She isn’t real, but she’s everywhere

Media portrays unrealistic vision of beautiful women

By JEMIMAH KAMAU
Special to the Thunderword

She is tall, she is skinny, she is beautiful, and her clothes always fit. Her skin is flawless, her eye lashes are long, and has long silky curly hair.

She is real because she is a model; however, she is unreal because some things about her are not real. To some people, she’s the ideal woman and some women try to be like her.

Her images are pleasing to the eyes, but they can have positive and negative consequences for the viewers.

After watching images of ideal women portrayed by the media, some Highline students have experienced different effects.

Charlie Jones, a Highline student who is a ballet dancer, said she was anorexic when she was younger. Jones said she thought she was fat after watching skinny ballet dancers, so she starved herself.

“When I saw ballet dancers on T.V., who were naturally skinny or who starved themselves, eventually I starved myself. I got sick a lot because of it,” she said.

Jones also added that it is tempting to imitate the ideal female images portrayed by the media because they are so appealing.

“I felt really fat after watching Misrepresenting Women (a film) in my sociology class,” said Viktoriya Rossiystseva, another student at Highline.

Suhyon Yom said she is tempted to buy beauty products which are advertised by beautiful models.

“T.V., I just buy them” she said. “When I see skinny women on the media, I wish to be like them even if it’s not my character. I like skin care stuff and when I watch them on T.V., I just buy them” she said.

Yom, who is originally from Korea, said that she isn’t real, but she’s everywhere.

“Highline should be wary of is unfamiliar links that pop up and ask for personal information, he said.

“The majority of times when something has gotten through have been through phishing attacks where a user has been tricked into clicking a link and filling out a form which gives up their user credentials,” said Wrye.

A recent phishing attack occurred on Feb. 12.

An email, supposedly sent from the Highline IT Support Help Desk, said that they were removing unused email accounts in order to make room for new ones.

The fake email said to click on a link and fill out information to verify the account, otherwise it would be terminated within 72 hours.

A hacker could possibly obtain personal information if they gained access to the system.

If someone fell victim to a phishing attack like the one from Feb. 12, there is a higher chance of personal information being accessed by the hacker.
Language club offers bilingual benefits

By NICK MASON
Staff Reporter

A new club gives students a chance to practice speaking in Japanese with native speakers as well as with other students. The Japanese-English Chit-Chat club is a new club at Highline and was just founded this quarter.

Yuta Yokoyama is the club founder and president.

Yokoyama comes from Kyoto, Japan.

He came to the United States last March, to get a degree in biology. He wants to get a Ph.D. in pre-pharmacy, and plans to stay in the United States after obtaining his degree.

Yokoyama has several reasons for starting the club.

“Afer I started volunteering in Japanese class, I thought that’s what I can do in the U.S.,” said Yokoyama.

He also met a second-year Japanese language student and wanted to get more students together.

“I always try to get them to speak and also listen,” said Yokoyama.

The club does a number of things, including playing games, chatting, getting to know everyone, watching videos, sharing culture, and teaching and practicing Japanese.

American students can benefit from the club by practicing conversing in Japanese.

“They can become friends with Japanese people,” said Yokoyama.

They can learn about culture and how they live, he said.

The purpose of the club is to make relationships and benefit from speaking with Japanese people.

Student identification is required to sell back your books. On March 19 and 20, it will run from 8:30 a.m.-6 p.m. outside of the bookstore in Building 8. On March 21 and 22 the book buy back will also begin at 8:30 a.m. They will close up on March 21 at 4:30 p.m. and 2 p.m. on March 22.

Rentals must be returned to the bookstore by March 22.

John Hartman is an American student in the club.

Hartman previously lived in Kyoto, Japan for five years. While he already has some speaking ability, he joined the club to practice listening and reading.

“I can speak pretty well, but it was pretty rough,” said Hartman. He couldn’t change his speaking for different situations, he said.

Hartman said that he likes hearing Japanese spoken in a natural and native way.

“It’s also good to meet other Americans interested in learning Japanese,” said Hartman.

“They can practice what they learn in class, and focus more on speech,” said Yokoyama.

The best way to practice is to speak with natives, he said.

But American students aren’t the only ones who benefit from this club. Yokoyama says he also benefits from the club.

“I set the name as Japanese-English club on purpose,” said Yokoyama. He wants Japanese people to speak in English and American people to speak in Japanese.

“I can be friends with Americans,” said Yokoyama. Japanese people are in the same situation as Americans, he said. Talking with Americans helps a lot, he said.

Campus Security found a Washington driver’s license in Building 1 on March 7. Security mailed the license to the owner.

Security helps a woman

A woman slipped on the sidewalk by Building 7 on March 7.

Campus Security made sure she was OK. The woman had a scraped knee and just wanted a band-aid.

Purse and wallet return to owners

A purse, and a student’s wallet were found in Building 6 on March 7 and returned to the their respective owners same day.

Security jump-start cars

Campus Security assisted two students by unlocking one car and jump-starting the other car on March 8.

One student needed a jump-start in the South parking lot.

Another student needed their car unlocked in the North parking lot.

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Valencia takes the lead

By ANGELA STONE  Staff Reporter

Iesha Valencia is the new assistant director of Highline’s Center for Leadership and Service.

Valencia was one of four finalists for the position Fall Quarter. To determine who would be the best fit for the position the Center for Leadership and Service had each finalist give a 45-minute presentation on leadership to a group of 20-30 students.

The students gave their feedback on each presenter at the end of the presentations. Based on students’ reactions, Valencia was chosen.

“I had fun with it,” Valencia said. She said that getting to know what the students are like is her favorite part.

“It confirmed for me that I wanted to work here,” Valencia said.

Valencia was the first in her family to go to college. Her parents knew the value of a good education, she said. Valencia and her mom weren’t too sure what they were doing at first when Valencia first went to college. It would have been easier to have someone there to guide them through, Valencia said.

This is what Valencia hopes to be for the students here, a guide to show them what opportunities are out there for them and how they can be able to reach them with the right guidance. Valencia said that the really great thing about the center was that they really believe that “leadership is happening everywhere.” It’s not just those working in or with the Center for Leadership and Services.

Many students don’t see themselves as leaders, but everyone has the potential to be a leader, Valencia said.

“I previously worked at Seattle University for three years and a half years as the resident director,” Valencia said.

“We had a captive audience of students who selected themselves to be there,” she said. She said that “the environment was pretty diverse” at Seattle University.

The group she was over was mostly longtime residents of Washington with several international students. As a group they intentionally reflected other cultures to help welcome others.

Since coming to Highline at the beginning of Winter Quarter, “I have been very happy here,” Valencia said. Valencia takes the lead.

Working here has been an incredible experience.”

“I work with so many students,” Valencia said.

Diversity is more than race here. Diversity is recognized by ability, gender, sexual orientation, and faith Valencia said. “That is so beautiful to me.”

“Highline has been doing a really good job at keeping diversity and social justice at the forefront,” Valencia said.

One thing that struck Valencia when she came here was First Fridays.

“Fridays are the worst program for me,” she said. But when she found that there were more than 70 students attending every time, “I think that says a lot,” she said.

“I feel like I’ve gotten to do a lot [so far],” Valencia said. “Things that we’re working on currently are the student awards ceremony, core service work shops in the summer time, and planning and recruiting for next fall’s student leadership members.

“Leadership development is something that I’m really excited about,” Valencia said that here goals upon coming here are “to learn more about my position and my role.”

“One of my main goals is to understand how community college operates,” Valencia said. “Working at one is different than having a scene of familiarity.”

Valencia said she is excited to bring new strengths to the table and work with students. She encourages students to learn more about leadership, and participate in the events available on campus.

Postscript

Vivian Karanja contributed to this story.

Conversations Pal returns for spring

By NICK MASON  Staff Reporter

A long running program at Highline lets students of all backgrounds interact and make new friends while learning about different cultures.

The Conversation Pal program has been operating since the late 1990s. It first started as a casual meeting of a small number of students, but has since grown to include hundreds of students.

The Conversation Pal program is run by Kathy Dao.

“It’s a program we have for lots of groups,” said Dao. Each group has five to six people, one of which is a native English speaker.

“They hang out and make friends,” said Dao.

“Some international students need native people to help adapt to American life,” Dao said.

The program is available to all Highline students, staff and faculty. There are usually about 150 students per quarter, but the Fall Quarter 2012 saw about 250 students in the program.

The program’s largest group is international students, and Dao said she wants to get more American students involved.

“I think I’m going to make more flyers and talk to more American Students,” said Dao.

Students have a good opportunity to learn about other cultures in this program.

“It was really fun. At first we were really shy,” said ngeth, an American student who went to Conversation Pal after meeting a few times, they became good friends in their group, she said.

“I liked it in general,” said ngeth. The program has many benefits, but the biggest is to make more friends with people of other cultures.

“We have more friends, more experiences, know more places, and have fun,” said Dao.

The program runs the duration of one quarter, beginning with the orientation in the second week of each term.

Students start by turning in the form by the first Friday of each new quarter, then the orientation is held in the second week on a Thursday.

“The orientation lets them know the rules,” said Dao.

Students must meet once per week with their Conversation Pal, and submit a total of three photos of their group. It’s also possible to receive a certificate and extra credit for a class from the program.

Students interested in the Conversation Pal program can get more information from the leadership members.

The Conversation Pal program is located in the fifth floor of Building 25.
Trees should stay here, but on appropriate land

Highline needs a more concrete plan for tree plantation. The presence of these grand and stately specimens is greatly appreciated by the majority of the people on campus. However, some of these magnificent trees have been planted too close to campus buildings. Take the weeping beech in front of Building 29 for example; it is beautiful and majestic, but below the surface, its roots can cause damage to underground utility lines and harm the infrastructure's foundation. So the beech has to go, but not all of them.

Trees have several health benefits, so maintaining, if not increasing, the number of trees at Highline is important. Donovan's investigation suggests that the company of trees can improve the emotional and physical state of Highline campus goers, but the school still needs its space.

Trees that are too close to school buildings should either be transferred to a more suitable ground or altogether cut down, because topsoil and roots need to be removed for electricity to be beneficial for people.

Highline should also actively install more trees around the campus—appropriate places of course.

Views on birth control should change

People should be more open toward contraceptive use. Whether you’re a man or a woman, you should always remember that contraceptives exist to help prevent unplanned pregnancies. It shouldn’t be something that’s embarrassing to talk about with your partner or figure out for yourself.

However, because contraceptive use in America showed that 42.8 percent of women who are sexually active believe that they are at no risk for an accidental pregnancy. At the same time, 43 percent of women who were ever pregnant reported they had at least one accidental pregnancy. It’s true that the best way to avoid getting pregnant is to not have sex.

However, being educated on contraceptive methods will allow people to avoid getting unexpected pregnancies when they choose to make the decision to have sex. Although Highline offers a human sexuality class, being educated on contraceptive use might be even more effective if it was taught before college.

According to the Guttmacher Institute, an organization that works to advance sexual reproductive health through research, European teenagers are more likely to use contraceptives than American teenagers. Furthermore, 80 percent of teenage pregnancies in the United States is unintended.

And whatever your stance is on abortion, using birth control means there’s less of a chance of getting an unexpected pregnancy and less of a chance of needing abortion.

Overall, a more open-minded view on contraceptive use could be beneficial for people.

Letters to the editor

Death penalty is not murder but lawful

Dear Editor: In reference to the commentary on page four of the issue this past Thursday penned by Ms. Damron, I want you to inform her that when penning an article for publication in a newspaper facts and not personal opinions are supposed to be given to the public.

Her comment “executing someone guilty of murder is still murder” is false and if she had done her basic research she would have seen this for herself.

Murder is the unlawful killing, with malice aforethought, of another person, and generally this term is used to distinguish murder from other forms of unlawful homicide (such as manslaughter). Capital punishment or the death penalty is a legal process whereby a person is put to death by the state as a punishment for a crime.

To be sentenced to death, a murderer has to meet certain criteria in the seriousness of his/her crime, be found guilty by a jury of their peers and in most cases have the penalty phase (where they are given the actual death sentence) made by yet another jury.

The execution itself is the legal process approved by the state and its citizens for the lawful punishment of a convicted criminal in accordance with the sentence handed down by a judge and carried out by state authorities.

It is not murder.

Bravura Laughingwolf, Highline student

Home school is not so successful

Being home-schooled is not always a great thing. I have been home-schooled for seven years. I hated it.

Home-schooled students tend not to develop work skills because they don’t have a strong daily schedule, consequences, rewards, or curriculum schedule. People who say that they like home school generally say it’s because they get to sleep in, and wear pajamas, which all equals bad work habits.

It has never been good at getting out of things I didn’t want to do, which meant that my education suffered. However, school is more than a battle of wills.

It is also a matter of what to learn. Outside of math, my parents’ philosophy was that I could read everything I would learn at school, and write essays on what I read.

However, I had never seen an example of an essay so I didn’t understand how to start. My parents described countless times how to write a five-paragraph essay and I didn’t listen.

Since I wasn’t involved in extracurricular activities, and I seemed indifferent to everything (I was that kind of teen-ager), my parents did not feel motivated to reward or punish me in anything.

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But it is beautiful and majestic, but below the surface, its roots can be appreciated by the majority of the people on campus.

Home-schooling works for the highly motivated student, or for parents who are consistent and have a good outline. I think successful home-schooled children would have been successful even if they weren’t home-schooled.

When I spoke to a physics adviser from the University of Washington’s, they told me that they love home-school students because they tend to do well.

Home-schooled students who succeed are either motivated to learn, or they have an organized and diligent parent who teaches them. In either case they would still do well at almost any school.

My best friend’s family is an example of a successful home-schooled family. The things that made home-school work for them was a strong schedule.

The two eldest brothers would help their elementary aged siblings with their math. Their mom would check with each of her children, making sure they were working on the subject they were scheduled to be working on. Then they would end the day with a group class.

Even though home-school works for some people, it doesn’t work for most. It tends to put people behind socially.

Though I don’t think that there should be more government intervention with home-school I do think that people should be more informed about what it really does.
Crossword 101

BY Bill Deasy (Bill@grpuzzles.com)

BY HENRY BOLTINOFF

HOCUS-FOCUS

Sunday Crossword 101

BY Bill Deasy (Bill@grpuzzles.com)

Sit (e) Coms

Across
1. Catch, as flies
5. Brouhaha
9. Actors Green & others
14. Cosmetic surgery, briefly
15. Absolutely first-rate
16. ___ the Sheriff
17. 007 and 99, e.g.:
18. ___ the Sheriff
19. Kagan on the bench
20. Springfield sitcom residents
23. Green lights
24. Writer, slangily
25. ___ wheels (car)
27. Short waves?
30. Took, as an exam
33. “Fiddlesticks!”
36. As quick ___
38. Bandleader Puente
39. Forty-niner’s plot
41. Easter start?
42. Prefix with economic
43. Justice, for one:
44. What bargain hunters look for
46. Nickname for Cooperstown’s Dennis
47. “___ So Vain”
49. Slapstick sound effect
51. “___ shocked as you are!”
52. Barely beaten
54. Palmer, to pals
56. Some NCO’s
57. Unit of cotton
58. “... ___ best friend”
59. Miami sitcom residents?
60. Copacabana showgirl
61. Black in verse
62. Appliance brand name
63. Pro-school gp.
64. Asian desert

Down
1. Blind parts
2. Impressive note
3. More able
4. Dish dirt
5. They reap what they sow
6. In the ___ (informed)
7. “No ifs, ___...”
8. Mexican beans?
9. Afternoon R & R
10. Subj. for immigrants
11. Scranton based sitcom show?
12. Bit of urban noise
13. Penn. and others
14. Letter-shaped support
15. Absolutely first-rate
16. Prefix with “dynamic”
17. Making true (var.)
18. Like cotton candy
19. “I hate to be ___,
20. Hen, e.g.
21. Letter-shaped support
22. Make known
23. Dressed like Cinderella
24. Writer, slangily
25. ___ So Vain”
26. ___ wheels (car)
27. Short waves?
28. “___ best friend”
29. Nae sayers?
30. Took, as an exam
31. Ear-related
32. Man in the corner?
33. A-F links
34. TV’s Trebek
35. Milwaukee sitcom show?
36. “Street” credibility
37. Me also
38. What “dis” is
39. Brahms?
40. Like cotton candy
41. Easter start?
42. What bargain hunters look for
43. Justice, for one:
44. What bargain hunters look for
45. Making true (var.)
46. Nickname for Cooperstown’s Dennis
47. “___ So Vain”
48. Like cotton candy
49. Slapstick sound effect
50. Threesomes
51. “___ shocked as you are!”
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56. “... ___ best friend”
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62. Appliance brand name
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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 MASTEN for an L, you get MISTER. Do not change the order of the letters.

1. Royal chair
2. Tiny segment of snow
3. Running race
4. Tree limp
5. Legislative body
6. Ginda or Samantha
7. Point the finger at
8. Lottery
9. Choose by ballot
10. Provide food

Underdog Story?”

Answers
1. Turkey
2. Ali Walker
3. Aaron Copland
4. John Quincy Adams
5. 1621
6. Four inches
7. Baldness
8. Love Is All Around
9. Washington, D.C.
10. Dodgeball

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No one can just walk away from addiction

By ERICA MORAN
Staff Reporter

John started smoking marijuana when he was 12.

He said that it made him feel like he was on top of the world.

John said that he smoked all day, everyday.

It didn’t stop there. John became addicted and the addiction progressed to using ecstasy, cocaine and oxycodone.

John—not his real name—didn’t have a good relationship with his family. He found himself relying on his friends, and his friends were doing drugs.

Now 19 years old and a college student, he has struggled with being physically addicted to cocaine and oxycodone for more than two years.

“I loved the high but hated the come down. It was a cycle because I would do more drugs to avoid the comedown and depression,” John said.

“Being an addict feels like something is controlling your life. You can’t go a day without it, and you circle your life around the next time you can get high. The withdrawals came with sweating, anger and shakes,” John said.

John is not alone. According to the Federal Government’s Household Survey on drug abuse, about 12.7 million Americans used illegal drugs in the last month, about 10 million are casual drug users, and about 2.7 million are addicts.

Different factors contribute to drug and alcohol dependency, such as genetics, biological factors, and social influence, said Garth Neufeld, a psychology instructor at Highline.

Another Highline faculty member agrees.

“There is no exact cause for addiction, but there are several factors that can contribute to someone becoming addicted,” said Trish Ferreira, adjunct faculty in Human Services.

“People who are more impulsive, or who are less likely to think through the long-term consequences of their behavior, are more likely to become addicted,” said Neufeld.

“The most common is a family history of addictions. Of course, substance use leads to addiction, with increasing use raising the likelihood of becoming addicted. Home environment is also a factor,” said Ferreira.

People may become addicted to substances because of how it makes them feel.

“If something feels good, the reward center of the brain is activated,” Neufeld said.

“Drugs of abuse affect many neurotransmitters, but the main neurotransmitter involved is called dopamine. When neurons release dopamine, the brain experiences reward and pleasure, which, of course, most people enjoy and want to continue using to experience,” said Ferreira.

Dopamine and serotonin are the center of addiction because they are the feel-good neurotransmitters, Neufeld said.

“After using more and more, the brain becomes accustomed to the drug’s effects and dopamine levels fall both during drug use and at baseline,” Ferreira said.

“Therefore, the addict starts to feel progressively worse without the substance and needs increasing amounts of the substance to get the desired effect, said Ferreira.

“Now when they’re off the drug, they’re not producing enough dopamine,” Neufeld said.

There are ways to tell if you are dependent on a substance or not.

“The difference between an addict and someone just trying to have fun boils down to consequences,” Ferreira said.

“If someone is not addicted and they start experiencing consequences from their use, they tend to stop using. Those with addictions continue to use despite consequences,” she said.

“When you’re dependent on a substance, you have a tolerance, and withdrawals,” Neufeld said.

There are different options to help an addict.

“The first advice I would give is getting help for yourself,” Ferreira said.

“It is very difficult for the loved ones of addicts to watch their friends and/or family continue to harm themselves through substance use, and often getting support is beneficial,” she said.
Bench press exercise works well to build chest, tricep muscles

By ALONSO DELGADO
Special to the Thunderword

The bench press is an exercise that mainly works out your chest and triceps.

Typically the exercise is done by lying flat on a weight bench while having your feet settled on the ground. Once you are positioned properly on the bench you can grab the barbell off the rack with either a close grip or a wide grip.

The close grip will put more emphasis on working the triceps, while gripping the bar wider will work out your chest more.

Lower the barbell with the desired weight down to your chest level while keeping your arms and elbows in a 90 degree form.

To finish, push the barbell back up to the starting position. In my opinion, this is one of the most popular exercises because of all the different styles, grips, and variations that you can choose from.

There is an incline bench, which allows you to work out mainly the upper part of your chest and also a decline bench press which allows you to work out mainly the lower part. Dumbbells are another great way to work out your chest since they give you more freedom to expand your arms wider to work out the outer part of your chest more.

Using dumbbells also allows you to have your wrists facing each other while lifting, so that you can focus on using more of the inner part of your chest.

Lastly, having a spotter is always good for beginning users.

A spotter will monitor how fatigued you are getting to help out when you are exceeding your strength limits, and they could also motivate you to keep pushing when you want to quit.

Most importantly, a spotter will help you maintain the right position each and every set so that you can exceed your body strength limits without injuring yourself.

A strong core leads to less stress, better life

By KIMBERLY IBARRA and JULIE RAMIREZ
Staff Reporters

Having a strong core will allow for better movement patterns and day-to-day performances.

“When your core is weak it creates tension and stress. A weak core can also cause lower back pains due to the compensation of stress,” said Highline personal fitness training student Masrec Butler.

Having a strong core will improve your movement patterns and performance during day-to-day activities such as standing and sitting.

Your back is a very delicate place on the body. The muscles in your core help protect your spine and ligaments holding your vertebrae together and helps your body stay in place.

Many people suffer from back pain and the reason is a weak core. Having a weak, or not properly balanced, core can cause stress and tension. The first place that the pain can be felt, Butler said, is the lower back.

“When your core or lower back is weak, your body will compensate various other muscle groups or joints which is the common cause for lower back pain,” Butler said. “So if you suffer from back pain, it’s because your core is weak, off balanced or have poor movement.”

Having a strong core can also help to protect your spine and keep you balanced.

“Our body has about 29 different muscles to form the core, so when training the core you want to focus on exercises that hit the whole core and that are safe,” Butler said.

One good way to exercise your back is by doing pull ups.

“This exercise works on the upper back (trapezius), biceps, rear deltoids and it also works the core as well,” Butler said.

Another favorite exercise for the back is a chin up. It’s performed almost exactly like the pulls ups,” Butler said.

While doing chin ups, your palms are facing you.

“Chin ups work the same muscles as a pull up except chin ups puts more emphasis on the biceps,” Butler said.

If you’re going to work your back, you need to work your chest in the same work-out as well.

“I always train chest and back together because you need to have balance,” Butler said.

“If you’re not working your back as often as your chest or the other way around it will leave one side stronger than the other which will lead to muscular imbalance, posture issues, and overuse injuries,” Butler said.

For the general public, Butler said his favorite core exercises are planks variations.

“Planks is a great way to engage the entire core at once and it requires no movement. They can also be adapted to any fitness level,” Butler said.

The plank is an isometric core strength exercise that involves maintaining a position for extended periods of time, said Butler.

“The plank strengthens the abdominals, back, and shoulders,” he said.

Planks are a static exercise where no movement is involved.

If you want a six pack, it doesn’t matter how hard you train the core, it’s about the body compensation.

“You have to have a low body fat percentage to be cut. Train the entire body with multi-joint exercises and make sure you get your in the cardio to shed excess fat and stretch at the end of every session,” Butler said.

In order to have a strong core, Butler said not to forget to add cardio to your workout.

“You can’t expect to have a nice body if you’re overweight or have high percent of stored body fat,” said Butler.

Cardio work benefits social, physical health

By STEVEN ARVAN
Staff Reporter

A good cardio routine is like flossing. It gets the plaque out.

But instead of cleaning your teeth, you’re scouring your arteries.

Cardio exercise involves relatively low intensity workouts that raise one’s heartbeats and increases one’s lung capacity.

According to the American College of Sports Medicine, there are five main benefits to engaging in cardio exercise:

- Decreased risk of chronic diseases such as heart disease, high blood pressure, type 2 diabetes, osteoporosis and harmful cholesterol.
- The increased production of dopamine can relieve stress and make one feel happy and relaxed. It can change mood, making one feel better about oneself and helps reduce feelings of depression and anxiety.
- Exercise burns calories and therefore helps manage weight.
- A good night’s sleep can improve both concentration and productivity, and exercise might be the key to getting better sleep.
- Social interaction can be improved when exercise becomes a family and or friends affair. The act of getting moving can be both rewarding and fun.

Another little more obvious sign is whether or not you are deconditioned.

“Deconditioned, meaning you find yourself out of breath easily, or have trouble keeping up with daily activities of your life,” said personal fitness student Nate Gordon.

It will make your day easier and give you the energy to do the things you want and power through the things you don’t, he said.

“Not staying out slowly is one of the biggest mistakes people make,” said Keith Pa-ton, Highline physical education instructor.

“To me running is the perfect exercise.”

Running uses some of the largest muscles in the body continuously and is cheap and easy to start.

A 30-minute run at least three days a week is a great way to kick start one’s cardio training, he said.

Other recommended indoor activities include: stair climbing, elliptical training, indoor rowing, swimming, stationary bicycling, treadmill running and using a Stairmaster.

For the outdoors, try walking, cycling, jogging, running, skiing or snowboarding, inline skating or rowing.
Skull crushers

Efficient exercise works out your triceps, shoulders

By NICOLAS MOORE
Special to the Thunderword

Skull crushers are an isolated push exercise that mainly targets the triceps (back of arms), while also using stabilizer muscles such as the anterior deloid (shoulders).

To execute the movement you must lie on your back on a flat bench with a narrow over-hand grip on a barbell.

You then position the barbell over your shoulders with your arms extended straight toward the ceiling.

To complete the movement you must slowly lower the bar to your forehead by bending your elbows to about a 90 degree angle, then extend your arms back to the starting position.

Repeat this movement until fatigued.

When I do this exercise I like to attempt three sets of 10-16 reps each to really feel a burn.

One thing you must remember is that control is very important for the safety of your workout.

Avoid attempting more weight than your muscles can handle and use a spotter if needed.

Having a spotter there to assist you can also be very useful since they can help you with the “push” or concentric movement.

This extra assistance allows you to focus on the eccentric movement (lowering the bar) while enabling you to do two-three more reps past complete muscle failure to get a true burn.

Squat exercise focuses on thighs, glutes

By CAITLIN BERGE
Special to the Thunderword

The sumo squat is a variation of the squat that will target your inner thighs and glutes.

To get in position, you need to place your feet well past shoulder-width apart. Your toes should be pointing away from your body.

Turning your toes away from the body will make you use your inner thighs instead of your quadriceps.

Now that you are in position, lower your torso until your legs are parallel to the floor.

Your knees should end up being right above your ankles too. I suggest holding this position for a count of three.

Now squeeze your glutes and inner thighs to raise your torso back to its original position. And that is one rep of the basic sumo squat!

The great thing about sumo squats, and squats in general, is that there are so many variations you can try.

One variation is what I call the “sumo squat walk”, Your feet and legs will be in the same position, but once you squat your legs to be parallel to the floor position, you take small steps forward and backwards. I usually do this for 1 minute at a time.

Then you stop and engage your glutes and inner thighs to push yourself up, just like in the normal sumo squat.

Another easy variation is the jumping sumo squats. Once again, legs will be placed well past shoulder-width apart, with feet turned away from the body.

After you lower yourself into the squat, use your ankles and feet to jump up. As soon as you land, you go back into squat position.

Doing this will engage your calves as well. I suggest doing about three sets of 20 reps when you are trying this exercise for the first time.

If you have previously had knee problems, you may want to reconsider this exercise.

To prevent hurting your knees, or having them pop and crack as you squat, I recommend pushing your hips back. This will reduce the bouncing motions on your knees.

Another thing to try is making sure your feet are firmly planted on the ground. When pushing back up, some people tend to raise their heels off the ground. This puts too much pressure directly on your knees.

By DONOVAN SMOLICH
Special to the Thunderword

Wide grip pull-ups are one of the most important back exercises, especially if you want to get that nice “V-shape” or what some people refer to as the “wings” or the “cobra-back.”

The main muscle being targeted in this exercise is the “lats”, also known as the latus simus dorsi. This exercise also works many other muscles at the same time, such as the biceps and deltoids (shoulders).

To do the exercise you need to grip a pull-up bar or a Smith machine with the bar to the very top. Make sure to look up and use an overhand wide grip (wider than shoulder width). You want to use that length of grip so you can develop your “lats” and get that nice wide looking-back.

From the lowered hanging position you want to stick your chest out and pull up your whole body until you get your chin over the bar. After you go all the way up, slowly lower yourself down to the starting position making sure to keep the tension in the muscles when going down. You want to keep the muscles activated the whole time for a fantastic workout.

I recommend doing 3-4 sets and as many reps as you can when doing each set. Keep in mind that there are other grips that you can try including close grip and underhand grip which will work different parts of your back around the mid area. In addition, if you cannot do pull-ups on your own, try using an assisted pull-up machine or get a spotter to help support your legs.

How to get your back in good shape

Join us for our Spring Transfer Fair!

Friday, April 12 from 10:30 a.m. to 12 p.m.
North Creek Events Center | UW Bothell Campus

Image: Imagine Small class sizes, top-notch professors and hands-on learning. Experience all UW Bothell has to offer.
Highline alum Mike Morgan reassembles the world in art

By SHELBY SMOUT
Staff Reporter

A quirky photography exhibit currently nestled in Highline’s library, ready to expand any imagination.

Once the elevator doors open, Mark Morgan’s gallery of works immediately draws an audience in with his eccentric mind. The photographs are from Morgan’s own private Wonderland and are eye opening to evident originality. All the while, Morgan is the subject of every piece.

A graphic designer from Seattle and a 1975 alumnus of Highline, Morgan thought it would be fun to submit his work to his old college, he said.

“My inspiration and concepts come from various sources; memories, a stray comment of a friend, quotes (famous or otherwise), even a bit of song lyrics,” Morgan said. “For example, my piece titled: Every Morning I Wake Up To The Same Choices originated from a line of a song by a group called Jimmy’s Chicken Shack.”

Every Morning I Wake Up To The Same Choices displays heads resembling light bulbs, spayed across a bedroom while a body screws on its choice of head—one with a smile on its face.

“So when an idea surfaces, my thoughts turn to what this impression is trying to say and how can that be communicated with a visual,” Morgan said. “There are times when an image in-progress will inspire a suddenly different concept, while other times the image will evolve and shift over a number of months until a final concept (and image) is realized.”

Morgan received his first camera when he was 14 and the spark for the hobby has been growing since, he said. For five years, he’s been using digital photography to create photo layering and collage forms.

“What he wants his viewers to take away from this art is for them to find a story, whether it be from their own imagination or his,” he said.

Observing his photos, challenges are expected from the complexity and intricacies in each one. He says there have been many cameras lost and damaged in the process.

Among his favorite photographs currently in the library is Every Morning It’s Just theSame Damn Commute, because “this piece is about how easy it is for me to fall into the trap of thinking I lead a boring life,” Morgan said. As for the future of his career, Morgan said he has many works in progress.

To meet Mark Morgan, attend a reception today, March 14, on the fourth floor of the library from 3-5 p.m.
Peoples’ playful fashion sense draws raves

By JOSEPH PARK
Staff Reporter

Fashion designer Malia Peoples is not a person to ignore an opportunity for fun.

Once you have earned her good graces, Peoples just might invite you to her Northgate studio to pose together in front of the camera for a make-believe Vogue shoot, and goodness does she commit.

The studio itself is a colorful gallery that proudly exhibits the 32-year-old Chinese-Hawaiian’s multicultural roots.

You can spot quilted tapestries here, a Domo doll there and Roaring Twenties jazz playing everywhere.

Speaking of exhibits, four garments from Peoples’ 2013 spring/summer collection, titled, Pop Soda, stands proudly in the Wing Luke Museum.

You can practically feel the power of the disco exuding from her dresses.

The pastel yellow picnic prints and the adorable buttons on the chest with orange outlining, all color blocked by a striking navy blue, serenade the onlooker with spunky ’70s dreaminess.

The showcase celebrates the presence of the Asian-American community in the fashion industry by flauting works of both internationally acclaimed and Seattle-based fashion designers.

You might think earning the “most playful” superlative for Seattle Magazine’s Seamless in Seattle competition two years ago is Peoples’ proudest career moment, but you would be wrong.

“My career highlight is being a part of the Wing Luke Museum exhibit,” she said. “It’s been such a blessing to have taken part in that.”

Peoples traced her entrance into the Wing back to when she was presenting her creations in front of a panel of judges while explaining her design process.

“Peoples has moved onto menswear too, which is available now in Pretty Parlor and Sassafras alongside Lady Konnyaku this year. She calls it, Other Peoples’ Polyester or OPP. Before all of this dizzying success, Peoples had to travel halfway around the world to discover her true calling.

Peoples earned a bachelor’s degree in Chinese Literature at the University of Washington. She turned to the left; she turned to right; and then she found it: Fashion.

With her parents blessing, she enrolled into the New York Fashion Academy in 2005, and she faced a challenge indeed.

“I was completely out of my element,” she said. “I don’t like people. Fashion design is harder than learning Chinese.”

For a person who had no professional sewing experience, Peoples still managed to rise above the occasion, receiving attention for her creative work from the likes of Seattle Magazine and The Stranger.

Peoples is truly a people’s designer. She adores Seattle and prays it will avoid the snobbery and coldness that arises from loving fashion.

“I’m a really inclusive person,” she said. “I don’t like people to feel left out.”

The experience strengthened Peoples’ connection with her native culture.

“It was very interesting and very eye opening, because to see firsthand pictures and documents smuggled out [is] a lot more meaningful than just reading some report in the Wall Street Journal,” Peoples said.

“To be the actual person filtering through some of these documents…hits home a little harder.”

Alas, the internship ended and Peoples returned to Seattle, this time working for a Taiwanese corporation called Yageo – a major electronics supply-chain.

“Weekly SUDOKU Answer

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Even Exchange answers

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5. Garala, Jaypsy 10. Callo, Capor

PUZZLE ANSWERS

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Weekly SUDOKU Answer

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Drama to take spring trip to ‘Laramie’

**By MEGAN PORTER**  
Staff Reporter

Highline’s Drama Department will be telling the story of 21-year-old Matthew Shepard’s murder in The Laramie Project by Moises Kaufman and the Techronic Theater Company. The show opens right after Memorial weekend with a preview on May 28 and ends June 1; tickets will be $7.

Drama instructor and director Debra Pralle will hold auditions April 3-4 with callbacks on April 5. They will be held in Building 7 from 2:30-5 p.m.

“If you have a one- or two-minute contemporary monologue that you have memorized and can perform that would be great, but it’s not required,” said Pralle. “I will have scenes from the play for people to read.”

Pralle will be looking for people of all types.

“I am looking for a lot of types, men, women, young, old, all races. The show has close to 40 characters in it and I will be looking to cast a core company of around 12-14 performers who will play multiple parts,” Pralle said.

Rehearsals will run Monday, Wednesday and Friday from 2:30 p.m. through 5:50 p.m. The production was co-written by the award-winning company The Techronic Theater Company of New York. Their projects have included Gross Indecency: The Three Trials of Oscar Wilde, I Am My Own Wife, and The Laramie Project.

In 1998 in Laramie, Wyo., two men were arrested in the death of Matthew Shepard. Shepard, a 21-year-old gay student, was found tied to a fence, beaten and unconscious, and left for dead. They later pleaded guilty and were sentenced to life in prison.

The Techronic Theater Company traveled to Wyoming and conducted interviews with people of the town, which became The Laramie Project. The production follows the town of Laramie and its citizens and their reactions to the murder.

“This show seemed particularly relevant given Washing- ton’s recent legalization of gay marriage. The play is uniquely structured so it gives the stu- dents an opportunity to work in a new style of writing and create several characters in one show,” said Pralle. “We also hope to reach out to some of the local high schools too as we believe this show is a great catalyst for discussions.”

Des Moines sets sets summer concerts

**By IPEK SADAY**  
Staff Reporter

Spring may not have arrived yet, but the Des Moines Arts Commission is already looking in a summer’s worth of sweet, sweet music to fill the city’s Beach Park.

The commission has tentatively announced the list of bands for its annual Concerts in the Park series.

The bands are of various genres and the concerts will be admission-free with parking in the marina lot.

They will be held every Wednesday from July 10 through Aug. 14.

To improve the sound quality, the Des Moines Arts Commission will hire a sound system this year for the events at the Beach Park, just north of the Des Moines Marina.

In the event of rain, the concerts can be moved to the Des Moines Events Center right next to the meadow.

“Rain or shine we have these concerts,” Highline academic adviser and former arts commissioner Denny Steussy said.

The tentative (because not all contracts have been returned) series will feature five different bands ranging from contempor- ary pop to tribute bands to big band to Latin.

Opening up the series on July 10 will be The Sway, a five-piece contemporary cover band performing the chart-topping songs of artists such as The Black Eyed Peas, Usher, Rihanna, David Guetta, Lady GaGa, Justin Timberlake, Katy Perry, Adele, LMFAO and KeShia.

The July 24 concert will feature Cherry Cherry, a Neil Diamond tribute band, while Just One Look offers homage to Linda Ronstadt on July 31.

Mambo Cadillac will heat up the stage with Latin sounds as part of the themed Aug. 14 Celebration.

The Kings of Swing is a Puget Sound big band era group that adds an air of 1940s elegance and style to every performance in their tuxedos with white dinner jackets.

Unlike the other four performances, The Kings of Swing concert on July 17 has been scheduled for the Des Moines Activity Center at 2045 S. 216th St. Among the sponsors of the summer concert series are the Des Moines Legacy Foundation and King County’s 4Culture.
Permanently Proud

Students wear pride in their cultural backgrounds as body art

By KARLA BARAJAS
Staff Reporter

Sasha Tyurina loves her homeland so much that she wears Russia’s double-headed eagle coat of arms meticulously inked on her hip.

Highline is reputedly the most diverse community college in the state of Washington and with that diversity comes a display of tattoos reflecting the cultural pride of its students.

Unlike tattoos glorifying one’s nationality, cultural tattoos reflect a pride of heritage. One can be a proud American, for example, but still celebrate a cultural link to China.

According to the website culturaltattoos.org: “[Tattooing] can be traced back to ancient civilizations in prehistoric times. While the procedure and styles have changed considerably over the centuries, the artwork used in cultural tattoos today has survived throughout and is still in great demand with tattoo enthusiasts the world over.”

Tyurina may recognize difficulties within her native land, but much of her family and many friends still live there. Her family moved to the United States after her father won the Green Card Lottery, she said.

“I am proud to be Russian,” Tyurina said.

Tyurina says she thinks people should get tattoos only if they are meaningful to the individual.

“It is a piece of art that represents you or something about you,” Tyurina said.

Fellow student Anthony Duong concurs with that sentiment.

Duong was born in Oakland, Calif., but his family originates from the Soc Trang Province, and the Long Phu District of Vietnam.

Duong said that he knows he is part of a group of strong people who fought for their freedom, even if it was against their own people, and that makes him proud.

“The culture. It defines who I am,” Duong said.

Duong shows his pride with a dragon wrapped around a map of Vietnam on his back.

“Also, the dragon means strength and power, which are two things that I want to pursue in life,” Duong said.

He has another tattoo on his left arm demonstrating his Vietnamese pride. The tattoo is of a hand coming out of the sky holding a babies hand with the quote written in Vietnamese:

“Grandma and grandpa love and care for me, and hold my hand to guide me every day.”

A koi fish on his right arm, which means luck and purity, also symbolizes Duong’s Asian pride.

Duong said he believes tattoos are a form of art to express something or an event that happened in someone’s life.

“I don’t know about others, but my tattoos have a meaning. A lot of people just want tattoos to look cool,” he said.

Another American-born student proud of his cultural heritage is Artur Krutina. Krutina was born in Seattle, but said he is proud to be of Mexican decent.

Krutina’s mother would take him to Mexico at least once a year to experience his culture. Also, he said that the local Hispanic/Latino events have a big influence on him.

“All of that exposure made me aware of who I am, and I am proud of who I am,” Krutina said.

Krutina said that his parents came to the United States for better work opportunities and although they started out small, the family has been successful.

Krutina demonstrated his pride by getting a tattoo of a quote from a Mexican president who hails from his family’s native state:

“El respeto al derecho ajeno es la paz.”

In translation this means, “Respect to the rights of the foreign is peace.”

Krutina also said that he got this tattoo because the president had come from a poor and humble life and yet managed to become president.

“This means I could become president if I really set my mind to it,” Krutina said.

“Also, chicks dig tattoos.”

He said that tattoos should have meaning, rather than the result of an alcohol-fueled bad idea.

“Tattoos are ideas, thoughts, and images that people want engraved on themselves because they have either lived them or forever want it part of them,” Krutina said.

That sentiment appeals to Daulton Guevara.

Guevara was also born in Seattle, but has lived in Federal Way since he was 4 years old. He is proudly a Mexican-American with a Latino father and a caucasian mother.

Guevara has a tattoo of a traditional Mexican sugar skull with two roses and a sparrow on his upper left shoulder. He said the sugar skull represents the remembrance of his grandparents, Irene and Victor Guevara, the roses and the sparrow represent his love for them.

“I am not sure why I am proud. I’m just proud of who I am and proud of who my family is,” Guevara said.


**Auction raising funds for kids**

**By MARENNA GUEVARA**
**Staff Reporter**

It’s March, basketball tournaments are in full swing, and school pride is at a fever pitch. What better time to host a fundraiser to possibly launch the athletic career of the next LeBron James?

Des Moines Legacy Foundation is hosting its ninth annual Sports Night dinner and fundraiser on Saturday, March 23 to help disadvantaged youth participate in the city’s Parks and Recreation sports and activities program.

Sports Night 2013 unfolds from 6-11 p.m. at the Des Moines Field House and the theme is Show Your Colors for Kids. Tickets are $50 per person or $375 for a table.

Prior to the dinner, a Sports Night tailgate party kicks off the festivities at 5 p.m. for 21 and older attendees.

Attendees are asked to represent their alma maters or favorite teams by dressing in the appropriate sport’s gear.

“We would love it if everyone came out wearing their high school or college clothing from the school they attended to show their support for their school,” Ralph Thomas, a Des Moines Parks and Recreation coordinator said.

The money raised can go to kids two and a half years old to 18 years old depending on the program, Thomas said.

“One hundred percent of the money raised goes to youth scholarships. Depending on the program they’re applying for and their financial condition at the time, they can get assistance for before and after-school programs or assistance to participate in sports such as basketball or football in their community,” Thomas said.

“We are looking to raise $20,000 this year,” said Thomas. “Last year we were able to raise $21,336 from Sports Night.”

During the fundraiser, Act 3 Catering will serve a buffet dinner. While dinner is being served, casino games such as 21 will be played for fun. While casino games are being played, there will be a silent auction, followed by a live auction after dinner.

Anyone can donate items to be placed in the auction.

“Anything can be donated. We would love to have a trip to Mexico or San Diego or something like that, but donating anything would be awesome,” Thomas said.

The deadline for auction donations is Wednesday, March 20, but donations in general are always accepted. Donors can contact Thomas at 206-870-6527. Ticket information is available at the same number.

“Any help you can give will be much appreciated. This is money to help the kids in our community so it is worth whatever you can spend or do to help out,” Thomas said.

**Lady T-Birds hope to defend West Region crown**

**By ZACH STEMM**
**Staff Reporter**

The Highline softball team hopes to make it a little farther this year.

They made the NWACC softball as West Region champs last season with a 21-17 overall record and 18-6 record in division play.

The Lady T-Birds left the playoffs early last year after losing to Lower Columbia and Pierce and hope to do better this season.

Head Coach Scott Dillinger led the T-Birds from a 3-23 season to West Region champs last year.

Highline is going into the season young, with only four players returning from last season and a few sophomore transferees.

The returning players are outfielder Brianna Votaw, catcher and infielder Blessed Joy Mipalar, infielder Brooke Evans, and catcher and outfielder Dani Babcock.

Votaw, Mipalar, Evans, and Babcock are the captains this season for the Lady T-Birds. These captains want to set a good example for the freshmen.

“I’m just going to try to do my best as a returning sophomore to help lead the team along with my other three returning sophomores and just keep putting in work to be on top of my game to do my part in helping my team get as far as we can,” Votaw said.

Votaw had a .300 batting average, five home runs, 11 runs batted in, and 14 walks in 70 at bats last season.

For Babcock, her personal goal is to bat .450 this and make first team, she said.

Babcock batted .407 with 14 RBIs and nine walks in 108 at bats last season.

“I also want to set a good example for the freshmen and just have fun this season,” Babcock said.

Evans had a .365 batting average, three home runs, 16 RBIs, and 19 walks in 63 at bats last season.

“My personal goal is to help my team reach their goal and possibly earn first team all-league award,” Evans said.

As a pitcher, Mipalar went 8-8 last season with three saves, 82.1 innings pitched, and 85 strikeouts.

On the offensive side, she batted .290 with four home runs, 22 RBIs, and 16 walks in 104 at bats last season.

Highline is hoping to build off of the success that they had last year.

“This year we plan to go further in the tournament,” Babcock said. “We have a great group of girls with a lot of talent and I think we’ll do well.”

To reach this goal, they have been working hard in practice.

“We are just getting serious in practice and really working on our fundamentals making sure we are doing things right,” Votaw said.

They will increase their practice load once the quarter ends.

“To reach our goals, we’re practicing hard three times a week, and when the quarter is over we will have five practices a week,” Babcock said.

“Our pitchers Sam, Kayla, and Karyssa work very hard and throw live pitching every practice. This also helps our team see live pitching and work on hitting situations,”

The Lady T-Birds start off the season at home with two games on Saturday and two games on Sunday at noon and 2 p.m. each day against Boise State’s club team.

Highline then takes on Eastern Washington University. 2 p.m. games on March 23 and March 24 at noon and 2 p.m. each day.

These are the last games for Highline before they begin their division schedule March 28 with two games at Olympic College at 2 p.m. and 4 p.m.

The Lady T-Birds were 8-2 at home in league play last season and 10-4 on the road in league play last season.


By JOEY CASTONGUAY
Staff Reporter

With spring just around the corner, Cougar Mountain in Issaquah provides a great way to enjoy Mother Nature, Doug Williams, a media relations coordinator of King County, said.

With more than 36 miles of trails hiking on Cougar Mountain can be some of the best in the area, Williams said.

"Activities including trail running, bird watching, wildlife viewing, photography and a pretty cool history lesson," Williams said.

"Cougar Mountain is in the heart of what used to be King County's coal-mining region. Millions of tons of coal were mined from underneath Cougar Mountain between the 1860s and 1960s, and there are lots of relics from that history on display throughout the park, including old coal-mining machinery and some mineshafts that have been closed to public access, but you can still see down at least one of the mineshafts quite a long way," said Williams.

Not only mine shafts, the wildlife on Cougar Mountain is considered very diverse and perhaps surprising, said Williams.

"You see bears, deer, coyotes, squirrels and a large number of birds, including several woodpecker species, bald eagles, owls, hawks, ravens, hummingbirds, etc. Of all the birds I've seen, probably the coolest one has been a western tanager, which is an unbelievably colorful bird to see in a place that's primarily different shades of green," Williams said.

With all the wildlife being plentiful, trails, and other preceding factors, leash laws mandate that dogs need to be restrained.

"Dogs must be on a leash at Cougar Mountain. That's standard for all King County Parks. It's a rugged place, with steep cliffs, swamps and ravines, narrow trails in some places, and a lot of wildlife," Williams said.

With all the different aspects of the mountain, Williams said any time of the year is the best time to visit.

"The winter is nice because it's when you have a better chance of being able to enjoy the sights and sounds of the park without a lot of other people around. There are also a number of waterfalls in the park that put on a good show after a heavy rain," said Williams.

"In the spring, you start getting some cool flower blossoms, including trillium, salmonberry and huckleberry," Williams said.

In the summertime it's nice and warm, with tons of daylight, so you can comfortably hike for hours," said Williams.

In the fall, the berries are ripe and the deciduous trees do their leaf-changing thing, so it's pretty colorful," Williams said.

Williams also said there are indeed cougars on Cougar Mountain. However, they are extremely elusive so not a lot of people see them.

"There are cougars at Cougar Mountain, although I've never seen one in person. Hardly anyone ever sees a cougar in the wild. Cougars are incredibly elusive and have a tremendous ability to elude people. And that's a good thing," I recall a study that the state did maybe 10 years ago or so that used remote-controlled surveillance cameras in suburban open spaces such as the area around Cougar Mountain. Not only did the camera get shots of deer, coyotes and bear, but a cougar or two was also photographed," Williams said.

Hikers wishing to visit the mountain need to take I-90 east, then take exit 13, and drive south on Lakemont Blvd SE.

To visit the Sky Country Trailhead, turn left on SE Cougar Mountain Way then right on 166th Way SE. Follow 166th until the end and the entrance is on the right.

For the hikers wishing to visit the Anti-Aircraft trailhead, turn left on SE Cougar Mountain Way, then follow until the street becomes 60th, then turn up onto the dead end road. The end of the gravel road is the trailhead.

Finally for the hikers wishing to visit the Wilderness Creek trailhead, instead of exit 13, drivers need to take exit 15 and drive south on Highway 900.

Look for the trailhead sign and an asphalt driveway that goes up to the right.

Coastal Mountain Bar
382-35
Sports

Women's Softball

NORTH
League Season
Bellevue 2-0 6-2
Everett 0-0 4-4
Shoreline 1-0 3-5
Edmonds 0-0 0-0
Skagit Valley 0-0 0-2
Olympic 0-0 0-5
Douglas 0-0 0-0

EAST

Rentchase Valley 0-0 8-1
Columbia Basin 0-0 5-3
Yakima Valley 0-0 4-4
Spokane 0-0 3-2
Treasure Valley 0-0 2-2
Big Bend 1-1 2-4
Walla Walla 0-0 2-6
Blue Mountain 0-0 2-6

WEST

Pierce 0-0 5-3
Grays Harbor 0-0 1-7
S. Puget Sound 0-0 0-0
Green River 0-0 5-1
Highline 0-0 0-0
Centralia 0-0 0-0

SOUTH

Mt. Hood 0-0 10-0
Chimacum 0-0 6-2
Clarkmas 0-0 4-3
SW Oregon 0-0 4-3
Lower Columbia 0-2 4-4
Clark 0-0 0-0

SCORES

Sunday, March 10
Bellevue 9, Everett 6
Mt. Hood 8, Col. Basin 7
Clackamas 16, Walla Walla 2
Blue Mountain 12, Pierce 0
Wenatchee V. 15, Green R. 2
Bellevue 8, Lower Col. 0
Chehalis 9, Shoreline 4
Clarkmas 17, Walla Walla 3
Pierce 11, Blue Mountain 8
SW ORE 9, Grays Harbor 1

Three T-Birds play in All-Star game

Keana Magalei, Nicole Smith, and Jerron Smith were all selected to play in the Sophomore Basketball All-Star Showcase last Sunday at the Everett CC Sports and Fitness Gymnasium.

Magalei and Nicole Smith were selected for the West Women, while Jerron Smith was selected for the West Men. In her last season with Highline, Magalei scored an average of 13.7 points per game, grabbed 178 total rebounds, and averaged 6.9 rebounds per game.

Nicole Smith averaged 7.2 points per game, and shot 38 percent from 3-point range in her final season.

Jerron Smith averaged 13.2 points and 6.8 rebounds per game.

Table tennis club strikes Oregon

By HIEN HONG
Staff Reporter

Highline's table tennis club tries at Oregon

The club played with the Mount Angel Abbey club in Oregon over the weekend.

Although they were decked out in green Highline polo shirts and ready for a tournament, the club found out they were only in Saint Benedict, Ore, for non-serious competition last Friday and Saturday.

The match was originally planned to be a tournament, but due to a miscommunication, it was "just a friendly match," said Sam Alkhalili, table tennis club adviser.

The tournament was supposed to happen the following weekend.

The table tennis club went to Mount Angel Abbey because former Highline student, Anh Tran, currently attends school there.

"Only three players [from their team] showed up," Alkhalili said.

The first one will be for anyone on campus, student, staff, or faculty to participate in and the second will be open to the community.

The club, which has around 25 members, meets every Friday from 9 p.m.-2 a.m. on Friday night and 10 a.m.-3 p.m. on Saturday.

Highline "players did really well," Alkhalili said. "People came and watched us and they were very impressed."

For those interested in joining, Alkhalili can be contacted at oalkhalili@highline.edu.
Feed your head before finals, nutrition experts advise

By KAYLEE MORAN  
Staff Reporter

Fueling your brain with the right foods can help you study for finals.

Some Highline students say they have found that eating or drinking certain things help them while studying.

“I drink more tea and coffee, it helps me stay awake,” said Highline student Abdiikan Malik.

“I don’t eat a lot of heavy foods because I can’t concentrate as well and can’t sit for a long time if I eat large portions. I eat nuts and apples and stay hydrated,” said Malik.

“I chew gum, it keeps me occupied and makes my mind and heart race. I can’t focus or sit still so I pace a lot,” said Chirillo.

Some students avoid certain foods - bad taste and distractions, said an anonymous Highline student.

“Lots of B vitamins and things like smoothies. I make sure that I eat breakfast on those mornings,” said Highline student Shannon Carter.

“I just eat a clean diet, workout, and get enough rest every night,” said Highline student Linda Ba.

“I don’t necessarily eat better but I eat more food to get more energy,” said Highline student Joey Chirillo.

“I stay away from caffeinated drinks because it makes me lose focus. Caffeine stimulates and makes my mind and heart beat faster than normal, said Chirillo.

Certain foods can affect your ability to focus and concentrate, experts say.

“I would focus on eating a good breakfast, avoid skipping meals, get a diet high in fruits and vegetables and fiber rich grains,” said registered dietician Jennifer Glauser.

“Try to stay to well-hydrated. Dehydration can also decrease concentration and cognitive function. I suggest keeping a water bottle handy when studying,” she said.

According to webmd.com, coffee, sugar, fish, nuts, seeds, avocados, whole grains, beans, dark chocolate and blueberries can help you focus, concentrate and memorize.

There is no magic food to enhance memory short term, but keeping your brain fueled by maintaining fairly stable blood sugar (the brain runs off of this almost exclusively) will do a great deal for increasing your ability to concentrate,” said Sally Hara, a registered dietitian, certified diabetes educator and board certified specialist in sports dietetics.

The foods you eat can affect your brain functioning. Eating foods that are made primarily of simple sugars such as candy, soda, fruit juice and other sweets, makes our blood sugar rise rapidly, said Hara.

This drop in blood sugar is likely the cause of hypervigilance and poor concentration in children after they’ve eaten a lot of candy, she said.

“So if someone is snacking only on sweets or drinking pop while studying they will likely have a lot of ups and downs in their concentration,” she said.

Hara said that alternately, complex carbohydrates (starchy foods such as breads, cereals, potatoes, pasta, rice, etc.) will cause a more gradual, time-released rise in blood sugar and a more gradual decrease in blood sugar (energy and concentration, she said).

“Some people avoid carbs - which is bad for the brain. The brain will only use carbohydrates for energy. The body will convert fat and protein and use it for energy as well as carbs. The brain will only use glucose, which is derived from carbs,” Glauser said.

“The more fiber, the more gradual the rise and fall. You are not likely to experience the stark crash that you would if eating a simple carb,” Hara said.

“However this will only sustain you for about one to two hours, then you will be hungry again,” she said.

Energy from protein hits your system slowly and doesn’t have as much of an impact on raising blood sugar/energy, but it stays with you longer, keeping blood sugar stable for three to four hours, Hara said.

“Protein and fat are needed in the brain too for other functions. Fat is part of the myelinization of the neuron cells. It is needed for correct transmission of nerve impulses,” Glauser said.

“So the ideal meal or snack should contain both carbs and protein,” Hara said.

Examples include a sandwich, piece of fruit with nut butter or string cheese, Greek yogurt and fruit, a smoothie with protein such as Greek yogurt added, eggs and toast, etc., said Hara.

The frequency of how often you can impact your study effectiveness.

“The important thing is not so much when, in relation to study time, students eat, but rather how frequently they eat throughout the day,” said Hara.

“I recommend that students study on a full but not too full stomach. I believe that being hungry will satisfy and lead to better concentration (not being distracted by stomach growling and other hunger signs). If we are too full, sometimes that leads to sleepiness,” she said.

“Energy level and our ability to concentrate are directly tied to our blood sugar levels,” Hara said.

Much of the food we eat gets converted to sugar, which feeds muscles, other cells and is what the brain runs on almost exclusively, she said.

“So if blood sugar falls, so does our concentration, cogni- tive function and energy, not to mention that our moods may also suffer,” Hara said.

The symptoms of clinically low blood sugar include fatigue, difficulty multitasking and focusing, and moodiness, she said.

“To maintain adequate fuel for optimal concentration, most people need to eat every three to four hours,” said Hara.

It’s a good idea to carry a balanced snack with you like a peanut butter sandwich or some trail mix if you wait longer than four hours between meals, she said.

Avoiding some foods may also benefit your brain. It’s best to avoid sugary foods if eaten by themselves and high fat foods which can make people sluggish, she said. Let them take a long time to digest and can divert some of the blood from the brain, Hara said.

By KAYLEE MORAN  
Staff Reporter

Try these recipes for a brain boosting meal to help you with your finals.

For a satisfying dinner the night before, try a blueberry walnut salad with salmon, red potatoes and asparagus.

Prepare the salad first and put it in the fridge until ready to serve with the rest of the dinner.

Blueberry Walnut Salad

Ingredients:
1 (10 ounce) package mixed salad greens
2 八 ounce fresh blueberries
1/4 cup walnuts
1/2 cup raspberry vinaigrette salad dressing

Directions:
1. Preheat oven to 450 degrees F. Spray two large pieces of aluminum foil with cooking spray.
2. Place salmon fillet on top of one piece of foil. Sprinkle salmon with salt, pepper, garlic and chopped dill. Arrange lemon slices on top of foil and place a sprig of dill on each lemon slice.
3. Cover salmon with second piece of foil and pinch together foil to tightly seal. Place on a baking sheet or in a large baking dish.

Red Potatoes with Herbs

Ingredients:
2 lb red potatoes
3-4 tablespoons butter
1/2 bunch scallions
1/2 bunch parsley
Salt and pepper to taste

Directions:
1. Bring water to boil and add potatoes and boil for 25-30 minutes until potatoes are tender and slip easily off of knife when pierced.
2. Drain and cool for about five minutes.
3. Cut potatoes in half or quarter depending upon the size.
4. Add butter, scallions, parsley, salt and pepper. Serve.

Blueberries, fish, carbs — brainy foods to help you pass

By KAYLEE MORAN  
Staff Reporter

While the potatoes and salmon are cooking, start cooking the asparagus.

Asparagus

Ingredients: 1 bunch fresh asparagus 2 cloves garlic, chopped Directions: 1. Melt the butter or margarine in a large skillet over medium-high heat. 2. Add the asparagus and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. Serve.

For dessert, try chocolate ice cream topped with fresh or frozen blueberries.
Some other changes also have been made to the program. “We recently implemented our revised nursing program curriculum, which is innovative in addressing current and future nursing education as well as practice needs. Other improvements include revising the application process and accepting new students each quarter,” Carpenter said.

There are 20 first year-students accepted fall, winter, and spring and 10 licensed prac-
tical nurses registered in second year fall, winter, and spring, Trillo said. “Approximately 95-97 percent of students who begin the nursing program finish it as scheduled,” Carpenter said.

“Students do leave. It may be for academic reasons, or as more often the case, for personal reasons such as illness, childbirth, or family circumstances,” she said.

“This may be as early as the quarter following the one in which they left, space permitting,” Carpenter said.

“As a community college, we wanted to better serve our community by making our nursing program accessible to more students, thereby opening the doors to employment opportunities, a rewarding career, and further nursing education. There are many students who will very likely become excellent, caring nurses, even though they may not have an exceptionally high or perfect 4.0 GPA,” Carpenter said.

Students can do a couple things to help them be successful in the program.

“Good grades, especially in science courses. Nursing is a science based profession so being strong in that area will promote success in the program,” Trillo said.

It is very important to take the program seriously just like any other program.

“We are a full time program,” Trillo said.

“Prospective students must be prepared to attend classes mornings, afternoons and/or evenings as required. Sched-
ules change according to needs so flexibility is essential. Our instructors are committed to providing the highest quality of nursing education in theory and practicum courses throughout the intense and demanding program. Students are expected to be proactive in their learning experiences,” Trillo said.

Within the program there are clinical rotations that can be six to eight hours long and can be mornings or evenings. Please visit Highline’s Nursing website for information on application process, prerequisites and other requirements at nn.highline.edu, Car-
penter said.

“I also strongly encourage prospective applicants to attend one of our nursing program information sessions which are open to the public,” she said.

The next nursing program information session is April 17 at 1 p.m. in Building 26, room 213.

“We believe the HCC nursing program offers an excellent education,” Carpenter said.

“Speaking for all of our program faculty, we care about our students, and we are committed to helping them succeed in their course-
work and in becoming outstanding nurses.”

Nursing students chosen, in part, by random drawing

By JUSTINE LEWIS Staff reporter

To get into the Highline’s Registered Nursing program, you need to win the lottery.

Students who are chosen to enter the program are picked by random selection.

“Random selection for RN program admission was implemented in the fall of 2011,” said nursing professor Maria Carpenter.

“The decision to use this system was made after much careful study, including research of student demographics and of other community college RN programs’ admissions processes. The decision was made collaboratively by the Nursing Program faculty, several departments and the college administration,” she said.

This random selection is used in a lot of other schools around the state including Tacoma Community College and Renton Technical College.

“The random selection process is much more inviting to a wide range of students and promotes the opportunity for them to fulfill their wish to become a nurse,” Carpenter said.

“Students must have at least a 3.0 grade in all required courses, cannot repeat more than once, must have Nursing Assistant Certification, and must achieve cut score [75 or above] for Test of Essential Academic Skills,” said Nursing Program Coordinator Teresa Trillo.

“We realize that prerequisite course grades are important. We also recognize that students who have attained the required prerequisite course grades for the nursing program and who have completed the additional requirements have a strong potential for success,” Carpenter said.

In 2011 Highline’s National Council Licensure Examination-Registered Nursing pass rate was only 74.3 percent.

The 2011 pass rate reflects students who started in the nursing program in 2009 — before the new nursing program curriculum was implemented,” Carpenter said.

This pass rate wasn’t affected by the random selection change.

“Students who have started under the new program curriculum that was implemented in Fall 2011 will begin taking the NCLEX-RN after June 2015,” Carpenter said. “I know that the pass rate for 2012 was higher than 2011. The 2012 pass rate was 87 percent.”

Cafes and bistro will be closing for spring break

The Food Services on campus will be working under a reduced schedule for finals week.

Starting today Cafe 29 in Building 29 will be closed, the Cafe in Building 8 will close on March 18, and the Bistro in Building 8 will close on March 22 and all will reopen April 1.

Catering will still be available for break for meeting and events if proper ordering time is given with the Hospitality and Services department.
Be open-minded and promote diversity

By ISAIAH WELLER and MILO LOVING
Staff Reporters

Promote diversity but don’t try to pay for the past, said a guest speaker at Highline on Monday.

Dr. Christine Clark came to speak at Highline on March 11 in the Mt. Constance room, Building 8.

During her lecture, called A Holistic Approach to Diversity, Dr. Clark explained why allowing yourself to be diverse and also the struggles and benefits of moving out of your own “world” to see another way of living.

She is professor of curriculum and instruction, senior scholar for multicultural education, and founding vice president for diversity and inclusion at the University of Nevada, Las Vegas. She used history as an example of when diversity was looked down upon to teach people how it impacted the world in a negative way.

“During the 1970s southern colleges in states like Texas would pay for African Americans’ tuition if they went to college up north. So in order to make up for the past during the 1990s, the southern colleges offered scholarships for just blacks and this is wrong,” said Dr. Clark.

In Dr. Clark’s lecture she used models to try to show her thoughts on critical race theory used to try to show her thoughts on critical race theory and implementing programs versus creating structural change within institutions for social change.

Dr. Clark said she believes that trying to make up for the past does not create more problems for a country that believes everyone should be treated equally.

“Diversity benefits everyone and makes us stronger,” said Dr. Clark.

She said that people need diversity to teach them that it is possible to live outside the way Dr. Clark said she believes that trying to make up for the past does not create more problems for a country that believes everyone should be treated equally.

“Diversity benefits everyone and makes us stronger,” said Dr. Clark.

She said that people need diversity to teach them that it is possible to live outside the way they were raised. With time, people will learn to understand the differences.

“This will lead to a more productive society,” said Dr. Clark.

In personal communities, “we all have a social responsibility,” said Dr. Clark.

She explained that the benefits of diversity can impact people anywhere from business, education, or even in their neighborhoods.

An example she used was the Bakke case, where a young caucasian named Allen Bakke was denied admission twice into a California Medical School; even though Bakke’s test scores were higher than most average accepted applicants of other ethnicities.

Four justices ruled Bakke a victim of reverse discrimina-
tion, but the other four ruled that the schools affirmative action plan was deemed a good application in terms of the 1964 Civil Rights Act.

Dr. Clark explained that this history of discrimination had an effect on diversity in later social actions.

By the 1990s, the school started offering scholarships to just African-American students. They felt that this was a way to make up for the past discrimination against students.

Dr. Clark also said that events like the Bakke Case is a good example of why people should change the way the world handles social diversity.

“When we do that,” Dr. Clark said, “we can then begin to benefit from diversity.”

Dr. Clark explained that the benefits of diversity can enlighten us in any setting from educational to our workplace.

Dr. Clark used Highline’s campus as an example. She said that it helps to have a more diverse environment to force you out of your own way of thinking and help expand your views and get new ideas.

“I want you to be impatient of suffering in the world,” she said.

The main idea she wanted the audience to come away with is to keep an open mind. This will help people understand other’s who came a different way of living through different eyes.

If people can do that, they will become more multicultural aware and in essence become more intelligent, she said.

Spring Gala event to raise money

By KIYA DAMERON
Staff Reporter

The Highline Foundation is staging its biggest fundraising event of the year next month to raise money for students.

The annual Spring Gala event will be April 27 at the Cedarbrook Lodge, 18525 36th Ave. S., SeatTac. Tickets are $125 per person or $1,000 per table. Seating is limited and doors open at 5:30 p.m.

The Gala “is in its 13th year and uses this major event to raise funds for scholarships and emergency assistance for students at Highline Community College,” said Rod Stephenson, the executive director of the Foundation.

The Foundation is “a non profit organization dedicated to supporting the mission of Highline Community College,” said Stephenson.

The event is sponsored by donors through buying tickets and by participating in an auction.

“The biggest challenge of this event is always maximizing the number of attendees,” Stephenson said. However, “The Foundation Board and Trustees do a good job of encouraging folks to come out for the event.”

On average, 220 people attend the Gala event for a night of dinner, dancing and live auction.

“Last year’s event raised over $100,000,” said Stephenson.

This year’s highlighted auction items are “a 10 day cruise on Holland America, select wine, and Seahawks tickets,” said Stephenson. Tickets are available by calling 206-870-3774, by April 18.

For more information on buying tickets see the Foundation’s website, www.funds4highline.org.

Eggs missing again in Des Moines

By JOSHUA WHEELDON
Staff Reporter

As many as 3,000 plastic eggs filled with candy will be the target of Des Moines youngsters at the annual egg hunt - Eggstravaganza - on March 30.

“For at least the last 10 years there have been roughly 200 to 300 children and their parents who attend the event,” Cassie Swan, Des Moines Parks and Recreation specialist said.

Children will be able to take part in arts and crafts events such as a coloring contest and a bubble station.

They can also meet the Easter Bunny and have their pictures taken.

All children up to grade six may attend, although children younger than 5 will need to be accompanied by an adult.

“The [$5] entry fee will help with future parks and recreation programs and activities,” Swan said.

The event is at the Des Moines Beach Park, 20203 Cliff Ave. S., just north of the Des Moines Marina, on Saturday, March 30 from 9-10 a.m.

With limited parking space available in Beach Park, free parking will also be available at the Des Moines Marina north parking lot. The event goes on, rain or shine.

Last chance to donate for food drive

By MEGAN PORTER
Staff Reporter

Students in the Achieve Service Learning class and the Highline Volunteer Association are conducting a food drive for the Des Moines Food Bank.

The event started Feb. 19 and will continue until today, March 14. Students can drop off food in buildings 99, 8 and 6 in the faculty and staff offices, said ACHIEVE Instructional Assistant Laura Holt.

Food can be dropped off any time the Student Union is open.

Food that is non-perishable and makes us stronger,” said Dr. Clark.

She said that people need diversity to teach them that it is possible to live outside the way they were raised. With time, people will learn to understand the differences.

“This will lead to a more productive society,” said Dr. Clark.

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Students are commonly misled on how to resourcefully pay for college, prof says

By JUSTINE LEWIS
Staff Reporter

A block of classes at Highline is being offered in Spanish. The Integrated Basic Education and Skills Training, or IBEST is offering the classes. IBEST is to help under-served populations acquire skills to get a job.

Basic skills students get the benefit of instruction from basic skills instructors while earning credits towards certificates or a degree.

IBEST is now offering a block of classes that helps provide students with the skills to get a job.

The block of classes is all offered at once Monday through Thursday, 1-4 p.m. and Friday, 1-3 p.m.

These classes are taught in Spanish but the textbooks are in English, so it is helping some students improve their English, said Business Information Technology Department Coordinator, Oussama Alkhalili.

The grant originally wanted everything in Spanish but that wouldn’t help prepare the students for the real world. It helps them prepare for a business environment to have the textbooks in English, Alkhalili said.

These classes are geared towards Highline’s Latino population.

Highline decided to offer these foundation classes in Spanish to help transition the Latino students into the campus community.

Highline’s Latino population has been on the rise in recent years, Alkhalili said. Highline is trying to offer more resources to help Latino students complete college, He said.

“We were 22 students at the beginning of the quarter and now there are 19, but most are still there and it says a lot about the teacher and the structure of the class,” Alkhalili said. Alma Meza is teaching this class and she is doing an excellent job, Alkhalili said.

It is putting a lot of pressure on her because she has to translate, but it should become easier on her next quarter because she will have all the information and be more prepared, he said.

These classes are open to the students for the real world and give them the skills everyone needs to get a decent job. That is what we are trying to provide,” Alkhalili said.

These foundation classes that are offered in Spanish are also offered in English by IBEST.

After you have taken the foundation classes you could earn the certificates in Custom- er Service, Introduction to Office Assistant and Introduction to Web Support in one year. Because foundation is the same students get a certifi- cate in fall, winter and spring,” Alkhalili said.

They are fast certificates so students can get out there and find jobs. They can also continue on to a four-year degree, Alkhalili said.

“Intro to customer service students can build the pathway to customer service specialist and/or administration assis- tant (a one-year certificate),” Alkhalili said.

“Intro to office assistant students can build the pathway to AAS administrative manage- ment (option of BAS), AAS in administrative management and AAS in infor- mation system coordinator,” He said.

“Intro to web support students can build pathways to AAS administrative manage- ment (option of BAS), AAS in information system coordinator, Visual communication system coordinator, AAS visual communication, Web database developer certificate and AAS web database developer (option of BAS),” Alkhalili said.

“Anybody that is working they need the degree,” Alkhalili said.
Palestinian carves out territory of understanding

By EDDIE CERVANTES
Staff Reporter

The Israeli-Palestinian conflict may be more territorial than anything and even harder to resolve, said a Palestinian-American here Wednesday.

Majd Baniodeh, community events coordinator for the World Affairs Council in Seattle, spoke yesterday and told the story of her life as a Palestinian and how she came to the U.S.

Baniodeh was born in northern West Bank, a territory occupied by Israel since 1967. This inflamed the conflict and a greater problem was created.

Baniodeh said the problem is present because of territorial conflicts, “but everyone has their own opinion.”

The conflict between the Palestinians and Israelis caused Baniodeh to make a change in her life.

“There’d be times at home when we would have curfews. We’d have to stay in our homes and not go anywhere. But for this particular story, it lasted about three months,” said Baniodeh.

“We ran out of food, water, and electricity. It angered me quite a bit. I remember missing the sun and how it felt during the curfew. So I snuck upstairs one day and peeked out of the window. A shot was fired toward me by a sniper and I remember getting so scared, and punished by my parents,” said Baniodeh.

This, as well as other incidents, drove Baniodeh to strive for a better life. She discovered an opportunity called “The S Program”. This allowed Palestinian kids to be housed by a family in the United States.

After completing the paperwork, she had to wait for the information on which family she would be staying with. About three months until her departure date, the package was received.

This was the turnaround of her life. Soon, she received a scholarship to Forrest Ridge School of the Sacred Heart, an all-female, Roman Catholic, private high school.

After graduating from Forrest Ridge, she studied at Seattle University and became involved in helping educate kids about the Israeli-Palestinian conflict.

“Education awareness is No. 1,” said Baniodeh.

Now, Baniodeh is working at the World Affairs Council as the community events coordinator. She speaks to people all over to raise awareness of the problem.

Baniodeh said, the problem in the Middle East may not go anywhere unless forgiveness is given, which is easier said than done.

Bill passes in House to help troubled youth in schools

A House bill requiring school districts to take action on troubled youth passed in the House on March 4.

House Bill 1336, sponsored by state Rep. Tina Orwall, D-Des Moines, requires school nurses, social workers, and counselors to partake in youth suicide screening training.

In February, the bill’s hearing in the Education Committee included testimony from survivors of suicide and family members of victims. Mary Earl, Kurt Cobain’s aunt, was at the hearing.

The bill had its first reading in the Senate on March 6.

State rep to do meet and greet in Federal Way

State Rep. Roger Freeman, D-Federal Way, is making an appearance at Poverty Bay Café on Saturday.

Rep. Freeman will be there from 1-2:30 p.m. to meet and greet his constituencies. The café is located at 1108 S. 322nd Pl., behind the Safeway on South 320th Street.

For more information call his legislative assistant, Martin Moore at 360-786-7830.

Early registration bill could benefit teens

By HIEN HONG
Staff Reporter

A new House bill might allow 16 and 17 year olds to preregister to vote if it passes in the Senate.

House Bill 1279 “would allow anyone that is getting their license at the DMV [Department of Motor Vehicles] to register to vote,” said state Rep. Steve Bergquist, D-Renton.

“This bill would place those under 18 who choose to register into a preregistration list, when they become eligible to vote, they would receive a ballot,” said Rep. Bergquist, who introduced the bill.

The goal is to make voter registration easier, said Rep. Bergquist.

“All of the information they require when you register to vote is already included in the information you provide when you go to the DMV,” Rep. Bergquist said.

“The DMV is where a majority of our population registers to vote,” said Rep. Bergquist. “Not allowing 16 and 17 year olds that same opportunity is delaying that choice for those citizens until they come back to the DMV when they are 21 or 22.”

Furthermore, “this is a great step in getting more people registered to vote and engaged in our communities,” said Rep. Bergquist.

While we support greater participation, we had a few concerns [with the bill],” said Lori Augino, director of elections from the Office of the Secretary of State.

“Our legislative director testified on this bill with concerns,” Augino said.

However, “we are pleased that the House of Representatives modified the bill at our request,” Augino said.

The Office of the Secretary of State “recommended narrowing the scope of the bill to only focus on motor voter registration at the Department of Licensing,” she said.

Despite this, “some system changes will be required that will come at a cost, primarily at the local county level and at the state department of licensing,” said Augino.

In addition, “we are concerned that the address [16 and 17 year olds] provide at the time they preregister will not be the address they reside at when we mail out their voter identification card and their first ballot,” said Augino.

Another concern is about “litigation and protecting the integrity of the process,” Augino said.

“Our state was sued because of the way our counties handled underage registration. As a result, interest groups watch registration activities closely,” she said.

The bill was passed in the House last week 55-42 and had its first reading in the Senate on Monday.

“I urge people to let their Senators know that it is important to give our young citizens equal access to voter registration opportunities,” Rep. Bergquist said.
Professor takes aim at general ignorance

By RACQUEL ARCEO
Staff Reporter

Involuntary ignorance is not knowing what you don’t know.

“It’s based on the idea that knowledge is power,” said Rus Higley, Highline professor and MaST Center manager.

With encouragement from his wife, Higley started his blog, Involuntary Ignorance, in late January to help spread knowledge and keep people informed about things that most people don’t know about and most people don’t have time to look into themselves.

“I’ve been teaching college for over 10 years now and I find, all the time, that my students want to know this information. They’re just not aware of the information,” said Higley. “We have these conceptions of what reality is and they’re often wrong.”

Higley said that people read the labels on packaging.

Even when the ingredients aren’t a secret, Higley said people will decide to trust foods as American-made.

“A lot of products are labeled natural, and natural doesn’t actually mean what we think it means. If you look at the list of ingredients, it will often scare you,” Higley said. Just because something is labeled as natural doesn’t mean it is guaranteed to be healthy. Higley said the government doesn’t have really good regulation of what natural means.

“There’s a lot of natural things out there that aren’t good for us, tobacco, asbestos, arsenic; those are things that exist in the natural world, doesn’t mean we want them,” said Higley. Involuntary Ignorance covers more than just the topic of food but anything that might be assumed due to lack of information or misleading labels.

“If we, as consumers, as citizens, as families, have knowledge, we can choose to make good choices for the health of our families, our society and other things like that. The problem is there’s a lot of things out there that try to keep us from knowing that information,” said Higley.

The idea of Made in America, Higley said, is something that is exceptionally misleading. Though something might be assembled in America the parts can all be made somewhere else.

“The point is, if you want to buy American-made, let me help you find the knowledge so you can actually buy American-made, not something that pretends to be American-made,” said Higley.

Because some laws aren’t strictly defined, Higley said that there could be situations that can be questionable.

An example, Higley said, was free-range chickens. He said that free-range chickens can mean what most people would expect, chickens free to roam an open field, but there are also free range chickens that are more confined to small areas but have a small outdoor area.

“There are companies that follow the letter of the law, and that’s legally OK, but there are other companies that follow the spirit of the law and that’s what I’d like to help promote.”

People don’t choose to not know these things. Higley said that people just assume what anyone would and trust the assumption.

Higley said he can pick up topics to look in to from anywhere. He looks into things that he sees on the news, pulls ideas given to him through his Facebook page, and also uses topics he sees on the news, pulls ideas that are brought to him by his students.

“I’ve actually asked my classes for stuff,” he said. Higley said he can be ignorant of certain things himself and first hears about things from his students.

“I have these ideas and I’m not expecting people necessarily to go along exactly with my ideas, I just want them to think about them. But if I believe something is wrong it’s wrong of me to take my children to support those things,” said Higley.

Higley said his family is a good sound board for him to bounce ideas off of.

“I don’t mean to push a political agenda, and that fact is that I try not to, but it’s about us, as citizens, having the right to know what we are buying for ourselves,” Higley said.

“It sounds contrite, but knowledge is power. Knowledge gives us the ability to make choices,” said Higley. “Whether you want to do something or not, if you don’t know the impact that your choices have how do you know it’s a good thing? What should you eat in your life to be healthy, to lose weight, to not expose your children to chemicals? If you don’t have that knowledge, you can’t make those decisions.”

You can follow Higley’s blog, Involuntary Ignorance, at involuntaryignorance.blogspot.com and follow his Facebook page at facebook.com/involuntaryignorance/ where you can leave suggestions for future blog topics.
National parks offer trails to science

BY DANIEL JOYCE
Staff Reporter

Students looking to enter scientific fields might not realize the variety of opportunities the National Park Service can offer them.

Jacqueline Ashwell discussed the science of the National Park System at last week’s Science Seminar.

Science Seminar is a weekly set of presentations every Friday from 2:20 to 3:25 p.m. in Building 3, room 102 put on by Highline Community members about areas of their expertise.

Ashwell graduated from the University of Tennessee-Knoxville with a bachelor’s degree in anthropology and a master’s degree in historical anthropology.

Ashwell started her career with the National Park Service as a volunteer in 1993, but today she is the superintendent of the Klondike Gold Rush National Historical Park.

The National Park System Act of 1916 states that the mission of the system is, “to conserve the scenery and the natural and historic objects and wild life therein...for the enjoyment of future generations.”

“We want to make it so your grandchildren have the same experience as you do,” said Ashwell.

Throughout her career, Ashwell has traveled the country and enjoyed every opportunity she has had to do so.

Early in her career, Ashwell did maintenance work including tree removal, path clearing, and ensuring efficient use of resources (i.e. electricity from dams).

Ashwell also worked as an archeologist in the Cataloochee Valley in Great Smokey Mountains National Park where she found a lekton from an early American settlement.

After that, she spent 12 years in Alaska where she did everything from trail clearing to working in forensic sciences.

Ashwell said a lot of people don’t know about all the great career paths the National Park System can provide people who are interested in science.

Federally employed scientists, scientists from the corporate and non-profit worlds, and scientists from academic institutions conduct research in the National Parks, and Ashwell considers herself lucky to be a part of it all.

The research being conducted includes environmental and ecosystem health monitoring, studying and controlling wildlife carrying capacities and landscape dynamics of the parks, and monitoring exotic species.

A team of scientists working in Yellowstone discovered microorganisms growing in a boiling hot spring, expanding the entire scientific community’s understanding of where life can exist.

“This discovery really expands our ideas of life in outer space,” said Ashwell.

One of Ashwell’s favorite things about her job is that, “you don’t have to be boxed in on the team.”

She said the National Park System allows its employees to work freely, and to do what they choose to do.

While working as a law enforcement officer in Alaska, Ashwell stumbled onto a small pool of tadpoles that belonged to a species of toad her department thought was extinct in the area.

When she brought this to the attention of her superiors, they were able to monitor the tadpoles and successfully help the toads repopulate.

“I thought I was just getting a great opportunity to do all these fun things, and it turned out the company really liked that too,” said Ashwell.

In 2011, after 18 years of loyal service to the parks, Ashwell was appointed Superintendent of the Klondike Gold Rush National Historical Park.

There are only 398 National Parks in the United States and about 315 superintendents, making this a very coveted position in her field.

Ashwell encourages students interested in careers in the scientific field to do volunteer work and find out what the National Park System can offer them.

Potential applicants should inquire at nps.gov/getinvolved/volunteer.htm.

Science Seminar will resume in Spring Quarter, starting Friday, April 5.

Virginia Parenteau/THUNDERWORD

Jacqueline Ashwell discusses her career in the National Park System and encourages students to explore the different opportunities that it offers.

Road to reproductive rights has been long, slow

By IPEK SADAY
Staff Reporter

Superficial political debate is hindering society’s ability to adequately address human reproductive issues, a Highline instructor said Tuesday.

Writing Center Director Rosemary Adang told a brown bag lunch audience that discussions on such an explosive topic should focus not on changing people’s minds, but on listening to one another and having a deeper conversation.

Human reproductive issues have been the source of controversy for centuries.

As early as 1348, Catholic judges ruled against punishment for abortions because it could not be proven how exactly the fetus died. The debate continues to rage today over punishments for both the mothers and performers of abortions.

Adang’s description of 19th century abortions using poi

sons and wires drew gasps from the audience.

Three hundred years after the discovery of America, Connecticut became the first state to ban abortions after “quickening” occurred. In 1821, “Quickening” is the first time a mother feels movement from her unborn child.

The 1800s continued as an era of abortion bans based on the dangers of unsanitary practices and escalated with prohibitions against birth control under the Comstock Law, which was put into practice in 1873.

By 1890, 2 million abortions were taking place - all of them illegal.

Women were given a sense of hope for more control over their bodies when they received the right to vote in 1920 and also began to be more accepted into the world of academia as both students and teachers.

By 1915, it was recognized that childbirth was much more dangerous than abortions and as a result the first birth control clinic was opened a year later by women’s activist Margaret Sanger in Brooklyn, New York.

Adang stopped in her presentation and said, “I’m not really hiding my position on birth control or contraception. I believe everyone has a right to make a choice.”

During the mid 1900s, a million illegal abortions were performed and the majority of the women who took part died due to unsanitary conditions. Many of these abortions were performed – not by doctors – but by desperate people in need of cash who would then demand sex from their patients. Sexual assault rates soared.

Married couples in 1965 finally acquired the right to pursue birth control due to a law recognizing that as a bond couple, they had the right to control their privacy.

It wasn’t until 1967 that the American Law Institute recommended amending laws to make abortions legal and in 1970 Washington state made abortions available upon request.

Two years later, those who were not married had access to birth control.

Anti-abortionists grew increasingly hostile in the 1980s and began harassing doctors and organizations such as Planned Parenthood that performed abortions or provided birth control.

This harassment and violence increased into the early 1990s where the family members of any doctors who supported contraception and abortions were targets of anti-abortionists.

Violent acts at women’s health clinics escalated as individuals protested just outside the clinics. Those protests continue to this day.

More than 900 bills were introduced in 2011 to restrict reproductive rights. And the political debate continues, evoking passionate emotions.

Abortion rights have directly affected Adang personally. She said she has had four different pregnancies in her lifetime.

The first was a miscarriage. The second resulted in the birth of her now adult daughter. The third was an ectopic pregnancy, which is when a pregnancy occurs outside of the mother’s womb, usually in one of the fallopian tubes and endangers the life of the mother. That pregnancy was terminated. Her fourth and final pregnancy ended with an abortion.

“I’ve had quite a range of experiences,” said Adang.
Staycation

Sleeping, relaxing, staying home is the plan for spring break, students say

By THUNDERWORD STAFF

Spring break is best spent doing nothing at all and staying close to home, many Highline students say.

A "staycation" is what it's called, and after a quarter of full-time classes and what will be a grueling week of finals, it's exactly what's needed, said Highline transfer student Mychal McNamee. "I'll do the money, sure. I'll take a long vacation. But most students don't have the financial means necessary and to be perfectly honest, staying at home and sleeping in so long is almost as good," McNamee said. "I'll probably go visit my parents, in northern Washington, but I'm definitely going to relax and do nothing at all for a good portion of the break."

Spring break is the shortest break between quarters of the academic year, lasting a mere eight full days and is often times filled with less-than-perfect spring break activities.

"I like hot weather to get my tan on," said Highline student Julian Michel. Early weather forecasts for the break predict rains for the Seattle area; despite this, many Highline students still plan to stay close to home to catch up on all of the things that get pushed aside during the quarter.

I plan to work and hang out with family because I haven't gotten the chance to spend time with them," said Diljit Kaur, a full-time pre-nursing major.

Spring break is just a short enough break to utilize by catching up on rest and picking up a few extra shifts at her part time job, Kaur said.

"I haven't worked a lot because of being busy with college. I have to work more over spring break to make up for all the hours I missed in order to be financially stable," Kaur said.

Kaur also plans to hit the gym and spend a lot of time with her friends and family while saving money so that she can work less during Spring Quarter.

"I had the time and money, I would buy a ticket to go to Hawaii. I just want to be alone somewhere, relaxing for a change, and not be so caught up in a hectic schedule," Kaur said.

Another Highline student, Victoria Srey, said she's just excited not to wake up early for school as she has free time in the morning to workout or take extra shifts at work.

"I'm usually always working, so I'll be nice having some free time in the morning," said Srey.

Yahana Salzano, a part-time student, said that she also plans on staying close to home to spend time with her family and wait for acceptance letters from four-year universities.

"I don't usually go anywhere for spring break anyways. Normally I just stay at home, visit my family and hang out with friends," Salzano said.

Salzano also agrees that the break is barely enough for a student to relax.

"It's not just a long enough break for me to plan anything fun. I barely have time to see my friends." Janarro Ealy-Peredo, a first-year student, is more concerned with finishing class than taking a vacation.

"I just want class to get it over with, I need a break," Ealy-Peredo said. "I plan to just relax and hang out with friends; nothing special real going on."

Some people make plans to go out on trips or out of the country to spend their spring break, but sometimes trips like that are just not in the budget.

"If I had the time and money I would go back to Kenya," Lyanne Kinuthia said. Kinuthia will be staying at home this spring break because she doesn't want to spend the money to travel.

"I don't want to spend thousands of dollars, so I will be vacationing to Ocean Shores because it is close to home," Kinuthia said.

Although some people would love to travel somewhere over spring break, most are just looking forward to having some free time.

"I'm getting my wisdom teeth pulled, so I'll be spending time at home with my family, nothing better than that," said Highline student Reese San Luis.

For others, time is the only obstacle in their way from taking a nice vacation.

"If I had time off work I would go to Cabo or Cancun," said student Derek Bird.

For some, just eight days is enough of a break to make plans.

"I'm going camping in eastern Washington river break. Float the river, having bonfires, hanging out with friends, stuff like that," said Legate.

No matter what you plan on doing, having a break from school will give you time to prepare yourself for next quarter.

"Hopefully break will give me time to rest up," said Ealy-Peredo.

Staff reporters Angela Sucher, Eddie Cervantes and Julie Ramirez contributed to this story.

Sound Transit welcomes students to meeting discussing light rail plans in South King County

By KRIS DONOHUE Staff Reporter

Sound Transit wants the public to get informed about the agency's plans to extend service throughout South King County.

Sound Transit will have an informational table set up at Highline Today, from 10 a.m.-1 p.m. The project is currently working on extending Light Rail service south to Federal Way.

The primary goal of the meetings is to inform the public of what Sound Transit is currently working on.

Anyone may attend these meetings and gain information about what is happening with the project.

There will be another meeting at the Des Moines Activity Center, 505 S 266th St. on March 18 from 11 a.m.-1 p.m.

The following day, March 19, there will also be one at the Kent Senior Activity Center located on 600 E. Smith Street, from 9 a.m.-noon.

Sound Transit will visit the Kent-Everett Community Center, 17375 24th Ave. S, on March 23 from 5-7 p.m. Another table meeting will be held March 25 at Valley View Library, 17850 Military Rd. S from 2 to 4 p.m.

Federal Way will have a meeting on March 27 from 5 to 7 p.m. at the Federal Way Library, 34200 1st Way S.

Sound Transit plans on extending Light Rail service south to Federal Way.

Sound Transit's original goal was to reach Federal Way Transit Center, but they only have enough funds to reach South 240 Street due to the recession. The project lost about 41 percent of its projected revenue as a result of the recession.

When they finish surveying and studying all of the environmental impacts, they will draft an Environmental Impact Statement, and then apply for federal grants if there is still lack of funds to complete the project.

Work is already happening on the project, even though service in the area is roughly a decade away.

Sound Transit is currently in the process of preliminary scoping where they are analyzing different routes, and determining what will be best for the public.

Routes that have been studied are along Interstate 5, Pacific Highway South, 30th Avenue South, and 24th Avenue South.

Public meetings will be held in June, where the public can meet with local Sound Transit officials, and give their input about the project.

"Right now is a great time to get involved because it is still early in the process, and you can have your opinion before it is too late," said Haley Reutimann, who is with Communications at Sound Transit, during an informational meeting at Des Moines Library.

Reason also said to stay tuned because new information will be released very shortly, and can be found on Sound Transit's website at soundtransit.org.
When she watches Korean and American T.V. shows, she feels the need to be skinny.

“I watched an American show and I stopped eating. I started to research about products that these beautiful women use, and I bought them in order to be like them,” she added.

“The media shows very beautiful women and when you look at yourself, you ask God why you are not like that,” said a student who identified herself as J.M.K.

She also added that some women undergo surgery. Some students believe the female images portrayed by the media need to be reformed.

“Guys think that girls should look like stars or singers. My guy friends push me to be skinny and look like a star, and I am tired of it,” said Yom.

“It impacts men because the media portrays women in a certain way,” said Agyapomaa.

Some students believe the female images portrayed by the media are almost repressed. “Strong characters or strong ideas are not fully represented,” said Rich.

Students argue that the media pays more attention to an individual’s looks than to their ideas. “It’s ridiculous to compare female politicians by finding the most beautiful among them. Women in politics and science are not often discussed. We should judge them on their appearances,” said Agyapomaa.

“I think women can succeed with their ideas,” said Yom.

“I don’t believe having more women as CEOs in films will have a great impact. But having a woman CEO in real life can bring changes,” Dr. Kim said.

The classic fashion model image, tall and perfectly skinny, leaves some women dissatisfied within themselves and their images.

“The media focus on the appearance instead of education. The big boom will not make you smarter,” said student Chelsea Schneider.

Jones added that the media judges women solely on their looks. “What we need to recognize is that it is not fair,” she said.

“It’s ridiculous to compare female politicians by finding the most beautiful among them. Women in politics and science are not often discussed. We should judge them on their appearances,” said a student who identified herself as J.M.K.

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The classic fashion model image, tall and perfectly skinny, leaves some women dissatisfied within themselves and their images.

“A study done at Harvard Medical School showed that women who are exposed to T.V. are more likely to develop eating disorders than those who are not exposed to it. The study made it clear that images could spread on social networking websites which could also affect girls who do not watch T.V.,” Green, who previously chaired the department of women’s studies at Highline, said that objectification affects interpersonal relationships between men and women. However, she said objectification doesn’t affect everyone the same way and it is important not to over-sell an image.

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Prof discusses poverty, diversity in Latin America

By KIMBERLY IBARRA
Staff Reporter

The Latin Americas share many differences, but the one thing that binds them is their struggle to overcome poverty, a Highline professor said here recently.

The Inter-Cultural Center hosted the World Voices of Indigenous People of Latin American event recently.

Arlene Garcia, a Spanish instructor on campus said that there are many cultural, linguistic, and ethnic diversity in Latin America, but their poverty is what unites them.

“Everyone thinks of Panama as the baby country,” Garcia, who was born in Panama and came to the U.S. 34 years ago.

The point of Garcia’s discussion at this event was that the Latin Americas have many different cultures, languages, and diversity with the indigenous people from Canada and the U.S. have much in common with the indigenous people from Latin America in part as a consequence of the conquest and colonization.

In the Latin community, there are a lot of mixes and confusion between the different name terms the community uses.

“My subject and I felt like my attempts at technological and putting the college computer system at risk,” Garcia said.

In a recent email sent by Gary McCune of instructional computing, McCune said that the campus should use extreme caution with the emails they are receiving.

McCune listed four main things that the campus should look out for in their emails:

• Do not click on links in unsolicited emails, even if it is from someone you know and no matter what it says.

• If an email says that your account is expired/broken/fall it’s probably trying to steal your account.

• When in doubt call (ext. 4357) or email the Helpdesk rather than taking an easy action and putting the college computer system at risk.

• If you believe that you may have inadvertently replied to a bad email, notify the Helpdesk and reset your password as soon as possible.

Highline’s IT Helpdesk has a twitter that updates what is going on with the college’s network and they also send out emails as well.

You can follow them at @chelpdesk.

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Dodd

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Dodd, who said he has always been a big proponent of ethnic studies and multicultural events, is pleased to see the increase in diversity on campus.

“Especially in the past 15 years,” he said. “The college has shown its commitment to having a diverse student body, as well as having diverse faculty and staff, and from my point of view that has been a very positive thing.”

One characteristic that hasn’t changed, he said with a smile, is that “The students here are always students who hardly show up the entire quarter and then call me at the last minute to try and figure out how they can pass my class.”

As one of the brains behind and director of the Paralegal Program from 1977 until 1991, Dodd said he especially enjoyed the students he got to work with.

“I think what I really liked about the paralegal department was that they do have a purpose and seriousness about their work,” he said. “And then watching students go out and get, not only good jobs, but jobs they liked, was very rewarding for me.”

Although not with the paralegal department anymore, Dodd said he is proud of the level of excitement and passion to students that he sees in it today.

One other department Dodd had a hand in creating is the Diversity and Globalism Department. From 1991 until 2005 as part of that department, he participated in 23 different coordinating meetings, from two or more instructors, he said.

“I think [the coordinated study classes] are the best mode for student learning,” he said. “So I’m a big advocate for them. I’ve seen students give their most creative, and frankly their best work in my coordinated study classes.”

Originally starting his teaching career at Yakima Valley Community College, he moved to Highline in 1972 after only three years at Yakima.

“Part [of why I stayed] at Highline for so long is that I became settled in the Northwest while growing my family and the other part of my reason is that I became comfortable here. I enjoyed teaching here, I liked my subject and I felt like my opinions were listened to here.”

Although he enjoys teaching at Highline, it’s time to retire, he said. That’s a huge convenience and reset your password as soon as possible.

Highline’s IT Helpdesk has a twitter that updates what is going on with the college’s network and they also send out emails as well.

You can follow them at @chelpdesk.

Threats

continued from page 1

“We have lots of systems, and it depends on the particular system and the uses whose credentials were hacked, as well of the ability of the hacker and our knowledge of our systems. But of course it is a possibility,” said Wrey.

He also said that phishing attacks is what causes people the most problems, and the best way to fight it is by educating people about it.

In a recent email sent by Gary McCune of instructional computing, McCune said that the campus should use extreme caution with the emails they are receiving.

McCune listed four main things that the campus should look out for in their emails:

• Do not click on links in unsolicited emails, even if it is from someone you know and no matter what it says.

• If an email says that your account is expired/broken/fall it’s probably trying to steal your account.

• When in doubt call (ext. 4357) or email the Helpdesk rather than taking an easy action and putting the college computer system at risk.

• If you believe that you may have inadvertently replied to a bad email, notify the Helpdesk and reset your password as soon as possible.

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