

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.

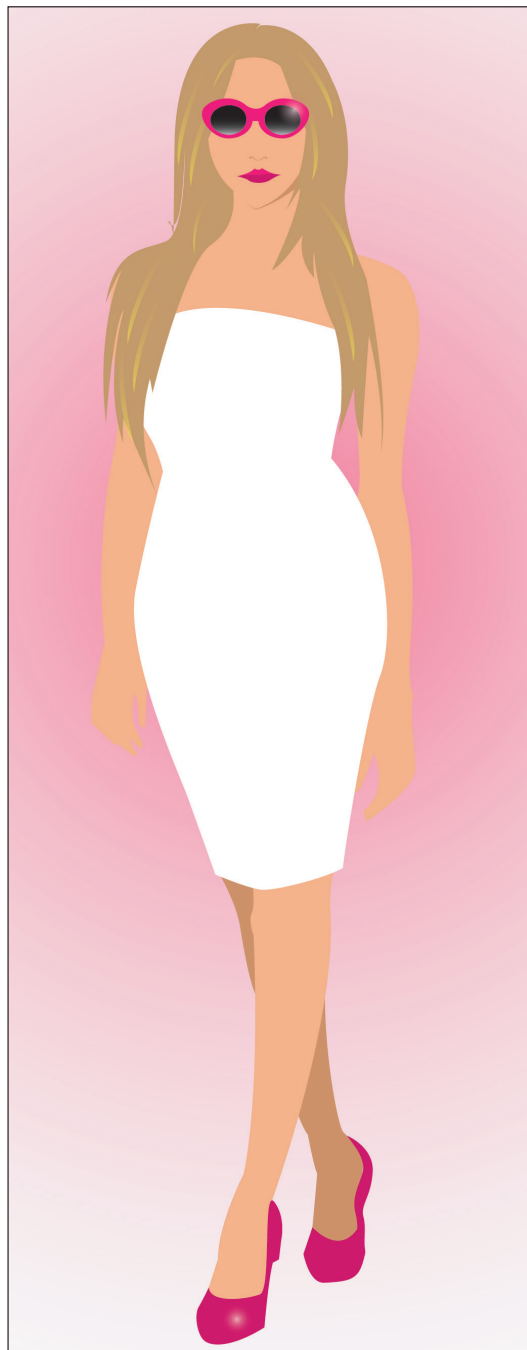
Charlie Jones, a Highline student who is a ballet dancer, said she was anorexic when she was younger. Jones said she thought she was fat after watching skinny ballet dancers, so she starved herself.

"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 women.



Luis Batlle/THUNDERWORD

"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

see Women in Media, page 23



Luis Batlle/THUNDERWORD

CYBER THREATS

Highline staff battles viruses, risks, hackers every day

By KRIS DONOHUE
Staff Reporter

When a virus or hacker enters Highline's computer system, Highline's support team acts like white blood cells and destroy the virus before it can spread.

"Highline, as well as businesses in the surrounding areas, are battling cyber threats everyday," said Tim Wrye, director of instructional computing at Highline.

Highline has a large team, comprising network and server administrators and both hardware and software specialized to protect the network and various systems on campus.

"We have measures in place to filter both email and network traffic at the border of the campus network, and at a local machine level. But especially our servers have a constant stream of attempts to access them. We are pretty good about keeping those locked down to where only valid traffic is allowed in," said Wrye.

A major thing people at 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.

see Threats, page 24

Dodd's Highline decades at end

By MARQUES DINAPOLI
Staff Reporter

Highline is losing a symbol of constancy and familiarity it has had for the past 41 years. And no, it's not the trees.

Political science instructor Davidson Dodd has seen some major changes come to Highline over the course of his four-de-



Dodd

cade career.

"Probably the biggest [change] is the change in demographics in our student population," Dodd said. "When

I started here there might have

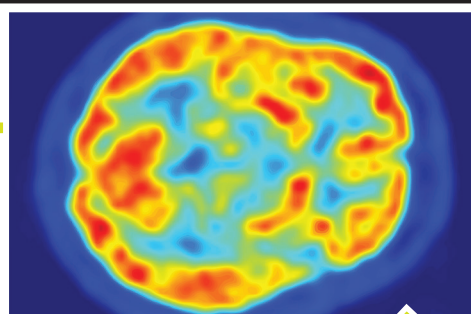
been at most 10 percent students of color and now there's probably around 50 percent."

One reason for this, he said, is that the types and amounts of different ethnic groups living in Highline's community college district have changed substantially.

see Dodd, page 24

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Addiction stems from many sources



Page 12

Students express their culture through tattoos



Page 13

Lady T-Birds prepare for upcoming season



Car rolls, one gets damaged

A car rolled into another car on March 8 in the Building 99 parking lot.

The car that rolled out of the stall had damage, but the car that got hit by the rolling car had no damage. There were no injuries.

Debit card stolen

A student forgot their wallet in Building 26 on Friday March 8.

The student found the wallet on Monday, March 11, and someone stole a debit card. Everything else was in the wallet but the debit card.

Sleeping person checked on

A Child Care adult called Campus Security check on a suspicious person in a car on March 11.

Security went to the scene, and the person was simply sleeping in his car. Security made sure the person was OK.

License found

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.

-COMPILED BY ALEX CHEBOTAR

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.

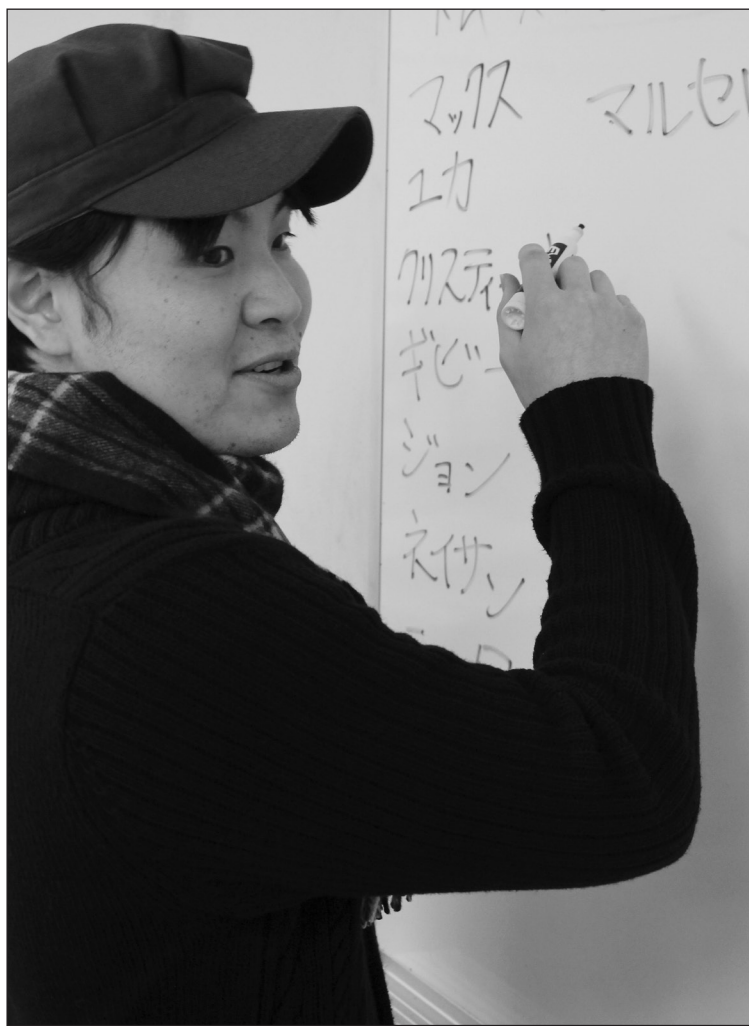
Yokoyama has several reasons for starting the club.

"After 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.



Angela Stone/THUNDERWORD

Yuta Yokoyama shows fellow club member how to write in 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.

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.



Wolcott leaves Highline

Budget and Grants Director Lisa Wolcott, is leaving Highline to work at the Washington State Board for Community and Technical Colleges.

In her 13 years at Highline, Wolcott put together a budget committee that deals with budget issues and decisions. Wolcott also developed a grants management program that makes sure that Highline is completing the requirements of the grant contracts.

Wolcott's farewell will be on March 21 from 1-3 p.m. in Building 2. Wolcott's last day on campus is March 22.

Tree investigation under way

No decisions have been made yet regarding the weeping beech tree outside of Building 19, college officials said.

"We have talked to an arborist," said Barry Holldorf, director of facilities and operations. "But we're still waiting for a contractor to come look at our underlying storm lines."

Although college officials might have a plan to save the

tree, Holldorf said, they would like to speak with the contractor who would actually be doing the work before they continue to pursue that idea.

Attend a stress management event

Dr. Allison Lau, associate Dean for counseling and student judicial affairs, is speaking on stress management today.

Lau will teach strategies to help students keep their stress under control.

The workshop will run from 1-2 p.m. in the Inter-Cultural Center, Building 8, room 204.

Inman tells of her fight for equal pay

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

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

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

As a Northwest Airlines flight attendant, Inman fought all the way to the Supreme

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

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

Sell back books

Book buy back runs from March 19-22.

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.



WHAT'S NEW AT THE MaST CENTER?

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

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

SCIENCE ON THE SOUND SPEAKER SERIES - Saturdays throughout the month. Local scientists and environmental educators discuss the health of Puget Sound.

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

WORK STUDY OR INTERN OPPORTUNITY - Work with the animals of Puget Sound while earning work study \$\$ or Intern credit! Contact mast@highline.edu

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



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 and a half years as a resident director," Valencia said.

"We had a captive audience of students who selected themselves to be there."

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.



Iesha Valencia

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 to program for," she said.

But when she found that there were more than 70 students attending the event 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 she's working on currently are the student awards ceremony, core service workshops 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 her are "to learn more about my position and my role."

"One of my main goals is to understand how community colleges operate," Valencia said. "Working at one is different than having a scene of familiarity."

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

Vivian Karanja contributed to this story.

Conversation 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 new friends with people of other cultures.

"We have more friends, more experiences, know more new places, and have fun," said Dao.

The program runs the duration of one quarter, beginning with the orientation in the second week of each new 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 during the quarter 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 International Student Programs office located in on the fifth floor of Building 25.

Officers want to meet more students

Patrol day takes Dean all over campus

By **ALEX CHEBOTAR**
Staff Reporter

If you're a student at Highline, Derek Dean wants to know.

Highline Security Officer Dean said he loves helping students by providing a safe campus.

Dean has been working on campus for almost 19 years. Dean was a gunner's mate in the Navy for nine years before he went to law enforcement school in Texas.

He said he enjoys his job because he cares about students.

"My job is important because it's important to create a safe environment for the students, staff and faculty," Dean said.

Campus Security wants students not to be afraid of them, Security Officer Dean said.

"If students are not afraid of us they feel more comfortable to come up and talk to us," Dean said.

Highline's campus is 80 acres and has 31 buildings.

"It's a big campus for a community college," he said.

There are 12,000 students at Highline and only eight total security officers to patrol the full campus.

Dean starts his day by unlocking build-



Security Officer Derek Dean says he would like to meet more students on his campus rounds.

ing doors every morning around 6:30 a.m. so students can get to class at 7 a.m.

Next Dean patrols the parking lot in the security vehicle. He first patrols the East parking lot, second he patrols the North parking lot then last he patrols the South parking lot.

During Dean's patrol in the security vehicle he is looking for large groups of students standing around causing trouble or making noise. Dean is listening during patrol for car alarms. If there is a situation, Dean drives around and makes sure everything is OK. He then approaches the problem and talks to the students around the situation.

After Dean has patrolled the parking lots in the security vehicle, he patrols the campus on foot. He first starts patrolling the campus by walking to the Student Union. He walks through the whole Stu-

dent Union, and then he heads to the Library to patrol.

During the Library patrol, Dean is looking for things that stand out, for example, students disturbing other students by making noise or yelling.

Dean walks through the whole Library by taking the stairs to get to every level and to make sure the stairwells are safe too.

"Keep your phone in sight and on person securely at all times," Dean said. "Students leave their phones out unattended all the time. It's really easy for an unknown individual to walk by and take your phone."

After the Library patrol, Dean heads to Building 29 to make sure "non-Highline students are not causing trouble," he said.

During Dean's patrol he is always looking out for graffiti or groups of students causing trouble.

Dean's day consists of walking around Highline Campus looking for things that stand out or enforcing the parking lots by writing tickets for improperly parked cars.

Dean is always on call during his eight-hour shift everyday. If there is an emergency on Highline campus, Dean gets radioed and responds to the scene as quickly as possible to resolve the situation.

"I have to multitask," Dean said. "A lot of crime doesn't occur at Highline due to students being more mature and trying hard to succeed at their life goals," he said.

"We're here for the students. If you ever have an issue please walk up and talk to one of us Security Officers," Dean said.

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 humungous organisms 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 expand and disrupt 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. Geoffrey Donovan, a researcher at the U.S. Forest Service's Pacific Northwest Research Station, reports that living near trees can improve a student's test scores or expedite the body's ability to heal itself. 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 people need edifices with functioning electricity. Highline should also actively install more trees around the campus – at 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, a survey done by Contraception 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.

Have something to say?

Have something you want to say to the student body? The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns. Letters to the editor should be about 200 words, columns should be no more than 600 words. Send submissions to thunderword@highline.edu by Monday for print on Thursday. **Write to us!**

Home-school is not so cool

Being home-schooled is not always a great thing. I was 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.

I have always 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, but I didn't get it. Since I wasn't involved in extracurricular activities, and I seemed indifferent to everything (I was that kind of teenager), my parents did not feel motivated to reward or punish me in anything.



Commentary
Angela Stone

My parents didn't see a problem with my progression, because I was improving. The reason I was improving from year to year was because of experience. I was not closing the gap between my peers. I was just changing my personal best. Home-schooled students don't know where they are in school, they just know where they should be. As a child I had no way of knowing if I was learning what children my age were. Not being on the same page as your peers creates awkwardness overall. I also learned from this experience that I feel a drive to outperform others, but I had no one to compete with. 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-schooled 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 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 age 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.

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. Dameron, you may want 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 state of mind distinguishes 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. Murder is an unlawful killing of another person. 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

AMATYC test turn out last week highest yet

Dear Editor: We had 135 people take the AMATYC test Thursday, March 7! This is the first time ever that we have had more than 99. Thank you for both articles you have had in the Thunderword to publicize this event. Our turnout would not have been so good without your help. Students can pick up a copy of this exam outside my office door (18-213). AMATYC will send me an answer key some time this week and I will send out results by the end of the week.
–**Terry Meerdink,**
Highline faculty

the Staff

You make him sound like an infestation.

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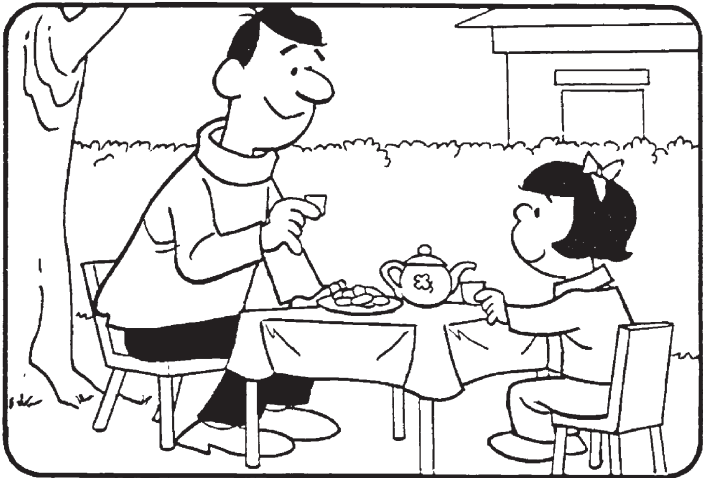
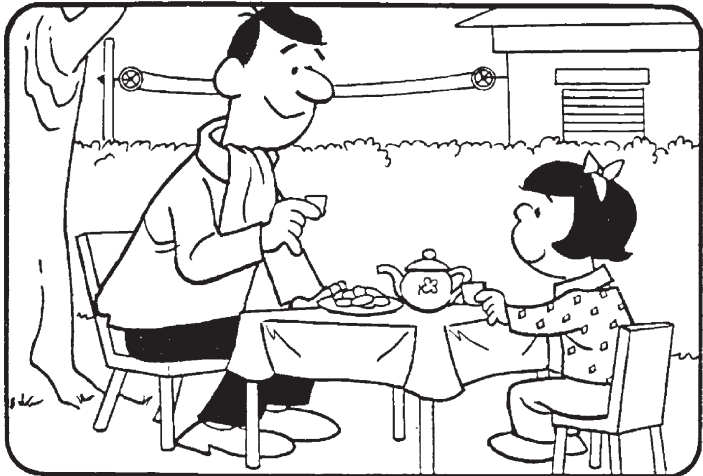
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HOCUS - FOCUS

BY
HENRY BOLTINOFF



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

DIFFERENCES: 1. Chair is lower. 2. Chair is lower. 3. Napkin is missing. 4. Teapot is reversed. 5. Blind is missing. 6. Blind is missing. 7. Blind is missing. 8. Blind is missing. 9. Blind is missing. 10. Blind is missing.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. GEOGRAPHY: In which country is Mount Ararat located?
2. LITERATURE: Who wrote the novel *The Color Purple*?
3. DANCE: Who wrote the score for the American ballet *Rodeo*?
4. U.S. PRESIDENTS: Which president served as a congressman in the House of Representatives after finishing his presidential term?

5. HISTORY: What was the year of the first Thanksgiving feast in the New World?
6. MEASUREMENTS: How many inches are in a hand?
7. MEDICAL: What is a common name for the medical condition alopecia?
8. TELEVISION: What was the theme song to *The Mary Tyler Moore Show*?
9. ART: In what U.S. city is the National Gallery of Art located?
10. MOVIES: What was the name of the 2004 movie with the tagline, "A True

Underdog Story"?

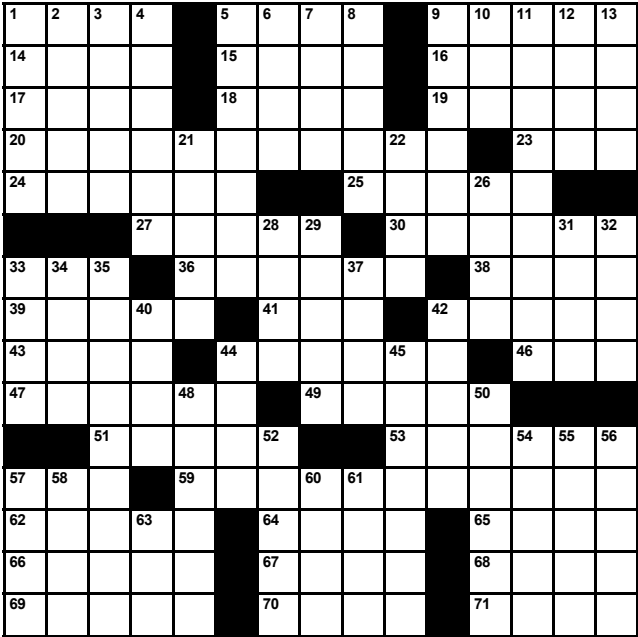
Answers

1. Turkey
2. Alice 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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Crossword 101

BY Bill Deasy (Bill@gfrpuzzles.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.: Abbr.
18. Fish sticks?
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: Abbr.
44. What bargain hunters look for
46. Nickname for Cooperstown's Dennis
47. Make known
49. Slapstick sound effect
51. "___ So Vain"
53. Dressed like Cinderella
57. Action at eBay
59. Miami sitcom residents ?
62. Appliance brand name
64. Asian desert

65. "I hate to be ___, but...": complaint opening
66. Hen, e.g.
67. Carolina college town
68. Runner's meas.
69. School paper?
70. "Tarnation!"
71. Congressional meeting (Abbr.)

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
21. Letter-shaped support
22. Safe haven
26. ___ Von Bismarck
28. ".... ___ best friend"
29. Nae sayers?
31. Ear-related
32. Man in the corner?
33. A-F links
34. TV's Trebek
35. Milwaukee sitcom show?
37. "Street" credibility
40. Me also
42. What "dis" is
44. Prefix with "dynamic"
45. Making true (var.)
48. Like cotton candy

50. Threesomes
52. Barely beaten
54. Palmer, to pals
55. What a toaster lifts
56. Some NCO's
57. Unit of cotton
58. "___ shocked as you are!"
60. *Copacabana* showgirl
61. Black in verse
63. Pro-school gp.

Even Exchange by Donna Pettman

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

- | | | | |
|-------------------------|---------------|-------------------|---------------|
| 1. Royal chair | ___ _ _ _ _ E | Multitude | ___ _ _ _ _ G |
| 2. Tiny segment of snow | ___ _ _ K _ | Sweetheart | ___ _ _ M _ |
| 3. Running race | ___ _ _ _ Y | Put your feet up | ___ _ _ _ X |
| 4. Tree limb | ___ _ A _ _ _ | Late morning meal | ___ _ U _ _ _ |
| 5. Legislative body | ___ _ N _ _ _ | Tranquelize | ___ _ D _ _ _ |
| 6. Glinda or Samantha | ___ I _ _ _ _ | Timepiece | ___ A _ _ _ _ |
| 7. Point the finger at | ___ _ _ M _ | Knife edge | ___ _ _ D _ |
| 8. Lottery | R _ _ _ _ _ | Indented pancake! | W _ _ _ _ _ |
| 9. Choose by ballot | ___ L _ _ _ _ | Expel | ___ J _ _ _ _ |
| 10. Provide food | ___ _ T _ _ _ | Escapade | ___ _ P _ _ _ |

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MAGIC MAZE • SPIN

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

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

Airplane Coins Records Webs
Baseball Football Silk Yarns
Bottles Lariat Stories Yo-yo
Bowling ball Plates Tops

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top ten

Most Searched Health Issues

1. Cancer
2. Diabetes
3. Depression
4. Acne
5. Herpes
6. Back pain
7. Burns
8. Breast cancer
9. Autism
10. Diarrhea

Source: Zeitgeist/Google

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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 oxycontin.

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 oxycontin 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.

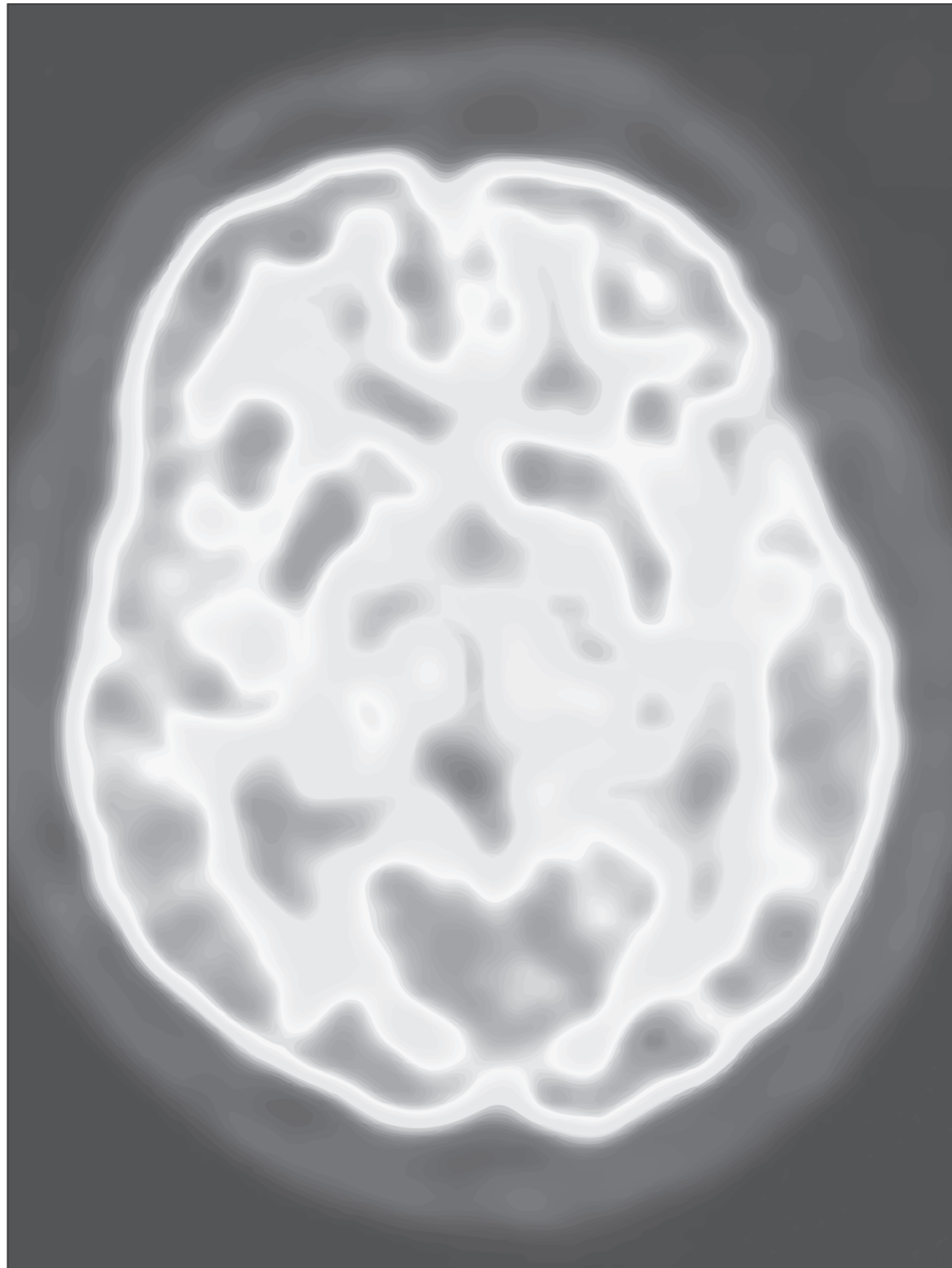
John is not alone.

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



Normal human activity lights up the brain; addicts have less brain activity when not using drugs.

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 Ferreria.

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 Ferreria.

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," Ferreria 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," Ferreria 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," Ferreria 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.

"Al-Anon or Narc-Anon are support groups for the family and friends of addicts. They promote self-care and healthy boundary setting. Precisely how to proceed with the addict is a more difficult question," Ferreria said.

"There are a lot of options, such as confronting the addict, participating in an intervention, etc., but these can also backfire. Often there is a level of denial with people who have addictions, and sometimes when confronted directly, it can push them further into their denial," said Ferreira.

"There are a range of treatment options from eight-hour alcohol/drug information school classes to long-term inpatient treatment and residential programs. It is best to start with a chemical dependency evaluation from a chemical dependency professional," said Ferreria.

"A lot of those addicted, depending on the drug, will need to start with detox, and then transfer to a 28-day inpatient treatment program," she said.

"Once completing inpatient treatment, they will step down to an Intensive Outpatient program," Ferreria said.

"Usually, there is a step-down approach during which the person in recovery will slowly decrease how often they attend treatment until they are down to once a month," she said.

"In addition, it is recommended that those in recovery attend outside community based support group meetings such as AA/NA or Rational Recovery meetings," Ferreria said.

John's addiction hit rock bottom when he went to jail for assault and selling drugs.

"I had an intervention done, and the cops ordered rehab. I don't think I would have gone without help," he said.

Today, he has been clean for one year and a couple months.

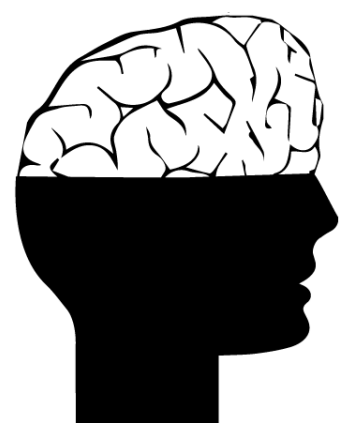
He said that he doesn't regret his past because it made him the strong person he is today.

But there are still everyday struggles.

"The addiction never goes away," he said.

'The difference between an addict and someone just trying to have fun boils down to consequences. 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.'

-Trish Ferreira



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



Angela Stone/THUNDERWORD

Alonso Delgado shows how to properly do a bench press, while student trainer Nicolas Moore spots him.

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.

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 heartbeat 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 a rewarding activity 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 more energy to do the things you want and power through the things you don't, he said.

"Not starting out slowly is one of the biggest mistakes people make," said Keith Patton, 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 off 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.

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 Masree 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 workout 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 generic public, Butler said his favorite core exercises are plank variations.

"Planks are 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 in your 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.

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 deltoid (shoulders).

To execute the movement you must lie on your back on a flat bench with a narrow overhand 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 im-



Angela Stone/THUNDERWORD

Personal fitness training student Nicolas Moore performs a skull crusher.

portant 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.

How to get your back in good shape

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 latissimus 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.

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.

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Flights of fancy

Highline alum Mike Morgan reassembles the world in art

By **SHELBY SMOUT**
Staff Reporter

A quirky photography exhibit is 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 lyric,” 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, splayed 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 glowing 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 his 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 the Same 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, Mor-



Mark Morgan
Mark Morgan’s work, such as *Every Morning It’s Just the Same Damn Commute*, top, and *Every Morning I Wake up to the Same Choices* are on display in the Library gallery this month.

gan said he has many works in progress.

To meet Mark Morgan, at-

tend a reception today, March 14, on the fourth floor of the library from 3-5 p.m.



• **Chorale.** The Highline Chorale will perform *A Night at the Opera*, their final performance of the quarter, today at 12:15 p.m. and then again tonight at 7:30 p.m. in Building 7. The concert will feature soloists from the Highline Music Department and present works by Mozart, Purcell, Gluck and Humperdinck. Admission is free and all are welcome.

• **Movie Fridays.** International Student Programs will be showing *The Green Hornet* at 12:30 p.m. in Building 29, room 104 on Friday, March 15. This will be the last Movie Friday of the quarter. The movie is free and free popcorn will be provided.

• **Improv.** Professor Debra Pralle’s Improvisation class will present an improvisation show in Building on Thursday, March 15 and Friday, March 16 in Building 7 at 7:30 p.m. Audience members will be able to offer ideas Admission is free.

• **Burien Little Theatre.** Burien Little Theatre’s all female version of Andrew Lloyd Webber and Tim Rice’s *Jesus Christ Superstar* runs until March 24 at 8 p.m. on Friday and Saturday nights and 2 p.m. on Sundays. Tickets are available on the Burien Little Theatre website at burienlittletheatre.org. General admission is \$20, and \$17 for students and senior citizens. Address of the Burien Little Theatre is 14501 4th Ave SW, Burien.

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

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

• **Got arts news?** Send your events to the Thunderword at thunderword@highline.edu. Please include event time, date and place, ticket price if any, and contact information.

Plan to be spontaneous at campus improv show

By **EMILY ARNOLD**
Staff Reporter

Laugh away finals week blues with the spontaneity of a campus improvisation show.

Professor Debra Pralle’s improvisation class will put their skills onstage in Building 7 in a free show designed for audience enjoyment on March 15 and 16 at 7:30 p.m.

The show on Friday will feature four advanced improvisation students and 12 unseasoned students.

“On Saturday night the advanced students have put together their own show and asked a few of the [newer per-

formers] to participate in some of the games with them,” said Pralle.

Games are the backbone of any improvisation show. A theme, action, setting or something of the like is given to the actors and they must perform a scene with this direction.

In this show, the audience will be able to offer their own ideas.

“The setting changes from moment to moment. [It] could be a beach, a trashcan, or the pits of hell. It’s totally up to what the actors come up with and/or what the audience suggests,” Pralle said.

Although improvisation may seem to be a total free-for-all

vaudeville, performers adhere to codes of conduct to make a clean and clear-cut show.

Pralle said that the show definitely has a “method to the madness” with a set list and her supervision to make sure scenes do not fall apart and audience suggestions don’t get out of hand.

Pralle began to offer Improvisation for the Stage as a course two years ago. The shows are the class finals, as “improvisation is so dependent on the audience.”

Improvisation takes a certain skill set that Pralle said the class begins to develop from day one.

Her first rule is to “say yes to

everything.”

If a partner offers something up, the actor can’t let it die.

The next rule is to be spontaneous.

“That can be really difficult for people because they’re worried they’ll say something psychotic or stupid or unoriginal,” Pralle said. “[But] I make sure that anything they say is great and their peers support them.”

Developing CROW – character, relationships, objectives and where the scene is – is vital to improvisation and acting in general.

Similarly, actors must commit to their characters and support their partners. Part of cap-

tivating an audience is making them believe in what is being performed.

Finally, an improviser must drive the story.

“Avoid just standing around being talking heads with no purpose of direction,” Pralle said. “It’s boring.”

This show should be anything but boring; Pralle’s hope for the show is “to make audience members pee their pants from laughter.”

“As an instructor, I firmly believe that one of the best ways to prepare for finals is to laugh,” she said. “We guarantee the show will boost your final GPA by at least 0.3.”

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 flaunting 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 wearing a skintight nude suit.

She began stripping and putting on a collection of ‘60s polyester galore while explaining her inspirations – an experience the designer looks back with nostalgic delight.

One of the judges was an impressed Lei Ann Shiramizu, who is owner of Momo, a Japanese fashion boutique with European influences.

Shiramizu then suggested Peoples to join the Wing’s planning committee.

Along with other working fashion devotees, Peoples met with fellow volunteers once a month for a year to organize an exhibit called Workroom to Runway.

After Workroom to Runway had opened in the summer of 2012, host and producer Nancy Guppy, a patron of the arts, featured Peoples on Seattle Channel’s Art Zone.

“To have an installation in the museum, to have been able



Two retro-pop sensational looks from the Lady Konnyaku collection, designed by Malia Peoples.

to meet with a bunch of like-minded designers, to have a supportive community...was a huge boost,” Peoples said.

The Wing also held a fashion show hailing local brands such as Luly Yang Couture and Maiden Noire on Jan. 19.

“The fashion show was such a cherry on the cake. I don’t know if it can get any better than this.”

It can. Lady Konnyaku, Peoples’ dream-made-into-reality brand, arrived at Seattle brick and mortar outlets such as Pretty Parlor on Feb. 28 and Sassafra on March 8.

Konnyaku is a block of sticky jelly, a notorious Japanese treat that has a reputation for making its customers choke.

On hindsight, Peoples said she wished she could have chosen a name that would speak more to her American clients for her women’s wear line.

However, she brushes off that regret with her usual bubbly smile.

A Lady Konnyaku woman, said the creative director, is a youthful woman who lives in the metropolitan area.

Just like in high school when Peoples wore PVC clothes and colored hair, a Lady Konnyaku woman is not afraid to wear

glitter, dye her hair, and most importantly, feel good.

“She likes to be the point of conversation,” Peoples said. “So [she is] not a wallflower-type.”

Peoples has moved onto menswear too, which is available now in Pretty Parlor and Sassafra alongside Lady Konnyaku this year. She calls it, Other People’s 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.

Her passion for all things Chinese led her to move to New York City and intern for China Labor Watch.

CLW, according to its official website, is a nonprofit organization that collaborates with factory labor unions in China.

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 select 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.

Colleagues at Yageo praised Peoples for her ability to translate so well; she showed great promise.

However, “[it] turned out to be a dead-end desk job, really,” Peoples said.

“A lot of the times [I was] sitting in this cubicle, in this gray office, and I just wasn’t being challenged. I felt like I was in a dead-end, and I thought, ‘What am I going to do? I’m too young to die.’”

So she wondered. What could she do to incorporate some creativity, color, and interest that made people feel great?

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. “[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.”

PUZZLE ANSWERS

Sit (e) Coms

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

Even Exchange

answers

1. Throne, Throng
2. Flake, Flame
3. Relay, Relax
4. Branch, Brunch
5. Senate, Sedate
6. Witch, Watch
7. Blame, Blade
8. Raffle, Waffle
9. Elect, Eject
10. Cater, Caper

Weekly SUDOKU

Answer

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

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 Techtronic 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- to 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 Techtronic 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 Techtronic 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 Washington's recent legalization of gay marriage. The play is uniquely structured so it gives the students 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 summer concerts

By **IPEK SADAY**
Staff Reporter

Spring may not have arrived yet, but the Des Moines Arts Commission is already locking 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



The Sway will be performing this summer at the Des Moines Event Center at the Marina.

contracts have been returned) series will feature five different bands ranging from contemporary 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 Ke\$ha.

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 and Des Moines festivities.

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.

Campus to be showered by poets in April

By **MEGAN PORTER**
Staff Reporter

April will be filled with poetry events including guest speakers, exhibitions and contests.

April marks the 18th annual observance of National Poetry Month, which was established in 1996 by the Academy of American Poets.

Highline does poetry month because there are tons of poets on campus.

"I'm personally a big fan of poetry month," said David Johnson.

Rachel Kessler will be speaking April 9 in Building 2. She is co-founder of the Typing Explosion and the Visa-a-Vis Society.

Kessler is a writer and performer from Seattle who has traveled to many different places to do theater performances and readings.

Kessler will also be doing an installation on campus called Public Health Poems, where her poems about hand washing will be placed in various bathrooms around campus.

"They're funny and neat," said Johnson.

A time for Kessler's presentation has not been released.

Karen Finneyfrock will be speaking April 11 in the Mt. Constance Room. Finneyfrock is a poet, novelist, and a teaching artist in Seattle.

She has traveled to many places including Nepal and Germany to perform, teach, and for a reading tour. She is a former



Inti St. Clair photo

Karen Finneyfrock will speak at Highline on April 11.

writer-in-residence at Richard Hugo House in Seattle.

A time for Finneyfrock's presentation has not been released.

Roberto Ascalon will be presenting either April 22 or 29. He is a poet, writer, arts educator and a spoken-word performance artist.

Ascalon is currently a teaching artist and mentor for Arts

Corps, Youth Speaks Seattle and the Service Board.

A time for Ascalon's presentation has not been released yet.

There will also be an exhibition called BroadSides, where poems will be printed and bound at the print shop on campus.

"Staff and faculty were invited to submit work for the BroadSides exhibit. Students were invited to

submit work for the poetry contest," said Johnson. "The three winners of the student poetry contest will also participate in the Broadside exhibit and receive a copy of their Broadside, which is part of the prize."

A reception/ reading at the Broadside Competition will feature around 20 people reading their own poems.

Susan Rich will be hosting a History Seminar about poetry on April 24. The seminar will be talking about the photography of Hannah Maynard.

Maynard's photos are mostly self-portraits. She was one of the first female photographers in 19th century Canada.

"There's no other way to explain it, but they are very surreal," Susan Rich said about Maynard's photos.

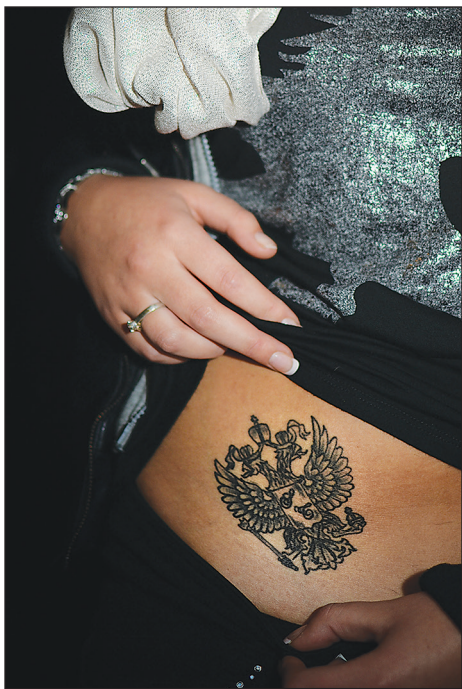
The times and locations for BroadSides, the reception and the History Seminar are still being determined.

Rich and Susan Landgraf will also be hosting a workshop called, The Art of Collaboration: Writing Poems from Photographs.

It will be held at noon, Saturday April 27 in the Mass Center. The event is being co-sponsored by 4Culture.

The workshop is free and open to the public. Students will be writing about photos that have been taken around the campus.

People of all writing backgrounds and levels are welcomed to participate in the workshops, said Rich.



From left, Sasha Tyurina sports a Russian eagle; Anthony Duong wears a dragon and map of Vietnam on his back and a koi on his shoulder; while Artur Krutina has a quote from a Mexican president.

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



Daulton Guevara's sugar skull pays homage to his Mexican heritage and represents the loss of his grandparents. The rose and sparrow signify his love for them.

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 baby's hand with the quote written in Vietnamese:

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

Zach Nunberg/THUNDERWORD photos

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 sports 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 pro-

grams 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 NWAACC 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 transfers.

The returning players are outfielder Brianna Votaw, pitcher 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 sopho-



Photo by Jack Harton
Brianna Votaw throws the ball in from the outfield.

more 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 av-

erage, 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 .346 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 here for two 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 on 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.

Make use of spring and hike

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.

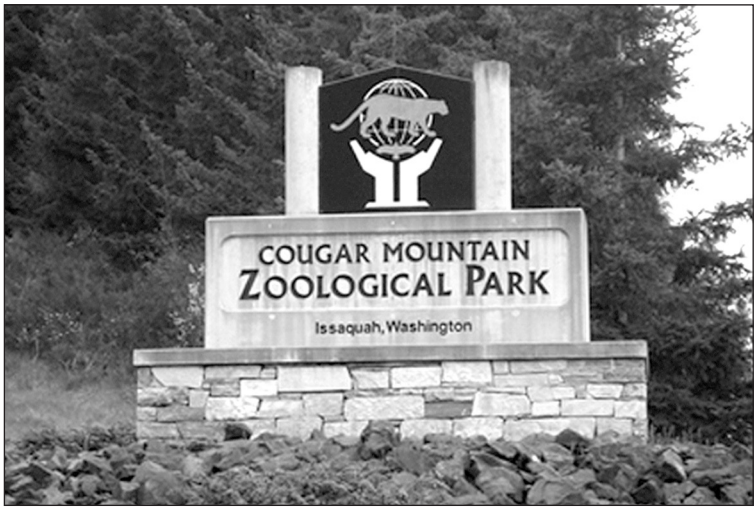
With more than 36 miles of trails, hiking on Cougar Mountain can be some of the best in the area, Williams said.

“Activities including trail running and hiking, 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 out 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 mine shafts quite a long way,” said Williams.

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

“I’ve seen bears, deer, coyotes, squirrels and a large number of birds, including several woodpecker species, bald ea-



Cougar Mountain contains 36 miles of trails.

gles, 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 reclusive animals 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, coyote 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 uphill 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.

3835
4514

Scoreboard

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

Wenatchee Valley	0-0	8-1
Columbia Basin	0-0	5-3
Yakima Valley	0-0	4-4
Spokane	0-0	2-2
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	0-1	0-6
Highline	0-0	0-0
Centralia	0-0	0-0

SOUTH

Mt. Hood	0-0	10-0
Chemeketa	0-0	6-2
Clackamas	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, Lower Col. 9
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
Chemeketa 9, Shoreline 4
Clackamas 17, Walla Walla 3
Pierece 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 357 points, averaged 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 to serve up fun.

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 a former Highline student, Anh Tran, currently attends school there.

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



Lengheng Do, Long Liu, Nick Cheng, Kyle Kim, Sam Jr., Sam Alkhalili, Zoan Wang, and Yang Chen (left to right) with Frankie and Anh Tran from Oregon after their friendly table tennis match.

However, the players were intensely interested with the game and played for a long time, he said.

Highline’s members played 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.”

Following the weekend trip at Mount Angel Abbey, “we’re thinking about doing a camp [trip down there],” said Alkhalili.

Alkhalili has been advising the club for eight years, since he’s been at Highline.

“We are very active among ourselves,” Alkhalili said.

In Spring Quarter, the club plans to hold “two tournaments

on campus,” said Alkhalili.

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 in Building 26, Room 315.

For those interested in joining, Alkhalili can be contacted at oalkhalili@highline.edu.

Empty table, empty mind

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 Abdikani Malak. "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 Malak.

"I chew gum, it keeps me occupied so I'm not distracted," 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 it makes my mind and heart race. I can't focus or sit still so I pace a lot," 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 veggies and fiber rich grains," said registered dietitian Jennifer Glauser.

"Be careful to stay 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, caffeine, 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 ability to concentrate," said Sally Hara, a registered dietitian, certified diabetes educator and board certified specialist in sports dietetics.

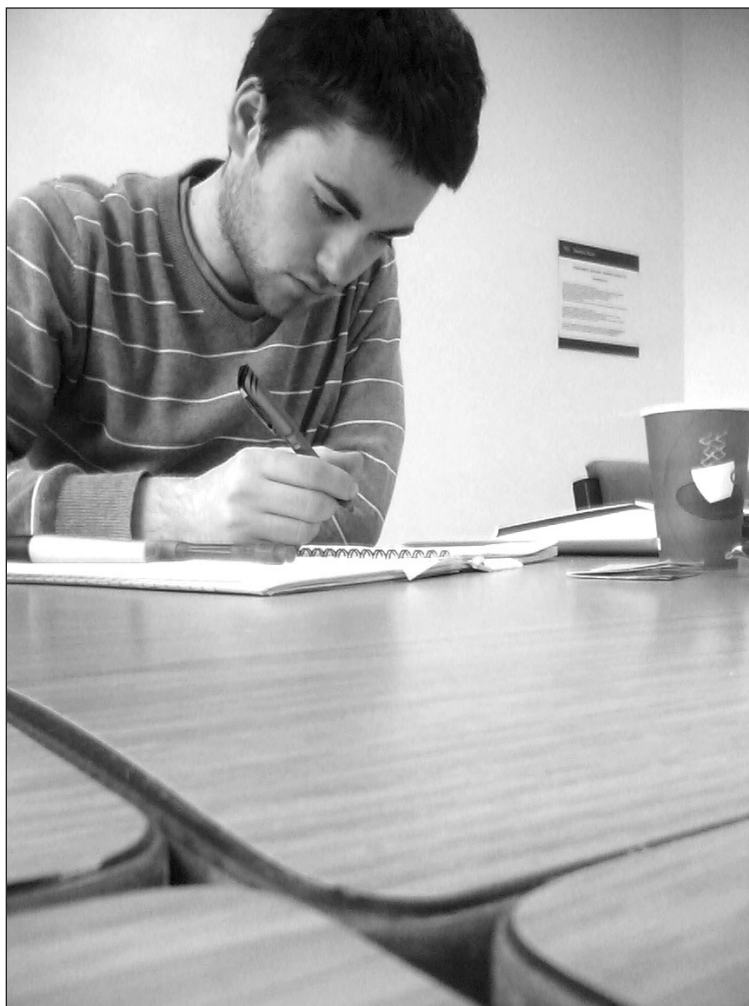
The foods you eat can affect your brain functioning. Eating foods that are made primarily of simple sugars such as candy, soda, fruit juice and other sweets, makes our blood sugar rise quickly, providing a quick burst of energy that is short-lived and followed by a crash in energy when blood sugar drops rapidly, said Hara.

This drop in blood sugar is likely the cause of hyperactivity 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," Hara said.

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 fall in blood sugar (energy and concentration), she said.

"Some people avoid carbs - which is bad for the brain. The brain will only use carbohydrate sources 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



Studying with an empty stomach can harm your concentration.

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/sugar," 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 slower 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 myelination 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 eat 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 satisfied will lead to better concentration (not being distracted by stomach growling and other hunger signs). If we are too full, sometime that leads to sleepiness," said Glauser.

"Our energy level, and our ability to concentrate are directly tied to our blood sugar level," Hara said.

Much of the food we eat gets converted to blood 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, cognitive 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 about 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 because they take a long time to digest and can divert some of the blood from the brain, Hara said.

"Be aware of the difference between providing your brain with fuel and providing it with a stimulant," said Hara.

Many energy drinks are loaded with stimulants, which cause a temporary buzz, but do not provide fuel for the brain. Some have little or no calories, so technically are not energy drinks at all because a calorie is a measure of energy and others are a combination of sugar and stimulants, she said.

"Don't be fooled, herbal drugs such as green tea extract and guarana may be 'all natural', but they are still drugs. There have been many recent reports of students being hospitalized from drinking multiple energy drinks and eating minimal food," Hara said.

More information about nutrition and dietitian Sally Hara can be found at proactivenutrition.net.

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

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, 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
1 pint fresh blueberries
1/4 cup walnuts
1/2 cup raspberry vinaigrette

grette salad dressing
1/4 cup crumbled feta cheese (optional)
Directions:
1. In a large bowl, toss the salad greens with the blueberries and walnuts.
2. Add raspberry vinaigrette and top with feta cheese when ready to serve.

Start preparing the baked salmon and while the oven is preheating, start cooking the red potatoes.

Baked Salmon
Ingredients:
1 1/2 pounds salmon fillet
salt and pepper to taste
3 cloves garlic, minced
1 sprig fresh dill, chopped

5 slices lemon
5 sprigs fresh dill weed
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 fillet and place a sprig of dill on top of 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.
4. Bake in preheated oven for 20 to 25 minutes, until

salmon flakes easily. Serve.
Red Potatoes with Herbs
Ingredients:
1 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.
3. Drain and cool for about five minutes.
4. Cut potatoes in half or quarter depending upon the size.
5. Add butter, scallions, parsley, salt and pepper. Serve.

While the potatoes and salmon are cooking, start cooking the asparagus.
Asparagus
Ingredients:
2 tablespoons butter
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 garlic 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.

TAKE A SPIN



ON THE WHEEL OF NURSING

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 HCC nursing program, 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 is reflective of 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 2013," 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 over break for meeting and events if proper ordering time is given with the Hospitality and Services department.

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 practical nurses to registered nurses 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.

"With the new curriculum, students who do leave are generally eligible for re-entry to the program. 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



Teresa Trillo

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. Schedules 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 this 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, prerequisite courses and other requirements at rn.highline.edu, Carpenter said.

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

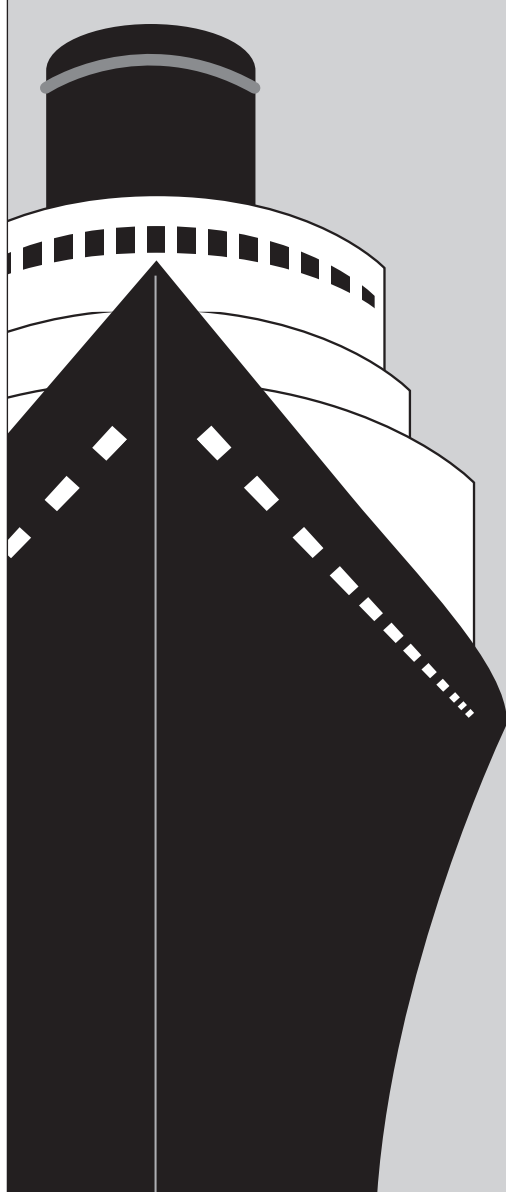
The next nursing program information session is April 17 at 1 p.m. in Building 26, room 213.

"I 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 coursework and in becoming outstanding nurses."

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

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 started 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 and on implementing programs versus creating structural change within institutions for social change.



Virginia Parenteau/THUNDERWORD

Dr. Christine Clark talks about the history of diversity and how it makes us stronger.

Dr. Clark said she believes that trying to make up for the past does nothing but 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 one another.

"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 the 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 each other's ideas and way of living through different eyes.

If people can do that, they will become more multiculturally 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., SeaTac. 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 stu-

dents 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 web page funds4highline.org.

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 boxed items such as top ramen or mac-and-cheese or canned food items are acceptable.

Hundreds of items have been collected so far, said Holt.

"This is the first time that

the class has done a campus-wide food drive with the Volunteer Association," said student Keele Chase.

"The goal was not to have a specific amount of food collected; the goal was to establish relationships with other students and organizations on campus and to get students excited for the food drive," student Demetrius Gilmore said.

Eggs missing again in Des Moines

Large rabbit suspected; search planned for March 30

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, 22030 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.

By GABRIELLE PAULSON
Staff Reporter

Paying for college

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

Schooling costs money, but there are ways to make it hurt the wallet a little less.

"A lot of students think when they go to college 'I need to get scholarships,' but what they need to think is 'I need to pay for college,'" said Dr. Barbara Clinton.

Dr. Clinton is the current honors instructor and Honors Program director at Highline.

She says that students get misleading advice when it comes to paying for college. They listen to parents, grandparents, and others who don't necessarily have all the right information.

"I have a lot of students that tell me that their parents are too rich [for them to get financial aid]," said Dr. Clinton. This, she says, is often wrong, since, for one, financial aid depends on how much the school costs.

So to pay for college it's best to start with "the biggest pot," or the Free Application for Federal Student Aid.

"One of the things students don't realize is that the first step to winning a scholarship is filling out the FAFSA," Dr. Clinton said.

It's the most important. Without it you cannot apply for financial aid, she said.

"The next pot is the scholarships that come from the particular school," said Dr. Clinton. "Go to their website. Schools give scholarships sometimes based on need, and some give based on merit."

These two "pots" make up the biggest source that students can draw on, the schools themselves being "the biggest source of funding either through FAFSA and financial aid or their own private scholarships," said Dr. Clinton.

"And then we come to the competitive scholarships," she said. This is the smallest category.



Krista Rhea/THUNDERWORD

Dr. Clinton mentioned several scholarships including Phi Theta Kappa, Jack Kent Cooke (for community college students), the All-USA scholarships, Questbridge scholarship (low-income Running Start students), Gates Millennium (low-income multicultural students).

These offer quite a bit of money, however, she said, these can be difficult to win, such as the nationwide Jack Kent Cooke and the All-USA scholarships, as many people are trying to win them.

For Running Start students interested in the Questbridge

or Gates Millennium scholarships, go to fafsa4caster.ed.gov, she said.

"You can go there with your parents and fill out the forms and see if you qualify," said Dr. Clinton.

Finally, there is a final option to use in paying for school,

called fastweb.com.

"You have to wade through a ton of advertising," Dr. Clinton said. "It's a pain, [but] it's free."

Fastweb.com allows you to fill out a personal profile and then shows scholarships you may be able to apply for based on that profile. The amount of each scholarship offers there varies greatly.

However, "it won't come close to what federal programs and school scholarships will do," she said.

Another thing to keep in mind when it comes to paying for college is which school you choose.

For example, many people in this area tend to choose to go University of Washington because "they think it's the best they can do, what they can afford," said Dr. Clinton.

She says this is a huge mistake and illustrated with a hypothetical situation.

A low-income student gets accepted to University of Washington, and qualifies for a Pell grant, and, qualifying for the Husky Promise scholarship, the rest of the way will be paid with grants, scholarships, and loans.

And so the student will graduate from college, said Dr. Clinton, "but you'll graduate with debt."

On the other hand, for example, there is Amherst, a private college outside Boston, Mass.

"Amherst guarantees it will meet 100 percent of student need without loans," she said.

So the University of Washington is sometimes "the more expensive answer, which nobody expects," said Dr. Clinton.

Dr. Clinton recommends that students take Honors 100 to be more informed about paying for college and transferring.

"Often times the people who are taking advantage of the system are those who are affluent enough to know how the system works," she said. "It's the reason why I teach what I teach."

Program offers job skill training classes taught in Spanish

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 underserved populations achieve skills to get a job.

Basic skills students get the benefit of support 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 1-4p.m. and Friday, 1-3p.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.

"There 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 prepare 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 Customer Service, Introduction to Office Assistant and Introduction to Web Support in one year.

"Because foundation is the same students get a certificate 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, Administrative assistance certificate, AAS in administrative management and AAS in information system coordinator," He said.

"Intro to web support students can build pathways to AAS administrative management (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.

"This is very exciting it gives students more opportunity and is fast so they can get out and find jobs," 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.

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Early registration bill could benefit teens

By **HIEN HONG**
Staff Reporter

A new House bill might allow 16 and 17 year olds to pre-register 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.

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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 labeled with all natural or 100 percent natural.

"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



**'It sounds
contrite but
knowledge
is power.
Knowledge gives
us the ability to
make choices.'**

— Rus Higley

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 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 necessar-

ily 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.

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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 3:23 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 been privy to.

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



Virginia Parenteau/ THUNDERWORD

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

Ashwell also worked as an archeologist in the Cataloochee Valley in Great Smokey Mountains National Park where she found a locket 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 institution all 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.

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-



Adang

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 purchase birth control due to a law recognizing that as a bound couple, they had the right to 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 is needed, said Highline transfer student Mychal McNamee.

“If I had the money, sure, I’d 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 sounds 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 weather.

“I like hot weather to get my tan on,” said Highline student Julian Michel.

Early weather forecasts for the break project rain 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 Diljot 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.

“If 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 to not wake up early for school and have free time in the morning to workout or take extra shifts at work.

“I’m usually always working, so it’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



Thunderword graphic

Luke Manca said he would be spending his time working out and catching up on sleep rather than traveling.
‘If I had a little longer time than a week and enough money, I would go to Hawaii,’ Manca said.

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 long enough for a student to relax.

“It’s just not 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

real special 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,” Lyzanne 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 Reece 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 over 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. in the Student Union.

Students will be able to meet with the Community Outreach Specialist Tralayne Myers, and pamphlets regarding the southern extension will be available as well.

There will be more table meetings in the coming weeks at several different locations.

Sound Transit has been holding these informal table meetings in cities that will be impacted by the southern extension.

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, 2045 S 216th 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 SeaTac Community Center, 13735 24th Ave. S on March 21 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 approximately \$ 1.1 billion when the recession hit. Sound Transit had to make additional changes to the plan because of the revenue loss, and right now there seems to only be enough funding to reach South 240th Street in the projected timeline,” said Kimberly Reason,

a media relations representative from Sound Transit.

Even with the current insufficient funds, Sound Transit will continue planning a route to Federal Way.

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 to 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.

Women in media

continued from page 1

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 also affect the way men behave.

"Guys think that girls should look like stars or singers. My guy friends push me to be skinny and look like a star," said Yom.

"It impacts men because the media gives them an idea of a beautiful woman. The idea of a perfect woman on T.V. is not realistic and not everyone can have a model wife. Wives at home are beautiful too in their own ways," said Denise Sayaline, a Highline student.

Another student, Rhoda Agyapomaa, said the media brainwashes people and men expect women to behave the way they see on T.V.

Allison Green, an English instructor at Highline, said that men are not often objectified; however, they need to understand what women experience in order to provide them with support.

"Men need to recognize the privilege they have not to be so objectified; if they don't, they may well find themselves struggling to understand and support their friends, sisters, coworkers, and partners," said Green.

Some students believe the female images portrayed by the media are unrealistic and they don't portray the potential of women.

"It's unrealistic portrayal and I think it's not really fair to a lot of women's intelligence," said Anya Provident, a student at Highline. "Strong characters or strong women with strong ideas are almost repressed."

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

Jones added that the media judges women solely on their looks, not what they are capable of.

"It's ridiculous to compare female politicians by finding the most beautiful among them. Women in politics and science are intelligent and we should not judge them on their appearances. I think women can succeed without stereotyping them," she said.

"In politics, the media portrays women as dictating and uncompromising. The media portrays women as people who just



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

say what they want. If a woman has a strong opinion, people say she's something else, but if it's a guy, they say nothing. They called Hillary Clinton the iron lady when she was running for presidency," said Agyapomaa.

"Just notice how much people talk about Michelle Obama's bangs or Hillary Clinton's clothes. Recently I saw an interview with Michelle Obama; she had to defend herself against all that media criticism. How sad is that?" Green asked.

Despite the fact that some women are not happy with the female images portrayed by the media, some still watch shows and buy magazines that objectify women.

"Sometimes I buy beauty magazines and watch the picture of beautiful women. I am not usually interested in reading their stories, I am interested in watching their pictures," said Yom.

However, not all women like watching such shows.

"I am not fond of beauty magazines and shows. I like watching movies, especially documentary movies," said Agyapomaa.

Some students who are interested in art such as Jones watch these images to get some inspiration.

"I like watching top model shows and beauty magazines for artistic inspiration, but I don't think they portray the reality," she said.

Ideal female images that are portrayed by the media are believed to cause different effects to different audiences depending on what they watch.

Research has shown that the exposure of ideal images have negative influences on how women evaluate themselves.

A study done at Harvard Medical School showed that young girls 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 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 oversimplify the effects of objectification.

"In general, stereotypes set up expectations for how people should or can be, and we spend energy struggling in relationship to those stereotypes. For some women, the ubiquitous images of women on display results in anxiety about our bodies, our sexuality, and our personal power. Even if we are pretty good at tuning out those stereotypes, it means we are exerting energy toward that end that we could be using elsewhere," she added.

Ideal female images affect young girls and their body images and some women and young girls try to meet beauty standards that are set up by the media.

According to The Cut, a website which provides current fashion tips to women, Israel was the first country to pass a law that banned underweight models on ads. In Israel, models in local ads are required to show medical reports not older than three months to prove their

health standards.

However, some people are naturally skinny and this is one of the critiques made of this law.

Statistics show that the media is dominated by males. Susan Rich, a Highline film studies instructor, thinks this affects what is being displayed.

"A lot of images about women originate from men, but not always," she said.

Dr. Tommy Kim, another Highline film studies instructor, argued that the public seems to encourage the media to continue portraying objectified female images by buying products with these kinds of images.

He added that sexy women from Hollywood are featured to sell products such as films and beauty magazines, and the public buys these products because it wants to continue seeing these images.

"People will want to use the soap that the sexy model uses. Why should I use the soap that a normal woman uses?" Dr. Kim asked.

The media seems to target different populations by publishing various images that suit the expectations of the consumers.

"The kinds of images that are in Psycho magazine (a horror magazine) are different from what we see in Vogue. There are great varieties of images for different audiences," he added.

Because of this, Dr. Kim doesn't believe the media can change the image of women in the popular culture even though some women would like the media to display healthy images about them.

"I don't think there's anything that can be done to change how

women are represented by the media. Change can only occur in an individual level. Women should become critical of what they are watching and maybe in a hundred years, we might have some changes," He added.

Rich disagreed with Dr. Kim. She said that change starts when individuals come together for a common goal. She believes that positive changes are possible, but they might take time. Rich also believes that if more women become filmmakers, they can make a significant change.

"Geena Davis (an actress and film maker) is working hard to make women more represented," she said.

Davis has taken female roles in films such as *Thelma & Louise* and *A League of Their Own* and she also acted as the president of the United States in a television show known as *Commander in Chief*.

Rich also suggested that *Thelma and Louise* is one of the films she hopes women will watch.

However, Dr. Kim and Rich said that having women play top roles in films might not have a strong impact. Instead, real life stories can make a great difference.

"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 change," Dr. Kim said.

"It's more inspirational to see Oprah Winfrey. A woman who moved from a poor background into riches," Rich said.

Rich said that she didn't have a role model when she was a young girl, but she wasn't discouraged to go for top positions.

"When I was growing up, I didn't get a message that told me that I couldn't be a doctor. But I didn't get someone to look at," she said.

Dr. Kim said that some films inspire women to bring the change they want to see, and they also portray them as strong characters.

"Horror movies are meant for women and they are so appealing to them. The last person who survives in these movies is always a woman," he said.

Dr. Kim and Rich said that women, media, and society should equally be blamed for the negative consequences that these images cause.

For the media to portray healthy images about women, some students believe women should implement positive changes.

Charlie Jones said that women should advocate for the change they want to see in society.

"Women should use their own imaginations. The media doesn't have to tell us what is ideal," said student Viktoriya Rossiystseva.

"We (women) should get our own identity, know our inner beauty and not concentrate a lot on physical appearance," said student Suhyon Yom.

"The media is all about money. It has no boundaries. It will hurt people and hurt people's hearts. Women should be able to differentiate real from unreal," said Denise Sayaline.

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 showed 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 “in my 41 years of teaching here there 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 the students had a passion and a 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 excellence and devotion 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 coordinated study classes with 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,” Dodd said.

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. “Definitely not later,” Dodd said. “I’m tired. I’m 70 years old and the body has started giving me signals, but I didn’t want to retire earlier because I still enjoyed teaching so much.”

With the extra time that will come with his retirement, Dodd said that he and his wife will spend much more time with their grandchildren, and he will devote more time to fly fishing.

The most important advice that he said he would give to a new instructor would be to learn their student’s names, first and foremost.

“It would seem elementary, but it’s of critical importance. Of course, it takes effort, but from my experience, it’s definitely a positive thing to do,” he said.

Dodd’s will be officially retiring after the end of this quarter.

There will be a reception to celebrate his career and retirement on Friday, March 15 at 1:30 p.m. in Building 2.

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 Liberation: Indigenous People of Latin American event recently.

Arline Garcia, a Spanish instructor on campus said that there is much 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 commu-

nity uses.

“People in Latin American identify themselves primarily by their country of origin. Many people include other labels too,” Garcia said.

For example, a person can identify themselves as Mexican, Oaxacan, or Zapotec.

“In a way it’s not that different from how people self-identify there in the States. People choose to identify as an American, Washingtonian, Black, Kenyan, or Asian,” Garcia said.

“Most people in the U.S. with roots in Latin America, whether U.S. born or not, think of themselves both as American plus an ethnic or national identity,” Garcia said.

Many children of Mexican parents identify first with their experience in the U.S. and secondly with Mexico.

“They are just as Americans as anybody else,” Garcia said.

In the Latin community, people from all of Latin America are different in the way they dress, the food they eat, their personalities, and the way they speak.

“Not all Latin communities speak Spanish. There are a lot of different types of languages,” Garcia said.

When people think about Mexico, “We think of it as people drinking tequila all the time. Guatemala we think about it being tropical. Brazil is beautiful,”

Garcia said.

Even though they all have many differences, they all share the same story.

“Loss of land, resources like water, their environment, poverty are all things that they all have in common,” Garcia said.

The Latin community has been hurt by poverty, crimes, violence, injustice, and laws that don’t protect the people.

“Repression is the main problem in the Latin Americas,” Garcia said.

On July of 1990, many Latin people from North, South, and Central America united together in Ecuador and held a meeting regarding the 500th anniversary of Columbus.

It was the first continental conference of Latin indigenous people.

They spoke about how they needed to stick with one another to stop the repression, all the gangs and violence, and most of all to win their land back.

Garcia said that people may not always think about the Latin Americas.

“But what we can do to change that is look up news on the internet of what’s going on, learn the native language, or understand the culture,” Garcia said.

“Remember, knowledge is power.”

Threats

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

He also said that phishing attacks are 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/full 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 @hchelpdesk.

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