Highline wrestler shoots for All-American
- see story, page 7

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Your local weather report:

Today, morning fog, night partly cloudy
Hi 52F, Lo 38F

Friday, rain
Hi 48F, Lo 40F

Saturday, chance showers
Hi 48F, Lo 38F

Last quarter, a Highline student, "Joe," not his real name, had trouble getting into the classes he needed. "I had to take these two classes so I could transfer but they were already full, so I just signed the form," he said. The particular classes he needed, before transferring to a four-year university, were already full.

Instead of meeting with the instructors to get permission and have the correct forms signed, he took matters into his own hands. Joe was caught forging instructor signatures and asked to attend a hearing. "I've done it before so I was sure no one would know find out," he said.

He attended the hearing, wrote a letter, and met with both of the instructors involved, the whole time fearful he would be expelled.

While registering for high-demand classes at Highline can be a challenge, some students are taking a new approach to this problem. Desperate students are now forging instructor signatures to get into classes more quickly.

Many students preparing to graduate from Highline next quarter need specific courses in order to fulfill requirements, and they need those courses as soon as possible to meet deadlines for entry into four-year programs.

Joanne Jordan, of Registration and Student Services, said registration appointments are currently organized to help students with this very dilemma.
Professors question the Atkins diet in forum

By Dana Hammond
STAFF REPORTER

A couple of Highline health professors are skeptical about the growing popularity of low carbohydrate diets.

A current surge of popularity with the Atkins diet is the result of misleading implications that the media is feeding. It is time to get educated.

"It is frustrating to see the current obsession with fad diets like this, knowing what it does to your body," Keith Paton, a health/nutrition instructor at Highline said.

Keith Paton, along with Lisa Rakou, and Tracy Brigham, both also health and nutrition instructors at Highline, are putting on an Atkins/low carbohydrate forum to create an awareness of health issues associated with these types of diets. If you are interested in the Atkins diet, or starting a new healthy diet, the forum will take place in Building 3, room 103, from noon-1 p.m.

Dr. Robert C. Atkins first published the Atkins diet in the ’70s, but it soon had to be revised due to overwhelming requirements and serious health problems that it was causing. A new and improved version was republished in 2003, which is the most well known. Although Dr. Atkins died last year, his low carbohydrate diet continues to live on and is growing in popularity.

The diet is an eating program that encourages a very high intake of fats and saturated fats and extremely low consumption of carbohydrates. According to the Atkins text, you will burn carbohydrates for energy and if you consume a very small amount, it will skip carbohydrates and jump straight to the fat, which then should cause faster, more efficient weight loss.

Your body uses the carbohydrates as energy because it is the easiest to get to and burn off. The problem is that when you cut out the carbohydrates and force your body to use protein and fat instead, it will cause a strain because protein is much harder to burn and it takes longer to screen through the kidneys. You will also receive less energy that will not last as long, said Paton.

On the Atkins diet your will achieve weight loss but it is not the type of weight that you need to lose. The majority of your body fat is a combination of water and muscle weight, said Paton.

"The Atkins diet is misleading. It claims weight loss, which it does, but when is the last time you heard someone say, I want muscle or water, rather than fat?" Paton asked.

When addressing the Atkins diet you need to look at the long and short-term effects, he said.

The short-term effects many include weight loss, but a high chance of gaining that weight back if the diet is not continued strictly. Also, the reason behind the weight loss is not because of the food that you are recommended to eat, it is that you are consuming less food. Less food intake equals to less calories, which causes weight loss.

"It is obvious that if you eat less, you will lose weight. All these fad diets are quick fixes and you know how we all love quick fixes," said Paton.

Low carbohydrate diets, especially Atkins, leaves a chance of guilt and fatigue because of the high levels of protein that each diet requires.

Looking through the long-term perspective, high protein, low carbohydrate diets may cause mild kidney problems, and there are bountiful amounts of evidence that indicate a significant increase for heart disease. Heart disease is the No. 1 killer in America.
The waves rush in at Three Tree Point

By Rob Goodman

The waves at Three Tree Point rush about in choppy, inconsistent patterns, and abruptly turn into smooth, serene surfaces with no transition in between. As thrilling as it is fascinating to watch, and a signature attraction to the area, what happens below the surface of the waves is even more significant than what occurs above.

Circular motions caused by wave systems known as eddies, can cause highly nutritious deep ocean water to stir into surface water. This creates a hospitable habitat for phytoplankton, such as algae, to exist. Phytoplankton are a huge food source for zooplankton. Zooplankton, such as bugs, are a food source for other marine animals, said Dr. Parker MacCready, an instructor at the University of Washington’s School of Oceanography.

Phytoplankton are so prolific because they grow in water as deep as 400 feet. Phytoplankton are known to feed as deep as 1,000 feet. Three Tree Point is located in the main basin of Puget Sound in the city of Burien.

The water pressure system around the corner, welling into deep waters and pushing them to the surface. This process is also what creates eddies.

An eddy is a rare motion of waves, in water or air, that tend to move against the main current and commonly flow into a swirling motion, MacCready said.

The eddy builds up vorticity and turbulence as the tide floods and ebbs, until the waves are dispersed over great distances, dissipating into nearby regions. In the case of Three Tree Point, these waves spread practically all over Puget Sound, said MacCready.

Aside from eddies, MacCready also pointed out that water mixing can occur in estuaries. Estuaries, where freshwater rivers meet the ocean, are often separated according to density (salt water is heavier than fresh water, so fresh water is on the surface and salt water is below it). The waters can mix vertically depending on tidal and wave patterns. When the two waters mix, nutrients from the bottom of the ocean rise to the surface, and the production of phytoplankton increases, MacCready said.

Dr. Robert Parker MacCready explains where Three Tree Point is located. MacCready is an instructor at the University of Washington’s School of Oceanography.

When lee waves must pass around the acute point of the ridge, they either pass over the ridge, as with wind, or they bounce back and forth in several different ways or another, said MacCready.

One such area in the Puget Sound that creates a daily cycle of eddies in tidal flows, is the Three Tree Point headland. Three Tree Point is located in the main basin of Puget Sound in the city of Burien.

“Currents can also be measured and studied with an acoustic doppler. The University of Washington usually uses three methods: GPS satellite tracking, acoustic tracking, and numerical modeling.”

Wake up everybody! You need to get some more sleep!

By Rob Goodman

Sleep well, or pay the consequences. Constant sleep deprivation is more of a problem than one might think. In fact, only six hours of sleep as opposed to eight hours on a regular basis, is considered to be chronic sleep deprivation.

Long term problems of sleep deprivation are decreased metabolism, and a decrease in the production of leptin, a neurotransmitter that controls the body’s appetite.

“That means you’re getting signals that you’re hungry, even when you’re not hungry,” said Ruth Frickle, Highline psychology instructor, whom spoke recently at Science Seminar.

Also your glucose tolerance decreases.

“That’s a precursor to diabetes,” said Frickle.

Frickle knows the value of sleep, and at the Science Seminar, everyone was more aware of its effects as well. Lack of sleep is something that needs to be acknowledged more critically in America, and if America knew just how vital it was to know how sleep works, and how certain stages of it can restore different parts of the human body, they would probably waste little time trying to get as much shut-eye as possible.

“Sleep is for everyone’s health and well-being,” said Frickle.

Sleep occurs in a series of stages that bounce back and forth in several different orders. The first four stages of sleep involve Non-Random Eye Movement (NREM). In the first stage you are generally calm and relaxed for about 10 minutes. Your brain wavelengths are small and close together. Things that can occur during this stage are possible hallucinations, or the need to jerk oneself awake after feeling the sensation of falling, Frickle said.

Entering stage two of NREM, the brain waves get deeper and slower, advancing into stages three and four, where almost 100 percent of your brain wavelengths are deep and slow. This stage of sleep is so deep that you can take almost 10 minutes to fully wake up, said Frickle.

Also, it is often so deep that you can’t remember things you’ve done since you’ve awoken, such as talking on the phone or going to the bathroom.

After 30 minutes of stage three and four of NREM, sleeping returns to stage two and Random Eye Movement (REM), also known as Rapid Eye Movement (REM), sleeping returns to stage two and Random Eye Movement (REM), also known as Rapid Eye Movement (REM), as dreams begin to occur. Several things can be done to receive better sleep. Among them is exercise, at least 20 to 30 minutes a-day, six hours before going to bed. Exercise relieves stress and also produces melatonin, a hormone that induces sleep.

Relaxation before bedtime is also key to better sleep. This can involve such activities as taking a hot bath, reading, or meditation.

If you can’t fall asleep, don’t wait for it to happen. It’s best to do something that will take your mind of trying to fall asleep, until you become drowsy.

“Sleep is important for information retention,” said Frickle. Without it, "your working memory is less efficient, and your perception skills are diminished."

This means you lose a portion of your short-term memory, so it’s harder to retain information you receive, such as a lecture, and the information received is not as easily understood.

Several things can be done to receive better sleep. Among them is exercise, at least 20 to 30 minutes-a-day, six hours before going to bed. Exercise relieves stress and also produces melatonin, a hormone that induces sleep.

It’s important for those who wake early to drive, to get a good night’s sleep. REM sleep can help sharpen motor skills, such as driving.

For students who have a hard time concentrating in classes, falling asleep, the clear resolution is to get more rest.

“Sleep is important for information retention,” said Frickle. Without it, “your working memory is less efficient, and your perception skills are diminished.”

“Sleep is important for information retention,” said Frickle. Without it, “your working memory is less efficient, and your perception skills are diminished.”

Currents can also be measured and studied with an acoustic doppler. The University of Washington usually uses three methods: GPS satellite tracking, acoustic tracking, and numerical modeling. MacCready believes there is an immense need for more waves, and that people should be more aware of how waves and water quality can have a significant impact on marine life. They do, whether it be boating, fishing, etc.

“All communities make use of Puget Sound in one way or another,” MacCready said.

Next week’s Science Seminar will focus on “Leeches in Medicine,” with speaker Highline-University Instruction Donna Rydberg, in Building 3, room 102.

GPS satellite tracking is used with a buoy that floats in the water at the Three Tree Point headland. Using the satellite technology, the flow of the waves can be tracked by where the buoy drifts off. Results of this method can be misleading, if the buoy is dropped by a log for example, but often times, “they’ll travel great distances on their own,” MacCready said.

Currents can also be measured and studied with an acoustic doppler. The University of Washington usually uses three methods: GPS satellite tracking, acoustic tracking, and numerical modeling.
Despite loss, T-Birds still playoff hopefuls

By Bobby Lemmon

With just three games remaining in the regular season, the Lady Thunderbirds are right in the thick of the playoff race. Highline stands in third place in the NWAACC Western division with a 9-4 record.

"Coming into the season, our goal was to finish in the top four in our division," said Head Coach Amber Rowe.

Last week Highline defeated Grays Harbor and lost to Tacoma. The loss to Tacoma was Highline's first in seven games.

Highline traveled to Grays Harbor on Feb. 7, where they won 71-61. This marks the second time the T-birds have beaten Grays Harbor this year.

Rebekah Proctor led Highline with a solid 19-point and 11-rebound performance. Bree Marcus and Kelli Marcus each added 13 points. Michelle Aurelio played well with nine points and 10 rebounds.

Grays Harbor's Angela Jensen led all scorers with 28 points. Mindy Houx grabbed 16 rebounds to go along with 3 blocks for Grays Harbor.

Grays Harbor dropped its overall record to 0-20, the worst in the entire NWAACC.

Highline ended a season high six-game winning streak on Feb. 4 with a heartbreaking loss to Tacoma, 86-83.

"I don't think we should of lost at home," said Taryn Plypick said. "We were up by so much, we should not of let them back in the game."

Highline got by an impressive 9-0 lead, and kept the lead for the entire first half. Going into halftime the Thunderbirds were ahead 36-29.

Highline maintained the lead throughout most of the second half, but Tacoma was able to hang around and stay within striking distance. Tacoma made its move as Rachel Clarno tied the game up with 7:52 remaining.

Over the next 5:35 the game remained close, with four ties and seven lead changes. Clarno played amazingly during that stretch, scoring 11 of Tacoma's 13 points.

With only 2:17 remaining in the game, Highline saw themselves down, 76-75. Tacoma never looked back, as they were able to hold off Highline and come away with the victory, winning 86-83.

Clarno was unstoppable as she finished with a game-high 30 points, including countless amounts of big plays down the stretch.

Tymmony Keegan led Highline with 20 points. Michelle Aurelio had another solid effort, finishing with 19 points and 13 rebounds. Kelli Marcus scored 15 points, while Rebekah Proctor added 14 points.

"The loss showed us that we were not untouchable and that we can lose," said Plypick.

Highline faced league-leader Centralia on Feb. 11, however results were not available on press time.

Highline plays its last away game of the regular season on Feb. 18 against Clark at 6 p.m.
By Jordan Goddard

STAFF REPORTER

The Thunderbirds’ season sits on the brink. With only four games remaining, a two-point win and an overtime loss last week have left The Thunderbirds’ chances of making the NWAACC playoffs in question.

At 7-5 in league play and 12-10 overall, the T-Birds are tied for fourth place with the Pierce Penguins. Fortunately for the Highline men, the balanced records of the West League have left them only one game behind second-place Centralia, their next opponent.

The Thunderbirds are poised to make a playoff run thanks to an 88-86 win Saturday against last-place Grays Harbor.

"Grays Harbor is much better than their record indicates," Coach Che Dawson said. "They’ve lost a lot of close games. They are a quality team."

Highline brought a balanced attack on offense, resulting in four players with double-digit scoring nights.

Forward Kellen Williams led the team with 27 points. Zenrique Tellez contributed 16 points and seven assists, his best ball handling effort this season. Jacob Manning had 13 points and a team-leading seven rebounds.

"I attacked the offensive rebounds a little harder. That made a difference," Manning said.

After allowing Grays Harbor to take an early lead Highline increased its energy on both ends of the court and took control of the game.

"The first half we were a step slow on defense, but the second half we picked it up enough to pull out a win," Manning said. With a 12-point lead and three minutes left in the game, the Thunderbirds became complacent and allowed the Chokers to shoot their way back into contention.

“You’ve got to give them credit,” guard Sean Gearin said. "They hit a couple of big threes at the end." The Chokers were forced to foul the Thunderbirds in the final minute to stop the clock. Kellen Williams made three of four free throws to hold on to the lead and the win. "We made some mistakes at the end, but we stuck together and pulled it out," Manning said. The T-birds expressed excitement over the victory but concern over the last-place Chokers’ comeback attempt.

"We let up a little bit. To beat the good teams we’re not going to throw to hold on to the lead and the win. "We made some mistakes at the end, but we stuck together and pulled it out," Manning said. The T-birds expressed excitement over the victory but concern over the last-place Chokers’ comeback attempt.

"We let up a little bit. To beat the good teams we’re not going to be able to do that," Gearin said. The Thunderbirds learned another tough lesson Wednesday, Feb. 4 in an 88-81 overtime loss at home to the Tacoma Titans.

The Thunderbirds jumped out to an early lead by running the floor and forcing Tacoma into an up-tempo game. Highline took a four-point lead into halftime.

After the break, Tacoma slowed the game down to a half-court pace, and increased their aggressiveness near the basket.

"We let them get to the hole," guard Aaron White said. White played well on both ends of the court, contributing 16 points, five rebounds, two steals, two blocks, two assists, and only one turnover.

Coach Che Dawson criticized his team’s offensive decision-making in the second half.

“We need to understand that one of our strengths is our interior play offensively," Dawson said. "Shooting 27 three-pointers against Tacoma is not smart basketball." Kellen Williams’ 20 points and 19 rebounds gave the small, athletic Thunderbirds their only consistent interior presence.

"As the second half went along, I thought our ball handling got better. The problem was that it was just moving on the perimeter," Dawson said. "We weren’t attacking enough." Tacoma’s aggressiveness was evidenced by their 29 trips to the free-throw line, as opposed to only nine for Highline.

Zenrique Tellez also gave a solid effort with 19 points and five assists in Wednesday’s game.

A pair of 3-pointers from Tellez in the final minute of the second half tied the game at 72-72 and forced it into overtime.

The Titans kept their aggressiveness and physicality up in the overtime period to eventually pull ahead.

"All we’re in control of is winning one game at a time. If we take care of our business we should be happy at the end of the season," Coach Dawson said. The Thunderbirds went on the road Wednesday, Feb. 11 to face Centralia. Game results were unavailable at press time. The T-Birds face Clark College at home on Friday, Feb. 13.

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T-BIRD TRADERS

2004

Highline Thunderbirds

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Highline Thunderbirds

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Highline Thunderbirds

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Highline Thunderbirds

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"collect 'em all"
Highline wrestlers ready for Idaho

T-Birds head east for Region 18 tournament

By Jesse Nordstrom

Several Highline wrestlers hope to fly to Minnesota for the NJCAA National Championships later this month. But first they must prove their worth in Coeur d'Alene at the Region 18 Championships this Saturday, Feb. 14.

After finishing the season with an impressive 11-5 record, the T-Birds look to have as many guys as possible still on the mat at the end of the month.

Highline Head Coach Scott Norton predicts that five or six of his wrestlers could place high enough at the North Idaho-hosted Region 18 Championships this weekend to win the 2003 NJCAA National Championships with a team score of 140.

This year, North Idaho has a record of 14-4 and is ranked fourth nationally. The other schools that Highline will be wrestling at the Region 18 Championships this weekend are Yakima Valley, Clackamas of Oregon City, and Southwest Oregon of Coos Bay, who accumulated a record of 12-5 for this season.

Chico Gonzalez is ranked second in the region and probably has the best chance to win," said Norton. "Brandon Hunter at 149 is also seeded very high and has a pretty good chance to win.

"At 157, Skyler Marler is very capable and could do very well, but he might not be ready in time for regionals because of his dislocated kneecap," said Norton.

Norton then added that he really likes his two heaviest wrestlers prospects of placing high this weekend and then going to nationals.

"Pat Bradley at 197 is ranked sixth nationally in his weight class and will probably end up winning," said Norton.

"Also, Jacob Peterson defeated one of the better heavyweights earlier this season and I wouldn't be surprised if he places higher than expected," said Norton.

Norton then added that his two heaviest wrestlers prospects of placing high this weekend and then going to nationals.

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**Gonzalez has hopes for All-American**

By Mike Dickson

**STAFF REPORTER**

With the season coming to an end and nationals coming up, Highline wrestler Chico Gonzalez is ready to take a shot at becoming an all-American. Only the top eight placers from junior colleges around the nation earn the label of a wrestling all-American. Last season Gonzalez just missed going to nationals by one spot, placing fourth at the Regional tournament. The top three placers in the region get an automatic trip to nationals, and the coaches vote in a fourth for the wild card spot. Last season Gonzalez felt he had earned the wild card, but the coaches voted otherwise, bringing Gonzalez's season to a disappointing end.

This year Gonzalez has put on some weight and is wrestling in the 133-pound weight class rather than 125-pound class of the year before. He's had a lot of success this season, putting together a record of 16-5.

Gonzalez's interest in wrestling was sparked in eighth grade when he realized he excelled in the sport. Gonzalez stuck with the sport through high school. While attending Hanford High School in Richland he was a two-time state placer. He put together two very strong showings at the Mat Classic in Tacoma, placing eighth his junior year and sixth as a senior.

Gonzalez felt he was a better wrestler than a sixth place spot on the podium, and he now feels he has something to prove to himself. Using that as a motive, along with the drive to earn a scholarship to a university, Gonzalez is on his way to accomplishing his goals. It took hours of hard work and dedication for Gonzalez to get to where he is now, but Gonzalez doesn't take all the credit. He feels his abilities have improved greatly due to the quality of coaching here at Highline.

"I feel we have the best coaches in the state," Gonzalez said. Wrestling may not always bring the glory and the crowds of other sports but that is just another aspect of the sport. Gonzalez is prepared for his second chance at nationals, and is ready to do what he loves most about the sport.

"The best thing about wrestling is winning."
Thinning out the truth of diet crazes

By Amber Trillo

Any mother will tell you a proper upbringing includes learning society’s unspoken rules. One of those unspoken rules is never ask a woman how much she weighs.

I laugh in the face of that rule, you can ask me any day and I will answer. I’m content with my body shape and size; I would even go as far as to say brag about my weight once in a while. There is a particular three pounds on top that I owe to being known to fluff on a regular basis. The extraordinary lusciousness of this three pounds has gotten me out of many tough situations, and its power wielding magnificence is not exclusive to me. In fact we all have three extra pounds on top known as our brains.

I have recently come the conclusion that all the women with rock-hard abs, and killer legs. They are people who care enough about their body to not take shortcuts. Those who don’t love their bodies are continually in search of skinnier waistlines and healthier bodies. The oldest and most reliable way to remain fit is to eat sensible diets and exercise. More than often those who have developed an unnatural attachment to their curs, it is, nonetheless, a necessary evil.

The possibility of Midway being sold has been a constant rumor circulating around campus for years and although Highline has a lease on the Midway site through 2007, the sad fact remains the same. Midway will eventually be closed as the gloried alternative to on-campus parking and Highline needs to start planning for the possible consequences now. Before it is too late.

The Thunderword STAFF

“I SHOULD REALLY TRY THAT SHOWER...THING MORE OFTEN. I’M GETTING COMPLIMENTS...”

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I usually don't have an interest in the colors red and pink but in context of Valentine's Day, I'll make an exception. As Feb. 14 draws near, Cupid draws his weapons and prepares to open fire.

Although I don't have a girlfriend (yet), I can't stop myself from cheering up every time I think about Valentine's. I think of hearts. Lots of them.

Hearing about others in love, I kind of take a "How cute!" stance. I mean, to me, it's great hearing about a grand relationship because that's the kind of thing I would want for myself. Love, as an emotion, is an exciting yet scary mystery to me. After all, it permeates through every facet of our society. Books, music, reality TV copa-opera... OK, maybe those last two examples are pretty sketchy but technically, it's everywhere.

So then I start thinking when (if possible) I will fall in love with the perfect someone. As far as I know, it's tracks that attract someone and personality that keeps them there.

In romance, personalities balance each other and make the other person feel complete. At least, that's the idea I get from the wedding shows and engagement segments on the TLC channel.

So then I think about all the fun things I could do with my girlfriend. Sometimes love isn't all fun and games and their probably will be tough spots but hey, what love without them? So I come to the conclusion that Valentine's Day is pretty cool; provided you have the right person. So why do some people tend to see the holiday as something detrimental?

Yes, I've heard the stories. Tales of woe concerning how couples break up on Valentine's Day or how people nowadays just exchange a card. A Hallmark holiday.

And then there's the people who whine about how in the one day of the year when you receive a card professing love and the rest of the 364 days are just moot. First of all, concerning the break-ups... One question is prominent. Who the hell is hearted-enough to break-up with their lover on Valentine's Day?

I've never been in love before. I've never had a girlfriend. But I'm not so depraved as to abruptly dump someone else on a romantic holiday like Valentine's.

Being the dump-ee isn't any fun, but don't blame a holiday for it. If your former lover is going out of his way to hurt you, wouldn't it be sweet if you could prove him/her wrong and find another to spend Valentine's with next year?

Ideally though, break-ups shouldn't happen on Valentine's. The least a troubled couple could do on this day is to talk about their problems and try to save a romantic night afterwards.

Now a little advice for the grippers. Complaining about how unlucky you are or how Valentine's Day is pointless won't change the fact that A) after all that waiting you're are still lonely, and B) the relationship you're in might be something when it comes to romance.

I know that sometimes being alone is not a warm feeling but try not to ruin it for everyone else.

As for the idea of Valentine's being a Hallmark Holiday, let me put it this way: Do you want a gift or not?

I think love has different faces and people express it differently. The person you fall in love with will always respond to it and/or expel it depending on their personality. It's the luck of the draw.

Isn't it better to have at least one day of the year where your partner is prompted to do something romantic? Even if it's for fun, don't you sometimes hint to your lover to do something for you?

You could look at this the opposite way as well. If you receive too many gifts too often, you could look at this the opposite way as well. If you receive too many gifts too often,

You know, loving someone doesn't always have to come in a flower or a card. I heard of some stories where people are rather original when expressing love on Valentine's. As so many as there are Valentine horror stories there are people that managed to have a relationship on TLC.

Until then, I'm happy with the hearing about others in love. Let's be a little more optimistic about festivities this year, OK? Long live the red, white, and...pink!

Warning: Sappy romantics beware. For those whose hearts are brimming with love, hope and desire as a result of the recent Valentine's Day spirit, the following could be damaging to your psyche.

1) Valentine's Day: The one holiday designed to make those who are not currently involved in a romantic relationship feel unloved, unfair and unappreciated. (No, I am not one of them because my mom and dad love me very much and tell me that I am a very pretty girl.)

2) Valentine's Day: The one holiday that can inspire someone to foolishly break-up with their current partner in order to accept another unwanted, unfair and unappreciated. (Even if said crush designs to agree, once the allure of Valentine's Day is over, so is the relationship.)

3) Valentine's Day: The one holiday whose excessive commercialism can lead to financial ruin. (I'm check all the books to see if St. Valentine ever held stock in Hallmark, Gypsy Rose or FTD Florists.)

4) Valentine's Day: The one holiday where everything from chocolates to daisies to sillyeger increases in price by $5-$10. (Do not ask me how I know about the lingering)

5) Valentine's Day: The one holiday that pressures innocent men and women, both young and old, into buying their sweethearts elaborate gifts in hopes of receiving payment in kind...preferably of a physical nature. (Perhaps it's just me, but instead of the obligatory roses or a box of candy as a sincere and spontaneous gesture of genuine affection.)

6) Valentine's Day: The one holiday where your pet cat of 18 years up and dies on you. Or perhaps that was just mine. (Regardless of what my therapist says, my deep-seeded resentment of Valentine's Day does not originate from that event.)

Now, if you'll permit the inner-optimist deep within to shine through for a moment, I would like to cast light on the fact that, contrary to popular belief, I am not the princess of darkness whose sole purpose is to infect young minds with my somewhat antic warblings in hopes of preparing themselves for this wretched celebration, perhaps it is time to face reality.

The Valentine's reality, according to Bri, that is.

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Now, if you'll permit the inner-optimist deep within to shine through for a moment, I would like to cast light on the fact that, contrary to popular belief, I am not the princess of darkness whose sole purpose is to infect young minds with my somewhat jaded views on love. In all honesty, I have no problem with the popularly conceived idea of romance.

My main concern lies in the ridiculousness of singling out an arbitrary day as the all-encompassing time of year for hearts and flowers. In reality, every day should be filled with compassion and kindness for those who mean the most to us.

I only ask that anyone who may be tempted to scoff at these rather harsh views recognize my right to believe in a world filled with cynicism, the same way I recognize their right to spew out bits of romantic platitudes.

And with these nauseatingly sweet sentiments expressed, I plan on ending this enlightening literary masterpiece with one single thought: Remember the Valentine's Day Massacre.

See what happens when a group of pissed off ganksters gather together and realize that they don't have dates? Don't let this happen to you! Bri is single. Obviously. She enjoys long walks on the beach, bear skin rugs and blowing fluffy dandelions into the wind. She is now accepting flowers and chocolates at her home office, care of: T'Word newsroom Building, 10 room. 106.
Highline’s offset offers the real thing

By Billy Naylor

Most community colleges have their own student-based literary magazines, but not many print their own.

A fine example of student work is the annually produced Arcturus, a compilation of Highline’s poetry, writing and graphic art. The Arculers submissions are collected and critiqued by the Writing team, then the Graphic Design Department works with the Writing team to arrange the submissions into a book format so the Offset Printing program can print the copies. All these teams try to work as closely as possible with each other in order to make the collective dream a reality.

Highline’s Offset Printing program was awarded a Bronze International Gallery of Super-Printing award from the International Association of Printing House Craftsmen. The competition doesn’t have a student category, so their work competed against more than 3,000 professional printing presses worldwide.

Last year, various print shops from around the country donated about $60,000, giving the department much more modern equipment for their 12 on-campus printing presses, including color-proofing systems, plate punches and plate processors.

Biff Cox is the Offset Printing coordinator with more than 30 years of experience in the printing industry, and he makes sure his students are always on top of their game. The students and staff are deadline driven and put in about 45-50 hours a week to complete their constant stream of projects.

“The time factor is unique, because when students come in to think they have a lot of time to get the job done, so we try to give them commer-
cial deadlines,” said Cox.

The Highline Printing program is a capital-intensive operation. They depend on the work they do— for local, nonprofit organizations such as churches, community theaters and on-campus programs, along with federal, local and state agencies—to keep the program running.

Luckily, they continue to get a steady flow of customers, keeping the students busy and learning, while providing the program with the necessary funding to keep the business alive. Fluent communication between students, customers and staff, grants students the real-world experience vital to succeeding in the printing industry.

After all, there is only so much you can learn by printing Highline business cards.

“We don’t do commercial work because we don’t want to compete against the print shops who will be hiring our students,” said Cox.

In a business like the printing industry, you have to stay current with technology in order remain in the competition.

And with the current technology evolving at the pace it is, it has put this industry through a huge revolution.

Some thought that the introduction of the Internet would be the downfall of the printed word, but today, the printing industry is the largest employer in the United States and still growing. Cox believes it will remain that way. “You can’t go into a room and not see printed pieces,” he said. “We’ve never looked at it like a threat, just another tool. All the Internet has done has allowed us to grow in new ways.”

The teaching criteria is just as changing as the technology itself, if not more so. Rapid computer advancements make it so the instructors can teach the same thing every year, causing them to constantly spend time going to conferences trying to get ahead on what’s going to happen next.

“The expanding technology makes it hard to find a good textbook, so we do a lot of teaching out of articles, off of the Internet and going to trade shows,” said Cox.

“Over the years, the Highline Offset Printing Program has been striving toward excellence in their field, providing students with an opportunity only available here at Highline.” Cox said.

Pictured is Biff Cox, Highline’s Offset Printing Program Coordinator.
Sister songbirds sing sweetly

By Jessie Elliot
STAFF REPORTER

Five girls enter a choir room, laughing, talking, and joking with each other, showing a strong bond shared by true friends. Their ages range from 21 to 14, showing different interests and personalities.

The main point the sisters stressed was that they want to sound different from any other type of music. They are all interested in acapella music, and don’t want to be tied to instruments or a particular style.

The sisters eventually would like to tour Europe. The Graybilly sisters also have individual goals for their lives. They were all home schooled, and they credit that to part of the reason why they are all so close.

Jackie, 21 years old, has been teaching piano lessons for five years, and she has 60 students. She also hopes to go into writing children’s literature in the future.

Joy, 14 years old, is working toward her AA with an emphasis in music, and hopes to transfer to the University of Washington or the University of Puget Sound, where she will major in piano performance. She also currently teaches piano and has 15 students.

Josie, 17 years old, is working toward her AS in computer science and programming. She has taken choir

Lyles works in all forms of media, from charcoal and conte, to oil and acrylics. The figurative paintings are primarily oil on canvas, the art car, ro- dent and trompe foil, or acrylics. Ever since 1986 she has been working in all capacities of graphics art, illustra- tion, art direction, and design.

Lyles’ clients include many of Seattle’s top advertis- ing firms and design agencies as well as re- tailers, book publishers, films and video production compa- nies not too mention independent local businesses.

“In a sense, all of my paintings are por- traits, whether of people in the literal sense, or of the little animals, or the cars which represent the personalities of the owners,” she said.

Neil is an oil painting of an older man with a very in- teresting face; the expression leaves the viewer wonder- ing what emotion is being portrayed.

Lyles was born in the United States and moved to Europe when she was 6, and left back to the states at the young age of 12.

“All my life I have been interested in art in all forms, my parents encouraged and nourished my artistic sense,” said Lyles.

Currently Lyles lives in West Seattle.

“I love living here,” said Lyles.

Lyles has recently been featured on American Jour- ney, which airs on the Travel Channel.

Lyles works out of the Blue Bottle Art gallery and is located at 415 E, Pine, Seattle.

Her work can also be found at Seattle Center’s Art Space and Independent Film Center.

The exhibit at the Kent Arts Commission Gallery will run through the end of February. Hours are Monday - Friday, 8 a.m. - 5 p.m.

For more information visit www.ci.kent.wa.us/ ArtsCommission/Gallery or call 253-856-5050.
The Des Moines Historical Society Museum is one of the area's best kept secrets. As a time capsule of the city, the museum's collection contains thousands of artifacts and images that clearly describe everyday living from the past to the present. Yet, many residents don't even know that it even exists.

"It's more like a well kept secret," volunteer Jesse Whaley says. "The problem is that people don't know where it is. Plus, there is that parking problem."

The parking problem that Whaley is referring to is the fact that there are relatively few parking spots. The museum is located in the historic Odd Fellows Hall at 730 South 225 St., and was incorporated in 1978, after a series of mass donations of photos from the general public. "Photographs are our greatest collection," Museum Vice President Jim Langston says.

"People often forget and throw out the old photographs they find in their basement or attic. But, you can't discount a photograph. There may be a house or a road or a setting that doesn't exist anymore. You never know."

Langston's relationship with the museum is more than personal. Its also family. His great grandfather, Maynard Draper, was "daddy" Draper, the music teacher with a heart, who ran the Children's Industrial Home of Des Moines. During its 19 years of operation, the home took in hundreds of orphans and unlike other children homes in the country, the Des Moines was completely self-sustaining.

The museum includes some of the musical instruments that the children's home used in their nationwide tour, which took place through 1924-1925. Photographs taken of the school hold a special place with Langston, as he sees his great-grandfather in person. "It just makes me feel good," seeing that he was able to do that for all those children, to see them all together," he said.

However, this isn't all you will see at the museum. You can see photographic images in the museum and describe everyday life in another time.

Photographs in the museum and describe everyday life in another time. Old upright piano is one of the many interesting artifacts found in the Des Moines Historical Society Museum that describe everyday life in another time.
Highline will present an evening of duet music from master literature including Gershwin music later to be released this spring as a CD. Performances will feature master pianist Richard Farner and Svend Ronning on violin, as well as Highline music students and Nancy Warren on piano. The concert is free to the public on Thursday, March 11, 7 p.m. to 9 p.m., Building 7. For information contact Dr. Glover, 206-878-3710, ext. 6170.

Highline Drama Department will present the winter performance of a Greek comedy, Lysistrata, Feb. 26-28, and March 4-6, in the Performing Arts Building 4. The performance features director Dora Lanier and sets designed by Highline Stagecraft instructor Rick Lorig.

Team Highline is looking for art contestants for its Art Contest. Entries need to be submitted before Feb. 24 in Building 16. On Feb. 24 all artwork will be judged. For more information Dominic Lepule of Team Highline at 206-878-3710, ext. 3537.

Kent Spotlight Series presents The Chvata/Kritzer Duo performing In the Blue Hour A Valentines concert featuring classical music love songs at the Kent Performing Arts Center. Performance will be Friday Feb. 13 at 8 p.m. Regular Price is $14 students/seniors $12. For information visit www.ci.kent.wa.us/artscommission.
Student Center sidewalk to return

By Sara Loken

Walkways on campus will improve once concrete is done on the Student Union.
Starting in mid-to late March, construction crews will start working on the sidewalk located on the east end of Building 23. It's the main east sidewalk in the middle of the campus that passes between Building 6 and 7.
It's on the south end of the Student Union that connects to Building 23 and leads down to the library.
Currently it's crowded between classes and flooded with puddles as students cram their way between chain link fences and people.
"Once concrete is done on the student union, 1,300 cubic yards of concrete will be used for the sidewalks," said Mike McDonald, superintendent of the student union project for Lammkin General Contractors.
The 1,300 cubic yards equals 150 truckloads. For the Student Union alone, 1,860 cubic yards is used.
The Student Union is a 45,000 square foot structure that costs between $13-$15 million. The new Student Union Building is scheduled to be completed by Fall Quarter 2004.
Depending on weather conditions and how far along the concrete is on the Student Union, students should expect to walk on paved sidewalks by the end of spring quarter.
Currently crews are working on the ventilation which consists of the heating and cooling systems, plumbing and piping are currently being installed throughout the building as well.
An electrical contractor has been on the site since the beginning of construction, but more recently he has been working on the low voltage wiring.
Low voltage wiring includes security systems, fire alarms, and telephone lines.
The high voltage wiring won't start until the building has been closed in with interior studs.
High voltage wiring is anything that consists of 120 volts or more.
Metal studs have been put on the outside of the building and they are clearly visible on the top floor of the building.
The installation of the studs should be completed within two and a half months.
Work on The Higher Education Center is currently on time and within budget.
They are also working on pouring concrete and getting the roof deck completed.
If concrete is poured they will start on the roof of the building.
The Higher Education Center is an 80,000 square foot structure that costs $30 million.
The Higher Education Center is scheduled to open in the Fall Quarter 2005.
Currently it operates a crane that costs $13,000 a month to rent.
The roof that will be installed on the building is more than the average shingled rooftop.
"This system of roofing is called a built-up system. First a waterproofing membrane is laid then a membrane that is made out of fabric follows," said Linda Helm, project manager for Mortenson, the contractors for the Higher Education Center.
Work on the roof will start at the end of March.
By the end of March, week will also start on putting the siding on the building.
The siding, called curtain siding, will consist of aluminum and glass which will cover the steel studs on the outer frame of the building.
Loose Bricks:
The gravel on the south side of the Student Union that seeps through the fencing is back fill. Earth-movers will move the gravel and fill in the gaps around the Student Union to make it more level with the ground around it.

Tax help: for the students by the students

By Erik Duncan

Highline's Tax Aide program will be available to all who wish to attend beginning Feb 17.
The tax aid days will be held on T u e s d a y s , Thursdays from 1:15 p.m. until 4 p.m. until April 8, in Building 25, in the basement of the library.
"This is the sixth year of Highline's Tax Aide program," said Geoff Turck, Highline's accounting professor, who is the advisor of the program.
"It was started here by Ms. Cathy Parks."
The first week of this program tends to be the most hectic. If you all hoping to receive the same attention and effort from these volunteers at one time.
All those helping with the filing of your taxes are qualified student volunteers who are trained by the IRS to file the basic tax return forms such as the 10-40, 10-40A, and 10-40EZ. These volunteers are not trained to help with the more complex forms such as self-employment or schedules B, C, D, and E.
Everyone should bring the Social Security cards of themselves, spouse, and dependents if they have any.
Also, W-2 forms, interest statement, unemployment compensation, prior year tax returns, and any other relevant tax return documents.
"On the best days, the process will take at least an hour," said Turck.
Everything is done for you and completed before you leave the building.
"We can either hardcopy or file it electronically while they're there," said Ron Sabado, another Highline accounting professor.
If you choose to have your tax returns electronically filed you can expect a refund to take approximately two weeks, while a paper refund can take four to six weeks to receive a check.
"At this point everyone can expect a refund the program can still give individuals a little more insight into the process of filing for your taxes.
If you still have questions about the program Tax Aide, or if you're interested in becoming a volunteer,
Geoff Turck can be contacted at 206-878-3710, ext. 3117.
VSA celebrates Tet Festival in true style

By Amy Xayarath
STAFF REPORTER

Two lions, each with four legs, moved toward the audience to the sound of drums at last week's Tet Festival.

Two lion dancers in elaborate costumes form the lion. One portrays a head and the other a body. Together they exhibit complex and delicate movements to make the lion come alive.

They perform to the accompaniment of the drum, cymbals and a gong. A plump generous male in red traditional outfits guides the lions, helping the dancers see where they can move. Many students and staff members had the opportunity to experience the delightful and colorful annual celebration of Tet on Friday, Feb. 6 at noon in Building 7.

About 25 members of Vietnamese Student Association (VSA) presented some Tet traditions by performing the lion dance, singing, performing skits, displaying traditional outfits in a fashion show, presenting a slide show, red envelope drawings. A group of dancers from another school showed their talent.

In the opening of the Tet Festival, VSA showed the lion dance. The purpose of the lion dance is to chase bad luck away and bring good luck to the New Year. Traditionally, lion dances are required for the beginning of the New Year, said Educational Planning and Advising Counselor Nga Pham, who is the adviser to the VSA.

In between shows, red envelope drawings were presented. Each audience member received a number as they entered the building. Numbers were drawn by VSA officers and some of the audience.

Winners of the drawing got a chance to walk to the stage and pick out any red envelope from the tree.

"There are 50 red envelopes; 40 contained lucky money and the remaining have New Year blessings," said Pham.

The raffle drawings for a Concord 3042 AF digital camera has been postponed for the following week. "Because we have to follow the guidelines of the State of Washington and take care of things we forgot, we will have to postpone it to Wednesday, (Feb. 11) by 4 p.m. under the supervision of the Student Program office. We will then notify the winner of the raffle drawings," said Educational Planning and Advising Counselor Denny Steussy, who is the adviser to the VSA.

"Otherwise, the raffle tickets are still good. We appreciate everyone who bought tickets from us and apologize for the delay," said Steussy.

"Tet is the Vietnamese New Year celebrated in the meaning of birthdays, Christmas, Valentine's Day, Father's Day, Mother's Day and Memorial Day," said Pham.

It is the celebration of the New Year, when families get together to exchange gifts and bless one another. Deceased family and friends are also honored at this time.

According to Pham, on the first day of the holiday, people are to visit their father's family to wish them good luck as well as give them red envelopes containing lucky money. On the second day, people visit their mother's family. On the third day, they visit their schoolteachers. Finally, on the fourth day, they visit friends.

"If people were to visit their friends before their father's family, it is not good luck but (inappropriate) to do so," said Pham.

Tet celebrations are held every year to show Highline students and staff members that the Vietnamese culture is all about. Moreover, members of the VSA have the opportunity to practice and prepare for other events that are outside of school," said Pham.

"I would like to say thank you to Highline students and staff members who came to support the VSA. We appreciate all of the support and hope that Highline students and staff members will continue to support us so we can portray the Vietnamese culture for our younger generations," said Pham.

Lights

of lighting, the parking lot is a dark sea of automobiles and stum- bling students.

"The lights on campus are scary, there's no security," said student Asa Hall.

Some of the lighting problems in the South parking lot are caused by the current construction that's taking place near there. The Higher Education Center is currently being built and construction workers are using the South parking lot as an entryway to the site.

"The contractor inadvertently disconnected that lighting circuit so they could work on some electrical equipment," said Pete Babington, director of facilities at Highline.

"It wasn't immediately obvious what the cause was. We naturally assumed that it was an equipment failure, not a human activity." "It was probably us, but I can't remember why we did it," said Linda Helm, project manager for Mortenson the contractors for the Higher Education Center.

This caused a black-out in the parking lot. The electrical problem was eventually fixed, but it didn't create safer conditions.

A Dragon Dancer Celebrates the Asian New Year at the Tet Festival last week.

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"They should come on at the right time," said Fisher. However, many of the lights are still not working properly. With large parking lots and not enough light poles, the parking lots are simply mood-lighting for crime.
Rep. Upthegrove pushes civics bills

State Rep. Dave Upthegrove, D-Des Moines, is currently sponsoring two House Bills aimed at improving young people's civic knowledge and leadership.

Upthegrove's bills, HB 2814 and HB 2875, will create grant programs for K-12 teacher training in civics, will create the Daniel J. Evans Civic Education Award, and will organize already occurring visits to schools by election officials, legislators and non-profit organizations.

The civic education award will recognize youth who demonstrate excellence in civic knowledge and leadership.

"An accountable government depends on informed and engaged citizens. We need to increase the teaching of civics in our public schools," Upthegrove said.

Both bills are garnering bipartisan support in the state Legislature.

Upthegrove was spurred by survey national survey results showing only 10 percent of people ages 15-25 able to identify the U.S. Speaker of the House while 64 percent could identify the winner of TV's popular American Idol contest, and only 21 percent thought voting important.

If a student needs a particular course that is already full, they must obtain permission from the instructor, who then, if room is available, signs an Add/Drop form which the student then brings to registration to add to his or her schedule. Anxious students are instead signing the Add/Drop forms themselves and returning them to registration. This is an escalating problem on campus.

What used to happen occasionally is now much more common, said Jordan. "This is a very bad idea. The instructors are aware of this, the forms will come to registration and when there are more students than planned, they know. We will even compare the signatures if we need to."

Students caught falsifying instructor signatures must meet with Highline's Associate Dean of Students, Toni Castro, to determine the consequences. Castro said the student will be immediately dropped from courses involved and a formal hearing is scheduled. Highline considers this a violation of the Student Code of Conduct.

"We take this very seriously at Highline. You're forging someone's signature, this is a criminal violation," she said.

At the hearing, all of the faculty involved, including many administration members, are present while the student is given opportunity to explain the circumstances of his or her actions. If a student fails to show up for the hearing, a hold is immediately put on their registration and they are no longer able to attend or choose classes at Highline.

Depending on the severity of the forgery and whether the student has any past violations, consequences may include probation or expulsion form Highline. The offense will also be recorded in the student's file.

"We have expelled students for this before," said Castro. "And there has been a noticeable increase in this problem as the demand for classes increases."

Highline is now taking preventative measures to eliminate this problem, Administration faculty says. This will include the development of a waiting list for certain courses, particularly the ones high in demand. Student will be able to sign up ahead of time for possible seats so that Add/Drop forms are no longer necessary.

In Joe's case, he had no previous offenses and was just put on probation. Fortunately, he was allowed to stay at Highline. He did not get into the classes he needed and must now stay at Highline for another quarter before transferring.