Ask not for whom Lowe’s tows — it tows for thee

By Thunderword Staff

Lowe’s has started to tow and students are starting to realize they weren’t bluffing.

“I knew they were planning to tow, but I didn’t think that they were actually going to,” said a student who wished to remain anonymous.

The parking battle between students and Lowe’s has been going on for years.

Lowe’s started to the journey to towing in January while they waited for corporate approval.

A recent study in South King County, showed that 300-500 girls are on the street every night, said Ruth Hill, alignment director for Washington En-

Sex trafficking affects local community

By Bailey Williams

Sex trafficking is not just in the movies—it’s in our own backyards.

A recent study in South King County, showed that 300-500 girls are on the street every night, said Ruth Hill, alignment director for Washington En-

gage, an organization dedicated to eradicating sex and labor traf-
ficking in Washington.

“The average entry age of the commercial sex industry is 13,”
Hill said. “100,000 to 300,000 American girls are being sexually exploited.”

On Tuesday, around 200 people filled the Mt. Constance room to hear a presentation on sex trafficking in our com-

nity, titled Her Choice Our Choice.

“I’m here as Chief of Police. But I’m also here as a father of four girls,” said Des Moines Po-
lice Chief, George Delgado.

“I’ve met and cried with par-
ticipants who have lost their chil-
dren. And some come home and
leave again because their pimps
know everything about their lives,” he said.

Chief Delgado said he talked to a survivor of sex trafficking who said that she had to return to the life because she feared something would happen to her sister.

Many young girls are scared

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for curriculum reform
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next Wednesday night
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focus on their classes

Yanez wins student presidency

By Mikel Abrahah Staff Reporter

Laura Yanez has been elected as the new president for Student Government. Ruth Krizan was also elected as vice president.

On May 14 and May 15 last Wednesday and Thurs-
day, students cast votes in Building 8 to choose a new president and vice president.

The candidates for Student Government president were Yanez and Rachel Von Cluck. Candidates for vice president were Kiara Turner and Krizan.

A total of 758 votes were recorded.

In total 745 votes were cast-
ed for president and 693 votes were cast for vice president.

For the presidential election, 76 per-
cent of votes were in favor of
Yanez with 574, with 23 per-
cent of votes were in favor of
Von Cluck with 171.

For the vice presidential election, 54 percent of votes cast favored Krizan with 407 and 38 percent of votes were for Turner with 286.

“Our goal was to get half of the students on campus to vote, which is about 4,500 students,” said Jonathan Brown, the associate dean of Student Programs.

Although few students voted, “we did well this year,” said Brown.

“We’ve really tried to be more comprehensive on get-
ting the word out. We do it through direct mailing to

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Car stolen from East parking lot

A car was stolen from Highline on Monday. The student parked their 1993 Honda Accord in the East lot between 12:20 and 4 p.m. When the student returned, they noticed the car missing.

Des Moines Police arrived shortly after to take a report.

Hit and run reported

A Subaru Outback parked in the East lot was involved in a hit and run.

The car was struck by an unknown vehicle and has scratches and dents on the driver side doors.

A traffic accident report was filed with Campus Security and then turned over to the Washington State Patrol.

Car broken into, nothing stolen

A car parked in the East lot was broken into May 17.

The student had a rear driver side window broken but nothing of value was taken.

Des Moines Police arrived shortly after to take a report.

Cell phone stolen from car

A cell phone was stolen from a car parked in the parking lot.

At 8 a.m. a Highline employee was getting out of her car when she dropped her Samsung phone between her car when she dropped her cell phone and it was missing.

Campus Security took a report and checked camera footage before turning the case over to the Des Moines police department.

Phone stolen in Building 25

A cell phone theft took place in Building 25 on May 14, between 12:10 p.m. and 12:30 p.m.

An international student was sitting in a booth on the fourth floor and plugged her iPhone into the wall to charge.

After going back to her desk to study for 20 minutes, she went to retrieve her phone and it was missing. Campus Security arrived and took a theft report.

By Ryan Johnston

Highline student Hakeem Smith wants to protect people for a career.

“I want to be a part of law enforcement,” he said.

To give himself a head start, he signed up for Highline’s Cadet Program.

“I just like the whole experience,” said Cadet Hakeem Smith.

“There’s something new every day. It’s very informative.”

The Cadet Program is intended to give volunteering students who want to pursue criminal justice majors experience with security and law enforcement-related jobs, said Stephen Lettic, Administration of Justice faculty.

News Briefs

Apply for UW scholarship today

The Honors Program and the Transfer Center will be co-sponsoring an informational session today, about scholarships for transfer students planning to attend the University of Washington Seattle.

Mona Pitre-Collins, director of UW’s office of merit scholarships, fellowships and awards, will present on how to apply for the UW Martin Scholarship.

No registration is necessary to attend the scholarship information session.

The information session will be today, Thursday, May 22, from 1:30 - 2:30 p.m. in the Mt. Skokomish room on the second floor of the Student Union, next to the bookstore.

Get connected to careers this week

Alumni Relations will be hosting Career Connections: How to Get Hired, an event about how to succeed in job hunting.

McGranahan Human Resources Principal Mike Slater will be presenting at the event.

This event will also give students a chance to network with Highline alumni and with other current students.

The event will be Tuesday, May 27 from 4 - 6 p.m. in Building 2.

The presentation and question and answer session will be from 4 - 5 p.m., while the networking opportunities and appetizers will be served from 5 - 6 p.m.

Church rummage sale this weekend

Burien Community Church will be hosting its annual rummage sale this weekend.

The sale will include furniture, boutique items, tools, clothing and toys for reduced prices.

The rummage sale will be open, tomorrow, Friday, May 23, from 9 a.m. - 6 p.m., Saturday, May 24, from 9 a.m. - 5 p.m., and Saturday, May 31, from 9 a.m. - 4 p.m.

For more information, visit the Burien Community Church’s websites at burien-communitychurch.org or call 206-243-1623.

Reflect back for Memorial Day

Highline’s Veterans Committee will be honoring fallen service members for Memorial Day today.

The event will be today, Thursday, May 22, from 11:45 a.m. - 12:15 p.m.

Weather permitting, the event will be held at the POW flag next to Building 6, but otherwise it will be held in the TRIO room on the first floor of Building 6.

Light refreshments will be provided after the event in room 151 of Building 6.

Correction

In the May 15 issue of the Thunderword, an article titled “Multipurpose Highline Place to offer offices, apartment” neglected to mentioned that Tony Piasecki, who was quoted in the article, is currently the city manager for the City of Des Moines.
Prof solves the equation

Math pathways were created to reduce the stress of the math curriculum at Highline.

By Ryan Johnston
Staff Reporter

When mathematics professor Dr. Helen Burn first came to Highline, the way math classes were taught didn’t add up.

In her time at Highline, Dr. Burn and the Math Department as a whole have changed the math curriculum.

As a result of her work, Dr. Burn has won the Education Reform Award.

“This award really captures what I’ve been doing,” Dr. Burn said. “I felt really happy.”

Dr. Burn is the first recipient of the award, which was presented by the pre-college math community in Washington state.

The award was given on the basis of Dr. Burn’s work at Highline.

“I’ve been working for Highline for 20 years,” Dr. Burn said. “In 1994 I came [to Highline], left a year later, then came back.”

Dr. Burn left a second time some years later and returned.

Dr. Burn was frustrated by both student failure in math and the overly intense math requirements.

Dr. Burn knew something had to be changed.

The idea of math pathways came around in 2000,” she said.

Through math pathways, students could succeed in their required math classes and not have to continue to take math if they so choose. The pathways also reduced the required number of basic algebra classes from three to two.

“The idea that we need pre-college math will never go away,” Dr. Burn said. “But math is a major barrier for students.”

Dr. Burn succeeded in implementing these pathways, the Math Department and the Developmental Math Committee had to scale them so they would be effective.

In 2010, math pathways were put into effect.

“That’s when the students started experiencing this,” Dr. Burn said.

This idea of math pathways spread to other community colleges in Washington state, and has since continued to spread nationwide, Dr. Burn said.

“Everyone’s doing pathways,” she said.

Although Dr. Burn is grateful for the appreciation and recognition given by the Education Reform Award, her work wouldn’t have gone anywhere without the support of the Math Department.

“I [want] to shout out to the department,” Dr. Burn said.

“It’s the department that made it happen.”

Highline women awarded for their contributions

By Issachar Nistrian
Staff Reporter

Fifteen Highline women were honored for their accomplishments at the 32nd annual Women in Action award ceremony on May 7.

The Women in Action Award ceremony is an event put on every year by the Women’s Programs to celebrate and recognize women who have accomplished personal and educational goals.

Women’s Programs provides a variety of resources such as emergency funding for Highline students who need assistance paying for applications, comprehensive assessment fees, utility bills, partial rent, and hotel stays for those fleeing domestic violence and are awaiting transitional funding.

The award ceremony was part of a series of events that took place during Unity Through Diversity Week at Highline.

Climbing Poetree performed at the celebration and was a big hit, providing education through spoken words, said Jean Munro, program coordinator/advocate and retention specialist of Women’s Programs.

The themed baskets donated at the silent auction raised $2,688.90, Munro said.

Each of the women honored at this year’s celebration have succeeded as educators, employees, students and parents.

Jessi Striegel, a graphic designer at Highline, was nominated because “despite growing up with epilepsy, she left her comfortable life behind for a new opportunity to pursue her creativity and artistic talents,” said Noory Kim, the leadership development coordinator for the Center for Leadership and Service.

Alice Madsen, the dean of instruction at Highline, was nominated because “she has a 4.0 GPA and editing the new bachelor’s degrees at Highline,“ Madsen said.

Lynell Miller was nominated because “she is a grandmother of nine who is raising three of them despite all of the tragedies she has been through,” said Lisa Moreno of Women’s Programs, who is also her granddaughter.

Jennifer Tucker, a Women’s Programs work study student, nominated two women for the award ceremony.

Susan Greenlee, a professor for Adult Basic Education, was nominated for “her exceptional care for students,” said Tucker.

“She works with Highline ESL students tutoring them after hours or any time she is available.”

Yanessa Otero was nominated for “being an outstanding Women’s Program assistant,” Tucker said.

“Tucker said.

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Skipping won’t just effect your grades

As the weather gets nicer and summer rapidly approaches, it’s tempting to skip out on class every now and then. But the cost of skipping is not worth it.

Not only is skipping a financial burden but it also takes a toll on your academic career and has a very real effect in your post-college career.

Let’s take a look at the amount of money that is wasted because of skipping. The amount of tuition and fees per hour-long class averages at around $19.42. That means every time you skip a class that’s $20 down the drain. Now multiply that by the amount of times you’ve actually skipped.

If you’re paying for your schooling all out of your own pocket, don’t waste your money by skipping a class. And if you’re receiving financial aid, don’t take it for granted. The average amount of financial aid money lost due to skipping comes to around $391.50 per student per year. That’s 6 percent of an individual’s yearly award.

Not only will skipping make you lose money but it will drastically affect your grades.

Of course many students believe that they can get away with skipping because it’s unlikely that they will fall behind, but the truth is you probably will. Once you skip one class, you get cocky thinking you can skip another leading to a bad habit that will ultimately be hard to break and hard on your grades.

Missing class means you’re missing valuable information that is being explained to you. Yes, it may be easy for someone to give you the notes or you can just study by yourself, but receiving dialogue from your professor makes it easier to understand the curriculum. If you skip class not only will you not be receiving the education you paid for, but you won’t be able to pass your exams.

Professors often go over their curriculum more thoroughly, explaining terms and concepts better, often leaving you with a more in-depth understanding about what it is they’re teaching. Skipping class means skipping out on a higher chance of receiving a better grade on an exam. And receiving even a slightly better grade in college means getting a slightly better pay in your future.

A 1990 study showed that an extra point in one’s grade point average was associated with an 8.5 percent higher wage five years after graduation.

Another study found that those who skipped class in college were three times more likely to be unemployed after college as well as twice as likely to live with their parents compared to those who didn’t skip during college.

So if you want to save yourself some money and you care about your grades and future, don’t let the weather talk you into getting some ice cream with your pals during class.

Y.E.L.L teaches new generation about self worth

Everyone has struggles, however not everyone chooses to let that hold them back. The first ever Young Educated Ladies Leading Female Summit was last Saturday and if you didn’t come, you missed out.

As a young woman of color we need to yell at the top of our lungs that we will lead, said an organizer.

More than 300 young ladies attended this event and I feel that because of this event we now have a generation of young ladies of color who will excel in education and beyond.

The keynote speaker, Dr. Caprice Hollins, assistant professor of counseling at the Seattle School of Theology and Psychology, facilitated a workshop titled, “Our Stories, Our Truth, Our Journey to Success.”

“We change ourselves so other people feel comfortable around us,” said Dr. Hollins.

I refuse to change myself so that people feel comfortable around me. People should learn who I am and they should learn to be comfortable around the real me.

Last Saturday I learned that I have had similar struggles with other young women of color. And this event taught me that no matter what people may think of me it is all about what I think about myself.

This event was a great start to make this an annual thing. The young ladies who attended this event, along with myself, now know that there suffering isn’t solely on their shoulders. As young women of color we need to stick together to show the world that we are leaders and we will be successful.

In a world we weren’t meant to succeed in we have to go the extra mile to prove our skeptics wrong. And this female summit was the first step.

Whoever didn’t attend this event better be the first to sign up next year.
1. GENERAL KNOWLEDGE: What is a sheet of printed stamps called?

2. GEOGRAPHY: What is the capital of Canada’s Northwest Territories?

3. ANIMAL KINGDOM: What is a baby bat called?

4. MUSIC: How many holes does the musical instrument called a recorder have?

5. LANGUAGE: What is a lazaretto?

6. ARCHITECTURE: What is adobe made of?

7. MYTHOLOGY: Who was the Greek god of medicine?

8. DISCOVERIES: Who is credited with discovering the air brake?

9. BIRTHSTONES: What is February’s traditional birthstone?

10. MATH: What is the Arabic equivalent of the Roman numeral CMXC?

**Answers**

1. A pane
2. Yellowknife
3. A pup
4. Seven in the front and a thumbhole in the back
5. A place to quarantine people with infectious disease, such as leprosy
6. Oklahoma city
7. Charlie
8. pistol
9. A pipe
10. Amethyst

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‘Days’ mines comedy from tragedy

Review by Kayla Dickinson
Staff Reporter

The end of the world is no laughing matter and Burien Actors Theatre just proved it with their production of End Days.

End Days is a production written by Deborah Zoe Laufer that grapples with tough social issues such as terrorism, depression, religion, conformity and coming of age.

Set during the Post-9/11 mayhem, End Days emphasizes how sometimes the strength and support of those around you is all you need to make it through a tough time.

Performing in the play are Gemma Cody-An- ders (Rachel), Brynne Gar- man (Sylvia), Mark Glad- ding (Jesus/Hawking), Russ Kay (Arthur) and Brad Walk- er (Nelson).

Aside from Walker’s goofy demeanor, and Gladding’s occa- sional one-liners, the produc- tion itself was actually pretty sobering for a comedy.

With the intense backstory and somber tones, I found myself doing a lot more thinking and self-reflection than laughing.

Jane Ryan, the director of End Days, made some really good choices for the produc- tion dramatically, but it defi- nitely could have used some more comedic touches.

For example, the relation- ship between Sylvia and Arthur could have had a more enter- taining dynamic, as well as the Arthur and Nelson relationship.

Although this production may seem a bit off, it’s not nec- essarily bad, just very different.

Older and more conserva- tive viewers may not enjoy the intense liberal views of the play, and adult language causes this production to be rated PG-13.

Overall, set designer Bran- don Scalf did a really nice job on the backdrop. It maintained the flow of the play nicely, and the audience could always tell where the scene took place and what was happening.

The set was also well lit and had some cool galaxy lighting effects created by Craig Ors- inger that made it more inter- esting to look at.

Burien Actors Theatre had just finished renovating the space, so you could hardly tell you were inside of an old school gymnasium—until the actors opened their mouths.

Apparently, the theater is renovating its sound system soon and should have it up and running by their next season.

Unfortunately for now, sound easily gets lost in the spacios gymnasium and lines are sadly dropped, so be sure to try to sit in the front for the best viewing experience.

End Days is running at the Burien Actors Theatre May 9 – June 1, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

General admission is $20 and students are $17. For ticket information and to learn about their special deals, go to bur- ienactorstheatre.org or call 206-242-5180.

The show is at the Center- stage! Theatre, 3200 SW Dash Point Road, Federal Way.
Pilots struck out in Seattle stint

By John Poore
Staff Reporter

William Daley is the man who contributed most to the loss of Seattle's Pilots, said one expert at last week's History Seminar.

On May 14, author Bill Mullins spoke about Seattle's first, Major League baseball team in his presentation, "The Flight of the Pilots."

"The culprits, mainly, were misguided or just flat inept," Mullins said. Seattle's loss of the Pilots cannot be attributed to any one person or reason.

"Seattle was not truly a baseball city in 1969. For most Seattleites it was Huskies and hydroplanes," Mullins said.

Seattleites were into their sports. On a sunny day they were more likely to go out sailing on lake Washington or hiking rather than to go to a baseball game.

"The people of Seattle were ambivalent about taxing themselves for a baseball team," Mullins said.

Another contributing factor was the politicians of Seattle, Mullins said.

Mayor Dun Braham and the Seattle City Council were substantially uninterested in major league sports, Mullins said.

This was a time when few politicians would rally the troops to get the city excited about a major league franchise, Mullins said.

During negotiations for Seattle's first baseball team Braham and the other city officials reportedly seemed lackadaisical, Mullins said.

Sick's Stadium, the home of the Pilots, also had problems.

The City set aside $1.1 million to transform it from a minor league stadium into a major league one.

"It only had 11,000 seats, while the American league wanted 30,000," Mullins said.

Due to limited funding the city had to cut corners on certain renovations. Instead of 30,000 seats they only expanded to 25,000. The quality of the lighting wasn't up to par. The construction materials were poor.

"But the big problem was the water pressure. If there were 8,000 folks or more who came out to the game, the water pressure dropped precipitously by the seventh inning," Mullins said.

The solution to the stadium problem was supposed to be the Kingdome, but the decision for the location of the stadium came one month past the major league deadline and nine months after the team had already been moved.

"So what should have been a huge advantage, a brand new stadium with 50,000 seats, turned out to be a disaster," Mullins said.

Suppressing Seattleite interest was poor play due to injuries and expansion level talent.

"Ticket prices were another problem. Ticket prices ranged from $2.50 to $6. This is a time when the New York Yankees were charging $4 for their top ticket, and other teams charged $5.75 for general admission. John Owen, who was the sports editor for the Seattle Post-Intelligencer pointed out that the ticket scale was the highest in the majors and reportedly said 'Big league describes the prices more than the brand of baseball,'" Mullins said.

The Pilots' general manager Marvin Milkes added to the woes of the Pilots as his impatience led to a record setting churn rate of the roster, Mullins said.

By the end of the year 53 different players had passed through the Pilots' 25-man roster.

The team compiled the second worst record in the majors that year en route to 64 wins and 98 losses, Mullins said.

"There were not enough fans who came out," Mullins said. Attendance was just under 670,000, while the budget was built on 1 million fans coming out.

Still another factor was the owners. Dewey and Max Sorianio, who were good baseball minds, but lacked the necessary wealth to carry on the franchise, Mullins said. Seeking financial aid they turned to William Daley, former owner of the Cleveland Indians.

Daley negotiated the purchase of a 47% share of the Pilots and committed to contribute $8 million to the Pilots, should further financial complications ensue, a promise that Daley would refuse to keep when the time came.

The other major league owners didn't help either.

"It was horrible publicity to put a major league team in a city and then withdraw it after only one year. But the Pilots were failing," Mullins said.

After reviewing an offer by the civic leaders of Seattle, the owners of the American League turned down an offer of $10 million to buy the team.

In a last ditch effort to keep the Pilots, the state of Washington obtained a restraining order against any move.

"The Pilots ownership countered with a petition for bankruptcy," Mullins said.

When the petition for bankruptcy was approved, the restraining order was removed and the team was sold to an ownership group from Milwaukee led by Bud Selig. This group then changed the name of the team to the Brewers, Mullins said.

Later, the state of Washington sued Major League Baseball over the loss of the Pilots. The suit was settled outside of court and the Mariners were part of that settlement, Mullins said.

Next week Chris Foerstch will give his presentation titled "The Spice Trade in Indonesia." History Seminars are held each Wednesday through May 28, in Building 3, room 102, from 1:30-2:39 p.m.

T-Birds stumble in the playoffs, season ends

By Richard Jensen
Staff Reporter

The Highline women's softball team's NWAAC championship dreams ended this weekend in Portland when they lost twice on the opening day.

Top seeded Mount Hood won on to win the double elimination tournament without a single loss.

They battled with the second-seeded Clackamas Cougars Monday at Delta Park to capture their fourth NWAAC title in the past six seasons. A Southern Region team has now captured the title in 23 of the last 26 seasons.

The Thunderbirds lost a pair of games Friday and were eliminated from the NWAAC tournament, an 8-1 loss to Douglas followed by a 12-4 loss to Centralia.

Kayla Andrus pitched both games allowing 10 hits against Douglas and 13 against Centralia.

Highline went into the fourth inning down 2-1 against Douglas and was very much in the game until Douglas' shortstop Sydney Brown hit a grand slam.

"It really took the wind out of our sails," said Coach Evans.

"It was good for them to get there and see what it's like," said Coach Evans. "We're a young team."

The Thunderbirds also struggled at the plate, with only three hits the first game and six against Centralia.

Centralia was more experienced and a very good team, said Coach Evans.

"You worry bringing in such a young team," to the tournament, he said.

The sophomores also gained a lot from the experience.

"It's a fun experience, it means a lot to be part of this team," said sophomore first baseman Larissa Henderson.

Sophomore pitcher Kayla Andrus also plans to continue her career, and will bring her talents to the University of Puget Sound Loggers next season.

But hopes are high going into next season. Coach Evans will now start looking to fill a couple of positions.

"Everyone looks for pitching," he said. Hayley Craddock, their all-league third baseman, is also a very strong pitcher, he said. So they always have Craddock to lead the pitching attack next season.

Hayley Craddock led the team with a .33 batting average and eight home runs to go along with 29 RBIs on the season.

Kayla Andrus led the Highline pitchers with 12 wins, 74 strikeouts and a 3.69 ERA on the season.

The future is still bright for the Thunderbirds women, as they will return nine players next season.

"Expectations are very high," said Coach Evans. "Especially with the conference losing a lot of sophomores next season."

A few more pieces, and another season's experience and the Thunderbirds women should be in a great position leading into next season.

"We want to win league next season," said Coach Evans.
Exercise boosts both mind, body

Students say healthy workout equates with healthy academic performance

By D’Mario Davis
Staff Reporter

Whether you exercise to stay fit, or you exercise for better focus in your studies, students say that any type of physical activity can help overall with school.

Some students say that exercise is a priority with school, while others say that it’s not because of busy schedules and limitations.

“My workout will vary from two to three times per week after my 9 a.m. class,” said Sean Corp, a second-year student.

“I’ll spend 30 minutes doing some paced walking/running on the treadmill. I do this to get my blood flowing and even though it’s not a lot, I notice that my mood pick up each time,” he said.

Corp also said that his mind stays relaxed, which makes getting through his other three classes easier with new information always coming in the lectures.

Tina, another student at Highline, said that a relaxed mind is key for her during school.

“Being able to have yoga as my first class is such a help. Not only does it relax my mind, but my body too!”

“My day becomes full of positive energy, which keeps me motivated to complete my classwork in a timely fashion,” she said.

For Ashley Snyder, a Personal Fitness Training student, it was about making her workouts fit around her classes.

“If I try to work out three to five times a week depending on how heavy my school load is,” Snyder said.

“Sometimes I can work out in the afternoon directly after my classes are over in the free gym Highline has to offer. Other times I go to my work which is LA Fitness in Tukwila,” she said.

“I come from a wrestling background where we use our bodies as weight,” Snyder said. “People would be surprised to see how much a person can do with just their body and space to move.”

Snyder said that exercising makes her mind brighter and problems become easier to solve.

Combining fitness with your school studies can take the hassle of homework and lectures away, putting you in a better mood to stay motivated and complete each course of choice, students say.

“I choose to make exercise a part of me, not to stay fit, but because it makes everything I do better. I use to dread getting up everyday for class, and now I welcome it,” said Raymond, a first-year student.

Faculty members also say being fit and doing simple physical activity can help.

Tim Vagen, Personal Fitness Training program director, said that the brain functions better when people are fit.

“According to the American College of Sports Medicine, a minimum of 30 minutes every day of physical activity is recommended.”

Increased circulation, increased oxygen uptake, and a more relaxed nervous system. All of these things will help,” he said.

Anchor also said that using energy during physical activity will boost energy levels.

“School children, for example, need recess and physical education class as a way to get out the pent up energy from sitting still all day. Exerting energy during physical activity will actually increase one’s energy levels, which lead to improved performance in many areas of life. Limitations and busy schedules are what keep other students from making exercise a priority.”

“I twisted my ankle pretty bad in a pick-up game of basketball about two weeks ago; so my exercise is more so rehab than anything else,” said Allan Rivera, a first-year student.

“Twice a week I’ll sit in a hot tub for 15 minutes then work my way to the pool area for 15 minutes, going back and forth totaling 45 minutes in all, focusing on different ankle movements,” he said.

Rivera went on to say that it might not be the way he wants to workout, but he still sees the benefits of what he does, not only for his ankle, but also with his school work and classes as well.

He said exercise helps him complete homework assignments in a timely manner and score well on exams.

“Due to the full-time hours I work at my job, it’s tough to get to the workouts in that I want,” said Sarah, a Highline student.

“I am able to manage at least 25 minutes on my off days. My classes come first before my fitness because my time is limited,” she said.

David Thomas, student at Highline, said that his ankle and knee injuries from football in high school make it tough to exercise and do to the internal tissue damage he still has.

The hour that he spends each day after his classes helps keep his mind fresh while improve performance is made on his injuries.

Jacob, a Highline student, said because of a recent car accident, his hour-long circuit training has been switched to an hour of physical therapy day by day. He said he’s able to take his bookwork with him during his sessions to stay current with his classes.

“In the early part of my pregnancy, I did, but as time progressed the weight of the baby started to be more than I could bear. I’m currently at seven months,” said Anna, a Highline student.

“When I was able to work out I did the elliptical in rotation with the Stair Master to keep the weight impact off my knees and ankles while focusing on my hips and core,” Anna said.

“I got a cool down for me and the baby I sit in the pool,” she said.

Anna said that because of the work she did in the early stages of her pregnancy, it has helped as the weight of the baby continues to increase.

With it being tough for her to attend classes, teachers have allowed her to still submit class work online.

“Being able to do my work this way helps my stress levels down for the baby’s sake,” Anna said.

“Physical activity is for anyone and everyone. It just makes everything you do better, taking out the stress involved. It’s a great way to stay motivated for school,” she said.

Vinh Bahn/THUNDERWORD

Vagen said.

“Being physically active is important to scholastic work because it allows your body to maintain the focus needed to do well,” said Amber R. Mosley, women’s basketball coach.

Mosley also said that using energy during physical activity will boost energy levels.

“School children, for example, need recess and physical education class as a way to get out the pent up energy from sitting still all day. Exerting energy during physical activity will actually increase one’s energy levels, which lead to improved performance in many areas of life. Limitations and busy schedules are what keep other students from making exercise a priority.”

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DEAR DR. ROACH: I have a strange question to ask and hope you can answer it in your newspaper article. Every time I stand up from being in bed, I get hiccups that last about a minute or so (at least a dozen hiccups).

I was wondering if there is a medical reason for this, or is it something that is just a fluke that happens to me? – N.C.

ANSWER: It’s not just you; I have heard of several cases, and I suspect it’s not that rare. It’s thought to be brought on by a change in position of the stomach, which causes a reflex in the diaphragm. Esophageal irritation, especially from reflux disease

(continued)

Be a reporter (just look like one)

Take Journalism 101 in Fall Quarter

10 a.m. daily 11 a.m. daily
Item No. 4272 or Item No. 4274

And earn credit while writing for The ThunderWord Newspaper.
Event offers leadership opportunities

By Michaela Vu
Staff Reporter

Highline’s Asian-American/Pacific Islander students will be given an opportunity to gain leadership skills at an event later this month.

The AAPI Task Force has partnered with the Executive Development Institute to host the Asian-American/Pacific Islander Student Leadership Institute on Saturday, May 31.

The event is on campus in Building 2 from 8:30 a.m. to 3 p.m. Students must attend the entire event. Breakfast and lunch will be provided for this free event. Students who are interested must also be at least 18 with a 2.0 GPA.

Applications to attend the event have been extended to Wednesday, May 28. Limited spots are available.

The AAPI Task Force wants students to take away the skills to build Highline’s diverse community.

This month is the Asian-American/Pacific Islander Heritage month.

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Tommy Kim

Twenty-two percent of Highline’s population is Asian, Native Hawaiian, and/or Pacific Islander as of the 2012 to 2013 school year. This includes international Asian students.

“Even within the AAPI, we are a very diverse group,” Dr. Ezeonu said.

Dr. Ezeonu is also part of the AAPI Task Force and was born and raised in Hawaii.

“We are people of very different backgrounds,” said Dr. Tommy Kim, instructor for film studies and English.

As a professor in the computer science department, Professor Ostrander is always looking for new things to learn and do. As a professor in the computer science department, Professor Ostrander teaches programming, web development and database technologies.

“The future of technology will move more towards the cloud where data and software is stored on a different huge server rather than your personal hard drive taking up space and computer integrated, wearable technology like google glasses which allow you to recording from your point of view. When asked how it is to be a female in a male-dominated role, professor Ostrander said: “it is a real challenge”— they it is a real challenge”— they

Not always taken seriously.”

Professor Ostrander said that connecting female students with female mentors is essential. She does this by bringing in female guest speakers and engaging in female-oriented networking events with organizations such as WiSE, where women have a dinner followed by a keynote speaker to encourage and support women pursuing their dream.
The mighty Elwha River is free again, and scientists are learning about the impact that mankind has when it messes with Mother Nature, an environmental expert told last week’s Science Seminar.

Dr. Jerry Freilich, the research coordinator at Olympic National Park and director of the North Coast and Cascades Science Learning Network, said the Elwha Dam was constructed in 1910 under the direction of Thomas Aldwell, and was built to power paper-making and lumber mill operations in Port Angeles.

The dam had a considerable negative impact on the native fish run and the indigenous population.

“The Elwha Tribe was opposed to the dams from the very beginning, because they were put out of business by the simple creation of that lower dam. Everything they had was taken from them — everything. They lived on those fish, and their fish were taken away just like that,” Dr. Freilich said.

Another problem that was birthed from the Elwha Dam is the sediment buildup that is taking place in the river and Lake Mills.

In 2011, the largest dam removal project in the world — removal of the Elwha Dam — began the process of restoring the Elwha, the largest of 11 rivers that drain Olympic National Park. Salmon are now swimming in waters that they haven’t in more than 100 years, Dr. Freilich said.

“I’ve been told that this is the largest exercise in sediment management that has ever been attempted anywhere — it’s 35 million cubic meters. I was asked at one point, ‘How much sediment is that?’ and the only way I could think to explain to people was — picture Seahawks stadium [Century Link Field] filled from the playing field up to the top, eight times,” Dr. Freilich said.

He also said that Ediz Hook, a three-mile long sand spit in the Straits of Juan de Fuca, is made of Elwha River sediment deposits that have been building up for more than thousands of years. Dr. Freilich said that they expect this build up to start again — in fact, it already has.

Sediment in the newly released river is also an extremely concern because the Elwha provides drinking water for the city of Port Angeles, he said.

Conversation about the deconstruction began when the dam was coming up for re-licensing.

Dr. Freilich said that all but one of the paper mills that the dam originally powered are now gone.

“The amount of hydropower that was produced is so tiny compared to the gigantic use that we all use nowadays. We get most of our power today from national power grid from Bonneville Power. The amount of hydropower represented was very small from these two dams — there was nobody left, basically, who would be willing to spend the millions and millions of dollars it would have cost to refit the dams to allow fish passage and to make the whole thing work,” he said.

As the deconstruction proposal unfolded, the public was almost 80 to 90 percent against it. But opinion flipped and in the end, 80-90 percent of people favored the removal of the dams, Dr. Freilich said.

He attributed the turn-around to the hundreds of meetings and public engagement. The upper dam, Glines Canyon, still has about 15 to 20 feet to be removed.

After the completion of the dams removals, restoration of the ecosystem will be the priority, said Dr. Freilich.

By using native plants with no genetic mixing, their goal is re-vegetation. He said that this effort is being accomplished with the help of six to eight paid employees, and hundreds of volunteers.

Next week’s Science Seminar will cover dimension and infinitesimal calculus. The seminar will be in Building 3, room 102 at 2:20 p.m.
Forum explores social media

By Angie Gudjonson
Staff Reporter

R u better off w/ social media?
Or r u just lonelier?
The Highline Communication Department will be holding a seminar about the benefits and consequences of social media.

The goal will be to explore whether social media is making us more social or if we are lonelier because of it.

In Fall Quarter the department held a similar seminar about whether social media is killing communication. They looked into whether people can even go three days without being connected.

This follow up seminar is geared toward students’ relationships,” said Teela Foxworth, a communication professor at Highline.

The live discussion will be based on videos that show what comedian Louis CK, MIT Professor Sherry Turkle, and Oprah Winfrey have to say about social media in today’s society.

“Our hope is that attendees will either openly share or internally consider their current social media use and if it is replacing the reward of ‘richer’ interactions,” said Ellen Benson, professor of communications and department coordinator at Highline.

The “lack of even a simple hello is having an impact on us all,” Bremen said.

The social media seminar will be held May 27 at 1:30 p.m. in Building 8, Mt. Constance room. BTW it’s free. TTYL!

Event urges students to rethink race

By Keith Salo
Staff Reporter

Using multiracial and inter-racial relationships as a vehicle to get people to question what race actually means in today’s society is the goal of a new event being sponsored by Highline’s Inter-Cultural Center.

The center provides a safe environment for free-flowing discussions and is committed to promoting campus diversity and multicultural understanding, staff members say.

Juan Franco
It offers programing, peer mentoring, computer use, and scholarship information.

The center has offered two separate events for men and women to explore multiracialism and interracial relationships in today’s society. Now it will combine those events into a single program called Men and Women of Vision.

This event takes place on Wednesday, May 28 from 1:30 to 2:30 p.m. in Building 8, room 204 (behind the Bistro). The program will be an interactive event including small groups and activities.

“One of our goals is to encourage students to rethink their views,” said Juan Franco, a member of the Inter-Cultural Center’s leadership team.

The new event is intended to reflect the center’s Spring Quarter theme, “Showing our faces; reimagining our identities and how we express them.”

“We will be asking provocative questions that make people think; facilitating the discussion so that it does not become confrontational,” said Cally Somer, another Inter-Cultural Center team member.

The event is free of cost.

Fair offers career opportunities

By Kaylie Bader
Staff Reporter

Highline hosts a Spring Job Fair today in Building 8, featuring 50 employers who are looking to hire new workers in a variety of job fields.

This fair has employers looking to fill current full-time, part time and temporary jobs, fair organizers said.

Spring Job Fair is a free event that is opened to all current and future job seekers, students, alumni and the community.

“Job seekers are strongly encouraged to dress professionally, bring copies of their resume and be prepared to speak with recruiters,” said Lorraine Odom, associate dean of Financial Aid.

“It is also recommended that attendees refrain from wearing heavy scented perfume or cologne and limited accessories,” she said.

Some employers may be interviewing on the spot.

Employers include everyone from AAA Washington to Franciscan Health, Fred Meyer, IKEA, Two Men and a Truck, Wells Fargo Bank, Washington State Patrol, Boys and Girls Clubs of South Puget Sound, Burien Dental Care, Qdoba Mexican Grill, and Xerox.

The fair will be from 9 a.m. to 12:30 p.m. today, May 22, in the Mt. Constance, Mt. Olympus and Mt. Townsend of the Student Union, Building 8.

For more information on the visiting employers and the fair itself, go to www.studentemployment.highline.edu.

ICC helps refugees

By Keith Salo
Staff Reporter

Global Village, a program sponsored by Highline’s Inter-Cultural Center, will explore the needs of refugees and displaced persons on campus and how others can help.

“There are in excess of 40 million displaced people, including refugees, in the world today,” said Mimbouabe Lare, a member of the center’s leadership team. Originally from Togo, Lare will be facilitating this event.

“We will be discussing how we can build a community in our campus here at Highline, so refugees and displaced people can feel welcome,” Lare said.

The center offers programs each quarter to promote diversity and multicultural understanding. These programs provide open forums for students to express themselves on a range of issues including relevant social issues and concerns.

The Global Village event will explore the relationship between students’ local and global community.

This free event takes place on Thursday May 29 from 11 a.m. to noon in Building 8, room 204, behind the Bistro.
Choice
continued from page 1

that if they run away they will be beaten or killed. “We need a safe places for these girls to go,” Chief Delgado said. “These are not prosti-
tutes. They are victims.”
Ruth Hill talked about myths of people in “the life” of prostitu-
tion. There is a distinction be-
tween “child prostitute” and a prostituted child, she said.
The term “child prosti-
tute” ignores the criminal-based response that blames the vic-
tim for their sit-
uation, whereas, “prostituted child” is a vic-
tim-based re-
sponse.

“Establishing a common lan-
guage is essen-
tial, in how we frame an issue,” Hill said.
Stop asking why did she choose the life and start asking why was she chosen, she said.
Many questions arise when dealing with prostituted chil-
deren such as: Why don’t they leave? They are threatened, highly controlled, there is a sense of false love, and they are brain-
washed, Ruth said.
“We need to stop seeing vic-
tims as criminals, because it’s not her choice,” she said.
A mother who knows this story all too well is Dianna Zoro.
Her daughter, Danica Childs, has been missing since December 21, 2007 when she was 17.
“I found out the hard way that sex trafficking was in our back yard,” said Zoro.
Childs was a high school ju-
ior in the Running Start pro-
gram.
She enjoyed music, dancing, writing poetry and was well liked in her community, said Zoro.
“We were very involved par-
tents. In 2009 her father passed away,” she said.
The last communication her daughter and discovered just how prevalent this was.
“I didn’t really know about it until it happened to my daugh-
ter,” she said.
Zoro warned the crowd and said that any girl can be taken, not just girls from poor or ne-
glected homes.
“We weren’t rich but we weren’t poor ei-
thier. And there was no abuse in our home,” she said.
Most girls are told they’re the problem when they report it, Zoro said.
There are actual pimps in our school. I believe Danica was threatened in that way be-
cause they knew me and where we lived,” she said.
She asked herself, “how could this happen and how could I not know?”
Zoro and her other daugh-
ters suffer from Post Traumatic Stress Disorder and depression. “We will never be whole un-
til Danica is home,” she said.
“I will spend the rest of my life fighting this,” Zoro said.
I believe I can make a posi-
tive difference. I am not afraid to voice my opinions or stand up for what I believe in,” said Yaney.
Vice President-elect Ruth Krizan wants to make sure peo-
ple who walk the campus feel like they have a voice.
“In order to get students in-
volved you have to ask the stu-
dents for what they want, and how we can get them to come and be involved,” said Krizan.
“If we want to change a circum-
stance we have to work together. As great as Highline Community College is, I know that we could work together to make it even better,” said Krizan.
Unplug, connect and say hello

By Angie Gudjonson
Staff Reporter

Highline students disagree on whether cell phones mask the feeling of loneliness.

Students expressed varied thoughts during Tuesday’s Communication Studies seminar on social media.

The Mt. Constance Room in Building 8 quickly filled with more than 120 students and faculty to discuss the positive and negative effects of social media.

To open the seminar, Communication Department professors showed a slide saying “Anyone have plans to stare at their phones anywhere exciting this weekend?”

This led into an online interview of comedian Louis C.K. on the Conan O’Brien show about why he hates cell phones.

People need to “build an ability to just be yourself and not be doing something,” the comedian said.

Students and faculty discussed whether cell phones are altering people’s interactions with others around them.

“We stay connected because we are bored, not lonely,” one student said.

Another student agreed that even with the negatives of social media, texting and emailing they are still effective ways of communication in today’s society.

The second video shown was Massachusetts Institute of Technology Professor Sherry Turkle, who wrote the book Alone Together.

In her presentation, Turkle showed a slide saying “People look at technology as a source of companionship we do, they change who we are.”

People look at technology as a source of companionship when they don’t want to be alone, she said.

Communicating through texting and social media not only allows people to present themselves the way they want to be, but it allows people to be with each other and also somewhere else, Turkle said.

Communication through a computer has taken a “really big jump in a short amount of time,” said Highline student Matthew Leeson.

“We panic when we can’t find it [people’s cell phones],” said Ellen Bremen, a communications professor at Highline.

In small groups, students and faculty answered the question of whether phones mask the feeling of loneliness.

“I can’t stand to text and I hate it when my girlfriend is texting while driving,” said one student.

Students and faculty both agreed that people seem to be disconnected from real life and more caught up in their phones.

However, even with positives such as fast communication, “We expect more from technology than we expect from each other,” Turkle said.

A student asked, “Why are we looking for happiness outside of ourselves?” and answered it with, “We are substituting it.”

The last video shown was Oprah Winfrey’s challenge to say “hello” to someone you normally wouldn’t.

“We seem to avoid interactions with strangers,” Winfrey said.

“Take a step out of your comfort zone,” said student Geofrey Espero.

Communication professors ended the seminar by giving students this same challenge and asked them to see how much of a difference it makes.

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**Spring brings campus to life**

Rabbits roam the campus when the sun is shining. While spring rains help return campus vegetation to a luscious green. While the weather is expected to be slightly damper today, forecasters expect another warm and sunny weekend heading into next week.
Safe

continued from page 1

STIs,” Dr. Manber said.

Birth control can be achieved by permanent methods such as sterilization, which includes tubal ligation for women and vasectomies for men, and non-permanent methods, Dr. Manber said.

There are long acting reversible contraceptives, (LARC’s) which are effective for long periods without having to think about them or do anything else.

One of these is the IUD, which comes in two forms.

One has copper in it but no hormones and is good for up to 12 years. The other IUD is good for up to five years with hormones in it, which can decrease menstrual flow and for some may offer the advantage/disadvantage of no menstrual period at all.

Another long-acting reversible contraceptive is the Implanon, which is a rod implanted in the arm with a hormone in it that is good for up to three years, Dr. Manber said.

“Each of the preceding types are highly effective - over 99 percent,” she said.

“Other very effective methods include many hormonal methods: many types of pills, the Patch, Depo Provera [the shot], and the NuvaRing,” Dr. Manber said.

Other methods that are a bit less effective than hormonal methods include the diaphragm, male condoms, female condoms, cervical cap and femcap, she said.

There is also the sponge and foam, jelly, cream or film spermicides, which are more effective when combined with other methods, Dr. Manber said.

Also realize that oral sex and mutual masturbation and other non-penile-vaginal sex are other sexual techniques that provide great birth control, though oral sex and some methods require distance prevention, Dr. Manber said.

Many college-aged students use birth control, with condoms and pills being the most common.

The top three birth control methods used among U.S. women, in order of popularity are the pill, tubal ligation and male condoms, Tomatich said.

“When it comes to adolescents, the top three methods in order are condoms, pill and dual method condom and hormonal method. Most teens report using a method at last intercourse, in fact 84 percent of females and 93 percent of males report using a method of birth control at last intercourse according to the [Center for Disease Control, 2010],” Tomatich said.

Being sexually active can have consequences, and one thing to be aware of is contracting a sexually transmitted infection.

“Most people don’t realize how common STIs are. Currently, one in four teens ages 15-24, who are having intercourse, will become infected with an STI each year,” Tomatich said.

“When we hear about reducing risk of contracting STIs - we often just hear about abstinence from oral, anal and penis/vaginal sex and using condoms, and yes-those work if used correctly and consistently-using it every single time,” Tomatich said.

But there are more ways that people can reduce their risk of infection, including monogamy with a non-infected partner, limit the number of partners, use latex barriers such as dental dams for oral sex, getting tested and having partners tested for sexually transmitted diseases, Tomatich said.

“When it comes to STI prevention, the male condom-latex or non-latex - not animal skin wins,” Dr. Manber said.

Such diseases are often unnoticeable, so getting tested is the best way to find out if you or a partner has been infected.

“The most common symptom of many STIs is no symptom, so just because someone isn’t experiencing a drip or discharge or bump or sore, doesn’t mean they don’t have an infection that can be passed on to a partner during sex,” Tomatich said.

The most effective way of finding out if someone has a sexually transmitted disease is to get checked by a clinic or doctor’s office, she said.

“One person think they can tell by looking at their partner if they are infected – that is a myth. Some people don’t think they can get a test unless they have a symptom – that isn’t typically the case,” Tomatich said.

Many diseases can be cured so getting a diagnosis and treatment can prevent an infection from getting worse or spreading it to others, she said.

There are many ways you can practice safe sex, and “we can know ourselves and know our partners, to start with,” Dr. Manber said.

Knowing yourself means that you get tested regularly if you have had any possible exposure to an infection at all, she said.

Be sure that any partners are tested as well and repeatedly tested because some infections have no symptoms for a period of time, Dr. Manber said.

“Having a monogamous relationship is safer than multiple partners – though we have to be realistic – if you are no longer in a relationship and you start a new one, that’s a new partner,” she said.

If you’re unsure about whether you’re ready or feel comfortable having sex, there are a few things to consider.

“People may have sex for a variety of reasons. It can be an expression of affection and intimacy, purely for sexual pleasure or for procreation, or an expression of love,” Tomatich said.

The decision to engage in sexual contact involves the feelings and desires of two people, so examining your own motivations, as well as your partner’s is important, Tomatich said.

When making the decision to initiate a sexual relationship with another person, consider the following: clarify your values, be honest with yourself and be honest with your partner, she said.

URBAN AGRICULTURE

New 19 Credit Short Certificate

We have broken ground for our urban garden on the Highline campus. Seedlings are planted: lettuce, chard, kale, zucchini and more.

Come and get your hands dirty. Learn how to harvest crops and use plant based foods to improve your health.

SUST 142: Summer Practicum: Urban Agriculture

This course prepares students to grow food sustainably and organically in an urban environment. The course places emphasis on crop production, field management, integrated pest management, and harvest practices. As much as possible, the course seeks to create a participatory environment driven by learning-by-doing models.

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Nutrition based course focused on the healing properties of vegetables and other plant based foods. Learn how to identify the medicinal properties of plants and prepare recipes using locally grown, seasonal fruits, vegetables and herbs.

Credit option will be based on current tuition schedule.

Non credit option for summer quarter. Ask for details.

Contact:
Raegan Copeland at rcopeland@highline.edu for more information

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