, which used to be a residential area, was bought out by the Port of Seattle in the late 1980s in an attempt to mitigate the noise pollution from the nearby Seattle-Tacoma International Airport.

Basically there is a small piece of the Port of Seattle within the Des Moines city limits.

The Port of Seattle, which is

a separate entity from the City of SeaTac, operates the Sea-Tac Airport because of the international travel that occurs on-site.

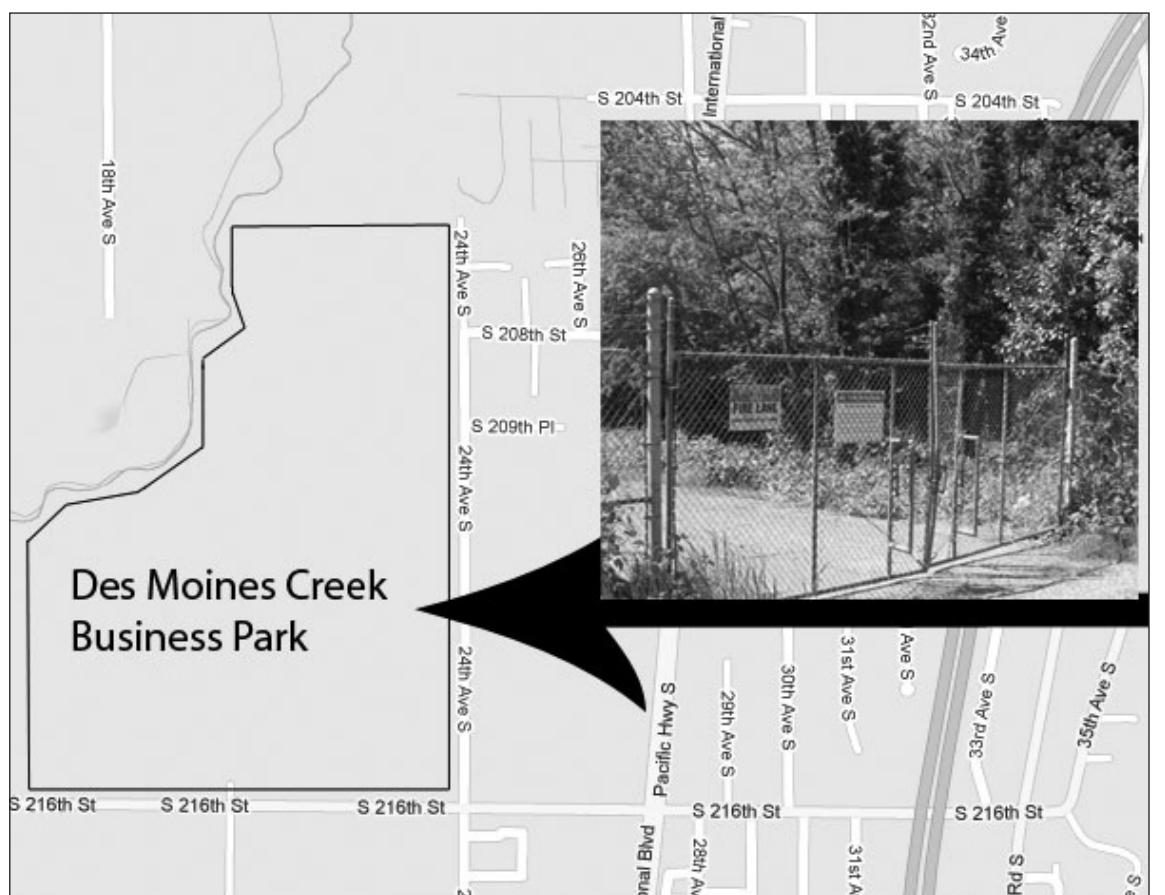
"We've been in discussion with the Port [of Seattle] for the better part of eight years about this particular spot," said Mayor of Des Moines and City Council Member Dave Kaplan. "We have a development agreement with the Port [of Seattle], and we've had a few teases here and there. But ever since the housing collapse, nothing has really happened there."

However, in the near future this may not be the case.

In a recent story by the Daily Journal of Commerce, staff reporter Marc Stiles reported that, "the Benaroya Co. plans to develop a large warehouse and office project for Puget Sound Energy...in the Des Moines Creek Business Park."

Stiles elaborated further by pointing out that the masterplan application for the site claims that Puget Sound Energy wants to relocate some of its facilities from the Kent, SeaTac, and Renton areas.

"I believe this would provide the Des Moines community with upwards of 1,000 jobs," said Mayor Kaplan. "Those people are going to need goods and services within the city and



Josh Nelson and Kaley Ismael/THUNDERWORD

Des Moines Creek Business Park is located west of 24th Avenue So. in Des Moines. The property is surrounded by a fence, which has become overgrown.

Des Moines will have a chance to have good jobs in town."

"We're interested in developing the site but negotiations between Puget Sound Energy and the Port of Seattle Board of Commissioners aren't finished yet," said Terri-Ann Bu-

tancourt, a spokesperson for Puget Sound Energy. "The Port Commission is expected to vote on the issue June 5. We should have a better idea around then. Assuming this actually happens, we'll have a groundbreaking event this summer."

"There is a laundry list of things we have to comply with," said Mayor Kaplan. "It's a collaborative effort between the three separate entities."

For more information the Des Moines Creek Business Park, visit desmoines.wa.gov.

Women's Programs recognizes fifteen award winners

By **DAVID NORWOOD**
Staff Reporter

Women's Programs honored 14 women and one man with Women in Action awards at a ceremony last week.

Women's Programs hosted the ceremony on Wednesday, May 16, in the Mt. Constance/Mt. Olympus conference rooms in the Student Union, to highlight some men and women who have been influential at Highline, who have overcome challenges and been successful.

All the nominees are very active on-and-off campus but each had their own specific reason for being nominated.

"Nominees come from all over campus. We send out a request to faculty, staff and students to nominate someone they feel deserves the award," said Deana Rader, the Director of Women's Programs.

"We choose recipients based on the award," said Deana Rader. "Our focus is on women, but if men meet the criteria of hardworking, dedicated, and focused on education and being a good citizen on-and-off campus, we will award the man, too."

Award winners included:

Sunny Vidangos-Aza: Vidangos-Aza is a Highline student and single mother.

"Sunny consistently volunteered to assist with activities on and off campus and was a mentor to first year students," said Nursing Program Coordinator Teri Trillo.

Megan Johnson: Johnson is a Highline student and the founder of the non-profit organization Megan's Mission.

"Megan Johnson is only 21, she is a writer of children stories. She has helped put four homeless families into homes,"



Shannon Carter/THUNDERWORD

Deana Rader, Judi Dunham, and Emily Hitchens. Dunham (holding the award) works with the Expanding Your Horizons Program and has collaborated with Women's Programs for many years.

said Marie Nguyen, chemistry department coordinator. Johnson was shocked and honored to receive her award.

"I just was really, really surprised; I never expected anything like this," said Johnson. "I'm really thankful for the life that God has given me. This is my last quarter, if I can overcome organic chemistry that is."

Renee Jones: Jones is a single mother and Highline student.

"Renee Jones is incredibly active on campus but that's not why we nominated her. She wrote a personal statement that stopped the class. Of any of the students who have had an excuse to give up it's her and she hasn't listened to any of them," said Barbara Clinton, the Honors Program Coordinator.

Artur Bureacov: Bureacov works in the Highline MaST center and was the only man honored with a Women in Action award.

"I've had the privilege to work with one of the best that

Highline has to offer. We call him MacGyver, if something breaks we ask Artur to fix it," said Rus Higley, an Oceanography instructor and manager of the MAST center.

Cathy Cartwright: Cartwright works in the Academic Affairs office.

"Cathy is a behind the scenes kinda gal, after you leave Cathy's office you always feel better," said Alice Madsen, who also works in Academic Affairs.

Jennifer Granger de Huerta: Granger de Huerta works in International Programs and Grants.

"Jennifer Granger De Huerta saved my life, there's no other way to put it. All the new students called her mom that was because she had their best interest at heart. She really represents the heart of Highline," said Kathleen Hasselblad who works in Academic Affairs and International Programs and Grants.

Nicole Matthews: Matthews

is a Highline student and single mother.

"Nicole Mathews has risen to the top of the students in our [paralegal] program. She is motivated and very, very smart. She has decided to get her AAS and her AA transfer degree and will eventually go to law school," said Che' Dawson, a Paralegal instructor.

Desiree Garcia: works in the Women's Programs office.

"I appreciate everything she has done, she's like a shining star and a little ball of energy," said Emily Cowin.

Tanjerra Brown: Brown works in the TRiO office. Ay Saechao who also works in TRiO Student Support Services, talked about Brown and her involvement with the community and her contribution to the legacy of the TRiO project. The community resource guide that she created is just one of her contributions, said Saechao.

Dana Riel: Riel works in Campus Security.

"Dana Riel wasn't sure if col-

lege was right for her because she had had some learning disabilities in high school. She has had to overcome many challenges since she came here," said Kathy Day, who works in the Financial Aid office.

Lynne Boettcher: Boettcher is a staff member in the Workforce Education office.

"Lynne Boettcher was laid off and that's how Highline got her," said Marybeth McCarthy. Boettcher has been a Highline staff member for many years.

"I have 26 years on Sept. 16. If anyone knows me they know I park in the same spot everyday so I don't lose my car. If my parking spot is taken I just go home," said Lynne Boettcher.

Judi Dunham: Dunham works with the Expanding Your Horizons program and has collaborated with Women's Programs for many years.

She inspires young women to choose nontraditional careers in math, science, engineering, technology, said Jean Munro of Women's Programs.

Marie Harris: Single mother who works in the Educational Planning office. She was nominated by Dana Riel.

Brandi Hunter: Single mother in Women's Programs who was nominated by Keniesha Watson.

Dana Wilson: "This woman is an extraordinary woman, she is the first in her family to get a college degree, she is Dana Wilson," said Mandy Mineard, Highline's graduation evaluator. Wilson showed her appreciation for Highline.

"Highline has been an awesome school to go to. It really is a school that cares about whether you finish. I'm going to go to Central [Washington University] after I finish my transfer degree and the best is yet to come," said Wilson.

Writing Center offers tools and assistance to Highline students

By **SARAH JOHNSON**
Staff Reporter

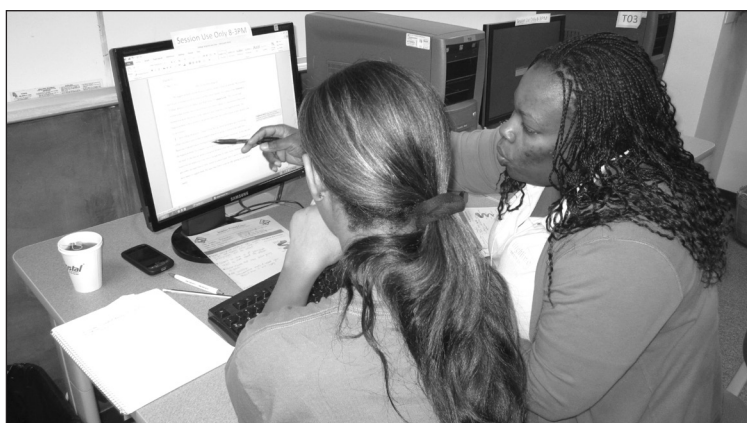
The Writing Center has resources and peer writing consultants for students who would like help with writing.

It is open Monday through Thursday from 8 a.m. to 7:30 p.m.

On Fridays it is open from 8 a.m. to 1 p.m. It is in Building 26, room 319.

The Writing Center provides one-on-one consulting sessions, writing workshops, access to handbooks and handouts, computer use, and a writing-centered atmosphere to keep students focused.

"We read over papers with students and discuss issues. We



Austin Seeger/THUNDERWORD

The Highline Writing Center offers help with your college essays that you won't find anywhere else.

don't fix them for students, we just discuss how to fix them," said Kendra Brown, a peer writing consultant.

Peer writing consultants are

available to help you become more educated about writing no matter what it is you are writing for. Generally there are four or five consultants in the Writing

Center.

"We do our best to orient new Writing Center users, but when students come in expecting that consultants are here as expert answer-givers rather than peer mentors in the writing process, an initial disconnect can happen," said Rosemary Adang, director of the Writing Center.

Appointments with peer writing consultants are available by calling 206-878-3710. Each session lasts 25 minutes, or you can sign up for two sessions to schedule a 50-minute consultation. You may have up to two sessions per day and four sessions per week.

"They are very nice and if you have an appointment, people always help you. Even

if you just walk in you will get help," Highline student, Elohe Belac said.

Another Highline student, Blanca Landin, said she went to the Writing Center to get help with writing an essay that wasn't for a class. She said she likes coming to the Writing Center because they are very nice and help a lot.

"We see the Writing Center as being a center of all student writing, whether for English classes, other classes, a job, program, or university applications; or even their own personal writing interests," Adang said. "Some of the best learning happens at our little round tables and in our small workshop room."

Seattle observatory offers unique views of the sky

By **JACOB YOUNG**
Staff Reporter

The best place to star gaze in Seattle may be at the Theodor Jacobsen Observatory at the University of Washington.

The Jacobsen Observatory is the second oldest building at UW and is open to the public every first and third Wednesday between March and November.

It was built with the remaining Tenino sandstone blocks from Denny hall and it is currently the oldest building at the university.

Since the Levenhagen Observatory at Tyee Educational Complex was torn down five years ago the only place in King county to view celestial objects is at UW.

All of the talks that take place at the Jacobsen observatory are done by UW undergraduate students majoring in either astronomy or physics. The talks are aimed more towards young-



Theodor Jacobsen Observatory is one of the oldest buildings at the UW.

er audiences mainly at the high school level.

"TJO is our venue for astronomical educational public outreach - bringing astronomical knowledge to our visitors young and old," said Dr. Ana Larson, head of the Astronomy Department UW.

Since the Jacobsen Observatory classroom only holds 45 seats, reservations for the presentations are highly recommended. Anybody who wants to view the night sky when nights are clear is welcome to come in during operating hours. To get there go to Northeast 45th Street and 17th Avenue North-

east Seattle, WA 98195.

"The hours are 8 - 10 p.m. April and Sept.; 7 - 9 Oct.; 9 - 11 p.m. May, June, July, Aug. There really isn't a length to any observing session," said Dr. Larson.

If any questions arise while you are at the observatory, you are in luck. The Seattle Astronomical Society will be attending every session to answer questions.

If a talk has been filled and you can't find a seat, you can still speak to someone from Seattle Astronomical Society who'll be there and ask for permission to look through the

telescopes if the night is clear.

To view the night sky or hear the presentations, one must show up. There is no charge to come in. Even if it rains and the night sky isn't viewable, you can still sit down and enjoy a talk.

"We always have a talk (or talks) on an astronomical topic, no matter the weather. Plus, we have additional activities set up under awning tents where we explain spectra, make star finders, learn about the solar system, discuss use of telescopes," said Dr. Larson.

To look at the celestial objects, the Jacobsen Observatory

has five telescopes to use. Each viewer has a couple minutes to use each scope before they have to move on.

"As we have a number of telescopes that visitors can view through: the 6-inch refractor in the dome, an 8-inch Meade SCT, a 5-inch Meade refractor, and a 3-in refractor and sometimes a 6-inch Newtonian. I would guess each visitor gets maybe five minutes total looking directly at objects, and over an hour asking questions, engaging in discussions, and doing the activities [and listening to the talk]," said Dr. Larson.

The Jacobsen Observatory is a venue for astronomical education and outreach.

All the presentations and activities are done by volunteers and donations are highly appreciated.

If the University of Washington is a little too far for you to travel there are other options.

The Pettinger-Guiley Observatory, located on 6103 132nd St. east Puyallup, is the largest privately owned observatory in Western Washington.

The Pettinger-Guiley has a 15-inch refractor scope and is run by the Tacoma Astronomical Society. The observatory also has a multimedia presentation room known as the Moon Room. It is open every other Saturday each month and the Moon Room shows are presented hourly throughout the evening. There is no cover charge.



Dr. Ana Larson

Astrology can be entertaining but inconsistent, students say

By **JESSE LEAUPEPE**
Staff Reporter

Here's your horoscope for the coming week: Some of you will believe in astrology and some of you won't.

Highline students have a mixture of opinions on the topic. Some said that they believe strongly in astrology, while others didn't really know what it was. There were also students who said they just read their horoscopes for fun and some that said it's superstitious and witchcraft. Highline student Davina Fuiava is not alone when it comes to what she thinks about astrology.

She doesn't necessarily agree with it, but she does look at her horoscope for fun. It's like a fortune cookie to her, she said.

"I read it sometimes for fun," said Rigan Rai.

A few other students had responses that were similar, saying that they look at their horoscopes, but just for fun.

An anonymous student said that he reads his horoscope just

to see if it will come true. Another said that she reads it just to see if her feelings are actually based off of it.

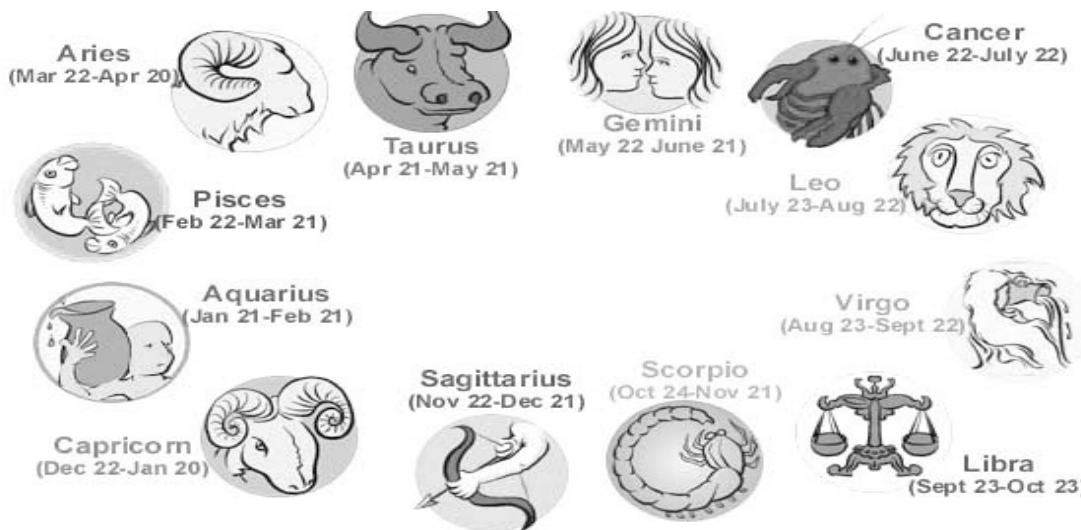
"I read it because I want to know my fortune," said Mika Suga.

Astrology, the art of the stars, deals with how stars influence the daily lives of people. The position of the sun, moon, and the planets at the time a person is born is believed to affect their personality, fortune, relationships, as well as other aspects of their life.

"I believe in astrology because it's very interesting and it also connects to our religions. I'm a Sagittarius and I agree with it because I was born with it," said Tee James Sucheta.

"I am a Libra and I believe because sometimes it makes sense," said Mayumi Kumagai.

An anonymous student said that they believe in it because it's true most of the time and that it actually correlates with how they feel on certain days. It also shows their capability of certain things.



The 12 zodiac signs that supposedly decides how your day will go before it even happens.

"I find it very interesting, and do believe the stars themselves tell stories. I just think it gives fun info," said LB.

On the other hand, there were also some students who had opposite opinions on astrology.

"I don't believe in it because I have my own belief and religion," said Davina Fuiava.

"It doesn't make sense and it's circumstantial. No one thing is true for everyone," said Allysia Romo-Evans.

Students who said they don't believe in astrology said so because it either conflicted with their religion or even because it just seemed so superstitious.

"It's not scientific and it doesn't say true things. The horoscopes usually say flattering general information and it's too skeptical. I don't read mine because I have other stuff to read," said Svetlana Slobodchikova.

Another anonymous student

said with complete certainty that they don't think it's helpful because it's not real. Other students didn't really have such strong opinions on the subject.

"I don't have time to look up into the sky," said Shawn Juarez.

A couple of anonymous students said that they didn't even know what astrology was, therefore they didn't really know whether or not they agreed with it.

Ledbetter encourages women to get politically involved

By ALISA GRAMANN
Staff Reporter

Lilly Ledbetter said that she will not purchase Goodyear tires for her car. And she knows tires.

Ledbetter, a former employee of Goodyear, won a landmark case against gender-related pay discrimination, and had a bill passed and named in her honor in 2009.

Ledbetter spoke on campus last Friday to a group of about 80 people, mostly older women who were members of the American Association of University Women, a nationwide organization dedicated to equality for women.

One woman, during a question and answer session, asked what kind of tires Ledbetter has on her car.

"Not Goodyear," Ledbetter said, drawing chuckles from the audience.

Ledbetter, an Alabama native, put 19 years of work into Goodyear, and found out from an anonymous note that she was being discriminated against, due to her gender, in the form of paychecks.

Goodyear employees were told that discussion of pay could result in loss of the job, Ledbetter said, which was why she was unaware of the discrimination.

"The guys got the money increase, I did not," she said. "I went to work one night and I got this piece of paper in my box." The paper listed the salaries made by her and her three male counterparts, highlighting how much less she made.

"I had lost a lot of money. That was the first thing that hit me," Ledbetter said.

"I was not only shortchanged for the years I worked," Ledbetter said, but also in terms of her retirement plan.

Ledbetter said that, because of pay discrimination, women do not have the same ability to comfortably retire, which is available to male employees.

Once Ledbetter found out that she was being discriminated against, she said that she told her husband that she wanted to



Alisa Gramann/THUNDERWORD

Ledbetter signs copies of her book, Grace and Grit, which encourages women to get politically involved and take a stand against gender-related pay discrimination.

pursue the discrimination in court.

"He said, 'What time do you want to leave?'" Ledbetter said.

Ledbetter said that her case going in was very strong. However, it took four different lawsuits — and three losses — for her to win her case.

"[But] the law was on my side," Ledbetter said.

Initially, she was to be compensated \$3.8 million.

"[But] I was only entitled to \$300,000," Ledbetter said, due to a cap that limits recompense awards.

"The cap was put on by Congress in 1991," she said. "We need that removed."

"There is not a big payoff in a case like this," Ledbetter said, especially once taxes are taken out and attorneys are paid.

Additionally, compensation pay only extends back for two years, Ledbetter said, but employees who are being discriminated deserve to be fully compensated for overtime hours and retirement money.

During Ledbetter's various trials, other women who had been discriminated spoke up, as did one African American man who was also discriminated against.

Nine years after Ledbetter began the battle, she finally re-

ceived the positive verdict she sought, as well as the passage of the Lilly Ledbetter Bill, which was introduced in 2007.

However, Ledbetter said she is still fighting. The Ledbetter Bill, she said, only renews an employee's right to file a charge within 180 days of receiving a discriminatory paycheck. Ledbetter said the next step is passing the Equal Pay Act — which would bring harsher punishments upon companies engaged in pay discrimination and curb such discrimination.

"That bill [the Equal Pay Act] has been worked on for 15 years," Ledbetter said. "That's why it's a miracle that the Ledbetter Bill passed in 18 months."

Ledbetter's victory and the passage of her bill were bittersweet, because while she was away in Washington, D.C., her husband, who had two back surgeries and suffered from cancer, died.

However, her husband, she said, always supported her in her battle.

"He insisted I go," she said.

Ledbetter said that she had several reasons for pursuing the case all the way to its completion.

"I needed that money, my family needed that money," she said. "I don't know anybody,

myself, who works just for the fun of it."

"I knew that I was entitled to equal pay for equal work," she said. "It's something that each American is entitled to."

"I should have been in the ball park, but I didn't even feel like I made it to the gate," Ledbetter said.

She also pursued the case on behalf of all workers exposed to pay discrimination.

"For me, it was about what was right," Ledbetter said. "If you give a good day's work, you get a good day's pay."

"It wasn't part of my plan to have my name on a Supreme Court case, or an act of Congress," she said.

In fact, fewer than 35 bills are named after an individual, Ledbetter said.

"I had never done anything like this before," she said. "But I have been so blessed to have these opportunities."

Ledbetter said that more women need to be involved in politics for pay discrimination to end.

"This is important to get an even keel," she said. "We've got to get more young women involved in politics."

She said that in more and more households, women are becoming the primary breadwinners.

"[But] the women are struggling," Ledbetter said. "They start women, and minorities, out much lower than they pay the men."

Ledbetter said that when she began to pursue the case, she didn't have much support from officials.

"They told me I was listening to too much BS from the men," she said.

But Ledbetter fought to make a difference, and will continue to fight, she said.

"That's why I get up every morning," she said.

"[Pay discrimination] is wrong. It's unjust. It's a shame we do that in this country," Ledbetter said. "[But] we're making progress, slowly but surely, in this nation."

When Ledbetter discovered she was being discriminated against, she thought it was just a problem in the south, she said.

"It's nationwide," she said. "It will affect your life."

Ledbetter said that her ordeal has led to many honors.

"Back home I get introduced in the same sentence with Rosa Parks," she said. "It's a great honor."

Also, Ledbetter was nominated by a young male college student from Tennessee, and was inducted into the Women's Hall of Fame in 2011.

Ledbetter said that her course of action changed her life.

"That's what I was living, that American Dream. Or so I thought," she said. "When I made that decision [taking the case to court], it changed the course of my life."

"I knew it was time to take a stand," she said.

Ledbetter said that taking the case to court eventually gained her many friends.

"Now I know what it's like to win the lottery," she said.

"Sometimes life throws us curveballs," Ledbetter said. And while most people don't ask for curveballs, or even want them, when they come, they must be dealt with.

"[Just] hold your shoulders back and your head high," she said.

Ledbetter said that there is still much to do toward ending pay discrimination.

"We should put pressure on the Republicans and the Democrats alike, because this is only a human right," she said. "One person can start that battle, but to win that war, it takes a whole lot of you."

"We should put pressure on the Republicans and the Democrats alike, because this is only a human right,"

-Lilly Ledbetter,
Lobbyist and Women's Equality Activist



Student overcomes tragedy to study at Highline

By **ANGELA STONE**
Staff Reporter

Charles Cerisier skipped school to live another day.

Cerisier, now a Highline student, lived in Port-au-Prince, Haiti when the earthquake hit on Jan. 12, 2010.

It was 4:53 p.m. and Cerisier was supposed to be at school, he said. He had finished at the high school for the day, but Cerisier was supposed to attend class that evening at the America English School, "to learn the language."

He lived in a one-story house with seven other family members, cousins and aunts.

"I was almost on my way to school," Cerisier said. "I was walking to the door and it started shaking."

"[I] run back in and shut the door," Cerisier said.

He didn't know where to go. "That was the [first] experience," Cerisier said.

Most people in Haiti had never experienced a large earthquake. Cerisier didn't know where to go, or what to do, so he

hid under his bed.

Under his bed he "just [heard] things falling down," Cerisier said.

The quake lasted for "four to five minutes," Cerisier said.

He said it was dark and he couldn't breathe for a minute. Cerisier had to move some rocks, rubble and bricks away so he could breathe.

"I was yelling, and crying," he said. "No one could hear me... I was just waiting to pass by [die]."

People from the community "found me after three days," Cerisier said.

After being dug out of his old house, Cerisier said he found out that his "auntie was seriously injured," and that two of his cousins who were in the house with him had died.

Everyone at Cerisier's school died, and one of his good friends committed suicide when he found his whole family dead.

Despite the tragedies Cerisier experienced, he said he doesn't want to be seen as a survivor. Cerisier just wants to be treated like everyone else.



Haiti is located south of Cuba in the Caribbean Sea.

Cerisier came to America 17 months ago because he has family here.

He is currently attending

Highline to earn his degree in computer engineering, and has enlisted in the U.S. Army, where he plans to use his degree

when he graduates.

Cerisier said that sometime he would like to go back to Haiti, "but not right now."

Geologic catastrophes bring up many questions, professor says

By **HIEN HONG**
Staff Reporter

Geology, the study of the earth, can really shake up history, said Highline professor Dr. Eric Baer.

Dr. Baer, who teaches geology, spoke about geologic disasters in history at last Wednesday's History Seminar.

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

Dr. Baer talked about the Great Lisbon earthquake, the Great Kanto earthquake, the eruption of Mount Tambora, the eruption of Thera, and the earthquake of Nicaragua.

In general, disasters can make people question nature and how much control they actually have over it, said Dr. Baer.

In 1755, The Great Lisbon earthquake hit Portugal. After the earthquake, the Catholic majority of the nation felt they were being punished by God and there was a disheartening movement away from the Age of Enlightenment, Dr. Baer said.

The Age of Enlightenment was a cultural and intellectual movement in Europe that focused on advancing scientific thinking and reasoning. Following the earthquake, People began observing that God was



Dr. Eric Baer

not orderly and calamity cannot be predicted, he said.

In 1923, the Great Kanto earthquake hit Japan. The aftermath may have led to a precursor of World War II, Dr. Baer said.

Either the United States did not offer enough disaster relief or Japan was too stubborn to accept the aid. As a result, the United States made anti-immigration policies and Japan decided on isolationism and militarism.

In 1815, Mount Tambora erupted in Indonesia, killing 90,000 people and covering the area in darkness for three days. The massive eruption released chemicals that blocked the sun's energy, which depleted the energy needed for crops to grow,

and led to famine in the United States, Europe, and India.

"Maybe without that geological event, history would be very different," Dr. Baer said of how these disasters can affect history.

However, it's "not a one-to-one," Dr. Baer said of the disasters being the only causes of events in history.

"Was this something that changed the course [of history]?" Dr. Baer asked, presenting the question geologists try to answer about disasters they study.

The question could be applied to a disaster such as the Minoan eruption of Thera.

The eruption of the volcano happened where the Greek island Santorini is located. Although the exact dating is unclear, it's about 1500 BCE from artifacts, Dr. Baer said.

When the volcano erupted, "it left a big, gaping hole underneath the ground," Dr. Baer said.

The island was flooded by a big tsunami after the eruption and left a ring of land around the center of the volcano, he said.

Before the eruption, the island was a Minoan trade port.

The Minoan civilization was prosperous from sea trading routes.

"They were the interstate highway system," Dr. Baer said.

However, "that tsunami really hurt them," and "led to their demise," Dr. Baer said.

After the downfall of the Minoans, the Greeks replaced them.

Perhaps the language we speak today would be completely different, Dr. Baer said, recalling that the Greeks had a significant impact on history.

Sometimes, disasters can also impact politics, Dr. Baer said.

"[It] doesn't have to be big, but if it happened at the right time and at the right place," then it could really impact people, Dr. Baer said.

In 1972, a 6.2 magnitude earthquake rumbled underneath the city of Managua, Nicaragua.

At the time of the earthquake, the Somoza dynasty was in power. Since 1960, a rebel group called Sandinista National Liberation Front (SNLF) had been trying to take over.

It was during the Cold War and it was a proxy war between the United States and the Soviet Union. The Somoza dynasty was supported by the United States and the rebel group was supported by the Soviet Union.

"They weren't really strong until that earthquake happened," Dr. Baer said.

After the earthquake happened, 55 percent of the city population left.

"They went to the countryside," Dr. Baer said.

The rebel group was located in the countryside when the earthquake hit. The massive migration after the earthquake awakened their power, he said.

"Starting in '74, they started to have real power," Dr. Baer said.

In 1979, the rebel group overthrew Nicaraguan leader, Anastasio Somoza Debayle, and established a new government.

There isn't an absolute cause for the effect, but if the earthquake didn't happen when it did, the proxy war might have unfolded differently, Dr. Baer said.

So just how much is in our control when it comes to nature? Dr. Baer asked.

"We think if we did something this way... That it may change things," Dr. Baer said, but we might not have that much control.

Regardless of how tragedy or change can explode suddenly into our lives, another question Dr. Baer asks is, "What can we do to be more resilient [from these disasters]?"

The next history seminar will feature Highline professor Ruth Fricke speaking about the history of mental illness treatment on May 30 from 1:30-2:20 p.m. in Building 19, room 101.

Students

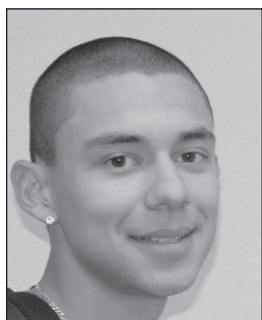
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U.S.” said Gabriela Osorio, President of the United Latino Association (ULA).

Osorio said anyone who doesn’t live in the U.S is called by their country name, like people from Brazil are Brazilians, people from Mexico are Mexicans, and people from Spain are Spaniards.

Hispanic/Latino students said they are motivated to keep striving for a good education whether or not they have parents that went to college.

Aaron Velasco is a first generation college student.



Velasco

He is the first one in his family to receive a high school diploma and also the first one to attend college.

Velasco said it’s a struggle just trying to get an education. He spends two hours every day on homework.

Highline students Luz Estrada and Gabriela Osorio are also the first in their families to attend college.

However, Highline students Chris Alcantar and Juan Cervantes both have parents that went to college.

“My parents have the same expectations from me,” said Cervantes.

Culture is another challenge that Hispanic/Latino students face.

As a Latino student, Cervantes said he faces language and culture barriers. Family is important in the Mexican culture, he said.

“I’d rather spend one hour with my brother, than one hour on homework,” said Cervantes.

He said it’s difficult to balance family, school, and work.

For Highline student Chris Alcantar, his challenges are mainly school related.

Alcantar said high school wasn’t working for him, but he is now working hard to maintain his current 3.8 GPA.

Some Hispanic/Latino students say some of the challenges they deal with are stereotypes.

As a Mexican-American student, “Sometimes people underestimate you,” said Cynthia Villegas.

“People say that Latinos are lazy and not smart and that they always drop out,” said Osorio.

Osorio said she has broken the stereotypes for Latinos.

She was the co-founder for the Latino Club at Tyee High



Alisa Gramann/THUNDERWORD

Members of the United Latino Association stick together to overcome stereotypes, as well as other challenges, in their lives.

School in Tukwila, she was vice president of the United Latino Association at Highline last year, and she is the president of the United Latino Association this year.

Latino/Hispanic students have the same goals as other Highline students.

“Just being a Latino makes me want to succeed,” said Velasco.

“I live in Maple Valley and there’s a lot of white people there. If you walk into the fire station, all you see is pictures of white firefighters. I want to be the first firefighter there that’s brown,” said Velasco.

Cynthia Villegas said she is working hard to succeed; she spends about three to four hours daily on homework.

“The way that my parents have put so much effort into putting me into private schools and putting my education first, I wouldn’t want to disappoint

them,” said Villegas.

“I want to have a better life,” said Juan Cervantes.

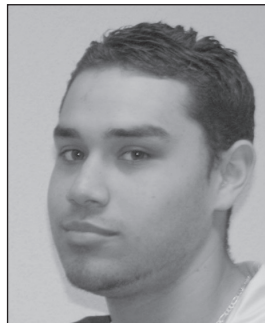
Cervantes has attended Highline for two quarters. He is 18 years old and wants to become an ultrasound technician.

Chris Alcantar said he wants to pursue a career in the criminal justice field.

“I want to better myself, I want to be a role model for my younger brothers,” said Alcantar.

Luz Estrada also wants to be an example for her siblings.

“I want to be an example for my younger sisters and have a



Alcantar

different future from my older siblings,” said Estrada.

“I just want to have a better future as opposed to my parents. They are really old fashioned. I want to be educated and have more education on how to communicate with people well,” said Estrada.

“I want to buy a house for my mom and be rich,” said Rodriguez.

Highline student Jesus Castro said money makes him want to succeed.

Osorio said she wants to pursue a career in education.

She has attended Highline for two years and is the first member of her family to attend college.

“I just want to show people that it is possible. Yes we can. Si se puede,” she said.

“Don’t let statistics pull you down, show them that you’re not just another number,” Osorio said.

Geology students display the gems of knowledge they’ve dug up

Highline’s geology students will be highlighting their quarter’s worth of research via posters next week.

Students from the physical geology, shaping the earth, and introduction to paleontology classes will be in the Mt. Constance and Mt. Olympus rooms, located in the Student Union, next Wednesday, May 23.

These students have been conducting individual research over the quarter, and will display posters they have created, expounding on their findings.

From 8 a.m. to 1 p.m., geology students will be available to speak and answer questions regarding their research and findings.

The event is open to all staff, faculty and students interested in learning more about geology topics.

Get ready for graduation

Graduating this June? Now is the time to purchase your graduation gear.

With commencement coming up on Thursday, June 14, students should get started now purchasing their graduation packages, which include announcements, up to 10 tickets for the ceremony, as well as a cap and gown.

Packages can be purchased at the Bookstore, or on the Bookstore website for about \$32.

Graduation packages are available until 1 p.m. June 8.

We're Rolling

PLU's Rolling Admission means there are no application deadlines.

- Free online application at www.plu.edu/transfer.
- Scholarships & financial aid still available for Highline transfer students.
- Register in time for Fall 2012.

Let us help you get rolling for Fall 2012.

Contact Emily McCann,
Assistant Director of Admission,
253-538-6151 or mccann@plu.edu.

PLU

Your private college option

Drugs

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acid and ecstasy. Acid (LSD) is a drug that causes the user to hallucinate. It has also been known for its spiritual properties, advocates say.

“Acid opens up my way of viewing the world and I feel connected with the earth and other people. It helps me reflect on my life and appreciate it. I also love seeing fractals, patterns, and spectrums of vivid colors,” she said.

To describe what she sees while hallucinating Daisy said, “Things sometimes just look like a liquid drip. There are constantly moving shapes and patterns, with colors morphing into each other. The shapes sometimes collapse, and rebuild into more patterns – but it all depends when you’re on. You can sometimes imagine it as being in a cartoon world.”

She has hallucinated on acid, psychoactive mushrooms, foxy, 2CE, 2CP, and Ecstasy pills with mescaline in them. Foxy, 2CE, and 2CP are newer research chemicals.

Ecstasy is a club and rave drug that makes the user euphoric and gives them energy to dance the night away.

“Dancing is one of my favorite things to do and ecstasy allows me dance all night,” she said.

She described the feeling of Ecstasy as, “extremely euphoric. I love it because I can easily tell people how much I appreciate them and care about them. Everything is so soft and you

love being touched. Your body is in complete bliss and you love everyone.”

The only things that Daisy regrets in the last four years are, “smoking cigarettes and doing harder drugs,” she said. Harder drugs to her are, “super-addictive substances, like meth, heroin, and others alike.”

“They’re extremely harmful to your mental and physical being. Not to mention dangerously addictive, which can often completely change people,” she said.

Daisy especially regrets smoking cigarettes and has quit smoking them for nearly a year now.

“Those are the worst,” she said, “because heavy users of hard drugs use every day, but with cigarettes you smoke them multiple times a day.”

She also sells drugs.

“I’ve been dealing on and off for two years. Dealing gives me some extra money in my wallet,” Daisy said. “Sometimes I make a couple hundred dollars a week, but I often just help out friends instead of being a big-time dealer,”

Over the past two years she has dealt, “pretty much everything, except harder drugs,” Daisy said.

To give an idea of how much these drugs cost, Daisy said, “It really depends on what it is, but generally they’re around \$10 a dose.”

Daisy said she gets her drugs from “My best friend, who used to be my neighbor. We grew up together so we’re really close.”

She is fearful of the authorities while dealing.

“Oh god yeah. But you just

can’t be stupid about it. I always make sure not to carry around more than I need to. Usually it’s not that bad because I know I’m not doing anything that the cops would look for,” Daisy said.

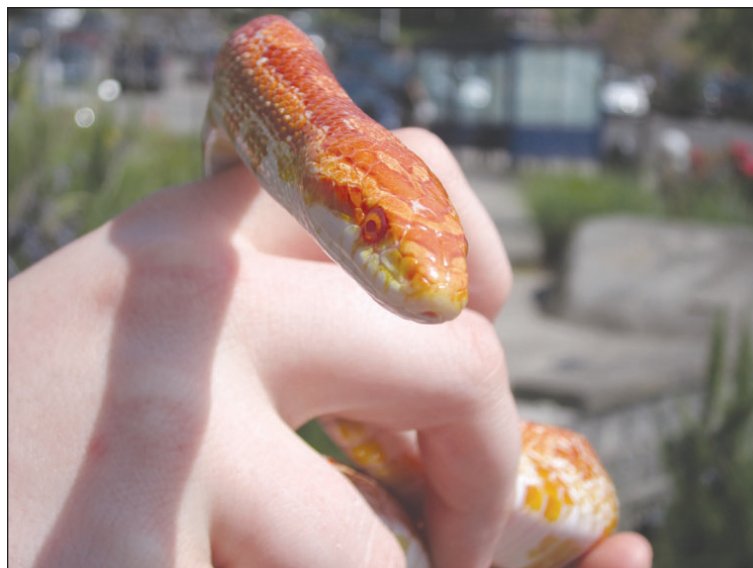
She has a good relationship with both of her parents, but isn’t able to be completely open with either of them.

“My dad is against my using and my mom tolerates it, so obviously I don’t tell my dad about it,” she said. “My mom is open to me experiencing different things, but she doesn’t like me dealing drugs because she’s always worried about me getting caught.”

Even though Daisy has done drugs for the past four years, she has still been able to maintain a 3.62 GPA. But she said that fulfilling her responsibilities and doing drugs hasn’t always been easy.

“I definitely noticed that when I first started getting into drugs it was hard to stay motivated, and so I just decided to screw school and stopped going the rest of my freshman year of high school. After growing up, I went back to school the following year and successfully balanced my responsibilities and using. The key is to use in moderation,” she said.

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Austin Seeger/THUNDERWORD

A person was spotted on campus with a pet corn snake. Corn snakes, a species of rat snake, are native to the central and south-eastern United States. Their name is derived from their habit, in days of old, of frequenting corn cribs and feeding on rodents that were feeding on the corn.

Pets

continued from page 1

For example, Yok said, Academic Affairs has a policy that prohibits pets from offices. Pets are also prohibited from classrooms.

“Obviously there is an exception for service animals,” Yok said.

Yok said there is a distinction between college and division policies, and students often find out about division policies regarding pets when they either bring one on campus, or seek

information about bringing one.

“It [policies] can be oral, as long as it’s consistently communicated,” he said.

“There is no prohibition against bringing an animal on campus,” Yok said. “We would like them to clean up after the puppy [or other animals].”

Since the campus is public property, Yok said, all the local leash laws apply.

Entering buildings with a pet, however, is a different story.

“You never know which employees are going to have allergies,” Yok said. So, for health reasons and to eliminate distractions, pets are generally not permitted in classrooms or offices.

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