

the THUNDERWORD

Highline Community College | May 22, 2014 | Volume 51, Issue 27



Andie Munkh-Erdene/THUNDERWORD

Airport Towing trucks wait in Lowe's parking lot. Lowe's was recently given approval to tow students parking in their lot.

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 on going for years.

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

On any given day, students were taking up 75-300 parking spaces at Lowe's, said a Lowe's

employee.

Some of the reasons students said they park at Lowe's are, "convenience," "it's always open and there are spots always open," and "the distance isn't far."

"Up until this week I would park here almost everyday. But, now I might not anymore because I'm scared to get towed," said an anonymous student.

With three weeks left in the quarter some students are disappointed that they have to buy a parking pass, but some are going to find other ways to avoid that.

"I plan to invest on a parking pass during summer, but I have to figure out what I'm going to

do for the rest of the quarter," said Jarvis, a Highline student.

Another student said that he is going to risk being towed one last time and will take the bus from now on.

"I was running late, so I had to drive and park here [Lowe's] today. I guess I'll just risk it, but I plan to ride the bus from now on," said Patrick, a student.

Elton Roy, Lowe's store manager, said that they have towed 15 cars since Monday.

"We've already towed one this morning," he said, on Wednesday.

Roy said that students are trying to park up front toward the store or closer to the other

stores in the parking lot to avoid being towed, but it's not fooling Lowe's employees.

Airport Towing, 817 SW 149th St, Burien, will tow vehicles at the owners expense.

Towing costs \$240 and \$60-75 each additional day it is there, said an employee of Airport Towing.

If your car is towed, you can call Airport Towing at 206 243-6252 or visit www.airporttowing.com.

Reporters Bailey Williams, Bayonne Beninger, and Cristina Acuna contributed to this story.

Yanez wins student presidency

By Mikel Abraha
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 Thursday, 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 casted for president and 693 votes were cast for vice president.



Yanez

For the presidential election, 76 percent of votes were in favor of Yanez with 574, with 23 percent 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 getting the word out. We do it through direct mailing to

See Election, page 12

Sex trafficking affects local community

By Bailey Williams
Staff Reporter

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 trafficking 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 community, 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 Police Chief, George Delgado.

"I've met and cried with parents who have lost their children. 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

See Choice, page 12

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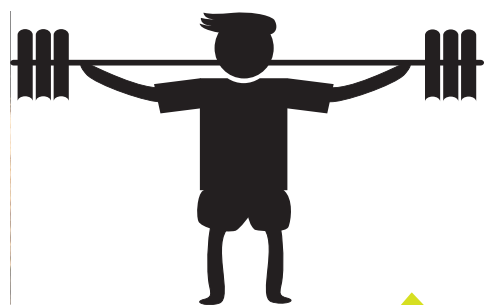
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Math professor rewarded for curriculum reform



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Step into the Twilight Zone next Wednesday night



Page 8

Exersice helps students focus on their classes



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 scrapes 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.

A student had her 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 driver seat and the driver side door.

She returned at 8:45 a.m. to retrieve the phone it was gone. 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 4s 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.

- Compiled by
Antonio Foster

Cadet program gives students jump-start

By Ryan Johnston
Staff Reporter

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 intend to pursue criminal justice majors experience with security and law enforcement-related jobs, said Stephen Lettic, Administration of Justice faculty.



Rebecca Starkey/THUNDERWORD

Cadet Hakeem Smith surveys students about security improvements.

The program was created as an answer to the rising number of crimes occurring on campus this past Fall Quarter.

The program also provides

some extra security on campus.

"For the college, it helps give more eyes on campus," Lettic said. "We have five people in the program right now."

Cadets start the program by working directly with officers, scheduling patrols for a total of three hours a week.

As the quarter progresses, students patrol with more independence and their own security jackets, Lettic said.

The jackets make cadets noticeable in crowds, giving students experience with what it's like to patrol as an officer in public, he added.

Students aren't the only people who are optimistic about the Cadet Program.

"It's gone better than I've hoped," Lettic said.

Thus far, Lettic said he hasn't heard of problems with it.

"I haven't heard any [complaints]," he said. "I don't see any problems."



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 Com-

mittee 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 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 mention that Tony Piasecki, who was quoted in the article, is currently the city manager for the City of Des Moines.

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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."

To succeed 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.



Andie Munkh-Erdene/THUNDERWORD

Professor Dr. Helen Burn is the first recipient of the Education Reform Award.

"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 Nistran**
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/compass 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/adviser 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 Striegall, 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 for Professional-Technical Education, nominated two women for the award ceremony.

Rickitia Reid, the administrative assistant for Professional Technical Education, has earned three degrees while at Highline.

"She has many skills and talents," said Madsen. "She comes

into work every day ready to conquer, while still taking care of her son alone."

Wendy Swyt, a professor of Arts and Humanities was nominated for "being an outstanding instructor, while writing and editing the new bachelors' 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.

Tamara Hilton the program manager for Fine Arts, "is decisive, empowered, and a great manager," said Tracy Carrera, an art professor.

Lare (Evelyn) Mimbouabe, a Highline student, was nominated because she "is a hard working leader in ESL," said Angie Meyer, a professor for Adult Basic Education. "She had a 4.0 in Jumpstart and volunteered for six months at an elementary school."

Jumpstart is a program at Highline which awards high-performing ESL students a scholarship to take English 91, Reading, and ESL support classes free of charge.

Laura Yanez was nominated because she "is a very talented student," said Bevin Taylor, a professor for Adult Basic Education. "She is hardworking and an advocate for other students."

Sheelan Shamdeen was nominated for "pre-college studies program assisting," said Christopher Benum, a professor for Adult Basic Education.

Leanette Belgarde was nominated for "overcoming multiple

barriers while still staying in college," said Sam Alkhalili, professor of Business Information Technology.

Susan Greenlee nominated four women for the award.

Jennifer Tucker was nominated for being an "outstanding work study student in Women's Programs," said Greenlee.

Lisa Moreno was nominated for her "outstanding services to Women's Programs," Greenlee said.

Rosemary Adang was nominated for "her outstanding leadership to Highline's Writing Center and Women's Programs collaboration and dedication to Women's studies and education regarding women's topics such as reproductive rights," said Greenlee.

Susan Landgraf was nominated for being an "outstanding faculty, creative writer and her dedication to helping Highline students make it through their education, while being an ongoing donor to Women's Programs to help continue emergency funding for Highline students," Greenlee said.

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 students academic career and has a very real effect in your post-college career.

Lets 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 \$591.50 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 wont 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 their 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.

Letter to the Editor

Student questions Highline's choice

Dear editor:

I don't see what the problem is, when I came to the school and applied and

registered for classes, my sexual orientation had to be disclosed as well.

So how is the blood drive conflict with donors to Self disclose sexual orientation when the school asks students sex orientation when registering?

The seriousness of this is that there are potential donors that are not donating plasma/blood.

- Ryan Morse

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. Tanya Moore, youth services coordinator for the City of Berkeley, told us a story of her childhood and how she overcame her struggles.

It is so important to share your talents, she said.

I learned that what you believe about yourself determines how you act and sometimes stereotypes can affect how people perform.

Dr. Moore said that throughout her educational experience she got comments like, "Wow, you did better than we thought," and her response was "Well, what did you think?"

As a young woman of color I have had similar experiences. The worst one I get is when I tell people about my grades is, "You act so white."

As if someone of color can't have good grades. Like the more books I read or the more A's I get on my report card, the less melanin I have in my skin.

However, Dr. Moore said, "You don't have to believe what other people think about you."

You don't have to agree with people's opinions of you and you most certainty don't have to lessen yourself because you think it's what other people want.

Dr. Moore said that in your mind you can say, "Cancel, cancel, cancel" when people say something about you that you don't agree with.

We should all value our voice over other people's.

And it is OK to make mistakes because that's how you get good at something.

Dr. Moore was asked what inspired her to get through school and she said that at first it was to get away. But, as she



Andie Munkh-Erdene/THUNDERWORD

Highline trustee Debrena Jackson Gandy speaks to young female students at the Y.E.L.L. summit last Saturday.



The Bailey Update

Bailey Williams

went through school she realized she had something of value to share.

"We spend so much time trying to be like someone else," Dr. Moore said. "We need to take steps towards being our best self."

When I was in middle school I was bullied for caring more about my education than my friends. So in an effort to stop the teasing I started to act out and "be cool."

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.

the Staff

You're so funny you gave me bronchitis.

E-Mail: tword@highline.edu

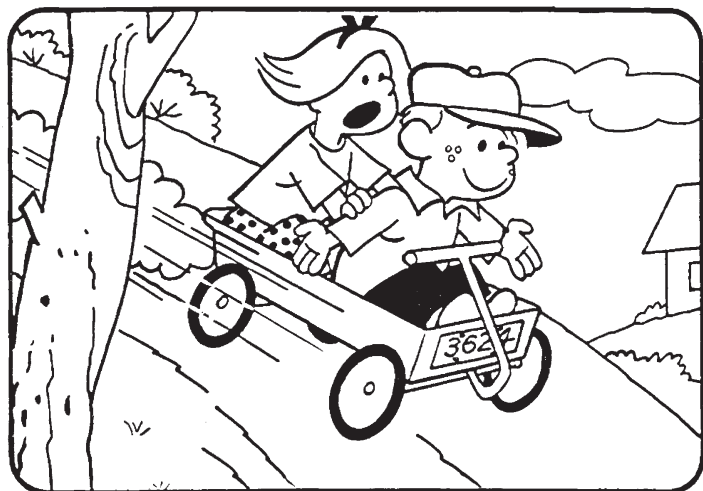
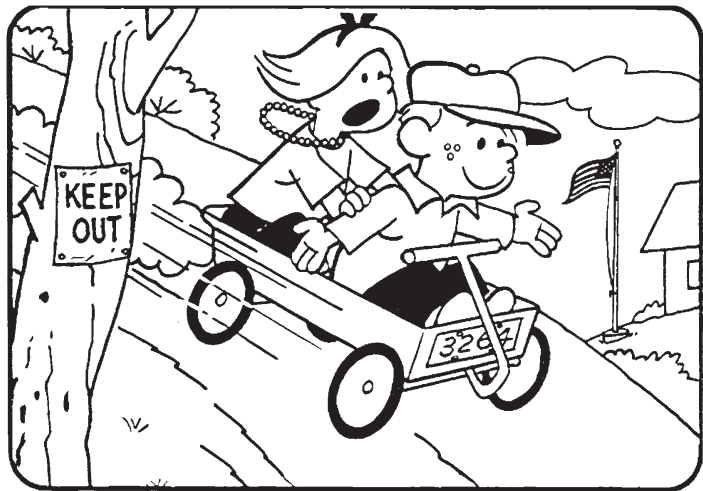
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



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

Differences: 1. Sign is missing. 2. Beads are missing. 3. Slacks are different. 4. Arm is moved. 5. License number is different. 6. Flag is missing.

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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1. 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?

King Crossword

ACROSS

1 Winter woe

4 On in years

8 Decelerate

12 You can't stand to have one

13 Rid of rind

14 Comedy Central's "— .0"

15 Pismire

16 Ear-related

17 Capri or Wight

18 Veep under Jefferson and Madison

21 "Of course"

22 Early love boat?

23 Check recipient

26 Raw rock

27 — Mahal

30 Hot tubs

31 Average guy?

32 Precursor to Surrealism

33 Annoy

34 Energy

35 Chest wood

36 Shriner's topper

37 Resistance measure

38 "Syriana" Oscar winner

45 Long ride?

46 Physiques,

6 Idle or Bogosian

7 State with conviction

8 Reek

9 Missing

10 Norway's capital

11 Timely query?

19 Deli loaves

20 Rage

23 Omega preceder

24 Spring mo.

25 Tie up the phone

26 "Alley —!"

27 Wee bit

28 Oklahoma city

29 Cookie holder

31 Hussy

32 Showroom sample

34 Cribbage scorer

35 Picked

36 Facade

37 Bygone

38 Smooth-talking

39 Green land

40 Muscat's place

41 Imitate

42 Church part

43 Tend texts

44 Relaxing exercise

DOWN

1 Banner

2 Highway division

3 Doing

4 Orbit's furthest point

5 Microsoft founder

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Even Exchange by Donna Pettman

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

1. Twisted hairstyle — — — — D Intellect — — — — N

2. Not enough — — — — G More malicious — — — — N — —

3. Alter — L — — — Subsequent — F — — —

4. Play division — — E — — British quick bread — — O — —

5. Mars or Neptune — — — — — T Air vehicles — — — — — S

6. Peril — — N — — — Stiletto — — G — — —

7. Have faith in T — — — — Outer layer C — — — —

8. Baryshnikov's forte — A — — — — Pistol ammo — U — — — —

9. Glue — — — — T — — Behind the times — — — — S — —

10. Fire starter — — — — N — — Trifle with — — — — R — —

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- ering the air brake?
9. BIRTHSTONES: What is February's traditional birthstone?
10. MATH: What is the Arabic equivalent of the Roman numeral CMXC?
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. A building material
- that is made of dried earth and straw.
7. Asclepius
8. George Westinghouse
9. Amethyst
10. 990
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Answers

Highline actors are in the zone

By Monica Faasu
Staff Reporter

Audiences can expect silliness, horror, suspense and fun as they enter the Twilight Zone in the Little Theatre in Building 4.

This will be Highline's last drama production and as a finishing act, four drama students have taken on the responsibility to direct the final student-directed one-act plays.

The four plays are based on episodes from *The Twilight Zone*. They include: *Eye of the Beholder*, directed by Stephanie Mock; *A World of His Own*, directed by Chino Gonzales; *Will The Real Martian Please Stand Up?* directed by Josh Poe and *The Obsolete*, directed by Scarlett Larsson.

"This is it for us and so we've all decided to go big and not hold back. This was a great opportunity to show all of our creativity and just take risks," said Larsson.

She said their main goal is to keep the audience in suspense and make them feel the creepy and spooky aspect of the show, but also feel comfortable enough to laugh during many of the scenes.

All four directors have dedicated the majority of their time toward directing and performing in the shows.

Poe said he had to sacrifice more than just hours.

"I can honestly say that all of us directors combined have dedicated more than 1,000 hours just to prepare for the show. I even had to quit my job at Best Buy because directing was time-consuming," said Poe.

The Little Theater in Building 4 has been the only space available for rehearsals and so far, they've faced many challenges along the way.



Ipek Saday/THUNDERWORD

Highline students Cora Smith and Josh Poe will be performing as Mary and Gregory in *A World of His Own* directed by fellow Highline student Chino Gonzales on Wednesday May 28.

"In my play, we've only had four times to practice and I feel like the process was a bit rushed. If I were to redo this experience again, I would just stick to being the director and not act," said Poe.

"I am most proud of the challenges that I've faced while being a director and I'm also proud of everyone I've worked together with other students; by far this was the most rewarding," said student director Chino Gonzales.

"Every little decision has been a challenge and struggle. Also when each piece comes together it's really cool to see

how all of our crazy ideas come together. As all of the plays become one and fit together like puzzle pieces, I've become more and more proud because this is one piece I can call my own," said Larsson.

The Drama Department has helped some of the directors through college life and has been a memorable experience for all the directors.

"I'd like this play to be mine and so I consider this as an opportunity to show people what I'm capable of because I can't sing or draw and in general I'm just a really shy person. I've learned to take something that's

really classic and still putting my own twist on it so that it can reflect who I am," said Poe.

"For a surprise, we'll be adding really cool special effects. Everything is going to be in gray scale meaning that all the costumes are going to be in black and white and props are painted all gray," said Larsson.

The show begins at 7:30 p.m. and will run from May 28-31 in the Little Theatre in Building 4. Tickets are available for purchase at the door for \$8 general audience and \$7 for students (required with I.D.). Tickets are also available for purchase an hour and half before the show begins.

Singers and songs transport you to Vegas

By Monica Faasu
Staff Reporter

Centerstage! Theatre will end its season with a classical tribute to Frank Sinatra and the McGuire Sisters on May 25.

"We've been performing a tribute-style show for six years now, and so we thought it would be great to turn back time and perform from an era that was considered both classic and memorable to many," said Artistic Director David Duvall.

He said the environment will make audiences feel like they're in a tasteful Las Vegas nightclub scene.

"We definitely won't be including any nudity, but instead showcase great performers, great music and a great band," said Duvall.

Although rehearsals for the production began in January, time has been an issue for the performers.

"Time has just flown by and we're doing our best to make sure everything runs smoothly and on time. So far, time's on our side," said Duvall.

The tribute show is family themed, but may not connect to all age ranges.

"I would recommend teenagers and older to attend the show because of the maturity of the songs. It's possible that kids younger than 10 are more likely to be bored and fall asleep," said Duvall.

He said he hopes the audience members will walk away remembering legends from the past and notice how music from the past was skillfully written compared to the current music played on the radio.

"This opportunity will only come once, so come and be inspired," said Duvall.

The show will begin at 2:30 p.m. and ticket prices vary based on the size of the attending party. General admission is \$41 and groups of 10 and up are 40 percent off.

Tickets are available for purchase online at groupdev@centerstagetheatre.com or over the phone at 253-611-1444.

The show is at the Centerstage! Theatre, 3200 SW Dash Point Road, Federal Way.

'Days' mines comedy from tragedy

Review by Kayla Dickson
Staff Reporter

The end of the world is no laughing matter and Burien Actors Theater 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 coping with loss.

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

Performing in the play are Gemma Cody-Anders (Rachel), Brynne Garman (Sylvia), Mark Glad-

ding (Jesus/Hawking), Russ Kay (Arthur) and Brad Walker (Nelson).

Aside from Walker's goofy demeanor, and Gladding's occasional one-liners, the production 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 production dramatically, but it definitely could have used some more comedic touches.

For example, the relationship between Sylvia and Arthur could have had a more entertaining dynamic, as well as the Arthur and Nelson relationship.

Although this production may seem a bit off, it's not necessarily bad, just very different.

Older and more conservative 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 Brandon 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 Orsinger that made it more interesting 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 spacious 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 burienactorstheatre.org or call 206-242-5180.

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 Dorm Braman and the Seattle City Council were substantially uninterested in major league sports, Mullins said.

This was a time where most 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 Braman and other city officials reportedly seemed lackadaisical, Mullins said.

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



John Poore/THUNDERWORD

Author Bill Mullins spoke about Seattle's first baseball team at last week's History Seminar.

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 \$.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 churning 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 Soriano, who were good baseball minds, but lacked the necessary wealth to carry on the franchise, Mullins said. Seeking fi-

nancial 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 Foertsch 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 went 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 NWAACC title in the past six seasons. A Southern Region team has now captured the title in 23 of the last 26 seasons.

The Thunderbird women lost a pair of games Friday and were eliminated from the NWAACC 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' short-stop 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 .433 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 Thunderbird women, as they will return nine players next season.

"Expectations are still 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 Thunderbird 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 picks 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 from 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 as well."

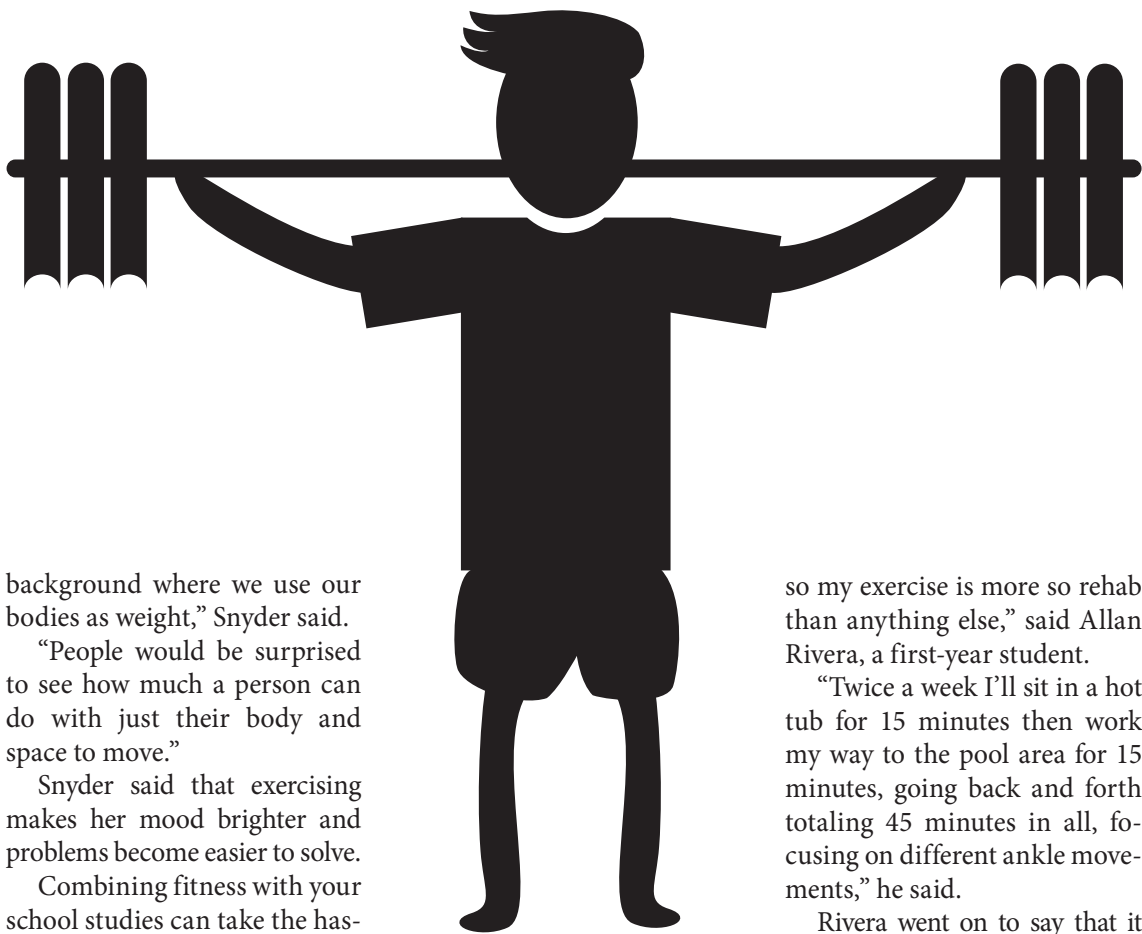
"My day becomes full of positive energy, which keeps me motivated to complete my classwork in a timely fashion," she said.

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

"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



Vinh Banh/THUNDERWORD

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 mood 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,"

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 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 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 improvement 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 each 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.

"As a cool down for me and the baby I would 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 on-line.

"Being able to do my work this way helps my stress levels stay 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.

'Being physically active is important to scholastic work because it allows your body to maintain the focus needed to do well.'

Amber R. Mosley,
Women's basketball coach

Rid those morning hiccups

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



(stomach acid going backward into the esophagus), also might be a cause.

The booklet on heartburn explains reflux disease. Readers can obtain a copy by writing: Dr. Roach – No. 501W, Box 536475, Orlando, FL 32853-6475. En-

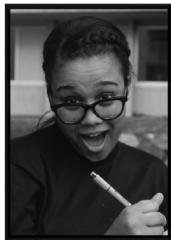
close a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475.

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Event offers leadership opportunities

By **Michaela Vue**
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.



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.

Dr. Kim is Korean-American. The Asian-American/Pacific Islander community is a broad term, but "It's often easy to overlook the commonalities," Dr. Kim said.

He said the commonalities allow the Asian-American/Pacific Islander community to gain a political identity.

"Collectively we are more visible," Dr. Kim said.

"I think it (AAPI month) represents an important step in the collectivism of the AAPI identity," Dr. Kim said.

He said the Asian-American/Pacific Islanders community is "stronger in numbers" because they are such a small group, even together.

"At its core, it's about bringing people with common links together," Dr. Kim said.

"I have to shed some of my ethnic identity to compromise," he said of the diverse Asian American Pacific Islanders community.

Although he has to give up part of his Korean identity, he feels that what he gains from other cultures is worth it.

Dr. Kim said so many differ-

ent people under such a large category is difficult because people think differently and will "butt heads" but that it is "ultimately more rewarding" to work together.

"I think it (AAPI month) is important, but it should be more," Dr. Ezeonu said.

She said she appreciates that Highline's global and diversity requirement give students the opportunity to learn more about Asian-American/Pacific Islanders history.

Dr. Kim said he would like Highline to expand the Asian American Pacific Islanders classes.

Both Dr. Ezeonu and Dr. Kim said that learning the history of these cultures is very important because it is a part of the American history.

"It's [American history] incomplete without it," Dr. Kim said.

"We came from great people," Dr. Ezeonu said.

Dr. Ezeonu said her parents raised her to be proud of who she is, and she teaches her children the same principle.

"That's why I went into high-

er education," Dr. Ezeonu said of how education influences the next generation.

"We live in a multicultural world, I think we should be aware," Dr. Ezeonu said.

Being informed helps us break down barriers and stereotypes.

"I think there is a model minority myth," Dr. Ezeonu said.

The model myth, she said, is Asian-American/Pacific Islanders are invisible, not heard and generally quieter.

Dr. Ezeonu said she is proud of the work that Highline and the AAPI Task Force have put into building the Asian-American/Pacific Islanders community. The Asian-American/Pacific Islanders is still a growing community on campus.

The AAPI Task Force hopes that students use the resources they have to "pay it forward," Dr. Ezeonu said.

For an application, email Ekk Sisavatdy at esisavatdy@highline.edu. The application can be emailed back to Sisavatdy or handed to him at his office in Building 6 in the High School Programs/ Counseling Office.

Computer science prof advocates for women

By **Keith Salo**
Staff Reporter

Tina Ostrander, a computer science professor at Highline, has found the code to her success and joy as a teacher: connecting with her students.

She said she feels a great pride in her student's accomplishments. According to professor Ostrander her favorite moments as a teacher are "when a student tells me that they got a job or are attending a university — that's awesome."

Professor Ostrander grew up in a small town in Idaho, named Kuna. She says that most people have probably never heard of it. "It is a small dairy town with one pizza parlor and lots of bars."

Her roots in Kuna took her to three colleges with three degrees. Professor Ostrander has a master of arts in theology and

a master of science in computer information technology and a bachelors in cognitive science. She has been teaching at Highline for 18 years.

Professor Ostrander is upbeat and enthusiastic. You can see the passion she has for teaching as she talks about technology and education.

Some of her hobbies are cooking, especially ethnic food, read-

ing and her newest interest is learning to play the guitar. 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 need mentors and women are

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.



Tina Ostrander

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Dam (Elwa): Don't mess with mother nature

By Jessica Beck
Staff Reporter

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.



Andie Munkh-Erdene/THUNDERWORD
Dr. Freilich is research coordinator at Olympic National Park.

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 it 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 from 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 extreme 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 turnaround 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. Frielich.

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 infinity with Erik Scott, a mathematics instructor. The seminar will be in Building 3, room 102 at 2:20 p.m.

Councilman wants students involved in local politics

By Carly Bowen
and Kevin Kinghorn
Staff Reporters

Students can make an impact in the government, a King County councilman said here last month.

King County Councilman Dave Upthegrove came to Highline on April 25 to help students know their way around state and county government and environmental laws.

Upthegrove represents SeaTac, Kent, Des Moines, Renton, Tukwila, Normandy Park and Burien.

"To become a county councilmember, you must be able to vote in that county and that is about it. There are no special prerequisites for being in the local government," Upthegrove said.

He said he wants more young adults to join forces with them and even run for a position.

"Most people think you have to be a certain age and have a lot of experience to run, but we need more young people to get a better perspective of what the younger generation wants and thinks," Upthegrove said.

There is a lot of room for change in local government, he said.

"State government sets the basic framework, but local government can go different directions with it," Upthegrove said.

Getting in contact with local government can



Dave Upthegrove

help get your word across when trying to make an impact in things you strongly believe, he said.

Upthegrove told students how to get in touch with local representatives, saying legislators or local representatives can be contacted through phone, Facebook, or assistants and secretaries. Facebook can be the most effective for elected officials because many are actively using their Facebook more than email, he said.

"If you want them to write a letter, if you want them to vote 'no' on something, if you even want them to learn more about something, ask for it," Upthegrove said.

If you want a bill supported and passed, building relationships with state legislators is a great way to gain support, he said.

"We are real people," Upthegrove said.

Upthegrove also said to make a larger impact with issues in the county, people need to all work together.

"Working together we can overcome any obstacle," Upthegrove said.

To see who your state legislators are, go to leg.wa.gov.

To see who your local councilmembers are, go to kingcounty.gov/council/councilmembers.aspx.

To get in contact with Upthegrove, you can e-mail him at dave.upthegrove@kingcounty.gov or visit his website upthegrove.com.

Even Exchange answers

1. Braid, Brain

2. Meager, Meaner

3. Alter, After

4. Scene, Scone

5. Planet, Planes
6. Danger, Dagger

7. Trust, Crust

8. Ballet, Bullet

9. Paste, Passe

10. Flint, Flirt

Weekly SUDOKU

Answer

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

King Crossword — Answers

Solution time: 24 mins.

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

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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

Spending a day on Facebook has once again fooled me into believing I have an actual social life.



Aaron Fields/THUNDERWORD

looked into whether people can even go three days without being connected.

This follow up seminar is “geared toward students’ relationships,” said Teela Fox-

worth, a communication professor at Highline.

The live discussion will be based on videos that show what comedian Louis C.K., 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 Bremen, 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!

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 identities.

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

Event urges students to rethink race

By **Keith Salo**
Staff Reporter

Using multiracial and interracial 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.

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- Bureau of Labor Statistics

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Choice

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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 prostitutes. They are victims."

Ruth Hill talked about myths of people in "the life" of prostitution.

There is a distinction between "child prostitute" and a prostituted child, she said.

The term "child prostitute" ignites a criminal-based response that blames the victim for their situation, whereas, "prostituted child" is a victim-based response.

"Establishing a common language is essential 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 children such as: Why don't they leave?

They are threatened, highly controlled, there is a sense of false love, and they are brainwashed, Ruth said.

"We need to stop seeing victims as criminals, because it's not her choice," she said.

A mother who knows this story all too well is Dianne 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 backyard," said Zoro.

Childs was a high school junior in the Running Start program.

She enjoyed music, dancing, writing poetry and was well liked in her community, said Zoro.

"We were very involved parents. In 2009 her father passed away. We don't know if she even knows if her dad passed away," she said.

The last communication her mother and friends had with Childs was around 3 p.m. that day.

"Her phone was dead and she never checked it again," said Zoro.

Some of the messages on Childs phone were from johns, she said.

A "john" is a person who pays for sex.

Speaking to groups of people brings out Zoro's insecurities, she said.

"You may wonder about my parenting skills. I'm not per-

fect, but I'm a good mother," Zoro said.

Ninety percent of all people in prostitution would leave the life if they could, she said.

At first, Zoro questioned the girls and asked why they would do something like that. However, the more she learned the less she believed it was their choice, she said.

Zoro drove up and down Pacific Highway in search of her daughter and discovered just how prevalent this was.

"I didn't really know about it until it happened to my daughter," she said.

Zoro warned the crowd and said that any girl can be taken, not just girls from poor or neglected homes.

"We weren't rich but we weren't poor either. 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 because 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 daughters suffer from Post Traumatic Stress Disorder and depression.

"We will never be whole until Danica is home," she said. "I will spend the rest of my life fighting this."

Zoro wants everyone to say, "not in my city" and for everyone to do a part in combating sex trafficking.

Alisa Bernard, a survivor of sex trafficking and a board member for The Organization for Prostitution Survivors, said

society needs to stop victim blaming.

Saying things such as, "what was she wearing?" or "what is her sexual history," are only adding to the problem, she said.

"There is a distinct correlation between early childhood sexual abuse and prostitution," said Bernard.

Victims of sexual violence are more likely to be re-victimized, she said.

Bernard said that prostitutes who escape the life suffer from PTSD, just like war veterans.

She said that 90 percent of prostitutes are controlled by pimps and 73 percent of them deal with physical assault.

Prostitutes are 40 times more likely to be a victim of homicide, said Bernard.

Grooming is when pimps get to know their victims and sell them a dream.

The first stage of that is called the honeymoon stage when they think they're in love and very happy. But, after awhile the tension builds, said Bernard.

"This is when you're not comfortable with some things, but you do it anyways because you think you love this per-

son," she said.

And lastly, there is the violent explosion of the relationship.

Bernard said she gets asked, "Well why did she go on a second date with him?" and her response was, "Well he probably didn't hit her on the first date."

Bernard said many sex trafficking victims suffer from Stockholm Syndrome, meaning there is a failure to self-identify. Young girls return to their pimp because they are in denial of what is happening, she said.

"If you asked me when I was in the life if this was happening I would've said no. Its too terrible to think about. I was in the life for four years and I've been out for eight and I just got help last year," Bernard said.

If you have any information on any missing children in your area you can call the National Center for Missing and Exploited Children at 1-800-843-5678. If you want more information on sex trafficking or if someone needs help, call the National Human Trafficking hotline at 1-888-373-7888. One can also visit www.seattleops.org/home/ or www.polaris-project.org/index.php.

Election

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students to encourage more students to vote," said Brown.

The winners said they plan to contribute ideas, unite students, and resolve issues. But each candidate had her own proposed agenda.

Yanez plans to create a good environment where students can share their experience and create social justice.

As president, Yanez said she will be driven by wanting to grow as a leader and is excited to work with students.

"I believe I can make a positive difference. I am not afraid to voice my opinions or stand up for what I believe in," said Yanez.

Vice President-elect Ruth Krizan wants to make sure people who walk the campus feel like they have a voice.

"In order to get students involved you have to ask the students for what they want, and how we can get them to come and be involved," said Krizan.

"If we want to change a circumstance for the better 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.



Dianne Zoro



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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.



Photos by Andie Munkh-Erdene

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?”



Ellen Bremen

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 ques-

tion 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. Look up from your phone every once in awhile because you never know what kind of a day people are having and how much just saying “hi” can change their day, she said. “Take a step out of your comfort zone,” said student Geoffrey 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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Safe

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STIs,” Dr. Manber said.

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

There are long acting reversible contraceptives, (LARCs) 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 disease 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 who practice contraception 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 its 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 STDs - 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 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 protection, 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 STDs 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.

“Some people 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.

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