

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 LGBTQIA 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.

Anatomy of an acronym

L - Lesbian

G - Gay

B - Bisexual

T - Transgender

Q - Questioning

I - Intersexual

A - Asexual

The two questions that will be asked during registration will be: What is your sexual orientation? and What is your gender identity?, Castro said.

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. “I was 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

see Questions, page 16

Math portion of COMPASS test replaced

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



Cascadia Research Center
A team from the MaST Center examines the body of the fin whale that washed up on shore at Seahurst Park in Burien on Saturday morning.

MaST team looks for whale death clues

By Erika Wigren
Staff Reporter

The MaST Center’s staff and volunteers responded to Seahurst Park in Burien Saturday morning after a 52.5-foot long fin whale washed up on the shore. Joining workers from Cascadia Research and the Washington Department of Fish and

Wildlife, the MaST team sought to determine the cause of death. Dr. Kaddee Lawrence, the executive director of the MaST Center, said that beach naturalists happened to be at Seahurst Park that morning when they saw a large mass floating in the distance. “They saw something floating and it was something very large,” said Dr. Lawrence. “One of the beach naturalists just happened to work for the MaST Center and she called the whale into the NOAA [National Oceanic and Atmospheric Administration] stranding hotline, who then called the rest of us and asked us to check it out.” Dr. Lawrence said that after the tide went out and the animal was fully beached, it was obvious that it was dead and that a

ship had hit it. The whale’s tail, most of its organs and its spine were all missing and signs of major trauma and bruising were seen on the right side of the whale’s body. “This is not a species that is normally found in the Puget Sound so that is why Cascadia

see Whale, page 16

In this issue:

Campus life	2-3
Opinion	4
Puzzles	5
Health	6-7
Arts	8
Sports	9
News	10-16



Page 3
Two students named to 2013 All-Washington Academic Team



Page 8
Travel to Rio de Janeiro for a night at Pink Prom



Page 9
Rainy weather can’t keep Lady T-Birds down



Unsuitable act caught in Library

A student was asked to leave the Library on April 8 because he was watching pornography and touching himself inappropriately, said Campus Security Director Richard Noyer. Watching pornography is allowed in public and community college libraries as long as one is not causing a disturbance. The student left with a warning that if he was caught doing this again he could be banned from the Library for up to a year.

Fender bender in East lot

There was a fender bender on April 10 when two cars tried to park in the same space in the East Parking Lot.

Student requires medical attention

A student needed medical assistance for passing out on the way to class after giving blood on April 10th.

iPod missing

A student reported an iPod missing from Building 30 on April 12. It has not been recovered.

Man removed from Library

On April 13 a non-student was being loud which was causing a disturbance in the Library and was said to have the smell of alcohol on his breath. He was told to leave and he complied.

Vandalism found on campus

Graffiti was found in Building 27 and down by the tennis courts on April 11. The graffiti was later removed.

Items in Lost and Found

A jacket, sweater, hat, white binder, makeup kit, wallet, and more clothing were found and were turned into the lost and found this week. Anyone missing one of those items can retrieve it at campus security in Building 6.

-COMPILED BY MARK FITZGERALD

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 distracting 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 settings.

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.

“We fake hearing,” Dr. Myers said. “If you have ringing in your ear, you probably damaged your ear.”

People feel inferior because of hearing loss and feel the need to hide it, he said. They also negatively associate hearing loss with aging.

“A visible hearing aid makes us come out of the closet,” Dr. Myers said.

This makes people, especially teens, reluctant to wear hearing aids, he said. But often times other people are not as aware of others wearing hearing aids as they think they are.

But hearing aids can have a profound impact, said Green River student Jennifer Weston, who was born with hearing loss, and attended the presentation.

“When I was 16, I heard birds for the first time,” she said. “You may hear things you have never heard before.”

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

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

“People 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 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 hearingloop.org, davidmyers.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 Nimotalai Azeez 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 102.

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 ac-

counting, business or finance.

Salad, pizza, cookies and beverages will be available for free at the meeting.

For more information, contact Martin Mertens at martinmertens@juno.com or Debbi Perkins at DLPerkins@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.

Jump Start: a Northwest Renaissance Anthology is a compilation of poems selected by Northwest Renaissance poets, including Highline instructors Larry Kaneko and Susan Landgraf.

Other recommended readings are *The Complete Collected Poems of Maya Angelou*; *Rose: Poems by Li-Young Lee*; *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 rec-

ommended reading, go to the second floor of the Library.

Reserve a spot

Reservations for the seventh annual Multicultural Graduation Reception ends on Friday, May 24.

Hosted by Multicultural Affairs, the reception is for all students of color who are graduating and will include food and music.

The reception will be on Thursday, May 30 from 6-8 p.m. in the Mount Townsend room of Building 8. The admission is free.

Reservations are available

online at multiculturalservices.highline.edu/mc.grad.recep.php or call Multicultural Affairs at 206-592-3296.

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.-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 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



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 trying to 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 Trustee Association of Community and Technical Colleges.

Students were picked for the team for their academic achievement, community service, and involvement on campus.

Thomas, 25, is a member of 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 use education to his advantage.

He ultimately found himself an international student at



Rebecca Starkey/THUNDERWORD

Jemimah Kamau and Lloyd Thomas have named to be the 2013 All-Washington Academic Team.

Highline after many years of hardships in the Republic of Liberia, a West African country located in between Côte d'Ivoire and Sierra Leone.

Growing up in Liberia, the educational value instilled in Thomas at a young age was inspired by his father.

"My father was the biggest motivation for me," said Thomas. "He always pushed me in primary school to do my lessons and do well."

Things changed after Thomas lost his father in the civil war, a conflict that forced Thomas to flee to Ghana where he graduated high school as the valedictorian.

In Ghana, Thomas got interested in computers and started learning computer skills.

With these skills, he got a job with the Liberian government and there, with access to a computer, he applied to the Diversity Visa program.

It was through this lottery

program that Thomas was chosen to receive permanent residency in The United States. Thomas attributes his path to this country as "divine providence," a theological term referring 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 being a lawyer, and her parents had nothing but support for their daughter's ambitious dreams.

"My parent's 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 language and cultural barriers in order to be successful.

"Everything changed, from the education system to the language itself," Kamau said about starting classes at Highline.

"The first quarter I wasn't confident and a little shy."

"You have to advertise yourself," Thomas said, something that is hard to do when there are language barriers in the way.

Though taught to speak English 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 pursuing 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 help of her instructors, advisers, and fellow students, Kamau met people who pushed and challenged her to follow her dreams.

"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 advisers and instructors because it is these people that can help you achieve your goals."

Being named to the All-Academic 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 master's in information technology.

"My biggest dream is to get a PhD in developmental economics and my passion is to contribute to underprivileged societies in computer training," said Thomas.

Kamau has been accepted to Mount Holyoke College in Massachusetts and is waiting to hear back from several other colleges she has applied to.

She plans to pursue a political science major and a pre-law minor, with her ultimate dream being getting into law school and becoming 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."

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 requirements when submitting their applications.

The recently released Associated Students of Highline Community College Election Packet contains changes in a key application requirement this year.

When submitting an application, prospective candidates must include two letters of endorsement, instead of a petition with 50 peer signatures that was required previous years.

At least one of the letters must be from a Highline affiliate, and no more than one of the letters can be from a current Highline student.

The letters can be from a Highline staff or faculty member, a current Highline student, a previous employer or a community member.

"Anyone can get 50 people to sign a petition, the letters are better because then we can get an more of an insight on what people think [of the candidate]," said Annie Boyenneh, student government speaker of the caucuses.

The 2013-2014 Election Packet is now available for stu-

dents and can be picked up on the third floor of the Student Union in the Center for Leadership and Service office.

If any help is needed with the application process, student government leaders will host two information sessions to answer questions and concerns.

The meetings will be today and Monday, April 29 in room 302 on the third floor of the Student Union.

"At the meeting we will be giving more information for anyone interested in student government and answering any questions anyone might have," said Nimotalai Azeez, student government president.

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] someone who is passionate about making changes, has good communication skills and enjoys

collaborating," said Boyenneh.

Azeez encourages all students interested to take the time and consider running for a position in student government.

"Anyone interested in growing 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 applications are due on Monday, May 6 at noon to the Center for Leadership and Service office.

For additional questions or clarification about applying, contact Azeez at nazeez@highline.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 16 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 their planet and how they can better care for it.

After the initial interest in Earth Day/Week dissipated, the greater awareness of globular 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.

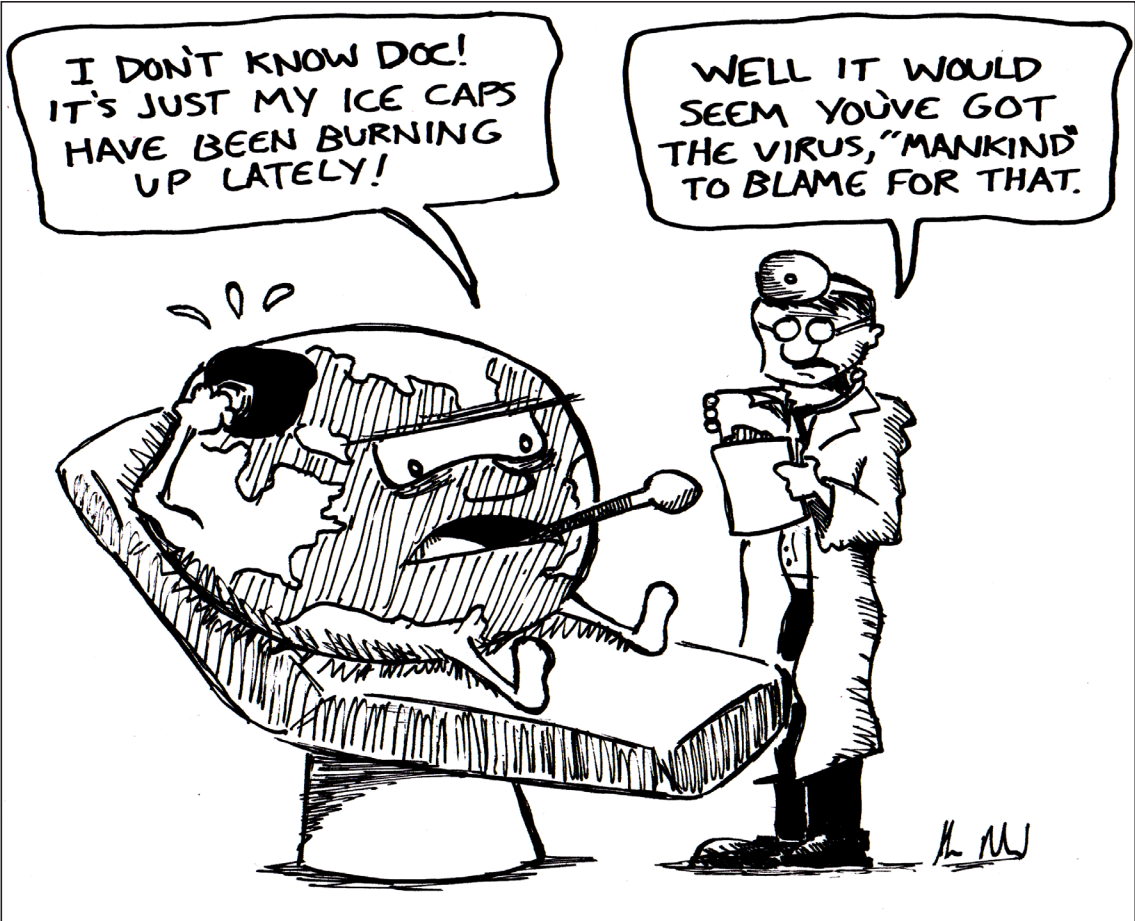
They should think about it this way: just by going out of one’s way to bring that reusable bag to the store today and every time after, can help save the planet for tomorrow. It’s kind of like the old saying, “a nickel today or a dime tomorrow,” it’s time to decide what we’re going to do.

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.



John Rutherford/THUNDERWORD

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: 1 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.

**-Ian “Proteus” Morrill
Highline Student**

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!

the Staff

“ I love Gerard Butler. I want to have his children... it could happen ”

E-Mail: tword@highline.edu

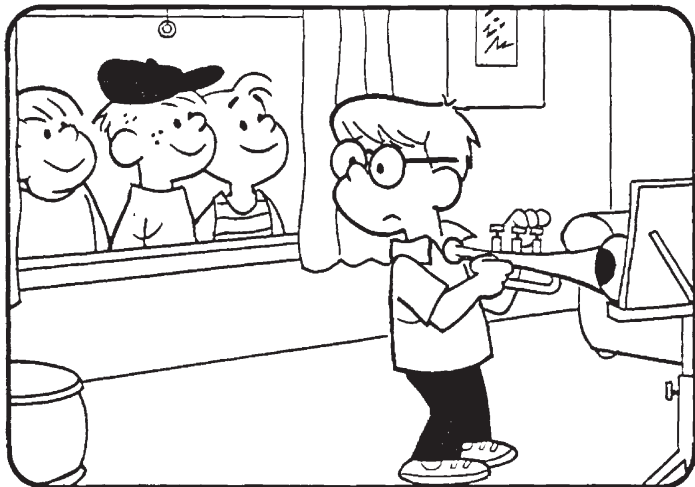
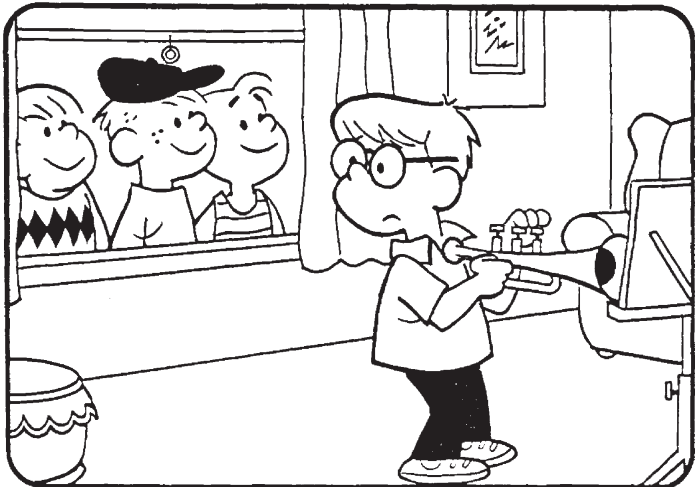
Editor-in-Chief Erika Wigren
Managing Editor Gabrielle Paulson
News Editor Hien Hong, Racquel Arceo
Arts Editor Joseph Park
Sports Editor Zach Stemm
Opinion Editor Kiya Dameron
Graphics Editors Luis Batlle, John Rutherford
Photo Editor Rebecca Starkey

Reporters Cristina Acuna, Nathan Brewster, LaTonya Brisbane, Lester Bugaychuk, Yoseph Diallo, Mark Fitzgerald, Samantha Hill, Alexander Jackson, Jonah Jepson, Samuel Johnson, Ryan Johnston, Daniel Joyce, Lindsey Kealoha, Jawaahir Omar, Taylor Rengstorff, Ipek Saday, Salina Shugarts, Kelsi Stockler, Angela Sucher, Lindsey Tyson, Michaela Vue, Bailey Williams, Dariana Young

Photographers Virginia Parenteau
Business Managers Kaylee Moran
Erica Moran
Adviser Gene Achziger
PHO Dr. T.M. Sell

HOCUS-FOCUS

BY
HENRY BOLTINOFF



© 2013 King Features Synd., Inc. All rights reserved

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. Shade is raised. 2. Sweater is different. 3. Hassock is different. 4. Body is slimmer. 5. Picture is different. 6. Chair back is missing.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2013 King Features Synd., Inc.



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?

A Bit of Rubble

Across

1. "Hamlet" has five
5. Deep cavity
10. Fit ____ (be perfect on)
14. Piglet's pal
15. 747, e.g.
16. Spanish pot
17. A shade of beige
18. Rajah's wives
19. Actresses Ryan and Tilly
20. Advice for rowing crews
23. Above-the-rim action
24. Compulsively curious
25. Avian claws
28. "Buffalo" Bill
30. Ruin big-time
31. Pad type
33. Fleecing target
36. Not far, with "a"
40. "Crack" or "jack" follower
41. "They got ____ him"
42. Yield, as land
43. Components of some PCs
44. Like some vows or cows
46. "Are not!" comeback
49. Indifferent
51. Woods and Nicklaus, e.g.
57. Brylcream portion?
58. "Happy Days" role
59. "Animal House" attire
60. Brook
61. Absinthe flavor
62. Be on the payroll

63. Grimm offering
64. Activity that can wreck a hard disk
65. Barrel bottom bit
- Down**
1. Did the same
2. James the actor
3. "____ Between Two Lovers" (#1 hit of 1977)
4. Halt production
5. Airport areas
6. Longtime Supreme Court name
7. Ballplayers in pinstripes
8. Agitated condition
9. Coordinate closely
10. Girl in a tree
11. Bars from the refrigerator
12. Birdbath floaters
13. "Delicious!"

21. Stocking mishap
22. Provide funding for
25. 1/16 of a cup: Abbr.
26. Singing voice
27. Steal goods
28. Old "What's My Line?" panelist
29. Vocalist Yoko
31. Benchmarks: Abbr.
32. Even if, briefly
33. Water server
34. Jane Roe's defendant in a famous 70's court case
35. "Brown ____ Girl"
37. "Captain Blood" star Flynn
38. Boxer order?
39. Signed for a COD
43. Jury-rig, with "together"

44. Perfumed powder holder
45. " ____ Wednesday"
46. One way to fall
47. Newspapers, TV, etc.
48. Activity for young swingers?
49. Misrepresent
50. Judgment problem
52. Baseball stats
53. Check point?
54. Loud laugh
55. Fairy-tale menace
56. Squealed

Crossword 101

By Ed Canty (Ed@gfrpuzzles.com)

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
			23							24				
25	26	27					28	29						
30						31	32				33	34	35	
36				37	38						39			
40				41							42			
			43						44	45				
46	47	48					49	50						
51					52	53					54	55	56	
57					58						59			
60					61						62			
63					64						65			

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. Ship's kitchen | G _ _ _ _ _ | Silicone _ _ _ _ _ | V _ _ _ _ _ |
| 2. Ponder | _ _ _ _ _ K | Entity | _ _ _ _ _ G |
| 3. 5-cent piece | _ _ _ _ _ L | Scraped | _ _ _ _ _ D |
| 4. Drummer Ringo | _ _ _ _ _ R | Begin | _ _ _ _ _ T |
| 5. Beautiful | _ O _ _ _ _ | Energetic | _ I _ _ _ _ |
| 6. Cavort | _ _ A _ _ _ | Harry or William | _ _ I _ _ _ |
| 7. Card suit | _ _ _ D _ | Extra tire | _ _ _ R _ |
| 8. Olympic award | _ _ D _ _ | Copper or iron, e.g. | _ _ T _ _ |
| 9. Ire | _ N _ _ _ | Boring tool | _ U _ _ _ |
| 10. He wanted "more" | O _ _ _ _ _ | Lone Ranger's mount | S _ _ _ _ _ |

© 2013 King Features Synd., Inc.

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*

(c) 2013 King Features Synd., Inc.

top ten

Food Words Worth Savoring

1. Piquant
2. Ambrosial
3. Grub
4. Umami
5. Gustatory
6. Piehole
7. Balthazar
8. Gamy
9. Borborygmus
10. Postprandial

Source: Merriam-Webster

© 2013 by King Features Syndicate, Inc. World rights reserved.

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. Audience-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 protect 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 that people have to set boundaries and put themselves first sometimes.

“It’s not about limiting love for other people,” she said. “... [but] if I’m always putting your needs over mine and not think-



Luis Batlle/THUNDERWORD

ing about what I need, it can cause stress.”

Dr. Lau said that sometimes she “doesn’t respond with compassion [for others] immediately... Sometimes we want to rage and we react.”

However, in those situations, she once again emphasized the importance of slowing down and taking time to think and change your interpretation.

“The purpose of slowing down is that you don’t do things you regret later,” Dr. Lau said. “You 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. It 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.

When stressed, it is important to keep a balance between the sympathetic and parasympathetic nervous systems.

“If I am in a chronic state of stress and I don’t rebalance [the two systems] then my body is always out of balance,” Dr. Lau said. “We’ve got to find out what works for us and what works to get our equilibrium [between the two systems].”

“Prolonged stress, if you don’t pay attention to it, has long-term impacts on your body,” Dr. Lau said.

Prolonged stress can lead to a less-effective immune system, high blood pressure, muscle

tension, insomnia, gastrointestinal and digestive problems and even skin problems, 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.

SUCCEED

Gain knowledge to be successful in the workforce. Join our graduates and experience all UW Bothell has to offer.

W

Meet with an advisor today!

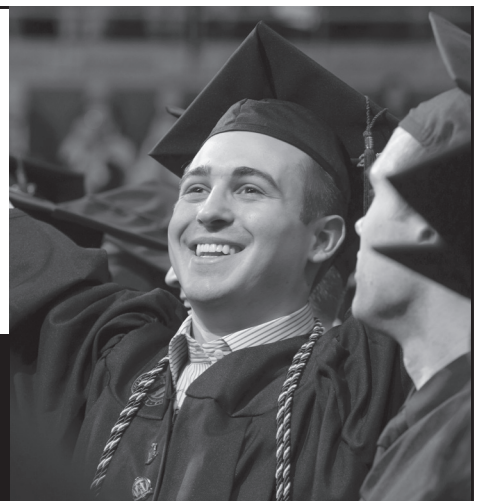
We have an outstanding team ready to help you choose from our exciting degree offerings.

Inspiring Innovation
and Creativity

425.352.5000 | www.uwb.edu



UNIVERSITY of WASHINGTON | BOTHELL



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 time 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 rate of being diagnosed with lung cancer,” Dr. Wells said.

“Interestingly enough, study 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 gray 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 Vita-

min 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 caloric 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



John Rutherford/THUNDERWORD

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 vita-

mins 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.”

NATIONAL UNIVERSITY®



THE NEXT
DEGREE OF
YOU

EARN YOUR DEGREE WITH A LEADER IN ONLINE EDUCATION

- Discover the benefits of a nonprofit university
- Explore the wide range of online associate’s, bachelor’s, and master’s degrees
- Talk with an advisor to create a personalized education plan
- Experience the flexibility of taking an online class
- Learn about financial aid options and scholarships


Learn more at the National University
Online Information Center in Seattle

152 SOUTHCENTER MALL #616
SEATTLE, WA 98188

206.248.6600
WWW.NU.EDU



NATIONAL UNIVERSITY



© 2013 National University 12263

25

Arts Calendar

• Words on the Wall: The Broadside Project. The Library gallery will celebrate National Poetry Month by exhibiting poems of Highline students, faculty and staff members. The gallery is in the fourth floor of the Library. The exhibit will run for the entire month of April.

• Broadside Reading and Reception. The Arts and Humanities Division and other sponsors will be celebrating National Poetry Month through a series of presentations, featuring literary works of faculty and guest speakers throughout campus. American Sign Language storyteller Terry Dockter will present on Thursday, April 25 at 11 a.m. in Building 7. Susan Landgraf and Susan Rich will conduct The Art of Collaboration: Writing Poems from Photographs workshops on Saturday, April 27 at noon at the MaST Center. Spoken word artist Roberto Ascalon will speak on Monday April 29 at 11 a.m. in the Building 8, Mount Olympus room.

• The Diary of Anne Frank. Renton Civic Theatre will pay homage to the victims of the Holocaust by performing The Diary of Anna Frank. The production runs April 19-27. Showtime is 7:30 p.m. on Thursdays, 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays. Tickets are \$22 for adults and \$17 for senior citizens (60 years and older). For student discounts, patrons must provide valid identification. Group rates are available for parties of 10 or more. The address is 507 S. Third St. in Renton. For more information, visit rentoncivictheatre.org or call 425-226-5529.

• Des Moines Got Talent auditions. Des Moines Got Talent auditions are next week on 26 and 27. Auditions on 26 is from 6-9 p.m. and 1-4 p.m. on April 27 in the Activity Center, located at 2045 216th S. in Des Moines. The Des Moines Got Talent show will be on Wednesday, August 7. Participants must have auditions scheduled by 4 p.m. the day before. For those interested, contact the Des Moines Parks Department at 206-870-6527 or email recreation@desmoineswa.gov.

• Bill and Peggy Hung Playwrights Festival. Burien Little Theatre will feature four new plays written by local playwrights – two comedies and two full-length dramas. Judith Jacobs' Bottom Line and D. Richard Tucker's Undiscovered Places will run May 3-12, while Stephen Feldman's 17-B and David Miller's Parsing Race will run May 17-26. Showtime on Fridays-Saturdays is 7:30 p.m., but 2 p.m. on Sundays. Tickets are \$10. Tickets can be purchased at click4tix.com/showdates.php?s_id=428513. The address of the BLT is 14501 Fourth Ave. S.W. in Burien. For more information, call 206-242-5180.

• It's Only Rock 'n' Roll. Centerstage brings rock 'n' roll hits of the '50s, '60s and '70s, arranged by David Duvall. The program will run May 10-26. Showtime is 8 p.m. on Fridays and Saturdays, but 2 p.m. on Sundays. Tickets cost \$28 for adults, \$24 for senior citizens and military personnel, and \$10 for youths (25 and younger). The Centerstage Theatre is at 3200 SW Dash Point Road, Federal Way. For more information, visit the centerstage-theatre.com or call 253-661-1444.

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, Jinkx 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 6p.m. but doors will be open from 5:30p.m. Admission is completely 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 LGBTQIA 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 is 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."

Magallanes said that Highline has always been respectful and accepting of this event and its message.

"It's a split show this year," Magallanes said. "We've got an even number of queens and kings and they are all bringing something different to the show; it's artistic; there is a lot of energy, and [it] is completely free."

Tipping performers is always welcomed.

The majority of the tips are always donated back to the clubs to encourage future projects.

Rio comes under the Pink spotlight



Federal Way considers performance center again

By Lindsey 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 sunken orchestra pit, and a foyer with the capacity to serve as a dining hall and an additional conference space.

Recent conversation among council members has also included a consideration of build-

ing a neighboring hotel.

Deputy Mayor Jim Ferrell was the single opposing vote in the most recent city council vote on the PACC.

"The problem I see is we don't have any partners," Ferrell said. "Most communities with a performing arts center have major partners."

Ferrell estimates that construction costs would be \$32 million with \$1 million a year in maintenance.

Partners could include a private entity or even a school district. These would be natural partners and customers to the PACC.

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.

"We really don't have any facilities that can hold 400 people," Celski said.

"This is all multi-functional and purposeful."

Groups based in Federal Way

must travel outside of the city to host their meetings.

With the PACC, the tables could turn; visitors, travelling to Federal Way, can stimulate economic growth and development, Celski said.

Still, those who voted for the PACC in the 6-1 votes on March 19 are not turning a blind eye to the costs.

"Everyone is concerned about the price, and I'm in that group too," Celski said. "But in order to improve our image we have to take some risks here. I am more certain about this than I am uncertain."

Bootcamp is back again for spring

If you are looking for a place to get in shape for summer and have fun doing it, bootcamp is the place for you. Bootcamp is taking place this quarter in Building 27 in the multipurpose room on Wednesdays from 7-7:50 a.m. Anyone can show up and participate at bootcamp. For more information, contact Tim Vagen at 206-592-4610.

Scoreboard

Women's Softball			
NORTH League Season			
Bellevue	10-0	19-3	
Douglas	8-0	10-1	
Olympic	7-3	9-7	
Everett	4-6	12-12	
Shoreline	4-6	9-13	
Skagit Valley	3-9	5-18	
Edmonds	0-12	0-17	
EAST			
Wenatchee V	17-1	27-3	
Columbia B	11-7	18-12	
Treasure V	11-7	13-11	
Spokane	11-7	14-13	
Walla Walla	9-9	11-19	
Yakima Valley	8-10	16-14	
Big Bend	3-15	7-21	
Blue Mountain	2-16	4-24	
WEST			
Highline	2-0	12-2	
Centralia	2-0	3-7	
Grays Harbor	3-1	6-11	
S. Puget Sound	1-5	1-12	
Pierce	0-0	7-11	
Green River	0-2	2-9	
SOUTH			
Mt. Hood	7-3	23-4	
Clackamas	7-3	18-10	
SW Oregon	6-4	18-7	
Lower Columbia	5-5	16-9	
Chemeketa	5-5	16-10	
Clark	0-10	1-15	
SCORES			

Tuesday, April 16
Skagit Valley 6, Everett 2
Clackamas 16, Clark 4
Douglas 13, Edmonds 0
L Columbia 4, Mt Hood 2
Chemeketa 8, SW Ore 3
Everett 3, Skagit Valley 2
Douglas 7, Edmonds 3
Clackamas 16, Clark 0
Mt Hood 7, L Columbia 4
Bellevue 12, Shoreline 4



Rebecca Starkey/THUNDERWORD
Highline third baseman Brooke Evans goes back to second base after the pitch. She singled to get on base and then advanced to second.

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 home 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 Tayler Holtman led off the T-Birds with a single and advanced to third on a single by shortstop Blessedjoy 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 hits, four doubles, two triples, and 13 RBIs. Votaw has a .481 batting average with 13 hits, two home runs, 14 RBIs, and four stolen bases. The long-ball trend caught on for Highline. First baseman Abby Bellin hit a three-run home run in the third inning, giving Highline a 6-0 lead. Bellin is batting .393 with five doubles, one home run, 14 RBIs, and six walks. Karyssa Marbet had a solid pitching performance through four innings of work for the Thunderbirds. She struck out two batters, did not allow a walk or run, and only gave up three hits. Marbet is 6-1 in seven games this season with a 1.92 ERA, one shutout, and 28 strikeouts. The Clippers showed signs of life in the fifth inning by scor-

came in to relief Marbet, tightening the score to 8-3. This was the first time in either game that South Puget Sound was able to get on the scoreboard. Highline managed to fend off the Clipper's attempts at a comeback and won the game 9-4. Before the Saturday games against South Puget Sound, Highline had two away games at Green River on Friday. They played the first game, but both games ended up being cancelled due to rain. "The Green River fields were horrible. [It was] muddy and puddles [were] everywhere," third baseman Brooke Evans said. "But we played well. We were winning when they called the game." 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 again played well," 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 presstime. 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 Crossover Tournament this weekend. "We are preparing for the Yakima tournament by practicing hard and getting ready by hydrating ourselves because it's

ans 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 Crossover Tournament, they have two home games at 2 p.m. and 4 p.m. on Wednesday, April 24.

Puzzle Answers

A Bit of Rubble

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

Even Exchange
answers

1. Galley, Valley

2. Think, Thing

3. Nickel, Nicked

4. Starr, Start

5. Lovely, Lively
6. Prance, Prince

7. Spade, Spare

8. Medal, Metal

9. Anger, Auger

10. Oliver, Silver

Weekly SUDOKU
Answer

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

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.

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.

"I think there's nothing 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 unnatu-



rally fast.

The sea level rises naturally over centuries as tectonic plates move or it increases greatly over a few decades as glaciers melt quickly.

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 estimations he said, is that the charts stopped showing data after 2100.

Dr. Ward said that estimations 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.

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 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.

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. "Homework definitely consumes most of my life right now. Keeping my grades up and trying to pass my classes so I can go onto the next ones are about all 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.

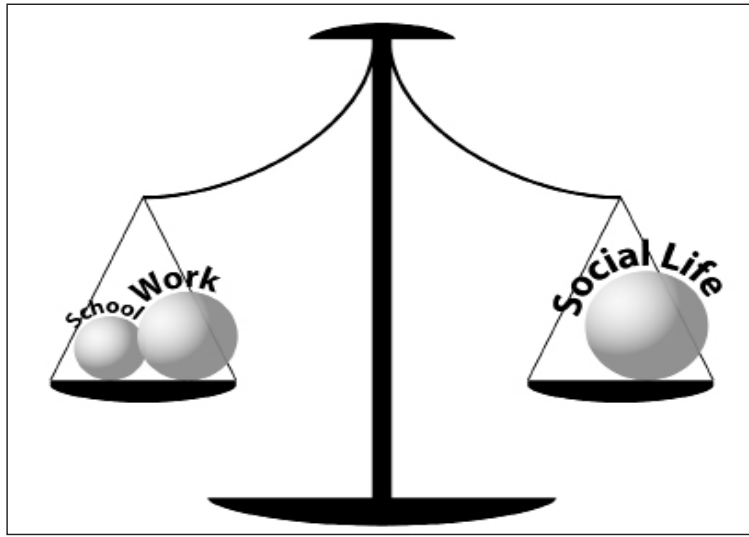
"I'm very lucky. It'd be impossible without her, she's very supportive and picks up what I can't with the home life and the baby."

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 and he try studying together in order to maximize their time together and encourage each other to stay focused.

"You have to pick two out of work, friends and school... if you want to sleep anyway.



Luis Batlle/THUNDERWORD

I constantly feel pressure because I only see [my girlfriend] three to four times a week but 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 unsuccessful 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 classes so I can 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 of 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.

Rachel Stohlman said that she can also relate to the struggle between work and school as she struggles to keep her grades up while working full time at McDonald's to pay for tuition.

"I have to work to pay for school so it's a Catch-22," Stohlman said. "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 ever 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 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 life 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 I 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 just in high school."

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

Teisha Forks, another first year, said she finds juggling school, work and everyday needs, "very hard. Finding time to study, trying to make ends meet" just adds to the difficulties to juggle 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 sum-

mit 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 in 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 Guillory. 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 schol-

arly 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 rnorris@highline.edu.

Presenting
THE 3RD ANNUAL
highline
COMMUNITY COLLEGE

KEYNOTE SPEAKERS
DR. LUTHER ADAMS
RAPHAEL GUILLORY
SATURDAY
APRIL 20, 2013
8:00AM-4:00PM
HIGHLINE COMMUNITY COLLEGE
HSU BUILDING 8

BLACK & BROWN MALE SUMMIT

SERVING YOUNG MEN OF COLOR
REGISTRATION ON-LINE
BANDBSUMMIT.HIGHLINE.EDU

CONTACT INFO
RASHAD NORRIS
RNORRIS@HIGHLINE.EDU
206.502.3939
RICKITIA REID
RREID@HIGHLINE.EDU
206.878.3710 EXT. 3301
FREE ADMISSION
FREE FOOD
FREE ENLIGHTENMENT

IF YOU NEED ACCOMMODATIONS DUE TO A DISABILITY, PLEASE CONTACT ACCESS SERVICES AT (206) 878-3710, EXT. 3857 (VOICE) OR (206) 878-1853 (TDD).

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.

"Women 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.

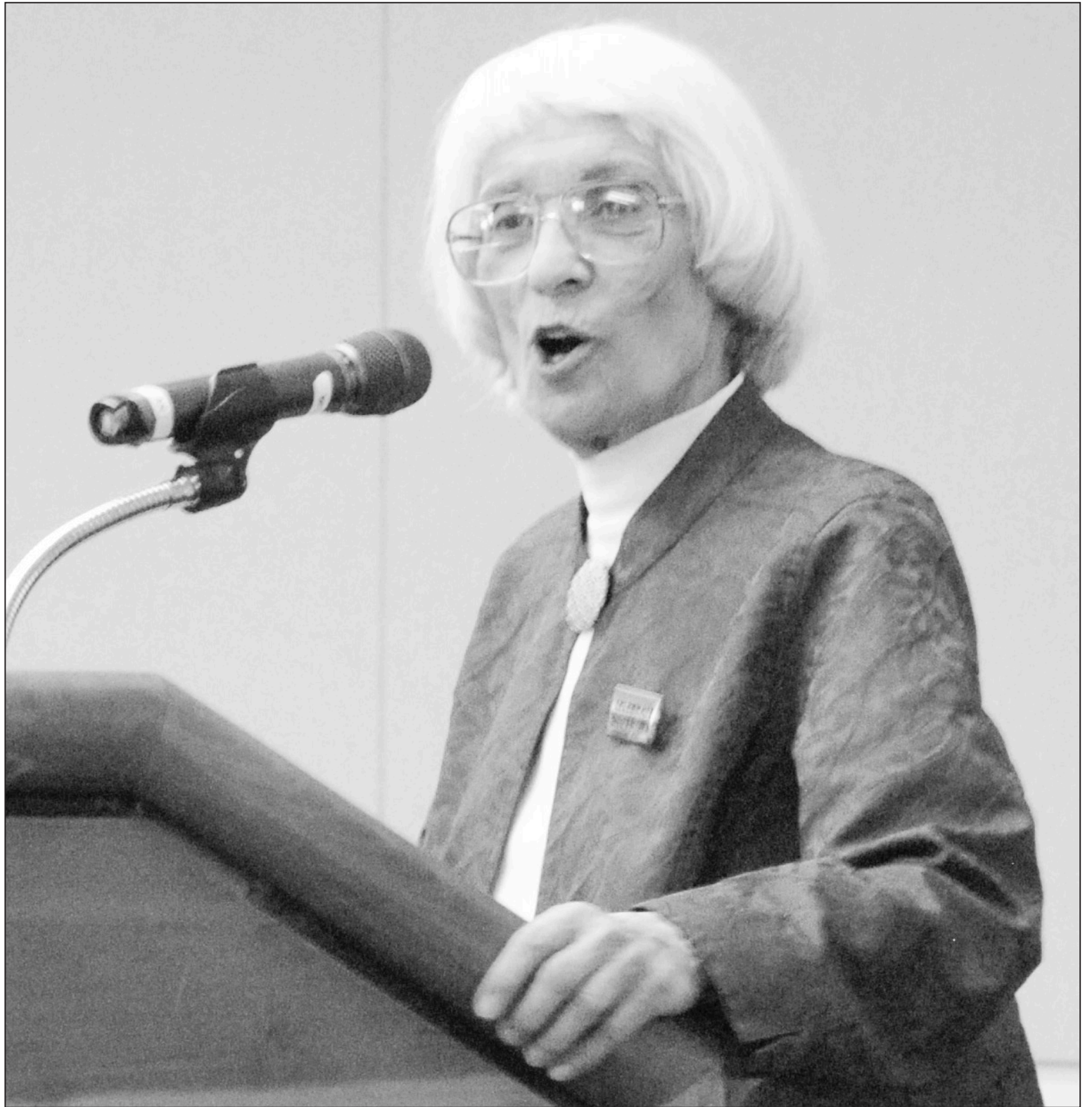
She set out to change that. And her efforts would eventually result in her being named the "Godmother of Title IX" by the New York Times.

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 Ex-



Rebecca Starkey/THUNDERWORD

Dr. Bernice Sandler talks about her activism to influence policymakers into giving women academic opportunities.

ecutive 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. A eureka-like alarm went off in my head and within months we filed charges against the University of Maryland," Dr. Sandler 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 Edu-

cation 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 inequality

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 one another. 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 Skari, 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.

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 students, so they 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



Rebecca Starkey/THUNDERWORD

Construction workers continue efforts to finish the renovations on Building 19.

the federal government so students can access the buildings," Mike Dooley, project manager, said. "Building 21's ramp is a similar situation." Building 21's ramp was reconstructed in Fall 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 "hopefully 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 struc-

ture should have better soundproofing 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 1 are a complete renovation, while Building 16 will have partial renovations.

Meanwhile, other projects are being worked on this 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 around that area. In addition, installation of an electric car charger is scheduled to start on April 23, and it should be finished within a month.

Landslides pose a special hazard for Puget Sound

By Steven Arvan
and Rebecca Starkey
Staff Reporters

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

None of the 86 passengers and 11 crewmembers were injured, however Washington landslides may be on the rise and Des Moines may not be immune to such calamities.

"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 Whittington, a Highline geology professor said.

Just last 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 outright, putting four more in a yellow-tagged, potentially dangerous category and isolating 18 more.

While geologists are still searching for an immediate cause, the steep hillsides around Puget Sound are known to have stability problems. Most of the slides here are relatively minor, but the Whidbey Island slide was one of the largest in the state's history and more than 1,000 feet long. It dumped enough earth to fill several

dozen football stadiums more than 300 feet into the sound. In places, the beaches have been raised more than 30 feet above their previous levels.

The problem in general has to do with the geology of Western Washington and the instability of the hills cascading down to Puget Sound.

Those seemingly solid mounds of earth, such as the ones due west of Highline, are the product of huge glaciers that came down 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," Whittington 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.

Nationally, landslides cause more than \$2 billion in damages 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 corridors that rim the sound is disrupted by slides. Last December, a landslide north of Seattle derailed a freight train causing a 48-hour halt for Amtrak and Sound Transit Sounder passenger trains.

Warning Signs

For those who are unsure whether their homes may be built on landslide-prone properties, here are a few visual signs to watch out for:

- Springs, seeps, or saturated ground in areas that have not typically been wet before
- New cracks or unusual bulges in the ground, street pavements or sidewalks
- Soil moving away from foundations
- Ancillary structures such as decks and patios tilting and/or moving relative to the main house
- Tilting or cracking of concrete floors and foundations
- Broken water lines and other underground utilities
- Leaning telephone poles, trees, retaining walls or fences
- Offset fence lines
- Sunken or down-dropped road beds
- Sudden decrease in creek water levels even though rain is still falling or just recently stopped.
- Sticking doors and windows, and visible open spaces indicating jambs and frames out of plumb

For further information about landslides in Des Moines visit: walrus.wr.usgs.gov/elinino/landslide-guidelines.html

earth that supports massive amounts of hillsides all around the Puget Sound basin. Nearly all of Des Moines waterfront, aside from the Marina and Redondo areas, are considered hazardous areas by the City of Des Moines.

"We have them mapped based upon... the steepness of the slope and the soil characteristics that are present and until we get more specific information regarding an individual property we require that those property owners who do [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 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 ravine," Ruth said.

Maps showing sensitive areas can be found on the Des Moines city website at: desmoineswa.gov/documentcenter/view/43.

"Where you notice the [landslide] problem, is along the shoreline," Whittington 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.

"When the tide is in, it erodes the base of the hill," Whittington said. "When you remove the material at the bottom [of

the bluffs] then that supporting material that is holding up the hillside is gone."

Whittington said that global warming and climate change certainly play a role in this process as rising tides means more water is hitting the coastline.

"I think that there is a big impact between the rising sea levels and the amount of erosion on the coastline," Whittington said.

In addition, regular rainfall is slowly grinding away at the

Taking the polish off diamonds

Professor says gems are really just chunks of earth

By Lindsey 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.

People just think diamonds are valuable, Dr. Jennifer Jones said in her presentation: "Cut, Clarity, and Conflict: The History of the Diamond Trade."

"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 80-90 percent of the global diamond trade.

Rhodes did it by saturating the market with diamonds, 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 dig to find a diamond," Dr. Jones said, "They'd get \$20 if they found one, nothing if they



Rebecca Starkey/THUNDERWORD

Dr. Jennifer Jones, geography professor talks about how diamonds are worth so much because of what people feel for them.

didn't."

Diamonds are mined throughout the world, however only those from Canada, Aus-

tralia, 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.

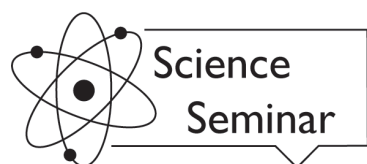
She recommends looking into diamonds that are created in labs.

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

You can find these diamonds at <http://www.brilliantearth.com>, <http://www.gemesis.com>, and <http://www.lab-diamonds.com>.

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, 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 of-

ficials.

Close to 30,000 emails were gone through, and hundreds of computers were taken in for evidence.

In today's world everyone has a device that can hook on to the Internet and are "all being interconnected far beyond imagined," Phillips said.

The information that passes through each device such as a cell phone, laptop and tablet, all must come and go through something to reach its destination.

"Where is the information stored?" asked Phillips.

On Facebook, a regularly used social media hot spot used by thousands of people everyday 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 help 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 Profes-

sor Dan Jaffe will be the next Science Seminar topic.

For those interested in at-

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

A+

Getting good grades?

Apply to WSU Vancouver, and we'll give you **more** than a pat on the back.

Enroll with a 3.5 cumulative GPA of 40 or more transferable credits to receive a **\$100-per-credit discount—up to \$1,500 a term.**

Maintain a 3.2 GPA and receive up to **\$6,000 over three years.**

No separate application required.

Apply now. vancouver.wsu.edu

WASHINGTON STATE UNIVERSITY
VANCOUVER

New health facility to offer affordable health care for low income families

By Daniel Joyce
Staff Reporter

A new one-stop medical, dental, and mental healthcare facility is on the way to the Midway area.

Construction is under way on a new Healthpoint facility at the corner of 263rd Place and Pacific Highway South, and is scheduled to open this fall.

Healthpoint, founded in 1971, and based out of Renton, runs a network of 11 medical centers and seven dental centers, making it the largest community healthcare organization in King County.

“Our mission is to strengthen the communities in King County by providing high quality healthcare, removing barriers to healthcare for citizens, and making sure everybody in the community has access to care regardless of their ability to pay,” said Beth Church, Resource Development manager for Healthpoint.

Healthpoint specifically puts healthcare facilities in low-income areas in an attempt to address the lack of affordable healthcare for individuals and families residing in these areas.

Church said she hopes the new 35,000-square-foot facility will help improve citizens’ overall quality of life and lower healthcare disparities in the community as a whole.

“The Midway area scores the lowest in all of the Puget Sound region in quality of life indicators,” said Church.

“90 percent of the students at Midway Elementary in Des Moines are on the reduced-priced lunch program,” she said.

60 percent of Healthpoint patients are of racial or ethnic minority.

These minorities statistically have higher healthcare needs, but are less likely to receive the care they need, said Church.

“It is our belief that by making one person more healthy,



Daniel Joyce/THUNDERWORD

Construction workers continue to work on the site of the new medical center that will be opening in this fall.

they can make their families and the community as a whole more healthy,” said Diane Olsen, Media Relations manager for Healthpoint.

Healthpoint offers patients discounted, sliding fee scales to help reduce the burden of healthcare costs.

Care is not free, but it only asks patients to pay what they can, when they can.

“We don’t do collections, so it doesn’t affect a person’s credit when they can’t pay,” said Church.

Medical facilities offering these kinds of payment plans are hard to come by, and the chances of finding a dentist who will accept Medicaid is practically nonexistent, she said.

Church said most people who require more affordable

healthcare are forced to travel to Seattle.

For people who do not have personal transportation, this means missing an entire day of work and taking two or three buses just to get to the doctor.

For low-income King County residents with children, the burden of going to the doctor is often enough to stop them from going at all.

The new facility in Midway will do more to bring healthcare to the patient.

“We tailor to their needs so they don’t have to travel all day,” said Olsen.

There will also be an entire wing run by Valley Cities Counseling and Consultation to address patients’ mental healthcare needs.

The mental healthcare wing

will even offer substance abuse services.

“We just want to make everything easier by putting it all under one roof,” said Olsen. “Whether it’s a pharmacy, a flu shot or nutrition help, we want to help with everything patients need.”

Healthpoint and Valley Cities have worked together in the past, but the new facility will be the first one where both organizations offer full treatment options.

By catering to a patient’s every healthcare need in one place, Healthpoint officials say they hope to have a significant impact in Midway, and also the surrounding areas.

A temporary facility serving medical and dental patients is open now at Woodmont Place

Shopping Center, next to the Rite Aid.

“There really isn’t a community healthcare clinic in the area, so we are getting a lot of clients who are new to Healthpoint,” said Ashley Blood, a front office clerk at the temporary facility.

“We’re also getting a lot of transfer patients who were having to travel to our other clinics,” she said.

The temporary facility will close when the new facility opens, and Blood, along with other Healthpoint employees from the area, will be transferring to the new facility.

The new facility will provide a total of 50 new jobs for the community.

The new facility will be open by Oct. 1.

Math

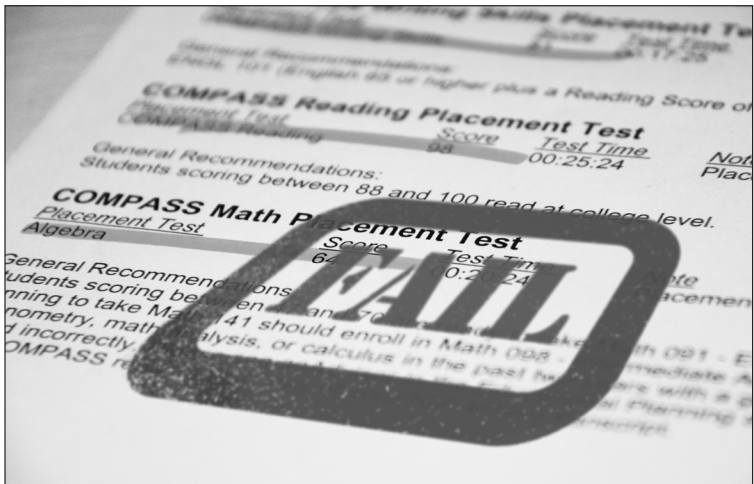
continued from page 1

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 re-taking the test will remain the same.

If students are not satisfied with their math scores and



John Rutherford/THUNDERWORD

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 activated, where before all they needed was a student identification number,” said Katie Reed, office assistant for the Placement and

Testing Center.

Monica Luce, Dean of 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

continued from page 1

[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 dif-



Rebecca Starkey/THUNDERWORD
Above, a child is shocked by the dead fin whale that washed up on the shore in Seahurst Park in Burien. To the left, people leave flowers on the rocks in memory of the whale.

ferent 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. Law-

rence 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 shouldn’t 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 possi-

ble 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

continued from page 1

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 High-

line, 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.”

heritage.edu

Turn your Highline degree into a teaching career.

Highline Community College and Heritage University at Highline have joined hands to help you seamlessly expand your AA or AS degree into a Bachelor of Education. For details, call Heritage at 206 592-4244 or e-mail seattle@heritage.edu.



Heritage University
at Highline

Greater success is closer than you think.