sociation of Two-Year Colleges. AMATYC stands for American Mathematical Association for Two-Year Colleges. AMATYC test. A perfect score on the national AMATYC test.

By ANGELA STONE  
Staff Reporter

Though, is not the only problem she said in the email.

19's wheelchair access ramp with renovations to Building 19, the staff member who sent the original email.

Faculty and staff are rooting for the preservation of a weeping beech tree located in the mouth of Building 19.

Campus officials had initially planned to cut the tree down on Sunday, March 3. However, due to the response from campus employees, they are now meeting with an arborist to discuss what options are available.

After an unofficial email was sent out on Feb. 28 to all faculty and staff informing them of the tree's plight, many quickly backed the idea of saving the tree.

"It’s a terrible shame, because it’s such a terrific tree," said Mareth Schwab, an office aide for the Adult Basic Education department in Building 19, and the staff member who sent the original email.

The removal of the tree, though, is not the only problem in many faculty’s minds. Many are upset about the lack of communication from college officials regarding their plans for the tree.

"I never saw an official announcement before the email," said. "I think it would have been good to say something sooner, said. "I think it would have been good to say something sooner."

The weeping beech tree located by Building 19 was originally going to be cut down but those plans have been put on hold while Highline employees look for other options.

The man who is accused of killing former Highline student Brenda Gomez-Zapata in a Nov. 10 traffic accident faces an April 10 pretrial hearing, King County prosecutors said.

Nineteen-year-old Chinese native Yichun Xu was released after posting $2 million bail at a hearing on March 1. Prosecutors had set the bail so high because they feared that Xu might flee the country before the trial.

Xu has been charged of vehicular homicide in the death of Brenda Gomez-Zapata, in addition to three accounts of vehicular assault for injuries suffered by Juan Gomez-Zapata, Isitb Gomez and Elizabeth Zapata, and two accounts of reckless endangerment for Ignacio Zapata as well as the four passengers in Xu's car. Prosecutors say that on Nov. 10, a car driven by Xu slammed into the car driven by Brenda Gomez-Zapata, killing her and injuring the four passengers in her car.

According to documents filed by the King County Prosecutor’s Office, Xu, a student at South Puget Sound Community College, was driving south on 20th Avenue South in a Mercedes-Benz along the Puget Sound waterway.

Staff, faculty look for alternative to save old tree

By MARQUES DINAPOLI  
Staff Reporter

Highline has been participating in the AMATYC for more than 20 years. Kim says he finds the AMATYC difficult, but he is confident he could complete all the questions with more time.

Terry Meerdink, director of the Math Resource Center said that it usually takes her at least eight hours, instead of the one hour that is given, to solve all 20 problems on the AMATYC.

Kim wouldn’t stand out in a crowd, medium height, slender and a smile that belies the calculations going on inside.

Kim was born in Korea but moved to China in the eighth grade. "I graduated high school in China, then I came here," he said.

"I have been here for more than two years. I was shocked with the weather in Seattle. I felt

Student proves hard work is a prime factor

By ANGELA STONE  
Staff Reporter

Math adds up for Harry Kim. Hyunwoo (Harry) Kim, is the only Highline student to achieve a perfect score on the national AMATYC test.

Kim scored perfectly Fall Quarter 2012. AMATYC stands for American Mathematical Association of Two-Year Colleges. Kim was born in Korea but moved to China in the eighth grade. "I graduated high school in China, then I came here," he said.

"I have been here for more than two years. I was shocked with the weather in Seattle. I felt

Trial date set in Gomez death

Xu posts $2 million bail

By ERIKA WIGREN  
Staff Reporter

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Sculptures to be displayed throughout Des Moines area

Page 10  
Sophomores finish Highline basketball careers

Page 13  
Program monitors conditions of Puget Sound water
Campus plug may go into car charging

By VIRGINIA PARENTEAU
Staff Reporter

The Facilities Department is trying to put in two charging stations for electric cars in the south parking lot.

Barry Holdorf, head of Fac-

ilities Department at Highline, is applying for a grant to Ecotality to install two Blink electric charging stations.

Ecotality is a company based in San Francisco that makes en-

vironmentally friendly electric vehicle chargers.

The federal grant is designed to gather data on the demand for electric stations in America.

The college will collect the data for the company, Ecotality, for a year.

They in turn will give the college the stations after a $5,000 payment.

The stations will track the amount of usage and the com-

pany will be able to calculate demand.

“This will be the first of its kind for us,” said Holdorf.

The station will not be for public use, but for Highline stu-

dents, staff, and faculty only, and they will only be able to pay with credit or debit cards, no cash.

The college plans to charge per kilowatt of power. The prof-

it will be a 50-50 split between Ecotality and the college.

After the first year, the prof-

it share changes and the college will then negotiate a new split of the profit from the stations.

There will be no special per-

mits to use these stations, said Holdorf. However, you can be ticketed for leaving your car plugged in for a long period of time.

“You can’t park there all day long, you’ll get ticketed,” said Holdorf. “The idea is to get as many students as possible able to use this sustainable solution.”

“A lot of other colleges have taken advantages of this,” said Holdorf. “As the trend [for electric cars] becomes bigger, Highline will get more.”

Highline will be paying $7,000 in all for this project.

Providing a $5,000 payment to Ecotality for installation costs, they will buy the Blink stations and have a private company in-

stall them.

The other $2,000 will cover the cost to trench out an electrica-

line line out to the stations and a permit from the city.

The construction should take place in the summer, where students won’t be very incon-

venienced, and won’t take very long.

“About a month,” said Hol-

dor. Holdorf is hoping that the project will begin around April and completed in time for Fall Quarter 2013.

Campus Life
Highline may get a couple of electric vehicle-charging station like this.

The lecture and question and

answer section will run from

1-2 p.m. on March 13 in the In-

ternational studies and women’s

Affairs Council will share her

lecture.

She will focus on Palestin-

ian-Israeli conflict and its ef-

fects on the youths’ professional

and educational development.

The test is 20 questions,

with more than 100 local species on display.

After the first year, the prof-

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dor. Holdorf is hoping that the project will begin around April and completed in time for Fall Quarter 2013.

Correction

In last week’s edition as story should have said that the Mt. Rainer pool is owned by the Highline School District and operated by the Des Moines Pool Metropoli-

tan Park District.

Volunteers donate to Food Bank

The Highline Volunteer As-

sociation and an ACHIEVE

Service Learning Class are

helping the Des Moines Food

Bank by collecting food through donation boxes and bins set up around campus. They will be collecting on campus in build-

ings 5, 6, 8, 15, 18, 29, and 99 from now until March 14.

EXPERIENCE

PUGET SOUND

AND EARN

SCIENCE CREDIT!

Each quarter Highline’s MaST Center offers hands-on marine science laboratory classes. Earn your science credits with first-hand experiences.

WE OFFER:

BIOL 103 - Marine Birds & Mammals (offered occasionally)

BIOL 110 - Marine Biology* 

OCEA 101 - Introduction to Oceanography* 

ENWS 101 - Introduction to Environmental Science: Marine Focus (spring & summer)

The MaST Center is located 4 miles south of the Highline Campus in Redondo. Our aquarium has 11 tanks with more than 100 local species on display.

*Many hybrid courses offered every quarter.
Building proves to be pain in the asbestos

By MARQUES DINAPOLI and MILO LOVING

Staff Reporters

Rummaging on Building 4 can proceed as planned, but at a much slower pace. Barry Holldorf, director of facilities and operations, said.

There was only so much the facilities staff would try to keep up with. As long as cancer, mesothelioma and asbestosis.

“This is a very serious material,” Holldorf said, because asbestos, a highly friable material which is easily dispersed in the air, can be linked to the rise of certain lung diseases.

The building was one of the last structures left on campus that had asbestos insulation, fireproofing and sound reductions, Holldorf said.

Asbestos was used most on most of Highline’s buildings built prior to 1964. It was used because of its resistance to fire, insulation and sound reductions, Holldorf said.

So clearly we cannot have this material in the buildings,” Holldorf said.

By MILO LOVING

Staff Reporter

Building 27’s renovation plans are being halted until next year.

The renovation project for the building was supposed to take place during the spring and summer quarters with hopes to open it back up again in time for Fall Quarter 2013.

These plans came to a quick and sudden stop.

“First phase is the project outgrew the budget,” Director of Facilities and Operations Barry Holldorf said.

The Facilities Department had a budget of $325,000 to complete the finished project, with new tiles and new paint for the building.

However, the Facilities Department did not get favorable bids for their planned project, the lowest bid being an estimat-ed amount of $574,000.

Their major miss with the project was in the electrical scope. The departments estimated $2,000 on electrical repairs alone.

This project would have shut down the building, even as the facilities staff would try to keep it operating as long as possible.

Some classes would have been cancelled in the spring and summer quarters if they could not be moved to another building on campus.

“We would try to keep the multipurpose room open as long as possible,” Holldorf said.

“We will try again next year. It is badly needed,” he said.

The building hasn’t had any remodeling or renovations done to it since it was built in 1964. The Facilities Department plans to improve instruction space and overall student experience.

Other then the budget problems, the project came up with other issues as well.

“Other issues are finding people to install new lockers, showers, and bathrooms called for relocating pipes and drains in order to meet new health and safety codes.”

The scope for this part of the project creep up on the staff, as they had already spent $170,000 in the past four months repairing sewers and pipes of the building.

Also the fire code called for a new fire panel, new horns and strobes for voice fire alarms.

What the department will do in the meantime is go back to the design teams and go through exercises to break the bid into smaller projects, Holldorf said.

They will focus on the basic effort to improve lockers and showers.

The facilities department also plans to upgrade the HVAC in the north half of the building. Holldorf plans to get new estimates in January of next year.

By RACQUEL ARCEO

Staff Reporter

Highline’s campus got some well-deserved pre-spring cleanig last week.

Rus Higley, environmental science teacher and MaST Center manager, has been taking his classes out to the west end of campus, between the tennis courts and drainage pond, to work on restoring the area for a few years now.

The work involves students helping pick up litter and removing invasive species to restore the natural area.

An invasive species is a plant, animal that, once introduced, takes over an area.

Higley had his students focus on blackberry bushes. He said getting rid of the invasive species is a process.

“First phase is removal of the invasive species, the bad stuff.”

“Depending on how much time, how much money and how many people you have, that can take months to years depending on those things and we have no money so it’s a while. Once you eventually get an area cleared of invasive you then have that ability to replant.”

Higley said he hopes to eventually get to the point where he can start to replant at Highline, “but then that involves also getting some financial commitment for plants and other things like that (from the school).”

In the past few years Higley said Highline has helped contribute to the restoration work.

“The last several years they’ve brought in goats to work down in those areas by the tennis courts because the west side, the downhill part of campus, has a big problem with invasive species such as blackberries,” said Higley.

Higley said the campus will hopefully be cleaned up soon.

“Caring for invasive species will help to protect the natural environment by helping control some of the water quality issues Highline has from the area off from the parking lots, and will create a healthy habitat for other animals.”

“Highline’s campus is actually really cool. There’s a lot of really cool habitat, and we could restore this natural environment on our campus, which would make our campus kind of a model for elsewhere.”

Besides Highline, Higley said he does restoration work with his family in other nearby areas but has recently turned his focus to work more on campus.

“Down in Federal Way, the Hylebos wetlands, I’ve done some restoration work there,” said Higley. “There’s an area where my son was riding on my back as a 12 year old kid. As we were planting the trees that are now five years older. Now he can go back, not that he remember but we went back when he was that age and his big sis- ter helped as well. It’s fun to see those changes.”

The best way to teach is to actually have the students doing the stuff. We talk about these concepts in environmental science and my other classes and it’s this great theoretical knowledge,” Higley said. “However, as Higley says, he talks about invasive species and habitat restoration to his classes.

But taking them out to do the work really helps illustrate what he talks about and shows his students what it really looks like.

“The best way to teach is actually have the students doing the stuff. We talk about these concepts in environmental science and my other classes and it’s this great theoretical knowledge,” Higley said. “Having students going to an area where they can restore or see a restoration project that’s already happened makes it a little more real.”

Student Lisa Henry helps in the pre-spring cleaning with a smile.

“I guarantee you will remember pulling blackberry bushes.”

Higley said that by restoring the campus it could give students something to be proud of.

“Their campus is more than just classes.”

Students help clean Highline

With Marques Dinapoli, Milo Loving and Raquel ArCEO
Replacing a life for life in prison

The federal government should abolish the death penalty in the United States immediately. It is not only cruel and unusual punishment but it is also wrong. As a society we believe that taking someone's life is wrong and that killing someone is wrong. So why is it then that we as a society accept the death penalty?

Innocent men and women can and do get sentenced to death for crimes they didn't commit. Some are exonerated after a number of years on death row. Those people who are executed then pedaled when evidence showed they were innocent.

As of April 2012, 3,710 inmates are on death row, with about 40 executions this past year and replace or waited from six to 36 years from the time they were sentenced to their execution. Many died from the cell drugs before they were ever executed. The death penalty is morally wrong. We say that murder is wrong and we punish by law, shouldn't we be by this and not use that law to kill others? Is this really a right that we should give to our government, the right to take someone's life? Doesn't this give our government too much power?

However there is a solution to this problem. Abolish it. If we don't abolish the death penalty, we will continue to have thousands sitting on it. States will take years to decades to follow through with an execution, and innocent people will get sentenced and some executed. If we repeal the death penalty, there will be more innocent people who would lose their lives, rehabilitation might actually happen, and we show the world that the United States truly does support human rights.

So leave you with this. Murder is murder and the death penalty is a contradiction. When you sentence someone to death row you are killing them, which is against the law and one of the main reasons people are on death row. Yes, some may be monsters and the things they have done are unspeakable, but who are we to decide who lives and who dies? That is a right only given to our Creator. Taking more lives won't bring back the people we have lost.

Kiya Dameron is a Thunderword staff reporter.

Commentary

Kiya Dameron

wrong and we punish those who do it, but executing someone, guilty of murder is still murder. People say that the death penalty is justice. They say that these people deserve to die for what they have done. I disagree. I am not advocating for what they have done, but like Mahatma Gandhi said, "An eye for an eye only leaves the world whole blind. " By killing people because they have killed we are contradicting our own laws. If we say killing is wrong and punishable by law, shouldn't we stand by this and not use that law to kill others? Is this really a right that we should give to our government, the right to take someone's life? Doesn't this give our government too much power?

However there is a solution to this problem. Abolish it. If we don't abolish the death penalty, we will continue to have thousands sitting on it. States will take years to decades to follow through with an execution, and innocent people will get sentenced and some executed. If we repeal the death penalty, no more innocent people would lose their lives, rehabilitation might actually happen, and we show the world that the United States truly does support human rights.

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Kiya Dameron is a Thunderword staff reporter.
### Crossword 101
**By Pete Canty (Pete@gfrpuzzles.com)**

### Consumer Reports
**Across**
1. "Say ___"  
5. Brazilian soccer great  
9. Climber’s challenge  
13. Capitol Hill worker  
14. Plumbing issues  
16. See 9-Down  
17. Like America’s economic system  
19. Border  
20. Muscle/bone connector  
22. Espied  
23. Guitar relative  
25. Mythical equine  
27. Small-town supermarket  
31. Bar order  
32. Cain’s waterway  
33. Butter or jack follower  
37. Scanners’ targets  
39. N.B.A.’s Archibald, and others  
42. Highly recommend  
43. Pig part  
45. Schlep  
47. Precedes bag or cart  
48. Downtown D.C. park  
52. Surrender, as arms  
55. Team  
56. Decorative pitcher  
57. Passports, e.g.  
59. Crunch maker?  
63. Hunted creatures  
64. Where to fix a flat, perhaps  
66. Mars, to the Greeks  
67. Live’s partner  
69. Camera part  
70. Type of race  
71. Shore hill  
30. Brawl  
34. Minute amount  
35. Coal, e.g.  
36. And others: Abbr.  
38. Woman’s summer wear  
41. Working on the deck, perhaps  
44. Chinese “way”  
46. Church official  
49. Revolve  
50. Truly  
51. Interfered (with)  
52. On the up and up  
53. Cognizant  
54. Neighbor of Oman  
58. Practice jabs  
60. Drive-___  
61. Butcher’s cut  
62. Duel tool  
65. Coach Parseghian  

**Down**
1. Float gently  
2. Bring into the firm  
3. Utopia  
4. Tease  
5. Banana relative  
6. Always, poetically  
7. 68-Across e.g.  
8. Barely manage  
9. With 15-Down, flaky pastry  
10. Bronco’s venue  
11. Author Horatio  
12. Actress Close  
15. Shorthand taker  
18. Grieve  
24. First name in jazz  
26. Amnios  
27. Talks on end  
28. Zest  
29. Claudius’s successor  
32. Cairo’s waterway  
33. Buttery or jack  
34. Minute amount  
36. And others: Abbr.  
37. Scanners’ targets  
39. N.B.A.’s Archibald, and others  
40. Aces and ages  
41. Working on the deck, perhaps  
44. Chinese “way”  
46. Church official  
49. Revolve  
50. Truly  
51. Interfered (with)  
52. On the up and up  
53. Cognizant  
54. Neighbor of Oman  
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60. Drive-___  
61. Butcher’s cut  
62. Duel tool  
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**Even Exchange**

Each numbered row contains two clues and two 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 MQSTER for an L, you get MISTER. Do not change the order of the letters.

1. Titan  
2. Bunch of cookies  
3. "High Noon" actor  
4. Enraptured  
5. Socialize  
6. Schoolyard tyrant  
7. Feel the need for food  
8. Fossil resin  
9. Client  
10. Noms or Connors

**Answers**

1. Off the coast of West Africa  
2. Four — [Theodore Roosevelt, Woodrow Wilson, Jimmy Carter and Barack Obama]  
3. At the base of the spine  
4. Enemy sympathizers who might give aid to an invader  
5. 1955  
6. Opepey  
7. Arcade game  
8. A thickening agent  
9. Duane and Gregg  
10. Eugene O’Neill

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**Weekly SUDOKU** by Linda Thistle

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**DIFFICULTY THIS WEEK: ★ ★**

© 2013 King Features Synd., Inc.
By SHELBY SMOUT

The famous self-portrait of Rembrandt has left Europe and is visiting Seattle for the first time at the Seattle Art Museum.

As soon as one walks inside the exhibit, stunningly elegant and candid portraits by Rembrandt (1606-1669) can be seen. There are more than 60 paintings created by Van Dyck (1599-1641), Gainsborough (1727-1788), and several other pieces from Kenwood House, a historically stately home in London.

European Masters represent Classical and Romantic portraits, which date back from 1600 to 1850. Portraits of numerous people hang throughout the exhibit. A large range of paintings present children of the aristocracy dressed like coquetish courtiers, while other frames reveal children playing with flowers. It is a window on the lives of actual people who lived hundreds of years ago.

“We hope this exhibition has a wide range of appeal to visitors who appreciate the exquisite masterpieces and history of this collection,” Chihyo Ishikawa, a curator of European Masters, said.

Those who have seen European Masters so far have expressed enthusiasm and satisfaction, Ishikawa said.

“The Rembrandt is always a favorite as well as two su- perch examples of Anthony van Dyck’s British period, evoca- tive Dutch seascapes, and an in- formal Frans Hals [1580-1666] portrait,” said Ishikawa.

The British section features works by the most scintillating artists of Britain’s Golden Age, including Thomas Gainsbor- ough portraits and landscapes; a candelit genre scene by Joseph Wright of Derby [1734-1797]; a coastal landscape by JMW Turner [1775-1851]; numerous major portraits by Sir Joshua Reynolds [1723-1792].

European Masters is open through May 19. Tickets cost $20 for adults, $17 for seniors and military, $12 for students and free for children under 12 years old and Seattle Art Mu- seum members.

Seattle Art Museum’s address is 1300 First Ave, Seattle. It’s opened on Tuesday through Sunday from 10 a.m. to 5 p.m., and Thursday and Friday from 10 a.m. to 9 p.m.

To receive more information about European Masters or the Seattle Art Museum, go to seat- tileartmuseum.org.

**By EMILY ARNOLD**

Staff Reporter

World-class musicians and timeless classics will grace St. Luke’s Church in the Federal Way Symphony’s Chamber with a Flair performance.

The concert is at 2 p.m. on March 10 and features flut- ist Mary Jensen of the Tacoma Symphony along with instrumentalists from the United States and Russia.

Federal Way Symphony Executive Director David Kelly said the seven performers represent “some of the best talent that the Puget Sound area has to offer.”

Flutist Mary Jensen

Davenport conducted Russia’s first performance of Handel’s Messiah.

Another pianist at the Cham- ber with a Flair will be Christine Siemens, a Seattleite with a de- gree in piano performance from the University of Washington. Siemens currently teaches pi- ano and music theory and history at Bellevue Community College in addition to performing.

Joseph Gottesman, a local vio- la coach and worldclass musician, will be one of four string players. The other three are violinists Ri- cardo Flores and Yuri Mikhlin, and cellist Olga Ravivin.

While Flores has studied music in Texas and New Ari- zona, Mikhlin and Ravivin are both natives of Russia.

Ravivin began playing cello at the age of 6 and began to per- form with the Perm State Opera Orchestra at just 12 years old. Flores also began playing for a symphony at the age of 12 when he signed a symphonic contract with the Midland- Odessa Symphony in Texas. Mikhlin graduated from the Kiev Conservatory with honors and founded the Ukrainian So- listes Ensemble.

The Chamber with a Flair performance will showcase Je- seph Haydn’s Surprise Sympho- ny, Andante, Franz Schubert’s Quartetto, and Antonio Vival- di’s Concerto in A Minor, Can- tata, and All’ombra di Sospetto.

The group will perform without a conductor, which Executive Director Kelly said is traditional in chamber music.

“The ensemble rehearses to- gether and establishes the musi- cal ideals,” Kelly said.

Tickets can be purchased at the website: brownpapertickets. com/event/301764.

General tickets are $31 and students 18 or younger have free admission; groups, seniors and military discounts can be found in the website mentioned above.

St. Luke’s Church is located at 515 S. 312th St., Federal Way. For more information, visit fed- eralwaysymphony.org

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**Masterpieces on display**

Seattle Art Museum hosts exhibit of European art

**By SHELBY SMOUT**

Staff Reporter

The famous self-portrait of Rembrandt has left Europe and is visiting Seattle for the first time at the Seattle Art Museum.

As soon as one walks inside the exhibit, stunningly elegant and candid portraits by Rembrandt (1606-1669) can be seen. There are more than 60 paintings created by Van Dyck (1599-1641), Gainsborough (1727-1788), and several other pieces from Kenwood House, a historically stately home in London.

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The famous self-portrait of Rembrandt has left Europe and is visiting Seattle for the first time at the Seattle Art Museum.

As soon as one walks inside the exhibit, stunningly elegant and candid portraits by Rembrandt (1606-1669) can be seen. There are more than 60 paintings created by Van Dyck (1599-1641), Gainsborough (1727-1788), and several other pieces from Kenwood House, a historically stately home in London.

European Masters represent Classical and Romantic portraits, which date back from 1600 to 1850. Portraits of numerous people hang throughout the exhibit. A large range of paintings present children of the aristocracy dressed like coquetish courtiers, while other frames reveal children playing with flowers. It is a window on the lives of actual people who lived hundreds of years ago.

“We hope this exhibition has a wide range of appeal to visitors who appreciate the exquisite masterpieces and history of this collection,” Chihyo Ishikawa, a curator of European Masters, said.

Those who have seen European Masters so far have expressed enthusiasm and satisfaction, Ishikawa said.

“The Rembrandt is always a favorite as well as two superlative examples of Anthony van Dyck’s British period, evocative Dutch seascapes, and an informal Frans Hals [1580-1666] portrait,” said Ishikawa.

The British section features works by the most scintillating artists of Britain’s Golden Age, including Thomas Gainsborough portraits and landscapes; a candelit genre scene by Joseph Wright of Derby [1734-1797]; a coastal landscape by JMW Turner [1775-1851]; numerous major portraits by Sir Joshua Reynolds [1723-1792].

European Masters is open through May 19. Tickets cost $20 for adults, $17 for seniors and military, $12 for students and free for children under 12 years old and Seattle Art Museum members.

Seattle Art Museum’s address is 1300 First Ave, Seattle. It’s opened on Tuesday through Sunday from 10 a.m. to 5 p.m., and Thursday and Friday from 10 a.m. to 9 p.m.

To receive more information about European Masters or the Seattle Art Museum, go to seatlightartmuseum.org.

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Scultures to float through Des Moines

By IPEK SADAY  Staff Reporter

Des Moines is reaching to the past for the version of roadside attractions that members of the city’s arts commission say they hope will bring tourists to the city's Marina District. The Rotating Sculpture Project is a collaboration of the Des Moines Arts Commission and a few local artists.

The main focus is to bring fresh artwork to the city of Des Moines for all to enjoy and potentially purchase.

Roadside attractions were popular likes for tourists in the middle of the last century and the Des Moines Arts Commission has launched a project to place sculptures by local artists at three stop-lighted intersections and two locations in the marina.

Five statues by local artists were chosen last week for the project, which was scheduled to be officially unveiled with a dedication ceremony on June 1.

The pieces that have been chosen are: Yakutat, a sculpture designed by Gretchen Diver, stands in the north promenade of the Marina.

Photo courtesy of Des Moines Art Commission

Yakutat was created by Gretchen Diver and named but is sketched to be fused-glass work by George C. Scott that is yet to be created. Yakutat is to be officially unveiled with a base of sculptures. For more information visit the website: gofundme.com/dmsculptures.

The official unveiling of the Rotating Sculpture Project will be on June 1 at 1 p.m. at the annual Farmer’s Market opening day.

Sure thing, said Stephan, would love for there to be an annual event with new pieces and possibly different local artists.

Stephan said she hopes to eventually present more urban art such as graffiti to the public, but she feels that the city is not ready for that yet.

Stephan is finding someone who can take over her responsibilities as chairman of the Des Moines Arts Commission.

One-Act Plays promise evening of comedy

By MEGAN PORTER  Staff Reporter

Add some comedy into your schedule this weekend by attending the student directed One-Act Plays this weekend.

The student directed One-Act Plays will be performed March 7, 8, and 9 in Building 7. The show starts at 7 p.m. Tickets are $7 at the door; doors open at 6:30 p.m.

Director Amanda Rae has been busily preparing for Sure Thing, by David Ives, and Here She Is, by Joyce Carol Oates.

This is Rae's first time directing a show alone, but she has had some experience from her work as assistant director of the Highline Drama Department's production of The Odyssey last fall.

Ruslan Sufarov and Stephanie Mock are the lead actors of the comedy Sure Thing, which is a comedy/romance about two strangers who meet in a coffee shop, and end up forming a curious friendship.

Here She Is takes place in a Miss America pageant. Instead of being fake and hiding under makeup and wigs, the contestants decide to reveal their true selves.

The cast includes Stephanie Mock as Barbara, Micah Vichnand as Miss Alaska, Amy Chau as Miss Alaska, Tiana Ross as Miss Michigan, Ebbie Wilcken as Miss New York, Sai Wilcken as Liz and finally Adam Litterer as the Emcee.

Rae is not the only new director in town. Audience will get to see actor and director Steven Davis’ debut interpretation of David Ives’ Captive Audience and Shel Silverstein’s Have a Nice Day.

It has been a great experience and I love working with all of my actors and am proud of what they put out work wise this quarter,” Davis said.

“We are going to be ready to go for performances. We all worked so hard over the quarter and especially this past few weeks to get all of the shows collectively meshed together into one huge show of just plain good of fun,” Davis said.

Captive Audience is a story about a couple (Laura and Robin) who unexpectedly spend their Friday night talking to a television.

Simone Elbrecht will be playing Laura and Ada Litterer will be playing Robin. Madison Fortney will be playing TV woman and Joe Meecker is playing TV man.

Have a Nice Day is a play about three business people working on an advertising assignment. Their personality differences lead them to unexpected outcomes that are both dramatic and comical.

The cast includes Betty, and pianist, Stephan has always been a music lover. Despite her background in academia, Stephan said she has always been fond of the arts even though she is not ready for that yet.

Stephan is finding someone who can take over her responsibilities as chairman of the Des Moines Arts Commission.

The cast includes Betty, played by Katie Howland; Cyrus, played by Amanda Enrico; and Al, played by Joe Meeker.

“It has been such a pleasure working with the cast this quarter,” said Davis. “They definitely made my job as a director a lot easier.”

Rick Lorig, a veteran director and professor in the Drama Department, has been directing Class Conflict and Blind Willie and the Talking Dog.

Both plays are works of writer Craig Pospisil. Both shows are two-character plays.

“Class Conflict is the meeting of two 6-year–olds on the first day at a new school,” said Lorig. “Blind Willie is about a blues guitarist and his talking dog. [They] are at philosophical odds over which direction they should take their act.”

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Fast food is a guilty pleasure for many Highline students. With busy schedules, students say fast food is often an easy fix to satisfy their hunger.

“I eat fast food because it is quicker and does not involve me spending time cooking food,” said Highline student Sarah Bjornstedt, who eats fast food about half of the week.

“I usually only eat fast food if I’m not home and I get hungry and have to hurry to get my homework done,” said student Elizabeth Lewis, who occasionally eats fast food.

“Usually around once a week I will find myself in a situation where I need the convenience of fast food, or I’m with friends going out so I might as well just get a burger,” said Highline student Matt McClintock. Students have many fast food dining preferences.

“I mostly like burger places like Burger King, Jack in the Box, Wendy’s, etc., however I am not a huge McDonald’s fan. I usually order an average small/medium combo meal,” said Highline student Collin Nisoc. “I usually go to Panda Express, Little Caesar’s or Wendy’s,” said Highline student Rose Dolflofle.

“It’s pretty random where I go. I just away from McDonald’s and its places like that, mainly because McDonald’s gives me food poisoning every time I eat there, no matter what I get,” said Lewis. Students say that when eaten occasionally, fast food can be a treat.

“Fast food should be an every now and then thing. Even my scale does not show it about once a week might be too often because of all the calories it has,” said Nisoc. “It’s a ‘treat’ in the sense I don’t usually eat it it’s an every day thing,” he said. Although fast food is notorious for being fat, cheap and convenient, many students disagree and often find other alternatives.

“What’s up with those fries? Here is a comparison of calories, fat grams and mg of sodium in a medium French fry for three leading fast food companies according to their own statistics:

- McDonald’s 380 calories • 19g fat • 270mg sodium
- Wendy’s 420 calories • 21g fat • 460mg sodium
- Jack in the Box 216 calories • 7g fat • 820mg sodium

Students say that when eaten occasionally, fast food can be a treat.

“Fast food is definitely not faster or even longer when sitting down, it’s either wait in the drive-through line or get in line and wait,” said student Daniel Morrison. “I usually go to Panda Express, Little Caesar’s or Wendy’s, however I am not a huge McDonald’s fan. I usually order an average small/medium combo meal,” he said.

“Other healthy options might include sandwiches on whole wheat bread, small tacos in soft corn tortillas, soups, etc.,” she said. “I eat fast food because of the quick preparation needed to satisfy my body,” said Morrison. Others stay away from fast food completely because of the way it makes them feel.

“I don’t eat fast food for the plain and simple fact that I feel absolutely terrible after I eat it. I tell people it’s like ‘an-tis’ food.”

By KAYLEE Moran Staff Reporter

Even though Highline students are aware of the drawbacks, they still love a speedy meal.

Fast food

Healthy choices

There are ways to eat quick but avoid the risk

By KAYLEE Moran Staff Reporter

Students say that when eaten occasionally, fast food can be a treat.

“Fast food can harm your health, but there are nutritious alternatives. Most fast food places now offer healthy options. Many of them provide calorie counts of their menu items. In most cases, people can dine in their favorite fast food place and still have their healthy meals,” said local dietitian Yuchi Yang.

Fast food is generally not healthy but there are ways to avoid the greasy, fatty foods.

“Fast food can take a negative toll on your body and may cause disease, heart disease, hypertension and obesity. It is important to choose your food wisely to avoid these,” she said.

“Other healthy options might include sandwiches on whole wheat bread, small tacos in soft corn tortillas, soups, etc.,” she said. “Eating fast food can take a negative toll on your body and cause diabetes, heart disease, hypertension and obesity. It is important to choose your food wisely to avoid these.”

“How fast food affects your body obviously depends on the food you choose to eat. Generally speaking, the unhealthy options (burgers, fries, milkshakes, etc.) are high in both unhealthy fats and refined carbohydrates, which raises your blood sugar too high and over time increases your triglycerides and cholesterol,” said VenHuizen.

“Preparation family dinners does not need to be a daunting task, you can prepare a salad, put food in a crock pot and cook before you leave for work or school. Keep ingredients for healthy meals on hand, have healthy snacks at home such as fruits, vegetables, nuts, seeds, and yogurt, and prepare several meals ahead of time on weekends. When people plan ahead and stock up healthy foods at home, they can grab some healthy left-over snacks instead of eating out at a fast food place, said Yang. "I eat fast food for the plain and simple fact that I feel absolutely terrible after I eat it. I tell people it’s like ‘an-tis’ food.”

Fast food is a guilty pleasure for many Highline students. With busy schedules, students say fast food is often an easy fix to satisfy their hunger.

“I eat fast food because it is quicker and does not involve me spending time cooking food,” said Highline student Sierra Morris. Some students say they have noticed major health affects from fast food.

“I haven’t really noticed a major difference about how I feel when I eat fast food. In moderation and with an otherwise balanced healthy diet, I really don’t think eating fast food is affecting my health all that negatively. I’ve been active so that may contribute to the unnoticeable changes,” said Morris. Others stay away from fast food entirely because of the way it makes them feel.

“I don’t eat fast food for the plain and simple fact that I feel absolutely terrible after I eat it. I tell people it’s like ‘an-tis’ food.”

“If I go out for fast food, I want to know what I get,” said Lewis. “Fast food can harm your health, but there are nutritious alternatives. Most fast food places now offer healthy options. Many of them provide calorie counts of their menu items. In most cases, people can dine in their favorite fast food place and still have their healthy meals,” said local dietitian Yuchi Yang.

Fast food is generally not healthy but there are ways to avoid the greasy, fatty foods.

“The healthiest choices at a fast food restaurant are going to be lean and low-fat, such as grilled meats, dishes with lots of beans and/or vegetables, and whole grain choices,” said local dietitian Danielle VenHuizen.

“Other healthy options might include sandwiches on whole wheat bread, small tacos in soft corn tortillas, soups, etc.,” she said. “Eating fast food can take a negative toll on your body and cause diabetes, heart disease, hypertension and obesity. It is important to choose your food wisely to avoid these.”

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“This varies by the restaurant, but “most of the ingredients have been processed, boxed, and shipped across the country, losing the nutrients,” she said. “It contains what?!?!”

“Preparing family dinners does not need to be a daunting task, you can prepare a salad, put food in a crock pot and cook before you leave for work or school. Keep ingredients for healthy meals on hand, have healthy snacks at home such as fruits, vegetables, nuts, seeds, and yogurt, and prepare several meals ahead of time on weekends. When people plan ahead and stock up healthy foods at home, they can grab some healthy left-over snacks instead of eating out at a fast food place, said Yang. "I eat fast food for the plain and simple fact that I feel absolutely terrible after I eat it. I tell people it’s like ‘an-tis’ food.”

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Wrestling coach fights IOC decision

IOC eliminates ancient sport from Olympic lineup

By ISAIAS WELLER  
Staff Reporter

Highline wrestling Head Coach Scott Norton and his class of fourth graders are looking to change the minds of the International Olympic Committee’s vote on terminating wrestling.

“The vote by the IOC’s executive board on Feb. 12 stunned the world’s wrestlers, who see their sport as popular in many countries and steeped in history as old as the Olympics themselves,” Norton said. “I’ve seen it pull some people off the street and it’s not glamorous, but it’s our passion and we love it.”

The vote by the IOC’s executive board on Feb. 12 stunned the world’s wrestlers, who see their sport as popular in many countries and steeped in history as old as the Olympics themselves.

Head Coach Scott Norton

As Russia, Europe and Iran. The level of heat that those countries might bring could be enough to change their minds, he said.

“I see it as a test of the IOC’s integrity,” Norton said. “If they really want to keep wrestling, they need to step up and make some tough decisions.”

Head Coach Scott Norton

Chemeketa, Lane win hoops titles

Chemeketa came away with the NWAC basketball title on the men’s side while Lane won on the women’s side on Tuesday in Kennewick.

Lane defeated Clackamas in thrilling fashion, 51-49. Renee Lucero from Lane made a 3-point shot with 3.7 seconds remaining to give Lane the victory.

Chemeketa came away with the victory over Edmonds, 84-79. They were down 79-78 with a minute to go in the game, but managed to get the win with strong defense and scoring.

Spokane placed third with Big Bend coming in fourth on the men’s side.

On the women’s side, Skagit Valley took third and Chemeketa took fourth.
Guard against colon cancer with early detection

By JUSTINE LEWIS
Staff Reporter

Michel Plemmons said she is living proof that you need to protect yourself from colorectal cancer and have the guts to guard your backside.

Michel Plemmons is a two-and-a-half year survivor of colorectal cancer. In an interview last week Michel Plemmons told her story of surviving colorectal cancer. Plemmons is new to Highline this year in the pre college department.

People are told colorectal cancer is an old man’s disease and that they shouldn’t get checked for it till they’re 50, but people much younger die from this, Plemmons said.

In your 40s, push for a colonoscopy and in your 50s suck it up and do it, she said.

At 41 Plemmons was told she had a tumor in her colon.

Plemmons said she was told she had had tumor for a decade and if they had found it sooner it wouldn’t have required chemotherapy.

There are stages to this cancer: 0, 1, 2, and 3. Stage three has categories of a, b, and c.

“I was a stage 3c. They found five cancerous lymph nodes. We had to act aggressively about it because it was going outside the colon,” Plemmons said.

Plemmons said she was in denial for two months and had things that were abnormal happening like dark stool and constipation but she just kept changing her diet.

“Finally I saw visible blood and I knew something was wrong. It scared the heck out of me,” Plemmons said.

Colorectal cancer is a slow growing cancer that begins as a polyp in the colon or rectum.

“This is such a stupid cancer and it all takes to stop colorectal cancer is a colonoscopy,” Plemmons said.

“Plemmons said.

“You see a polyp you snip it, end if story. You find a tumor early enough in the stages you remove it end of story,” Plemmons said.

“In my case they found something bigger that couldn’t just be snipped,” she said.

When the tumor is in the colon the doctors cut it out and reattach it since the colon is like a hose.

“I lost 10 inches of mine,” Plemmons said.

“I was told I had an 80 percent chance of it coming back if I didn’t do chemo and 40 percent chance if I did, so I did the chemo,” Plemmons said.

“Chemo has a lot of side effects; it takes away about half your hair, messes with your nerves, and makes you become extremely cold sensitive,” she said.

Plemmons was an avid camper before her colorectal cancer, but now since she is so cold sensitive she can’t enjoy it anymore.

“I still can’t feel my hands and legs completely and this is two and half years out,” Plemmons said.

“I also got a brain injury from the chemo, my memory sucks,” she said.

Since she can’t feel her legs completely she has to use a cane.

“I really hope to kick the cane one day,” Plemmons said.

“The battle scars are inside and out. A lot of people get post-traumatic stress disorder for the cancer also,” she said.

“I have made it to two years and I’ve had an MRI that shows nothing. If I can make it to three years my chances go to 94 percent,” Plemmons said.

“If I can make it three years I am almost home free,” she said.

One exercise works your whole body

By IAN SMITH
Special to the Thunderword

A burpee is a workout that works the entire body in only a few simple movements.

To start, crouch down where your hands are slightly in front of your legs. From this position kick both your legs out behind you into a push-up position.

Make sure that both legs move together for a more efficient workout.

If you are feeling vigorous, or just hyped up off of your protein shake and supplements, try to implement a push up here, but it is not required.

Then jump your legs forward, back to the starting position.

Finally, the most challenging part: jump vertically, up and down, into the air.

You have now completed a burpee, but repetition is the key to this workout. A good start is to try to complete as many as you can in one minute, but don’t be ashamed if you only last 40 seconds.

This exercise works several different muscles at nearly the same time.

From just squatting down you have already worked the quadriceps (front of the legs), hamstrings (back of the legs) and glutes (butt muscles).

When thrusting your legs out, the same muscles that were just mentioned are worked, along with your hip flexors to help stabilize the legs, the rectus abdominus (abs), and the muscles in your arm and shoulder help to hold your body off the ground.

If you added the push up, the pectorals (chest), deltoids (shoulder) and triceps brachii (back of upper arm) are worked.

In addition, the vertical jump works the same muscles worked when in the squatted position.

And, for an added benefit, by swinging your arms forward while jumping, you help to work the deltoids.

While I would recommend this exercise to anyone, it is important to understand that people with bad knees or joints should eliminate the vertical jump and only move one leg at a time when moving from the squatted position to the push up position or vice versa. It may feel like less work, but you will still get a solid workout.

The best results from doing this exercise are obtained when doing it fast, speed is a key factor.

Ian Smith is a personal fitness training student at Highline.
Long commutes contribute to traffic woes, prof says

By MARQUES DINAPOLI
Staff Reporter

Every minute, objects are whistling through the skies. They’re not birds. They’re not planes. They’re not even Superman.

But as hundreds of thousands of people in the Russian city of Chelyabinsk found out several weeks ago, meteorites and meteoroids are nothing to whistle at.

In the past, planet Earth has been hit by some very large meteoroids that have changed planetary climate and wiped out entire species.

Highline astronomy professor Igor Glozman said that while the chances of a planet-killing meteorite hitting the Earth are very low. If one were on a collison course with the Earth, there would be very little that mankind could do, due to a deficiency in current technology.

“The big ‘global killers’, which are at least 10 kilometers in diameter, are not very likely,” said Glozman. “And the time between two meteorites or comets being in the millions, perhaps hundreds of millions of years.”

The meteor that hit near Mexico’s Yucatan peninsula nearly 65 million years ago is often cited as one of the key reasons why the dinosaurs went extinct.

Another example, the Mount Everest sized meteorite or comet that slammed down into what is now Hudson’s Bay, Canada nearly 1.8 billion years ago, altered the composition of the Earth’s crust.

And, according to National Geographic’s website, each of these catastrophic meteor strikes corresponds to shortly before a mass extinction of species on the Earth’s surface.

Some scientists, such as researchers at Iowa State University’s Asteroid DeFlection Research Center and the European Space Agency, are developing ways to prevent this catastrophe from occurring.

Several of these prevention strategies have proven feasible in theory, but are still years or even decades away from practi cal testing.

One such strategy is to utilize the world’s ample nuclear weapons to break up the meteorite into smaller pieces that, although still potentially damaging, would not be globally devastating.

“In principle, we could also deflect the bad boy slightly off course to avoid a collision with the Earth,” Glozman said. “However, with current technology, we would probably need years of warning to make this happen. Unfortunately, we would probably have no more than a few months because our detection technology is not currently very effective.”

As the rocks get smaller than 1 kilometer in diameter,” he said. “Our options improve somewhat, but destroying the [meteorite] would most likely meet with insurmountable challenges.”

“The bottom line is that there is currently very little we can do about the bigger rocks except hope for the best and be prepared to handle the disaster if and when it occurs,” he said.

The terms meteoroid, meteor and meteorite are all quite similar with only one main difference. While they all refer to the same chunk of rock hurtling through space, each term signifies a different part of that rocks journey.

Meteoroids are rocks and debris in space too small to be considered asteroids. They become meteors, or shooting stars, when they enter a planet’s atmosphere. If they manage to survive the fall through the at mosphere and hit the planet, they then become meteorites.

According to National Geographic’s website, the largest meteorite strike of the 20th century also happened in Russia.

Releasing around 15 megatons of energy – nearly a thousand times the energy released from the atomic bomb dropped on Hiroshima – and leveling trees for nearly 800 miles, the meteorite that struck near the Tunguska River, Siberia, in 1908 is one of the most famous documented meteorites.

But the Tunguska strike was a very lucky call. According to NASA, if the Tunguska meteorite had impacted a mere five hours earlier, it would have completely devastated the Russian city of St. Petersburg.

The Tunguska and Che lyabinsk meteorites are by no means the only meteorite to strike in the last hundred or so years.

In August 1992 a meteorite exploded above Mhale, Uganda, scattering pieces ranging from 0.1 gram, or around 0.0022 pounds, to nearly 60 pounds over an area of some five miles. And in 2007 a meteorite caused at least 14 people to fall ill from arsenic poisoning in the high plains of Peru when it vaporized an underground water supply that had been tainted with the toxic element.

However, just because the majority of meteors don’t make the news, doesn’t mean that they aren’t there.

“The little stuff, the size of a fist or smaller, hits the surface and burns up in the atmosphere all the time,” Glozman said.

According to NASA, some scientists estimate that between 1,000 and 10,000 tons of meteoritic material enters the Earth’s at mosphere every day. Most of that material, however, is in the form of sand-like grains with a diam eter of only a few micrometers.

While the chances of seeing a meteorite impact are rather slim, the odds of actually being hit by one are even slimmer.

However, there have been several recorded injuries from falling space rocks.

For instance, according to NASA’s website, in 1954 an Al abama housewife named Ann Hodges was struck by an and a half pound meteorite in the hip while she was taking a midday nap.

“Some folks I know actually just had their moon roof shattered by a small meteorite,” Glozman said. “And of course, Russia just got hit by a 50-footer which exploded in the atmosphere.”

Long commutes contribute to traffic woes, prof says

By DANIEL JOYCE
Staff Reporter

The only real solution to cutting down traffic might be cutting cars out completely.

Rus Higley, a Highline science instructor, spoke about traffic problems across the United States at Science Seminar last Friday.

Higley holds a bachelor’s degree in marine biology from Western Washington University, a master’s degree in education from Dominican University, and a master’s degree in marine affairs from the University of Washington.

Science Seminar is a weekly set of presentations put on by Highline faculty members dealing with topics in their area of expertise every Friday in Building 3, room 102 from 2:20-3:21 p.m.

Some people might say the perfect commute is an open road where you can go as fast as you want and don’t have to worry about other drivers.

Rus Higley
Higley, on the other hand, said his perfect commute is no commute at all. Higley spends several hours driving every week, time he says could be bet ter spent with his family.

The Annual Urban Mobility Report is a nationally known study published by the Texas A&M Transportation Institute. The focus is on traffic congestion on freeways and major streets, and the report says about 2.9 billion gallons of gas were wasted in 2011 by idle vehicles stuck in traffic. This is two and a half times the amount wasted in 1982.

Higley said a typical Seattle area resident spends 44 hours a year stuck in gridlock traffic. In addition to gas, people who own cars pay for things like mainte nance, accidents and insurance.

Higley said the state of Washington also spends billions on roads, bridges, and even walls along highways to reduce noise pollution. The Tacoma Narrows Bridge alone cost over half a billion dollars.

“Cars cost money,” Higley said. Higley said bottlenecks cause 40 percent of traffic jams. So the question most people ask is, “Why don’t they just fix it?”

“The real problem is, if you build it they will come,” Higley said.

Higley said the bottleneck on I-5 under the convention cen ter in Seattle doesn’t get fixed because the bottleneck into the city is even smaller. So traffic needs to be slowed down before it gets to this point.

Also, if the city were to expand the road and add more lanes, and more people would come because traffic would be better. Eventually, we would be stuck in traffic again anyway.

Several methods have been tried to reduce traffic jams around Washington. Cloverleafs were built in the 1960s and worked well then (Higley said the amount of traf fic then was about a quarter of what it is today). However, some Cloverleafs put large vehicles at risk for tipping over, and the traffic simply doesn’t flow well when an on-ramp comes just before an off-ramp.

The use of metered on-ramps is a method that has been relative ly successful. They help prevent bottlenecks by only allowing vehicles to merge into traffic, but they still keep people waiting.

The real answer, Higley said, is to find better transportation options. “Lanes don’t fix the prob lem,” said Higley. “It’s like taking cold medicine to hide the symptoms.”

If more reliable public transportation would greatly improve the traffic situations around Washington.

Higley said the Washington State Department of Transporta tion spends 75 percent of its annual budget on fixing roads. According to Higley, this money could be spent on extending light rail and bus routes.

Higley also said creating more trails systems for biking and walking would have a huge impact on reducing traffic con gestion. “We need to make it so that cars are not the only option.”

The task of finding alterna tive transportation for an entire nation does seem overwhelm ing.

On the other hand, if we keep going down the road we’re on we’re bound to hit gridlock sooner or later.

Jacqueline Ashwell will host the next Science Seminar on March 8. She will be discussing the National Park system.
Eye in the sky helps monitor the Sound

By ANGELA SUCHER Staff Reporter

A low-cost marine monitoring program offers new levels of detail and multiple perspectives on the conditions of Puget Sound, an oceanographer said in a presentation Saturday.

Dr. Christopher Krembs, who presented at Highline’s Marine Science and Technology Center, is an oceanographer for the Washington state department of ecology and created the program that monitors long term trends in the water quality of the sound.

The program attempts to monitor variables of Puget Sound by using a float plane to fly over the sound and record images of the different variables effecting Puget Sound, anything from algae blooms to oil sheens.

The photographs captured from the air are used to identify anomalies and different variables that effect marine conditions.

“The program was created at no additional cost to the department of ecology except for the purchase of the camera we use,” Krembs said.

Krembs created the program by simply suggesting the department utilize their routine flights from Kenmore to Olympia for additional data collection, and Eyes Over Puget Sound was the result of that.

The program, which has been conducting aerial flights for over two years now, uses both a ferry and a float plane to collect current water conditions and conduct the research.

A float plane flies, rain or shine, once a month to more than 40 different stations located in the North, West, South and Eastern parts of the sound, photographing different conditions and areas of interest along its way.

Dr. Christopher Krembs goes over a slide of his presentation on the marine monitoring program that he presented on Saturday.

On the flight, the photographs are taken and combined with satellite images and data that has been collected on all marine conditions including algae blooms, oil spills and jellyfish pods.

The researchers use equipment such as CTP sensors, which stands for conductivity, temperature and pressure.

The sensors are dropped from the float plane to gather data and measurements that offer insight into the conditions of the sound.

The ferry used by the program also contains a water quality indicator within its mechanisms.

The water quality indicator can measure temperatures, water salinity and bacteria found in the water.

Krembs and his team of professionals then measure the assorted data that include different physical and chemical variables.

“Physical variables would be things such as temperature or density of the water. Chemical variables would include increase in nutrients such as nitrate, oxygen, phosphate and ammonia as well as nutrients ratios,” Krembs said.

“These variables are observed and measured and then compared to historical contexts that have been recorded to offer different perspectives and vantage point of what is going on within the sound’s water,” Krembs said.

“It really gives a unique perspective of the sound that we didn’t have before.”

The data collected on the flights is then published on the department’s website within two days.

This allows the public access to recent and accurate marine conditions.

Over the last two years the program has identified numerous conditions on their flights, such as large oil spills resulting from careless oil fields, patches of moon jellyfish and large, potentially troubling algae blooms in the west sound.

Any one of these observations could have adverse or negative effects on the marine system and Eyes Over Puget Sound is just one more resource available to monitor the conditions of this ecosystem.

The data is combined with data from other monitoring programs across the state and helps expand the overall resources utilized to monitor the conditions of the Puget Sound.

“The challenge is really combining all the data and communicating it effectively to the citizen,” said Krembs. “The Puget Sound is a beautiful place but it has its challenges because we are living on its shores. Eyes Over Puget Sound offers educational, real time information to help us all be aware of it.”

More information on the program as well as current and past Eyes Over Puget Sound flight reports can be found on their website ecy.wa.gov/programs/eyesover.html.

Dr. Christopher Krembs goes over a slide of his presentation on the marine monitoring program that he presented on Saturday.

More and more women are entering careers in science, math and engineering, but those barriers can be overcome, a Weyerhaeuser executive said last week.

Cathy Slater, vice president of Federal Way-based Weyerhaeuser’s oriented strand board division, was the keynote speaker at the annual Women in Science and Engineering (WiSE) dinner last Thursday night in Building 2.

Slater talked about the fact that although there was a steady increase in women in the science, math and engineering fields, that increase has since begun to decrease.

Contrary to what people are saying, the decrease had nothing to do with women deciding to leave these work fields to have kids and families, or because of the travel or the long hours.

More and more women are leaving because of the unfair treatment in the work place.

Sixty-five percent of women who have an unpleasant experience with their work not only leave their job but they leave their field all together.

Women can’t continue to essentially be put down so much that they just leave the work that they love doing, when the ability to fix it is easy and can be done when you are still in college.

Slater said women need to take certain steps to breach those workplace barriers.

“You’ve gotta find something that you really like, then you need to stick with it through thick and thin,” said Slater.

The ability to get a good job in these fields starts far before you ever even set foot into an interview. They start when you are still in college,” said Slater. Finding a mentor is key to success in your field; a good mentor gives you the piece of mind of knowing that you have at least one person in your court.

“Many people get so hung up in what they need to do to get that mentor. The simple answer is that you need to be brave, go up to someone in your field that you admire and ask them if they will mentor you,” Slater said.

“Even if they say no or that they don’t have the time to do that they will still be flattered that you asked and they will be willing to open the door for you to find another mentor.”

Slater said that along with mentoring, being able to network is a huge benefit that you will have in your success. She continued to talk about an “elevator pitch,” which is your 20 to 30 second pitch about yourself where you can tell the person you are trying to impress all about yourself.

“Your pitch is going to make or break you, so perfect it,” says Slater. “You never know who you’ll run into in an elevator.”

Slater attended the University of South Alabama. For the company, she previously served as vice president, engineered wood manufacturing; vice president, veneer technologies; and vice president, Port Wentworth.

Women can overcome career barriers, VP says

By AVIVIAN KARANJA Staff Reporter

Women still face hurdles in entering careers in science, math and engineering, but those barriers can be overcome, a Weyerhaeuser executive said last week.

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Slater said that along with
Human trafficking discussed at local forum

By MARENNA GUEVARA  
Staff Reporter

The economy may be down, but business is booming when it comes to human trafficking, particularly when it involves the sex trade.

Human trafficking is a modern-day slavery problem thriving throughout the world, including South King County. And it will be the focus of a community workshop next week.

On Tuesday, March 12 from 6:30-8 p.m., Washington Engage Coalition Against Trafficking will host a workshop to discuss the problem and prevention strategies at the Des Moines Activity Center, 2045 S. 216th St.

Ruth Hill, the alignment director for Washington Engage, will speak about the goals of her organization.

She will also speak about the high number of children being taken in Vancouver, B.C. and brought across the border into the sex trade.

There will also be a speaker who has personally been in the sex trade and managed to escape and create a better life for herself.

She will be talking about how she was brought into the industry when she was 14 years old and was brainwashed into believing she had no choice but to stay.

Also speaking will be Des Moines Police Chief George Delgado.

"Chief Delgado is fully committed to getting our community and our city trained [to prevent human trafficking]," Carri Litowitz, a business leader in Des Moines, said.

"Every city and town has kids being targeted at malls, movie theaters, and parks for human trafficking," she said.

"These men target young girls with insecure traits and tell them they're beautiful and make them think that this older guy is their boyfriend. Then they convince these young girls to run away [across] state lines and get them in the sex trade," she said.

"Boys are also targeted but the human trafficking industry is mainly young girls," Litowitz said.

The average age of a girl being sold to the sex trade is 12 years old.

These children have a life expectancy of about 7 years and usually have to be arrested seven to eight times before they can understand that the police are trying to help them, Litowitz said.

Super Bowl Sunday is the day with the highest amount of human trafficking activity, Litowitz said.

Thousands of children were brought through New Orleans to be used in the sex trade.

It may be the busiest day because of all the crowds and drinking taking place everywhere, she said.

Furthermore, Litowitz said she speculated that men are becoming more and more attracted to underage girls due to the popularity of Internet porn.

"Most of these girls being shown in the porn videos are underage children. Seeing these young girls performing these acts desensitizes normal adult men to the fact that these are children," Litowitz said.

The toughest part of human trafficking is stopping it, she said.

"We need people to view these girls and boys being bought and sold as victims and not criminals. We need to get medical staff trained to recognize these victims and get training in schools for kids in grades 8-12 so they can be aware of how to protect themselves," Litowitz said.

A similar workshop last January in Federal Way drew a crowd estimated at 150.

Highline students to survey cars on March 12

Environmental science students will survey cars around Highline for fuel usage.

The students will walk around looking at cars in the East parking lot on Tuesday, March 12 from 5:30-6 p.m.

They are noting the make, model and year of the cars for a project to determine Highline's fuel usage.

No personal information about you or your car will be recorded. To help, post your car make, model and year in your car window.

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**Kids to compete in Science Olympiad**

By SAMANTHA ROST
Staff Reporter

Students that volunteer at the Science Olympiad on March 16 at Highline can witness Washington middle school students and 20 students from high school students competing in 46 science testing and building events to potentially advance to the state level.

This will be on April 13 at Clark College in Vancouver, WA.

Winners of that event will proceed to the national competition, in Ohio on May 17 and 18 at Wright State University.

The Science Olympiad is a national non-profit organization that is dedicated to encouraging high school students to compete in science-related fields.

Teams of students with a passion for science are brought together through classroom activities and development workshops to compete in science competitions.

The Olympiad teams are made up of anywhere from 15 to 20 students, coming from cities such as Bothell, Stanwood, Port Angeles, and more local areas including Bellevue, Auburn, Everett and Des Moines.

Judy Mannard and Rich Bankhead, both Engineer instructors, are coordinating this event along with a Science instructor from Aviation High School, Sean McComb.

“This is important for the students because it is a chance to be recognized for their science and math abilities,” said Mannard.

“I believe students who participate in events like Science Olympiad are more likely to pursue careers in science related fields.”

Students that volunteer can be a part of the event in more ways than one.

The event will run from 9 a.m. until around 4:30 p.m. and will be held all over campus in different buildings.

The check in point will be in Building 8.

Volunteers will have a variety of duties. Some will get to help proctor and grade tests. Some will help judge building events (e.g. where the Science Olympiad students actually create something and bring it to compete – musical instruments, helicopters, gliders, mechanical structures, robots, etc.), said Mannard.

In addition, we need volunteers to help direct students to their events and help with check-in. There is something for everyone.

Anyone interested in volunteering can contact Judy Mannard at jman
ndard@ highline.edu.

**Gomez**

continued from page 1

with four Highline students.

Xu told police that he was going to a friend's house when he missed a turn.

A witness reported that Xu's car was traveling at a high rate of speed, and prosecutors said that the damage inflicted on both cars was commensurate with a speed of 70 mph.

Xu then ran through a stop sign at South 240th Street, where he crashed into the BMW that Brenda Gomez-Za
ta was driving.

Xu had purchased the Mercedes-

 Benz only four days before.

Both Brenda Gomez-Zapata and Juan Gomez-Zapata sustained traumatic brain injuries, while Iris Gomez sustained a head injury and fractured ribs.

All three of the family members were rushed to Harborview Medical Center.

Ignacio Zapata and Elizabeth Zapata both sustained injuries as well.

Xu only had a minor leg injury while his passengers Shen Yua and Xiran Zhao sustained minor injuries.

His other passengers, Xia Huixuan and Zhang Lilong, were not injured.

When Xu was released from jail on the evening of March 1, he surren
dered his passport to the court, said South Highline, spoke with the King County Prosecutors Office.

"Xu's mother posted $2 million bail and Xu agreed to surrender his passport. Now he is out of custody and we will see how things proceed," Donohoe said.

Donohoe said that though Xu agreed to hand over his passport, there are still concerns that he could flee back to China.

"We don't anticipate that he will flee," Donohoe said. "There is some concern though that he could flee and that he could be a flight risk."

"Specifically, it was feared that, given his family's resources, if he were released, he would flee the country and then, since there is no extradition policy in China, there would not be any way to have him returned for trial."

"The $2 million bail money that was paid by Xu's family is meant to act as security to assure that Xu attends his April 10 hearing."

"Bail is intended to be a form of security intended for the purpose of insuring that an arrested person will appear for trial and not flee," Wheeler said.

Wheeler said that there are three main factors associated with the bail process including whether or not bail is granted, if there is any criminal history of the person, as well as what resources the person has which would make fleeing more likely.

Lastly is the nature of the crime and if the person is a threat to society.

Donohoe said that in the event that Xu does flee the county, the bail mon
ey would be forfeited.

"The $2 million would be forfeited and it would go into a state general fund," Donohoe said.

For now, Donohoe said the pretrial hearing is set for April 10 and the pur
pose is to go over an official trial date.

“Scheduling a date could be awhile and at this time we are not preceding with a jury selection,” Donohoe said.

“Though it is a possibility that Xu could flee the country, as cases like this have occurred before, we don’t anticipate that he will.”

**Stressing out?**

Find solutions to your stress at an upcoming conference

By REBECCA STARKEY
Staff Reporter

Stress has manifested itself deeply in college campuses nation-wide.

More than 90 percent of college students report being stressed, a study from the American College Health As
sociation shows.

Dr. Allison Lau will offer positive solutions in her upcoming stress management seminar on March 14, from 1 to 2 p.m. in Building 8, room 204.

It is a one-hour workshop designed to teach students how stress can impact their lives, and how to deal with it in a healthy way.

“It’s not that we learn how to avoid stressful situations, because life is full of those,” Dr. Lau, the Associate Dean for Counseling and Student Judi
cial Affairs said.

“Any kind of change or any kind of loss or any kind of even

gain is a stressful situation, but it’s how we interpret it and how we have tools to work through it, that’s kind of the key for stress management.”

One of the main things Dr. Lau said she hopes students will come away with is a sense of balance and control in their lives.

“I think balance is a really big issue especially because of factors such as school and a lot of changes on a large scale,” Dr. Lau said.

“Just our daily lives and bal
ancing out how to be a student, and how to choose our goals, and how to balance other roles like family, work, and trying to make ends meet.”

However, she also said we must recognize what is in our control, and what is beyond our control.

“The first step is to really decide what are the things that I can control, and what are the things I can’t control, and working on the things I can,” Dr. Lau said.

After the pressure points of stress are identified, it is easier to define.

Dr. Lau said she will cover a variety of coping techniques in her workshop.

“I think for everyone it’s different based on what you have access to and what works for you,” Dr. Lau said.

Dr. Lau said that when someone becomes overwhelmed and stressed she tries to slow down.

“I have to take a time out and just take a break: literally breathe and step away from the situation,” she said.

Dr. Lau said she believes that precisely how we cope with stress is not important, as long as we cope with it effec
tively.

“I believe that all of us are really stressed, it doesn’t matter how we cope and how we get to the heart of it, but that we don’t let it consume us,” Dr. Lau said.

Ignoring your stress levels can be very dangerous for your health.

Dr. Lau said stress can cause chronic pain and heart trouble, as well as high blood pressure and elevated choles
terol levels.

It can also disrupt sleeping and eating patterns and even affect your basic thought pro
cess.

“It’s not dealt with in any way. It can get to be so bad,” she said.

So, it’s really important people monitor their stress levels and see how they can kind of keep a gauge on it,” Dr. Lau said.

Dr. Lau said that she hopes when participants come away from her seminar they will, “feel free to make choices that are healthy choices for them- selves so that they can live a long, healthy life.”

In addition to Dr. Lau’s seminar, the Counseling Center is offering a one to three credit stress management course this spring, quarter for students who would like to learn more about individualized stress management tech
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Kim

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I like I was going to get depression by the two-week spell of rain in the winter. That was my first impression about the United States,” Kim said.

Kim was introduced to calculus for the first time in the 10th grade, and at first he didn’t grasp it. He read his calculus book four times before he felt as though he understood it.

“When I read the textbook for the first time, I only got less than half of the concepts,” Kim said. “I read it a year after the first time… when I was about to learn it at school. The third time I read the book was for preparing for a math competition in China when I was in 11th grade.”

“Unfortunately, the math competition was not related to calculus at all,” Kim said. “The last time I read the textbook is actually at Highline, in English, studying with professor Dusty Wilson.”

“Every time when I read the textbook, I could finish reading it within one month, because I don’t stop reading until finishing one book when I am interested,” Kim said.

“When I was in China, I didn’t think I was very good,” Kim said. “I didn’t get qualified for the national math competition in China.”

“Now I’m thinking that’s not just the intelligence problem,” Kim said.

Kim said that many people have told him that math is too hard. Kim tells them that math is hard, however the main problem is that most people have missed a building block or two along the way.

“They miss some concept, which accumulates,” Kim said.

Advice Kim has for students trying to improve their math skill are “don’t memorize the methods, but understand how the words in problems are interpreted (or translated) into the mathematical languages.”

“If I say, ‘12 times 5 equals 60,’ you can understand the basics has made him a valued tutor at the Math Resource Center. “He has turned out to be a talented tutor and is already working on his level three CRLA [College Reading and Learning Association] certification this quarter,” Terry Meerlink said.

“He has run several AMATYC contest review sessions and our MESA [Math, Engineering, Science, Achievement] center has had him running calculus success workshops for the past two quarters. I regularly have students coming in to thank me for sending him to MESA because he helps them so much,” Meerlink said.

“Harry was disappointed in his low score of 25 on last spring’s AMATYC test,” Meerlink said. “He figured out during the test that problem number 14 did not have the correct solution listed, but it took time away from working on some others and he had to leave five other problems blank. He ranked 12th nationwide and the top student in our region last year.”

This last fall Kim had one of only five perfect scores nationwide. “I like math that yields an exact answer,” Kim said. “Especially, I like that, the way the logic of math developed is so reasonable that everyone can develop the math from natural number to calculus as long as they have rigorous base in math.”

Kim said that no one in his family is particularly good at math, and then amended that saying, “well actually my father is [good at math],” Kim said. “My father was majoring in computer science before.”

“I just changed my major for mathematics,” Kim said. “I’m still planning on majoring in chemistry later on [though].”

Kim hopes to go to the Massachusetts Institute of Technology, but he worries he won’t make it in.

Kim identifies math as his strongest subject, and English and biology are his weakest areas. Outside of school Kim said he enjoys playing video games. “I prefer playing computer games. Recently, I am playing League of Legends (called LOL) so badly. I am in a Gold tier, but I will be in a Platinum tier soon,” Kim said.

“That is why I may feel hard time to get a good grade at school. So if anyone wants to add me in the game, please contact me with a username Tiphe.”

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