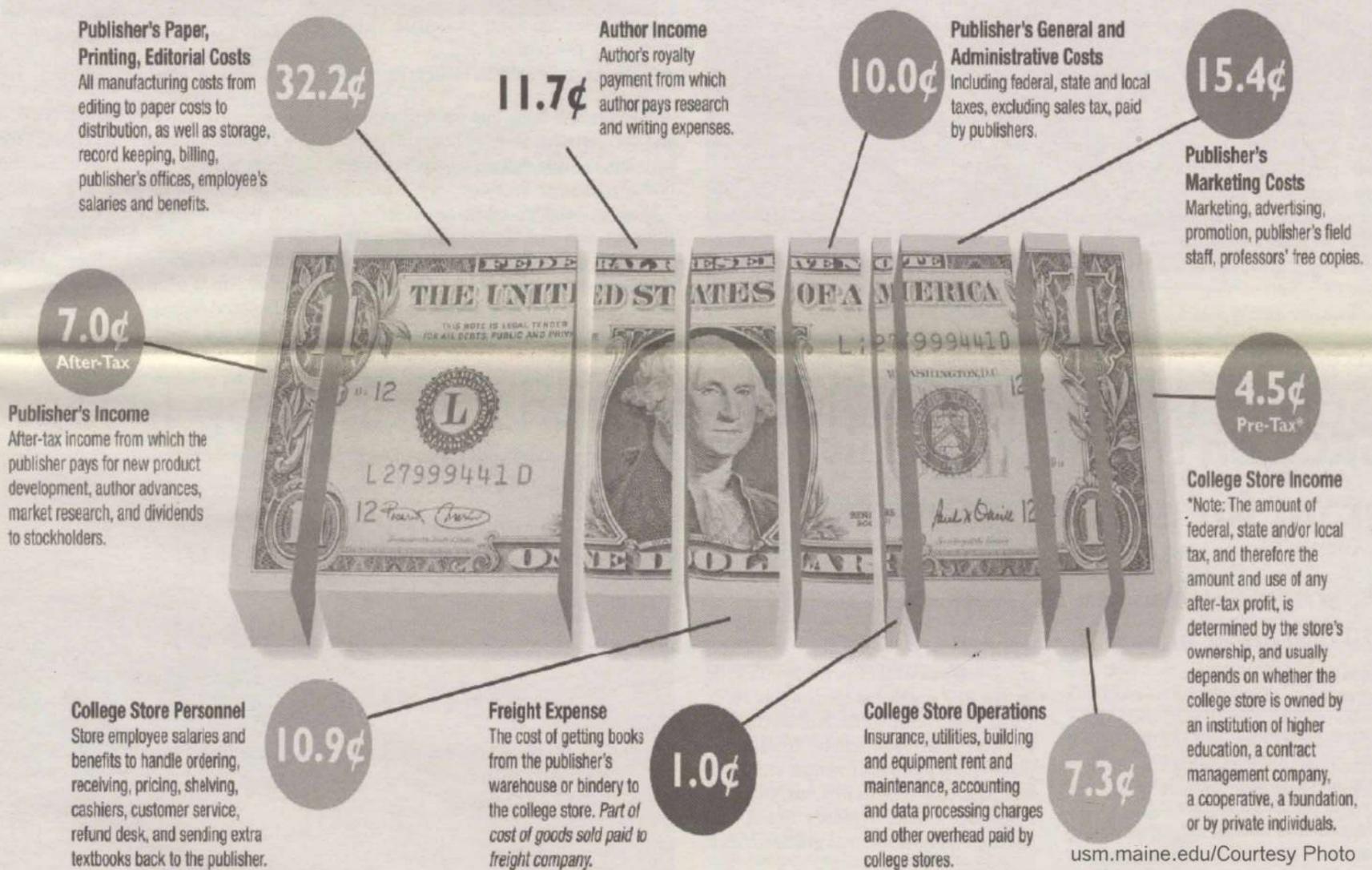


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Tips and tricks to melt the winter blues away

Ways to fight stress during the dark cold winter, from exercising to painting rooms with bright colors

Jennifer Vallejo
Staff Writer

What should you do if you run across a blue frog? "Cheer him up."

During winter we have shorter days and colder weather. The absence of light can cause an imbalance in serotonin, a natural anti-depressant and melatonin levels, a sleeping aid created by the body during sleep. This can create the feeling of sadness and being down, also known as the winter blues.

According to Cornell University's health services 25% of college students get the winter blues. For most, this seems to clear up after winter, making it unnecessary to medicate. Although medication has helped some to cope, many could just use a few good tips on how to manage this condition.

If some of these symptoms occurred, change in appetite, weight gain or a tendency to oversleep, difficulty concentrating, feelings of irritability or anxiety coupled with and avoidance of social situations, then the winter blues might be the source.

One way to fight the stress is by using a full spectrum light boxes. Retail stores carry light bulbs that reflect the entire color spectrum; this can add light needed to turn the blues around.

Linh Ngo, a Licensed Clinical Social Worker (LCSW) with a Master of Social Work degree (MSW), and Counselor at Green River Community College's women's center, confirmed this

"The lamp light box is more intense than

the full color spectrum bulbs in the store," Ngo says.

She went on to say that you should turn a light box on in the morning, rather than evening since it may be difficult to sleep if there is too much serotonin in the body.

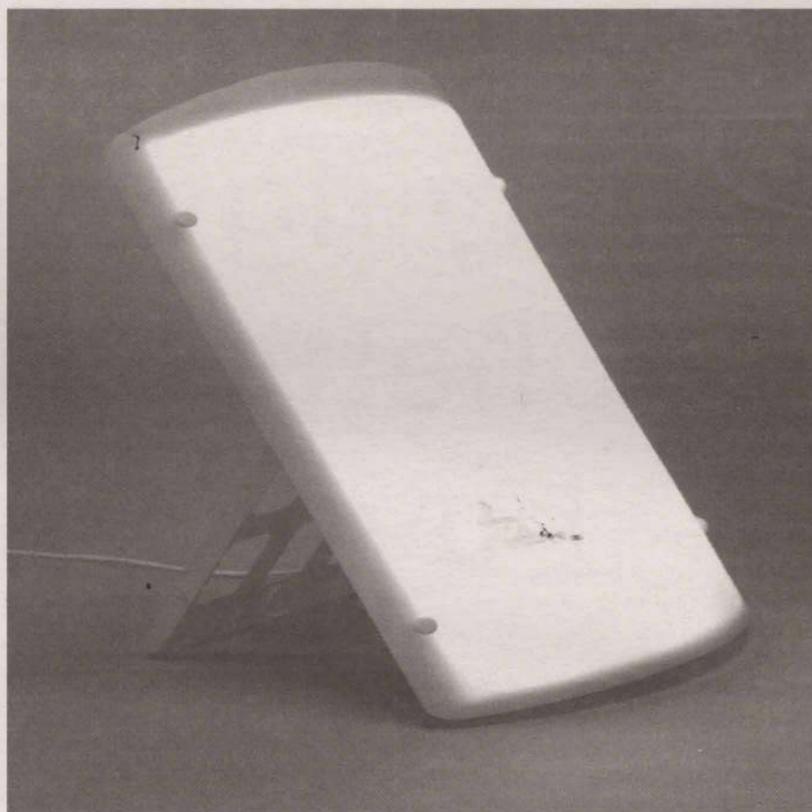
Cornell University did a study that came to the conclusion that exercise for an hour a day is equivalent to two and a half hours in a light box. Ngo suggests that exercise should be done outdoors where the light is.

Exercise produces endorphins such as serotonin, and endorphins can help make a person happier by raising elation levels. It does not have to be a long workout, maybe spend just 10-20 minutes a day walking, jogging or aerobics. Really any kind of enjoyable exercise will do the job.

She continued to add that a good diet can play an important role in beating the winter blues.

When depressed the tendency is to eat a diet high in carbohydrates, sweets and other fattening satisfying foods. This is a "no no"; a diet needs to include complex carbohydrates like those found in fruits, vegetables and nuts. Substituting whole wheat for white bread and brown rice for white rice is also a good idea.

Ngo continued to say that if someone felt like there is an excess amount of hours spent sleeping in a given schedule, the body will create an excess of melatonin, making a person feel even sleepier. Ngo suggests that people turn on the light for 30 minutes to an hour. Lamp light boxes can be found online or perhaps at a store that specializes in medical devices.



www.electronichealing.com/ Courtesy Photo

A full spectrum light box reflects more color spectrums and can help reducing stress.

"Most people think that when it's cloudy and dark out, that they are not getting any sun. But, actually there is a lot of sunlight that goes through the cloud," says Ngo.

Wearing brighter colors can also help. Bringing some of these colors into the workplace and at home could also work. Painting a room a cheerful color, and/or adding some colorful pictures, can bring in a feeling of well being, and heighten a person's mood.

Colors like yellow, green, blue and orange

will usually do the trick. Yellow is a brain color that aids memory and clarity.

Green reduces adrenal stress and helps with balance. Blue is a complete color, providing a sense of security and comfort.

Aromatherapy can help achieve different kinds of positive effects on our thinking and feelings. Peppermint oil for alertness, and lavender for depression or orange scents for can help kick the blue funk winter induces.

GRCC on the run to receive grant for energy conservation

The school's working on the proposal to receive \$20,000 grant money to turn GRCC green

Justin Runquist
Staff Writer

Green River could soon be receiving a multi-thousand-dollar grant for its efforts to use more environmentally friendly energy over the next few years.

Puget Sound Energy, the largest energy provider in Washington, offers grants for local schools that submit clear plans to use cleaner, more renewable sources of energy in the coming years. Green River could soon be next on the list.

Terry Stanford, Capital Project Documentation Manager at GRCC has been investigating a way to turn Green River into a truly green school by cleaning up its methods of energy consumption. He has devised a plan that has the potential to eventually turn Green River into a 100% carbon-free school.

The plan involves switching to solar panels and wind turbines for the school's primary source of energy. Through this plan, it may be possible that the school could completely switch over to solar and wind power at some point, according to Stanford, and it is his hope to make that a reality.

To receive a grant from PSE, Stanford had to send them a Request for Proposal (RFP), or in other words, a detailed plan outlining how the school could clean up its

energy use and what steps it may take to do so. The RFP was due at 5pm on Feb. 16.

This means that GRCC will be competing with other local schools to receive a grant. In the past year, five high schools or middle schools, one in Bellevue, Olympia, Bainbridge Island, Whidbey Island, and Federal Way have received grants for their proposals.

They split almost \$100,000 worth of PSE grants five ways to install solar energy systems.

Approved RFPs can receive up to about \$25,000 in PSE grants. Stanford is hopeful that PSE will support his plan and he suspects that GRCC could receive up to about \$20,000.

PSE required that, in his proposal, Stanford designate a Resource Conservation Manager (RCM) to monitor power, water, and gas use on campus.

Since the college is in a temporary hiring freeze, and the campus is not large enough to hire a full-time RCM anyway, Stanford volunteered to assume the duties of that position on top of his preexisting responsibilities.

Stanford said that if PSE does not approve of his proposal for this year, all hope will not be lost because he can submit another proposal next year, but he would like to see it happen now to get the ball rolling as soon as possible.

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Understanding why people start smoking

Curiosity, friends, and image influence people to smoke

Xiaolei Wang
Staff Writer

There are many reasons why people start smoking, such as curiosity, friends, and family. Even though most of them confess they did not feel well the first time they smoked, they kept smoking.

Nowadays, smoking is very common, not only among adults but also youth. It seems that people who start smoking tend to be younger and younger.

Many people who do not smoke cannot understand why people smoke. They think cigarette smells bad and cigarette is harmful to humans' health. Some of them even hate the smell of smokers.

Firstly, people start smoking because they are curious about smoke. "The first time I smoked, it was because I'm curious," said Yammi Lee, 21 years old.

People who did not smoke would want to know why people smoke, how the cigarette tastes, and how it feels to smoke. Therefore, they want to try smoking.

Some people also think that smoking is cool. "Oh, [smoking] looked so cool when I saw my idol smoked in the movie," said James Miller. People can see the actors and actress smoke in some movies or TV shows. Then, some people will follow their idols and begin smoking.

Adults are children's models in a family.

When children see their elders smoke, they may think they can do what the elders do.

"I started smoking because I was influenced by my grandfather," said Takuya Matsura, who has smoked for 8 years. Parents who smoke around the house can influence their children. "I saw my parents smoked, and then I tried smoking," said Jason Chen.

"I saw my parents smoked, and then I tried smoking," - Jason Chen

While parents can be a big influence on children, friends seem to have an even bigger influence on someone. Friends seem to be the most important environmental factors for someone to smoke. "All of my workmates are smoking, so I start smoking," said Chihiro Nishiyama, has smoked for 7 years.

When a person's friends are doing the same thing and he does not join them, it seems to be unsocial. In addition, some people's friends will encourage them to smoke. "All my friends are smoking. I was influenced by them," said Taku Notoya, Kouchiro Ikeda, and Tsuyoshi Moriya.

"Oh, [smoking] looked so cool when I saw my idol smoked in the movie," - James Miller

Most of the smokers don't want to quit. They think smoking has become their habits. However, they said that when they have a baby, they will stop smoking for their kids.



autopartsnews.blogspot.com/ Courtesy Photo

Student government hosts open meeting on 522 budget

ASGRCC is working on the 522 budget balancing concerning the budget allocation for Student activities

Baris Cirak
Staff Writer

522 Budget, which is the budget for student activities that comes from student fees, for the 2009-2010 fiscal year is being balanced by the Associated Students of Green River Community College (ASGRCC) these days.

522 Budget pays for the Administrative, ASGRCC Control, Athletics, The Current, KGRG, KGRG 1, Intramurals/ Outdoor Programs, Performing Arts, Student Life, Clubs and Organizations, Student Services and Work Grants expenses.

Student Programs Budget Team (SPBT) which consists of Dani Chang, Director of Student Life; Bob Kickner, Athletic Director; Mary Edington, Director of Financial Aid; Eric Januar, Recreation Student Representative; Amber Anderson, Programming Student Representative; Philip Andrews, Performing Arts Student Representative; Ashley Parries, Athletics Student Representative; Paula Burns, Staff-at-Large and Roy Chambers, the student body vice president, has balanced the budget to be forwarded to the Finance Committee to decide on passing it or not in the open hearings on March 3 and 5. The SPBT is chaired by Samantha Fletcher, the student body president.

The open hearings are open to the students, faculty and staff. "I want to hear

the students' opinions for only one reason only," said Fletcher about the 522 process. "Because it is their money that we are spending, so we would like to hear their voice."

Due to the increase in the student population the 522 Budget has increased by \$100,000, for a total of \$1.1 million. "With the economy as it is a lot of people in the community are resorting to the Community College system. This is why our numbers are increasing and I think the increase is affecting the process big time," said Roy Chambers, 23, out of Bethel High School.

Chambers was the Finance Committee Chairperson last year; therefore he is one of the people that know the process as well as anybody else. "With such a big increase, we are able to allocate more money for a variety of student activities."

The SPBT met on Feb. 3 in the Rainier Room, Lindbloom Student Center, and discussed about the line items that wanted increases and went over the justifications that had been turned in while sending the requests in. In the second meeting, which was held on February 11th,

the SPBT has balanced the budget for an exact amount of \$1.1 million. Line item 1310 under the ASGRCC Control section, named Part Time Salary, leads the increase

with \$23,700 for some of the staff's salaries.

The second item is a new one named Community Leadership Education and Outreach (CLEO) Summer Training for \$17,500, which was in the General Fund Budget, but due to the budget crisis and the cuts that the college has to make that money has been transferred to the 522 budget.

In 2008-2009 Fiscal Year 522 Budget, the biggest increase was the line item 1316 under Administrative section, named Information Center, for the newly hired front desk receptionists' salaries. The total was \$1 million.

So the process now goes to the Finance

Committee to go over the line items, make changes if needed and pass it to the full Senate to vote, and then the budget will go to Deb Casey, Dean of Student Services and Retention.

After her approval it will be submitted to April Jensen, Executive Vice President. The bill will be concluded with going to the Board of Trustees and the College President Rich Rutkowski.

The two meetings that are coming up and will be executed by the Finance Committee are on March 3 at 6-8 p.m. and March 5 at 3-5 p.m. Both of the meetings are open to all students, faculty, staff and the community.

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Highline Community College plans to close its Federal Way campus

Green River could see influx of student enrollment in response

Lindsey Williams
Staff Writer

Highline Community College will be closing its Federal Way campus this August due to Governor Gregoire's budget cuts.

The campus hosts Highline's Center for Extended Learning and the Puget Sound Early College. CEL is mostly personal enrichment or certificate programs such as ESL and GED preparation. PSEC is a program similar to running start with an emphasis on student support.

All 77 students enrolled in PSEC will be able to finish out this year, and over 600 students enrolled in CEL programs will finish before the closing date.

Highline is talking to city leaders to find a rent-free site to continue both programs, but the school has found nothing yet.

The college will save almost \$400,000 a year between utilities and rent, and the site's lease will be up this October.

In an interview with the Tacoma News Tribune, Lisa Skari, VP of Institutional Advancement at Highline, said that the school budget will not be finalized until April but, "There's no indication this number is going to get any better."

Kathy Brisebois, 37, is currently in a displaced worker retraining program at Highline and she is concerned about the changes she'll have to make next fall.

"It'll be harder to get my daughter to school if I have to go all the way to Des Moines. I like the convenience of the Federal Way campus, and it will cost me more in gas, but I understand why they have to close it," she said.

Some of the CEL programs are offered at other institutions, and this closing will not affect the main campus course offerings, but the convenience for local residents will

be lost in the traffic getting to Des Moines every day and some may choose not to bother to commute at all.

The rise in community college admissions has gone up as unemployment rates rise, but with Highline's \$2.1 million budget cuts, costs are being cut across the board. Losing the extended learning and special programs like PSEC are merely a stepping stone, and the future of higher education in Washington State is looking rather grim in the Puget Sound.

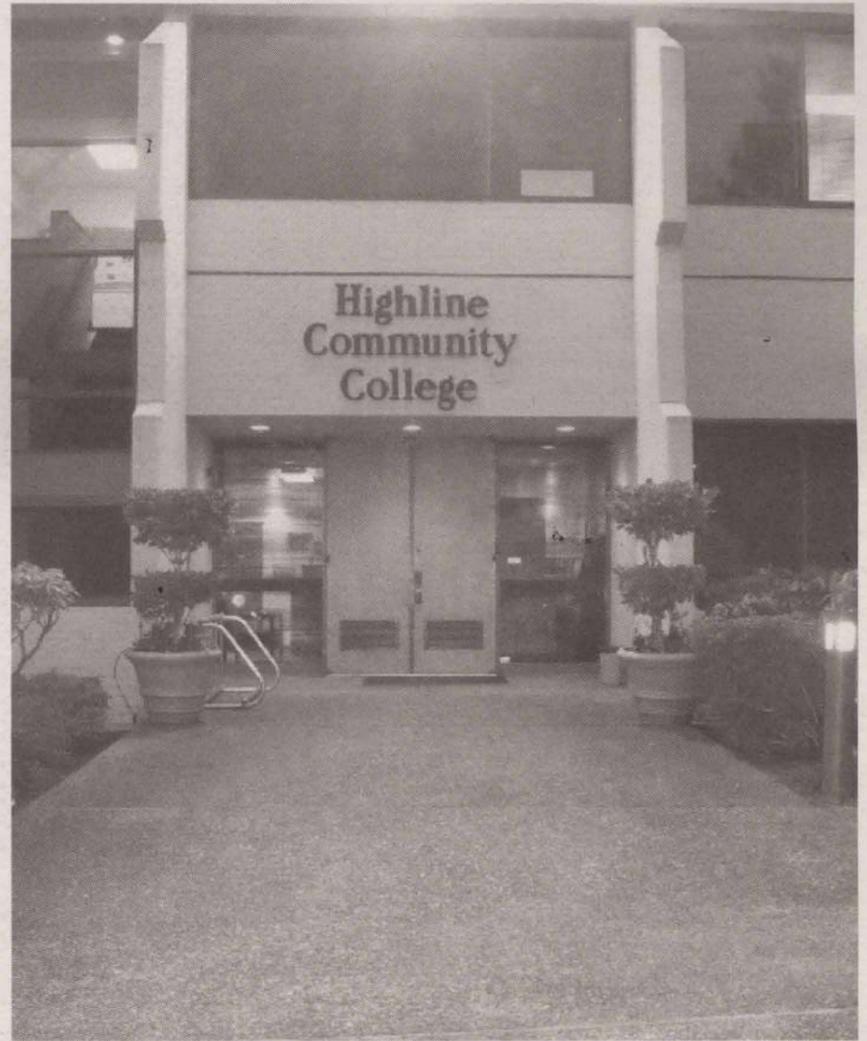
Students at Green River seem slightly concerned about the closure, and how it will affect our own campus. Their biggest concern is that the students who would have gone to Highline's Federal Way campus will come here instead, mostly because we are the closest college to Federal Way aside from the main Highline branch in Des Moines.

Heather Hubbard said, "I'm kind of worried about it myself, because I'm planning to transfer next year and I'm already having problems with that. There's going to be an overpopulation of students... Green River seems to be more of a central college, so I'm not too worried that they'll close the campus here, but it's in the back of my mind."

Jamie Aguilar, 25, a para-education student, said, "That's crazy, I actually went there. It means there's going to be a lot more people here struggling for classes, it's definitely going to affect us."

Jamie was also worried about the Project Teach program at Enumclaw, and how that may be affected by this latest slash in higher education spending.

When John Ramsey, director of public information at GRCC was asked whether



Lindsey Williams/Staff Photo

Green River will be impacted by this closure, he said, "Well, we could. They served a cohort population... We could get some of those students coming down here; it would have to depend on whether it's convenient. I think it's too early to tell what effect that will have on Green River."

Students can rest at ease as Ramsey also said there is no campus closure in our

school's future, but, "Students should be concerned about what's happening to their local college and also to the colleges they would like to transfer to after they finish at Green River."

If students would like to do something about the budget crisis, Ramsay had a suggestion, "Students can advocate with their local legislatures."

Congress delays switch to digital TV

Delay will help millions who are not yet ready for the switch

Kimberly Burberry
Staff Writer

Obama signed a bill on February 11 to delay the switch to digital television broadcasting from February 17 to June 12.

The big switch has not been a simple process, beginning 13 years ago. Congress voted to allow stations to begin using digital broadcasting while maintaining an analog station, according to the FCC.

Television networks have long been preparing for the switch from analog to digital. Now that congress has approved this new bill, it could become costly for, "Government agencies, consumer groups and television broadcasters," writes John Tessler, in an article in the Seattle PI. He added that they have invested more than \$1 billion to educate consumers about the switch from analog to digital.

The Obama Administration believes that the delay will benefit a few million people who are not prepared for the switch. According to Nielson Company, "85% of households are ready for the digital transition." Those who are not ready are people who do not own a digital television and do not have a cable or satellite subscription.

Former Green River student Brittan O'Brien believes that the government is too involved, especially in offering coupons.

The government began issuing \$40 coupons for consumers in need of a converter box. A converter box will allow people to view television when it switches to digital if they have televisions with antennas or

do not subscribe to cable or satellite television.

The coupons that were first handed out have expired and are all out. David Rehron, President of the National Association of Broadcasters says that the delay will allow the government more time to solve the coupon dilemma.

Many people believe that they may need to buy a digital television to watch TV when the switch is made, but that is unnecessary. Viewers will still receive television if they can receive digital broadcasting.

The two main ways to receive digital broadcasting are by purchasing a converter box, which is around \$45 plus, or by subscribing to a cable or satellite service. For example, Comcast has been advertising to customers as well as non-users that their subscribers do not need to worry about the switch from analog to digital.

Consumers may wonder why it is necessary to become an all-digital television nation. There are a few important and benefits for the consumer.

According the FCC, switching from analog to digital, "Will free up parts of the valuable broadcasting spectrum for public safety communication." This means that police, fire departments, and rescue squads should be able to communicate more efficiently and effectively.

The FCC adds that the switch will improve picture and sound quality. It also will offer consumers an increase in the number of television programs offered by networks at one time.

Initiative to get working adults back to school

Program could build on pre-existing online classes at colleges

Chris Mongillo
Legislative Reporting Intern

Washington's Board of Higher Education hopes to get more adults back in the classroom by proposing a program called the Try College Initiative to allow working adults to try college for free.

It is spearheaded by Cable Green, Director of eLearning for the Washington State Board of Community and Technical Colleges.

According to the Board of Higher Education, simply serving students who want to enroll or are already enrolled in college is not enough. The Board plans to increase enrollment and provide higher levels of education for them.

Executive Director Ann Daley said Try College could start by building off of online classes that are already in place at community colleges.

Green said Try College could get more working adults to consider taking online college courses.

Students could enroll in a free month-long distance-learning course taught online Green said. They would be able to take the class from the comfort of their own homes or at work on lunch breaks. Upon completion, students would be allowed to take one free class at any state college.

"One voucher would get you one course paid for free at any accredited university," Green said. This includes community and four-year colleges.

If Washington implements Try College,

students who enroll will be able to accomplish two things: testing the viability of online classes, and getting an idea of what it would take to earn a degree.

Tristan Vandermeer, a 23-year-old student at Bellevue Community College, said that the program would have helped him before he enrolled in his first online class.

He said that he was a little concerned before taking his first online course because he wasn't sure about its quality.

He did not begin attending college until he was 22 years old. He said that his greatest challenge was learning how to study once again.

"I had to refresh so much my first quarter," Vandermeer said.

Green said it is a benefit to the state and its citizens to provide education for as many people as possible.

"People who have more education make more money at their jobs and are less likely to be unemployed in recessions," Green said.

According to the Board of Higher Education, many working adults, especially low-income working adults, have substantial barriers to entry into college, but Try College could offer working adults a painless avenue to enrollment, according to Green.

He said that the Board of Higher Education and State Board of Community and Technical Colleges recognize the barriers to working adults and that Try College could give adults the confidence they need to earn a degree.

America vs. Limbaugh and O'Reilly

Two prominent right-wing commentators preach un-American dissent



Commentary by
Nathan Dalla Santa

The past eight years of American politics have been a perpetual letdown for this nation. With a collapsing economy, an unjustifiable war, overt constitutional infringement, and a general aura of Dr. Evil-like ruling, our country long ago grew weary of the way it was being manipulated by the powers that be. We were ready for a change.

January 20, 2009, America seized hope for that change when we inaugurated our landslide choice for president: the first African American commander-in-chief, Barack Obama.

People across our nation and across the world celebrated the success of this grass-roots movement. It seemed as though our nation could finally look across the divides of race, gender, age, and party alliance, and stand unified behind a new face of long-awaited and well-deserved change.

However, amongst all this hope and excitement, there are those who stand in direct opposition to America's progress by spreading messages of hate, intolerance, and unjust dissent. I speak, of course, of the unbreakable, right wing thinkers who pervade the political media; cancers of conscience.

When a new president is elected, it means the popular will of the people has spoken; this newly-elected president is representative of the American majority and stands for the direction the people wish to take as a nation.

It would stand to reason that the greatest good for America would be to support this avatar of American will, but some political commentators, such as Bill O'Reilly and Rush Limbaugh, seem to disagree. These tenaciously narrow-minded nuisances of the media continue to peddle anti-Obama sentiment and continue to spread messages of dissent, even though the presidential race has long since ended.

On his show, Limbaugh outright told his listeners that he wants people to refuse Obama and continue a resistance to his presidency. Is this a productive mindset in concerns to the man our people have cho-

sen to lead the Land of the Free?

No, unprovoked dissent will not help the growth of our fragile country; it will only succeed in hampering our president's ability to manage our nation effectively. Frankly, expressions such as these are not only counter-productive; they are nothing short of un-American.

There is a very severe lack of logic behind the denial of loyalty to our new leader. It seems as though these people remain conservative for no reason other than unwillingness to change.

When looking at the problems our nation has come upon with an objective, open-minded vulnerability, it is without question that change is desperately needed for our survival—economic, defensive, social, and moral change-- but these right wing commentators refuse to see the world in an objective manner.

Critiquing Obama for releasing the prisoners of Guantanamo Bay, O'Reilly said that America must sacrifice its principles in order to secure its safety. I agree wholeheartedly with the counter-argument of comedian John Stewart that if we were to, in fact, sacrifice our principles, for any reason whatsoever, they would not be called principles.

If our government could simply ignore our founding ideals on a whim, we would not truly be the America our founding fathers envisioned and we would be no better than any other self-serving, bully of a nation in the world.

I have a deep and true opposition to these thoughtless political prostitutes, not because of their right wing views, but because of their unwillingness to change and see the world in a new light; because of their refusal to accept defeat and join the rest of our great nation in the pursuit of a better tomorrow. America will succeed in the trials that stand before us only if we stand as a unified being, not as a splintered and argumentative cluster of ignorance and intolerance.

The voters have spoken and the battle of America vs. American government is over for now. So, forsake the naysayers and join Obama in the new struggle for the actualization of our core values.

It will not be easy and there will be many people who will struggle against our president until the end, but only through support of this new beacon of hope, will America ever actualize its long forgotten dream.

Americans watch too much TV

Study by the Nielsen Company finds that people are watching more TV than ever before



Commentary by
Tim de Groot

I am coming home from class, feeling a sense of inner peace. Nobody's home and I can do my homework in all quietness. A few minutes later, one thing shatters my dream to pieces: the television!

For most Americans it's a regular routine to come home, grab some snacks, and watch television; but what kind of influence does this have on daily life?

Is it good for health? Does it affect students' grades? Both of these questions can be answered from different points of view.

Television in itself does not affect students' grades. Of course, it does encourage people to procrastinate a lot though, and that can affect their grades.

A roommate of mine comes home from school, watches television, and at midnight he realizes that he still has homework to do. He gets it done alright, but goes to bed at 2am. Isn't that bad for his health?

So, does television always have a negative influence on people?

No; however, watching TV is a habit that can become a daily addiction. Some people can resist the temptation to watch excessive amounts of TV and few don't care at all about television.

Tyler Arens, a Green River student studying radiological sciences says, "I'm not a huge television watcher, but for Americans it's all about the background noises."

According to a study by the Nielsen

Company, Americans now watch 142 hours of TV a month, which is about four-and-a-half hours a day. Now that's a lot of television to watch every day.

The example of the procrastinating roommate shows that the television itself isn't the problem though. The problem is that most people don't push themselves to go and do their homework when distracted by the TV.

There is a show on that they really want to watch; okay, one show is one thing, but after that show, there are many more shows that they want to watch, because all these shows look pretty interesting.

Andrew Brosten, a Green River student studying the arts says, "Television sucks you in, and you just keep watching."

It's something that Americans just do. Still you can't say that all Americans are like this, but on average it's way too much.

Does watching too much TV endanger health? Well, that is actually a problem that many people talk about.

If people sit in front of the television, not exercising while eating unhealthy foods, that means that the television does influence their lives in a negative way.

If it were not for the amount of time Americans spend watching television, they would get more regular exercise and do more things they love.

Altogether, people in this country do watch a lot of television, too much television for their own good.

American students should start doing homework first instead of sitting in front of the TV until midnight, because the television isn't going to help with homework. Life is for living, so live instead of watching television all day long!

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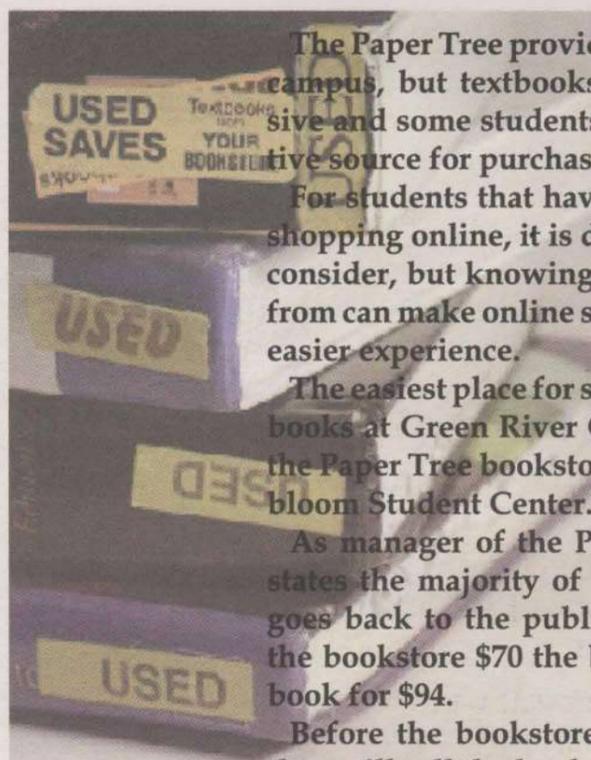
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The Current office is located in SMT 134 and can be contacted by phone at (253) 833-9111, ext. 2375.

Buying your textbooks: Online vs. Paper Tree

By Walter Gates III

Staff Writer



The Paper Tree provides a needed service on campus, but textbooks are generally expensive and some students may need an alternative source for purchasing their textbooks.

For students that have never tried textbook shopping online, it is definitely something to consider, but knowing what websites to buy from can make online shopping a quicker and easier experience.

The easiest place for students to get required books at Green River Community College is the Paper Tree bookstore, located in the Lindbloom Student Center.

As manager of the Paper Tree, Gary Jones states the majority of the cost of a textbook goes back to the publisher. If a book costs the bookstore \$70 the bookstore will sell the book for \$94.

Before the bookstore determines the price they will sell the book, they compare it to the online competition pricing to determine a price that will be competitive. They compare their price to online competition and the list price. "We try to be as competitive as possible," Jones says.

Probably the most popular website to purchase books from, is Amazon.com. Amazon is the biggest shopping search engine on the internet, "Amazon provides books that are cheaper and their shipping fees cheaper as well," said Green River student Michelle Dooley, 41. According to 19 year-old Green River student David Kerney, selecting and purchasing ones textbooks on Amazon is "just like buying anything else on Amazon".

Another website to consider purchasing textbooks is from DealOz.com, where they have a price comparison search that finds the 200 lowest prices from over 10 million differ-

ent new and used titles. When students are through with their textbooks at the end of the quarter selling their textbooks is simple. DealOz.com has free price search comparison to over 10 buy back stores that "will pay cash for them, right then and there," according to Lisa Evans, 46. The buyback stores also offer free listing services that are viewed by millions of potential buyers.

A unique website that allows students to purchase and download a PDF file of their textbooks is coursesmart.com.

Students hardly use the whole book anyways, so it allows students to cut and paste what they need and those with laptops to carry them instead of heavy of the textbooks, according to Steven Kinholt, a math instructor at Green River.

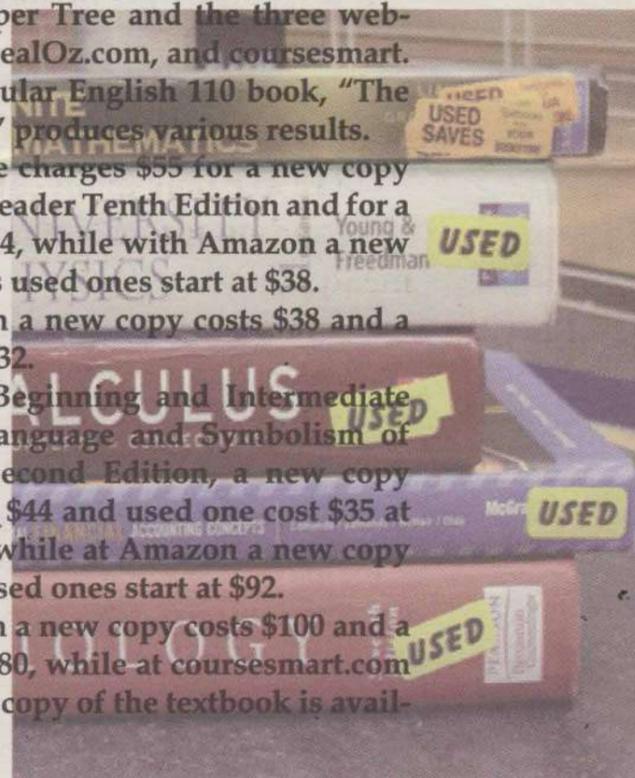
For example, the textbook price comparison between the Paper Tree and the three websites Amazon, DealOz.com, and coursesmart.com for the popular English 110 book, "The Bedford Reader" produces various results.

The Paper Tree charges \$55 for a new copy of the Bedford Reader Tenth Edition and for a used copy it's \$44, while with Amazon a new copy costs \$45 as used ones start at \$38.

At DealOz.com a new copy costs \$38 and a used copy cost \$32.

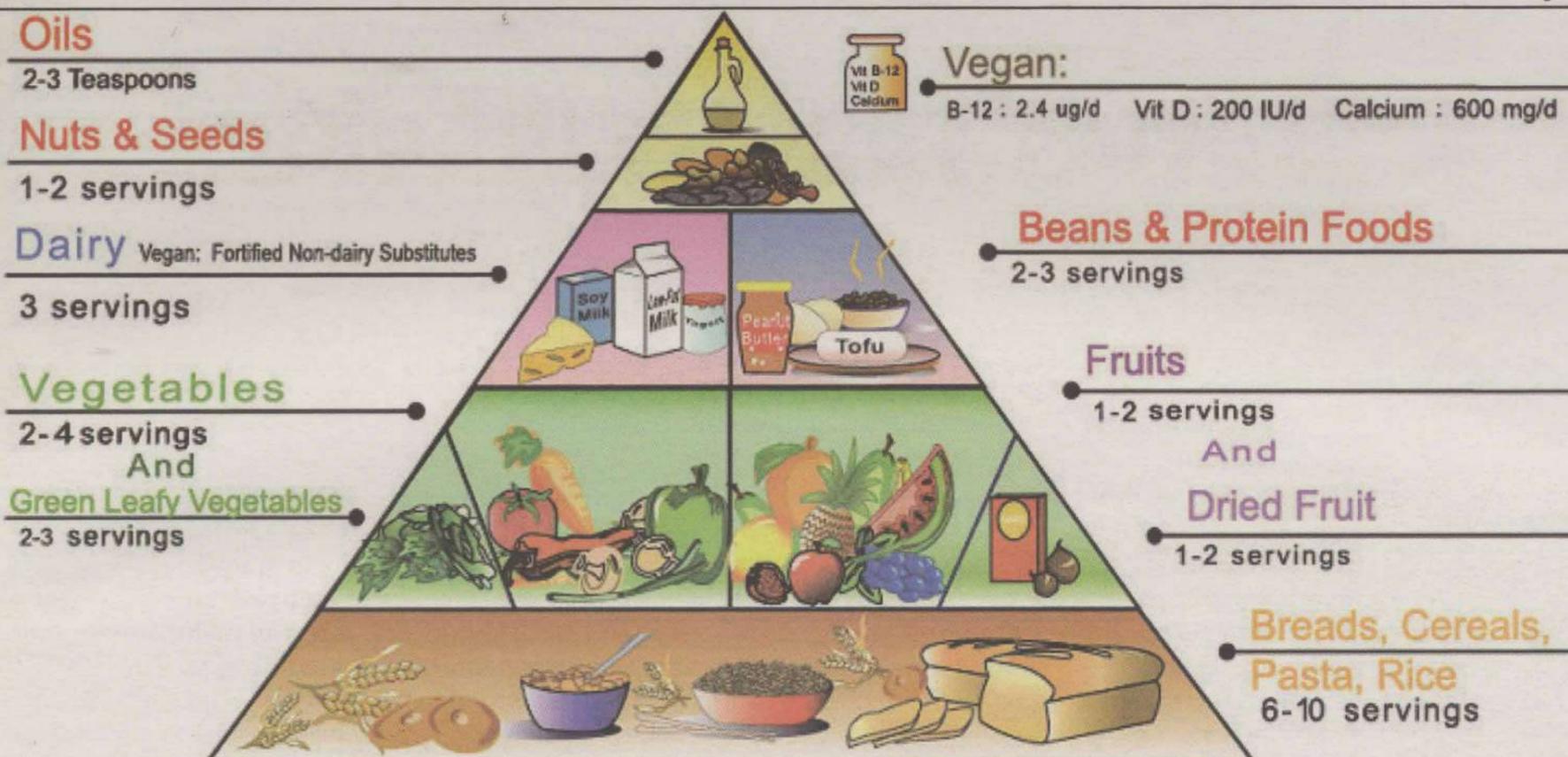
The cost of "Beginning and Intermediate Algebra: The Language and Symbolism of Mathematics" Second Edition, a new copy of this text costs \$44 and used one cost \$35 at the Paper Tree, while at Amazon a new copy costs \$111 and used ones start at \$92.

At DealOz.com a new copy costs \$100 and a used one costs \$80, while at coursesmart.com a downloadable copy of the textbook is available for \$75.



PRICE COMPARISONS

New=N Used=U	Paper Tree	Amazon	Barnes&Noble	eCampus	Lowest
Essentials of Biology	N=\$114.00/ U=\$91.20	\$117.59	NA	NA	\$60 Phatcampus.com
Public Speaking ETC.	N=\$84.00/ U=\$67.20	NA	\$84.75	\$65.00	ECampus
In Mixed Company	N=\$95.00/ U=\$76.00	\$82.09	\$105.95	\$103.30	Amazon
Economic Way of Thinking	N=\$125.00/ U=\$100.00	\$105.10	\$136.00	\$130.56	\$61 A1Books
Writer's Reference	N=\$65.00	\$65.12	NA	\$60.84	Amazon
Bedford Reader	N=\$55.00/ U=44.00	\$49.05	\$59.75	\$57.85	Amazon
Literature: Compact	N=\$89.00	\$84.94	\$89.95	\$55	ECampus
Craft of Research	N=\$18.00/ U=\$14.00	\$15.55	\$17.59	\$17.23	\$7.25 Discountbookssale
Rereading America	N=\$56.00	\$51.58	\$62.65	\$61.10	Amazon
Beginning and Intermediate Algebra	N=\$135.00/ U=\$108.00	\$111.00	\$110.00	\$143.00	Barnes&Noble



Arizona State University/Courtesy Photo

Advantages of a Vegetarian Lifestyle

By 'Fobbie' Lun Wun Yee

Staff Writer

Recently, vegetarian is gradually become common. Especially in the Asia area, more and more people assumed that being a vegetarian will be healthier than normal people. On the other hand, some people doubt that whether vegetarian can safely follow a vegetarian diet and still get all necessary nutrients.

In fact, many professional dietary experts had already agreed that a well-planned vegetarian diet can actually help people to be healthy.

As people want to switch to a vegetarian diet, they should know more about vegetarian first.

There are four main categories in vegetarian, they are ovo-vegetarian: eats eggs and no meat; lacto-ovo vegetarian: eats dairy and egg products and no meat; lacto-vegetarian: eats dairy products and no eggs and meat; and the last one is vegan; eats only food from plant sources.

Moreover, some other people are semi-vegetarian who have eliminated red meat, but they may eat poultry or fish.

The majority of vegetarian in the world start to be follow a vegetarian diet due to their religion or cultural. Nowadays, kids or families start eating vegetarian meals mainly because of their health, environment and the concern of animals. Also, there are some people who start switching to vegetarian diet because "friends are doing it." They just want to follow what their friends are doing, but most of these group of people will change back to normal diet soon because they just do it for fun.

A vegetarian diet can be a healthy choice for all people, as long as it's properly planned. Especially considering that vegetarians often eat more fruits and vegetables, so a eat-free diet can actually be a good choice. Remember the principle of planning a vegetarian diet is to provide a variety of foods and include foods from all the food groups. A balance diet will provide the right combination to meet the basic nutritional needs.



Graphic design by Yuen Ming Lai, 'Lilian'

Alex Rodriguez is still going to be MLB's "Golden Boy"

A-Rod doesn't deserve same treatment as some other steroid users despite his historic numbers

Commentary by
Sean Kramer

Alex Rodriguez is already one of the most hated players in baseball. It started when he left Seattle for a \$252 million contract in Texas. It only escalated when he went to the Evil Empire in New York, and three years later cashed in for \$275 million contract after opting out of the first contract.

But for the longest time, Alex Rodriguez was also still the shining hope in baseball to restore order to a tainted home run record, which he was and still in easily on pace to shatter.

That is, until Feb. 7, 2009, when Sports Illustrated reporter Selena Roberts flipped Major League Baseball's world upside-down, after coming across sources that confirmed Rodriguez was one of 104 players to have failed drug tests in 2003, while still a member of the Texas Rangers.

Less than two days later, Rodriguez came clean, admitting to Performance Enhancing drug use from 2001 through 2003.

Call me an A-Rod apologist, but because of Rodriguez coming clean, when he breaks the All-time home run record, Major League Baseball is going to better off because of it, and unlike Bonds, there will be no asterisk required.

Nor does he deserve to be grilled by the media or fans as the likes of Bonds or Clemens, whose vehement denial of performance enhancing drug use despite overwhelming evidence is a black eye on the game.

Now, as we look at those players who even three years ago were sure fire Hall of

Famers and heroes, how do we view their careers now? It's more about the steroid use now, it's about not being truthful with baseball and the fans, and because we don't know exactly when they were abusing drugs, how can we judge their careers fairly?

For example, Jason Giambi was never a sure fire Hall-of-Famer, but during his period of drug use, breaking out with Oakland, he was one of the best players in baseball, including bringing home the MVP before going to New York. When his steroid use was revealed during the BALCO investigation, Giambi came clean. It took a few years, and obviously he was never the same baseball player, but he's been a productive player and it almost seems like everybody has forgotten that he abused steroids.

Barry Bonds, who now not only holds the most prestigious record in baseball, but perhaps in American sports, is viewed as a villain. In addition to his denial of his use of performance enhancing drugs, his character as a person and player among other things are now being brought out into the open, and Bonds' entire career legacy is ruined because of it. Unfortunately for him, no matter what, even if he came clean, his legacy would be tarnished. He wouldn't have broken the all-time home run record without using steroids, and used them during the tail end of his career for the sole purpose of boosting his career numbers, and to not be out done by players such as McGwire, Sosa, Griffey, or even A-Rod.

To avoid being hypocritical on the subject, we have to look back on an interview Rodriguez did on CBS' 60

Minutes with Katie Couric. When asked if he had ever done, or even had temptations to use PEDs, Rodriguez said with a stern expression on his face and said "No." Later explained to ESPN's Peter Gammons, A-Rod took a few different angles on this. While admitting he was naive and stupid in Texas, he also believed he was just going along with the loose culture in Texas, and didn't ask the right questions in finding out if what he was doing really was, or wasn't acceptable. He also flat out admitted that he "wasn't being honest with himself at the time."

The true test of his character would have been if this hadn't come out at all. If he hadn't had failed that test in 2003, would we ever know? Maybe. Probably not.

But the true difference here is when confronted with significant evidence, Rodriguez chose to get it off of his chest.

Again, call me an A-Rod apologist if you will, but with or without the three years of steroid use, Rodriguez was going to break this record anyways.

Before arriving in Texas it was abundantly clear that if he remained healthy and on the torrid pace that his first five full seasons in Seattle indicated, he had a chance at the prestigious record.

Largely maintaining the 190 pounds he had coming into the league after being drafted number one overall in 1993, Rodriguez broke out in 1996 with a 36 home run season. Other than the 1997 season where he posted modest numbers of 23 home runs and 84 runs batted in when he batted second in the stacked Mariners line-up, he put up 40-plus home runs in each of his last three seasons, one and a half of those in pitcher-friendly Safeco Field.

It's hard to ignore the spike of numbers when he got to Arlington. He never hit less

than 50 home runs. But could we possibly attribute something else to that or was it really the performance enhancing drugs? He only missed one game in his entire three year run in Texas, compared to only one season in Seattle where he played more than 150 games, as well as playing in Texas where he played in what is widely considered one of the best hitter's parks in baseball.

Throughout his last four seasons as a Yankee, Rodriguez has won two MVPs, and in 2007 had what Rodriguez claims as the best season in his career with 54 home runs.

He played half of his games in Yankee Stadium, which is far from friendly for right handed power hitters, and getting 600 at-bats in only his first two seasons in New York, compared to all three seasons in Texas where he had at least 607 at-bats.

So the question begs to be asked, how much did Rodriguez really need the steroids? Don't get me wrong, I'm not trying to make excuses for A-Rod. What he did was wrong, and is disappointing in the sense that baseball's golden boy isn't so golden anymore.

But, with or without steroids, Alex Rodriguez was going to break the all-time home run record by my estimation. Does this vindicate him for his mistakes?

No. Rodriguez will now always have the stigma of steroids on him, especially when he's close to gunning down Bonds' record.

There will surely be cries for asterisks and opposing fans making creative signs and chants for A-Rod of being a cheater. But let's be real. Rodriguez is still going to be baseball's golden boy, and because of him stepping up to the plate and admitting his wrong doings, the game will be able to move forward and the right player will have the sport's most prestigious record.

Josh Smith receiving attention nationally at collegiate and pro level

Kentwood receiving buzz from recruiters, fans, scouts

Cody Huard
Staff writer

Calling him an "average" basketball player would be somewhat of an insult. Kentwood high school junior, 17, Josh Smith, has lived far above the lines of a standard player and has attracted the attention of almost every major college basketball school in the nation.

Smith's dominating story can be traced back to the fourth grade season when he was banned from playing defense underneath the hoop because of how many shots he blocked.

Then, just three years later at 6'4" and only in the seventh grade Smith dunked a basketball for the first time; meanwhile most of his teammates were stretching to reach the net. Smith has always been the biggest factor on the court, but now he's been ranked the best junior basketball player in the nation.

Now listed at 6'9" and 270 pounds, Smith has started and dominated since his freshmen year at Kentwood. Although he is yet to crack open his senior year Smith has already broken nearly every Kentwood record set by ex-Kentwood Conqueror Rodney Stuckey (who now starts at point-guard for the Detroit Pistons).

Smith plans on someday joining Stuckey in the NBA but before he gets ahead of himself he has to make his trip through the NCAA a successful one.

"His size, strength and explosiveness around the rim are unparalleled in the class. Beyond that, he has one of the best set of hands I've seen on a big guy and has great

shooting touch - if he's not dunking the ball on somebody," said national recruiting analyst Jerry Meyer in an interview with rivals.com.

He won't admit what college he is planning on attending in two years but the University of Washington seems to have a high level of interest in the young star. Huskies head coach Lorenzo Romar has attended many of Kentwood's basketball games this season and Smith has been seen sitting behind the bench at at least one UW game.

Big name schools such as Duke, North Carolina, and Georgetown have all filled Smith's mailbox with letters since the eighth grade but so far UCLA, Washington, and Louisville have showed the most interest.

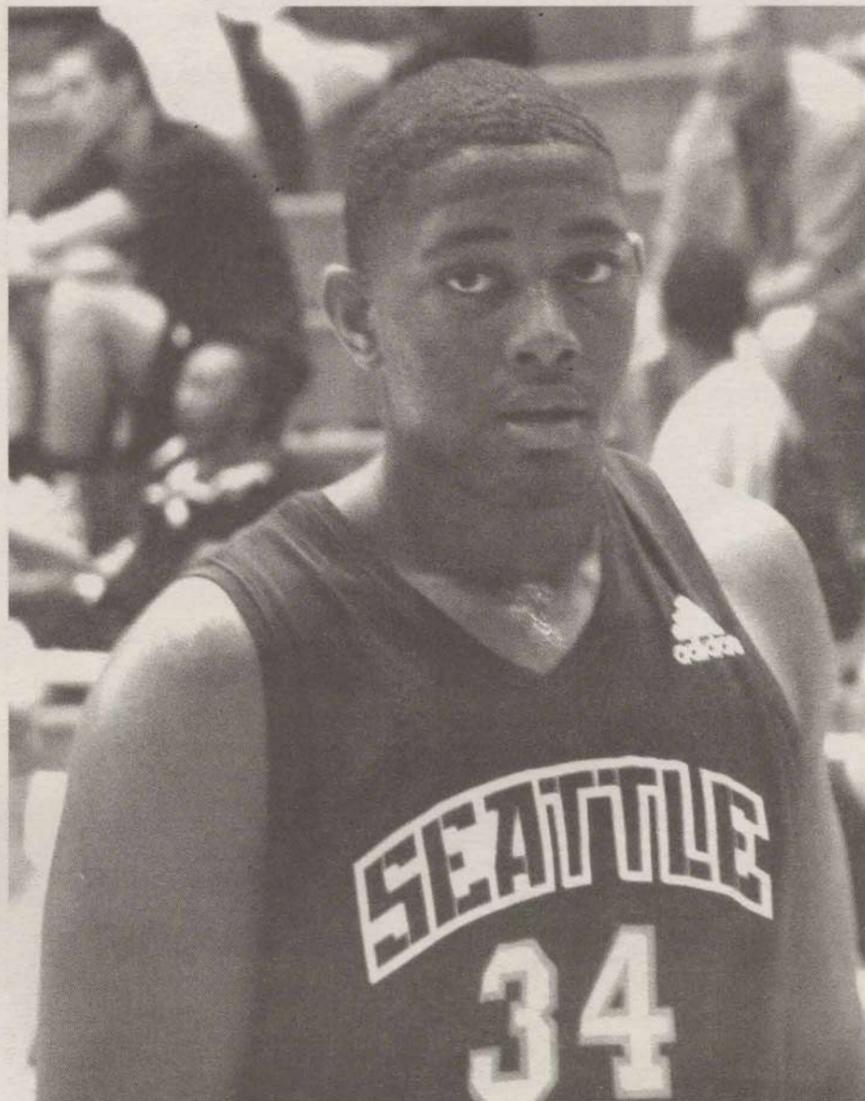
Smith has no preference on whether he stays at home in Washington or moves on to the west or east coast.

"No, none of that stuff phases me," Smith said. "I'd play in Africa if I had to," he added jokingly.

Outside of his offers to numerous colleges, Smith has been featured as ESPN rise's player of the week by posting two games of at least 40 points in just three days. He has also been ranked highly amongst ESPN's Super 60 players by producing 27.1 points per game and Rivals.com has put Smith atop their rankings for the class of 2010, which finally put Smith above 6'11" San Diego high school superstar Jeremy Tyler.

In the end, Smith found the words to sum himself up in one sentence:

"I'm the best junior in the world!" said Smith.



www.courier-journal.com/Courtesy Photo

Smith, 6'9", 270 lbs., a junior at Kentwood High School, has an NBA-ready body already. He's received interest from such programs as Duke, North Carolina, Georgetown, Louisville, UCLA, and local University of Washington.

Editor's note: This page does not contain news. The events described on this page are fictional, and not intended to offend, but rather to entertain. The descriptions, opinions, and stories on this page do not reflect the opinions of The Current, its collective staff, but are those of the writers.

MIMS named English department head at Harvard University

The former hip-hop artist gets job as after stunning display of poetry throughout his rap career.

Michael Espinosa
Staff Writer

Ever since his one week at number one with *This is Why I'm Hot*, the hip-hop artist, MIMS has rarely been seen or heard from.

Our research team spent months surveying Jamaica to find out what MIMS has been up to.

This effort was not successful. But, after attending a seminar in a local Red Robin bar, our team has found out where MIMS has gone with his life.

It turns out, MIMS has become the English Department head at Harvard University because of his poetic prowess.

This comes as no surprise to many MIMS fans. MIMS is well known for his expert lyricism and mesmerizing chokehold on the English language.

There are many lyrical devices in his hit single *This is Why I'm Hot* that justify Harvard's decision.

In the song, MIMS uses monorhymes as well as other challenging rhyme schemes. Monorhymes show that he is able to think of many words that end in a similar way. This is a more challenging kind of poetry than standard couplets seen in most of today's lyrics.

An example of this is: "This is why I'm hot, Shorty see the drop / Ask me what I paid and I say yeah I paid a guap / And

then I hit the switch that take away the top / So chicks 'round the way they call me cream of the crop" (Verse 3).

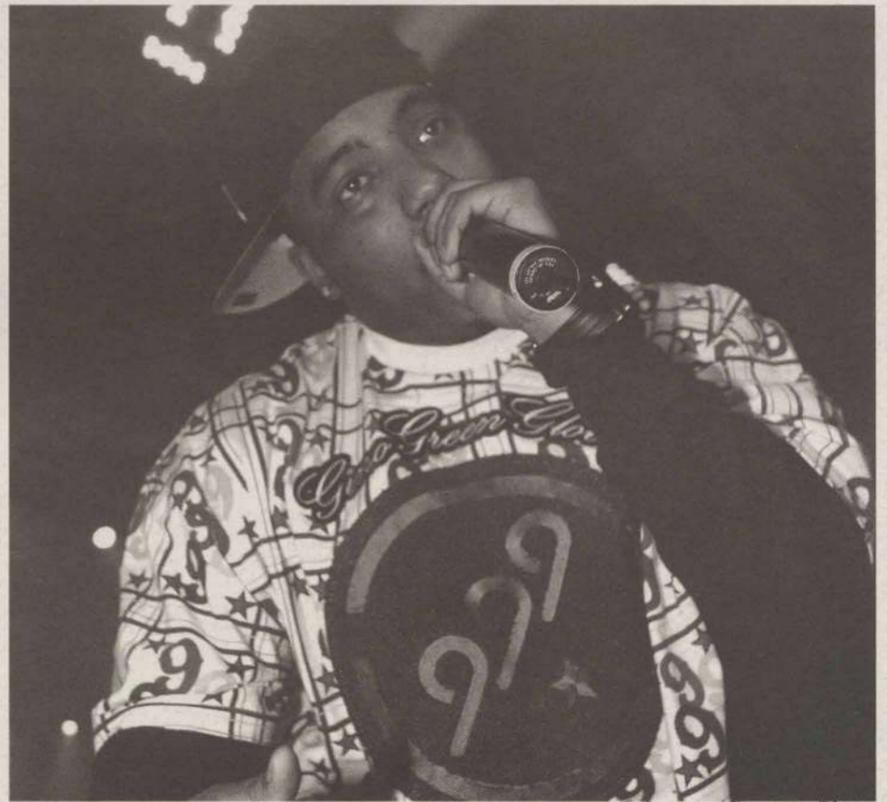
In this stanza, MIMS is talking about how shorties be all seeing his new convertible and he responds by saying that he spent a large sum of money. Seeing as he has a very expensive car, and one assumes with kicking spinners and a banging subwoofer, all the shorties around can tell that he is the best guy in town.

MIMS' use of "Shorty," "drop," "guap," and "cream of the crop" show that MIMS understands the language of the urban communities, and can explain his philosophical musings with them in a language that they will understand, further expanding the knowledge of our youth.

"And when I hit Chi / People say that I'm fly / They like the way I dress they like / (They like my) my attire move crowds from side to side / They ask me how I do it and simply I reply..." (Verse 1).

As the reader can see, MIMS is talking about how his reputation as a poet has followed him when he travels across the country. He uses rhetoric to emphasize that fact that people enjoy the way that he dresses. The last line implies that his method of dressing so well is simple, but indescribable.

Not to mention, the catchy prolific chorus shows his rhyming skill: "This is why I'm hot / This is why I'm hot / This is why,



o.aolcdn.com/Courtesy Photo

This is why / This is why I'm hot." This is an example of a rubaiyat verse. Only seasoned poets even try to attempt this very difficult rhyme scheme.

MIMS isn't only an expert at Western rhyme schemes. In the opening lines of the first verse, MIMS shows us a haiku: "I don't gotta rap / I can sell a mil saying / nothing on the track."

MIMS is by far the best poet of our gen-

eration, and possibly of all time. His poetic genius puts Confucius, Edgar Allan Poe, and even William Shakespeare to shame.

The United States government should get their heads straight and finally declare MIMS the next Poet Laureate of America.

As Obama said, regarding MIMS lyrics, "This s---'s gettin' way too complicated for me."

Kent Schools cut education program

KSD finds unique way to cut budget in schools

Michael Espinosa
Staff Writer

Due to the economic crisis, many school districts have been trying to figure out how to cut back on spending.

The Kent School District has resorted to cutting back its education program as a means of saving money for the rest of their programs.

The district was going over how to cut back on spending, and found that the education program was costing them more money than any other program by a large margin.

"It was a tough decision, but I believe that it is in the best interest for our students," said the superintendent, Barbara Grohe. "I'm sure that when people look back on this budget cut, they will see that it was the best choice for us to make."

The cutting of the education program has experienced a lot of support from the students who attend the KSD schools.

"I'm glad that the education program got cut," said local student Blake Edmond. "I really hated my science class; my teacher was a total jerkface." When asked what a "jerkface" is, Blake replied, "It's quite simple. It implies that the person in question is a jerk, and that they have a face, which is also a jerk."

Our reporter asked Blake what he planned to do with the rest of his high school career and future without the education program at his school.

Black answered, "I'll probably start working with daddy at his local multi-

national cigarette company, which I will probably grow up to run. Then after I graduate high school, I'll probably attend Yale, as daddy did. Beta Phi Theta Omega Alpha R2D2 house rules!"

However, not everyone is for the cutting of the education program. Some parents have criticized the superintendent's decision.

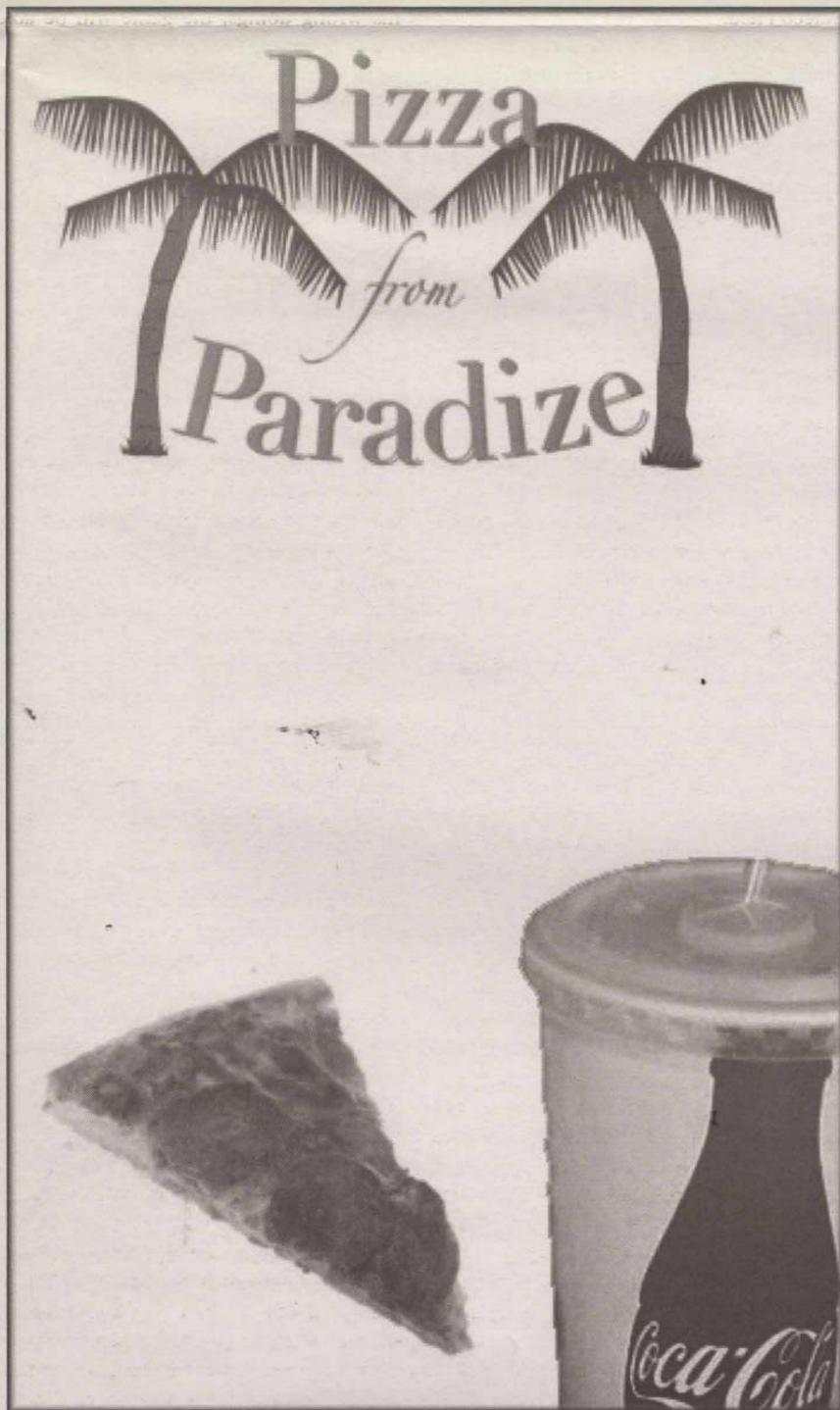
"I don't think this is a good idea at all," local mother, Irene Madriz said. "I need somewhere for my son to be during the day. And if the education program gets cut, he'll have nowhere to go. He can't stay at the house because I work from home during the day. You see, I can't have my son at the house when I work; it would just throw me

off." When asked what her occupation was, Madriz answered, "I'm a prostitute."

"I think that the idea of cutting the education program is just absurd," local lunch lady, Bertha Doms commented. "If this

plan really goes through, there will be no one to eat our food. Who else in this world is going to eat our leather boots disguised as cheeseburgers? You? Because I surely won't. Plus, with fewer students attending the schools, there will be less litter for us to throw into our soup of the day!"

As Grohe said at a local PETA (Parent and Educated Teachers Association) meeting, "it's not like the education program is the only program that our district offers. We still have music and arts programs, sports programs, yearbook and newspaper programs, poultry hygiene programs, and even snail anatomy programs! The students can still continue their personal learning in their own way, just not through an education program."



Make a difference: Volunteer and help a "little"

Get out there and give your time to a youngster, you can leave an imprint on their heart forever

Lindsay Gordon
Staff Writer

These days it seems like everyone is just looking out for number one. We are so self absorbed that we can't even see beyond our own noses, to a world that exists outside our own.

There are people less fortunate than ourselves that could benefit from a little help and encouragement. Serving others, rather than ourselves, can be both fulfilling and life changing.

There are many ways for one to volunteer, or give time. One of these ways is participating in the Big Brothers Big Sisters Program of Puget Sound.

By volunteering only an hour per week of your time, you can make a big difference in a child's life.

Uitime Apineru and Dean Maulden are a local example of the Big Brothers Big Sisters Program (or BBBS) at work. Uitime, or "Weetie" as his friends call him, is an eleven year old boy who likes to draw monsters and bugs.

His "Big Brother" is Dean Maulden, a student from Green River Community college, and the proud father of two fast pitch-playing girls.

The two were brought together by the Big Brothers Big Sisters Program of Puget

Sound. Dean heard about Big Brothers Big Sisters through the Teachers of Tomorrow club at Green River, he "had never thought of it before, but signed right up!"

As a future teacher, Dean says that his "ultimate goal is to help kids realize their potential."

Dean heard about Big Brothers Big Sisters through the Teachers of Tomorrow club at Green

River, he "had never thought of it before, but signed right up!"

Unsure of whom or where his siblings are, Uitime's troubled and confused home life has had

a strong influence on his life at school.

Cheating in class and bullying on the playground were just outlets for Uitime's frustrations.

"If his life was perfect he wouldn't be in the program" says Dean. But since meeting him, Uitime's social skills and academic performance have improved significantly.

Dean says that Uitime "is a really happy kid and he seems to be a lot happier since I've started working with him". Sometimes just a kind word and a little attention are all a kid

needs to succeed.

The benefit isn't just for the "Little" though. The personal enrichment gained from being a Big Brother to Uitime is priceless for Dean.

He says "I think every week I come away feeling better about myself because I've

done something, in some small way."

Becoming part of the program is incredibly easy. There are many children just waiting to be matched with a "Big."

Anybody who wants to is encouraged to apply, but male volunteers are especially in short supply at BBBS. (Dean's first "Little" was on a waiting list for an entire year before he was matched!)

If you wish to become involved, there are two different branches of the BBBS program that you can become a part of. The first is the School-Based match.

This is where your maximum commitment time is only one hour per week with your "Little". Here you can help

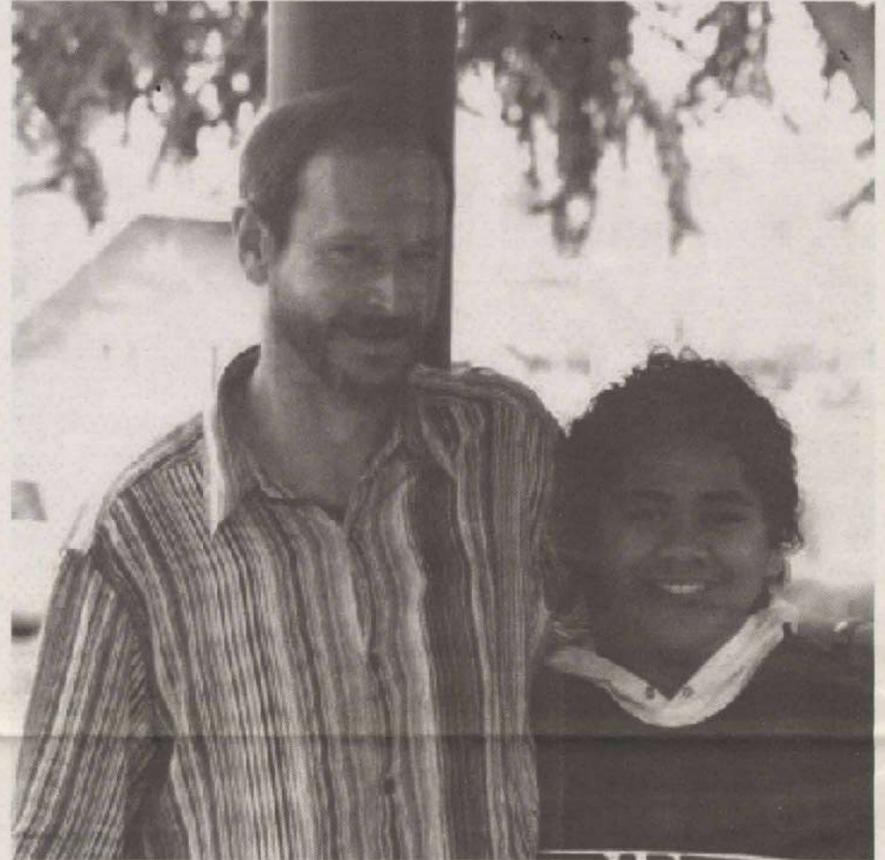
out with homework, play some board games, or just talk.

If you would like to have a flexible schedule and commitment time, you can choose the second branch, which is the Community-Based match.

In this case you can travel outside of the school and go on day trips. These can include going to the movies, hiking, or visiting a museum!

If either of these options inspires or interests you, you can visit www.BBBS.org or e-mail 392-agencyinfo@bbbs.org for more information.

What are you waiting for? Get involved and make a difference!



Dean Maulden and Uitime Apineru

Liam Neeson succeeds at bringing thrills to the big screen

Taken brings an all-star cast to the table, as well as an action packed plot that will leave audiences satisfied

Ken Do
Staff Writer

Despite its late arrival in American box office, *Taken* doesn't forget to bring its anxiety, thrill, and excellent action scenes to the audience.

With the amazing casts of Liam Neeson, who has come to be known for his heroic action fantasy in *Batman Begins*, *The Chronicle of Narnia*, *Rob Boy*, and *Dark Man*, Maggie Grace, the *CSI: Miami* and *Lost* star, and lastly, Famke Janssen, famous for her roles in *Golden Eye*, *Nip/Tuck*, *X-Men* movies.

Taken thoroughly opens to the viewers eyes to many aspects, including fatherly love, dangerous traps

in society, and the caution of the high possibility of things that might happen to someones life in this world.

Bryan (Liam Neeson), a retiring CIA agent, has been trying to get connected with his estranged 17-year-old daughter, Kim (Maggie Grace) after getting divorced from his wife Lenore (Famke Janssen), who already remarried, for years.

A father-daughter love is the strongest love ever. He can and will do anything to protect, please, or spend time with her.

But he always fails, due to the broken relationship between him and his ex-wife. Matter a fact, he's totally not comfortable when asked for the permission of letting her go to Paris without anyone but her friends.

Making efforts to not let her go doesn't work out for the three of them. Finally he waves the white flag by signing the paper to let her go, which leads to a huge risk in the future!

No sooner had she arrived to her condo in Paris, she got kidnapped while she was on the phone with her Dad.

With all the skills of a CIA agent, Bryan can determine that Kim is kidnapped by an Albanian gang and they are about to sell her to the prostitution business of those wealthy and powerful men.

Then he starts his way to Paris to find her. Bryan begins navigating the location where she was kidnapped and is helped by a friend of his who is a French police officer. Their goal is to find the sex camp. Gathering all the information from anyone he thinks related to his girl, he finally finds and rescues her in time!

Director Pierre Morel made a very intelligent decision choosing Neeson to

play Bryan. It's absolutely a typical kinda of role for Neeson to portray. What the audience can see is not a legendary hero like Qui-Gon Jinn in *Star Wars I: The Phantom Menace*, Henri Ducard in *Batman Begins*, Aslan in *The Chronicle of the Narnia: The voyage to the dawn treader* anymore, but rather a heroic father in the modern life.

Once again, he can have a chance to use all of his skills from boxing when making moves in *Taken*.

Other than that, he expresses his love for his young daughter so excellently that parents might reveal their own image when seeing this movie.

The only one thing that should be improved in this movie is the translation. The director should have put some subtitles on when the French or Albanian speak English, especially during the loud and chaotic situations.

Taken is a wonderful typical thriller. It gives the audience a lot of emotions afterwards. They can be more cautious of things going on in their own lives or less trustworthy of people, or feel scared to walk alone.

The meaning of the title is not only literal but figurative as well. I think it's definitely a message from the director: The most precious thing, even your daughter, can be taken from you by others. But your unconditional love for them with some added skillful fighting can help you get your loved one back!



www.podtropolis.com/courtesy photo

Bioshock: Gamer Approved

In this game you can freeze your opponent and kill mutants with grenades

Allison Helander
Staff Writer

Despite initial reviews proclaiming "Bioshock has game of the year material written all over it," by the Official Xbox Magazine, this mind-blowing, creative tale was quickly overshadowed by more simplistic and classic ideas of gaming stardom.

Players both casual and hardcore were simply following the hype made by Microsoft and the creators of the Halo series to finish their epic battle with fate.

But, while an earth shattering game upon the release of Halo, did the series' finale deserve to overshadow the never before seen antics of Bioshock?

Much of the issue lies merely in available funds for sharing the games with the world. Microsoft had, and chose to use, any and every connection and top dollar in an attempt to claim the top of the charts in 2007. On the other hand, the creators of Bioshock were either more frugal with their money or simply broke.

The face of Halo 3 was on every corner, store, and even throughout concerts such as Warped Tour. So, what reason did people have to use their precious money on a game with which they were unfamiliar and unsure of?

Despite many years of ignorance by mass society, Bioshock has several reasons not to be ignored or pushed out of the public eye!

Both are considered to be in the FPS category, or First Person Shooter for those not acquainted with gaming terms. The creativity injected into Bioshock should have been a thrill for people of every social clique despite it being seemingly doomed to pure gamer knowledge.

As IGN writer Charles Onyett put it in a review Bioshock, "to call this game simply a first-person shooter, a game that



lefinewhine.blogspot.com/Courtesy photo successfully fuses gameplay and narrative, is really doing it a disservice."

The game is, in a word, fabulous. While obliterating each sector of the underwater city known as Rapture, certain abilities are come across which any normal human being would gladly slaughter underwater mutations for.

The "plasmids" that the game is based on, or simply injections of curious abilities, provide it with the title of being a step above a first person shooter. The abilities granted to you by these plasmids, such as freezing your opponent with the press of a button, willing grenades to pummel mutants with your mind, or simply catching your enemy unaware with a delightfully crisp scent, the game's concepts and graphics alike are not to disappoint.

Although Bioshock is nearly two years old and may be considered out of date by many, it is a concept of which has yet to be repeated and likely won't be in the near future. It is a game that must be recommended far and wide to gamers and civilians alike.

Hot Iron Mongolian Grill

Noodles, veggies, and meats make for a yummy hot meal for a cheap price

Jean-Pierre Garcia
Staff Writer

A million icicle lights guide you to the entrance of the newest Mongolian Grill to hit Kent-Kangley.

The sign still reads grand opening even though it's been weeks since the Hot Iron Grill has held its debut, which means they still cling to their debut prices, an astounding ten dollars, for an all you can eat buffet!

Entering the double doors there is a side wall, as well as a bright green wall to the left. The place is dimly lit providing an excellent dining ambience.

There are traditional tables as well as a unique twist to the booth scenario. It's made of wood and there are coat hooks at the end of each bench. Each booth is set to next to a window. The place is simple, yet artistic in design.

The owner, a bespectacled Kevin, greets you with a warm smile from the circular grill, the namesake of the restaurant and an icon to the Mongolian style. He will often ask how old he looks and the answer is surprising. He is older than he appears.

Opposite the green accent wall is the main event, the food! There are a variety of noodles, wispy white strands of Udon noodles, thick and yellow Chow Mein noodles, and mysterious green noodles.

Following the noodles are an assortment of vegetables, frozen meats, and then multiple sauces, making a completely customizable meal.

There are also suggestions for creating a sauce using the available basic ingredients but it's totally up to the diner.

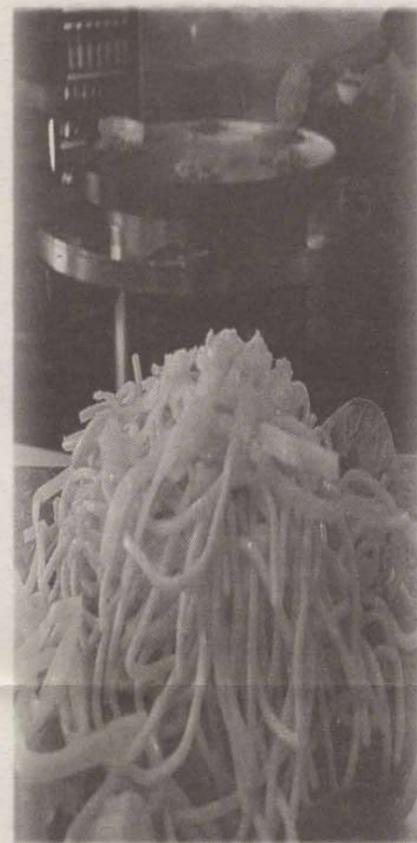
While having all of these choices there is the added advantage that everything is prepared and cooked right before your eyes. Food is splashed onto the circle with a deafening hiss.

Each person's meal is carefully separated with a flurry of motion from the two chefs using two spatula-like knives.

The food is served sizzling hot with the option of a side of white rice and additional sauces, like powdered sesame or peanuts, a purplish plum sauce, or a teriyaki sauce.

The teriyaki sauce offers a surprising kick to the sweet base that rolls into the palette...tantalizing the senses. The teriyaki sauce alone is worth going to the serving stations time and time again as well as unbuttoning the trousers to make room for more due to its original taste on an oriental classic.

Near by there is a birthday party. The spatula knife was delved deep into the cake. The plate is served quickly on a seemingly ceramic plate with a non-shatter plastic flatware. It's painted and rectangular rather than the traditional circular design, which sums up the entire experience. It's different, modern and exciting.



irongrillbbq.com/Courtesy photo

Demetri Martin steps it up with his own TV show

Martin plays the harmonica, bells, and keyboard, while revealing intelligent humor

Ryan Young
Staff Writer

One of the funniest people in the world has just gotten his own TV show. Widely recognized for his stand up, Demetri Martin has become a cultural icon. Everyone may not know his name, but mention the comedian with the sketch pad and almost immediately the lanky figure, and his jokes, pops into people minds.

Interrupting her from her math, at a desk in Holman library, I got a chance to sit down and talk to beautiful, Dana Mathisen. When asked who Demetri Martin was she drew a blank.

Then with a little info about him, she recalled, "He's funny, I guess." Still having trouble remembering things about him, we had a chance to pull up a YouTube video of Demetri Martin, Dana sat down and watched it.

Watching her reactions, it was obvious that she was enjoying the comedic magic of Martin. After the ten minute long video, Dana had a few things to say about Martin. She spoke of how he intertwines intellectualism into his performance, how

his intelligence shines through the jokes, and how he makes nerdy things, like math, surprisingly very funny.

When asked to compare him to another comedian, Dana said he's very different from most. He really makes you think about his jokes, where as comedians like Dave Chappelle (whom she likes more than Demetri Martin) says a joke and you get it right away.

I'd call that lazy or cheap entertainment, which is not bad most of the time. I, however, prefer the intelligent humor, stuff that makes you think, and then you feel like you've accomplished something when you get the joke, like you've earned the laugh.

Back to Dana; "Demetri Martin is inspirationally, intellectually, funny." When told that he had a TV show Dana said that she would most likely TiVo it.

The show is called "Important things with Demetri Martin." In each show Demetri focuses on the importance of something, comes up with skits, stand up, drawings, animations, and anything else his imaginations thinks people will find funny. The first episode aired Wednesday the eleventh, at nine thirty, on Comedy Central.

One of my favorite parts was the angry actor sketch, Demetri played an actor who couldn't act angry on camera, in opposition he was hilariously timid, but every time

the camera was turned off he went crazy, breaking stuff and screaming. It really showed how good of an actor Demetri is.

Throughout the show there were random funny things, like after the acting sketch Demetri was seen in a park techno rave dancing, commentary popped up "Guy way too early to a rave." Another short clip, later on in the show, was an animation of a bird doing a fly-by-crap on a guys head commentary: "good timing."

A big highlight of the show was the time machine skit, where Demetri, playing a janitor who comes across an ordinary looking soda machine in a science lab. Demetri knows better. Taking off the sheet of paper on the machine "this is just an ordinary pop machine" he activates the time machine, goes back and becomes the time gigolo. He uses his knowledge of the future to get women of the past to have sex with him. From betting that the stock market would crash the next day, to convincing Betsy Ross that he was the head of the flag deciding committee, he gets a lot of action.

This sketch is especially refreshing because it's not something that you would think Demetri Martin would do, looking at his standup, it's different, there is variety, and it's great!

Seeming to not want to disappoint fans of his work, Demetri brings out the sketch pad not once, but twice. Once for

hilarious pictures, for example, a graph of how old someone is compared with the chances that they will pee in there bed. Then a second time he brings the sketch pad out while he shows off his amazing, multitasking abilities. He plays the harmonica, guitar, bells, keyboard, and tambourine all while flipping the pages of his sketch pad.

This first episode is only the beginning of what is sure to be an amazing show. There are so many levels of humor, so many different styles and comedic routines; it would be a shame for you to miss it. So don't! You can catch "Important Things with Demetri Martin" every Wednesday at 9:30 on Comedy Central. I promise you will be entertained.

DEMETRI MARTIN.

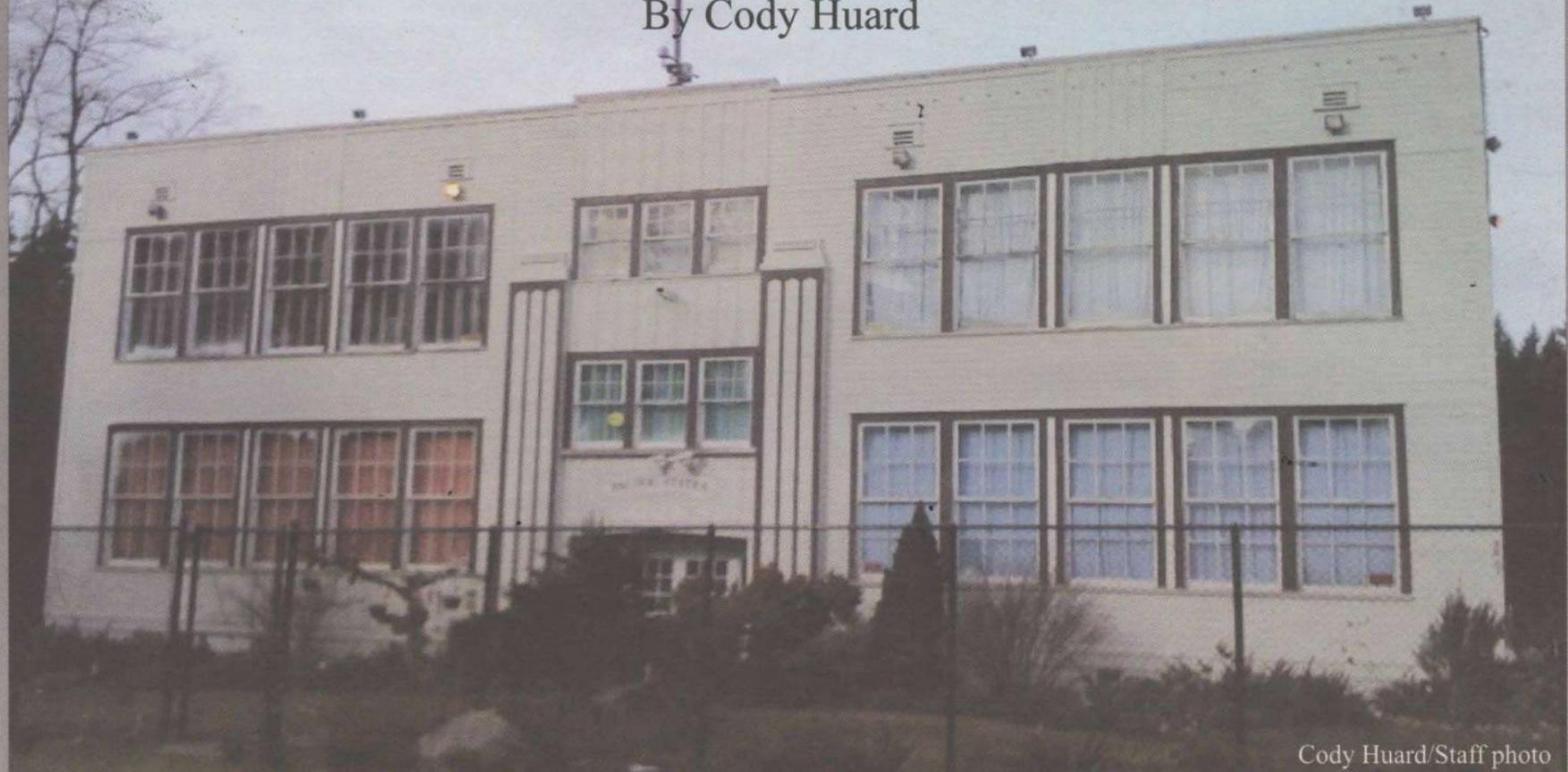


PERSON.

rapidsharefilms.com/Courtesy photo

THE MYTH BEHIND SELLECK

By Cody Huard



Cody Huard/Staff photo

Selleck Washington, the “ghost town” of King County has had a reputation of being haunted by the dead and littered with angry hicks that never leave their home. Truth be told; it’s just a bogus rumor.

In the past few years Selleck has had its reputation built up from on-line bloggers ripping the town for being filled with crazy folks who will guard their creepy schoolhouse at all costs. Ghost stories have also spread across the web, causing mischievous teenagers to stop by the schoolhouse for a late night visit.

According to Tim and Jen Walter who have lived in Selleck for over seven months now, kids launch paintballs, eggs, and even Molotov cocktails at the old building.

“Usually they’ll (the kids) will come by here on Friday nights and it’s usually after we’ve had a couple beers so we’ll run outside and chase them down,” they said.

One Selleck resident stays up late to guard her beloved town. She’ll stay up until 4 A.M. keeping an eye on things just to make sure the up-to-no-good teens don’t have their way with the 100 year old homes that make up Selleck. She then spends her day in bed making up for lost sleep.

“They’re serious about that crap. I went out there with some friends one night but we didn’t even do anything,” said Marcos Plancarte, a 17 year old Green river student from Covington. “As soon as we got there people came out screaming at us. We left right away but on our way home we were followed by a police helicopter and pulled over by some cop cars.”

Don’t bother coming to Selleck in search for ghosts or evil spirits. The ghost stories of the town began when the owner of Selleck, who still lives in the top story of the old schoolhouse, put up a large cross in memory of his father who passed away.

Word spread to local high schools of the cross which lead to rumors of it being some kind of act of witchcraft. Teens made dares with each other to run up and touch the cross.

Another part of Selleck that has people wanting to take a peek of the town is Google Earth. Whenever Selleck Washington is inserted into the Google Earth’s search bar, the program pinpoints its location but will only display tons of grey blocks that reads “no image available”.

This is enough to convince most people that there is something going on in Selleck. There is a very simple explanation for this; the town is bordered by one of King County’s water sheds which is government property. To prevent terrorist attacks and other problems in our water supply the government treats it no different than Area 51 and blocks it from being viewed online.

As for the “angry hicks” talked about in those online blogs, some might be surprised to hear that most of them work downtown Seattle and around your own hometown with you and your parents. “The reason why everyone loves it out here is kuz its big houses, cheap rent, and everybody’s family,” said Jen Walter.

“No ghosts in Selleck, just angry people,” Tim Walter said with a laugh.



Top: The trademark of Selleck, now, the mysterious schoolhouse

Above: View from the Selleck schoolhouse of the entire town.

Below: The Selleck windmill which towers above the town
Above: Thomas James Hurst/Seattle Times
Below: Seattle Times/Courtesy photo

