

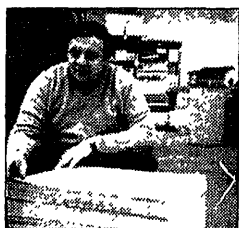
# The Thunderword

## Forged Entry

February 12, 2004  
Volume 43, Issue 16  
Highline Community College

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Offset printing  
program sets  
hot type

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Highline wrestler  
shoots for All-  
American

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Got News?

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206-878-3710

ext. 3318

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

Packed classes force some  
students to forge add/drop slips

By Shayla Conrad-Simms

STAFF REPORTER

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.

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## Dark paths at Highline

By Sara Loken

STAFF REPORTER

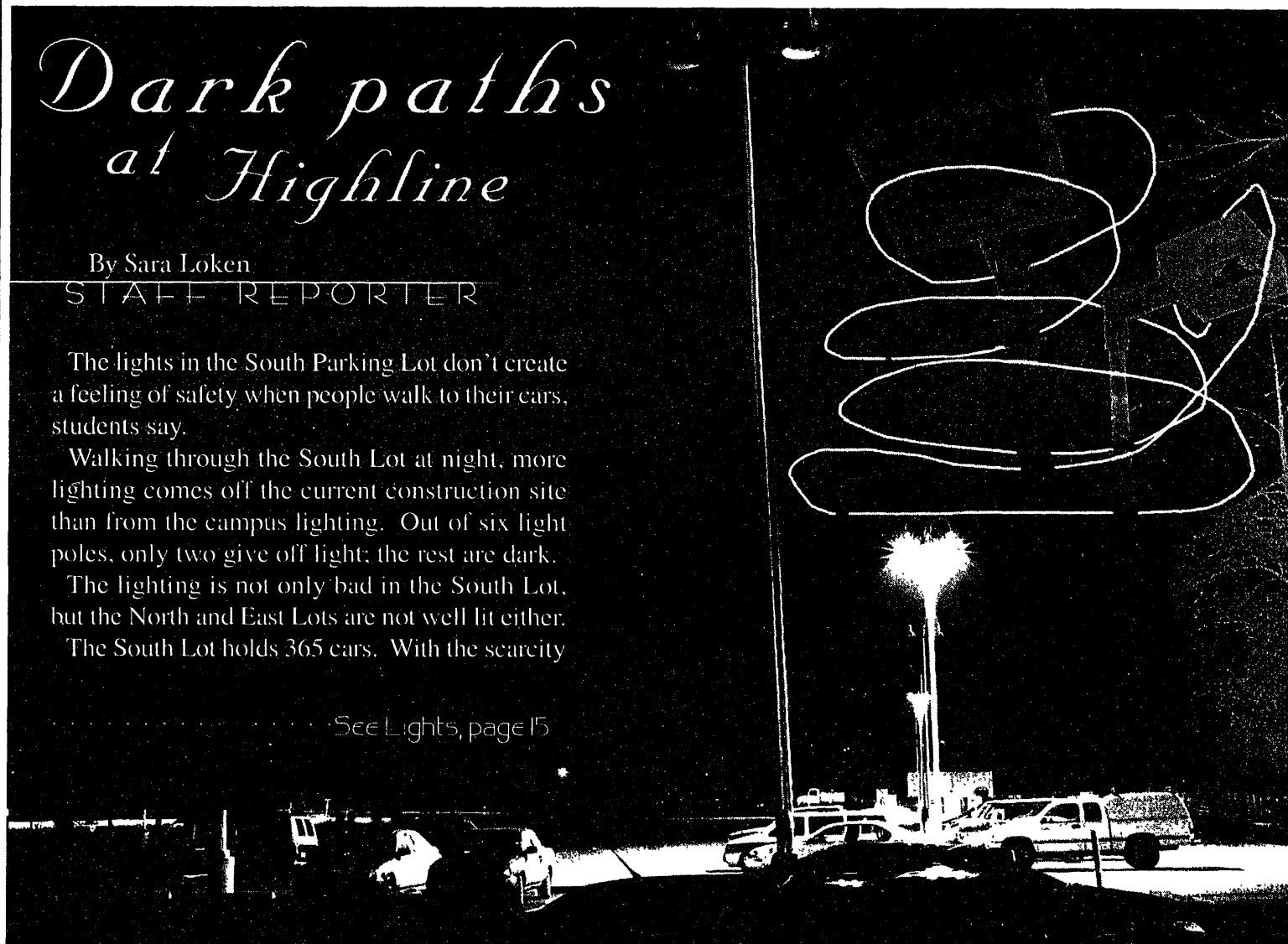
The lights in the South Parking Lot don't create a feeling of safety when people walk to their cars, students say.

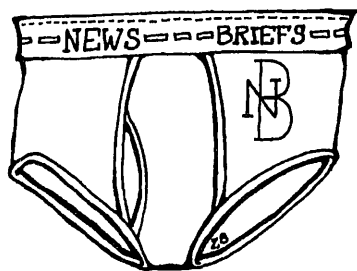
Walking through the South Lot at night, more lighting comes off the current construction site than from the campus lighting. Out of six light poles, only two give off light; the rest are dark.

The lighting is not only bad in the South Lot, but the North and East Lots are not well lit either.

The South Lot holds 365 cars. With the scarcity

..... See Lights, page 15





## Transfer fair takes place next week

Over 20 colleges and universities will be featured in this year's transfer fair.

The transfer fair will take place on Thursday, Feb. 19 in Building 2 from 9 a.m. to 12:30 p.m.

Out-of-state colleges attending will be Sheldon Jackson College from Alaska, and Portland State University from Oregon.

There will also be a representative from the HEC board to provide information about the Educational Opportunity Grant scholarships.

For more information about the transfer fair, call the Transfer Center at 206-878-3710, ext. 3936.

## Access Services plays jeopardy

Access Services will be presenting "Access for all" Jeopardy to learn about disability access on Feb. 17 from noon to 12:50 p.m. in Building 10 room 102.

For more information, call Access Services at 206-878-3710, ext. 3551.

## UW Tacoma offers scholarship

The University of Washington, Tacoma is offering a one-year Phi Theta Kappa scholarship for incoming students.

The deadline to apply for this scholarship is March 1. For more information about this scholarship and requirements, contact Siew Lai Lilley in the transfer center at 206-878-3710, ext. 3936.

For more information about other scholarships available at UW Tacoma, go to [www.tacoma.washington.edu/finaid/](http://www.tacoma.washington.edu/finaid/).

## Career Connections hosts workshop

Career Connections will be hosting a new workshop, "Interviewing techniques". It will cover preparation such as what to wear, common questions for interviewer and follow-up. The workshop takes place today in Building 23 room 111 from 12:10 p.m. to 1 p.m.

# Professors question the Atkins diet in forum

By Dana Hammond

STAFF REPORTER

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

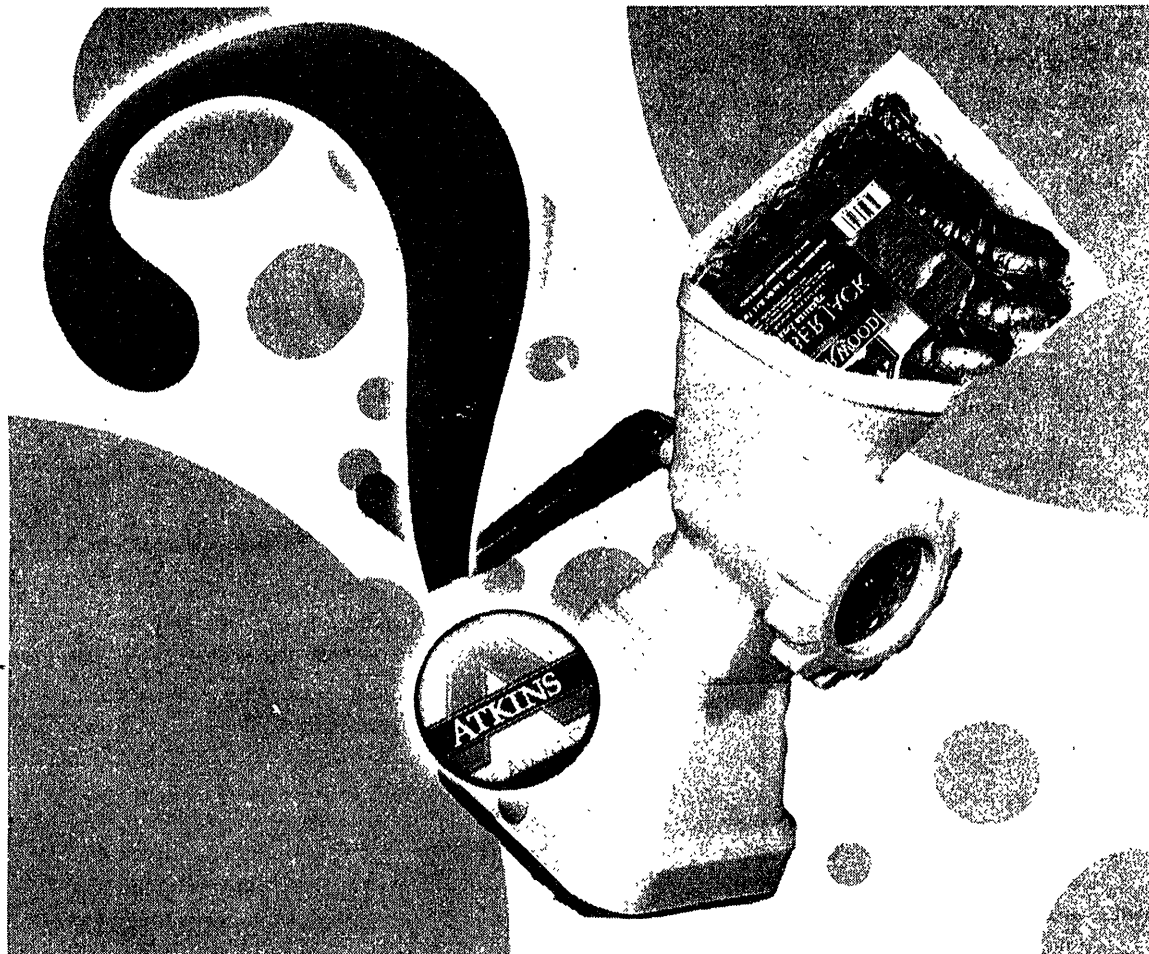
A current surge of popularity with the Atkins diet is the result of misleading implications that the media is feeding. It is time to get educated.

"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 Rakoz, 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, your body will first 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 a 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 weight you are losing 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 lose 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 gout 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.

## CRIME BLOTTER

Feb. 5-Feb 11

### Woman fears for her life in vehicle

While laying in her car across the street from Highline, a student was approached by a man who threatened to kill her. The woman was parked on 26th street on Feb. 10, at 11:05 a.m. when she looked up to see a man pounding on her car door.

He was demanding things from the woman, such as to open the door and he was going to kill her. The woman drove off fast enough to notice the man running in the opposite direction.

The man was identified wearing all black, from his hat to his gloves. He was in his 20s and wore a scruffy goatee.

### The thieves come out at night

After room 105 in Building 17 was left unattended for the night on Feb. 5, a Hitachi projector was found missing the next morning. When last seen, the projector was at-

tached to the ceiling.

It turned up missing between 6:15 a.m. and 3:30 p.m. The projector has yet to be found.

### Staff member gets surprise when arriving to work

The storage room of the Counseling Department was found in a mess when a staff member arrived in the morning on Feb. 6, at 7:55 a.m. The woman walked in to a fully lit room with the copy machine pulled out from the wall.

Papers from the front desk were also found scattered around the floor.

The woman said that this was not normal for the room to be opened with things moved out.

### Man caught rummaging through dumpsters

A man wearing a red coat was found searching inside one of the Dumpsters near Building 2 on Feb. 6 at 4:51 p.m. A staff member spotted the man and made a complaint to security.

As soon as security had been notified, they began searching the campus for the stranger. They did not end up finding the man.

## The waves rush in at Three Tree Point

By Rob Goodman

STAFF REPORTER

The waves at Three Tree Point rush about in choppy, inconsistent patterns, and abruptly turn into smooth, serene surfaces with no transition. Although fascinating to witness, 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 waters 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, instructor at the University of Washington's School of Oceanography, and last Friday's guest speaker for Science Seminar.

This chain of dependence is infinite, and it's important for people to understand this, because humans, like most living things, are all linked to this chain in one way or another, said MacCready.

One such area in the Puget Sound that creates a daily system of eddies in its 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. Jutting into the sound, in a shape reminiscent of a sharp arrowhead, the headland is essentially a deeply-rooted ridge, MacCready said.

When lee waves must pass around the acute point of the ridge, they either pass over the ridge if they're deep enough, or as the tides change they get stuck in a low-

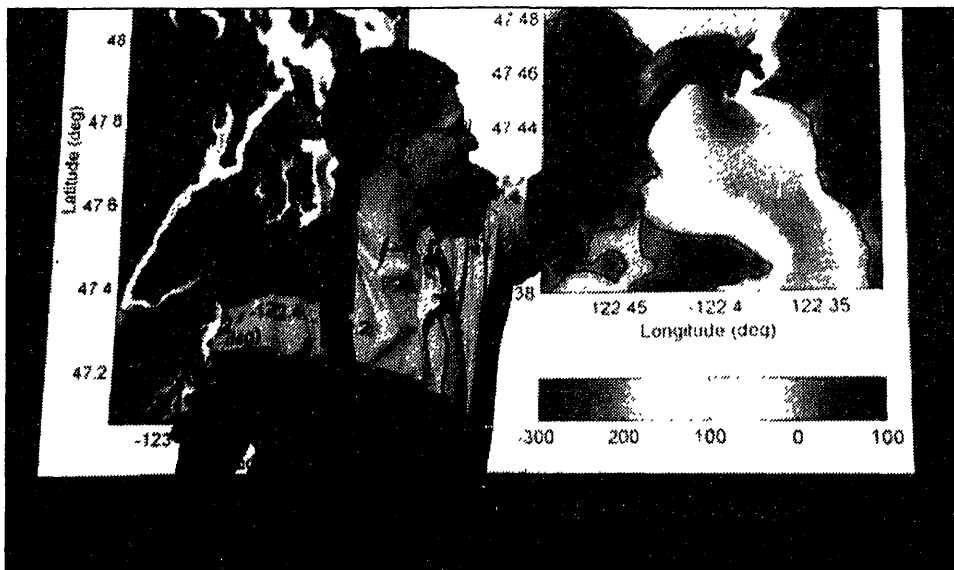


Photo by Kyle Drosdick

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

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, MacCready said.

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.

Last week's Science Seminar was a testament to the notion that all forms of life, linked to the ocean, truly depend on the formation of such wave systems as eddies, and on the functioning of estuaries.

MacCready said that he and others study eddy waves with an intricate form of bathymetry, expertly known as the science of measuring the depths of the ocean. Tracking the waves created by the eddies at Three Tree Point is not a simple process by any means. However, there are several ways it can be done.

The University of Washington usually uses three methods: GPS satellite tracking, acoustic tracking, and numerical modeling.

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 dragged 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 uses a boat attached with an acoustic doppler that sends a sharp "ping" sound downward, so the echo can be heard and transmitted into data.

"These echoes come from tiny things," said MacCready, such as plankton or, "anything in the water that will reflect that sound."

If the boat with the doppler is driven around vertically in a linear motion back and forth, you can actually get a reflection of where the waves are going.

Another prominent method used is numerical modeling, which uses three-dimensional modeling to map out predictions based upon information and data analysis. This type of modeling uses a layering process, stratification, to study the vorticity of tidal flows in certain areas, MacCready said.

MacCready believes there is an immense need for studying waves, and that people should be more aware of how waves and water quality can have a significant impact on the many things 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 and Highline Nursing Instructor Donna Rydberg, in Building 3, room 102.

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

By Rob Goodman

STAFF REPORTER

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.

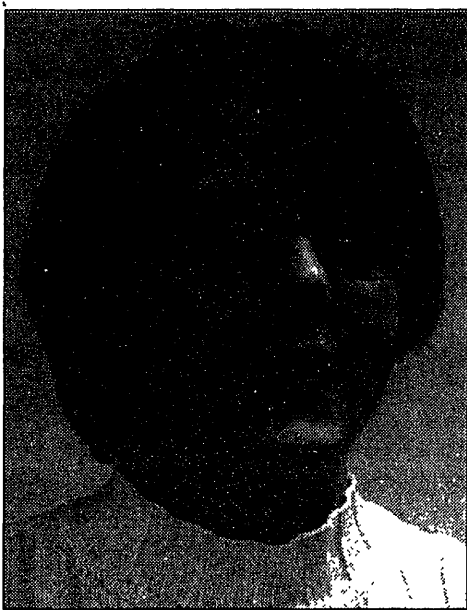
Also your glucose tolerance decreases.

"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 Americans 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, she said.

"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



Ruth Frickle

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 stage three and four, where almost 100 percent of your brain wavelengths are deep and slow. This stage of sleep is so deep that it 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, begins in 90-minute intervals. During REM, the brain is extremely active, and the muscles and skeletal system are paralyzed, said Frickle.

This is also the stage where dreams begin to fully occur. REM is the most important type of sleep for people to have, because it's the time your body is able to regain its strength. Growth hormones are produced, cells produce more protein, and residual stress hormones are cleared.

"Brain regions involved in learning are stimulated during REM as well," said Frickle.

Aside from physical defects, lack of sleep can also create cognitive defects too. Every weekday, thousands of Highline students struggle to keep their eyes open while driving to school. They're not alone. According to a 2002 poll taken by the National Sleep Foundation, 51 percent of drivers have felt drowsy while driving. One out of five have actually fallen asleep at the wheel. Reaction time is also decreased in the case of an accident. If one falls asleep at the wheel, there is often no reaction at all, Frickle said.

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

For students who have a hard time concentrating in class, or continuously fall 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."

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.

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

It's also best to avoid stimulants such as caffeine in the evening, and drinking beverages so you don't wake up with a full bladder.

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.

"The best thing is to get better, or more sleep," said Frickle.



# Despite loss, T-Birds still playoff hopefuls

By Bobby Lemmon  
STAFF REPORTER

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 off to an impressive 9-0 lead, and kept the lead for the entire first half. Going into half-time 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.



Photo by Elliot Brown

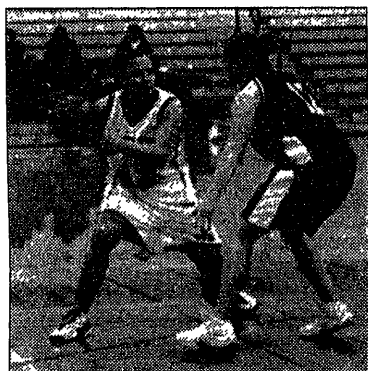


Photo by Chuck Cortes

Above: Tymmony Keegan takes it to the hoop in the game last Wednesday versus Tacoma. Left: Bree Marcus looks to make a pass against Tacoma.

## T-BIRD TRADERS

collect 'em all!

2004

Highline Thunderbirds

**REBEKAH PROCTOR**

44 Rebekah Proctor

Nickname: Bekah

Height: 5'6"

Year: Sophomore

Natural Position: PG

Favorite Athlete: Kobe Bryant

Role Model: Mom

2004

Highline Thunderbirds

**TARYN PLYPICK**

20 Taryn Plypick

Nickname: none

Height: 5'7"

Year: Freshman

Natural Position: Guard

Favorite Athlete: Allen Iverson

Role Model: Coach Rowe

# T-Birds tied for fourth place after a win and a loss

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



Photo by Amber Trillo

Tavar Proctor takes a shot in the game against Tacoma last Wednesday night at home.

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 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 aggres-

siveness 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.

## T-BIRD TRADERS

collect 'em all!

2004

Highline Thunderbirds

JEFF RAY

2 Jeff Ray

Highline Thunderbirds

JEFF RAY

2004

Highline Thunderbirds

BEN WADE

24 Ben Wade

Highline Thunderbirds

BEN WADE



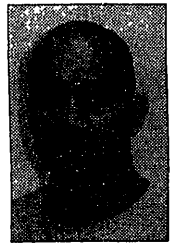
## Highline wrestlers ready for Idaho

### T-Birds head east for Region 18 tournament

By Jesse Nordstrom  
STAFF REPORTER

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.



Norton

Highline Head Coach Scott Norton predicts that five or six of his wrestlers could place high enough at the North Idaho-hosted regional tournament this weekend to earn a spot at the elite national tournament on Feb. 27-29 in Rochester, Minn.

Last year's winner of the Region 18 Championships was North Idaho College, who also went on

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.

Yakima Valley's and Clackamas' regular season records were not available at press time.

Although these teams will provide some stiff competition for the T-Birds on Saturday, Norton feels that a number of Highline wrestlers would in fact fare well in the tournament.



McCarron

"First, Kyle McCarron at 125 pounds will probably go to nationals," said Norton. "There are a lot of tough guys in his weight class, but Kyle's a great technician and I'd be shocked if he didn't make it."

"At 133 pounds, (Francisco)



Bradley

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."

Norton and his coaching staff have been stressing fundamentals from the very beginning and have been preparing for the regional and national tournaments long before the last meet of the regular season was wrestled.

And now after two hard weeks of practice and preparation, all these Highline wrestlers have left to do is wrestle.



Marler

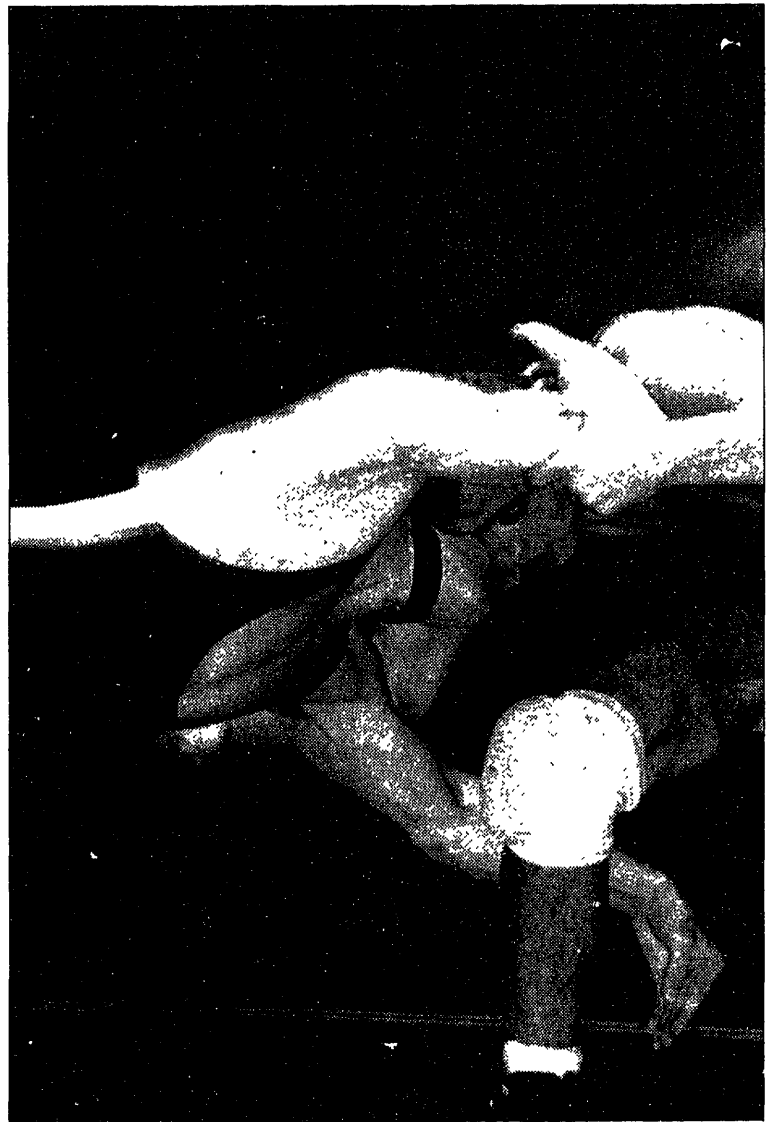


Photo by Amber Trillo

Sophomore Kyle McCarron locks-up with a wrestler from North Idaho College on Jan. 15. The T-Bird wrestling team will be leaving for Idaho on Friday and their first match will be on Saturday at 11 am.

### Correction



In last week's edition of the Thunderword Jake Foyston's name was misspelled. The story also should have said that Amanda Kamm ran the 1,600 meter race.

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**Classes Begin 01•05•2004**

## Scoreboard

### NWAACC Men's Basketball Standings (As of Feb. 10)

#### - NORTH

	League	Overall
Peninsula	11-1	17-5
Edmonds	9-4	17-8
Seattle	9-3	15-8
Skagit Valley	6-6	9-13
Everett	5-7	8-13
Olympic	4-8	6-14
Bellevue	4-9	6-17
Whatcom	4-9	6-15
Shoreline	4-9	7-15

#### - WEST

	League	Overall
L. Columbia	7-2	16-4
Tacoma	4-4	6-13
Centralia	7-2	12-7
Pierce	4-5	11-7
Highline	4-5	11-7
Green River	6-3	11-5
Clark	3-5	9-10
S. Puget	2-6	4-13
G. Harbor	1-8	5-13

#### - EAST

	League	Overall
Walla Walla	7-3	16-5
Big Bend	6-4	14-8
Spokane	5-4	13-9
C. Basin	5-5	10-10
T. Valley	5-5	9-11
Wenatchee	4-5	14-9
Yakima	4-6	13-8
Blue Mtn	3-7	7-14

#### - SOUTH

	League	Overall
Mt. Hood	9-1	14-7
Chemeketa	8-2	19-4
Clackamas	7-3	16-6
SW Oregon	5-5	10-11
Lane	3-7	6-14
Linn-Benton	3-7	8-13
Umpqua	3-7	8-12
Portland	2-8	8-13

#### Coaches Poll Feb. 8

1. Lower Columbia
2. Peninsula
3. Walla Walla
4. Mt. Hood
5. Chemeketa
6. Edmonds
7. Big Bend
8. Clackamas

### NWAACC Women's Basketball Standings (As of Feb. 10)

#### - NORTH

	League	Overall
Skagit Valley	10-2	16-4
Whatcom	10-3	15-9
Shoreline	9-4	17-6
Everett	8-4	12-11
Edmonds	5-6	8-14
Peninsula	5-7	10-11
Olympic	5-7	9-11
Bellevue	3-10	8-15
Seattle	1-12	1-19

#### - WEST

	League	Overall
L. Columbia	11-2	18-4
Centralia	9-4	19-4
Highline	8-4	10-13
Tacoma	7-5	13-9
Green River	7-5	10-12
S. Puget	5-8	9-13
Clark	3-9	8-13
Pierce	3-10	5-16
G. Harbor	0-12	0-20

#### - EAST

	League	Overall
Walla Walla	9-1	17-4
Spokane	6-3	14-6
C. Basin	6-4	14-8
Yakima	6-4	17-6
Wenatchee	5-4	13-9
Big Bend	4-6	13-10
T. Valley	2-8	4-13
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#### - SOUTH

	League	Overall
Clackamas	9-1	19-3
Chemeketa	8-2	17-5
Lane	8-2	17-5
Umpqua	6-4	18-5
Linn-Benton	5-5	13-9
Mt. Hood	3-7	7-15
SW Oregon	1-9	2-18
Portland	0-10	0-19

#### Coaches Poll Feb. 8

1. Clackamas
2. Walla Walla
3. Chemeketa
4. Lane
5. Lower Columbia
6. Centralia
7. Skagit Valley
8. Yakima Valley

## 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 all 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 forth 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 jun-



Photo by Young Chun

Chico Gonzalez works out with a teammate in practice.

ior year and sixth as a senior.

Gonzalez felt he was a better wrestler then 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.

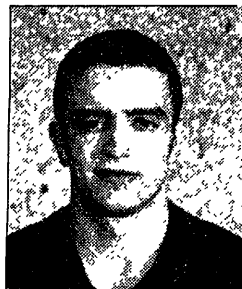
"I feel we have the best coaches in the state," Gonzalez said.

Wrestling may not always bring the glory and the crowds of other sports but that is just another reason Gonzalez loves the sport of

wrestling. Gonzalez likes the aspect of the sport being more of an individual one.

"Everything you do when you're

out there is on you, there are no teammates out there to rely on," Gonzalez said.



Gonzalez

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."



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2/12/2004

# Opinion

## Thinning out the truth of diet crazes



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 have been known to flaunt 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 to the conclusion that all the weight-obsessed-Americans out there should spend more time using this three pounds and less time obsessing over their others.

There are two kinds of people in this world—those who love their bodies and those who don't.

Those who love their bodies don't necessarily have to be winners of the genetic lottery and have rock hard abs, and killer legs. They are people who care enough about their body to not take shortcuts.

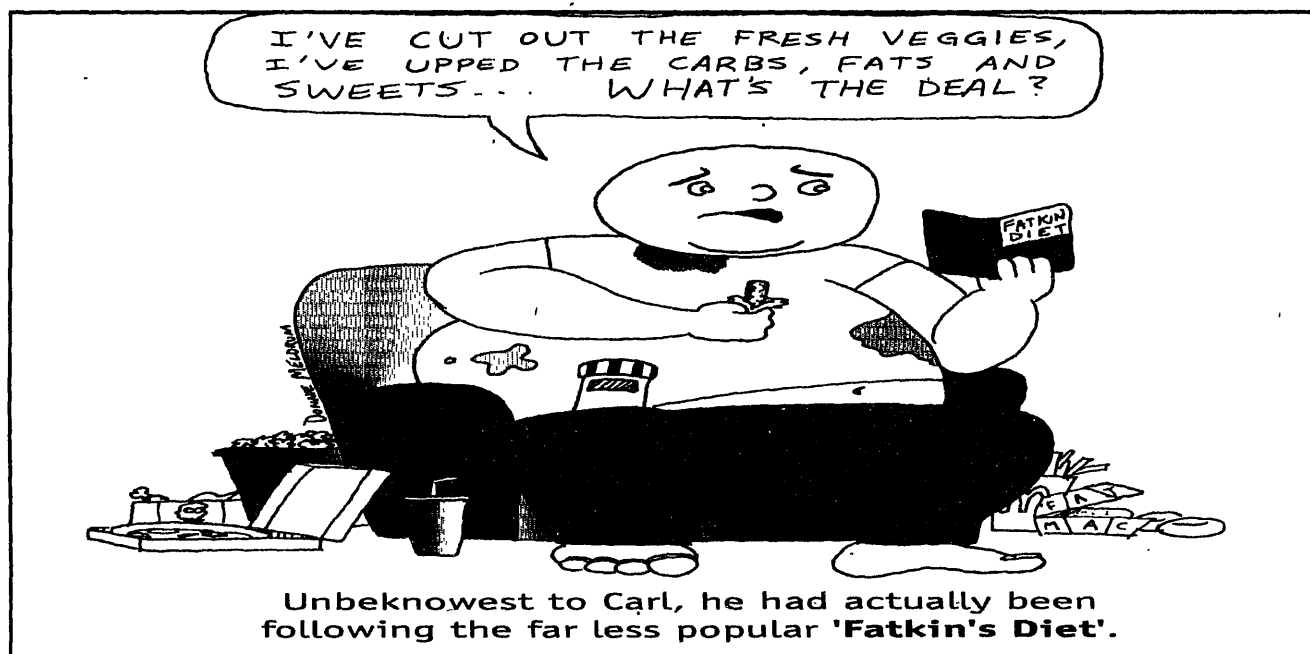
Those who don't love their bodies are continually in search of new faster ways to cut the weight with out the effort. These are the types of people likely to lean toward the new trendy fad diets.

More and more people are latching onto fad diets such as Atkins, Mayo Clinic, and South Beach in search of skinnier waistlines and healthier bodies. How it makes sense to deny your body proper nutrition, in efforts of self-improvement is beyond me.

Most of these diets come along with the recommendation to exercise. More than often those who tend to lean towards these diets do so in order to avoid working out.

Use your most important three pounds in your body to make a smart decision to not cheat your body. The oldest and most reliable way to remain healthy is still and always will be a healthy balanced diet and exercise.

*Amber's brain actually only weighs one pound.*



## EDITORIAL

### Lowdown on the parking lot slow down

Count on a rash of weight loss among Highline students within the next few years.

With the possibility of the Midway drive-in being sold to either Lowe's Hardware or Wal-Mart, many students may have to settle on walking to campus rather than driving and dealing with the already cramped parking lot situation of the North, South and East lots. This possibility has some students worried about the future of their precious automobiles. Not to mention the future of their being able to sleep in every morning.

As Midway provides approximately 1,000 alternative parking spaces for staff and students, the three campus parking lots, which only hold approximately 1,830 spots collectively, will clearly not be able to provide parking for the newly abandoned drivers who count on that sanctuary of the 11.42-acre Midway site. And the addition of the CWU-Des Moines Higher Education Center could only add to the madcap and immensely limited parking predicament.

Although many attending the Higher Ed Center will be nighttime students, no additional parking, except for a small amount designated for CWU early-morning staff, will be built, leaving some students of both colleges out in the cold. In hopes of alleviating this stressful situation, Highline is planning on building a two-leveled 600-space parking garage to be placed in the South lot, providing approximately 300 extra net spaces. Funding for the lot is still unidentified.

Laura Saunders, the Highline Administrative Vice President, said that they have been requesting funding through the state board process as part of the 2005 Allied Health Building agreement. This agreement also entails plans for the 600-space garage. Nevertheless, said request was indeed turned down.

The cold hard truth is that the state will most certainly not pay for the parking garage in question. Which can only mean one thing: Highline must find another way of raising the necessary funds.

The concept of raising these funds could prove to be a bit difficult, not to mention a bit pricey for students, as a demand management concept seems more and more reasonable.

By hiking up the charges on parking passes, and perhaps implementing a parking surcharge, more students would be inspired to take the bus—or walk, as suggested above. Saunders said that ideas of either leasing a shuttle or making an agreement with the Metro Bus System has been kicked around, but no decision has been made.

In reality, taking the bus and walking are simple and budget friendly means of transportation, and Highline could then use the extra money from permits sold as funds for the desired parking area. Although this possibility may not be a popular option among students as many seem to have developed an unnatural attachment to their cars, 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.

### Letter to the editor

Dear editor,

Just like many previous years, last Christmas holiday season, from Oct. 27 to Dec. 5, Team Highline & Women's Programs sponsored the Annual Giving Tree event. The purpose of the event is to help Highline families that were in need. Most of the families are low income.

Here there were 54 families total that participated and every single individual in the families received at least one gift. Thanks to the generous donation of HCC students, staff, and faculty. Most people donated gifts but some donated money; there was about \$700 raised. Team Highline and Women's Programs would like to thank all the staff, faculty, departments, and students that participated.

Hai Ton, Team Highline

## The Thunderword STAFF

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

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## Roses are red, violets are blue



## Valentine's Day sucks... woo-hoo



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.

Even though 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 kinda take a "How cute!" stance. I mean, to me, it's great hearing about a grand relationship because it has me looking forward to my own.

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, soap operas...OK, maybe those last two examples are pretty sketchy but technically it's everywhere!

So then I start thinking when (if possible) fate will land me with the perfect someone. As far as I know, it's looks 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 will probably be tough spots but, hey, what's love without them?

So I've 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 it's 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 cold-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 have a romantic night afterwards.

Now a little advice for the gripers. Complaining about how unlucky you are or how "Valentine's Day is pointless." won't change the fact that A) after all that whining you're still lonely, and B) the relationship you're in might be sucking 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 forced, don't you sometimes hint to your lover to get them to do something?

You could look at this the opposite way as well. If you receive too many gifts too often, don't you feel suspicious? Maybe even smothered? Maybe he/she is buying your love?

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. So as many as there are Valentine horror stories there are people that managed to have a blast as well.

And after all of that, Feb. 14 will always come around next year, no matter how badly anybody cringes in repulsion.

When it comes to holidays, I tend to take them at face value. Valentine's, simply put, is about love. It's based on the ideas of love at first sight, courtship, and pure romance.

Sappy? Sure, but these are good goals to shoot for.

I'm not sure if I'm ready for a relationship, but I probably know what to do when Cupid strikes. If I keep my eyes peeled maybe someday I'll be the one with a perfect 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!

Taurean is looking for that special someone to spend Valentine's Day with. Could that special someone be you?

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.

Ah, Valentine's Day. The season of hearts, flowers and fuzzy teddy bears that talk. In other words, the Sarcastic Cynics Association's worst nightmare— for which I am not only a proud, card-carrying member, but the secretary, treasurer and vice president in one. And let me tell you, it is quite a struggle keeping up such a wonderfully sardonic disposition, especially around this particular holiday.

Luckily the world, in its infinite wisdom, has reduced the concept of Valentine's Day into such a laughable excuse for celebration that it now serves as means for cynical inspiration, comic fine tuning and random acts of romantic rebellion.

Now in no way am I suggesting students engage in a ceremonial burning of all chocolates, stuffed animals and candied hearts with the words "I luv u" and "Kiss me" engraved on them— after all that's a perfectly good waste of food. However, the bonfire could be a rather pretty sight.

Many who read this column may dispense pity upon the poor author— namely myself— who, in their opinion, simply does not understand the meaning behind these celebrated festivities. Well, this would normally be deemed acceptable as long as no person, male or female, tries to label my ranting as mere lamentations of a bitter lonely girl.

In reality, I am not bitter nor am I lonely, as I have resented Valentine's Day even when I did have a significant other in my life. I am, nonetheless, realistic. And in my 19 years of careful observation I have developed a fine list of grievances against this supposedly cherished time of year that even St. Valentine himself could not ignore.

For those who take to spouting off seething piles of romantic warblings in hopes of preparing themselves for this wretched celebration, perhaps it is time to face reality.

The Valentine reality, according to Bri, that is.

1) Valentine's Day: The one holiday designed to make those who are not currently involved in a romantic relationship feel unloved, unattractive and unappreciated. (No, I am not one of them because my mommy and daddy 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 ask out an otherwise unattainable crush. (And even if said crush deigns 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. (P.S. Check reference books to see if St. Valentine ever held stock in Hallmark, Hershey's or FTD Florists.)

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

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 presents mindlessly offered because of the Valentine occasion, I would rather receive a dozen 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 but 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 cringe 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 platitude.

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 gangsters 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

STAFF REPORTER

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 *Arcturus* 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 three 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 Superb 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 production department much more modern equipment for their 12 on-campus printing presses, including color-proofing systems, plate punches and plate processors.

Bill 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 they think they have a lot of time to get the job done, so we try to give them commercial 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 to 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 advancement makes it so the instructors can't 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 text book, so we do a lot of teaching out of articles, off of the Internet and going to trade shows," said Cox.

"For 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 Bill Cox, Highline's Offset Printing Program Coordinator*





2/12/2004

# 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 young women share a bond deeper than friendship; they are sisters. Jackie, Jessica, Josie, Jennifer, and Joy Graybill not only share friendship, they sing together in a group, directed by Dr. Sandra Glover, a teacher at Highline.

These talented ladies have been practicing singing as a group since September 2003, and have been taking individual voice lessons on and off for many years.

The sisters have been singing for virtually their entire lives, starting out in church choir. They also said that it was very easy to transition into singing after learning how to play the piano, another accomplishment the sisters share.

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 Graybill 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.

Jessica, 20 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



Photo by Chuck Cortes

Graybill sisters pictured are Josie and Jennifer (top left to right). Jackie, Joy, and Jessica (bottom left to right).

and voice lessons as well as being a lifeguard and being both a swim coach and on the swim team. Josie is also considering join-

ing the Marines.

Jennifer, 16 years old, would like to eventually teach preschool. She would like to attend Oxford when she graduates. "It would be fun to sing on Broadway," Jennifer said, hoping that she and her sisters might be there some day.

Joy, 14 years old, happily referred to herself as Josie's swim buddy, and said she does a lot of babysitting. She is also currently taking French.

As for their future as a group, "[Our] main goal is to share the gifts we've been given," Jessica said.

It is important to them to create a unique sound and share that with others.

The girls want their music to not only be unique, but be something different that no one has heard before. They want to create music that a person of any age would enjoy, and something that they could sing anywhere from church to a Broadway stage.

As a group, the Graybills have some ideas about what direction they would like to move toward. "We really want to develop a style that's unique as a group, and [also] in writing and arranging music," said Jackie, the eldest sister.

The sisters could possibly be singing at a Mariners game this baseball season. Dr. Glover recommended that they send in a CD and audition to do so, as it would be an excellent opportunity.

The Graybills maintain their good relationship with plenty of bonding. Once every few months they will all get together and watch all five hours of *Pride and Prejudice*, complete with plenty of junk food.

It is easy to see that they are sisters with Jessica telling Joy to sit up straight, and the rest of the sisters agreed that Jessica is the one obsessed with posture. She said it is very important to singing because it opens up the diaphragm, and was willing to take her sisters' jokes in stride to prove her point.

"The whole thing is that we're doing it together," Josie said. The girls all agree, friends come and go, but sisters are forever.

# Artist portrays reality of a human kind

By Chad Martinez

STAFF REPORTER

Abstract artist Kelly Lyles shows off her more serious side at the Kent Arts Gallery.

The Kent Arts Commission currently has Lyles work on display at the Kent Arts Commission Gallery, 220 Fourth Avenue South.

Kelly Lyles is well known in the Seattle art community for her funky "art cars" and comical animal paintings that play on well known commercial products.

"I've always been fascinated with human psychology and consider myself somewhat of a mimic in a sense. Humans are endlessly fascinating and wonderful to draw in all ages, shapes and sizes. I hope this sense of wonder is apparent in my work," said Lyles.

The public will see her animal paintings as well as the more serious side of her work, in the form of magnificently rendered portraits, which are included in her exhibit at the Kent Arts Gallery.

The focus of this exhibit is Lyles' apt ability to capture the human figure in its purest form. A series of nude women portraits in everyday positions, however, the way in which these images are introduced gives the viewer a sense of realism.

*Silk Stockings* is a portrait done in watercolors and it depicts a very attractive women putting on her stockings. This portrait almost resembles the work of Vargas and his famous pinup girls.

Another portrait that seemed to be getting a lot of attention from patrons is *Anatomy Lesson* an oil painting mounted on canvas. This painting shows a mature almost refined women posing nude in what seems to be a doctor's office.

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, rodent and trompe l'oeil, or acrylics.

Ever since 1986 she has been working in all capacities of graphics art, illustration, art direction, and design.

Lyles' clients includes many of Seattle's top advertising firms and design agencies as well as retailers, book publishers, film and video production companies not too mention independent local businesses.

"In a sense, all of my paintings are portraits, 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 interesting face; the expression leaves the viewer wonder-



Oil on canvas titled "Goddess Kring" is one of Kelly Lyles portraits at the Kent Arts Commission Gallery in Kent.

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 Journey*, which airs on the Travel Channel.

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

Her work can also be found ongoing at Presence art gallery at 15 Harrison St. Seattle.

The exhibit at the Kent Art 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/](http://www.ci.kent.wa.us/ArtsCommission/Gallery/) or call 253- 856-5050.



2/12/2004

## ARTS

## Des Moines Historical Society preserves time

By William Schlegel  
STAFF REPORTER

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 per-



Photo by Chuck Cortes

*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.*

sonal 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 chil-

dren 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 authentic World War II posters;

scrapbooks; costumes; an early telephone switchboard; antique clothing; a collection of dolls, which date from the years 1890-1980; blacksmith tools, an antique wheelchair and much more.

The highlight of the museum may be comparing the pictures from then and now.

For example, Des Moines had a baseball team in 1898. Or about the Spanish Castle, a ballroom dancing establishment, which Whaley describes as "the place where people met each other."

One wouldn't be surprised to learn that the Spanish Castle also brought bands from Seattle to "Come out and play."

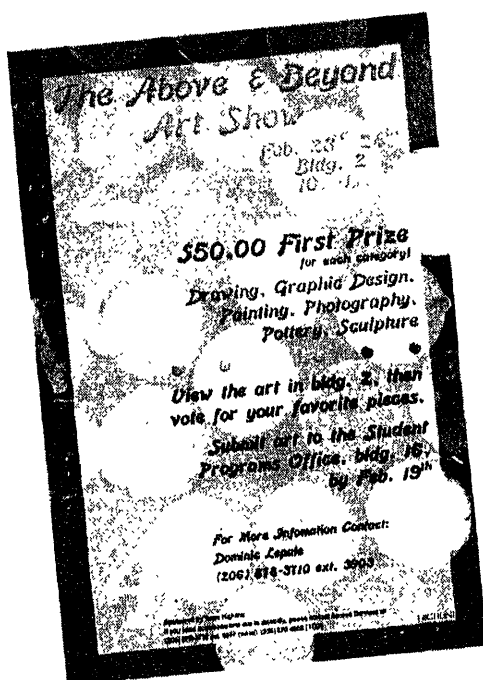
Jimi Hendrix, the guitar wizard, even managed to perform at the Castle and even wrote a song in its honor, Spanish Castle Magic. Sadly, the Castle was bulldozed in 1968, and like so much of our history, it only exists through the photographs in the museum and in the memories of those who lived it.

Jesse Whaley says that his favorite piece is one of the many of old downtown Des Moines.

He points to the picture, smiles, and says, "Can you see those raspberry bushes?" He stops for a short second and adds; "Keybank resides there now."

Admission to the Des Moines Historical Society Museum is free, but the museum is currently only open through appointment, by calling 206-824-5226.

## Team Highline searches for art that is 'above and beyond'

By Laura Goodwin  
STAFF REPORTER

A second annual art show will be coming up this quarter from Team Highline.

The Above and Beyond Art Show will take place here on campus in Building 2 on Feb. 23 and 24 from 10 a.m. to 1 p.m. Students work can be submitted into six different categories: Drawing, Painting, Graphic Design, Pottery/Sculpture, Photography, and Miscellaneous.

Students will be competing for a prize of \$50. Each category will have a winner. The winners will be announced a few days once the ballots are counted.

"Students should submit artwork so they can show off their talents," Dominic Lepule said from Team Highline.

Lepule also is expecting a big turnout this year. Anyone who is looking into entering the contest can pick up submission forms from him or team Highline, which is located in Building 16.

Submissions are for students only, but anyone is allowed to vote at the showing. The deadline stands at Feb. 19 for artwork to be submitted. Team Highline will announce the winner's a few days after the ballots are counted.

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# ARTS CALENDAR

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 Farnier 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 Domonic 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](http://www.ci.kent.wa.us/artscommission).



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## Crossword 101

By Ed Canty

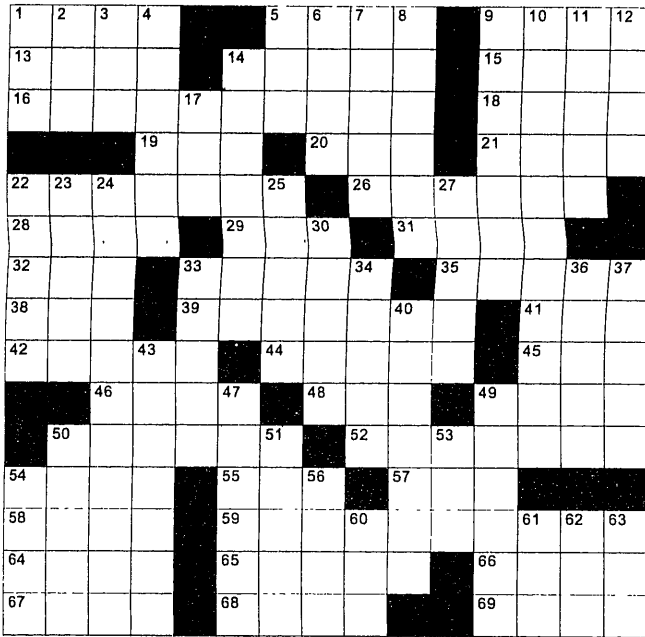
### Star Crossed

#### Across

- 1 Daytime TV offering
- 5 Popular 80s band
- 9 Scandinavian capital
- 13 Sole
- 14 Sandbar
- 15 Shoulder piece at times
- 16 Star opposite 59 Across
- 18 Something to pitch
- 19 Till
- 20 Part of a relay race
- 21 G.M. staple
- 22 Pecans' cousins
- 26 Without flair
- 28 Howard or Smith
- 29 "\_\_\_\_ Sam,":Penn movie
- 31 Gen. Robert \_\_\_\_\_
- 32 Spoil
- 33 Nation of \_\_\_\_\_
- 35 Meeting of lovers
- 38 Superlative suffix
- 39 Mass. vacation site
- 41 People of Southeast Asia
- 42 Diamond and Armstrong
- 44 Engine
- 45 Bruins' Bobby
- 46 "What's in a \_\_\_\_\_"
- 48 Org. of 45 Across
- 49 Tiny flier
- 50 Give one's blessing
- 52 Mud-filled depressions
- 54 Crowd noises
- 55 Goal
- 57 Providence sch.
- 58 Switch ending
- 59 Star opposite 16 Across
- 64 Make a hole
- 65 It may be present or past
- 66 Pad \_\_\_\_\_
- 67 Carpenter and others
- 68 Ms., in Tijuana
- 69 Football measure

#### Down

- 1 Cry
- 2 It can follow twelve?



- 3 PC key
- 4 "Monty \_\_\_\_\_"
- 5 Sound at the dentist's office
- 6 Turn to steam
- 7 Lured
- 8 Porto \_\_\_\_\_, Brazil
- 9 Month to turn clocks back
- 10 Star opposite 24 Down
- 11 Old-time dance
- 12 Chooses
- 14 Meatball or fish
- 17 "Hither and \_\_\_\_\_"
- 22 Madison Ave. workers
- 23 A signed document
- 24 Star opposite 10 Down
- 25 Witch trial site
- 27 Modify
- 30 Georgia city
- 33 Response to "Who's there?"
- 34 Trig. and Geom.
- 36 Mother of Isaac
- 37 Civil wrongs
- 40 Litter
- 43 Cowboy tools
- 47 Makes official
- 49 One's conscience, maybe
- 50 Hank or Burr
- 51 Mason
- 53 Seer's medium, often
- 54 Ms. McEntire
- 56 Coin
- 60 Part of Defense Dept.
- 61 Exclamation of discovery
- 62 Dealer or alarm preceder
- 63 Baby goat

### Quotable Quote

*It's amazing that the amount of news that happens in the world every day always just exactly fits the newspaper.*

... Jerry Seinfeld

By GFR Associates ••• Visit our web site at [www.gfrpuzzles.com](http://www.gfrpuzzles.com)

# Student Center sidewalk to return

By Sara Loken

STAFF REPORTER

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 walkway located on the east end of Building 23.

It's the main west walkway 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, 1,500 cubic yards of concrete will be used for the sidewalks," said Mike McDonald, superintendent of the student union project for Lumpkin General Contractors.

The 1,500 cubic yards equals 150 truckloads. For the Student Union alone, 1,800 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 system.

Plumbing and piping are currently being installed throughout the building as well.

An electrical contractor has been on the site since the beginning of



Photo by Elliott Brown

The walkway in front of the site of the new Student Union Building. The walkway is scheduled to be repaved over with concrete late next month.

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 metal 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.

Once their 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.

It currently 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, work 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.

## Foundation Scholarships helps needy

By Noellani Bacnis

STAFF REPORTER

Highline students have a chance to receive \$105,000 in scholarship money distributed among 75 different types of scholarships for the 2004-2005 academic school year.

"There has been an increase of \$30,000 from the previous year, raising the number of scholarships by 30," said Director of Resource Development Mark McKay.

Community members, service organizations, business corporations and employees at Highline have donated to the Foundation Scholarships.

Scholarships offered for Fall Quarter vary, ranging from a specific major to what city you live in.

Scholarships to be awarded include the Hamilton Business Scholarship, which requires a course study in business with a minimum 2.5 GPA in related courses.

The Highline Foundation Director's Scholarship is another scholarship being offered.

Students who plan to attend Highline for a minimum of three consecutive quarters, hold a GPA of 3.0, exhibits strong career goals, and sustains a load of at least 12 credits are eligible.

The Burr-Spain Scholarship is given to a motivated individual who has overcome obstacles and has a solid career plan, which will lead to economic self-sufficiency.

Two letters of recommendation that demonstrate progress toward personal goals are required.

Applications for scholarships will be available the second week of March, and will be due on April 16, 2004 in the financial aid office.

Winners will be notified on May 21 by phone.

A scholarship workshop will be held on March 11, 2004 from noon-1 p.m. located in Building 7.

This workshop will help students learn about scholarship opportunities here on campus and understand the application process.

"Most students are not aware that these types of scholarships are out there," McKay said.

The amount of money received this year is expected to increase in the future, making more scholarships available for Highline students.



McKay

## Tax help: for the students by the students

By Erik Duncan

STAFF REPORTER

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 Tuesdays, Wednesdays, and Thursdays from 1:15 p.m. until 4 p.m. until April 8, in Building 25, in the basement of the library.



Turck

"This is the sixth year of Highline's Tax Aide program," said Geoff Turck, Highline's accounting professor, who is the adviser of the program. "It was started here by Ms. Cathy Pitts."

The first week of this program tends to be the most hectic. If you

*"On the best days, the process will take at least an hour."*

**-Geoff Turck, Highline professor**

are looking to get the most attention out of the volunteers it may be best to wait for the second week of the program.

"The first week of the program can be very hectic," said Turck.

"Interested parties should either be patient or wait until the second week of the program to have their return prepared."

This way the volunteers aren't overwhelmingly swamped with swarms of demanding individuals

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 statements, 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 room.

"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.

Although not 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 outfit 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 skit, 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,

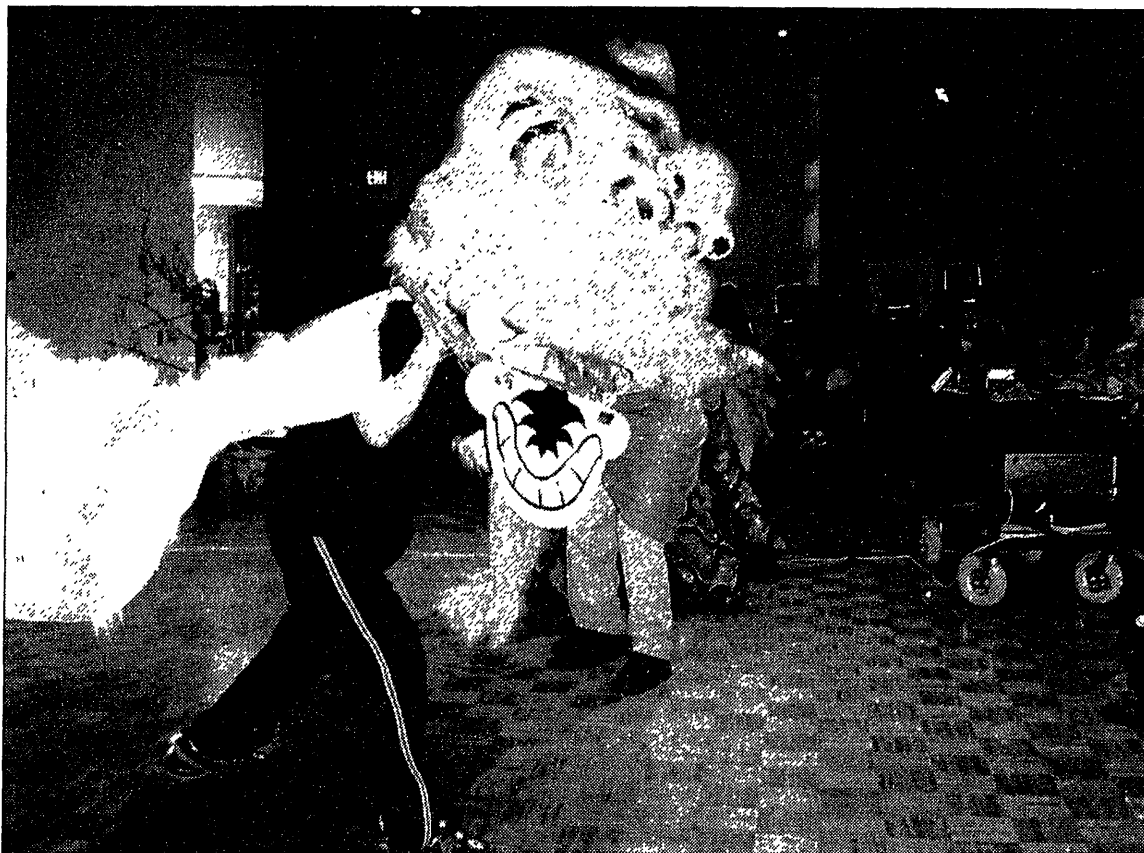


Photo By Nga Pham

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

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 drawing 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.

"(However), 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, Thanksgiving, 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 bad luck but is (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 grow and promote the Vietnamese culture for our younger generations," said Pham.

## Lights

*Continued from page 1*

of lighting, the parking lot is a dark sea of automobiles and stumbling 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 blackout in the parking lot. The electrical problem was eventually fixed, but it didn't create safer conditions.

The North parking lot holds 509 cars, and has six light poles. Going through there at night, even with all the lights working, "the parking lot is still a blanket of darkness over students and their cars.

Light coming from the Library and lights from campus creep onto the parking lot, but don't expect much more than that.

"I don't want to park here for fear of my safety," said student Alexa Bates.

The East parking lot holds 815 cars; it is the largest parking lot on campus. There are only eight light poles and all are lined in the center of the parking lot. This leaves the parking spaces around the outer rim of the parking lot searching for light.

"With all the bushes it's scary that you're going to get raped," said student Jessica Brown.

While most of Highline's crime happens during the day after classes get out, that doesn't eliminate the possibility for crime here at night, said Richard C. Fisher, director of security and safety at Highline.

There is security on campus, but it doesn't rise above the poor light-

ing.

"Campus security is on duty 24 hours," said Fisher. "Cars get stolen, and broken into at night as well, but not nearly as much as during the day,"

"The crime rate hasn't gone up

because of the lighting," he added. "But I agree, something needs to be done about the lighting."

All of the parking lot lights are supposed to come on at dusk. A sensory device is used as a timer for the lights to work.

"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.

## Transferring? Check This Out!

### WINTER TRANSFER FAIR

Thursday, February 19 9 a.m. - 12:30 p.m. Building 2  
Over 20 Washington college representatives in one location!  
Come by and meet the admissions reps, pick up application materials  
& have your questions answered!

### WORKSHOPS

#### SO WHAT'S YOUR MAJOR?

If you can't answer that question, then this workshop is for you! Find out what steps you can take to narrow down your educational options and choose a major that's right for you.

Thursday, February 19 noon-1 p.m. Building 10-202

#### WRITING A WINNING PERSONAL STATEMENT

Do you know that writing a good personal essay is an important part of the transfer application process? Be sure to attend this valuable session full of great tips!

Thursday, February 26 noon-12:50 p.m. Building 10-202

#### TRANSFER 101

A half hour session covering the basics of transferring: deadlines, tuition, benefits of an AA degree, admissions requirements, tips for a successful transfer, etc. Don't miss out!

Tuesday, February 17 @ 12:15 p.m. or 1:15 p.m. Building 22-204

Check out the Transfer Center, Bldg 6, upper level. Email: [transfer@highline.edu](mailto:transfer@highline.edu)  
For a list of transfer events, go to: [www.highline.edu/stuserv/edplanning/transfer/tr.htm](http://www.highline.edu/stuserv/edplanning/transfer/tr.htm)

## 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 2/3 thought voting important.

## Forging

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

*Continued from page 1*

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.



Toni Castro

Depending on the severity of the forgery and whether the student has any past violations, consequences may include probation or expulsion from 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.

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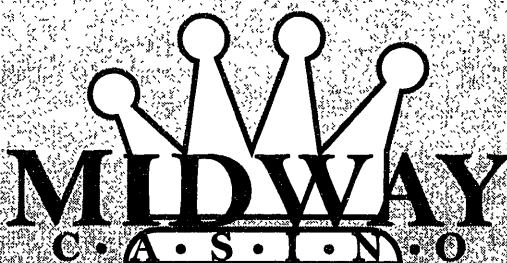
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