College to ask orientation questions

By Erika Wigren
Staff Reporter

Students registering for summer and fall classes will be the first in the country to be asked questions regarding their gender identity and sexual orientation.

The reason these questions are being asked is to help create a safe and more welcoming campus for students of the LGBTQ community, said Toni Castro, the vice president of student services.

“The purpose of this is to collect data on an registration form, so that we can create a welcoming, safe environment for students of the LGBTQ community,” said Castro.

I’m happy to take on this issue because I feel that it reflects the values of our mission as a college and promotes a welcoming, inclusive environment for students,” Castro said she thinks the initiative is even more powerful because it is student driven and led by student leaders.

The data collected will be used the same way the college uses data for students of color, gender, international students, English as a Second Language students, and first generation students, Castro said.

The primary goal, Castro said, is to recognize who Highline’s students are as individuals.

“We are creating cultures of evidence on who our students are,” said Castro. “We want to ensure that every student feels welcome, respected, and safe in their learning environment.”

Castro said that college officials understand that these questions could be

Staff Reporter

By Daniel Joyce
Staff Reporter

Highline has replaced the COMPASS math placement test with a new placement test called MyMathTest.

MyMathTest is from the same company as MyMathLab, a program used in several math courses at Highline.

“Because we already use MyMathLab, it was easy to implement it into our systems,” said Aaron Warnock, a Highline math instructor. “If students log into MyMathLab after taking the MyMathTest placement test, they can see their scores. It’s all under the same umbrella now.”

Warnock said Highline faculty members have wanted to replace the math portion of the COMPASS test for a few years, and they spent Fall and Winter quarters designing and building the new test to fit Highline standards.

“Three years ago, we drastically redesigned the pre-college math courses,” said

see Math, page 15

Math portion of COMPASS test replaced

MaST team looks for whale death clues

By Erika Wigren
Staff Reporter

The questions coincide with a student-driven statewide initiative that began in 2011 by the Washington Community and Technical College Students Legislative Voice Academy.

“This initiative was brought to our attention, and I was asked to serve as the statewide chair of the taskforce,” Castro said.

“We are creating cultures of evidence on who our students are,” said Castro. “We want to ensure that every student feels welcome, respected, and safe in their learning environment.”

Castro said that college officials understand that these questions could be

see Math, page 15
Loops can mitigate hearing problems

By Michaela Vue
Staff Reporter

As more and more young adults are experiencing hearing loss, better equipping classrooms, theaters and sports venues to assist such patrons may just be the prescription, said a psychologist.

Dr. David Myers, a psychologist from Seattle spoke last Wednesday at a presentation hosted by the psychology department.

According to a study published in the Journal of the American Medical Association in 2010, over a 15-year period there was a 31 percent increase in the number of teens losing hearing. That means nearly 1 in 5 teenagers are having mild or worse hearing problems.

The problem is also more prevalent in young men. The installation of hearing loops — a loop of cable around a designated area that generates a magnetic field that can be picked up by hearing aid — is one way to address the problem, said Dr. Myers.

The loops transmit sound directly to the hearing aid, by-passing disturbing noise in the environment. Dr. Myers said that the need to address hearing loss is growing and there is a greater emphasis on assisting the hearing impaired.

The hearing loop’s wireless speaker allows people to hear in many environments.

The technology is now being installed in places like the Michigan State basketball arena, churches and places of transportation.

“The tide is turning, we’re being heard,” Dr. Myers said. But one of the biggest obstacles to addressing the problem of hearing loss is that many people are in denial that they are affected.

The availability of hearing aids has changed her life, she said.

In some cases though, it is not a hearing aid or a congenital hearing loss, but simply not knowing any better.

“Wepeople with hearing loss [sometimes] don’t know what they can’t hear,” Dr. Myers said. Hearing loss can happen gradually over time; therefore, they often do not notice that their hearing is any less than it was before, Dr. Myers said.

Signs that indicate people may have hearing loss are: asking others to speak up, asking the speaker to repeat themselves or telling people to stop mumbling, Dr. Myers said.

It is important to accommodate people with hearing loss.

When going out, Dr. Myers said it is helpful to be in places that are carpeted, quiet and have good lighting.

If possible, people with hearing loss should sit in groups and in the corners, avoiding the center of the room.

“And [make] the use of technology accessible,” Dr. Myers said.

For further information, visit the hearing loss floor, davidmears.org or pick up Dr. Myers’ newest book: A Quiet World: Living with Hearing Loss.

Eat lunch, discuss politics today

The Student Legislative Action Committee’s legislative luncheon is today from noon-2 p.m. on the first floor of Building 8 in the Mount Constance/Mount Olympus rooms.

Students are encouraged to attend and learn about the legislative process in Washington state and share their concerns on legislative issues.

Additionally, Student Government President Nimitali Azees will speak at the luncheon which is free for students and staff.

Prove climate deniers wrong

“How to talk to a Climate Denier” is the topic of tomorrow’s Science Seminar and will be presented by University of Washington-Bothell professor Dan Jaffe.

The seminar will be from 2:20-3:23 p.m. in Building 3, room 101.

Counting the days until club meets

Highline’s Accounting Club is meeting tomorrow from noon-1:30 p.m. in Building 14, room 102.

The club is open for any student who is interested in accounting, business or finance. Salad, pizza, cookies and beverages will be available for free at the meeting.

For more information, contact Martín Mertens at martin.mertens@juno.com or Debbi Perkins at dl.Perkins@students.highline.edu.

Veteran’s Club starts next week

Veteran’s Club is meeting next Wednesday, April 24.

The club is open to Highline veterans seeking to network with other veterans. The meeting will be in Building 2, room 101 at 11 a.m. Food and drinks will be provided.

Library honors Poetry Month

The Highline Library’s list of recommended reading for the month is intertwined with the celebration of National Poetry Month.

The Highline Library’s list of recommended reading for the month is intertwined with the celebration of National Poetry Month.

The Poor Nerds: A Global Anthology of Poetry is an international collection of poetry selected by Northwest Renaissance poets, including Highline instructors Larry Kandeo and Susan Landgraf.

Other recommended readings are The Complete Collected Poems of Maya Angelou, Love Poems by Li-Young Lee, and The Whole Island: Six Decades of Cuban Poetry, a Bilingual Anthology edited by Mark Weiss and At the Drive-In Volcano: Poems by Aimee Nezhukumatathil.

To check out any of the recommended reading, go to the second floor of the Library.

Bookstore to close

The Highline Bookstore is closing for inventory on Friday, May 3. However, customers who need assistance can call the Bookstore at 206-878-3710 ext. 3225.

The store will be open on Monday, May 6 from 8 a.m. to 6:30 p.m. The Bookstore is located on the second floor of the Student Union.

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 INTERNSHIP 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

A Quiet World: Living with Hearing Loss.

What’s New at the MaST Center?
Two Highline students aim high, work hard, earn recognition

By Alex Jackson  Staff Reporter

Lloyd Thomas’ path to Highline was littered with tragedy and strife, but along with Jemimah Kamau, the young scholar has been named to the 2013 All-Washington Academic Team.

International students deal with many of the same challenges that other students face in their day-to-day balance studies with social lives. But on top of these struggles, international students also have to deal with language and cultural barriers that can cause difficulties understanding professors and peers.

These barriers were not enough to stifle the success of two of Highline’s international students however.

Kamau and Thomas, among the 65 other scholars picked from the 34 community and technical colleges all across the state, represent what it really means to overcome personal struggles and achieve academic success.

Each student nominated to the team was honored with a $250 scholarship to Highline, as well as a $500 scholarship from Keybank. Kamau also received a $1,000 scholarship from the Washington State Department of Community and Technical Colleges.

Students were picked for the team for their academic achieve- ment, community service, and involvement in campus activities.

Thomas, 25, is a member of the Phi Theta Kappa honor society, a Vice President’s scholar, and also founded the African Student Union at Highline.

He escaped the violence of the second Liberian Civil War after the assassination of his father, and successfully found a way to flee to Ghana where he graduated high school as the valedictorian.

In Ghana, Thomas got interested in computers and started working hard to get an education.

It was through this lottery program that Thomas was chosen to receive permanent residence in the United States. Thomas attributes his path to this country as “divine provi- dence,” a theological term refer- ring to the intervention of God in the lives of people.

A similar type of instilled appreciation for education has also motivated Jemimah Kamau, who is the Highline student body vice-president and editor of the Mosaic.

The 27-year-old set her sights high as a young girl living in Nairobi, Kenya with dreams of going to America and becoming a lawyer.

“My father didn’t joke around about my education. They encouraged me to fight for my dreams,” said Kamau. “They taught me that if you want to achieve something, don’t let anything stop you or get in the way of achieving your dreams.”

After graduating high school in the Republic of Kenya, Kamau took college classes in France prior to finding herself at Highline.

At Highline, both of these students had to overcome lan- guage and cultural barriers in order to be successful.

“Everything changed, from the education system to the lan- guage itself,” Kamau said about starting classes at Highline.

“The first quarter I wasn’t confident and a little shy,” she said. “You have to advertise your- self.”

Thomas, said something that is hard to do when there are language barriers in the way.

Though taught to speak Eng- lish at a young age, Thomas said the American accent was almost like listening to another language, a problem likely faced by many of the international students here at Highline.

“But the biggest thing is to never lose hope and keep pursu- ing education.”

Both students say that Highline has contributed to their success in a number of ways.

“Highline has helped me to grow as a leader,” Kamau said. “It is here that I discovered more about my potential and what I am capable of.”

Through the support of her instructors, advisers, and fellow students, Kamau met people who pushed and challenged her to achieve more.

“I had instructors who set my goals higher than I set them myself, because when I came here I didn’t believe I could achieve the things that I have,” she said.

Thomas also praised the faculty here at Highline, advising fellow students to “try and build relationships around ad- visers and instructors because it is these people that can help you achieve your goals.”

Being named to the All-Aca- demic Team certainly probably won’t be the last achievement for either of these students.

Thomas has been accepted to the University of Washington in Tacoma, where he will pursue his major in information technology.

“My biggest dream is to get a PhD in developmental economics and my passion is to contribute to underprivileged societies in com- puter training,” said Thomas.

Kamau has been accepted to Mount Holyoke College in Mas- sachusetts and is waiting to hear back from several other colleges she plans to pursue a politi- cal science degree and become a lawyer.

“Never be afraid of failing,” Kamau said, “put all your effort in because even if you do fail, [the fact that you tried] is something you can be proud of.”

Rebecca Starkey/THUNDERWORD

Requirements for student elections change

By Racquel Arceo  Staff Reporter

Students planning to run for student government president or vice president this Spring Quarter will face tougher re- quirements when submitting their applications.

The recently released Assoc- iated Students of Highline Com- munity College Election Packet contains changes in a key appli- cation requirement this year.

When submitting an appli- cation, prospective candidates must include two letters of en- dorsement, instead of a petition with 50 peer signatures that was required previous years.

Included in the packet are the preamble to the ASHCC constitution, the positions that are open and a description of each job and the expectations for them.

“The application is open to any student looking for new experiences other than school work and has an interest in serving people,” said Jemimah Kamau, student government vice president.

“They also should be able to balance school and having a job,” she said.

“A good candidate is some- one who is passionate about making changes, has good com- munication skills and enjoys collaborating,” said Boyenneh.

Azeez encourages all stu- dents interested to take the time and consider running for a po- sition in student government.

“Anyone interested in grow- ing as a leader and looking to learn more about Highline and looking to connect more with other students should run for a position,” Azeez said.

The election is open to all Highline students and appli- cations are due on Friday, May 6 at noon to the Center for Leadership and Service office.

For additional questions or clarification about applying, contact Azeez at azeez@high- line.edu.
Make it Earth Week all year

This is Earth Week, a week-long event that’s purpose is to bring awareness and appreciation for the Earth’s environment and sustainable living.

Leading up to the 43rd celebration of Earth Day, Earth Week began on April 14 and will culminate on Earth Day next Monday.

The week-long celebration originated in Philadelphia in 1970 by a committee of environmentally concerned individuals, and was inspired by former United States Sen. Gaylord Nelson D-Wisconsin and his call for a national environmental teach-in, which became known as Earth Day.

Earth Week was conceived after Sen. Nelson decided that one day was not long enough for people to be able to learn about and get a full comprehension of the environmental issues confronting mankind.

But even Sen. Nelson’s expansion of the event was insufficient.

Awareness and appreciation of the Earth should be in the forefront of our thoughts year-round.

We should not have to set aside a specific week or day for people to actually pay attention and learn about what is happening with our planet and how they can better care for it.

After the initial interest in Earth Day/Week dissipated, the greater awareness of global climate change has renewed the resolve of activists to rescue the planet.

We, as people with the ability to feel and have compassion for the people and things around us, should take better care of our planet every day and always be looking for ways to improve it.

Even though the big hype in the world is to “Go Green”, the message is not getting through.

Even as big corporations are trying to find ways to be more environmentally friendly with the development of hybrid and electrical cars or recycling everything from newspapers to clothes, it isn’t enough.

It isn’t enough because not enough of us are willing to do the simplest things, such as, bringing our own reusable bags to the grocery store. People can’t or don’t want to do it because it’s too inconvenient for them.

They should think about it this way: just by going out of one’s way to bring that reusable bag to the store today and every time after, can help save the planet for tomorrow. It’s kind of like the old saying, “a nickel today or a dime tomorrow,” it’s time to decide what we’re going to do.

Due to events such as Earth Day/Week, we as a society over the years, have become more environmentally friendly and aware, but we must redouble our efforts if we want to save the planet.

The ice caps are melting faster than ever before. The incidents of severe weather are accelerating and endangered species are being extinguished daily.

We must become more environmentally friendly because we are stewards of our planet and we must take the responsibility to protect it and to learn about what is going on, so that we can find ways to fix our problems.

Even though Earth Week is important to celebrate, we should not focus on our planet for just seven, but every day.

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Letter to the editor

Pro-life is not just fighting for the unborn

Dear Editor:

In the April 11 edition of The Thunderword, Highline student Aleah Hatch wrote a letter to the editor in response to the earlier article Road to reproductive rights has been long, slow, in which she hoped to rectify "inaccurate information" in the previous article.

In her letter, Ms. Hatch questioned whether or not reproductive rights can be considered women’s rights.

Yes they can, and yes they must.

To argue otherwise is to deprive millions (or rather, billions) of women the bodily autonomy that they rightfully deserve.

Women need their hard earned reproductive rights if they are to maintain larger control of their lives, especially in the face of numerous governmental, social, and religious forces which seek to control the lives of women everywhere.

Later in her letter, Ms. Hatch remained skeptical of the statistics on how many women have died or currently dies each year from illegal abortions.

Since Ms. Hatch is concerned about accurate statistics, let me name a few. In 5 American women will experience rape at some point in their lives.

As much as the United States likes to call itself the freest nation on Earth, it currently imprisons 2.2 million people – higher than China (1.5 million), Russia (800,000), or Brazil (370,000).

Worldwide, over 3 billion people live on less than $2.50 a day, and 870 million people worldwide face starvation.

Also worldwide, 1.5 million children under the age of 5 die from preventable diseases every single year.

My point is this: how far reaching is Ms. Hatch’s pro-life stance?

How willing is she and others like her willing to go in the fight against poverty, disease, incarceration, and warfare, which kill more people annually than abortion ever possibly could?

Somehow, I doubt Ms. Hatch’s pro-life ethic extends beyond the unborn, or results in any actions aside from harassing women outside of Planned Parenthood.

If your only concern as a pro-life activist is illegalizing abortion and interfering with women’s ability to control their lives, then you’re not pro-life at all.

You are merely anti-woman, and you are on the wrong side of history.

-Lain "Proteus" Merrill

Highline Student

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!
HOCUS - FOCUS
BY
HENRY BOLTONOFF

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. Answering in a book is not cheating. A correct answer is a correct answer is a correct answer.

Weekly SUDOKU
by Linda Thistle

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: ★★

Even Exchange
by Donna Pettman

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

1. Ship's kitchen
2. Ponderer
3. 5-cent piece
4. Drummer Ringo
5. Beautiful
6. Cavort
7. Card suit
8. Olympic award
9. Ire
10. He wanted "more"

9. PERSONALITIES: What is TV chef Emeril's last name?
10. MUSIC: Which Billy Joel song contains the following line: "It's nine o'clock on a Saturday. The regular crowd shuffles in"?

Answers
1. Charles Lindbergh
2. Tom Cruise
3. Great Expectations
4. Organization of American States
5. The General Lee
6. Armistice Day
7. Circulation of blood
8. Charles and Frank Duryea
9. Lagasse
10. Piano Man

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Trivia test by Fifí Rodriguez

1. GENERAL KNOWLEDGE: Who was Time magazine’s first Man of the Year in 1927?
2. MOVIES: Who was the male star in the film Risky Business?
3. LITERATURE: In which novel does the character of Pip appear?
4. LANGUAGE: What is the full name of the group known as OAS?
5. TELEVISION: What was the name of the Dukes’ car on the show The Dukes of Hazzard?
6. HOLIDAYS: What did Veterans Day in the United States used to be called?
7. MEDICINE: Dr. William Harvey is famous for what medical discovery?
8. AUTOMOBILES: Who set up the first auto manufacturing company in the United States?
9. PERSONALITIES: What is TV chef Emeril’s last name?
10. MUSIC: Which Billy Joel song contains the following line: "It’s nine o’clock on a Saturday. The regular crowd shuffles in"?

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1. Charles Lindbergh
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6. Armistice Day
7. Circulation of blood
8. Charles and Frank Duryea
9. Lagasse
10. Piano Man

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Stressed out? Just slow down

By Rebecca Starkey
Staff Reporter

Slow down.
This is the advice Dr. Allison Lau emphasized at her stress management seminar last quarter.
"Slowing down and paying attention is really a big part of managing your stress," said Dr. Lau, associate dean for Counseling and Student Judicial Affairs.
Although slowing down and taking time to think about a situation does not solve the situation completely, it can help control your interpretation of events, Dr. Lau said.
She broke down how humans deal with stress into three stages: stressors, interpretation and impact.
Stressors are things that happen that cause stress on your body or mind. Life events and daily hassles are often the most common stressor.
Interpretation is how one perceives the stressful situation and whether or not they allow the situation to stress them unnecessarily. How one interprets something will directly affect their response to the situation.
"We are much more in control than we think we are," Dr. Lau said.
The last stage, impact, is how you cope with stress. And, Lau suggested examples of unhealthy stress relief including: shopping, eating, nail-biting and taking frustration out on other people.
However, Dr. Lau made the point that people cannot control the events and stressors that happen around them.
"I can't control if co-workers get mad and take it out on me," Dr. Lau said.
She continued on to say that what she could control though was how she interpreted the situation and her reaction to stressors in her life.
"I don't like to focus on things we can't control, I want to focus on things we can control," Dr. Lau said.
She said that changing one's interpretation of how they react to stress starts from within.
"Compassion for one's self and others is one of the most effective ways to control your interpretation of stressful events and interpret them positively rather than negatively.
"As a society we've been trained to think negatively about ourselves," Dr. Lau said.
"If I prove myself and say I'm never going to succeed, it makes me feel like I won't let anyone down. But that keeps me from doing things I want to do," Dr. Lau said.
"I don't burn bridges." Dr. Lau said one's body also experiences a physiological gut reaction when stressed.
"As human beings, we're wired and built to survive," she said.
When a stressful situation is presented, the body's fight-or-flight response is triggered and the body's sympathetic nervous system is activated. The sympathetic nervous system is the body's accelerator. If increases heart rate, blood pressure and adrenaline to prepare the body to face any situation.
Once the stressful situation subsides, one's parasympathetic nervous system takes over and acts as your body's brake, lowering heart rate and vitals quickly.
This is often the time when people can faint, Dr. Lau said.
"We are much more in control than we think we are," Dr. Lau said.
"Our body holds our emotions," Dr. Lau said. "You can always use your physical body as a sign [to measure stress]."
For more information on stress management, Dr. Lau recommended reading A Mindfulness-based Stress Reduction Workbook by Bob Stahl, Ph.D., and Elisha Goldstein, Ph.D., which is available in the Library.
"The counseling center [is] here to help you with this process and work with you [to achieve] your goals," she said.

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Vitamin popping proves harmful

By Samantha Hill
Staff Reporter

Students looking to diet supplements and vitamins to get or stay fit may be swallowing more trouble than benefit, said a Highline nutrition and physical education instructor.

Taking vitamin supplements is very common nowadays among all age groups.

But often times consumers are actually taking 10 times the recommended doses.

Dr. Tom Wells said that over use of some vitamins could be harmful. He cited the excessive use of Vitamin A. Studies at the U.S. National Cancer Institute have shown that over consumption of this antioxidant lead to bone marrow loss in both men and women over years of consumption.

"Studies have shown that people who have taken manufactured Vitamin A supplements have had a higher chance of being diagnosed with lung cancer," Dr. Wells said.

"Interestingly enough, studies patients who consumed Vitamin A only from whole foods, such as fish, had a lesser chance of being diagnosed with lung cancer," Dr. Wells said.

He recommends taking a vitamin in its food form.

"The vitamin is absorbed better," Dr. Wells said.

On the other hand, Dr. Wells said there is an instance where taking a vitamin in pill form may be desirable.

Here in the Northwest with its grayer climate, many adults suffer from a lack of Vitamin D in their system.

As a long term result of this lack of Vitamin D, many elderly patients are found to have shrinkage of the brain or premature dementia.

But even then, he cautions: "Anyone interested in taking a man-made supplement should consult their physician prior to usage," Dr. Wells said.

Probably the highest on the list of over consumed vitamin supplements is Vitamin C. Since the 1950s, scientists have indicated that Vitamin C can have a positive impact of ailments ranging from the flu to the common cold.

There was even speculation that Vitamin C can have an affect on cancer. But more recent studies question those assumptions.

Vitamin C is actually not the miracle supplement it has been touted to be.

Although when taken with zinc it can shorten the length of a cold, it will not cure the flu, even though patients are often taking 2,000 milligrams of Vitamin C every day.

"The recommended dietary dosage is 65 – 90 milligrams. Excessive ingestion of Vitamin C is not shown to leave any permanent harm on a patient's health as the excess of the supplement simply passes through the consumer's kidneys.

"Taking too much Vitamin C will only result in harm to your wallet," Dr. Wells said.

And just as students should be cautious about vitamins, Dr. Wells is concerned about the use of supplements, particularly those involving weight loss.

"Everybody is looking for a quick fix," Dr. Wells said.

The media, he said, is chock-full of weight-loss supplements, from pills to meal plans. Many people, including students on this campus, find themselves considering these alternatives as opposed to relying on healthy exercise.

But there appears to be little research put into these alternatives.

Although the major industries that make dietary supplements are required to conduct tests on their products, the studies are called proprietary tests, which means the companies conduct and monitor them themselves.

"You can't trust them; there's no evidence," Dr. Wells said.

Supplements that purport to curb hunger by making the body feel fuller have been found in nonproprietary testing to have the opposite affect.

The lack of food alerts the brain that the body is in starvation mode, and that it needs to store up energy in fat cells.

This is the same with meal programs: low calorie meals make your body think it is going through a famine and in return makes it so that your cells hold on to fat in means to survive," Dr. Wells said.

There is a healthy alternative.

"If almost all people stopped eating added sugars, in their food and in their drinks, and started reading the back of labels, they would without a doubt lose weight," Dr. Wells said.

But it is added sugars that are the problem. Sugars in fruits are excellent, he said.

Glucose is a sugar that, when ingested and absorbed into the cells, makes the protein hormone leptin indicating to the brain that the stomach is full.

"Half glucose, half fructose, plus fiber, like in a plum, that is what's going to make you feel full," Dr. Wells said.

"The thing about high fructose corn syrup and refined sugars is that they are addictive. Your mind craves them, and that's what the food industry wants," Dr. Wells said.

Refined sugars, vitamin supplements, and dietary supplements are almost all the same in the aspect that something beneficial to our lives was taken out of nature and written down as a formula, he said.

"Whenever you take something out of nature, it changes how it works in and with our bodies," he said.

Being healthy is something that many nutritionists, including Dr. Wells, say is not something that will happen overnight. Instead, becoming physically healthy is a process that takes time. Eating healthy, whole foods that can be made at home can induce weight loss and will supply the body with the necessary vitamins and nutrients.

"It's a life change. Don't use the word diet, that's self-defeating," Dr. Wells said. Instead, say: "This is the life I'm gonna live. Eat healthy. Little things, little changes, make a difference."
Drag show unveils tonight

By Cristina Acuna  
Staff Reporter

Divas in Drag Show comes back to Highline in celebration of Unity through Diversity Week.

This afternoon, Jinxx Monsoon from the fifth season of RuPaul’s Drag Race accompanied by some of the fiercest kings and queens of the Pacific Northwest, will introduce the audience the exciting art of drag.

The 6th Annual Divas in Drag Show will be held in the Mt. Townsend Room in the Student Union.

The show will commence at 6 p.m. but doors will be open from 5:30 p.m. Admission is free.

Josh Magallanes, career development manager and member of the drag show planning committee, hosted the show for the past five years.

“We started this show in hopes to broaden diversity and inclusion of a marginalized community,” Magallanes said. “That’s why this is an important event during Unity through Diversity Week.”

The Drag Show is co-sponsored by PRISM Club, Unity through Diversity Week, and LGBTQA Task Force. Magallanes mentioned that last year the event was attended by around 130 to 150 people who witnessed the performances of names such as Alexa Manilla and Lady Chablis. “Not only is this event fun,” Magallanes said. “It also helps people see a different perspective. The Q&A session adds an educational component for the audience to go inside the culture of drag and female impersonation.”

Magallanes has been a participant of the drag art form, himself. “It’s risky as a part of the staff because you don’t know how you’re going to be received,” Magallanes said.

“But I enjoy it and I’m never embarrassed. It’s an art form. Gender is a fluid thing and as a society, we sometimes forget that we make people fit into boxed roles.”

Tipping performers is always welcomed. The majority of the tips are donated back to the clubs to encourage future projects.

Rio comes under the Pink spotlight

By Lindsay Tyson  
Staff Reporter

Federal Way’s long dreamed of vision of a performing arts center is getting a new look following recent action by the city council.

The Performing Arts and Conference Center would include a stage, a conference center, a Café in the theater, and a four-story hotel.

The facility would hold local and national performances. The Q&A session adds an educational component for the audience to go inside the culture of drag and female impersonation. Doubters worry that the facility will not be profitable because it is too small to host national performances.

The facility would hold local theater and music performances such as the Federal Way Symphony but it would not have the capacity to host bigger shows.

On the other hand, Councilman Bob Celski said that this center is a necessary risk. “It is risky as a part of the staff because you don’t know how you’re going to be received,” Celski said.

“But I enjoy it and I’m never embarrassed. It’s an art form. Gender is a fluid thing and as a society, we sometimes forget that we make people fit into boxed roles.”

Tipping performers is always welcomed. The majority of the tips are donated back to the clubs to encourage future projects.
Team shines amid rainouts

By Zach Stemm
Staff Reporter

Despite having four of their last six games rained out, the Highline softball team managed to find a ray of sunshine and swept the South Puget Sound Clippers in a two-game weekend series.

The T-Birds won the first game 17-0 and 9-4 in the next. In the second game, Highline got on the board first by scoring three runs in first inning.

Right fielder Taylor Holtman led off the T-Birds with a single and advanced to third on a shortstop Blesedjoy Mipalar. Left fielder Brianna Votaw then cleared the bases with a three-run home run.

Holtman has a .436 batting average with 17 hits, 15 runs, and four doubles.

Mipalar is leading the NWAACC in average with a .618 batting average. She has 21 RBIs, and six steals.

Evans is batting .273 with six hits, seven runs, and three RBIs.

The field conditions at Highline were better on Saturday when they took on the Clippers. On Saturday the field was really thick, and the ball just died when it hit the ground, but we played well, said. “But we played well. We were winning when they called the game.”

Evans said. “The only adjustments we had to make was how to read the ball off of the ground. It hit and died in the dirt. You just had to stay down on the ball.”

On Monday, the Thunderbirds had scheduled a makeup game at Pierce that was originally rained out on April 5, but it was postponed again due to rain.

Highline played two games against Grays Harbor yesterday. The results were unavailable at press time. They were makeup games from the ones that were rained out on April 6.

The 12-2 T-Birds next travel to Yakima for the Yakima Cross Over Tournament this weekend. “We are preparing for the Yakima tournament by practicing hard and getting ready by hydrating ourselves because it’s going to be in the 70s there,” Evans said. “We are going there to have fun and have good competition. It should be a good trip.”

When they come back home from the Yakima Cross Over Tournament, they have two home games at 2 p.m. and 4 p.m. on Wednesday, April 24.
Starbucks helps destroy invasive plants

Rebecca Starkey/THUNDERWORD
Approximately 15 Starbucks baristas from a dozen South King County outlets invaded the Highline main campus yesterday to prune, hack and pull invasive plants that are choking out native vegetation near the tennis courts. The school’s efforts were directed by Biology and Oceanography Prof. Rus Higley, and included the clean up of Himalayan Blackberry bushes and English ivy plants. Higley’s goal is to eventually remove all of the invasive species so runoff water from the campus parking lots travel to the drainage pond. Starbucks’ employees often give up a day of work to volunteer to help the community.

Donations needed for annual celebration

By Dariana Young
Staff Reporter

Women’s Programs are looking for gift basket donations for their annual raffle. Women’s Programs will be hosting their 31st annual celebration and raffle on May 8 in Building 8. The raffle raises money to help students with compass test fees, GED testing fees, as well as transitional hotel stay for students who are homeless or domestic violence victims, and utility bills.

There will also be gift baskets given out as a raffle prize, containing different items. Women’s Programs is also looking for women who do not deserve to be recognized for their achievements in academics, teaching, and community service on and off campus. Students, staff and faculty are encouraged to nominate any outstanding women by filling out the application available at the front desk in the Women’s Programs, located in Building 6.

The form is due on April 26 by 5 p.m. Forms may also be submitted by email to Jean Munro at jmunro@highline.edu.

To donate items for the gift basket contact Robyn Richins at 206-592-3837.

Rising sea level of Puget Sound could lead to destructive flooding, prof says

By Ryan Johnston
Staff Reporter

Within this century, Puget Sound could be facing at least a 16-foot rise in sea level, no less than double what earlier estimates predict, a professor from the University of Washington told an Earth Week audience Monday.

To reduce this rise, dramatic environmentally friendly steps should be taken, said Dr. Peter Ward, professor of biology and Earth and space sciences at the University of Washington’s Seattle campus.

He said the consequences for a higher sea level are incredibly severe.

“Think of something more important to our future than the sea level,” Dr. Ward said to a crowd of approximately 100 people.

With a four-foot rise, airports at sea level will all be washed away.

Vast areas of cities such as New York, New Orleans and Miami would be flooded.

In Seattle, every inch of SoDo would be underwater.

Dr. Ward said the speed that the sea level is rising is unnaturally fast.

“The sea level rises naturally over centuries as tectonic plates move or it increases greatly over a few decades as glaciers melt quickly,” Dr. Ward said.

Global warming is the most dominant cause of ice melting quickly, Dr. Ward said.

“The estimates we are seeing on global warming are all underestimated,” Dr. Ward said as he displayed charts that showed a steady increase in sea level and carbon dioxide emissions.

“We will be at the same atmospheric carbon dioxide levels (as the Pliocene Epoch) in about a century,” Dr. Ward said.

This rise in carbon dioxide emissions is melting the polar ice caps at an alarming rate.

The effect of melted ice dropping into the ocean is a steady increase in the sea level, among other things.

“Antarctica is wasting ice in the ocean,” Dr. Ward said.

Another flaw in the estimates he said, is that the charts stopped showing data after 2100.

Dr. Ward said that estimates need to go further as future generations will live long after the turn of the century.

Addressing the claims of global warming skeptics, Dr. Ward said:

“Global warming skeptics say that there are cycles, and we happen to be in a high cycle,” he said. “Yes, science wants skeptics, but evidence of global warming cannot be unproven.”

“As we saw in Hurricane Sandy, the sea level isn’t the problem, it’s the storm surge,” he said.

The surge—the rise of water associated with low pressure—was the prominent cause of the destruction in Hurricane Sandy.

It caused roughly 125 deaths and an estimated $62 billion in damages.

Worse levels of devastation could be facing the Puget Sound within the century.

Dr. Ward asked rhetorically: How will Seattle and the world pay for the damages?

“Sea level is also going to have a huge effect on agriculture,” Dr. Ward said.

As an example, he said that Bangladesh will lose about half of its rice crops by 2100 because the rising salt water will kill the crops.

Dr. Ward said that two problems arise from this loss: people are forced to migrate inland and they don’t have enough food to sustain themselves.

Forced migration removes the amount of open, available land, so the number of homeless people increases.

A lack of food forces people to do desperate things to survive, particularly those with families to care for.

But Dr. Ward said it is not too late to change the situation.

“The world has the equivalent of cancer, but we still have time to stop smoking,” he said.

Dr. Ward offered the audience two possible solutions to slow global warming, and thus a rise in the sea level.

“We shouldn’t burn any coal anywhere,” he said.

Coal produces massive amounts of carbon dioxide, and it affects the world’s temperature, Dr. Ward said.

And giving United States coal to China is not a good alternative, as it still affects the world’s environment.

The other solution he offered was reforestation.

An increase in the number of trees will eventually decrease the carbon dioxide output levels that are currently causing global warming.

“It’s like the first step in a 12-step program, we have to admit we have a problem,” Dr. Ward said.
Students strive to balance school, jobs

By Angela Sucher and Lindsey Kealoha
Staff Reporters

Many students struggle to find balance between jobs, school and relationships. And the majority of them say that they’re stressed out in trying to do so.

In his first quarter of college, Highline student Gregory Smith, with two children and a wife, said he’s struggling to find the balance between school and family.

“Hopefully I’ll get it down and balance it all in a few months,” Smith said. “Home-work definitely consumes most of my life right now. Keeping my grades up and trying to pass my classes, I’m playing two out the next ones are all about I have time for right now.”

He said that his wife has been picking up the slack at home and with their kids during his absence for school. “I’m very lucky. It’d be impossible without her, she’s very supportive. She’s picking up what I can’t with the home life and the baby,”

Not all students feel as lucky as Smith and find that their schoolwork consumes most of their time, and their relationships struggle. “School consumes all of my time. If I’m ever with my girlfriend, we are doing homework,” Highline student Melvin Gruschow.

Gruschow said that his girlfriend has been studying together in order to maximize their time together and encourage each other to stay focused.

“You have to make a balance of work, friends and school... if you want to sleep anyway, I constantly feel pressure because I only see [my girlfriend] one day a week. I remind myself that I have to do well in school now so that I can be happy forever after this,” Gruschow said.

Students said that keeping friendships intact is also a struggle while maintaining passing grades.

“I spend a lot of time doing homework because I want the grades and I don’t make as much time as I should for friends and family, so those relationships suffer,” said Marisa Lukehart, a full-time Highline student.

It’s a constant struggle, I’m not successful at it (balancing), but I could definitely do better. There’s only a certain amount of hours in the day, (and) you want good grades but you also want your friendships,” Lukehart said. “I do my best. It helps to have a break between three classes to get my homework done before I go home, but that’s not always possible.”

Other students worry less about their relationships and more about supporting themselves financially while in school.

“Work consumes most of my time, I work five days a week. I technically only have one day off a week from both [work and school], literally,” said Aaron Sontana, who works at the airport and attends school full time.

“Most of my stress is from trying to juggle, you’re tired and you have to get up and then come home and study. I’m tired all the time. Work and school equally stress me out because it’s dual responsibilities, you want to work to make more money but you need to be in school to get a degree,” Sontana said.

Rashid Norris said that his wife has been picking up the slack at home and with their kids during his absence for school. “I work five to six days a week and I get home pretty late so that makes doing homework hard. I have no time for a break every because I’m constantly doing something,”

Stohlman actually brings her homework to work in order to have time to complete it. “I get [homework] done on my break at work or try to finish it between class and work. They constantly effect each other. I don’t think anybody can be completely successful at balancing them equally,”

Transfer student Jeff Mclaren also finds the tug of war between school and work taxing. He said that he often times struggles to stay awake during his shift at “Taco Hell.”

“School is the most stressful, you don’t get homework from your job. I’m taking 15 credits this quarter, it sucks,” Mclaren said.

Many students say that with a little focus and determination priorities can be balanced.

Carla Johnson juggles school and work and free time by “prioritizing and making sure I try my best in school to ensure I get good grades, but I supplement that with time for myself.”

Johnson said she finds that “school is the hardest thing to balance because I’m a kid and I still want to have fun, but I know school is important. Most of my friends are trying to balance their school too and understand that you can have fun, but work hard too.”

Johnson’s advice to other students struggling with balancing out events in their lives is to “make sure you don’t overwhelm yourself. Just take a step back and relax.”

Damon Smith, who is attending his first year at Highline said, “Occasionally you’ll have a day off and I hang out with friends,” but he focuses mainly on school and work.

Smith’s advice for other students who are balancing work and school is to, “focus on school first. It’ll be more important in the long run.”

Another student, Rachel Lee, in her first year of college tries to organize and prioritize her time. “I do the most important thing first and save the most social things for when I’m not busy,” she said.

The toughest component of balancing one’s work and social life Lee finds is, “Sleep and school.” However, she said she doesn’t find her schedule too difficult, “because I’m in high school.”

For those students who do struggle, “try to keep in mind what is important,” and don’t do many things at once. “Don’t take on more then you can handle,” said Lee.

Teisha Forks, another first year, said she finds juggling school, work and everyday needs, “very hard. Find time to study, trying to make ends meet just adds to the difficulties to juggles everything.

“I rarely hangout with friends,” said Forks, “If you’re not in school, you’re working, and if you’re not working, you’re in school.”

For students who are trying to juggle multiple responsibilities in their lives, Forks advises “have your priorities in order.”

Black & Brown Summit runs this weekend

By LaTonya Brisbane
Staff Reporter

Empowering and motivating young men of color to excel in academics is the goal of this year’s Black and Brown Summit that unfolds this Saturday, April 20, from 8 a.m. to 4 p.m. in the Student Union.

Organizer Rashad Norris, Highline’s director of Outreach, said that highlighting courageous conversation and reviving the roots of brotherhood will be key tools in the discussions.

Topics will focus on social, cultural, historic, and political self-identity.

“This will be a day full of knowledge, inspirational words and encouragement,” Norris said. He said that the intent is to help participants leave with a plan of action, to build better relationships between men and to build leaders.

In order to achieve this, the attendees will critique social structures that inhibit men of color from being successful. The summit will highlight the achievements of others despite the obstacles they were faced with.

Keynote speaker Dr. Luther Adams’ speech is titled: You Only Live Once: Race, Education and Mass Incarceration.

Dr. Adams received his Ph. D at the University of Pennsylvania where he has taught courses on United States history and African American history and culture.

His current research project: Black and Blue: Toward a History of Police Brutality, which chronicles the origins and impact of police brutality on African American communities.

The second keynote speaker is Dr. Raphael Marceaux Gullory. He will address, New Definitions of Masculinity: An Examination of Strength, Self-awareness, Self acceptance, and Responsibility.

Dr. Marceaux received both his master’s degree in counseling psychology and his doctorate in education at Washington State University.

He has also published a scholarly research on American Indian/Alaska Native student persistence in U.S. educational systems.

Dr. Marceaux continues to share his academic findings by conducting presentations and workshops with American Indian communities throughout the Pacific Northwest, emphasizing education, community building and cultural resilience.

Norris described the ideal attendees for the summit as good, well-rounded people who want to be effective.

“We want these young men to be enriched by the environment. Relationships between men need to happen,” Norris said. Admission, including both breakfast and lunch, is free.

For more information concerning the summit, contact Norris at raorssho@highline.edu.
Activist fights for education equality

By Samantha Hill
Staff Reporter

When Dr. Bernice Sandler applied for admission to Cornell University, she was told she came on too strong for a woman.

Too strong, indeed. The status quo of the era was about to be shredded 40 years ago by this woman who came on too strong.

“I blamed myself for not being lady-like, for speaking up in grad class,” Dr. Sandler, now 85, told an audience of approximately 80 students at Highline on April 23.

She began speaking up for women.

Dr. Sandler spoke of the difficulties of growing up female in a world before the words “sexism” and “sexist” had meaning. Women had their place and most often, that was not in the world of academia.

Men were routinely admitted to higher education, even when they tested poorly. Yet 21,000 women were routinely denied admission simply because they were women.

“We weren’t allowed to go to college without getting higher scores,” she said, “so I just knew I had to study harder,” Dr. Sandler said.

She set out to change that. And her efforts would eventually result in her being named the “Godmother of Title IX” by the New York Times.

Congress had passed the Civil Rights Act of 1964 to end discrimination based on religion, race, color, or national origin. In clarifying its position, the administration of President Lyndon Johnson had, in Executive Order 11375, quietly added sex to the list of discriminations to be prohibited.

Executive Order 11375 contained more than 1,200 pages of data/evidence from all over the country from women and men who argued that there was inequality throughout the educational and profession fields.

Dr. Sandler was working with well-known women’s activist groups, such as the National Organization for Women and the Women’s Equity Action League, and doing research on federal laws involving sex discrimination.

“I was reading the 1965 Executive Order and happened to see an asterisk. Since I am an academic person, I read the footnote and saw that the order was amended in 1968 to include women,” Dr. Sandler said.

A eureka-like alarm went off in my head and within months we filed charges against the University of Maryland, she said.

She would go on to file complaints against 268 colleges and universities.

In 1970 Dr. Sandler teamed up with Oregon Congresswoman Edith Green to discuss women’s rights before the House Subcommittee on Higher Education of the Education and Labor Committee.

It was there that Rep. Green and Dr. Sandler first proposed Title IX, which focused primarily on the hiring and employment practices of federally financed institutions.

There was little mention about athletics, though. “This [Title IX] was known as the stealth bill,” Dr. Sandler said, because it contained information that hadn’t been addressed in the hearings. Most people didn’t know and missed what Title IX implied: that athletes were considered an element of the education inequalities and women should be able to participate in sports on campuses without discrimination.

“Edith Green told us not to lobby, so people didn’t find out,” she said.

In October 1972, President Nixon signed Title IX, which prohibited discrimination against women in education, the workplace, and in sports.

As a result, the enrollment of women in colleges has jumped from 30 percent to approximately 60 percent today.

Even so, Dr. Sandler explained that there were still come conflicts for women.

Women are still paid less than men and in sports, there are fewer scholarships for women and budgeting for women’s sports still lag that of men’s sports.

The most important outcome of Title IX, in Dr. Sandler’s opinion, has been the advancement of research in the medical field for women and that is now viewed as not only acceptable, but important and necessary.

[Title IX] was more than legislation. It is a social revolution to help girls and boys learn to respect each other. We are taking the first step on a long journey,” Dr. Sandler said.

New online tool helps students plan career goals

By Bailey Williams
Staff Reporter

Highline has entered into a partnership with Economic Modeling Specialists Inc. to release an online tool called Career Coach.

It is a free online tool that is open to all students and the community to explore career and educational opportunities in this region.

“It’s a wonderful tool that helps people explore job opportunities in our area,” said Jason Prenovost, director of Communications and Marketing.

By entering keywords into Career Coach one can get lists of jobs that seem interesting to them. It provides one with wages, ages of employees, related degrees, and similar careers.

“It gives you an idea about the employment in our area locally,” said Prenovost. “And the best part about it is it’s free for everyone.”

Career Coach can also help build résumé when users enter their employment history.

“Career Coach offers both our campus and surrounding communities a powerful tool for this exploration that is free and easy to use,” said Dr. Lisa Skars, Highline’s vice president for Institutional Advancement.

“It is an especially valuable resource because of the local data and job postings it provides. Our hope is that it connects users to the jobs and educational training necessary to obtain their ideal career,” she said.

Career Coach can be accessed at: highline.edu/career-coach.

Dr. Bernice Sandler talks about her activism to influence policymakers into giving women academic opportunities.
Landslides pose a special hazard for Puget Sound

By Steven Arvan
and Rebecca Starkey
Staff Reporters

An Amtrak train was delayed after being hit by a landslide in Everett April 7, while making the journey from Chicago to Seattle.

None of the 86 passengers and crew members were injured, however Washington landslides may be on the rise and Des Moines may not be immune to their effects.

Whenever we get rainwater like the kind we’ve had the last couple of days and the hillside starts to get saturated, that makes [hills] much more susceptible to failure,” Clara Whitington, a Highline geology professor said.

In May, month Whidbey Island was catapulted into the national spotlight when a massive landslide struck.

An estimated 200,000 cubic yards of earth tumbled into Puget Sound at about 4 a.m. on March 27, destroying one home and 11 crewmembers were in the water.

“Whenever we get rainwater like the kind we’ve had the last couple of days and the hillside starts to get saturated, that makes [hills] much more susceptible to failure,” Clara Whitington, a Highline geology professor said.

“Hillside materials may be on the rise and Des Moines may not be immune to their effects,” Robert Dooley, project manager, said. “Building 215’s ramp was reconstructed in Full Quarter. Elsewhere regarding Highline facilities, the MaSt Center’s repairs should be completed by the end of May. The center was damaged last December when high winds combined with very high tides, ripping siding from the structure.

“The [MaSt Center] got hammered with waves,” Dooley said. “Renovations to the building will be ‘hopelessly completed by the end of May.’”

Reconstruction of the music and theater building is expected to be completed in mid-August. Building 4 work began during Winter Quarter, and with monetary help from the Port of Seattle, the structure should have better sound-proofing upon completion. Distracting sounds from outside, such as airplane noise, should not be heard.

“The music and theater departments should be moving back in August,” Dooley said. “Building 4’s reconstruction is the last major project scheduled on campus until at least 2016.

“Renovation on Building 26 will be the next major re-do on campus,” Dooley said. “That project won’t happen until at least some time in 2016.”

Buildings 1 and 16 share a similar fate. “[Buildings 1 and 16 are the] next project with the Port of Seattle.”

The plans for Building 3 are awaiting renovation, while Building 16 will have partial renovations.

Meanwhile, other projects are being worked on. In April, including minor renovations to the gravel portion of the north parking lot. The project will be bid on April 30, and actual construction should start roughly three weeks later.

“We’re going to fix the gravel parking lot a little bit,” Dooley said. “We’re going to create barriers that should make parking less haphazard around that area.”

Dooley also said the surface would be switched to crushed rock for more stability.

He said he hopes that this project will create safer and more organized parking.

In addition, installation of an electric car charger is scheduled to start on April 23, and it should be finished within a month.

Rebecca Starkey/THUNDERWORD

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Campus renovations near completion

By Ryan Johnston
Staff Reporter

After delays concerning a beloved tree, work on the ramp in front of Building 19 is scheduled for completion by April 30. When faculty and staff protested removing the weeping beech tree that sits in front of Building 19, Facilities staff scrambled to find a way to save it. This delayed the completion of the ramp, which was scheduled to be completed last quarter.

With that issue resolved, construction began last weekend on Building 19’s stairs, with completion expected by early May.

All buildings that have a ramp need a landing and railings per federal regulations according to the Americans with Disabilities Act. The landing is a precaution for handicapped and makes it easier for them to have time to rest if it is needed.

The railings for Building 19 are being galvanized and will be fully installed by the start of May. Railings are also planned for reconstruction for Buildings 10 and 17.

“We have been mandated by the federal government so students can access the buildings,” Mike Dooley, project manager, said. “Building 215’s ramp was reconstructed in Full Quarter.

Second, everything from what is now Canada thousands of years ago.

The glaciers carved out a little hole that is now known as Puget Sound.

“The coastal deposits here are all glacial deposits from the last ice age,” Whitington said.

As ice ripped into the land, it pushed the earth into large piles with little compaction. As the ice melted and filled the newly formed holes, the water finally connected with the Pacific Ocean. The ocean’s tides then began the slow process of erosion.

Nationwide, landslides cause over $2 billion in damage and 25 to 50 deaths every year. They were responsible for $34 million in damages in 1996 and 1997 in the Puget Sound area alone. Occasionally lives are lost or travel on the rail corridor.

“Where you notice the [landslide] problem is, along the shoreline,” Whitington said. Areas with steep slopes made up of loosely packed earth are the most problematic, she said.

Water flows through the loosely packed hills down to the sea and that weakens the hillsides even more. Daily tidal action also takes its toll.

“If the tide is in, it erodes the base of the hill,” Whitington said.

In addition, regular rainfall is slowly grinding away at the earth that supports massive amounts of hillsides all around the Puget Sound basin. Nearly all of Des Moines waterfront, aside from the Marina and Rendon areas, are considered hazardous areas by the City of Des Moines.

“We have them mapped based upon... the steepness of the slope and the geologic characteristics that are present and until we get more specific information regarding an individual property, we require that those property owners who [live in landslide hazard areas have a] geotechnical engineer evaluate what they do first,” Robert Ruth, the City of Des Moines Development Services manager, said.

“A geotechnical engineer... should not be underestimated,” Ruth said. “They’re the person who is involved in studying the soil and soil properties and making sure the ground is sound and not subject to mass movement.”

Ruth said geotechnical engineers at times will drill down 30 to 50 feet to extract a soil sample, which can then be sent to a laboratory for testing to determine the stability of the land.

“Having this information is really, really important to determine if someone is going to be able to build anywhere near the edge of a bluff or not,” Ruth said.

Maps showing sensitive areas can be found on the Des Moines Department of Development, www.documentcenter/view/43.
Taking the polish off diamonds

Professor says gems are really just chunks of earth

By Lindsay Tyson
Staff Reporter

Diamonds are just hunks of earth with little practical use, a Highline geography instructor told approximately 30 attendees at last week’s History Seminar.

"We don’t think about diamonds, we feel about them," Dr. Jones said, "If we thought about them we wouldn't buy them.

But more than 70 percent of American women own at least one diamond, and about 55 percent of all diamonds mined are sent to America.

"We are taught what to think about diamonds from jewelry stores," Dr. Jones said.

The cost of mining one carat of diamond is $40-$60. That one carat can then go on to be sold in a store for thousands of dollars.

Dr. Jones attributed the fascination and perceived value to Cecil Rhodes, an English-born South African businessman who single-handedly created the diamond market.

He combined all diamond miners into the De Beers Diamond Mining Co. and by the age of 23 was worth more than $2.4 million.

At one point this company controlled the diamond market, creating desire where none existed before, Dr. Jones said.

Diamonds had never been popular among the general population, but he put diamonds everywhere.

They were popping up in movies, magazines, and on celebrities.

He convinced people that diamonds symbolized love, commitment and security.

Because of the demand for diamonds, Rhodes was able to continue controlling the diamond business for many years until his early death at age 50.

This demand has led to the problem that we are seeing today—conflict diamonds.

Workers sift and sift and dig and dug to find a diamond," Dr. Jones said. "They'd get $20 if they found one, nothing if they didn’t.

Diamonds are mined throughout the world, however only those from Canada, Australia, Namibia, and Botswana are considered 'conflict-free.' The concept of conflict diamonds began when the diggers were being forced to work.

They lived on compounds where mercenaries patrolled the area, operating under the shoot on sight method.

This kind of slavery still exists today in many of the diamond deposits.

"Diamonds are a woman’s best friend and an African kid’s worst nightmare," Dr. Jones said, referring to the high percentage of mines that use children.

Almost half of all miners in Angola, for example, are between the ages of 5 and 16.

Yet people still crave these little chunks from the ground because they believe they symbolize that someone loves them, that they are important.

Dr. Jones wrapped up her lecture by explaining how to go about getting a diamond the right way.

She recommends looking into diamonds that are created in labs.

They are the same as diamonds that were created naturally three billion years ago, but no one had to suffer to find them.


Nothing ever really disappears from the Internet

By Taylor Rengstorff
Staff Reporter

Social media and Internet users need to look at protecting information they put on the Internet.

When General David Patraeus was exposed for having an affair over email, the government burst into action.

"The clandestine affair [kicked] the fourth amendment into action," said Amelia Phillips, a computer information system instructor and Pure and Applied Sciences Division Chair at last Friday’s Science Seminar.

Science Seminar is a weekly series of lectures on topics relating to science, usually presented by Highline faculty or another member from the community.

The fourth amendment states that no authority figure can search anyone unless there’s a warrant.

The government combed through all of the government computers looking for any evidence of threats and/or secrets being transmitted without the knowledge of government officials.

Social media and Internet users need to look at protecting information they put on the Internet.

"Where is the information stored?" asked Phillips.

On Facebook, a regularly used social media hot spot used by thousands of people day and where pictures and videos are posted for others to see.

Any information deleted like posts, do not actually disappear.

Instead, these deleted pictures and videos are stored in an archived section called a black box.

If anyone requests an entire Facebook history, pages upon pages of everything they have ever posted can be printed out, even if these were so called "deleted" things.

It's always there, Phillips said.

A similar case can be seen with emails.

After 180 days, anyone with a court order can go through anyone's emails because email is always stored, Phillips said.

Furthermore, voice mails and text messages are stored on phone companies' servers.

People should take advantage of deleting Facebook items to protect personal information, Phillips said.

Furthermore, everyone should be careful over what they say in emails because they're permanent.

Everyone should be careful of what people see in public and never forget to read any user agreements, said Phillips.

"How to talk to Climate Deniers," presented by University of Washington Bothell Professor Dan Jaffe will be the next Science Seminar topic.

For those interested in attending the seminar, it is tomorrow from 2:20-3:23 p.m. in Building 3, room 102.

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Math

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Warnock. “This new placement test is much more aligned with the curriculum, especially at the pre-college level.”

Students will have the option to take the test two times in one quarter.

The $10 fee for placement testing and the $4.10 fee for retaking the test will remain the same.

If students are not satisfied with their math scores and choose to retake the test, they will have access to a study guide that will focus on the areas they did poorly on.

“Once they create their testing account, students can access the study guide from anywhere,” said Warnock.

“If they want to retake the test, the study guide will be more narrowed down to what they did poorly on,” she said.

Future Highline students also have to do a little more to take the placement test.

“Now students need a username and their account activation code, where before all they needed was a student identification number,” said Katie Reed, office assistant for the Placement and Testing Center.

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Monica Luce, Dean of Instruction for the Highline Instructional Resources Department, said students who took the COMPASS math test at Highline or at other institutions will still be able to use those scores to register for courses here.

Highline, however, will no longer offer the COMPASS math placement test.

The new test has been implemented, and is available to take now in the Placement and Testing Center on the sixth floor of the Library.
Whale
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[Research] was also called,” Dr. Lawrence said. The fin whale is an endangered species, like most large whales, and is generally found in the Pacific and Atlantic oceans.

“Preliminary investigations have indicated that the whale was probably hit by a boat out in the Pacific, outside of Puget sound, and got caught up on the boat, in the steering equipment maybe and got dragged accidentally with the boat into the Puget Sound,” said Dr. Lawrence. “That’s the current assessment for why the animal is here and how it died.”

It is likely that the vessel that hit the whale was a container ship, Dr. Lawrence said. “They’re big. Fin whales, unlike grey whales and blue whales, don’t dive very deep and feed just below the surface. So unfortunately, they are more common to get hit by a boat,” Dr. Lawrence said.

“It’s like hitting a bird in a car – the boat that would have hit it wouldn’t have even felt the impact,” she said. The fin whale was moved Wednesday morning by the City of Burien to a more secure area in the South Sound where more sampling and research can be done.

Dr. Lawrence said that as of right now the MaST Center does not know if it will get a piece of the whale. “Right now we don’t know, but there is a lot of talk between the Cascadia Research group and the NOAA federal agency. There are a lot of legalities with marine mammals since they are protected and you have to have special permits to have any part of a whale,” Dr. Lawrence said.

“There are a number of different groups interested in having some piece of the whale, but we don’t know if the MaST Center will take any part,” she said. If the MaST Center does get a piece of the whale, Dr. Lawrence said that it would be used primarily for educational purposes.

“It would be used for educational purposes and to increase awareness of the animals that live in or should be in the area,” Dr. Lawrence said. “It would also increase public awareness about ship strikes and what that means. The prime purpose of the MaST center being involved in these sort of things is to push forward our mission of public awareness,” she said. Dr. Lawrence said that what comes from incidents like this is increased awareness and possible notification in the legislature.

“The publication of these findings will increase awareness and bring it into the public eye again that [these things] happens. We have so many more boats going into the Sound, they are heavier, they are faster, and we need to just raise awareness that there are a lot of animals that could be impacted by these ships,” Dr. Lawrence said.

Questions
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alarming to some students but that this data is specifically for educational purposes.

The questions will, however, offer an option for students who prefer not to answer if they don’t want to give that information to the college.

“We will maintain the highest integrity and confidentiality, and no one besides the college will have access to the data we collect,” Castro said. Castro said that she is hoping that other colleges across the country will start collecting this kind of data.

“Highline is the first in the country to start collecting this data and we are hoping that all colleges will begin to do so as well,” Castro said. Highline is recognized for its commitment to diversity and creating a welcoming environment and collecting this data will add to that, Castro said.

“This is an opportunity for people to be recognized, celebrated and supported,” Castro said. “It is also an aid for allies to be more verbal with their support and in recognizing those in the LGBTQ community.”

The most important part of this data, Castro said, is that it will help students be successful.

“Many students may not choose to identify themselves as part of the LGBTQ community the first time they register, but if they can recognize that this is a safe space then they will feel welcomed on campus, they will continue attending Highline and it could help guide the institution and help students achieve academic goals,” Castro said. “The longer they stay at Highline, the more progress they will make.”

The data collected can also help create more LGBTQ programs such as Campus Safe Zone projects and training, mentoring of LGBTQ clubs and organizations, scholarships, and course offerings.

“This is all clearly tied to student success because a safe community is a critical part in that,” Castro said. “I think it will be difficult for anyone to argue that creating safe colleges across the country is not a good thing to do.”

Castro said that it is important to make Highline a community that is secure and accepting to all groups.

“If a community is hostile for one group, then it is hostile for all groups,” Castro said. “We want to ensure that all students feel safe and welcome and that all students are represented here and that they have a voice.”

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