

the THUNDERWORD

Highline Community College | March 7, 2013 | Volume 50, Issue 19

Campus weeps for beloved beech

Staff, faculty look for alternative to save old tree

By **MARQUES DINAPOLI**
Staff Reporter

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 tree was slated to be removed because it interfered with renovations to Building 19's wheelchair access ramp and drainage field.

"This tree has represented stability and stamina for me since my very first class at Highline in the fall of 1998," she said in the email.

The removal of the tree, though, is not the only problem



Angela Stone/THUNDERWORD

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.

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," biology instructor Woody Mo-

ses, said. "I think it would have been good to say something

see Tree, page 16

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

finds the AMATYC

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 calcu-

lations 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

see Kim, page 16

Trial date set in Gomez death

Xu posts \$2 million bail

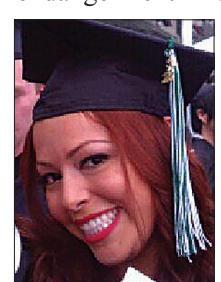
By **ERIKA WIGREN**
Staff Reporter

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 one account 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, Itsi Gomez and Elizabeth Zapata, and two accounts of reckless endangerment for Ignacio



Gomez

Zapata as well as the four passengers in Xu's car.

Prosecutors say that on Nov. 10 the 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

see Gomez, page 15

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Sculptures to be displayed throughout Des Moines area



Page 10
Sophomores finish Highline basketball careers



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Program monitors conditions of Puget Sound water



Laptop stolen from Building 8

A student's laptop was stolen from a cafeteria table after they left the laptop alone for a little while on Feb. 4.

Men's room graffitied

Campus Security found graffiti in the men's restroom in Building 3 on March 3.

Custodians cleaned up the graffiti. The person who did the graffiti has not been found.

Camera taken and returned

A student left their camera next to them and someone walked by and took it on Feb. 27 in Building 30.

The camera was found and returned to the owner.

Deal gone bad

A non-student came on campus to sell an iPhone to another person in the Library but once the buyer saw the iPhone he took it and ran out the Library door on Feb. 27.

Campus Security took a report and turned it over to the Des Moines Police Department.

Non-student sleeps at 26

Campus Security found a non-student sleeping by the elevator in Building 26 during patrol at 2:45 a.m. Feb. 27.

Security let the person know he couldn't stay there and the person had to leave.

Security unlocks cars for students

Campus Security assisted two students by unlocking their cars on Feb. 28.

One car needed to be unlocked in the South parking lot and the other car needed to be unlocked in the East parking lot.

Several items lost this week

A calculator, coffee cup, several keys, hats, folders and USBs were turned into the lost and found in Building 6 this week.

To claim your item, go to the Security office on the first floor of the building.

-COMPILED BY ALEX CHEBOTAR

Campus may plug 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 Holldorf, head of Facilities 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 environmentally 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-



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

pany will be able to calculate demand.

"This will be the first of its kind for us," said Holldorf.

The station will not be for public use, but for Highline students, 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 profit will be a 50-50 split between Ecotality and the college.

After the first year, the profit share changes and the college will then negotiate a new split of the profit from the stations.

There will be no special permits to use these stations, said Holldorf. 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 Holldorf. "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 Holldorf. "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 install them.

The other \$2,000 will cover the cost to trench out an electrical 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 inconvenienced, and won't take very long.

"About a month," said Holldorf.

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



Visiting professor speaks on diversity

Dr. Christine Clark from the University of Nevada and vice president for Diversity and Inclusion will talk about the differences between starting a program and making structural changes in an institution.

The lecture and question and answer section will run from 12:10-1:30 p.m. on March 11 in the Student Union, in the Mt. Constance and Mt. Olympus rooms.

Later that day, Dr. Clark will explore current theoretical frameworks about diversity and equity in higher education. This workshop will run from 2:30-4 p.m. in the Student Union, in the Mt. Constance and Mt. Olympus rooms.

Trial date set for murder of student

A trial date has been set in the murder of former Highline student 19-year-old Jayme Thomas, King County prosecutors say.

Twenty-four-year-old Johnny Rourn has been awaiting trial for second-degree murder charges since November of 2011.

In addition to second-degree murder, Rourn is also charged with second-degree assault for wounding 24-year-old Scott Kennedy who was in the same vehicle as Thomas.

Thomas and Kennedy were both shot at Redondo across the street from the MaST Center on Nov. 5, 2011.

Thomas and Kennedy were

both brought to Harborview Medical Center where Thomas later died because of her injuries.

"A pretrial date has been scheduled for Sept. 27, 2013 followed by the trial on Nov. 7," said Dan Donohoe, spokesman for the King County Prosecutors Office.

The trial date has been changed four times, at the request of Rourn's attorney. The trial was last set for Dec. 3, 2012, and then moved again to Feb. 7.

"This is the set date and we don't expect it will be changed again and this time the date should hold," Donohoe said.

Rourn remains in custody on \$1 million bail.

AMATYC test given today only

The AMATYC test will be today in Building 7 from 2:30-4:30 and everyone is invited to take it.

AMATYC stands for American Mathematical Association of Two-Year Colleges.

The test is 20 questions, multiple choice, and you are allowed to bring a calculator.

Inman tells of her fight for equal pay

Equal-pay pioneer Mary Patricia Laffy Inman will share her experience in changing job opportunities for women on Tuesday, April 16 at the Des Moines Activity Center.

In 1965 women flight attendants would be fired or forced to retire once they turned 32, became pregnant, or got married.

Inman worked to change how airlines treated female flight attendants in the '70s and '80s.

As a Northwest Airlines flight attendant, Inman fought

all the way to the Supreme Court to help pave the way for American women to enjoy equality in their workplace.

Des Moines Activity Center is located at 2045 S. 216 St. and she will be speaking from 7-9 p.m.

Discuss Jerusalem education issues

Baniodeh from the World Affairs Council will share her experiences of schooling and growing up in East Jerusalem.

She will focus on Palestinian-Israeli conflict and its effects on the youths' professional and educational development. Baniodeh earned her degree from Seattle University in international studies and women's studies.

The program will be from 1-2 p.m. on March 13 in the In-

ter-Cultural Center in the Student Union, room 204.

Volunteers donate to Food Bank

The Highline Volunteer Association 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 buildings 5, 6, 8, 15, 18, 29, and 99 from now until March 14.

Correction

In last week's editon as story should have said the Mt. Rainer pool is owned by the Highline School District and operated by the Des Moines Pool Metropolitan Park District.



**EXPERIENCE
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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*

ENVS 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

Renovation on Building 4 can proceed as planned as the month-long abatement of asbestos and mold is approaching completion.

“Building 4 is finally clean,” Barry Holldorf, director of facilities and operations, said.

The building was one of the only structures left on campus that had asbestos insulation in both the walls and roof. A small amount of mold was also found and removed from the interior of the building, Holldorf said.

Asbestos was used on most of Highline’s buildings built prior to 1964. It was used because of its unique insulation, fireproofing, and sound reduction characteristics.

“This is a very serious material,” Holldorf said, because asbestos, a highly friable material which is easily dispersed in the air, has been linked to life threatening illnesses such as lung cancer, mesothelioma and asbestosis. “So clearly we cannot have this material in the buildings,” Hol-



Angela Stone/THUNDERWORD

A construction employee works inside on the now-clean Building 4.

ldorf said.

Of the two types of asbestos used predominantly in the past fifty years, “non-friable [asbestos] has a much lower percentage of air-borne particles than friable,” said Jeff Rodgers, project manager for Northwest Abatement Services Inc., the contractor in

charge of asbestos abatement in Building 4.

Heavy asbestos exposure tends to occur during renovation projects and repairs like those being done to Building 4.

One of the most difficult things about asbestos removal, said Rodgers, is that “from the

get-go you’re scrutinized about everything, and since this is such a dangerous material there is very little room for error.”

“Your trying to do demolition work with an [asbestos removal] suit and breathing apparatus on,” Rodgers said. “And a lot of times your working with machines that control air flow, so it can get very hot at times.”

According to the King County Public Health Department’s website, asbestos removal is a very particular and precise process.

“The state requires that a survey be performed to test for asbestos,” Rodgers said. If there is asbestos, then a certified abatement professional needs to be informed to remove the asbestos, he said.

Before any work can begin, notification must be given to the Puget Sound Air Pollution Control Agency and a removal plan must be submitted and approved by trained and accredited asbestos abatement professionals.

“Our agency must be notified before abatement can begin,” James Smethurst, a receptionist for the Puget Sound Air Pollution Control Agency, said. “And

if more than 40 square feet of friable asbestos is being removed, the contractor must fill out an Asbestos Waste Shipment Record form before disposing of it.”

Only two garbage dumps in King County will accept asbestos-containing materials; the Rabanco Recycling Company’s disposal facility in Seattle and the Cedar Hills Landfill in Maple Valley.

“Asbestos-containing materials must be wetted down and placed within a six millimeter-thick bag or container, or a bag specifically designed for asbestos removal, before it can be disposed of at a landfill,” Smethurst said.

Although it is legal for the owner of a single family residence in which they themselves live to remove asbestos without a contractor, it is highly dangerous and can lead to lasting health problems.

“One of the best ways to stop [asbestos] from getting airborne is to wet it down with water,” Rodgers said.

The new insulation materials for the building will be non-toxic, Holldorf said.

Lockerroom work gets benched

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.

“The scope of the project outgrew the budget,” Director of Facilities and Operations Barry Holldorf said.

The Facilities Department had a budget of \$329,000 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 estimated amount of \$574,000.

Their major miss with the project was in the electrical scope. The departments estimations was about \$160,000 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 than the budget problems, the project came up with other issues as well.

Problems with the plans for installing 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 crept 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 visual 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.

Students help clean Highline

By RACQUEL ARCEO
Staff Reporter

Highline’s campus got some well-deserved pre-spring cleaning 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 court 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 non-indigenous plant or 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,” Higley said.

“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 taking 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 con-



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

tribute 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.

Clearing the area of invasive species will help to protect the natural environment by helping control some of the water quality issues Highline has from the runoff 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 less than 1-year-old as we were planting the trees that are now five years older. Now he can go back, not that he remembers, but we planted them when he was that age and his big sister helped as well. It’s fun to see those changes.”

As a teacher, 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 to actually have the students doing stuff. We talk about these concepts in environmental science and my other classes and it’s this great theoretical knowledge,” Higley said. “Having them go to an area where they can restore or see a restoration project that’s already happened makes it a little more real. You go from textbook knowledge to actual hands dirty knowledge.”

“I guarantee you they 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.”

Education will suffer, as sequester stays put

The sequestration – the automatic series of spending cuts from the federal government – reveals issues with how the Obama administration is dealing with the deficit.

The sequester is hurting the economy and will affect all of us, including those pursuing higher education.

The sequester took effect last Friday.

Until the budget year ends on Sept. 30, more than 750,000 workers will lose their jobs as \$85 billion of budget cuts are implemented over the next seven months.

The sequester is happening because President Obama signed a deal with Congress in hopes of reaching an agreement on the deficit.

In hindsight, Obama shouldn't have agreed to this deal.

Even though the purpose of the sequester was to provoke Congress to work out a deal, it failed to do just that.

Republicans in Congress have stated their strong convictions against increasing taxes, or coming to any agreement with the president.

Even though the Defense Department and other national security agencies will lose more than \$500 million, Republicans in Congress will not compromise in exchange for closing tax loopholes for the wealthy or any tax hikes.

As a result of the deal between Obama and Congress, the economy will suffer from sequestration.

Beyond the issue of raising taxes or cutting spending, there's the issue of the economy's strength.

In the 1990s, when the economy was strong and the budget was balanced, there was a combination of spending restraint and tax increases to reach that point.

Right now, the economy has to grow before the issue with the deficit could really be addressed.

To some extent, it seems Republicans in Congress are the ones projecting the deficit issue as a gigantic problem.

But during the Bush administration, Republicans didn't fuss as much when the former president added expenses to Medicare when there was no funding.

Although Obama shouldn't have agreed to the sequester deal, Republicans in Congress should try to focus more on helping the economy grow, which will help the issue of the deficit.

Instead, it seems the economy will be harmed with the sequestration in place.

Unfortunately, one of the sectors that will suffer from the sequester is education.

In Washington state, approximately \$11,606,000 in funding for primary and secondary education will be lost, according to a report from the White House.

Furthermore, approximately 440 fewer students and approximately 180 fewer students will be able to receive financial aid and get a work-study position, respectively.

Each year, more students are struggling to pay for college.

It can't be stressed enough how important higher education is, in order to train the younger generation skills for well-paid jobs.

But under the conditions of the economy, higher education is becoming harder to pursue and could impact the future economy negatively.

The more education people can get, the more likely people will get well-paid jobs, which means more people will be able to spend money and help the economy grow.

Otherwise, people will be less likely to have money and the economy could shrink.

Cuts on higher education need to stop and college tuition needs to stop rising. It would be best for the economy if more people can pursue higher education.

However, it seems students pursuing higher education will have to brace themselves and do their best to push through the sequester.

Replacing a life for life in prison

The federal government should abolish the death penalty in the United States and replace it with life in prison without the possibility of parole.

As a society we believe that hurting people 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, but some are executed before their innocence is finally realized, even after years of claiming it.

The Death Penalty Information Center's website said that 141 people have been released from death row with evidence of their innocence. At least 15 people were executed, then pardoned when evidence showed they were innocent.

As of April 2012, 3,170 inmates are on death row, with about 40 executions this past year. That 40 or so waited from six to 36 years from the time they were sentenced to their execution. Many died from natural causes before they were ever executed.

The death penalty is morally wrong. We say that murder is



Commentary
Kiya Dameron

wrong and we punish those who do it, but executing someone, guilty of murder is still murder.

Some 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 whole world 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 we should give

to our government, the right to take someone's life? Doesn't this give them too much power?

However there is a solution to this problem. Abolish it.

If we don't abolish the death penalty, death row 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.

So I leave you with this: Murder is murder and the death penalty is a contradiction. When you sentence someone to their death 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 that 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.

Letter to the editor

Correction on Science Seminar from last week

Dear Editor: I appreciate the extensive report on my Science Seminar talk on love, and the reporter did a reasonably good job capturing the information I provided.

Generally, small gaps in information or context for information are understandable and there are some in this article.

However, there are also some very specific inaccuracies that are important for me to address because they can harm people's ideas of themselves and their families if left as statements of fact. I did not say that people in abusive relationships experienced childhood trauma.

This is not universally true. In my presentation, I didn't speak about abuse or abusive relationships at all. I spoke about attachment difficulties and the styles of caregiver interaction

that can promulgate attachment problems, but those styles are not synonymous with abuse.

It's very important to avoid conflating concepts or drawing conclusions that are not supported by evidence.

The reporter inaccurately states that children in foster care miss a critical period in developing a social bond and stepchildren are more likely to develop necessary social bonds.

These statements represent conclusions that were not present in nor supported by the information I provided.

Further, from what I know of the research, these statements are simply wrong.

In my discussion of early attachment experiences I included research on children who were housed in orphanages in areas of the world where resources are scarce, and the effect that a lack of affectionate interaction in many such in-

stitutions can have on attachment formation and related biochemical patterns.

I stated that we use foster care rather than orphanages here in the U.S.

While foster care can vary in quality from one foster family to another, it is not a given that children in foster care experience issues with attachment.

Further, in response to audience questions, I noted that children are capable of forming multiple attachments, and while there is likely a critical period for the formation of attachment, we don't know exactly what it is.

None of this information supports the conclusions presented by the writer.

To see the talk and hear what I did say, please visit: www.media.highline.edu:8080/ess/echo/presentation/0f82a685-7386-4b01-b223-629327766713

-Ruth Frickle,
Highline faculty

the Staff “

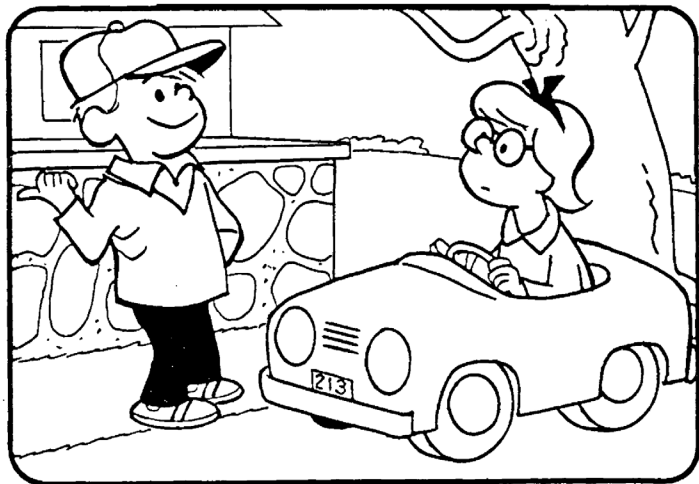
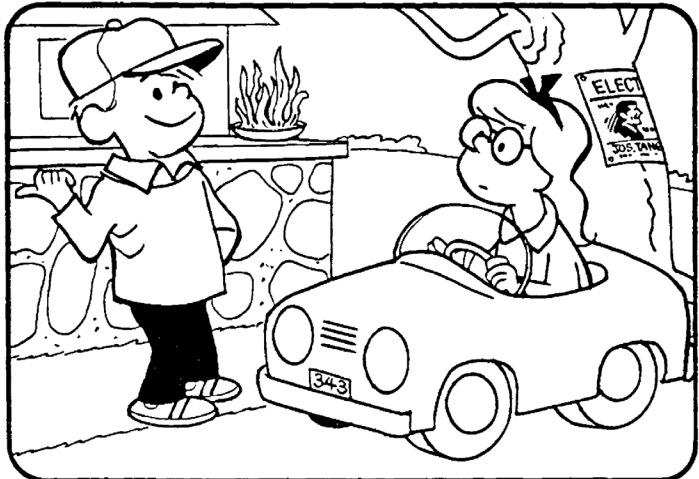
I talk mean, but really, I just end up hugging people.”

E-Mail: tword@highline.edu

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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. Neckline is different. 2. Plant is missing. 3. License is different. 4. Windshield is different. 5. Hair is missing. 6. Poster is missing.

Weekly SUDOKU

by Linda Thistle

		3		4	6			9
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8				7			1	
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3					2		7	

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. GEOGRAPHY: Where are the Cape Verde islands?
2. U.S. PRESIDENTS: How many presidents have won the Nobel Peace Prize?
3. ANATOMY: Where is the sacrum in the human body?
4. LANGUAGE: What is meant by the term "fifth column"?
5. HISTORY: In what year did the American Federation

of Labor and the Congress of Industrial Organizations merge into the AFL-CIO?

6. MILITARY: What is the moral code of the Japanese samurai?
7. GAMES: What kind of game is *Millipede*?
8. FOOD & DRINK: What is arrowroot powder used for?
9. MUSIC: What were the first names of the Allman Brothers?
10. THEATER: Who wrote the play *The Iceman Cometh*?

Answers

1. Off the coast of West Africa

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
21. Classifieds abbr.
22. Espied
23. Guitar relative
25. Mythical equine
27. Small-town supermarket
31. Bar order
32. Cairo'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
68. Sal's Canal
69. Camera part
70. Type of race

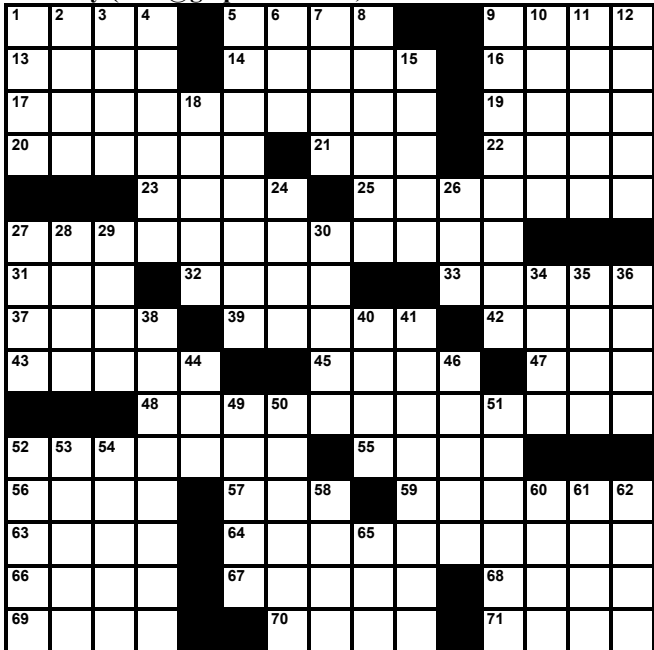
71. Shore hill

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. Annoy
27. Talks on end
28. Zest
29. Claudius's successor
30. Brawl
34. Minute amount
35. Coal, e.g.
36. And others: Abbr.
38. Woman's summer wear
40. Ages 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
58. Practice jabs
60. Drive-____
61. Butcher's cut
62. Duel tool
65. Coach Parseghian

Crossword 101

BY Pete Canty (Pete@grfpuzzles.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 L, you get MISTER. Do not change the order of the letters.

- | | | | |
|---------------------------|-------------|--------------------|-------------|
| 1. Titan | — I — — — | Civil War general | — R — — — |
| 2. Bunch of cookies | — A — — — | Make a mess of | — O — — — |
| 3. "High Noon" actor | — — O — — — | Tea kettle metal | — — P — — — |
| 4. Enumerate | — — — N — | Trial locale | — — — R — |
| 5. Socialize | — I — — — | Crush | — A — — — |
| 6. Schoolyard tyrant | — — — L — | Large & cumbersome | — — — K — |
| 7. Feel the need for food | — — — G — | Orion, e.g. | — — — T — |
| 8. Fossil resin | A — — — | Fireplace cinder | E — — — |
| 9. Client | — — — — N | Walk the beat | — — — — L |
| 10. Norris or Connors | — H — — — | Thump sound | — L — — — |

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MAGIC MAZE • LONELY

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

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Desert	Lighthouse	Outpost	Solo
Fire tower	Marooned	President	Space
Hermit	Mid-ocean	Single	
Island	North Pole	Solitude	The moon

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• **Movie Fridays.** Every Friday the International Student Programs shows a movie for the students. There is no fee to participate in Movie Fridays, but attendees must sign in. Free popcorn is served at each film. This Friday, Feb. 8, Movie Fridays International Student Programs will show *Argo* at 12:30 p.m. at Building 29, room 104.

• **Burien Little Theatre.** Burien Little Theatre's all female version of Andrew Lloyd Webber and Tim Rice's *Jesus Christ Superstar* runs until March 24 at 8 p.m. on Friday and Saturday nights at 2 p.m.; on Sundays at the Annex of Burien Community Center. For more information about this event visit the Burien Arts Commission's virtual calendar at burienculturehub.com/events/calender. Tickets are available on the Burien Little Theatre website at burienlittletheatre.org. General admission is \$20, and \$17 for students and senior citizens. Address of the Burien Little Theatre is 14501 4th Ave SW, Burien.

• **Burien Jazz Festival.** Burien's fifth annual Jazz Festival will be at the Landmark Event Center on Saturday March 9. The event runs from 2:30-10 p.m. and includes a variety of musical performances, food and drink. A few of the bands that will be performing are: Pearl Django, Highline/Aviation High School Jazz Band, The First Thursday Band, and many more. Address of the Landmark Event Center is 23660 Marine View Dr. S., Des Moines. For more information call 206-878-8434.

• **Lend Me A Tenor.** Centre-stage Theatre presents Ken Ludwig's Broadway comedy *Lend Me A Tenor*. The show runs from Friday, March 1, to Sunday March 24, 8 p.m., and 2 p.m. on Sunday at the Knutzen Family Theatre. Tickets are \$28 for adults, \$24 for seniors or military, and \$10 for youths 25 and under. Location of the Centerstage Theatre is 3200 SW Dash Point Road, Federal Way. For more information, call 253-661-1444 or visit the Centerstage Theatre website: centerstagetheatre.com.

• **Dis/orient/ed Comedy.** The Renton Civic Theatre presents *Dis/orient/ed Comedy*, a showcase of Asian American women. Comedians include Yola Lu, Atsuko Okatsuka, and Jenny Yang. Admission tickets are \$18. The performance will be held at the Renton Civic Theatre. Show opens on Saturday, March 16, 8:00-9:45 p.m. The address is 507 S. Third St. in Renton. For more information, visit rentoncivictheatre.org or call 425-226-5529.

• **It's a Good Day for Miss Peggy Lee.** The Centerstage Theater will hold a tribute concert to Peggy Lee. Ticket prices are \$19.50 for general admission, and \$10 for Youth (25 and under). Show opens on Saturday, April 13 at 8 p.m. Location of the Centerstage. For more information, call 253-661-1444 or visit the Centerstage Theatre website: centerstagetheatre.com.

• **The Northwest Symphony Orchestra.** The Northwest Symphony Orchestra will present Richard Wagner's *Entry of the Gods into Valhalla* and Antonin Dvorak's *Symphony No. 8* to West Seattle's Holy Rosary Church on Saturday, March 16 at 8 p.m. Individual tickets may be purchased at the concert venue box office or ticket desk 45 minutes prior. NWSO accepts only cash and checks at the concert venue box office or ticket desk. For adults, tickets cost \$15; seniors, \$12; students, \$12, and group rates, \$10 per person if total purchase amounts to 10 tickets or more. Seasonal adult tickets cost \$45; for seniors over 60, \$35; and students, \$35. The concert will be held at Holy Rosary Church/School 4142 42nd Ave. SW. For additional information, call 206-242-6321.

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 50 paintings created by Van Dyck (1559-1641), Gainsborough (1727-1788), and several other pieces from Kenwood House, a historical stately home in London.

European Masters represents Classical and Romantic artworks, 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 coquettish 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," Chiyo 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-



On left, a portrait of Louisa Georgina Augusta Anne Murray, titled *Miss Murray*, by Sir Thomas Lawrence. Right, a portrait of Sophia Catherine Musters, titled *Mrs. Musters*, by George Romney. Both these paintings are from the Kenwood House, a stately home in London that contains some of Europe's most prestigious artworks.

perb 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 candlelit genre scene by Joseph

Wright of Derby [1734-1797]; a coastal landscape by J.M.W. 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 seattleartmuseum.org.

Talented musicians from all over the world to play together in harmony

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 flutist 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."

One of these performers is the symphony's own maestro, A. Brian Davenport, who will not be conducting, but playing on the piano for the concert.

He earned a master's degree in music at Harvard University.



Flutist Mary Jensen

Davenport conducted Russia's first performance of Handel's *Messiah*.

Another pianist at the Chamber with a Flair will be Christina Siemens, a Seattleite with a degree 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 viola coach and worldwide musician, will be one of four string players. The other three are violinists Ricardo Flores and Yuri Mikhlin, and cellist Olga Ruvinov.

While Flores has studied music in Texas and New Arizona, Mikhlin and Ruvinov are both natives of Russia.

Ruvinov began playing cello at the age of 6 and began to perform 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 Ukraine Soloists Ensemble.

The Chamber with a Flair performance will showcase Joseph Haydn's *Surprise Symphony-Andante*, Franz Schubert's *Quarteto*, and Antonio Vivaldi's *Concerto in A Minor, Cantata* 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 together and establishes the musical 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 federalwaysymphony.org

Sculptures to float through Des Moines

By IPEK SADAY
Staff Reporter

Des Moines is reaching to the past for a 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 lures 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 brass seal pup mounted on granite produced by Gretchen Diver that has already been created; *Shorebirds*, a glass and steel piece by Lin McJunkin; a brass cormorant that is in production by Leo Osborne; a fused-glass work by George C. Scott that is yet to be created and named but is sketched to be a disk piled with sea life; and a fifth piece welded by students from the South Sound Skills



Photo courtesy of Des Moines Art Commission
Yakutat, a sculpture designed by Gretchen Diver, stands in the north promenade of the Marina.

Center in Burien depicting a pil-ing with various fish swimming around it.

The nautical theme was unintentional, said Nancy Stephan, project coordinator and former chairman of the Des Moines Arts Commission.

People think of Des Moines when they think of the marina, she said. Originally Stephan had her sights set on four pieces but decided to add the fifth, “Be-

cause the harbormaster feels he can provide a base for it.”

Under the project, the sculptures will be displayed along Marine View Drive at South 216th Street across from the Big Catch Plaza; at South 223th Street in front of All-Star Sports Bar; at South 227th Street in front of the Jack In The Box; on the North Marina Promenade; and in the South Marina Park adjacent to Anthony’s Home-

port Restaurant.

The City of Des Moines will lease the sculptures for a year, compensating the artists with \$500 for allowing the pieces to be on display. The arts commission will receive a 20 percent commis-sion on any sale of the sculptures.

Stephan says she hopes to include Q codes on the bases of the statuary to make it possible for anyone with a smartphone to use a scanning app to read

about the piece, pricing, and possibly even pull up a virtual map detailing the locations of other pieces around the Des Moines area.

“I believe very strongly in public art. The most significant public art is visual,” Stephan said.

As a college music major and pianist, Stephan has always been fond of the arts despite her long background in academia.

“I think they’re important for kids. We need academics but we also need the human element art brings,” Stephan said.

The Arts Commission is still trying to raise funds for the sculpture bases with a goal of \$7,500. It has raised \$550. If a donation of \$3,000 or more is sent in, that person will be able to have their name or business name and logo on a plaque attached to the base of a sculpture. For more information visi the website: go-fundme.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.

Stephan said she would love for this to become 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 before finals 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 underneath layers of heavy makeup and wigs, the contestants decide

to reveal their true selves.

The cast includes Stephanie Mock as Barbara, Micah Vichitnand as Miss Alabama, Amy Chau as Miss Alaska, Tiana Ross as Miss Michigan, Essie 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. Audiences 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 ol’ 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 Meeker 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,

played by Katie Howland; Cyrus, played by Amanda Enrico; and Al, played by Joe Meeker.

“It has been such a pleasure working with the casts 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.”

Puzzle answers

Consumer Reports

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

Even Exchange

answers

1. Giant, Grant	6. Bully, Bulky
2. Batch, Botch	7. Hunger, Hunter
3. Cooper, Copper	8. Amber, Ember
4. Count, Court	9. Patron, Patrol
5. Mingle, Mangle	10. Chuck, Cluck

Weekly SUDOKU

Answer

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

Fast food

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

By **KAYLEE MORAN**
Staff Reporter

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 happen to have extra money,” 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 my friends are going so I might as well just get a burger,” said Highline student Mat McClish.

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 Nisco.

“I usually go to Panda Express, Little Caesar’s or Wendy’s,” said Highline student Rose Dolloff.

“It’s pretty random where I go, I just stay away from McDonald’s and 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 you do. Even my scale of eating it about once a week might be too often because of all the calories it has,” said Nisco.

“It’s a ‘treat’ in the sense I don’t do it that often I guess. Basically, if I go out for fast food, I want to enjoy it and indulge a little bit since it’s not an every day thing,” he said.

Although fast food is notorious for

What’s up with those fries?

Here’s a comparison of calories, fat grams and milligrams 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
450 calories • 21g fat • 820mg sodium

being fast, cheap and convenient, many students disagree and often find other alternatives.

“Fast food is definitely not faster because I can easily grab a couple things from the store or my house a lot faster and cheaper,” said Highline student Daniel Morrison.

“In a hurry I normally grab a banana and some chewy bars. If I have a little bit more time I’ll get a can of soup,” said Morrison.

“It’s only faster in the sense that it’s prepared in a few minutes time (5-10) rather than perhaps 20 minutes or more at home,” said Nisco.

“However, when you add up the driving time it takes to get there and either wait in the drive-through line or even longer when sitting down, it’s probably longer overall,” he said

“I think it’s faster for the most part. In terms of immediate value and satisfaction, yes I think fast food can be cheaper. However, if a person takes the time to plan meals out and

make them ahead of time, then making food at home can be cheaper in the long run,” said Highline student Sierra Morris.

Some students say they are satisfied while eating fast food, but afterward feel remorseful about it because of the negative health effects.

“It makes me feel better in a way because I am fueled up and no longer hungry. But other times it makes me feel gross and greasy,” Bjornstedt said.

“I know that it is not good for my health at all, but I continue to eat it for reasons that I do not know,” she said.

“I [eat fast food] only when it’s with friends or something. Otherwise I don’t because I can always just go home and eat which saves me money in the long run anyways,” said Highline student Doug Strong, who eats fast food around once a month.

“I tend to avoid fast food because although it tastes great and makes you feel good while you eat it, you feel crummy later on,” Strong said.

“I hate having to decide to finally eat [fast food], and I always regret it right after. I feel like my stomach is turning inside out, my small intestine is digesting itself, my blood sugar plummets and then I get light headed and feel like I’m going to pass out,” said McClish.

“It affects my health a lot. Fast food has a lot of fats and is usually heavily processed, so it’s definitely not healthy. I try to bal-

ance out the rest of my meals for the day if I have fast food, usually with some fruit or a salad,” said Lewis.

Some students say they haven’t 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 ‘anti-food’



Luis Batlle/THUNDERWORD

It contains what??!

The menus from McDonald’s, Burger King, Taco Bell, KFC and Arby’s were analyzed by howstuffworks.com to identify the most common ingredients in fast food, most of which can have adverse health affects:

Chicken, xanthan gum, mono and diglycerides, soybean oil, niacin, monosodium glutamate (MSG), salt, caramel color, high fructose corn syrup and citric acid

because I feel tired and groggy after I eat fast food,” Morrison said.

“From what I’ve learned in my classes and articles that I’ve read is that part of fast food isn’t actually food. So the body can’t digest that as well and doesn’t give you the right nutrients,” he said.

“Healthwise I believe Taco Time is the best because I used to work there and I know a lot of the stuff is fresh which is why it is way too expensive,” said Morrison.

Healthy choices

There are ways to eat quick but avoid the risk

By **KAYLEE MORAN**
Staff Reporter

Eating fast food can harm your health, but there are nutritious alternatives.

“Most fast food places now offer healthy options. Many of them provide calorie contents of their menu items. In most cases, people can dine in their favorite fast food places and still have their healthy meals,” said local dietician 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 dietician Danielle VenHuizen.

Salads can be a good option but be careful with the dressings because they are often filled with unhealthy fats, so choose one that is light or uses good oils as the base, said 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 may cause diabetes, heart disease, hypertension and obesity. It’s 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. This can set someone up for diabetes and heart disease,” said VenHuizen.

“Today, one out of three American adults is obese and 61 percent are either overweight or obese. And one out of three children or teens are overweight or obese. Thus, it is wise to eat less of fast food items that are high in calories to prevent

overweight or obesity,” said Yang.

“It is also recommended to watch out for the sodium intake when people eat at a fast food place to prevent some chronic illness such as high blood pressure (hypertension),” she said.

Healthier options in fast food restaurants that are much lower in fats and refined carbs aren’t as likely to cause these health issues, however they could still lead someone to be unhealthy because of the poor nutrient quality, causing people to overeat because they’re not getting enough vitamins and minerals from the processed foods they eat, said VenHuizen.

Fast food is processed differently than most foods because of the quick preparation needed to satisfy the customer.

This varies by the restaurant, but “most of the ingredients have been processed, boxed, and shipped across the country, losing vitamins along the way as they can degrade with processing and time. Once at the restaurant, most food is simply reheated and served to the customer,” said VenHuizen.

“Newer fast food joints are doing more cooking onsite and trying to make things more fresh,” she said.

If you’re in a hurry and need a quick bite to eat, there are plenty of healthy choices for you to explore.

“There are many healthier alternatives to fast food. I tell most of my clients, when they are in

a hurry, to simply find a grocery store. Their deli items are usually a lot fresher and prepared onsite. It’s easy to get fresh deli sandwiches, salads, or lean roasted chicken in addition to a variety of veggie or whole grain deli salad options,” VenHuizen said.

Starbucks also has meal packs that can offer protein, whole grains and fruit all in a reasonable portion that can be a good choice when you’re in a time crunch, VenHuizen said.

“It may seem like a snack to someone who is used to a Value Meal or something like that, but the portion actually is adequate and the protein should keep you going for at least a couple hours,” she said.

Preparing dinners at home ahead of time can be the best way to avoid eating fast food.

“Many studies have shown that people who have family dinners eat healthier meals, students perform better at school, and are less likely to use substances,” said Yang.

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 healthful 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 leftover snacks instead of eating out at a fast food place, said Yang.

For people who travel a lot for work or school, it’s a good idea to keep snacks in the trunk of their car in case they get hungry and don’t have time to stop for a meal.

Have some healthy granola bars, trail mix, bags of nuts and fruits such as apples and bananas and other items that are easily portable and don’t require refrigeration.

Any combination of these things could be a great meal replacement until you have the opportunity to get home for a proper meal, VenHuizen said.

‘Birds move on from Highline

Highline sophomores finish three years together

By **ZACH STEMM**
Staff Reporter

With the basketball season over, the T-Bird sophomores have ended their basketball careers at Highline.

The sophomores moving on are Terrick McGhee, Ira Haywood, Juwan Harris, ReDell Moore, and Jerron Smith.

Highline finished the season in sixth place of the West Division, falling short of making the NWAACC playoffs with a league record of 6-10 and 11-15 in the season. They have a record of 18-33 the past two years.

This was the second straight season that the T-Birds were unable to qualify for the post-season.

Even though they didn't make the tournament, just getting the opportunity to play college basketball was Harris' greatest basketball achievement, he said.

Harris, the 6-foot-6-inch forward, played his first two years at Highline and then redshirted this season to finish school.

He started playing when he was 8 years old.

"My goal was to be like Michael Jordan or better," Harris said. "I just wanted to make it to the NBA."

The goal has changed for him now.

"I still want to but the chances



Juwan Harris, Terrick McGhee, and Ira Haywood (left to right) stayed together for three seasons.

Zach Nunberg/THUNDERWORD

es are looking pretty slim," he said.

Other Highline sophomores also had hopes of playing basketball professionally.

"When I first started playing the game it was simply because I enjoyed it. It was the best thing to me and still is," Haywood said. "But then as I grew older I realized I could make it through school and even have a chance to get paid and play. There's nothing better than that."

Haywood, the 6-foot-2-inch guard, started playing organized basketball when he was 5 years old. He has been in the gym with his dad since he could

walk, he said.

He averaged 9.6 points per game this season in league play.

Haywood has had many hurdles with playing basketball.

"In my career I faced many obstacles from being the little guy, people telling me I can't, to injures," Haywood said. "Last year might have been the hardest year of my career where I sat out the whole year due to a knee injury."

Getting his AA degree has been his greatest achievement outside of basketball, he said.

"Seeing my momma smile and knowing that I still make her proud is up there on my

list of achievements," Haywood said.

He wants to obtain a bachelor's degree, work in a dental office, and travel the world.

McGhee also had a goal of playing basketball professionally.

"My goal was to play college ball and play for money," McGhee said.

He started playing when he was 8 or 9 years old in AAU.

McGhee had nine total points in Highline's division schedule, only playing in six of the 16 games.

Being 5-feet-10 inches tall, his height was a problem when

playing basketball.

"My height definitely was an obstacle and developing a basketball IQ," McGhee said.

His goals outside of playing basketball are to get his bachelor's degree in education, teach physical education in elementary school, and coach wherever possible, he said.

McGhee remains optimistic about his goals.

"My drive is always there," McGhee said.

McGhee, Haywood, and Harris all said that they are leaving Highline with more maturity than they had when they got here.

Wrestling coach fights IOC decision

IOC eliminates ancient sport from Olympic lineup

By **ISAIAH 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.

Coach Norton said that the IOC's decision of taking wrestling out of the Olympics was "ridiculous."

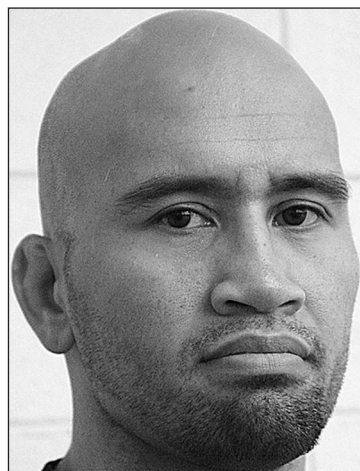
"That's something 8-year-old kids focus on their entire lives, so to take that away without any representation leaves a sorry taste in my mouth," said Norton.

"They're going to be getting letters from myself and I got my fourth graders that I teach, so hopefully there's going to be a big enough ruckus that they realize this is the wrong thing," said Norton.

Being a coach, Norton knows how a sport such as wrestling could impact the lives of young men.

"I've seen it pull some people off the street and it's not glamorous or you get paid millions of dollars, but wrestlers work as hard if not harder than any other athletes out there," said Norton.

Norton said a big problem that the IOC is going to face is the areas in which wrestling is a big part of their culture such



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.

"To be perfectly honest, I don't think this decision is going to stay. I was watching Russian nationals and they had a riot just because one of their guys didn't win. Who knows, the IOC might be getting some visits from the Mafia. You

know they take it very seriously over there," said Norton.

Some may have questioned why wrestling would be cut from the Olympics while sports such as rhythmic gymnastics and solo synchronized swimming remain.

"Wrestling is the backbone of the Olympics. They still got pingpong and badminton. I mean let's get serious. I can roll out of bed and start doing that. How long and hard are they training compared to wrestlers to stay in there?" said Norton.

The IOC executive board will meet in May in St. Petersburg, Russia, to decide which sport or sports to propose for 2020 inclusion.

A site has not been established yet for the 2020 Olympics.

The final vote will be made at the IOC session, or general assembly, in September in Buenos Aires, Argentina.

Chemeketa, Lane win hoops titles

Chemeketa came away with the NWAACC basketball title on the men's side while Lane won on the woman'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.

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



Angela Stone/Thunderword
Ian Smith demonstrates the crouch and the push-up positions of the burpee workout. It works the entire body in just a few movements.



to try to complete as many as you can in one minute, but don't be feel 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.

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 that 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 knew something was wrong. It scared the heck out of me," Plemmons said.



Michel Plemmons

There is no pain and barely any signs until the tumor is big enough to bleed and show visible blood in your stool, she said.

"Since there are no signs that's why this is the No. 2 killing cancer," Plemmons said.

ing cancer," 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 all it takes to stop colorectal cancer is a colonoscopy,"

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.

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Science hasn't caught up with meteors

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, meteors and meteorites are nothing to whistle at.

In the past, planet Earth has been hit by some very large meteorites 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 collision 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 these strikes would probably be 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 practical 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 atmosphere 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 actually a very close 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 Chelyabinsk meteorites are by no means the only large meteorites to strike in the last hundred or so years.

In August 1992 a meteorite

exploded above Mbale, 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 30 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 atmosphere every day. Most of that material, however, is in the form of sand-like grains with a diameter 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 Alabama housewife named Ann Hodges was struck by an eight 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 Old Dominion 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 2:20-3:23 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 better 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 maintenance, 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 center 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 where they have the space, more people would come because traffic would be better. Eventually, we would be stuck in traffic again.

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 traffic then was about a quarter of what it is today). However, 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 relatively successful. They help prevent bottlenecks by slowly allowing vehicles to merge into traffic, but they still keep people waiting.

The real answer, Higley said, is to find alternative transportation.

"Lanes don't fix the prob-

lem," said Higley. "It's like taking cold medicine to hide the symptoms."

Improved public transportation would greatly improve the traffic situations around Washington.

Higley said the Washington State Department of Transportation spends 75 percent of its annual budget on fixing roads. According to Higley, this money could go a long way toward extending light rails and bus routes.

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

The task of finding alternative transportation for an entire nation does seem overwhelming. On the other hand, if we keep going down the road we're on we are 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.

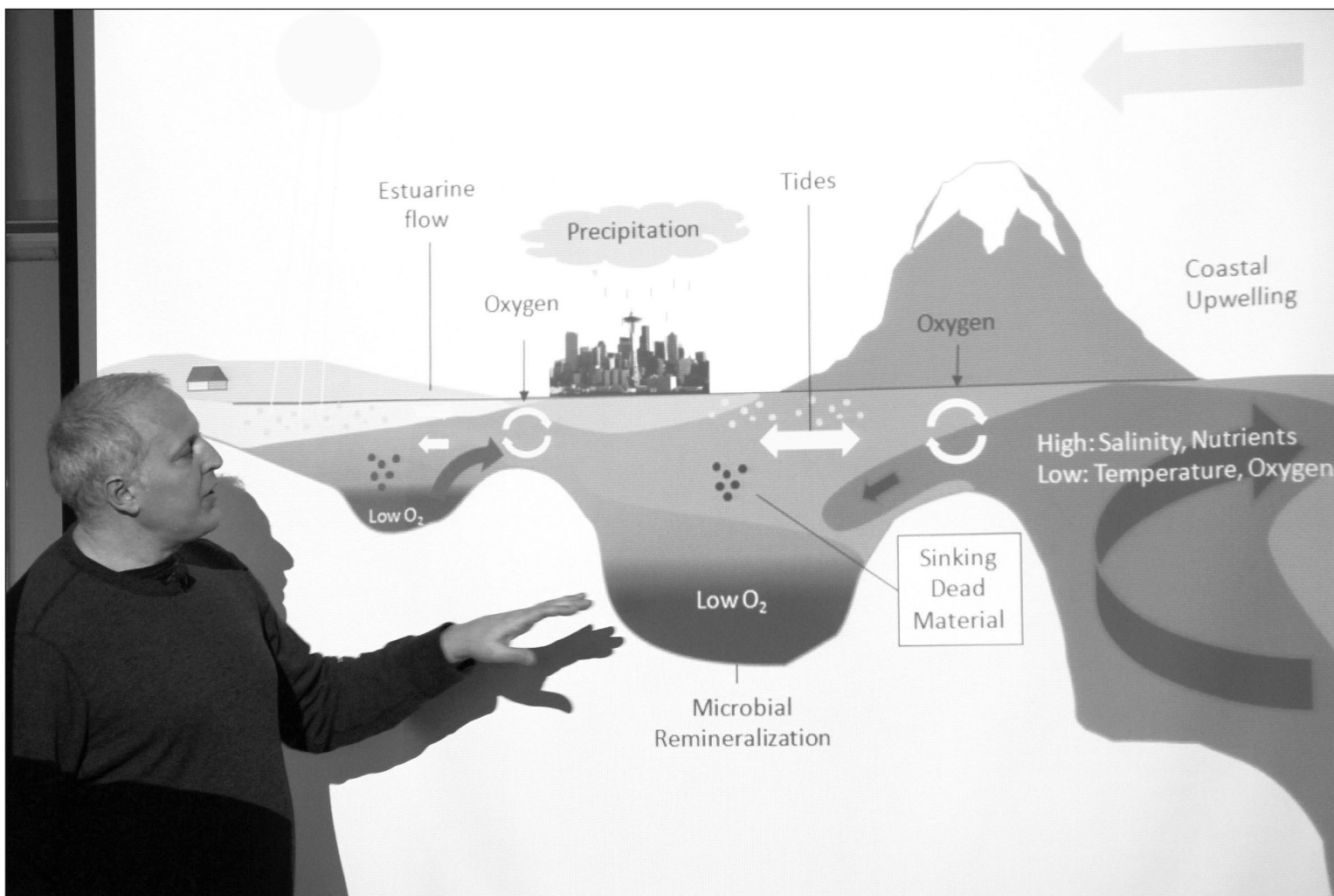
The photographs captured from the air are used to identify anomalies and different variables that effect marine conditions.

"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 data on 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.

Sherry Holt/THUNDERWORD

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 per-

spective 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 condi-

tions of this ecosystem.

The data is combined with data from other monitoring programs across the state and helps to 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 citizens," 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/eap/mar_wat/surface.html.

Women can overcome career barriers, VP says

By **VIVIAN 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 here 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 sci-

ence, math and engineering fields, that increase has since began 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



Slater

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.

Smith calls for new approach to deficit

By **HIEN HONG**
Staff Reporter

Congress should address the federal budget deficit by both spending and cutting, said a congressman from Washington state.

The sequester, a series of automatic cuts adding up to \$85 billion from the budget, was implemented last Friday.

The “sequester was meant to be a forcing mechanism,” said U.S. Representative Adam Smith, D-Ninth District, so the President and Congress could reach an agreement on the deficit.

The sequester failed to serve its purpose, even though “no-



U.S. Rep. Adam Smith

body supported the across-the-board cuts,” said the congressman, whose district includes Highline.

Rep. Smith said there were

three options with how the deficit can be dealt with.

The first option is that the sequester can go forward, the second is that Congress can agree to cut certain parts instead of across-the-board, and the third option is for Congress to get rid of the sequestration and acknowledge that “the budget is an issue.”

“I’m choosing option three,” Rep. Smith said. “I’m out there arguing to cut mandatory spending and raise taxes.”

“Mandatory spending is 60 percent of the budget that is running a 40 percent deficit,” said Rep. Smith.

Mandatory spending in-

cludes programs such as Medicare and Social Security, whereas discretionary spending includes programs such as defense and education.

And since the early 2000s, “we have been cutting taxes by \$7 trillion,” Rep. Smith said.

“We’re going to have to bring that back,” he said.

Furthermore, “democrats are insistent revenue has to be part of [dealing with the deficit],” said Rep. Smith.

Rep. Smith introduced a bill last week to remove sequestration. The legislation includes getting rid of the Budget Control Act’s requirement to produce \$1.2 trillion

in deficit reduction.

Instead, the legislation would produce \$320 billion of cuts, which is one-third of the sequester’s cuts over eight years with reduced discretionary spending in account.

In addition, the legislation would give more flexibility to how much programs are cut, as opposed to around 8 percent across-the-board, said Rep. Smith.

Rep. Smith’s bill also will suspend the debt ceiling until February 2017.

For now, “what I think is going to happen is the stalemate [is going to continue],” Rep. Smith said.

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.

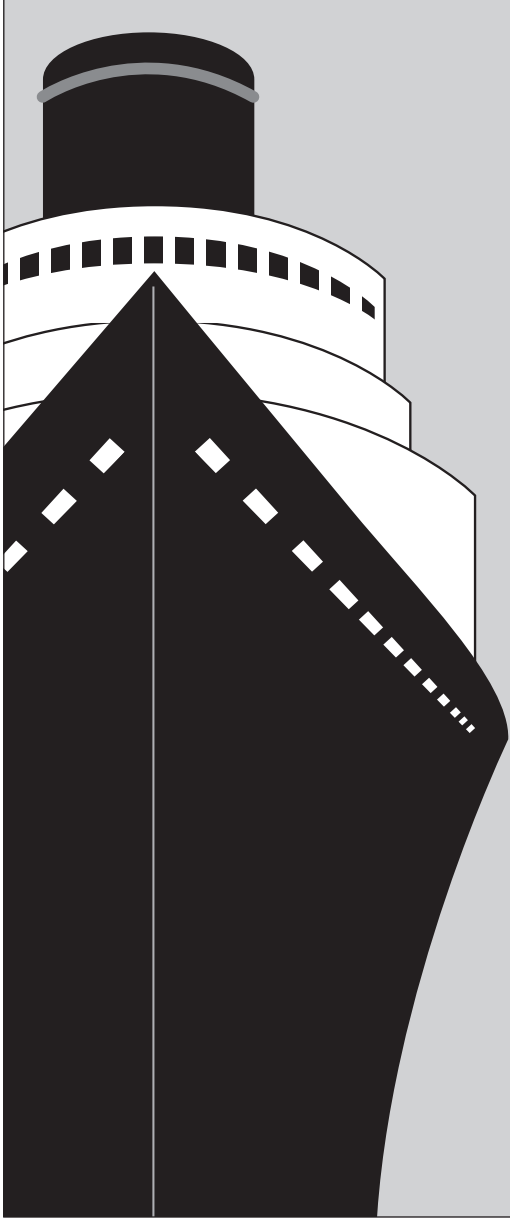
“We need people to view these girls and boys being

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.

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Dates: April 12, 26 and May 10, 2-5pm

Instructor: Liz Day

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

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 and high school students build their way to victory.

Highline is hosting the Northwest Regional Science Olympiad competition for a second time this year and will have 12 teams of middle school students and 16 teams of 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 science education and motivating students toward interest and possible future careers in science 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 Engineering instructors, are co-directing this event along with a Science instructor from Aviation High School, Scott 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 (events 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 everybody.”

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

Stressing out?

Find solutions to your stress at an upcoming conference

By **REBECCA STARKEY**
Staff Reporter

Stress has manifested itself deeply in college campuses nationwide.

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

Dr. Allison Lau will offer possible 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 Judicial 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 interrupt 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 control and balance in their lives.

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

“Just our daily lives and balancing out how to be a student,

‘The first step is to really decipher, 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. Allison Lau

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 to change, and what is beyond our control.

“The first step is to really decipher, 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 defuse.

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 she becomes overwhelmed and stressed she tries to slow down.

“I have to take a time out and just take a breather: 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 effectively.

“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 problems as well as high blood pressure and elevated cholesterol levels.

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

“If it’s not dealt with it can also affect relationships too, 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 themselves 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 in the spring quarter for students who would like to learn more about individualized stress management techniques.

Gomez

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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-Zapata was driving.

Gomez-Zapata, who graduated from Highline in 2011, was driving eastbound at the time along the south edge of campus.

When officers arrived on the scene, Xu was on a sidewalk next to the Mercedes-Benz, which he admitted he was driving at the time of the accident.

Xu also told officers that he had a driver’s license in China but that he did not have an international license and had never driven in the United States before.

He had purchased the Mercedes-Benz only four days before.

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

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

Ignasio Zapata and Elizabeth Zapata both sustained injuries as well.

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

His other passengers, Xia Huixuan and Ziyang Liu, were not injured.

When Xu was released from jail on the evening of March 1, he surrendered his passport to the court, said Dan Donohoe, spokesman for 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.”

Attorney and Paralegal Professor Buzz Wheeler said that in this case the wealth of Xu’s family and that he is a native of China, is what led the court to take Xu’s passport.

“It is my understanding that the wealth of the accused’s family was of concern, coupled with the fact that he is a foreign national,” Wheeler said.

“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 with 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 country, the bail money 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 purpose is to schedule an official trial date.

“Scheduling a date could be awhile and at this time we are not proceeding 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.”



Chiara Burt/Special to the Thunderword
The tree by Building 19 is one of the many trees around campus facing possible removal.

Kim

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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 directly think the equation $12 \times 5 = 60$,” Kim said.

“But when I say, ‘If one foot is 12 inches, how many inches for 5 feet?’ then surprisingly, I found many people who are studying multiplication cannot answer this question. And the misconnection between the language and the mathematics begin from this,” Kim said.

The students who didn’t understand the first question about the number of inches in 5 feet, then they will not be able to answer the question, “‘If we have a 5 foot-long wire and want to make a circle, what would be the largest radius of this circle in inches?’, which is only the expansion from division problem that involved the formula circumference of a circle $2 \times (\pi) \times r$ and convert it into inches,” Kim said.

“The real understanding of the equation $12 \times 5 = 60$ in a word should not be only 12 times 5

equals 60, but be expanded to ‘how many inches for 5 feet?’ as well,” Kim said.

Kim’s love for learning math and understanding 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 Meerdink 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,” Meerdink said.

“Harry was disappointed in his low score of 25 on last spring’s AMATYC test,” Meerdink 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

Tree

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though, and to get the campus involved in this kind of decision.”

Campus officials declined to comment on the eventual fate of the tree but did say they only had a short time to act.

“The tree remains for now,” said Barry Holldorf, director of facilities and operations. “But we only have about two to three weeks to make a decision and act.”

Despite the overwhelming public support for the tree, some instructors have expressed concern about whether the tree really can be saved.

“I was shocked when I first heard about it,” Gerry Barclay, a biology instructor here, said. “It really is one of the most beautiful trees on campus and

it would be a shame to lose one of the highlights of my [botany] class.”

“But the root system on the tree is just as extensive as the shoot system [the trunk and branches],” Barclay said. “So I really don’t see how such a big tree could be moved without killing it.”

Both Moses and Barclay agreed that given the size of the tree’s root system and the expense of moving a tree of this size, the best they would be able to do is replant a cutting from the tree in an approved spot that would give enough space for the tree to grow.

“The problem with so many of the trees on campus is that the original architects planted the trees far too close to the buildings,” Barclay said. “So unfortunately, removal is probably going to be the fate of many of the trees on campus.”

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 Tipherith (misspelling of Tiphereth),” Kim said.



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