Fishin’ for trash

Executive director Kaddee Lawrence, MaST executive director, along the roadways,” said Dr. Lawrence. “We collected a total of 576 pounds of debris and trash was removed from the tidelands and taken to a local landfill.

Clear the Pier cleans 500+ pounds of garbage

By Keith Salo
Staff Reporter

Volunteers for the MaST Center’s Clear the Pier event last weekend netted more than a quarter of a ton of garbage - including parts from a handgun.

The gun parts were turned over to the Des Moines Police, and 576 pounds of debris was shipped to the local landfill.

The MaST Center coordinated a clean-up event last Saturday, with divers braving cold temperatures and strong currents to make Redondo Beach a safer and healthier place for both residents and marine life.

“We collected a total of 576 pounds of garbage and recyclables from underwater and along the roadways,” said Dr. Kaddee Lawrence, MaST executive director.

Last weekend, MaST Center staff managed more than 50 volunteers to clean the roads and the waters in the area.

The event was organized by Jamie Woodward, the Americorps service member currently volunteering at the MaST Center. “Seeing all the debris everyday as I traveled to and from work truly saddened and frustrated me,” Woodward said.

They partnered with the City of Des Moines, CleanScapes and TL SEA Diving of Kent for the project. The Des Moines Marina harbormaster closed the fishing pier to fishing for the event between 10 a.m. and 1 p.m.

CleanScapes took care of all of the waste removal and TL SEA Diving provided air free-of-charge to the volunteer divers.

Part of the emphasis of the clean-up effort was to extract waste fishing line and abandoned fishing gear left by fishermen.

As a bonus, fishermen will be able to look over the collected fishing lures removed to see if they want to reclaim anything.

The remainder of the clean-up was focused on human garbage. This is the first time for such an event by the MaST. Dr. Lawrence said another group used to do a similar clean up about every other year but has not done it in the last six or seven years. She said she collected fishing lures removed to see if they want to reclaim anything.

Metro cuts hurt Highline routes

By Ed Hones
Staff Reporter

King County Metro is going to make service cuts that will affect bus routes to Highline. Due to the defeat of Proposition 1 last week, King County Metro moving forward with plans to cut about 16 percent of transit service.

The service cuts are Metro’s solution to reduce spending and balance its budget in light of the expiration of the temporary Congestion Reduction Charge and the lack of replacement revenues.

“We’ve worked more than five years to create efficiencies and take other steps to avert service cuts and keep the buses rolling for our riders, so it’s deeply disappointing to see this measure defeated,” said Metro Transit General Manager Kevin Desmond.

“As a result, we must now move forward to reduce the service cuts,” said General Manager Kevin Desmond.

Weather lures many students out of class

By Thunderword Staff

Bright and sunny weather can either steal students away from their classes or be just another distraction on the path toward graduation.

In an unscientific survey of about 130 students, roughly 90 said that they skip classes.

“Definitely the last thing I want to do when it is warm outside is to be in a classroom,” an anonymous student said.

“I like to enjoy the sun,” said Bishnu Magar.

“All I can think about during Spring Quarter is working to save money and making sure my car looks good,” said Mohammd Yemane.

The spring season is an early outlet for some students. “For me, spring is like a mini break before the real one. The weather is always nice, and

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Donate professional clothes for new graduates in need

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Let’s skip it guys.

Vinhh Bahn/THUNDERWORD

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See Skiping, page 12
Fake parking permit spotted

A car with a fraudulent Spring 2014 parking permit was found in the North Parking Lot carpool area on April 22. This is the second occurrence this quarter. Campus Security issued the student a ticket.

Stop sign hits the pavement

A stop sign outside the gate to the east parking lot was knocked down last Tuesday. A Campus Security official reported the sign was knocked down by a motor vehicle or other force.

DMPD arrests trespasser

The Des Moines Police Department responded to the Harbor Gate Apartments on Thursday, April 24, in response to a reported trespass.

Officer found a 30 year old male with a gun in his pocket at the apartment. The gun was determined to have been stolen earlier from the apartment complex.

Officer found a stolen laptop and hard drive after searching the subject's property. Detectives are determining if this case may be linked to other cases.

The subject was arrested and is awaiting for transport to the King County Jail.

Items lost and found this week

The following items were reportedly lost around campus last week:

• A black wallet in Building 30 or Building 13.
• Campus keys.
• Cell phone and charger.

Three items found on campus:
• Various items turned in from buildings 25, 29 and 30.
• A red and blue bag with a Rubbermaid container on the second floor of Building 8.
• An umbrella in Building 6.
• A black leather portfolio in Building 13.

If you think any of these items belong to you, visit the Security Office on the lower floor of Building 6.

By Jessica Beck
Steff Reporter

Mathematica, a high-level computational program that can be used to help solve complex mathematical, engineering, and scientific problems, is one tool that both teachers and students interested in mathematical and scientific studies should take advantage of, an employee of Wolfram Research said here last Friday.

Neil Andrews, an academic account executive for Wolfram, told Science Seminar attendees about the benefits that software such as Mathematica can have in the educational field.

He also said another source that students may find more familiar with is Wolfram Alpha, and he focused on introducing the audience to these knowledge tools.

Andrews, a graduate of the University of Illinois at Urbana-Champaign, said that most four-year universities use the program and that it would be advantageous for math and science students to already be comfortable with using Mathematica before they transfer to another school.

"All of the top 200 universities in the world use Mathematica——as do the Fortune 500——so it’s something that you can get started with here, and you’ll take it into the next step in your education," he said. "Depending on what career you have, you will most likely see Mathematica and actually use it in your career."

Andrews focused on how Wolfram Research has prioritized making its products easier to use. He said the high-performance computing capabilities of this program are thoroughly helpful, but many users could also attest to the extreme difficulty of learning Mathematica code.

For those who are beginning work with the software, Andrews said that often the best way to learn is simply by becoming acquainted with the code naturally, instead of trying to teach yourself how everything works.

Despite the challenges of becoming accustomed to the software, the program is valuable once mastered, Andrews said. The Mathematical and Science Seminar host Dusty Wilson said that taking advantage of Mathematica’s extensive data would have helped him immensely.

"A few years ago I did a Science Seminar on Kepler’s Laws, and in order to do that, we had to draw the full astronomical data. So, we spent hours and hours combing websites and importing data into Mathematica so that we could manipulate it — and once we got it all in, we realized that all of that data was already built into the software," Wilson said.

Andrews said the Wolfram Alpha website is built with the same codes as Mathematica and that it can assist math students and teachers alike.

"In Wolfram Alpha Pro, there are things like the step-by-step solutions button. Teachers have office hours once or twice a week, and other than that, they are very busy. So if you email them, answering that question could take a little bit of time," he said.

Sometimes you need assistance with a simple step, so if you’re stuck on a particular problem, the step-by-step aid will give you the next move in order to solve it.

"Clicking on the next step button not only gives you the next step, it also provides the reasoning behind that step," said Andrews.

Utilizing simple functions such as this, can help students get feedback faster, and would also save teachers the hassle of answering more trivial questions.

Currently, there are 3.5 million users who access Wolfram Alpha each month, seeking answers to both scientific and non-scientific questions that the website satisfies.

This number excludes every time that Siri, Apple Inc.’s iOS application, answers a question — this nearly infinite source of data is also provided from Wolfram Alpha.

Next quarter’s Science Seminar will be held in Building 5, room 102, at 2:20 p.m. The presenter of the seminar has not yet been announced.
Power outfits lead to jobs

By Issachar Nistrian
Staff Reporter

Proper attire is the key to getting a good job, and a group of Highline organizations are teaming up to make sure any student is properly outfitted.

They are collecting donations of lightly used professional clothing and accessories. The clothing drive started a number of years ago by instructor Donna Longwell and this will be the sixth year the program has run.

The Business Club, Women’s Programs, and Hospitality Services are collaborating this year to host the professional clothing drive.

“The purpose of the event is to [collect] enough clothes to be able to provide every graduate and student in need at Highline with their complete ‘power outfit’ and more,” said Business Club President Michelle Corrales.

“We also intend to donate what’s left to Dress for Success, which is a great charity that helps people get the clothes they need,” she said.

Donated items that are needed are professional clothing for men and women as well as casual wear; shoes; jewelry; purses; computer bags; makeup; hair accessories; and new personal hygiene care items.

The clothing drive has been very successful in the past. “Students in need attended and picked out clothing and were able to keep within their budgets so they could pay rent and monthly bills and, for some, to pay back student loans,” Jean Munro, program coordinator/adviser and retention specialist of Women’s Programs.

There will be an ice cream social for all who donated any items on Tuesday, May 13. All faculty and students are invited.

The director of Dress for Success will speak about the benefits of the donations for the community.

Clothes should be donated to Conference Services in Building 2 by June 3.

The Dress for Success Boutique will be open from 10 a.m. to 4 p.m. in Building 1 Hospitality Services on June 4.

Unity Week brings together diverse programs

By Kaylie Bader
Staff Reporter

Organizers of the 17th annual Unity Through Diversity Week want students at Highline to think outside of the box about social change and justice, organizers said.

The event has been quite successful each year, they said.

“Faculty has been very supportive of the program for many years, bringing it to their classes and incorporating it into their curriculum has definitely influenced its turn out,” said Natasha Burrowes, director of Multicultural Affairs and Leadership.

During Unity Week, programs and speakers involving issues of diversity and inclusion look at current issues.

“We shape Unity Week to reflect the kinds of conversations that students are having currently each year,” said Burrowes.

Diversity Week will have a full line-up of events and presentations.

Eboo Patel, who is the founder and president of Interfaith Youth Core, will be speaking about Interfaith Leadership in a Time of Global Religious Conflict. This presentation will be on Monday, May 5, in Building 7 at 10:50 a.m.

Along with that, in the Mt. Constance room at 2:30-4 p.m. there will be a workshop for faculty and staff to work with Patel and learn strategies for ways to construct conversations in the classroom.

Cecile Hansen, who is tribal chairwoman of Seattle’s Duwamish people, will speak about indigenous rights on Tuesday, May 6, in Building 7 at 10:10 a.m.

“From what I know the Duwamish people haven’t even been recognized as an actual tribe,” Burrowes said. “She [Hansen] is going to be talking about their struggle to gain their rights.”

Also, there will be a Student Speak Out where students get to discuss issues of social justice and equity in the Mt. Constance room at 1:30-3 p.m.

“This discussion will be focused around privilege and oppression and how it relates to our identity. There will be an interactive event, discussion, and a vocab section,” said Dzenita Omerovic.

The 32nd Annual Woman in Action Awards Celebration, hosted by Women’s Programs in Mt. Constance is on Wednesday, May 7, at 10 a.m.-3 p.m. During this Celebration, Highline will raise awareness to the campus and community around issues women and men encounter.

There will be a Visual Storytelling Project Workshop to show the lives of immigrant and refugee students. This event will be on Thursday, May 8, at 10:45 a.m.-12:40 p.m. in Mt. Constance.

Guest speaker Dr. Veronica Watson, who is a professor of English at Indiana University of Pennsylvania, will be speaking about a book called The Souls of White Folks.

This presentation will be in Building 7 at 1:30-3:30 p.m.

There will be a showing of the documentary, If These Halls Could Talk on Friday, May 9, in Building 7 from 12:30-2:30 p.m. Director Lee Mun Wah brought together 11 college students to discuss what’s it’s like on campuses today.

The students shared their frustration and their stories of trying to be understood and acknowledged.

“We have a really diverse campus and this documentary represents that,” Burrowes said.

International Student Programs will host the annual Global Fest event on Saturday, May 10, from 1-5 p.m. outside of Building 2. Global Fest is free for everyone.
Highline’s mission won’t be built in a day

Highline President Dr. Jack Bermingham has great ideas for the college, but whether he can achieve them presents a greater challenge.

Dr. Bermingham announced in an all-campus meeting two weeks ago that Highline would expand its mission to improve support for its students and expand community engagement.

Providing support to students is what every successful college does. The tricky part of his initiative will be to engage the community.

Highline already does a great job of providing different resources, workshops and guest panels to its students; the question now is how will this provide same quality engagement to the surrounding community.

How does a college that resides in an area with so many new residents annually reach out to the community to make these citizens feel that Highline is their college?

The new plans are, on balance, a good idea. The lack of specificity in how to engage the public, though, may be problematic.

Cutting the Drama Department, for example, was not a good start, but with the right funding and planning, the proposed “Highline College” could effectively execute these new objectives.

Blood Drive issue should be about saving lives

We were deeply disappointed by the decision of the Highline President Dr. Jack Bermingham and vice presidents Larry Yok, Tony Castro, Jeff Wagnitz and Dr. Lisa Skarin to cancel our April 16 blood drive and any further drives on the Highline campus (Campus cancels blood drive, Thunderword, April 10). We urge the executive staff to take a second look at this complicated issue and the local consequences of their decision.

The reason cited for Highline’s decision was that “blood drive paperwork that asks donors about self-disclose sexual orientation” was in conflict with campus cultural diversity policies. It is correct that a confiden
tial questionnaire asks potential donors to voluntarily self disclose a number of things. This information and these disclosures are required by the FDA by federal statute to be asked of all blood donors everywhere in the United States, every day, ev
every time.

The purpose of the questions is to determine whether donors have been exposed to potential risk from blood-borne pathogens. Donors are asked to self disclose about travel to certain regions of the world where malaria is present. They are asked if they have lived in a region of the world where there has been potential exposure to Creutzfeldt-Jakob disease (“Mad Cow” disease). They are asked to self-disclose any personal history of intravenous drug use. Donors are asked about certain medications they might be on to treat medical condi
tions. And yes, male donors are asked about any history of having sex with other men (MSM).

When a potential risk is identified, a donor is deferred from donating blood, per FDA guidelines. The deferral from donating blood, per FDA guidelines. The deferral to a 12-month deferral, the same as most other risk deferrals. Much more is known about the epidemiology and risk of HIV/AIDS than when FDA issued its original guidance.

The introduction of nucleic acid amplification testing has dra
catically reduced the window period of infectivity — how long it takes to detect the presence of the virus in a person infected — from 56 days to just 11 days.

The 83 hospitals we supply blood, for a host of medical, components when they’re under
goin surgery, cancer treatment or organ transplants. It is a seri
cious blow to us when drives are cancelled, and we would love to return to the Highline campus.

We organize more than 4,400 blood drives per year at worksites, places of worship, schools, com
munity halls and other locations. We profoundly respect the rights of everyone we are in contact with, donors, volunteers, patients we serve, and everyone from the community who walks through our doors. For Highline execu
tives to determine without any consultation that our policies do not respect the rights and dignity of the Highline community seems grossly unfair, especially from an institution of higher learning.

Cancelling Highline blood drives because of apparent dis
agreement with FDA donor regulations only hurts local pa
tients in need, and does nothing to address the underlying regu
latory issue. We would welcome the opportunity to meet direct
ly with the executive group for such a dialogue.

Not everyone is able to give blood, for a host of medical, travel or other reasons. For those who can’t donate, we wel
come your support for the community blood supply in other ways, as a volunteer, as a financial contributor, or by at
tending our fundraising events.

— James P. Aubuchon, MD, is professor of Medicine and of Laboratory Medicine at the Uni
versity of Washington.

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 submis
sions in the form of letters and columns. Students may submit thoughts, comments, concerns and complaints on what’s happening on campus to articles written by the Thunderword staff reporters.

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.

Submissions will be published in the next issue of the paper.

Write to us!

E-Mail: tword@highline.edu

If she’s a cancer, I want to be sick

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The death of Nobel Prize winner and Latin American novelist Gabriel Garcia Marquez moved Highline faculty, who say his surrealist work influenced many contemporary authors.

Marquez wrote the acclaimed novel *One Hundred Years of Solitude*, a fictional narrative about the founding family of a town called Macondo, which deals with civil war and colonialism in Latin America.

"Gabriel Garcia Marquez influenced writers around the world, but especially in Latin America," said Highline English instructor Rosemary Adang. "I believe Isabel Allende, another fabulous South American writer, was strongly influenced by him."

The writer died on April 17 in Mexico City at age 87. Among several novels, novels, short stories and works of fiction, Marquez’s 1967 novel titled *One Hundred Years of Solitude* is his most popular work.

G.G.M. is known for his use of magical realism," Adang said. "This blending of the reality of daily life with the world of imagination and spirit creates a unique experience of living as both very human and very spiritual beings."

The novel incorporates both fantasy and Colombian history, blurring the line between fiction and reality. "When I read *One Hundred Years of Solitude* many years ago, it was like walking into a new universe," Adang said. "I felt that I was in an ocean of Latin American history and culture. At the time, I was also reading Russian novels, and the interwoven nature of broad social contexts and people's lives built a bridge between these otherwise very different worlds."

This novel also moved Susan Rich, another Highline English instructor. "I first read Gabriel Garcia Marquez as a senior in high school," Rich said. "*One Hundred Years of Solitude* blew my mind in the best way."

Rich, the author of four collections of poetry, said that this book kindled her interest in surrealism.

"The magic, the alchemy, became part of the fabric of our own lives," she said. "Through this book we could imagine different lives for ourselves."

In 1982, Marquez received the Nobel Prize in literature for his imaginative novels and short stories. He was also a journalist and the author of seven non-fiction works, starting with *The Story of a Shipwrecked Sailor* in 1970 and finishing with *Living to Tell the Tale* in 2002.

"Whenever writers question their value to the world, authors like G.G.M. remind us that literature makes us more human, more empathetic, and more able to understand people very different from ourselves," Adang said. "The world is much richer for having had him in it."

The theater company is planning a new start in its old space.

"There's a lot that we still have to do in such a short amount of time as such setting up props, setting the stage, connecting wiring for lighting effects, sound checks and dress rehearsals," said Dickman.

It has taken two and a half months to pull this production together and rehearsals for End Days have been five days a week during a six-week period. During the process, Dickman said they had help from a group of Jewish individuals who helped to translate one scene involving a character celebrating his bar mitzvah.

"For fun, audiences can expect nice lighting effects, and new music collaboration created solely for the End Days show. And also a good laugh," said Dickman.

Concluding the show will be an opening night party that is open for all. Showtime is 8 p.m. and tickets for opening night are $20 for general admission and $17 for students and senior citizens.

Ticket prices for the show on Saturday, May 10 are two-for-one special and tickets are $7 each on Sunday, May 11.

Tickets are available for purchase at the box office and over the phone by contacting Burien Actors Theatre at (206) 242-5180.

Theater company reclaims old performance space

By Monica Faasu

Burien Actors Theatre’s production of *End Days* marks a new start in it’s old space.

The show opens on May 9. Even though the theater stage was damaged by a fire last year, the troupe’s rehearsal space remained usable.

"A fire broke out in our theater back in December and if everything pulls together, which I know it will, we will be performing back on our theater stage again for the first time this year," said Artistic Director Eric Dickman.

Noted actor, director and drama instructor at Seattle Children’s Theatre and Lakeside School, Jane Ryan, will direct the play.

"She has gained 25 years of acting and directing experience and because of that she has a great professional background," said Dickman.

Although the opening of the show is less than a week away, there’s still a long list of tasks that need to be done.

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Cold spring weather doesn’t dampen students’ fashion flare

By Kayla Dickson
Staff Reporter

Hemlines seem to be rising at Highline as many students are transitioning their wardrobes to spring. Despite the Northwest rain and 57-degree weather, students are finding hope in the brief periods of spring sun. They seem more determined than ever to bare their sun-deprived arms and legs on campus.

“This is my first opportunity in forever to wear this, and a little rain never hurt anybody,” student Tori Fletcher said about the floral tank top she was wearing. “I don’t care what anyone says about it. It’s cute, and it’s springtime in my mind, she said.

Fourth-year student Jamie Kentzall also had no regrets about the cargo shorts she wore through the springtime showers. “I don’t wear them often enough, it’s just too cold,” Kentzall said. “If it’s nice at some point in the day and it rains out, I don’t care [about the rain].” I’ll wear cargo shorts and flip flops.

Although this week has been uncommonly warm, the average temperature for an April day in Des Moines is only 50 degrees. April is also notorious for being one of the rainiest months of the year. “I find myself very cold,” Erica Hookland, who was wearing a floral dress and cowboy boots, said. “But I’ve gotten a lot of compliments on [my dress] today. It makes me feel good to look attractive to other people. Plus, I hate wearing jeans. I don’t like anything on my legs.” Although compliments may warn hearts, according to accuweather.com it’s supposed to stay chilly until mid-May. “When I looked outside it looked sunny,” Hookland said. “I just kind of figured it would be warm.”

First-year student Miranda Yager was chatting with her friends outside of Building 6 in a floral dress and cardigan. “I planned on wearing this when it was sunny yesterday, and I didn’t bother checking the weather,” Yager said. “I mean, it’s cold, but it doesn’t really bother me too much, she said.

“I don’t wear them often enough, it’s just too cold,” Knake said. “I find myself very cold,” Ernest Bloch and Johannes Brahms.

“The pieces performed are all new and challenging,” said Director of Education Kathryn Allen. “They’re constricted.”

Despite the weather inevitably warming up, open toed shoes are still not allowed in science labs at Highline.

“I don’t care what anyone says about it. It’s cute, and it’s springtime in my mind,” said Radcliffe.

The pieces for the show are usually chosen a year before the performance. And the students have had seven rehearsals leading up to opening night,” said Director of Education Kathryn Allen.

“‘If you haven’t seen the show, then you must [because] it’ll restore your faith in the youth of America. Audiences can also expect the concert to be filled with enormous energy, life and color,” said Radcliffe.

The final show will open at 7:30 p.m. on Sunday, May 11 and ticket prices range in seating charts.

Single tickets for adults range from $30 to $45. Students and senior citizen’s prices range from $45 to $35.

Tickets are available for sale over the phone by contacting the SYSCO box office at 206 362-2300 or online on Seattle Youth Symphony Orchestra’s website. The performance will be at Benaroya Hall, 200 University St. in downtown Seattle.
Lady T-birds win two more

By Richard Jensen
Staff Reporter

The Thunderbird women’s softball split four games this past week against tough league competition.

The Highline women played a pair of games Friday against Grays Harbor resulting in a 10-3 win and another 10-2 win the following game.

The next day Highline played against the Pierce College Raiders, losing both games, 8-1 and 8-0. Grays Harbor had some serious ball control issues Friday, committing in 11 errors between the two games.

“We felt these girls had this type of play in them all year long,” said coach Evans after the Grays Harbor games. “They’re starting to figure it out, they’re maturing as a team.”

Pitcher Kayla Andrus scattered 12 hits in her 10 innings pitched over two games on Friday.

Centerfielder Courtney Lightner connected on three of her four at bats the first game, including one double, resulting in two runs and one RBI.

In the second game against the Chokers left fielder Kylie went two-for-two at the plate, with two runs and three RBIs.

Pitcher Andrus threw the first three innings and was relieved by Emma Seymer the last two innings.

The second game only went five innings due to the run rule, which says that if you are up by eight or more runs after five innings the game is over.

“We’re always a very tough team,” said Coach Jason Evans about Pierce.

Although the team played below their potential and had a bit of a mental lapse the expectations are still high, said coach Evans.

The following day against Pierce “they played like a young team,” said coach Evans.

The box scores for the Pierce game were unavailable at press time.

The team will play a home double-header Friday against Centralia, starting at noon. Following Centralia, the women will play another home game against South Puget Sound, Saturday at noon.

The Thunderbird women are now 11-17 overall and 5-7 in league play.

“We’re still very much set on going to NWAACs,” said coach Evans. “That’s our goal.”

Fitness checks in for bootcamp

By D’Mario Davis
Staff Reporter

The Personal Fitness Training program at Highline has found a way to make fitness more efficient and fun through its Fitness Bootcamp.

“As long as you can walk, you can do the boot camp,” said Tim Vagen, Personal Fitness Program director.

Highline’s Fitness Bootcamp began back in 2010. Since then, the boot camp community has grown, spread mostly by word of mouth, Vagen said.

When you hear the word boot camp thrown in after any activity name, you may think of that activity as being outrageously hard, however that is not always the case.

“I have been going to the bootcamp for about three weeks now. I’m not the best in shape, but I do like how the exercises are built for any fitness level,” said one participant.

Leou Toala, student at Central Washington University, said the Fitness Bootcamp is a way to stay healthy, along with keeping up the strength inside and outside the body. “It helps his stress levels balanced throughout the day,” he said.

“I typically worked out three to four times a week until I strained my back. The boot camp helps me to recover and get back to my normal training regime,” said another participant.

A number of participants have said that whether you are a beginner in the fitness world or have been training for years, there’s something for each and every person who participates to gain out of doing these sessions.

Vagen said that everyone and every one who is a part of the Highline community should attend.

Every Wednesday at 7 a.m. in Building 27, the multi-purpose room is where you’ll have an opportunity to take part in the Fitness Bootcamp. The sessions are an hour long and will run for the duration of Spring Quarter.

The building is currently under renovation, however the exercise room is still good to go. There are changing rooms, but unfortunately there are no showers.

The Personal Fitness Training program students are the ones who supervise the sessions.

“The students of the personal fitness training program are leading it,” Vagen said.

Having students lead the boot camp is a better way for the participants to feel more comfortable, he said. Having a “fitness nut” lead the boot camp would put the participants in a mindset where they might feel overwhelmed.

As far as clothing, he said you want to be able to move comfortably, without restrictions, so that you can do each movement with quality.

Vagen said that the number of participants fluctuates.

“It varies but there are usually around a dozen or so people,” he said that they would like to offer the boot camp twice a week. The more people that come, the better.

“We begin each boot camp with a complete warm-up, then perform either a whole body circuit where the participants move from one exercise to another in stations, or we create it so that everyone is doing the same exercises in timed intervals,” Vagen said.

A complete warm-up consists of seven different movements. Although some of the names seem complicated such as the T-Spine Ref stretch (back and spine stretch) and Angel Wings, these are movements that can easily be done at home.

Next is the workout. The work-out portion consists of five different movements: lunges, plank, squat, ropes and jumping jacks.

Awards afterwards you have what’s called a “finisher” or, in other words, cardio training, in which five sprints are completed.

The boot camp ends with a five-motion cool down.

“We work on general fitness, movement quality and strength. Everything is varied to appeal to all fitness levels,” Vagen said.

Ashley Snyder, a Personal Fitness Training student, said the Fitness Bootcamp can be fun for everyone.

“We do different workouts every week so we can influence and educate as many people with as much information as possible,” she said.

“We want people to learn new exercises every week. This also gives new co-eds an equal opportunity during workouts unlike group classes that are choreographed such as Zumba. The change in workouts ensures our clients will be interested and see results.”

The Building 27 multi-purpose room is where participants attend the boot camp.

Vagen, Personal Fitness Program director, said anyone and everyone can do the bootcamp.

A number of participants have said that the number of participants fluctuates.

“The Personal Fitness Training program students are the ones who supervise the sessions,” Vagen said.

Having students lead the boot camp is a better way for the participants to feel more comfortable, he said. Having a “fitness nut” lead the boot camp would put the participants in a mindset where they might feel overwhelmed.

As far as clothing, he said you want to be able to move comfortably, without restrictions, so that you can do each movement with quality.

Vagen said that the number of participants fluctuates.

“It varies but there are usually around a dozen or so people,” he said that they would like to offer the boot camp twice a week. The more people that come, the better.

“We begin each boot camp with a complete warm-up, then perform either a whole body circuit where the participants move from one exercise to another in stations, or we create it so that everyone is doing the same exercises in timed intervals,” Vagen said.

A complete warm-up consists of seven different movements. Although some of the names seem complicated such as the T-Spine Ref stretch (back and spine stretch) and Angel Wings, these are movements that can easily be done at home.

Next is the workout. The work-out portion consists of five different movements: lunges, plank, squat, ropes and jumping jacks.

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The Personal Fitness Training program at Highline has found a way to make fitness more efficient and fun through its Fitness Bootcamp.

“As long as you can walk, you can do the boot camp,” said Tim Vagen, Personal Fitness Program director.

Highline’s Fitness Bootcamp began back in 2010. Since then, the boot camp community has grown, spread mostly by word of mouth, Vagen said.

When you hear the word boot camp thrown in after any activity name, you may think of that activity as being outrageously hard, however that is not always the case.

“I have been going to the bootcamp for about three weeks now. I’m not the best in shape, but I do like how the exercises are built for any fitness level,” said one participant.

Leou Toala, student at Central Washington University, said the Fitness Bootcamp is a way to stay healthy, along with keeping up the strength inside and outside the body. “It helps his stress levels balanced throughout the day,” he said.

“I typically worked out three to four times a week until I strained my back. The boot camp helps me to recover and get back to my normal training regime,” said another participant.

A number of participants have said that whether you are a beginner in the fitness world or have been training for years, there’s something for each and every person who participates to gain out of doing these sessions.

Vagen said that everyone and every one who is a part of the Highline community should attend.

Every Wednesday at 7 a.m. in Building 27, the multi-purpose room is where you’ll have an opportunity to take part in the Fitness Bootcamp. The sessions are an hour long and will run for the duration of Spring Quarter.

The building is currently under renovation, however the exercise room is still good to go. There are changing rooms, but unfortunately there are no showers.

The Personal Fitness Training program students are the ones who supervise the sessions.

“The students of the personal fitness training program are leading it,” Vagen said.

Having students lead the boot camp is a better way for the participants to feel more comfortable, he said. Having a “fitness nut” lead the boot camp would put the participants in a mindset where they might feel overwhelmed.

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1. GEOGRAPHY: What two bodies of water does the Strait of Hormuz link?
2. MEDICINE: What would a patient with “ankylosis” be suffering from?
3. LITERATURE: Who wrote the novel “Mrs. Dalloway”?
4. FAMOUS QUOTES: What famous military leader once said, “Glory is fleeting, but obscurity is forever”?
5. AD SLOGANS: What company’s logo advised consumers to “put a tiger in your tank”?
6. TELEVISION: What phrase was on the UFO poster in Agent Mulder’s office in “The X-Files”?
7. MOVIES: What kind of candy did the boy use to lure the extraterrestrial in “E.T.”?
8. LANGUAGE: A “jarhead” is slang for what kind of military personnel?
9. MUSIC: What kind of musical instrument is a sitar?
10. GEOLOGY: What kind of landform is described as a flat-topped hill with steep sides?

**Answers**

1. Persian Gulf and Gulf of Oman
2. Reese’s Pieces
3. Virginia Woolf
4. Napoleon Bonaparte
5. Esso/Exxon
6. “I Want to Believe”
7. Reese’s Pieces
8. U.S. Marine
9. A lute
10. A butte

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With spring comes the blossoming of farmers markets all around the King County area.

The Burien Farmers Market opens today from 11 a.m. to 6 p.m. on 427 SW, 152nd Street. “We have a bigger food court,” Market Manager Debra George said. The outdoor food court offers sack lunches from the local restaurants.

Along with food, anyone can enjoy the live jazz music by Eric “Two Scoops” Moore. Moore has won two awards for best songwriter and six awards for best keyboard from the BB Award Washington Blues Society. He plays from noon to 3 p.m.

The Burien market has more than 45 vendors selling anything from fresh produce, bakery goods to crafts. “Each farmers market is built for their own community,” George said.

The Burien market is open every Thursday until mid-October. About 2,000 people attend the market each day. George encourages students as well as families to go to the market.

“Farmers markets attract all demographics,” she said.

The Federal Way Farmers Market opens the second Saturday, May 10. It is open every Saturday from 9 a.m. to 3 p.m.

In past years, the market has been on the south side of Sears at the Commons, but has relocated to the west side of Sears along Pacific Highway. The Commons is on 1928 S. Commons in Federal Way.

Market Manager Karla Kolhibab said the new location makes the market more visible. Although the market has BBQ, Thai, Hawaiian hamburgers and Mexican food, they try to focus on produce.

The Federal Way market caters to Asian shoppers in the area by including produce vendors who specialize in Asian vegetables. “They [vendors] have so many things you’ve never seen before,” Kolhibab said.

Kolhibab said she welcomes everyone, especially people who live in Federal Way. “We give them [families] things to do in Federal Way,” she said.

She also said the market helps the community. “It helps the Federal Way economy,” Kolhibab said.

She said the farmers market is “a fresh, great way to try new things.”

The last market to spring up in the area is the Des Moines Waterfront Farmers Market on June 7. It is open at 10 a.m. to 3 p.m. every Saturday. It can be found at 22307 Dock Ave. S. in Des Moines.

The market has more than 50 vendors and more than 5,000 people each week, making it the largest market in the area.

Along with vendors from the past season, Market Manager Rikki Marohl said to keep an eye out for new meat and egg vendors. If you’re hungry, there are a variety of food trucks that change from week to week she said. Marohl said being on the waterfront is unique to other markets. The market also has free music and face painting to entertain people throughout the summer.

“it’s hard not to have a good time,” Marohl said. “It is a very popular event in the community.”

People from all over the county can enjoy local, fresh and homemade goods at the multiple farmer’s market locations.
Rolling backpacks may not help with back pain, physician says

By Michaela Vue
Staff Reporter

Backpacks that distribute weight evenly on both shoulders are best for your back, a local physician said.

Many Highline students say they carry their backpack on both shoulders.

“It [my backpack] has lots of room in it, lots of pockets,” Highline student Drena Omervice said of why she likes to use two-strap backpacks.

Highline students carry a range of heavy objects. Textbooks are not always the heaviest.

“The heaviest thing is my binder,” Omervice said.

Another student, Ryoitaro Nishimura, said his laptop is the heaviest.

The weight is not as big of a contributor to back pain or muscle ache as shoulder or rolling backpacks. Shoulder bags and rolling backpacks can make your body unbalanced, Dr. Linda Petter, family doctor for St. Frances, said.

“Switch sides,” she said of both shoulder and rolling backpacks.

Students often use their dominant hand to carry or pull their bag, however backpacks can inflame the muscle creating pain in all over the back, shoulders and neck, Petter said.

“My back hurts” sometimes if the distance is a lot,” Highline student Samika Shokati who sometimes gets shoulder and neck pain, said.

Shokati said she also uses her car as a locker and goes back to get her books.

“I get headaches from it [my backpack],” said student K J Dampir.

Along with headaches, Petter said posture is a long-term effect of carrying a backpack.

To stop the pain from backpacks, Petter said students must first stop the affecting agent.

Not carrying a backpack is difficult for students though.

Petter also said students can take over-the-counter anti-inflammatory medications. Examples of these are Ibuprofen and Aleve. Petter said students could take Tylenol with the anti-inflammatory drug as well.

She also said the over-the-counter medications should be used for 14 days and if the pain persists, see a doctor.

Another method to getting rid of pain is a massage. Massages can relieve some of the tension in the muscles. “Massage therapy can be very very helpful,” Petter said.

Time to grow your spring garden

By Kaylee Moran
Staff Reporter

Now is the time to start your spring garden, experts say.

Anyone can start a garden to grow your own foods and it may be easier than you think.

If you have a yard, find an open space that is big enough for the plants you want and put a border around the space.

If you have a patio or no yard, you can grow plants in containers or in raised beds that sit not in the ground.

You can start your seeds inside or outside, depending on the climate.

“It’s a good idea to start seeds inside around this time of year because it’s still a little too cold,” said Trisha Smith, retail manager at Furney’s nursery in Des Moines.

“Otherwise you can buy starter plants that have already been planted and have starts,” she said.

Starting a garden, the soil is one of the most important things, she said.

“You need to prepare the soil with compost. Straight compost is too rich to use on its own,” Smith said.

If you’re using containers or raised bed gardening, get regular dirt like topsoil then add compost and stir together. Work compost into the ground and rototill (dig in the ground) to loosen up the soil,” she said.

If you’re interested in growing your own foods, it’s a good idea to use a “good vegetable fertilizer made for fruit and vegetables,” she said.

There are lots of foods that grow well here, she said.

“The location of your garden will affect how well the plants grow.”

“Plant ideally in good full sun, the more sun the better,” Smith said.

The time of year that you start your garden is also important.

“There are cool weather crops and warm weather crops,” Smith said.

“In early spring it’s still a little cold but you can start planting things like lettuce, cabbage, broccoli, Swiss chard and kale,” she said.

“As the weather starts to warm up into late spring and summer you can plant tomatoes, peppers, squashes, zucchini and basil,” Smith said.

You can also grow your own herbs here to have your own fresh supply of them.

“Basic herbs like parsley, chives, sage, oregano, thyme and specialty ones like lemon grass, dill, marjoram and fennel all do well here,” Smith said.

Keeping an eye on your garden and the weather is the key to making sure your plants are doing well, she said.

“You have to monitor the weather. On warmer days you need water more, as well as windy days. In the summer check your garden every day,” Smith said.

Watering your garden can be as simple as checking the soil, she said.

“Watering depends on how moist the soil is. If the soil is cool and damp, there is no need to water. If the soil is dry, it needs to be watered,” Smith said.

Help save Puget Sound from toxins

Highline’s Science on the Sound this Saturday will show you seven simple actions to help protect and restore the Puget Sound.

Each year, 14 million pounds of pollutants flow into the Puget Sound, threatening the future of the lives of the creatures who call it home.

Most of the pollution comes from runoff from our streets, driveways and yards.

Join Laura James this Saturday, May 3 from noon to 12:45 p.m. at Highline’s MaST Center, located at 28203 Redondo Beach Dr. S., Des Moines.
Prof revisits Nuremberg Trials

By John Poore
Staff Reporter

Hitler’s dedication to exterminating the Jews lost him World War II, said one expert at last week’s History Seminar.

On April 23, Rabbi Rick Harkavy put Nazi war criminals back on trial in his presentation “The Nuremberg Trials.”

“If Hitler had won the war, there would be no Jews alive today,” Harkavy said.

Approximately 6 million Jews were killed by the Nazis during World War II. This equated to two thirds of all Jews in Europe, said Harkavy.

“Women and children were the first ones to put to death by the Nazis. There were very few Jewish children who survived the Holocaust,” Harkavy said.

This was because they represented the future of their race.

“The Nazis commonly killed children and babies in front of their parents. They threw them into ovens. They brained them by bashing their heads against the walls,” said Harkavy.

The Holocaust was the largest loss of human life by one people group in history. It was a state-sponsored war against Jews and Judaism that received the highest priority.

“It was more important for the Nazis to kill Jews than to defeat the Allies,” said Harkavy.

“In 1943, with the war turning against the Nazis, Hitler demonstrated his resolve by ordering his propaganda minister Joseph Goebbels ‘Do not cease or pause until no Jew is left anywhere in Germany,’” said Harkavy.

In the years preceding the Nuremberg Trials there were no international laws stating that nations could not put to death members of their own country.

“Until the Nazis declared war, on Sept. 21, 1939, a nation killed Jews, but few did what the Nazis did,” said Harkavy.

Before 1944, the term genocide didn’t exist.

The United Nations defined it as “the intent to destroy a national, racial, or ethnic group.”

In 1946, the newly formed United Nations passed a resolution condemning genocide.

“There is no question, because of the Nuremberg Trials we now have the laws of genocide and war crimes,” said Harkavy.

“The Jews were the only group singled out for deliberate and systematic extermination by the Nazis. There was no exception. If you were an Einstein or a Freud, they would have killed you,” Harkavy said.

There were many other groups that suffered including the Poles, but the intent was different, Harkavy said the Nazis targeted the Poles in order to enslave them, but there was no plan to wipe out every Pole on the planet.

The Nuremberg Trials set a precedent for previously undefined crimes on a world stage, Harkavy said.

“The world leaders at the time (Truman, Churchill, Stalin) chose to hold the public trials in Germany so that the German people would witness first-hand the evidence, actions and punishment of their former fascist regime, and to present to every nation what they did.”

Among the initial 23 prominent members of the Third Reich indicted were Hermann Goering (Hitler’s second in command) and Rudolf Hess (deputy Fuhrer and commandant of Auschwitz).

Absent from the trials due to their suicides were Adolf Hitler (furher), Heinrich Himmler (reich commissioner) and Joseph Goebbels (propaganda minister).

They were accused of conspiracy, waging an aggressive war, war crimes, and crimes against humanity.

“The defendants entered a plea of ‘not guilty,’” Harkavy said.

“The two common defense strategies retained by the Nazis were: ‘Our actions were not war crimes when we committed them’ and ‘We were just following orders,’” Harkavy said.

Despite denying the same treatment to those they captured, the defendants were afforded their human rights according to due process of law.

Among those rights were: innocent until proven guilty beyond a reasonable doubt, the right to an attorney, the right to remain silent, the right to call and cross-examine witnesses, the right to present their own evidence and the right to have access to the same evidence as the prosecution.

Twelve of the initial defendants were executed, seven received prison sentences and three were acquitted and one committed suicide before the trials.

“Although there were between 10,000 to 50,000 Nazi collaborators actively involved in the extermination of the Jews, only thousands were brought to justice,” said Harkavy.

The trials led to a worldwide precedent against crimes against humanity and genocide, as well as the Nuremberg Code, a set of research ethics principles for human experimentation.

“International law now dictates that following an immoral order is illegal,” said Harkavy.

“Jews continue to be the most commonly persecuted race in the world, Harkavy said.

“The most anti-Semitic countries in the world have no Jews living in them,” said Harkavy.

Apart from his career as a lawyer and an educator, Har- kavy has worked with the Holocaust Museum in New York, and the continuing education department at Highline.

Next week’s History Seminar titled “How the Great Migration Changed the Morris Family,” will be presented by Professor Emeritus Ed Morris on May 7.

History Seminars are held each Wednesday through May 27, in Building 3, room 102, from 1:30-2:39 p.m.
Metro
continued from page 1
system to match our revenues, as any enterprise must do,” he said. “We regret that many people who rely on Metro will lose service, be inconvenienced, or ride on more-crowded buses because of the service reductions.”

Seventy-two Metro bus routes are slated for deletion and 84 routes will be reduced or revised. Affected bus routes include 121, 122, and 156, which make frequent stops at Highline.

“We know this will affect riders in all corners,” said King County Metro spokesperson Jeff Switzer. “Some will have to walk further and some might get passed up at bus stops.”

He said there are multiple factors coming together at once that are causing the cuts.

“In June, we stop collecting the temporary congestion reduction charge. Paired with the failure to pass Proposition 1, we have no other options,” he said.

King County Metro has done everything in its power to not make service cuts, Switzer said.

“We’ve run out of options,” he said. “We don’t want to make these cuts. The voters have spoken.”

Highline students who rely on the affected bus routes may have increased commute times.

Skipping
continued from page 1
people are the ones that are going to have the biggest problems with this,” Seaman said. Seaman said she isn’t excited about the added time to her commute but is staying positive.

“I’ll have to walk a lot further. It’ll be good exercise.”

“Don’t do it. There’s more to it than just missing the grade,” said Toby Ibrahimi.

“I don’t condone it. You’re responsible for your own education,” said Caleb Kallander. “I mean, we don’t really get it a lot.”

Even students who don’t usually skip are being tempted by the warm weather.

“Yeah, I don’t really skip,” said Shaurnbee Dukes-Ihadu. “But if I did, I think I’d do it in the springtime; there’s better weather to go to the marina with the horsemanship.”

Although great weather might encourage students to get outside and enjoy the sun, class difficulty definitely plays a big part in the final decision.

“If a class is harder, I almost always go,” said an anonymous student. “I don’t want to miss out on [a hard class] and fail. But if it’s easy, or stuff I know, then I have better things to do.”

“If you skip a class with a hard professor, you won’t get to make up your tests or really get it a lot,” said Rosa Mansilla.

Professors notice when students skip class, and it can affect their grade.

“If you miss a significant amount of days, you will definitely notice a decrease in your grade,” said Adrienne Cochran, a philosophy instructor.

 Skipping doesn’t just affect one’s grades, but it can really throw off the balance of the whole campus.

“The Testing Center gets crazy in the springtime,” a staff member said. “It’s so overloaded with kids who skipped class that it’s really difficult to ensure a spot in there.”

This can pose serious problems for students who legitimately need the Testing Center’s resources.

“We have people who come in regularly due to disabilities and chronic illnesses. Some of them just can’t make it to class,” the staff member said. “It’s not fair that they sometimes have to wait for long periods of time or come back later to take their tests because perfectly able students don’t want to go to class.”

Staff Reporters Kaylie Bader, Carly Bowen, D’Mario Davis, Kayla Dickson, Monica Faasen, Keith Saito and Kila Turner contributed to this story.

Highline Student Union, Building 8

Employers from a wide variety of industries will come together with students, alumni and community members.

Positions include full-time, part-time and temporary opportunities. Dress professionally, have copies of your resume and be prepared to talk about your education and abilities.

Free to job seekers and open to the public.

http://studentemployment.highline.edu/jobfair.php

Saturday May 17th, 2014
8:00am-4:00pm
Highline Community College Campus
Rich – 9th – 12th grade & HCC Students
Registration is FREE
Register online at y.e.l.l.femalesummit.org

Keynote Speaker,
Tanja Moore, PhD

YOUR PRESENCE IS AN ESSENCE
Serving Young Women of Color

1ST ANNUAL
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SUMMIT

Highline Community College
Spring Job Fair
May 22, 2014
9 a.m. – 12:30 p.m.
Highline Student Union, Building 8

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