

Highline reaching out to different international groups

By Daniel Taylor
Staff Reporter

Highline officials want to expand the global reach of its International Student Program by adding ethnic and cultural groups currently not represented on campus.

With a specialized team of recruiters and staff, Highline is seeking students from all over the world, adding a layer of diversity, said Kathleen Hasselblad, executive director of International Programs and Grants.

It is no secret that Highline is the most diverse college in the state.

Twenty-five countries are

represented in the international student community, with the major contributors being Japan, South Korea, Taiwan, China and Vietnam.

The numbers from these contributing nations will always be substantial, Hasselblad said.

"We're trying to find other pockets of students to spread the risk and increase the diversity," she said.

In fact, Highline began recruiting in the Thailand student market five years ago. Experiencing higher expenses due to recruitment costs for the first three years, Highline has broken even, due to fluctuations in recruitment numbers, and is

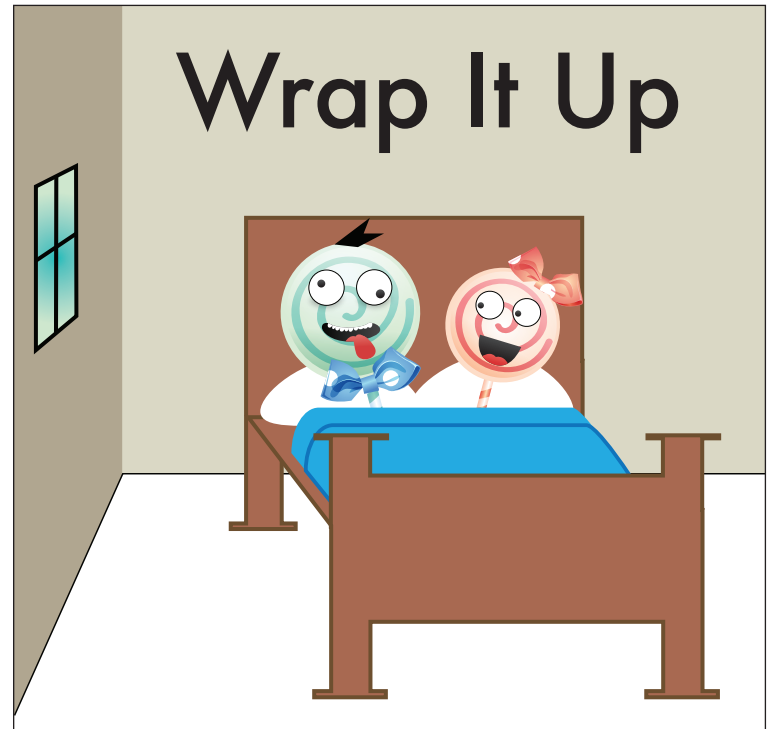
hopeful for a return in income this fall, Hasselblad said.

"We want to grow the market slowly for balance. We want to keep student numbers balanced by keeping less than 20 percent in any one country or group," Hasselblad said.

Though Highline has never been given a limit on the number of international students, the number that has been kicked around was 680 to 700 students, she said.

In order to generate success from recruitment numbers, Highline recruiters continually refine the presentation of

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Aaron Fields/THUNDERWORD

Sexual safety is healthy

By Kaylee Moran
Staff Reporter

Sex can have health benefits, but it's important to take precautions as well, experts say.

Having sex can mean different things to different people. For most college-aged students, it means vaginal intercourse. To some it means anal intercourse and to a few it means oral sex, said Dr. Michele Manber, human sexuality instructor at Highline.

The health benefits of sex happen from an orgasm, which "relieves stress, treats common sexual problems, relieves menstrual pain and can enhance sleep. Orgasm causes a surge in oxytocin and endorphins that may act as sedation," Dr. Manber said.

"Stress relief and deep intimacy with a partner are mental health benefits," said Teri Tomatich, a human sexuality instructor at Highline.

With stress relief, some may find it easier to sleep, which is an indirect benefit of sex, she said.

"But here is an interesting bit of research: male ejaculation has been found to have physi-

ological benefits for women, as well as for men," Tomatich said.

"In men, regular ejaculations help keep sperm morphology, form and structure, and semen volume within normal ranges, and the deposit of sperm in the vaginal canal has been found to regulate ovulatory cycles, enhance mood, and reduce vaginal atrophy, a decrease in tissue firmness, in aging women," Tomatich said.

"It is also cardiovascular exercise, which is always healthy, assuming you are taking precautions to avoid [sexually transmitted infections] and pregnancy," Tomatich said.

If you are sexually active and don't plan on having children right away, there are many options for you.

Many different methods of birth control are available. Some are more effective than others and they each have their own advantages and disadvantages.

"One thing to keep in mind is that some of the most effective methods of birth control are the least effective for preventing

See Safe, page 15

A woman in action

Award recipient fights back against physical and personal life events

By Issachar Nistran
Staff Reporter

Despite being adopted and living with epilepsy, Jessi Striegall doesn't let anything get in the way of her goals.

Striegall is a graphic designer for the Center for Leadership Service at Highline. She used to manage a bakery before she came to Highline to get her degree and work as a graphic designer. She was one of the 15 women honored at the 32nd annual Women in Action award ceremony on May 7.



Jessi Striegall

Striegall's birth parents were Portuguese and Irish.

"When I was 2, I was left on a church doorstep and given into foster care," said Striegall. "I was lucky that they were able to locate my extended family here in Washington."

Striegall was taken in by an aunt and uncle, and was later adopted by her aunt at the age of 7 after her aunt and uncle divorced.

"I had a fairly normal life growing up. I went to Tahoma High School and lived in Maple Valley," she said. "I was

always kept busy and my mom (aunt), worked full time and made sure to keep me in cultural events around the state."

She was diagnosed with epilepsy at the age of 12, and with tonic-clonic at the age of 16.

"I was lucky that my seizures were easy to control, but I still had to make sure to not do things that could cause them like flashing lights and sleep deprivation," Striegall said.

Epilepsy is a neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activities in the brain. Tonic-clonic are a type of generalized seizures that affects the entire brain.

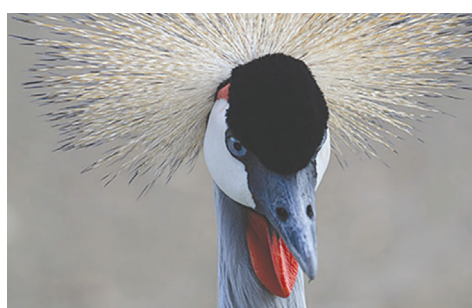
"The hardest thing about epilepsy is the side effects from the medication," she said. "It makes it harder to focus, remember things, and always makes me tired."

Striegall's goals are to get a

See Striegall, page 11

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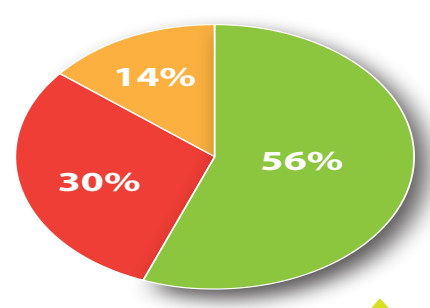
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Graduating students showcase their artistic talent



Page 10

Personal Fitness trainer hopes to play pro football



Page 12

Highline's budget still strong despite lower enrollment



End of quarter crime decline

This week's Crime Blotter is a bit sparse, a fact attributed to the looming end of the quarter with students "on their best behavior, focusing on finals and finishing up the quarter," said Campus Security Supervisor Richard Noyer.

Noyer said he sees a repeating cycle with crime dying down at the end of the quarter.

"When new groups of kids come into the neighborhood the crime goes up. When the kids grow up, get more mature, move or get caught, the crime goes down," said Noyer.

Another reason that helps the crime rate go down is because there are more patrols on campus, especially in areas with a higher crime rate.

Hit and run in East parking lot

A Honda Civic parked in the East lot was involved in a hit and run. The car was struck by an unknown vehicle and has damage to the driver side front bumper.

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

Weekly tips for campus safety

Campus Security has issued the following safety tips for walking:

- Before you leave a building, especially at night, know your destination and route.
- Have your car key out and in your hand before you leave a building so you won't be fumbling for your keys at your car door
- When possible, walk with a friend to your destination and on the lighted side of the street

Remember the Highline Security Escort Program. Campus Security offers a campus escort service for all students or staff.

Campus Security will escort students or staff to their destination free of charge. To arrange the escort service call Campus Security at 206-592-3218.

- Avoid bushy or overgrown walkways.
- Walk with determination
- Don't be "overloaded" with bags, laptops or backpacks

- Compiled by
Antonio Foster

Former Highline trustee dies at 94

By Rebecca Starkey
Staff Reporter

A former Highline trustee and successful local newspaper publisher died this week.

Gerald Stanley Robinson, known as Jerry, died in his home at age 94.

Robinson became a member of Highline's board of trustees in 1989 and was appointed by Gov. Booth Gardner. He served as a trustee for 10 years.

He was chairman from 1991 to 1992 and again from 1995 to 1996.

"I've had a wonderful experience at Highline. Our community has much to be proud of, and our college leads the list," Robinson said in a 1998 article in the Federal Way News after resigning.

Robinson was awarded an honorary associate of arts degree from Highline in June of 2008, for his service to the community and the college.

"We will miss his laughter and his persistence in being a local voice for making a positive difference in society," said Highline President Jack Birmingham in a campuswide email on Wednesday.

Robinson began his career in publishing at the age of 31 when he bought White Center News.



Gerald Stanley Robinson, also known as Jerry, was a Highline trustee and successful newspaper publisher. He died last Monday.

In 60 years he built a successful chain of community newspapers.

"Jerry Robinson always believed that he was the steward of the community newspaper, that the paper belongs to the people who lived there and that the role of the paper was to notice the lives of those people," said Ken Robinson, the associate publisher and managing editor of Robinson Newspapers, and son of the late Jerry Robinson.

Ken Robinson said his father was successful because he got up each day believing something good would happen.

"He was an eternal optimist. He combined that outlook with hard work," Ken Robinson said.

"I would like people to know that Jerry Robinson was an honest man who could make everyone he met feel special because he was truly interested in knowing about people. He also

believed deeply in being useful to the world," Ken Robinson said. "He was very generous and often helped people.

Many successful writers and editors got their start at Robinson Newspapers, said Cyndi Upthegrove, executive director of the Highline Historical Society.

Robinson was invested in several aspects of the local community, including the Highline Historical Society.

"He was a member of our board of trustees," said Upthegrove.

Upthegrove said Robinson supported and contributed to the society and its specific programs.

"He had a huge impact on our community," she said. "He loved our community."

Upthegrove described Robinson as a man with thousands of friends, who "never held a grudge."

"He was terrific. He was smart. He was knowledgeable about the community," Upthegrove said.

Upthegrove said the Highline Historical Society is hoping to open an exhibit centered on Robinson Newspapers in the near future.

"We're really going to miss him," she said.



News Briefs

Be empowered with Business Club

Highline's Business Club is hosting Empowered: From Fearful to Fearless on how to successfully transition from school to a career.

The event will include guest speakers such as State Rep. Linda Kochmar, R-Federal Way, and also speakers from Delta Airlines, Washington Financial Institution, and the Employment Security Department.

Empowered is today, Thursday, 11:30 a.m. to 1:30 p.m. in the Mt. Constance room of the Student Union.

Empowered is open to all students, staff and faculty, and full lunch buffet will be provided.

Donate, receive clothing for work

Highline is accepting donations of gently used professional clothing in order to benefit graduates and students seeking employment.

The Conference Services office in Building 1 will be accepting donations until Tuesday, June 3.

If you are in need of professional clothing, the donated items will be distributed Wednesday, June 4, in Building 2 from 11 a.m. until 3 p.m.

For more information, contact Jean Munro, Women's Programs coordinator, at jmunro@highline.edu or Rachel Collins, hospitality services manager, at rcollins@highline.edu.

Watch 'Mr. Nobody'

Mr. Nobody will be shown this week by the film studies program for this week's Movie Fridays.

Mr. Nobody is a science fic-

tion drama about a boy making a choice that can lead to multiple alternate paths in life.

Mr. Nobody will be shown this Friday, May 30, at 12:30 p.m. in Building 29, room 104.

Speak your language at commencement

Highline is looking for students who speak different languages to say a short welcome message in their native language. Students must be eligible for graduation, and walk at the commencement ceremony.

Speakers will get to sit in the front row and be the first stu-

dents to cross the stage.

Highline already has speakers for Mandarin, Taiwanese, Japanese, Tagalog, Vietnamese, Spanish, Burmese, Korean, Amharic, Bosnian, French, and Moba.

If you speak a language different than these and would like to speak at commencement, contact Ameer Moon, the associate director of International Student Programs, at amoon@highline.edu, with your name, phone number, email address, and language you wish to speak.

Speakers will also need to attend a training session on Friday, June 6 at 1 p.m. in the Mt. Constance room.



Turn your two-year degree into a teaching career.

Heritage University lets you turn your AA or AS degree into a Bachelor of Education right here on campus at Highline Community College. For details, visit us in Building 9 at Highline or email seattle@heritage.edu.



Heritage University

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Remembering those who gave



Bailey Williams/THUNDERWORD

Last Thursday in front of Building 6 Highline faculty, staff, and students held a tribute to fallen service members who died fighting for the United States. Many towns claim to be the birthplace of Memorial Day such as, Boalsburg, Pa., Waterloo, N.Y., Charleston, S.C., Carbondale, Ill., Columbus, Miss. There are also multiple stories of why Memorial Day was started one of them was that it was a day to decorate the graves of the fallen soldiers with flowers. And it is believed that date was chosen because flowers would bloom all over the country. Another story was that the first Memorial Day-type observance was in Charleston, S.C., on May 1, 1865. Around 257 Union soldiers who were held prisoner were buried in unmarked graves. Black residents of Charleston organized a May Day ceremony and cleaned up and landscaped the burial ground where they brought flowers to lay on the burial field. No matter what the story is behind Memorial Day the meaning behind the day stays the same: to honor those who have made the ultimate sacrifice for their country.

Mingle with different faiths

By Richard Jensen
Staff Reporter

Daniel Couch looked around at the diversity at Highline and wanted to see people as more than just demographics and categories.

As a result of his vision he has started a club for people of every religion and creed to come and discuss their different views of the world and spirituality.

The club, called Learning Together: Spirituality and Service, meets every Tuesday and Thursday at 2 p.m. in Building 19, room 206, and will continue into next fall.

This diverse group of students sits down together and discusses some of life's biggest questions, from each of their individual perspectives.

"Spirituality is a great way to

bond, and these are the kind of conversations people aren't always comfortable coming up with on their own," said Couch. "It's really cool getting to have these different discussions with peers."

The new club appears to have created a very uncommon social environment where peers can discuss some of life's biggest questions with people they may have never met at Highline.

Recent discussions have included heaven, hell, or the mere existence life after death. Some students said that they don't believe in it, while another said he had seen it. These different views are what form the base for a deep conversation.

"We share different stories from our religions, we do art, and we discuss and analyze quotes and the meanings from our own understandings," said Couch.

These meetings have attracted a very diverse group of students. Atheists, Christians, Muslims, Bahais, Taoists and students of other faiths have all taken part in these meetings. A half dozen or so students attend a typical meeting, which may last anywhere from an hour to as much as two hours.

Oftentimes these students will sit down together and analyze a quote or a verse from any faith's important texts. Then they talk about what this means to them, from their own religious context.

"There's a lot of insight from person to person," said Couch.

The club's final goal for the year is to participate in a service project. "That I have a strong feeling is going to happen," said Couch. "Come on in, it's open to everyone."

Professor finds purpose in cave

By Ed Hones
Staff Reporter

Dr. Adrienne Cochran found a deeper meaning in her life by observing pack rats.

Dr. Cochran is a part time professor in Highline's philosophy department. She has been teaching philosophy for many years but she hasn't always been the well-traveled philosophy professor you see today.

"I was born in Texas and went to college in Texas," Dr. Cochran said. "I was very sheltered there. I didn't have any exposure to other cultures, which I longed for."

While an undergrad at University of Texas, she had an experience that awakened a passion for philosophy, she said.

She said she took a summer job at the Grand Canyon. "I moved to the Grand Canyon for a summer. It was an eye-opening experience. It broadened my horizons in many ways," she said.

She said while she lived and worked at the Grand Canyon her and her friends would spend much of their time exploring the natural wonders of the canyon.

"We cut a deal to have the same day off. We took a cut in pay so we could explore the canyon together," she said.

She said the beauty of the canyon was breath taking.

"It was amazing. It literally never looked the same twice," she said.

During one of her expeditions she said she had an uncommon experience.

"We were hiking near a creek when a flash flood struck. We had to duck into a cave which was inhabited by pack rats," she said. "As

the water rose, more animals came in to seek shelter. Animals that would usually be enemies sat together peacefully with a common goal."

She said the feeling of togetherness was palpable.

"There was a real connectedness. It was touching," she said.

She said she developed a deeper understanding of what she wanted to do with her life while living there.

"I came back realizing that I wanted to do what I had a passion for, not just work for a paycheck. My pas-

sions lie in philosophy" Dr. Cochran said.

After graduating from University of Texas she moved to Hawaii where she attended the University of Hawaii and became a Doctor of Philosophy.

"After receiving my Ph.D., I started teaching philosophy at the University of Hawaii and Transpacific Hawaii College," Dr. Cochran said.

Transpacific Hawaii College was a private junior college located in Hawaii that catered to international students, primarily from Japan, Taiwan and Thailand.

"Teaching at Transpacific, I was immersed in Asian culture. It was eye opening," she said.

She said the Asian cultures she experienced valued education and family differently than what she was used to in the states.

"They have coming into college ceremonies. Everyone would gather at the airport and celebrate the arrival of a new student. It was quite a special thing," she said.

Since discovering her passion for philosophical thinking and experiencing different cultures, Dr. Cochran has been able to travel around the world.

"I've been able to go to a couple different countries," she said.

Her travels include India, Malaysia, Thailand, Japan and Vietnam.

"India is a spiritual place," she said. "It's an amazing mix of heart wrenching poverty and profound spirituality. It's beautiful."

She said she has gained perspective from her travels.

"I've gained a better appreciation for the diversity of the world and the ability to be open to different approaches than what I'm used to," Dr. Cochran said.

Dr. Cochran also teaches philosophy at Green River Community College but said she likes Highline.

"It's hard to make a living as a part-time professor so I take the work that is available," she said. "I would like to someday become a full-time professor at Highline but I'm happy with where I am right now."

Dr. Cochran said her priorities remain in teaching philosophy.

"I want to continue to work on my academic interests that are useful. To help people understand one another better. Perhaps even make better decisions in general," she said. "That is my primary goal."



Dr. Cochran

Students prefer efficiency nowadays

Emergency or not, the college needs to step up its game on how it communicates non-emergency, but important, information to students.

For years Lowe’s has been in a battle against the Highline students who park in their parking lot, but now it seems they’ve taken our advice and won by indefinitely towing.

But Highline’s attempt at providing this information to its students was a far cry from being efficient.

From emails and campus posters to something known as digital signage, the message did not efficiently reach the full student body and 15 student cars were towed.

If only the college could find a quick and easy way to distribute information that doesn’t require a student to constantly check their email.

Well that sounds very familiar. The emergency alert system used at Highline reaches students on their phones when on-campus emergencies occur. Why not use this system for things as important as student cars being towed?

This may not be an emergency but, when a student who is trying to save a couple bucks by parking at Lowe’s comes to find out they are going to need to pay a \$240 towing fee to repossess their car, it should be considered an emergency.

Emergency Management Coordinator Francesa Fender said using the emergency alert system for anything but emergencies would create a “boy who cried wolf” effect on campus, causing students to unsubscribe from the system.

Sadly this is not true. In today’s minimalist and technology-driven world, the less you have to do, the better.

Studies have shown that use of Facebook and email has diminished among college students while simple apps like Instagram and Twitter have increased. Apps like Instagram and twitter send notifications straight to student’s phones like a text message, allowing them to almost instantaneously get the latest news and reply to it the second they get it. Because of this, subscriptions to these have skyrocketed, while websites like Facebook and email with interfaces that bombard you with options and require to put in a bit more effort have lost a chunk of their younger users.

Perhaps the school can simply have two separate but similar systems like the emergency alert systems. One can be for emergencies while the other can be for important non-emergency information.

This way if students do get sick of the notifications and choose to unsubscribe, they unsubscribe from one and not the other, avoiding the risk of not receiving emergency information.

Have something to say?

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns.

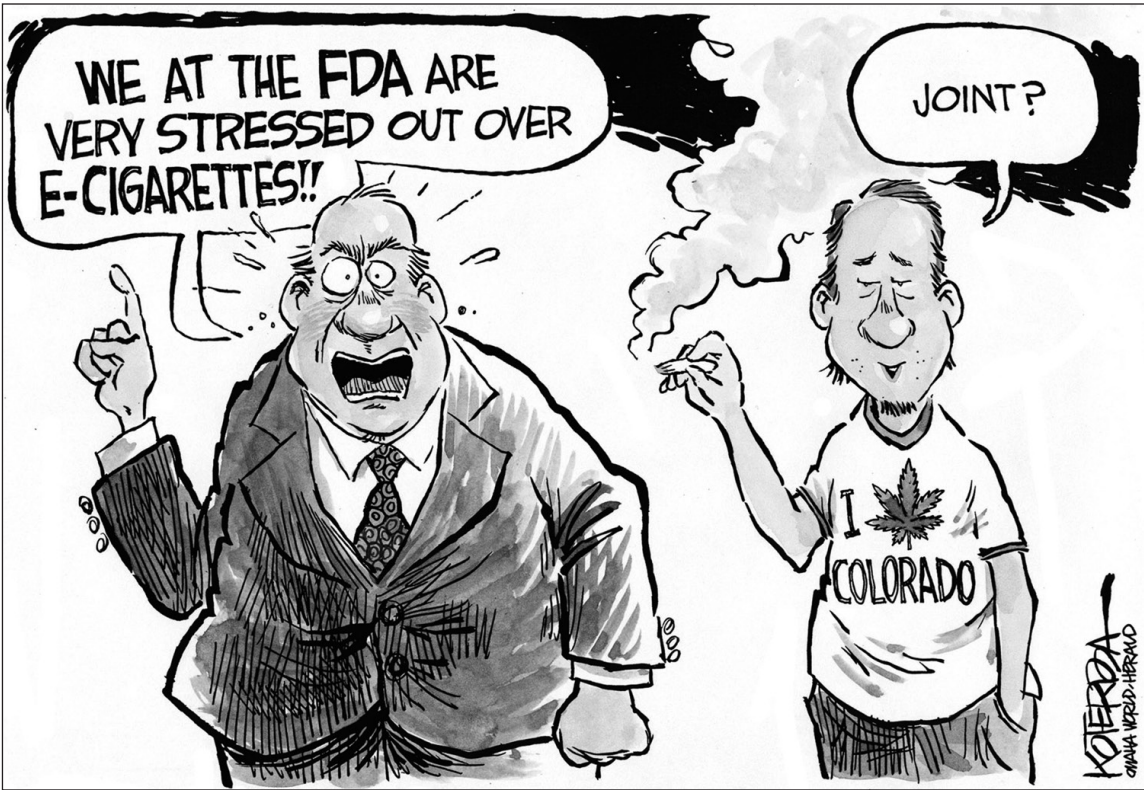
Students may submit thoughts, comments, concerns and complaints on what’s happening on campus to articles written by the Thunderword staff reporters.

Letters to the editor should be about 200 words, columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

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

Write to us!



A dog can’t do a lot with a lemon, and neither can I

Everyone knows the common saying, “when life gives you lemons, make lemonade,” but what are you supposed to do when life hands you dirty, rotten, unusable lemons? Lemons that could never possibly be used to make lemonade?

This is the saying people use to be optimistic, but sometimes life doesn’t work in an optimistic way. Sometimes you’re in a situation that you feel couldn’t possibly get worse and you have no idea how to get out of it.

Sometimes that situation isn’t going to get better and all you can do is deal with the facts and get through it.

Like when you need to come up with a minimum of \$3,000 by yourself or your dog will lose his ability to walk. In situations like this maybe yes, you can come up with \$3,000, but for me it’s different.

My family already struggles to live comfortably, my father is the only one who works and neither me or my brother make enough money combined to come up with \$3,000.

When you face a choice like this it honestly feels like you’re stuck, deep in a hole you can’t get out of.

I had to face reality and contemplate that maybe my dog would be better off euthanized. But thanks to compassionate veterinarians I was given a cou-



Commentary

April Pacheco

ple of days to look at my options. I desperately sold off things of value and came up \$1,500 short.

Although my dog did not receive the procedure he needed, he came home, stuck in a cage, unable to walk and probably not as happy as he used to be. I selfishly told myself there was no need to euthanize him and now he sits doped out on pain meds instead of running in the wind like he used to.

After I brought my dog home, I must deal with the fact that I may or may not be able to get the money I need for him to be able to walk again. The small window of opportunity he has to regain his legs is rapidly shrinking leaving me with the sadness that he may never walk and he may never understand that.

What you have to deal with is not the situation but the fact

that there really isn’t anything you can do but learn from it.

When you come to a point like that in your life, it’s OK that there really isn’t much you can do. When you don’t have many options or none at all it’s OK to be sad and understand that this will not get better.

You obviously can’t make lemonade with this lemon but you have to keep going on and learn from it. Take the seeds out of that rotten lemon and grow a lemon tree. Learn from that situation even if you didn’t know what to do while you were in it and you felt stuck. Take that experience and learn from it for other situations.

Deal with the consequences, get over a break-up, grieve as long as you want, file bankruptcy, whatever the situation you’re in is, just remember that you still have many other lemons life has been offering all along.

If my dog who sits in a cage all day waiting to be taken out for a potty break can deal with this until maybe things get better, I should also be able to face reality. But until then I should follow in his footsteps and enjoy his company whether he will be able to walk or not.

Next time you’re in a situation where you don’t know what to do, take a deep breath, and remember it’s totally OK to just have nothing left to do.

the Staff

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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. Door knocker is missing. 2. Pocket is missing. 3. Plant is different. 4. Shirt is different. 5. Chimney is missing. 6. Lamp is missing. 7. Plant is different.

Weekly SUDOKU

by Linda Thistle

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

Trivia test

by Fifi Rodriguez

1. MOVIES: What animated movie was promoted as “the greatest fairy tale never told”?

2. BIBLE: What is the fifth book of the Pentateuch in the Old Testament?

3. ART: Where is Leonardo Da Vinci’s masterpiece “The Last Supper” displayed?

4. ANATOMY: What causes a hiccup?

5. U.S. PRESIDENTS: Who was the shortest U.S. president?

6. LITERATURE: Who wrote the novel “The Russia House”?

7. MUSIC: What 1960s rock star lit his guitar on fire while performing?

8. GEOGRAPHY:

King Crossword

ACROSS

1 Space

4 Angels’ illuminants

9 Total

12 Past

13 Vote into office

14 Gorilla

15 Moon, for instance

17 Youngster

18 CDs’ forerunners

19 Winter weasel

21 Easter egg container

24 Golf props

25 “The — Daba Honey-moon”

26 Water barrier

28 Vaults

31 On pension (Abbr.)

33 In medias —

35 Tragic

36 Speaks unclearly

38 Guy’s counterpart

40 Away from WSW

41 Regretted

43 Maestro, e.g.

45 Wisconsin, the — State

47 Slight amount

48 Genetic messenger

49 Duke Ellington classic

54 Whatever number

55 “Excavating for —”

56 Trouble

57 More (Sp.)

58 Subsided

59 Ram’s mate

DOWN

1 Petrol

2 Khan title

3 Cauldron

4 Lent a hand

5 Outstanding athlete

6 Islander’s neckwear

7 Group of

8 Cordwood measures

9 Content

10 “Once — a time, ...”

11 Apportion (out)

16 Wapiti

20 Anthropologist Margaret

21 Behind — (in jail)

22 First victim

23 Halves of weekends

27 “Little Women” woman

29 Sea eagle

30 Prognosticator

32 Pharmaceutical

34 Cracker type

37 Teeter-totter

39 Tilted

42 Pulitzer Prize category

44 Find 9-Across

45 “Dracula” author Stoker

46 Actress Paquin

50 Can material

51 Have bills

52 Depressed

53 Shelter

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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. Inn	— O — — —	Windowsill, e.g.	— E — — —
2. Wanted sign	— — S — — —	Train attendant	— — R — — —
3. Use a loom	W — — — —	Depart	L — — — —
4. Away from school	— B — — — —	Agreement	— S — — — —
5. TV’s predecessor	— — D — —	Proportion	— — T — —
6. Food formula	— — — — P —	Narrate	— — — — T —
7. Nearby	— L — — —	Picked	— H — — —
8. Fail to remember	— — — — — T	Faked a signature	— — — — — D
9. Fairhaired	— — O — —	Flavorless	— — A — —
10. Fad	— — — Z —	Long for	— — — V —

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Where is Stonehenge located?

9. GENERAL KNOWLEDGE: When was the Lincoln Memorial dedicated?

10. SCIENCE: What is kinetic energy?

Answers

1. “Shrek”

2. Deuteronomy

3. The Santa Maria delle Grazie convent in Milan

4. Involuntary contraction of the diaphragm

5. James Madison at 5

feet, 4 inches

6. John Le CarrŽ

7. Jimi Hendrix

8. England

9. 1922

10. Energy of movement

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Microwave peppers turn gourmet



You can use your microwave oven to prepare everything from appetizers to desserts. It's also energy efficient, as it won't heat up your kitchen and also helps to retain more nutrients in your foods during the cooking process. In some cases, a microwave is the best way to cook a dish, especially vegetables, because they'll have a better taste and texture.

The history of the microwave oven goes back to 1946, when Dr. Percy Spencer, an electronics genius and war hero, was touring one of the laboratories at the Raytheon Company. The company was testing a vacuum tube called a magnetron, the power tube that drives a radar set. As Dr. Percy stood in front of the "radar box," a candy bar in his pocket melted.

Dr. Percy tried other experiments with food, including using popcorn kernels. He designed a metal box around the magnetron with microwave power. Engineers developed and refined the idea, and the first commercial microwave oven hit the market in 1947. However, original response was not very good, and it wasn't until 1975 that a microwave oven was created for the consumer kitchen.

I encourage you to read the instruction book that came with your microwave. It's the easiest way to find out how to use all of its functions. I especially love my microwave's warming oven feature. It cycles on and off, so I can hold dinner for my husband when he's running late, or keep a casserole dish warm during the holidays.

When cooking on any power level other than HIGH, the oven



Photo by Phil Curry, www.phillights.com

Stuffed bell peppers make for a quick, healthy, and delicious meal.

cooks by cycling power on and off, so the energy has a chance to move through the food without overcooking it. MEDIUM and LOW power are generally used to soften, melt and defrost foods, while HIGH is usually used for cooking. Carefully follow the recipe when using your microwave, and you'll have beautifully cooked meals each time!

This recipe for Quick Stuffed Bell Peppers is easy to assemble and cooks in minutes. It also freezes well, so double the recipe, and when you're pressed for time, you'll have a homemade, microwave meal in minutes!

QUICK STUFFED BELL PEPPERS

8 bell peppers, tops removed and cut into a small dice, white membrane and seeds removed and discarded

1 cup shredded Monterey Jack cheese, divided

1 pound lean ground beef

or turkey

5 crackers, crushed into fine crumbs

1 egg, slightly beaten

1 (3 ounce) package dehydrated onion soup mix

1 tablespoon steak sauce

1 teaspoon Worcestershire sauce

1 teaspoon salt

1 teaspoon black pepper

Tomato Sauce Topping:

8 ounces tomato sauce

2 tablespoons salsa

1 teaspoon salt

1 teaspoon black pepper

2 tablespoons brown sugar

1. Using a large bowl, gently mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper.

2. Stuff the prepared peppers with the ground meat mixture

and stand upright in a lightly greased 12-by-8-by-2-inch baking dish.

3. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

4. Cover with microwave-safe plastic wrap; fold back small edge for steam to escape. Microwave on high 12 to 15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with remaining cheese. Serve with a side of rice and a salad.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Chicken Caesar is quick and easy

Make dinner for your family in just 10 minutes.

12 ounces chicken-breast tenders

1 tablespoon vegetable oil

1/4 teaspoon salt

1 bag (7.5 to 10 ounces) regular or reduced-fat Caesar salad kit

1 bag (5 ounces) baby romaine or baby spinach leaves

3/4 cup matchstick-thin carrots (about one-fourth 10-ounce bag)

1/8 teaspoon coarsely ground black pepper

1. Heat ridged grill pan or heavy 10-inch skillet over medium-high heat until hot but not smoking.

2. Meanwhile, in medium bowl, toss chicken with oil and salt.

3. Add chicken to grill pan or skillet and cook 4 to 5 minutes or just until chicken loses its pink color throughout, turning over once.

4. While chicken is cooking, in large bowl, toss lettuce, dressing, croutons, and Parmesan from Caesar salad kit with romaine and carrots.

5. Add chicken to salad and toss again. Sprinkle salad with coarsely ground black pepper.

TIP: Have a little extra time? Add cherry tomatoes that have been cut in half and sliced cucumbers to greens when tossing. Use your vegetable peeler to make thin shavings of fresh Parmesan cheese to garnish the top of the salad.

¥ Each serving: About 250 calories, 22g protein, 3g carbohydrates, 14g total fat (2g saturated), 2g fiber, 60mg cholesterol, 435mg sodium.

•Five-Minute Desserts: Serve halved red and green seedless grapes with a dollop of sour cream topped with coarsely chopped crystallized ginger or preserved ginger in syrup.

•Melon cups: Toss 1-inch chunks of honeydew and cantaloupe with fresh lime juice and honey. Garnish with a twist of lime peel.

•Broiled Amaretti plums: Place fresh plum halves, cut side up, in ungreased broiler-safe pan. Sprinkle with crushed amaretti (almond flavored) cookies and broil just until crumbs have lightly browned and plums are tender. Great with peeled peaches, too.

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Get your bread drunk for the best flavor

I'm a teetotaler by choice. But I'll tell you this -- this bread will be on the menu as often as I can get my hands on nonalcoholic beer

3/4 cup nonalcoholic beer

1/4 cup water

Sugar substitute to equal 2 tablespoons sugar, suitable for baking

2 tablespoons Dijon Country Mustard

2 tablespoons reduced-



by Healthy Exchanges

calorie margarine

3 cups bread flour

1/2 teaspoon table salt

1 1/2 teaspoons active dry yeast

1/2 cup purchased real bacon bits

1/4 cup chopped green onion

1. In baking pan container, combine beer, water, sugar substitute, mustard and margarine. Add flour and salt. Make an indentation on top of dry ingredients. Pour yeast into indentation.

2. Follow your bread machine instructions for a 1 1/2-pound loaf. Add bacon bits

and onion when "add ingredients" signal beeps. Continue following your machine's instructions.

3. Remove loaf from machine and place on wire rack to cool. Makes one 1 1/2-pound loaf. Freezes well. Makes 12 servings

¥ Each serving equals: 146 calories, 2g fat, 6g protein, 26g carb., 348mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch.

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This pen and ink drawing by Kimberly Peterson is one of the many works that will be displayed in thie year's Portfolio Show.

Graduates illustrate their best work in portfolio show

By Antonio Foster
Staff Reporter

Highline's Portfolio Show will showcase the talents of students from the Visual Communications Department on June 2 and 3.

The show will feature 40 to 60 graduating students from the professional technical programs on campus. These programs include graphic design, art, drafting, photography and interior design.

There are two types of awards that will be given to the best presentation in each department.

One of which is a People's Choice Award where audience members will have a chance to vote for their favorite presentation.

The second award is an In-

dustry Choice Award as chosen by professionals in the graphic design field.

All winners will receive certificates.

This is the second year of the combined portfolio show at Highline. The Portfolio Show is used to showcase the skills graduating students have learned throughout the year, said Arts and Design Program Manager Tamara Hilton.

"It takes all of us instructors and students to put on the show," said Hilton.

Helping Hilton are instructors Diana Boyd, Tracy Carrera, Michael Sladek, Tony Sittner and Andrea Tompkins.

All the students' presentations will be project related, meaning the students will be presenting their older projects

that were fixed up. Students will have a chance to meet industry professionals and potentially get an internship or job.

Hilton said "seeing the students progress" is the best part of the show for her.

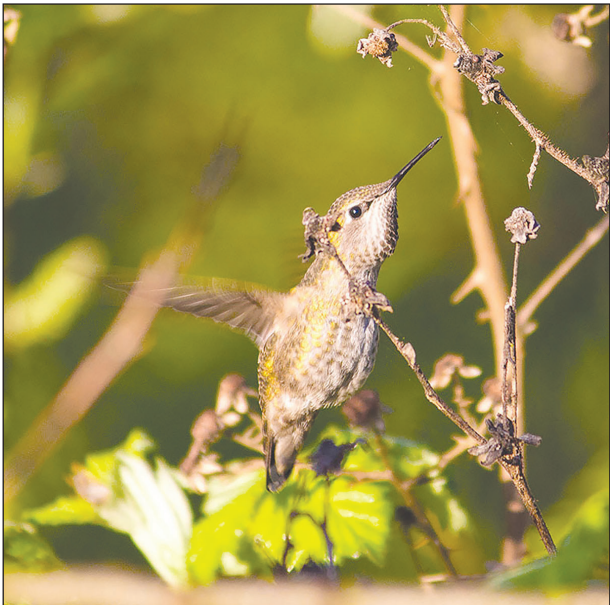
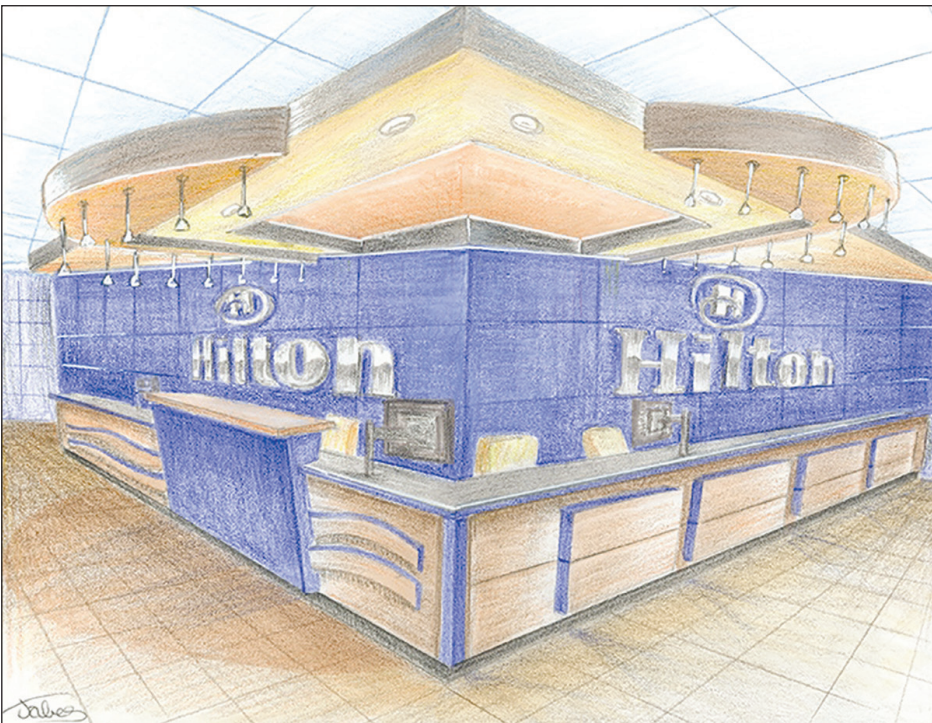
"I care about students who want to be successful. If they put in the time I will too," she said.

The Visual Communications is a two year degree program that preps students for jobs. It offers associate of applied science degrees in graphic design, interior design and 3D design.

The Portfolio Show is open to the public. Admission is free. Hours for the Portfolio Show are 9 a.m. to 4 p.m. June 2 and 5 p.m.- 8 p.m. June 3. It will take place in the Mt. Constance and Mt. Olympus rooms of the Student Union.



*Pen and ink
by Jaber
Kathem Tofan*



*Photos by
Neil Hall*

New sculptures to tempt visitors



Sculptures such as The Leaking Vase by Anries Breedt can be found throughout Des Moines’ Marina District.

The Art on Poverty Bay presents sculptures created by local artists in an attempt to attract people to Des Moines for business and pleasure

By Amy Sato
Staff Reporter

Sculptures are springing up this summer in hopes of attracting more visitors to Des Moines. The Art on Poverty Bay is an ongoing outdoor sculpture garden project, created for the enjoyment of the people of Des Moines as well as visitors to the area.

“The main reason for the Art on Poverty Bay is to draw people from outside the city to look at the sculptures, and hopefully stop by the other restaurants and shops around the area and to bring business and prospective home buyers to Des Moines,” said Shannon Kirchberg, the facility and events coordinator for Des Moines.

“The sculptures change every year, which can bring more people to look at the new sculptures,” said Kirchberg.

Kirchberg said that there was no specific theme this year except for a general theme of Des Moines since all of the artists are from there.

The 2014 sculptures include works by artists Sabah Al-Dhaher, Karsetn Boysen, Andries Breedt, Dam Klennert, Lin Mcjunkin, Leo E, Osborne, Pat Mcvay, Kris Vermeer, and the Puget Sound Skills Center Welding Class.

“We have returning artists from last year, which include Leo Osbourne with his sculpture *Expecting to Fly*, Lin Mcjunkin with her sculpture the *Kelp Totem*,” said Kirchberg.

“The only ones (sculptures) that are currently up are the three that were from last year, which include Andries Breedt with his sculpture *The Leaking Vase*, located at the South

Marina Park, and Kartsten Boysen’s sculpture, *The American Venus*, located on 216th and 20th Avenue,” said Kirchberg.

“There are no prospective buyers yet, but last year the sculpture that sold was the Yakutat seal pup by Gretchen Daiver,” said Kirchberg.

The Yakutat was purchased by special donations. It will remain in the city as a memorial to Clark Snure, who was a metal artist and a long-time activist in Des Moines with the Legacy Foundation, Rotary, and the Arts Commission.

Another sculpture, *Graduated Progression*, at South 227th Street and Marine View Drive South, is a gift from the Puget Sound Skills Center’s Welding Class.

The Puget Sound Skills Center is a school that offers career and technical education for high school juniors and seniors in the High-line School District.

“There is a grand total of 12 sculptures, which include the three that were there from last year and the nine that will be put up this year,” said Kirchberg.

“It’s a great project that we hope to grow every year to help bring people to Des Moines,” said Kirchberg.

Many of the pieces on display are available for purchase through the Des Moines Arts Commission.

The Art on Poverty Bay Ribbon Cutting will be on Saturday, June 21 at 11 a.m. to Noon at the Des Moines Marina Promontory. For more information go to www.desmoinesartscommission.com or call 206-870-6527.

Strawberry Festival offers fun for the whole family

By Carly Bowen
Staff Reporter

Burien is offering a juicy menu of events as it kicks off its annual Wild Strawberry Festival next month.

This year’s Wild Strawberry Festival will be Saturday, June 14, 10 a.m. to 6 p.m. and Sunday, June 15, 10 a.m. to 4 p.m.

“We have many activities for the whole family to enjoy,” said Gina Kallman, an event planner from Burien Parks and Recreation.

The spring carnival days are on Thursday, June 12, 3--11 p.m. and midnight, Friday, June 13, 3--11 p.m. and midnight, Saturday, June 14, 11 a.m. to 11 p.m. and Sunday, June 15, 11 a.m. to 11 p.m.

“There will be games and activities at vendor booths, hands on art booths, face painting, and the spray park [a water park] will be open during the whole festival,” said Kallman.

“The bubble man will be at the festival on Sunday between 2 p.m. and 3 p.m.,” she said.

Band-A-Palooza, a two day-long concert, is going on from Saturday, June 14, 10 a.m. to 6

p.m. and Sunday, June 15, 10 a.m. to 4 p.m.

This year’s schedule contains more than 15 performers. Bands include The Not It’s, a children band; sponsored by KCLS; Show Brazil, a Brazilian music and dance group; and the Boeing Community Band.

“Don’t miss the symphonic

rhythms and sounds from across the region,” said Kallman.

The Father’s Day Car Show is on Sunday, June 15, 10 a.m. to 4 p.m. A chili cook-off accompanies the car show.

“Now in its 12th year, this annual event features lean mean cruisin’ machines and has become a perfect date with

Dad,” said Kallman.

“Local restaurants and shops opening their doors for food and drink and in-store specials, a Chili Cook-Off, and great cars. This will surely be a fun filled day,” she said.

All events will be in Burien’s Town Square Park on 5th Avenue Southwest, between

Southwest 152nd Street and Southwest 150th Street.

The purpose of the festival is to welcome the start of summer.

“We want to create a fun and diverse event that brings fun activities, arts, and food to the community,” Kallman said.

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When the moon hits your eye, that's Arcturus

By Ipek Saday
Staff Reporter

Highline will get to take a stroll in the moonlight when it cracks open this year's volume of Arcturus.

The Arcturus is a student-created volume of creative writing, from poetry to essays to short stories. Students, staff, faculty and alumni have the opportunity to write original pieces and submit them to the Arcturus staff.

The written works are also accompanied by visual art, also created by members of the Highline community. The art includes photography, hand-sketches and digitally created images.

All of the images and written works must fall under the theme of the Arcturus, and this year's theme is moonlight.

"We wanted something that could be interpreted in many ways," said Michelle Plemmons, an editor for the Arcturus. "When you say moonlight to any specific person, they're going to think a different thing."

The editors said that they wanted this theme to be "a juxtaposition of dark and light," said Matt Severe, editor for the Arcturus.

They said they had received a lot of submissions that were darker and also quite a few that were of a lighter tone. So they decided to incorporate both.

"I think the way that we had set up the whole book is we wanted it



Ipek Saday/THUNDERWORD

Brendan Newell left, Patrick Santiago, Adrian Stath, Michelle Plemmons, Anthony Constantino and Matt Severe.

to start out light, and then move into the dark and scary, and then come back up to light," said Editor Adrian Stath.

The Arcturus takes a total of two quarters to be completed.

The entire first quarter revolves around going through every submission the editors receive.

This year they received more than 300 submissions and more than 200 of them were poems. However, everyone is allowed to submit different works more than once, and some contributed up to 10 different pieces.

Once the editors have assembled all of the submissions, they then split them into three cate-

gories: poems, stories and essays.

"And when we were evaluating them, they didn't have names," said Patrick Santiago, Arcturus editor.

This, the editors said, allowed them to thoroughly read all of the pieces without bias so each had a fair chance of being printed in the book.

Each editor read each piece and wrote notes on what they liked about the piece and what they felt needed improvement. Once read, the six editors came together to discuss and vote on each work.

The pieces are given a score from one to five, three being the cutting point that allows a piece

to pass. If passed, that piece has the opportunity to be reconsidered for the book.

"It had to receive a collective score of 18 to move on," said Plemmons.

However, the editors said that there were some pieces that weren't so easy to vote on. At times, an editor gave a piece a lower score when another thought it deserved a higher rating.

They battled it out until they came to a compromise.

Once the first round of voting was complete, the editors again gathered to go through the finalists. Then, a third voting round to choose what pieces

fit the theme best.

The final product resulted in 32 pieces total: two essays, six stories and 24 poems.

From there, the editors went through the visual art submissions.

"We didn't get as many photographs as we would have liked," said Stath. "And the other ones are either hand sketches or computer illustrations."

"A lot of our cover designs came from the ViCom [visual communications] class," said Anthony Constantino, Arcturus editor.

The Arcturus will be presented during two readings of the book on Thursday, June 5. The readings will be everyone's opportunity to receive a free copy of the Arcturus and free snacks in Building 2 at 11 a.m. and 6 p.m.

"We're also going to be doing a raffle for Mariners' tickets as well as giving smaller prizes through quizzes," said Severe. "There's going to be a number on the program that you get when you go in and then that number is what's on the raffle."

The raffle will take place during both readings.

Each reading and raffle will be for two tickets to a Mariners' game. The readings will also include quizzes revolving around the moon, from mythology to scientific facts.

Everyone at Highline is invited to attend the reading and take place in the raffle.

Highline Chorale serenades you to the Pacific Rim

By Kiki Turner
Staff Reporter

Highline's Chorale will take a trip around the Pacific Rim for its final concert of the school year early next month.

Following the theme, Music of the Pacific Rim, pieces from Korea, Japan and Australia will be performed.

"I try to look for new pieces that come out all the time," said Dr. Sandra Glover, director of the Chorale.

Ahrirang, a Korean Folk song, will be the first performance piece.

Ahrirang is also referred to as the unofficial anthem of Korea.

Second is *Kojo No Tsuki* and *Hotaru Koi* from Japan.

Kojo no Tsuki is identified with tragic events but has also been the source of great inspiration.

Hotaru Koi is a Japanese children's song also known as *Ho Firefly*.

The concert ends with *Tungarra*, an Aboriginal folk song from Australia.

"The songs vary in length and difficulty due to different scales than we are accustomed to," Dr. Glover said.

The first performance is Thursday, June 5 at 12:15 p.m. and again at 7:30 p.m. in building 7.

Along with preparing for the Spring Chorale, last Friday the chorale performed at the second annual college choir festival with three other colleges.

"The festival was held on the

Pierce College Campus in Puyallup South Hill," Dr. Glover said.

Along with Highline, Pierce College Puyallup, Whatcom College, and Clark College performed.

"There were 14 students in our group," she said.

"Choirs from other schools have 40 to 60 members in their

colleges," Dr. Glover said. In other colleges, music majors are required to continue in the choir program, she said.

However, this is not a requirement here at Highline.

"Auditions are already open for fall quarter," Dr. Glover said. She said she wants to introduce

challenging, historical pieces.

Dr. Glover would like to keep as many chorale members as possible for next year.

Music theory and dance will also be expanding when the Drama Department closes she said. The Chorale will take over the former drama space.

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GOING FOR THE END ZONE

Highline personal fitness student stops at nothing to achieve his football dreams

By D'Mario Davis
Staff Reporter

Masree Butler is a big man with big dreams.

Butler, 26, is not your typical Highline student.

Standing 6'2", at a solid 306 pounds, Butler is an offensive and defensive lineman for the Northwest Cardinals, a semi-pro football team located in Federal Way. He hopes to become a professional football player.

The Cardinals are in the Western Washington Football Alliance, consisting of 10 teams stretching from Olympia to Everett.

Butler has been in the Personal Fitness Program since 2012, gaining knowledge for the path he has chosen to endure.

"I just never really got the training I needed to get there, until I came to Highline," Butler said.

"I helped train a former PFT student for the NFL regional combine last year, and thought I should give it a shot since my numbers were close to the guy I trained."

Butler decided it was time to try football again.

"I decided to play semi-pro to develop more skills, but also get my body back into action," he said.

"It's been a couple years since I last laid out a defender, so I wanted to get back in motion and polish my technique."

Seeing Butler on campus from afar is like noticing a bulldozer from a couple miles out.

"Just the other day, some guy on the bus asked if I was a body builder, I damn near blushed. I guess I look OK to be 300 pounds," he said.

"I tell myself everyday that I



Bayonne Beninger/THUNDERWORD

Butler is an offensive and defensive lineman for the Northwest Cardinals, a semi-pro football team located in Federal Way. He hopes to one day become a professional football player.



Bayonne Beninger/THUNDERWORD

Highline student Masree Butler is in the Personal Fitness Program. He works out frequently in the fitness center in Building 21.

am the most fierce guy on that field. I am a side walk cracking, t-shirt tearing bad boy, in a good way."

Football isn't new to Butler.

"I've been playing football since the eighth grade. I played at Cleveland High School, where I made first, and second-team all conference at the offensive tackle and guard positions," he said.

"I played my college ball at Santa Barbara City College and Green River Community College from 2007 to 2009. In 2011 I had to have knee surgery."

Overcoming adversity is what has given him his drive and motivation, he said.

"I've always been motivated to keep trying. My family motivates me," Butler said.

"Coming from a low-income housing background, I didn't have the opportunity to play at a nice high school with new equipment, 'real' coaches and good programs.

"I went to an inner city school with messed up equipment, a low-grade weight room, a fake field and a new head coach every year," he said.

"I was real banged up in high

school, but I played hard every play, lettering each year."

"However, I did not have money and insurance to get the proper treatment for my injuries, so I played through them and made things worse."

Butler said that those reasons, among others, are why he decided to learn about health and fitness. He likes the fact of being able to apply the knowledge he gains to his own rehab and training.

"My training since I began my journey here at Highline has been crazy," he said.

"I've trained and studied with world class trainers and coaches, gaining countless knowledge."

Tim Vagen, Personal Fitness Training director, is a former NFL trainer. He said that as a faculty member here at Highline, it is important for him to not only provide an opportunity for students to learn, but to help them follow their dreams.

"Masree loves football. With my background from the NFL, I want to provide Masree with the best chances he has for success."

Butler said because of the

excellent training received and learning from the best, his weight room numbers have only increased. His bench press is up to 375 pounds, and he squats 315 pounds with 19 repetitions.

"I run into people all the time telling me I should play football or be somebody's bodyguard. I get a kick out of it every time," he said.

Personal habits are also a part of Butler's regime.

"I've changed the way I eat, somewhat. I am taking better care of my body and working more on correcting weaknesses," he said.

"Everyday I am in the gym I tell myself it's either him or me, and it won't be him."

The only barrier left for Butler to overcome is that of the doubters.

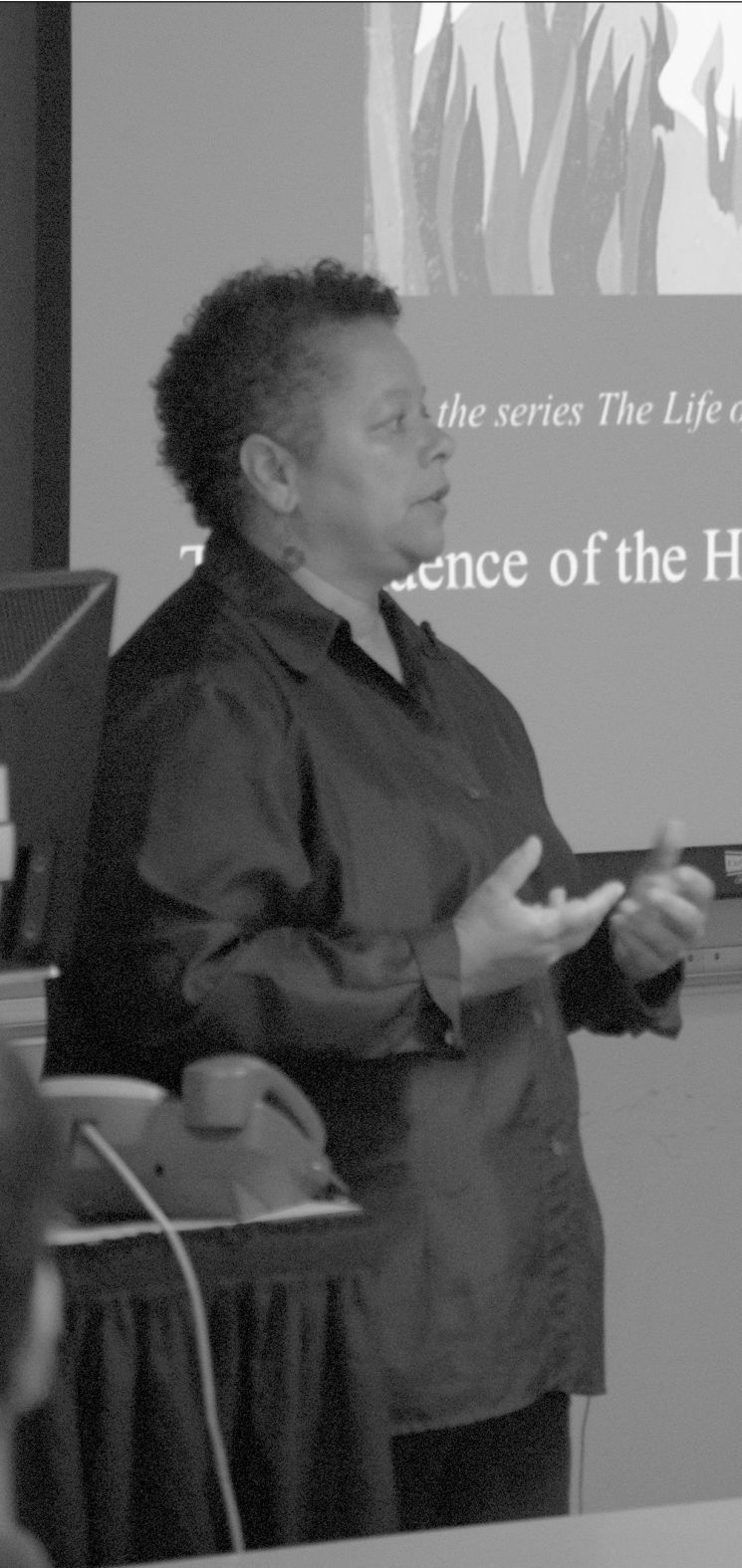
"I've had teachers, doctors and friends tell me to give it up, but hell no I won't," he said.

"I am going to keep trying and keep pursuing my dreams, I don't care what anybody says.

"I don't care when I make it, as long as I make it, because the majority never will," he said.

"The only thing stopping me is me."

Haitian revolution changed U.S. history



John Poore/THUNDERWORD
Nancy Rawles talked at last weeks history seminar about the influence of Haitian revolution on U.S. history.

By John Poore
Staff Reporter

The Haitian Revolution influenced the United States in three major ways, said an English instructor at last week's History Seminar.

On May 21, Nancy Rawles talked about "The Influence of the Haitian Revolution on U.S. History."

In 1492, Christopher Columbus discovered the island of Hispaniola, which is now occupied by the sovereign nations of Haiti and the Dominican Republic.

During Spain's rule, the indigenous population of Taino Amerindians was nearly eradicated by European diseases. Throughout its reign, Spain's efforts to establish settlements in Haiti were thwarted by buccaneer raids, and a war with the Dutch.

After France took control of Haiti in 1660, they imported slaves to work plantations on Haiti.

Sugar cane, coffee, indigo and other products drove the extreme demand for slavery in the Caribbean, Rawles said.

At its height, Haiti supplied 60 percent of the world's coffee and 40 percent of the world's sugar, Rawles said.

"It was the wealthiest of all colonies. Haiti produced more wealth for the French than the 13 American colonies produced for the English," Rawles said.

French treatment of slaves in Haiti was among the worst in the world, Rawles said.

"The French policy for handling slaves was to work them to death," Rawles said. They

believed it was more cost effective to work the slaves to death and bring in a steady stream of replacements, rather than to feed, clothe, shelter and provide health care to the existing ones.

Just as French revolutionaries took inspiration from the success of the American Revolution, the Haitian revolutionaries took inspiration from the French Revolution, Rawles said.

On Aug. 22, 1791 the Haitian Revolution began when Dutty Boukman, a Vodoun priest, called the slaves of Haiti to arms.

"Immediately following that ceremony people go out and raid plantations," Rawles said. That night began a 12-year war for Haitian independence.

The Haitian Revolution sent waves of fear through the United States. Unlike the American and French revolutionaries, who were depicted as noble liberators, the American media portrayed the Haitian revolutionaries as barbaric.

"All the newspapers in the United States covered the Haitian revolution. They covered it by incident," Rawles said.

If the slaves in Haiti could rise up and kill their masters, so to could the American slaves.

These fears were realized when slave rebellions developed like the one led by Nat Turner in 1831, which led to the death of 55 whites.

The leaders of these slave rebellions named Toussaint L'Ouverture and other leaders of the Haitian Revolution, as their inspiration for organizing, forming military units and fighting for their autonomy, Rawles said.

The Louisiana Purchase was a direct result of the war between Haitian revolutionaries and France, Rawles said.

Napoleon Bonaparte wanted to re-establish the revenue of Haiti for France, as its treasury was dwindling, Rawles said.

When Thomas Jefferson sought to purchase the New Orleans area in 1803 Napoleon saw it as an opportunity to refill the coffers and take back control of one of his best revenue sources.

Instead of selling just the city of New Orleans to Jefferson, Napoleon negotiated the sale of the entire Louisiana territory for \$15 million.

France's wars in Europe, however, took precedence over the Haitian revolution and after significant losses Napoleon was forced to allocate his resources elsewhere.

On January 1, 1804 the Haitian people declared independence from France.

After declaring independence the Haitian people proclaimed that any black person who was able to get to Haiti would be considered free, Rawles said.

The Haitians also set a precedent that all people on Haiti would be considered black. They redefined the word black to mean free. For a time they allowed only Haitians to own land in Haiti, Rawles said.

The actions of the Haitian people would go on to inspire black people around the world, Rawles said.

In America, black power, black art, black pride and the Harlem renaissance all took inspiration from Haiti, Rawles said.

Striegal

continued from page 1

good job, have a healthy family, and a career that speaks to other people.

"I hope I can make the world a better place even if it is on a small level," said Striegal. "I want to make all people feel welcome and have a life full of laughter and love."

Striegal said that many obstacles separated her from her goals.

"When I was in high school my grades were horrible, and I missed out on a good section of my education due to seizures," she said. "I did graduate but with a 1.8 GPA, I could not afford school and had no guidance to go through the financial aid process."

Striegal moved out of her parents' home and in with her boyfriend at that time.

"I started working at Safeway where I could make a living wage, but not much more," she said. "My boyfriend was emotionally abusive and consistently told me that school was

ridiculous, and that I should be happy with what I have."

Although Striegal has had many adversities throughout her life, she has not let them hold her back.

"I decided that I couldn't live my life miserable anymore, so I left my boyfriend and moved an hour away from all that I knew to discover myself," said Striegal.

Striegal moved in with a childhood friend and got a job managing a bakery.

"While I was in Puyallup I met my current husband; his support and value of education gave me the courage to go back to school," she said.

Striegal's most proud accomplishment thus far is graduation from college.

"I never thought I would go back, and the fact that I have been able to work and open up new avenues for myself, gives me more joy than I can contain," she said.

Striegal is graduating from Highline this June with an associate of arts degree in visual communication.

Early actor had a big impact in film world

Pola Negri: Hollywood's First Femme Fatale, by Mariusz Kotowski.

One of the first truly great movie stars of the early American film industry was a former ballerina who overcame an impoverished childhood in Poland and a bout with tuberculosis to become legendary and celebrated throughout the world.

Pola Negri was born in 1897 in Vistula Land in present-day Poland. Later, after being accepted into the Imperial Ballet of Warsaw, she was diagnosed with tuberculosis, which ended her dancing career. She next turned to acting and worked in Europe with such heavy hitters as Ernst Lubitsch and Max Reinhardt. She arrived in the United States in 1922 and made her first American film, *Bella Donna*. Its success led to a lucrative contract at Paramount, where she began to establish herself as a major film personality.

After Rudolph Valentino

went to Paris to finalize his divorce with Natacha Rambova, Negri and the star became an item. His sudden death in 1926 ended that relationship. This crisply written, meticulously

researched biography documents one of Hollywood's most fascinating film stars, and also explores the link between Hollywood and European cinema during the interwar years.

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Shape of universe tests imagination

By Jessica Beck
Staff Reporter

If the universe can be described as a great beast, mankind is in its belly – and still trying to figure out just what type of beast it is, a math professor said here last Friday.

Erik Scott, a mathematics instructor at Highline, asked the Science Seminar audience to examine some of the numerous questions that exist surrounding the infinite universe that people exist in.

Scott asked the audience to consider what shape the universe has, how many dimensions exist, and what experiments can be done to determine this beast of a conundrum.

Does it have holes or edges? Is it infinite or bounded? Is it flat or curved? Does it have corners?

In order to try and provide the answers, Scott asked attendees to think about the images that first come to mind when hearing the word “shape.”

For many people, pictures of geometric shapes such as a square, circle, rectangle or triangle might be some of the easiest images to recall, he said.

However, when thinking about the shape of the universe, Scott said that taking on a new outlook is important.

“One of the beginning obstacles for us as humans to try to conceive of something such as the universe is [that] our notion of shape is largely from what’s called an extrinsic point of view. We know that ‘this is a triangle’ because we look down on it, and we’re used to how it looks,” he said.

“But the universe – our most basic problem is that we can’t step outside of it to look down on the universe and say ‘Oh that’s what its shape is,’” Scott said.

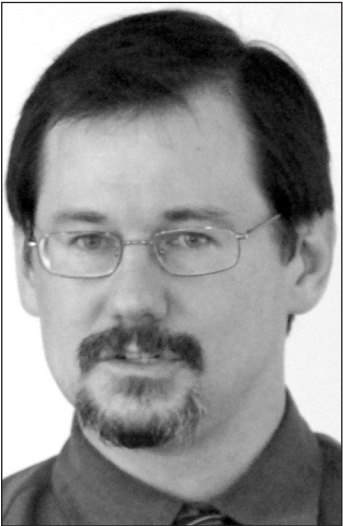
He said that in order to understand the universe, people have to re-examine our notion of shape, and instead figure out how to recognize a shape intrinsically.

Because people don’t have an ability to peer over the edge of space and see the universe from the outside, it’s difficult to describe what the universe looks like, Scott said.

To help the audience better understand the intrinsic approach, he gave the illustration of being stuck inside of a tunnel – a tunnel where the end is out of sight.

He asked the audience to consider what shapes the tunnel could be, and then think about experiments that could be done to determine the tunnel’s shape.

“If I mounted a laser on the wall, and had it an inch off the wall shooting down [the tun-



Erik Scott

nel], and then I mounted a second laser to it’s side and one above and one below, I could possibly see if it strikes the wall at some distance,” he said.

Another theory, Scott said, is that the universe is shaped like a torus or a doughnut – he used older video games such as the game Asteroids as an example.

“In some of the classic early games, they work where if you went off the right edge of the screen, you come in on the left and if you went off the top edge of the screen you come in on the bottom. And what you’re essentially doing is playing Asteroids on the surface of a doughnut. That’s where that game lives,” he said.

Scott said that if the universe was shaped like a torus that would mean that we would be able to see ourselves from behind. The only problem with doing this with the universe its massive distance – it’s too far for us to see ourselves.

Scott ultimately said that the description of space is that it’s unknown.

He plans to continue this topic at a Science Seminar next fall.

Next week’s Science Seminar will cover identity theft and security with Amelia Phillips. The seminar will be held in Building 3, room 102 at 2 p.m.

Highline budget director says finances in good shape

By Ed Hones
Staff Reporter

Highline is in good financial health even with decreased enrollment.

Highline’s financial health is determined by comparing its budget, which projects enrollment, revenues, and expenses, to the actual money and students that the college brings in and spends.

“Our budget is a plan of action expressed in numbers,” said Shirley Bean, Highline’s director of Financial Services. “Highline’s budget is always healthy because it’s so important. People at Highline take it very seriously.”

Bean compares the budget projections with the actual totals.

“We look at revenues and expenditures and we compare those figures to the budget,” she said.

She reports her findings at a quarterly Board of Trustees meeting held in Building 25.

“I tell the board how we are doing according to our plan,” she said.

There are two things the board is most curious about, Bean said.

“Are we bringing in the revenue we expected and are we spending the amount we expected?” she said. “It’s an important part of the college planning process.”

A decrease in enrollment is causing some concern.

“Enrollment is a little lower than last year but we’re still matching our targets,” she said.

If enrollment continues to decrease, she said the college would have to make adjustments.

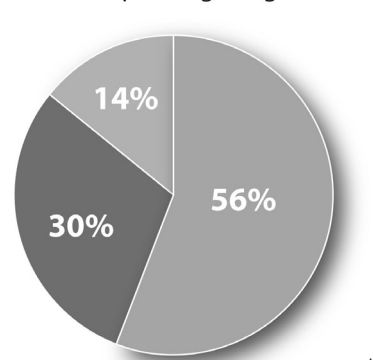
“We may have to adjust for next year with the current enrollment,” she said.

Enrollment has dropped by almost 500 students since the 2009-2010 school year.

In the 2009-2010 school year, 8,719 full-time equivalent students were enrolled while in 2012-2013 the total full-time equivalent students had fallen to 8,224.

Bean said that even though enrollment is down it is not nec-

Highline Community College
Total Operating Budget



Local Dollar Support	\$5,690,720
Tuition Revenue	\$12,264,699
State Allocation	\$22,796,618
Total Operating Budget:	\$40,752,037

Aaron Fields/THUNDERWORD

essarily a bad thing.

“We are able to meet our goals which is always exciting,” she said. “I tell the story of what is actually happening, not necessarily good or bad.”

Highline’s total budget is \$40.7 million, according to its financial status report for the period ending March 31, 2014.

While enrollment is an integral part of Highline’s funding, it is not the biggest contributor.

According to Highline’s budget statement, 56 percent of funding comes from state allocation, 14 percent comes from student fees and 30 percent comes from tuition.

“We receive state funding, what we call our state allocation, in relation to the college’s FTE [Full-time Equivalent],” said Cathy Cartwright, Highline’s budget director.

Full-time equivalent or FTE is a unit that indicates the workload of a student. One FTE for a student at Highline represents 15 credits per quarter for three quarters—fall, winter and spring.

Based on these figures, “the community college system receives information from the Legislature regarding how much funding they have for our system. The State Board creates a two-year budget that divides

the funds among the community and technical colleges, which then gets handed down to us so that we can develop our college’s budget,” Cartwright said.

She said it is important that their figures are correct because there is no wiggle room with state funding.

“There is an expectation that the college will serve 100 percent of the FTE that our allocation is based on. We do not get more ‘allocation’ money for serving more students than we received funding for,” she said.

Highline spends the majority of its funding paying faculty and staff.

According to Highline’s budget development, 83 percent of expenditures are related to payroll and benefits with the remaining 17 percent going to things like supplies, equipment, outside contracts and travel.

Cartwright said students are the most important, and that making payroll a priority positively impacts students.

“Student success and achievement is a priority for the college,” she said. “Our students pretty much drive where we put our resources. Most of our personnel cost goes to instruction, which directly touches the student experience.”

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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.

URBAN AGRICULTURE

New 19 Credit Short Certificate



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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.



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Students

continued from page 1

the various features, or selling points, of the college, said Hasselblad.

Among the selling points that attract international students to Highline, rather than a four-year university, begin with cost, said Dan Ferguson, assistant director of marketing and recruitment for International Student Programs.

According to the University of Washington website, the annual tuition for non-residents is \$12,397.

For international students at the University of Washington, the annual tuition cost is \$31,971.

A residential student attending Highline for one academic year can expect to pay \$3,917 in tuition, whereas an international student can expect to pay \$9,600.

Tuition cost for international students is “2.6 times that of domestic students,” said Hasselblad. This makes for a “sizable income” to Highline.

Aside from a lower cost starting point versus the University of Washington, the “intimacy of the campus” is a critical factor to relate during the recruitment process, said Ferguson.

Like many community colleges in Washington state, Highline can boast a compact campus. The buildings are closer together, and walks to the next class are relatively short.

At the University of Washington, walks between classes can be 2 to 3 miles.

“It’s just vast,” said Ferguson.

Aside from a comfortable campus with short walks between classes, Highline relies on its academic programs to entice students to register.

Highline offers opportunities within the Business Division, including International Administration and Marketing. These programs have led to many successful transfers to universities and other institutions, said Hasselblad.

The Hospitality Program is enticing to students within Asia, including Japan, South Korea, Taiwan, China and Vietnam, said Ferguson.

These students are learning hotel management and many are looking to transfer to a four-year university. They “look to us to provide their programs,” said Ferguson.

“Most international students within the Engineering Program are focused on a two-year transfer program, but we also have a strong certificate, or one-year program,” said Ferguson.

Highline recruiters are also quick to demonstrate to the parents of international students that Highline is an

advantageous starting point for higher education.

Highline is partnered with Central Washington University and the location is very good, said Ferguson.

Highline is centrally located, yet not in the midst of Seattle. At Highline, the international students are close to everything, without having to deal with downtown traffic, city life and crime, said Ferguson.

Due to the recent rash of handheld device theft on campus, international students are required to attend safety classes in an effort to reduce the impact upon the student community, Hasselblad said.

“Most international students are not familiar with that type of crime. All of us are used to pulling out our devices and catching up on email between classes,” Hasselblad said.

“We are not paying attention

to our surroundings. It is an ongoing challenge. We’re just going to keep on trying,” Hasselblad said.

That is why Highline brings in representatives from the Kent and Des Moines Police Departments to speak with international students about securing personal belongings and personal space.

Once here, the students also begin an acclimation process designed to make them feel at home, and get them out into the American culture.

At the forefront of the acclimation process is the International Leadership Student Council.

The focus of the ILSC is to meet and integrate the students, and “get them off campus,” said Amee Moon, assistant director of marketing and student development, International Student Programs. “I develop them very strongly to be a team.”

Most international students have no jobs and no kids, said

Moon.

“Their entire life revolves around campus. We’re letting them know what’s out there,” Moon said.

This is done primarily by the implementation of “a lot of social events,” said Moon.

Among a varied list of events are Global Fest, Halloween and Super Bowl parties, and even an overnight stay in Leavenworth.

“We do something almost every week,” said Moon. “We are very busy.”

Many weekends are spent paintballing or ice-skating, in many cases with domestic students hanging out with the international students, or going on trips.

“We make sure they have a good experience,” said Moon.

In some cases, the students have had a profound experience and have brought family members to the United States.

International students are

able to bring family members to the area, provided they can demonstrate the necessary means to support them, said Ferguson.

For no less than one year, students must provide financial proof of living expenses and attendance at Highline, said Ferguson.

“For an international student, tuition, fees and living costs come to about \$18,000,” said Ferguson.

According to the U.S. Citizenship and Immigration Services website, international students must apply for an F-1 visa, which allows them to enter the United States as a full time student. Any family members the student wishes to bring will fall under an F-2 visa, however, they may neither work nor attend school.

It is not up to us who comes, said Ferguson. “We are merely the gatekeepers.”

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