

'Wine' is a winner.
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Men break
Clark's streak.
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The Thunderword

JAN. 25, 2007/VOLUME 47, No. 2/HIGHLINE COMMUNITY COLLEGE

College fails to book graduation location

By **ALYSSA HOFFMAN**
staff reporter

After three years away from home, Commencement is returning to Highline.

In the past, families have been able to attend commencement at the Tacoma Dome.

This year, however, college officials didn't book space in Tacoma in time and the dates that worked for Highline were already taken.

"The Tacoma Dome doesn't work this year because the date we usually do it on was already reserved and there were too many graduations already scheduled," said Larry Yok, vice president of administration services and coordinator of commencement.



Yok

Some also complained about the acoustics in the Dome.

Highline moved commencement to Tacoma in order to accommodate the many people who wanted to see the ceremony. Safety concerns and Fire Department regulations limited the number of people who could be jammed into the Pavilion to around 2,000.

When in use, the Pavilion was often packed, hot and humid for Commencement.

While the ceremony was at the Pavilion, graduates were limited to four tickets each and extra tickets usually were in high demand.

"We typically have 1,000-1,200 graduates each year. Typically 475-500 students participate in commencement," said Danielle Mottley, of graduation evaluations and records.

College officials say they will try to make Commencement work at the Pavilion again. One

idea, which apparently already has met with a mixed reception, is to split the ceremony in two.

A new committee has just been formed to help plan and accommodate the commencement ceremony at Highline.

Commencement is scheduled for June 14, 2007. Students who wish to participate in commencement need to apply now. Applications are available <http://highline.edu/stuserv/registration/commencement.html>.

Appetite for acceptance

Eating disorders can come in several different forms

By **JOCIE OLSON**
staff reporter

Some Americans eat too much, some American's eat too little, and some eat but don't digest their food.

Eating disorders are a problem common among college

Two students' stories

•A Highline student battles Bulimia; see page 14.

•One woman comes to terms with obesity; see page 15.



SUMEYYE N. UNVER/THUNDERWORD

and purging. The person will eat excessively and afterwards feel guilty and purge themselves through vomiting and use of diuretics and laxatives.

Obesity is an excess of body fat that results in a significant impairment of health.

According to US government statistics, more than 10 million women and one million men are suffering from eating disorders.

Nine out of 10 college women attempt to control their weight with dieting.

Also 91 percent of women who were surveyed on a college campus tried to control

their weight through some form of dieting. Of the 35 percent of people who diet on a regular basis, 20-25 percent of these will eventually progress to an eating disorder.

Any day of the year, 25 percent of men and 45 percent of women are on a diet.

"The key aspect is a preoccupation with food and weight with an attempt to control them," Edlefsen said.

Most normal eaters are relaxed about food, but for some-

SEE FOOD, PAGE 16

Science grant will aid geology students

By **ALYSSA HOFFMAN**
staff reporter

Highline has struck gold with a \$131,000 grant from the National Science Foundation.

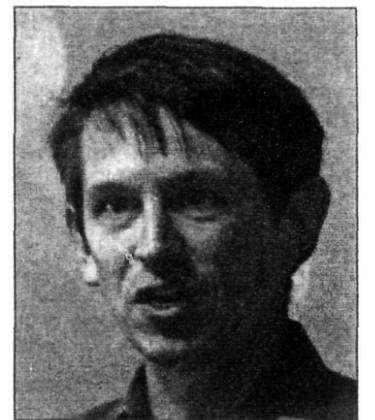
"It (the grant) is for a project to develop resources for students to help them with the math they need in geology classes," said Eric Baer, geology professor here at Highline.

"Students taking their first geology course sometimes cry 'I can't do math!' when faced with their first math-related problem, but maybe they just haven't learned how to transfer their high school math skills to new situation," Baer said.

When applying for this grant, the college needed to send in its application and were graded in five areas on a scale of one through five (one being excellent, two being very good, etc.) Highline received four ones and one two. Usually on the first try, the school receives feedback on how to make it better. Highline received a grant on the first try, Baer said.

Out of 100 projects funded by National Science Foundation from 900 proposals, Highline was one of the only community colleges to receive one of the grants.

Geology students use math skills in a variety of ways, such as reading graphs, reading Richter scales after an earthquake, and how to measure various



Eric Baer

things in labs and distances on maps, to name a few, he said.

"It's not that these students lack skills but it's their ability to apply these skills; they need to be able to read graphs, perform different calculations, and understand the metric system," Baer said.

The grant is part of a three-year project that involves Carleton College of Northfield, Minn. and Jenifer Wenner of the University of Wisconsin.

"The grant grows out of a previous project in which Dr. Wenner and I worked on ways faculty can increase the 'quantitative literacy' of geoscience students. We will develop Web-based units to be used concurrently with any introductory geology course to bring students up to speed. The units will then

SEE GRANT, PAGE 16

CSI:



HIGHLINE

Student banned from the Library forever

The Security office received a call from the Library on Jan. 23 at about 10 p.m. A staff member said that Security was needed on the sixth floor.

When Security arrived, a student was talking with a staff member. He stated that he had one equation to finish, turned off the computer, and left.

The staff member told security that the student would no longer be allowed in the Library.

No bicycles allowed

Security found a middle-aged man walking around with his bicycle inside Building 29 on Jan. 19. He was asked to put his bicycle outside.

Staff member bullied

A college employee asked a man for identification on Jan.17 around 2:30 p.m.

The man did not have identification and said to the staff member that he would "hit him." His threat was not carried out.

Sleeping man was not welcome at Highline

Security found a man in Building 29 on Jan.17 around 4 p.m. The man was sleeping on the second floor bench. He was asked by Security to leave and not come back.

Windshield busted

A student returned to his Honda in the north parking lot on Jan. 18 to find his windshield broken by a rock.

The student's car had been parked in that spot since the early morning, and it was unknown at what point in the day the windshield was broken.

Car parts stolen

A wheel well and part of a back bumper was stolen off a student's Jeep on Jan. 22. The parts were discovered missing at about 12:40 p.m.

New to Highline, plenty of experience

BY JUDY VUE

staff reporter

This quarter, Highline welcomes a new staff member who is also in charge of bringing in more new staff members.

Cesar Portillo is the new executive director of human resources for Highline.

With this position, Portillo is very involved with the recruitment of new staff and faculty.

In addition, he is also involved with the coaching and counseling of managers and supervisors.

Other major duties of his job involve the managing of benefits, and keeping track of attendance and other employment issues that may lead to new policy development.

"Most of my career is in higher education," Portillo said.

Right before he accepted his position at Highline, Portillo was the interim director of human resources at the UW School of Medicine.

While working there, Portillo did not have as much interaction with undergraduate students, he said.

"(They weren't) the freshman, sophomores, juniors and seniors," he said.

Students there were already graduates who were almost doctors, he said.

"I think undergraduates, and in particular freshmen, bring a special energy to the campus," he said.

"They are excited, anticipating something new and challenging. It is always great to see them during their first year."

However, now that he is at Highline, he hopes to start fresh with meeting new colleagues and students.

"I came to Highline ... because of the opportunity to continue to grow professionally and helping in delivering the mission of higher education in a more direct way," Portillo said.

Portillo values his own higher education.

He went to college at the University of Texas - El Paso where he majored in political science and was very active in student government.

"College provides a great learning opportunity," Portillo said and he took advantage of that to the fullest.

After he finished his undergraduate studies, he started to work on a master's degree in industrial organizational psychology at San Diego State University.

While pursuing that, he accepted his previous position at the UW School of Medicine, thus halting his graduate studies.

However, he is eager to resume those studies once the opportunity becomes available again.

In addition to his human resources position, he is also an active member of the American Cancer Society.

"I serve on a national committee," Portillo said.

Portillo has also won several awards throughout the years for his work with the American Cancer Society. His most recent one was for his service on a cancer peer review committee.

Portillo moved to Seattle in February 2005 after living in San Diego for 15 years.

"I don't like the weather here," he said with a laugh. However, this Texas and California man does have some good things to say about his new home.

"There's lots of water activities," Portillo said. "It's just naturally beautiful."

Of course, Highline's new HR director can't forget the main reason why he's here to begin with.

"I like to problem solve and I'm very creative. [I have to ask questions like] 'What services can we improve?'"

"I can see how things can be done differently and there are great opportunities to looking for that here," Portillo said.



Help expand their horizons, futures

Highline faculty members have an opportunity to inspire young women.

The Expanding Your Horizons Conference is a conference for girls, grades 7-9, to motivate them to consider careers in math, science, and technology.

Highline faculty members are encouraged to volunteer to present workshops to the girls.

The conference will be held at Highline on March 23 from 11 a.m.-5:15 p.m..

For more information or to volunteer, contact Andrea Tinney at 206-878-3710, ext. 3336, or at atinney@highline.edu.

Goodies, treats for a very good cause

Support students by buying treats.

Receive aid with financial aid forms

Get help with your FAFSA forms.

The first annual College Goal Sunday Washington is a free, three-hour workshop to assist students and their families fill-out and complete the FAFSA (Free Application for Federal Student Aid).

The workshop will be held on Jan. 28 at 2 p.m. in seven cities around Washington, including Seattle and Tacoma.

For exact locations and more information, go to www.collegegoalsundaywa.org.

A bake sale will be held to raise funds for students attending a nursing convention.

The bake sale will be held tomorrow, Jan. 26 in the Student Union from 8 a.m.-1 p.m., and in Building 26, room 219 from 9:45-11:30 a.m.

Crying over science

Get teary-eyed at this week's

Science Seminar.

Presented by Bob Baugher, this week's seminar will Whaa-Whaa: The Art and Science of Crying. Everyone is welcome to attend and learn why and how we cry.

Science Seminar is held every Friday in Building 3, room 102 at 2:20-3:10 p.m.

For more information, contact Dr. Eric Baer at 206-878-3710, ext. 3513.

Co-Opportunity Cooperative Education

The arts, education, and youth; intern with Arts Corps

Arts Corps is looking for interns to fill Administrative Assistant, Special Event Volunteer, and Classroom Assistant positions. **Who is Arts Corps?** Arts Corps offers free arts education to kids in grades K-12. Experienced teaching artists create rich learning environments, fostering our greatest resource: young people.

Don't miss your chance to join this fabulous program, gain experience, and help provide our youth with the tools for success.

Get real world experience while earning real college credit.
Building 6, upper floor

Student Jobs Job #1762

Crunching Numbers

Full-Time Accounting Manager, 40-50K
Position will be responsible for supervision and performance of the accounting operations. Position requires 3 yrs. experience in a financial management position, AA or BA in accounting or 5 years relevant experience.

Part-time Courier Job #2427

Drive a van or small truck to transport customer's media to and from specified points. Must be able to lift or use tools to maneuver individual package weight up to 70 lbs. Must be 21 with a clean driving record.

For additional information log on to Interfase at <https://www.myinterfase.com/highline/student>

Free Tutoring!!!

Feeling overwhelmed? Get help! Visit the Tutoring Center in Building 26, Room 319. We specialize in turning good students into better students.

Sign up for help in:
Accounting/Business
Languages, Math,
Science, Computers
Writing, and more subjects!

"Learning is not attained by chance, it must be sought for with ardor and attended to with diligence."
-Abigail Adams

Mon-Thurs.....8:00 am-7:30pm
Fri.....8:00am-1pm
<http://flightline.highline.edu/tutoring>

Interim dean tries for position

By SHURVON HAYNES
staff reporter

Alice Madsen is the heir apparent to be Highline's new dean of professional/technical programs.

Madsen is the only finalist for the job, after spending a year as the interim dean. A decision on the position could come as early as next week.

This week Madsen spoke at a pair of forums for faculty and staff, a regular practice when Highline hires any high-ranking administrator. At Tuesday's forum, Madsen said she wants to continue as dean. "I feel I have more to learn and more to contribute," she said.

She said she wants to "improve and expand our programs by working with other campus units, and marketing" Highline's professional and technical programs. Madsen also said she wants to find more resources for the college and to develop partnerships with local businesses.

Madsen noted that Highline recently established a retail management on-line degree. The college also is working to develop a fitness certificate program.

"I am committed to being accessible to staff and faculty and willing to schedule meetings to offer support," she said.

As interim dean she is responsible for making sure the faculty are vocationally certified and overseeing the development of programs such as Work



Alice Madsen

Force Development, I-Best and the new Polysomnography certificate/degree program.

Madsen is a graduate of the University of Cincinnati where she received her bachelor's of science and her master's in education.

She taught in the Ohio State public school system before relocating to the Pacific Northwest in 1982.

She also taught at North Seattle Community College before coming to Highline in 1995 as a program coordinator for the Early Childhood and Para-education Department.

She enjoys teaching, especially special education. "I believe people with disabilities are marginalized and discriminated against and have been historically overlooked," said Madsen.

She recently visited South Africa with some colleagues to work on projects that focused on people with disabilities.

Moving up, moving on



MICHELLE ERICKSEN/THUNDERWORD

A student, above, receives information from a University of Puget Sound table during this week's Transfer Fair. The fair is designed to give students information about different schools. At right, students speak with representatives from Washington State, Eastern Washington, and Bastyr University.



A typical day for Madsen includes attending various meetings, which lead to action projects and making connections with others.

She also visits classes to help faculty complete their tenure process.

Although she is very busy at Highline, she does find time to volunteer in the community. "I like helping programs which focus on youth development and

empowerment," said Madsen.

To stay connected on topics related to her work, Madsen attends workshops and classes as a part of her life-long learning process.

"My goal is to contribute to the positive direction of the college and improve equality for all," she said.

In her personal time she enjoys listening to music, reading and going to the movies with her

family. Madsen's husband, Dan Drischel, runs Highline's Human Services Program. They have two sons.

If she is named the new dean, Madsen said she will give it her best effort.

"I can't take on a job without putting my whole self into it," she said.

"I'm not the type to just sit at a desk and shuffle papers around."

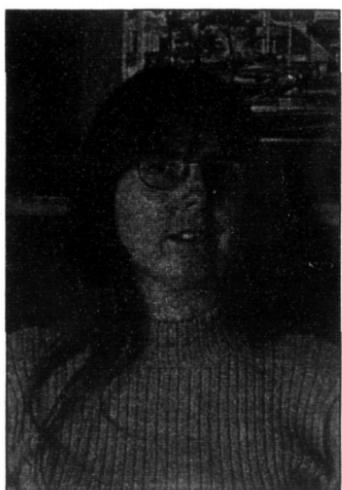
New library layout yields more space for programs

By JOHN DAVID LIM
staff reporter

The Highline library's fifth floor is now open and accessible. Major changes and remodeling were done during the fall-winter break.

Assistant Librarian Monica Luce welcomes you to come take a look at the new changes.

The main goals were to use the space more efficiently, make it more accessible, and much more convenient. The changes were intended to provide better services to users, especially to the Paralegal Program and new English learners. The classroom in the fifth floor has been converted into accessible space. Prior to the conversion, the ceiling and walls were carpeted. Carpeting has all been torn off



Monica Luce

and walls have been painted. The ceiling was left unfinished.

Periodicals are now located in the fifth floor along with extra space for study tables.

The Legal Collection has been moved to a much larger space. The Paralegal Program can now locate this on the sixth floor, east. The library has provided extra space for this collection to broaden.

Now located on the fourth floor, room 419, the New Reader's Collection has greatly widened its space. A much bigger space has been provided for ESL students and new English learners. Book browsing has been greatly improved with the bigger space provided, Luce said.

With the New Reader's Collection moved into another room in the fourth floor, the old room couldn't just be left empty. The Career Collection is now located in this room.

The fifth floor is where the major remodeling was made.

No longer a classroom, the periodicals can now be located here. More room has been provided to improve browsing and search. Several study tables are also present.

"We were hoping to have gotten this remodeling done last summer, but we weren't able to find a contractor that was able to do the remodeling during the time," Luce said. "We liked the way it turned out."

Feedback was sought on the newly remodeled fifth floor. The Paralegal Program, which is the user of the Legal Collection, is pleased.

"There have been thoughts about having the library being more involved in the events and activities that are held on campus," Luce said. Such as having those events held at the library.

Signs have been placed throughout the library to redirect people and update them on where the new locations can be found.

"There aren't any specific plans for further changes in the library, but we are still going to have conversations about library space and how it can be more accessible and easier to navigate," Luce said.

The ceiling on the fifth floor was left unfinished. The carpeting has been torn off but it was not replaced by any sort of tiling. The frame of the ceiling is present and visible.

"The installation of the ceiling will be a big construction project and will cost a lot of money," Luce said. "This will remain unfinished for quite a long time, if not forever."

Editorial comment

Note to the Legislature: It's the economy, stupid

With all the issues at hand for this session of the Legislature, access to higher education may be the most important issue. Although Washington may have the highest average of people with associate arts degrees per 1,000 people, we fall behind when it comes to advanced degrees.

Now is the time when the Legislature can make decisions to create more opportunities for students to seek higher education, but it does not look hopeful for anything drastic to happen this session.

Despite a \$2 billion surplus, it is projected that the state will overspend its budget and end up with a \$600 million shortfall.

The state Legislature went into session earlier this month, to hammer out the state budget for the next two years. Democrats will have control of the \$30 billion budget, and be driving the policy decisions as well.

Governor Christine Gregoire's proposed budget would result in \$4 billion increase in spending over the next two years. The three key issues that Gov. Gregoire's budget proposal emphasizes are education, transportation, and health care.

The budget for education will focus heavily on public schools on K-12 schools which would receive \$1.3 billion for extra programs, and grants to reduce class size. Highline however would not receive any additional money.

The only benefit Highline stands to receive is a freeze on tuition that Governor Gregoire is proposing for all community and technical colleges. The proposed transportation budget calls for committing \$2.8 billion toward replacing the Alaskan Way Viaduct, as well as increasing funding to create new traffic management techniques, and increasing public transportation.

By the end of the session, the state plans to pass funding to provide health care for 600,000 additional Washington residents, including 73,000 children. Gregoire wants to add about \$31 million in Medicaid spending to cover 32,000 more low-income children. Democrats want to provide health coverage to all children by 2010.

The Legislature plans to accomplish its goals without raising taxes. The inability to provide increased funding for higher education will result in students seeking education out of state. Washington ranks high nationally in terms of access to community college degrees; but once those students graduate they seek higher education elsewhere. Then after they have graduated, there is a smaller chance of them returning to Washington state.

Financially, it is in the best interest of the state to keep those students this state, especially those who want the opportunity to stay in Washington. Tuition freezes are helpful, but more could be done. Their focus on education should not end at grade 12.

Staff

"Ain't no problems, only opportunities."

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Treasure's in the search, not the chest

Commentary

At a glance, Geoff McKinney doesn't seem like much of a pirate. Clad in sweatpants, a menthol cigarette tucked behind his left ear, McKinney tends to resemble his primary occupation — being a stay-at-home dad — more than he does a swash-buckling treasure hunter.

A few minutes of conversation, though, or a look at McKinney's hand-drawn maps is enough to convince anyone that if there's treasure out there, he's going to be the one to find it.

McKinney, who works part of the year as a chef, has been methodically crafting an expedition to find sunken treasure for about two months, spending hours bent over library books he brings home by the bagful.

The drive to dive and discover, he said, has been a dream of his for about 10 years. When he was 17 years old, a friend lost a gold ring in a lake and McKinney, equipped with underwater goggles, scoured the sea's floor until he recovered it.

Now 26, McKinney is preparing to embark on a similar quest, only on a much larger scale. Through his efforts, McKinney hopes to travel south, where he hopes to find sunken ships belonging to pirate William Jackson.

Jackson, who sailed in the 1600s, was an English privateer working for the Providence Island Company. McKinney said three of Jackson's ships are believed to be sunk in the Gulf of Mexico.

Considering such a voyage would require hefty financial resources, McKinney has begun to break down the cost of each part of his trip, dividing it into smaller, more affordable pieces.

"For \$400 I could get myself under the water," he said. "That's just me though. I want



ROBERT LAMIRANDE

at least two divers with me."

McKinney's attention to diving safety is heightened perhaps to the latest batch of books home fresh from the library, bearing titles such as *Scuba Diving* and *The Complete Diving Manual*.

No matter what safety measures he takes though, none will be enough to sooth his worried wife, Krista, who believes McKinney's place isn't below the sea, but at home with his family.

"I hate to say it," she said, "But I pray every day. It's unrealistic, and it's not cool. It would be cool for somebody who doesn't have kids."

The books, she said, have little impact on her opinion.

"He is definitely educating himself," she said. "But do I want it? Do I agree with it? Hell no."

Despite her worries, not even she can deny McKinney's knack for finding treasure. A gold-handled cutlass rests against one wall of their apartment, another of McKinney's finds.

"I went to the Dumpster to throw garbage away and I found a pirate sword," he said. "Everything's pointing toward it, but I still have a long way to go," he said with a laugh.

McKinney said that he'll embark on his journey in no more than two years, but with the right people and equipment, he would be ready to go this summer. If treasure is to be found in Mexico, McKinney said he plans to donate a quarter of it to the descendents of William Jackson.

The rest, he said, would go to fund future trips.

While some may insist that McKinney's efforts will go unrewarded, I would argue that it's not what he may find, but the time he spends digging through the sand to find it.

Too many people buy into the 9-5, the "sensible" way of doing things. For them the treasure in the chest is a big screen T.V. or the newest in home audio technology — the process of getting there isn't an adventure, but a formula. The trip is slow, quiet, and suffocating.

McKinney, it seems, has already unearthed the smallest bits of his fortune. The strokes of his pencil to detail a map, the fever in his eyes when he talks of Jackson's missing fortune are like bullion themselves, a treasure that many of us could have had ourselves if we only took the time to look.

Robert wants to be a pirate when he grows up.

Write to us!

The Thunderword encourages letters to the editor and columns from the college community. Submissions will be edited for style. Please include contact information as all submissions must be confirmed as belonging to the author(s).

Deadline for submissions is Monday of each week.

E-mail your submission to thunderword@highline.edu

Highline's Jazz Band begins jiving

BY BRIANNE BEETS
staff reporter

Highline's Jazz Band is singling out their most important tool—solos.

"There have been a couple different versions of the jazz bands since I've been here," Ben Thomas said.

Thomas, who has taught at Highline as a music professor since 2001, also serves as the head of Highline's Jazz Band.

"There was a Jazz Club that was happening before," Thomas said. He has now been heading Jazz Band for three years.

"In the past we've had some really strong groups and players, and they would go out into the community and play jazz concerts. Then sometimes if we've got fewer players or less experienced players we work more as a jazz lab," Thomas said.

Jazz labs focus more on students learning to play their instruments well.

They've only had one meeting this quarter, but so far the band includes "two saxes, a guitar, piano, voice, a couple drummers, I think nine or 10 people," Thomas said.



PATRICK CABELLON/THUNDERWORD

Two saxophonists of Jazz Band practice their latest tune in Building 4.

Most of the members are new to the band, but there are a few returnees, including Michelle Searle.

Because the band is so new "we need to develop some

material and play, and get an idea of what the ability level is before we start planning any events, we'd like to go out and do concerts and things like that," Thomas said.

Jazz bands in past years have traveled as far as China to play. Based on this quarter's Jazz

SEE JAZZ BAND, PAGE 6

'Heartbreak House' begins production

BY ALICIA MENDEZ
staff reporter

Heartbreak House will be the Spring Quarter drama production.

Heartbreak House was written by George Bernard Shaw in 1919.

"It's set in England, right before the outbreak of World War I in 1914. So it's about the end of an era and a segway into another," said Dawn Box, returning guest director. "It's the end of the leisure class of England."

This is not the first time Box has worked with a Highline drama production. Box has directed *Blood Wedding*, and *Man Equals Man* before for the Highline.

Box decided to take a different direction in this quarter's show.

"The plays from the last couple of years have been more serious," Box said. "I wanted to give them something lighter to work with. It's a good opportunity."

The cast includes: Caitlin J. Elya, Brenan Grant, Matthew Hopkins, Jonathon Lee, Kate Muldoon, Tony Onorati, Jared Thomas, Anjelica Wolf, and Sophia Villanueva.

Erik Hanson is the stage manager, Rick Lorig is the set designer, and so far they have not found a costume designer.

Dawn said she has high hopes for this quarter's cast.

"I think that there is more consistency in this cast. The level of acting is pretty high in this group," Box said.



Box

The play tells a story of two friends Ellie (played by Kate Muldoon) and Hesion (played by Anjelica Wolf.) Ellie agrees to marry Mazzini Dunn (played by Tony Onorati) because he is wealthy.

Hesion is staunchly against marrying for any reason other than true love and strives to convince Ellie to not marry Mazzini.

The play will be performed the two weekends of March 1 through March 10, Thursdays-Saturdays.

Tickets prices have not yet been determined, but typically range from \$5 to \$7.

'Gone with the Wine' wins with yam wine

BY ALICIA MENDEZ
staff reporter

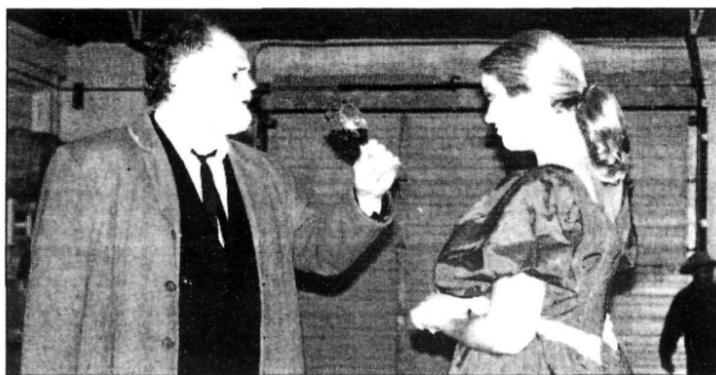
Frankly my readers, you should give a damn about *Gone with the Wine*.

Gone with the Wine, written by Dr. T.M. Sell, and directed by Doug Knoop, packed the chilly winery every show its opening weekend.

It could have been the six different samples of wines offered by E.B. Foote Winery that made *Gone with the Wine* such a hit, however for the sake of this column, and receiving a minor-in-possession charge, I held myself back from testing the silver medal wine.

Gone with the Wine parodies the classic novel and movie *Gone with the Wind*. However, instead of the family owning a cotton farm, they own a yam farm which is used to make yam wine. Finally, Dr. Sell shows his creativity by taking the story west, instead of heading north.

Nancy Warren's original music makes you want to dance, which the cast did to Patricia M. Britton's clever choreography. Warren used the original GWW theme to craft the show's overture. Brief musical interludes gave the audience time to catch up, and the 12 cast members



ALICIA MENDEZ/THUNDERWORD

Eric Hartley, playing Tara's drunken dad, and Julie Haakenson, who plays Tara, discuss the tastes of yam wine.

time to swiftly change from one costume to the next.

Costumes were done by Melissa Sell. Each costume was specific, almost blunt, to fit the stereotypical day and age outfit; such as the soldiers' hats, or the distinct English butler get-up

Some of the songs incorporated Dr. Sell's anti-war, and anti-Bush political views, which kept the audience on their toes as they strove to hear each word hummed and bellowed.

Dr. Sell wrote the silliest of shows he's written for Breeders Theater this time by creating an alter ego for key characters from the original novel and movie, and inventing new ones.

Tara, played by Julie Haakenson, managed to incorporate

Scarlett's determined and demanding demeanor, along with the unexpected charm that so woos the spectator.

Bill Hamer, who played the sexed-up Captain Bretton Butter, showed his true versatility as the Latin seductress in red, Lavina Sangria.

The sheriff/mayor/judge, played by Kelly Johnson, was indeed the character you loved to hate. Each scene she took time to put down dumb old Dick, while saving enough crude wit for anyone else who came in her path.

Chemistry among the cast shined through each scene. Clearly, working together for over six years has had its perks.

One thing each of the cast

members shined in was their ability to jump from accent to accent, whether it be a sexy Latin with a lisp, a French llama lover, or an Irish drunkard.

The cast includes: Haakenson, Hamer, Eric Hartley, Steve Coffey, Marianne Everett, Scott Green, Melissa Grinley, Johnson, Luke Amundson, and Anjelica Wolf.

Breeders Theater has indeed proven itself to a creative force to be reckoned with.

Proving that is the scarce amount of tickets left for upcoming shows that are \$20.

To catch the upcoming shows for a few good laughs, and some divine wine, purchase tickets either at the E.B. Foote Winery 127B SW 153rd St., Burien, 206-242-3852, or at Corky Cellars 22511 Marine View Drive, Des Moines, 206-824-9462.

The show will continue running from Feb. 2-3 at 7 p.m., Jan. 21 and 28 at 2 p.m., and Feb. 4 at 1 p.m. A special performance on Wednesday, Jan. 31 at 7 p.m. will benefit the Breeders Theater scholarship fund, which provides assistance to performing arts majors at Highline.

Because if you do catch this show, you will never go thirsty again. Or at least not during the evening.

Soup up your home menu with lots of hot broth

Soup doesn't always come from a can.

In fact it tastes better when it is made from scratch.

If you are intimidated by the thought of making homemade soup, I am here to tell you that it isn't as hard as it seems.

Many soups are made up of three components: stock or broth, meat and vegetables, and seasonings.

The stock or broth provides the base for the soup. Although canned broth is easier and less time consuming, homemade stalk can add a richer flavor to your soup.

Here is a basic recipe for homemade chicken stock:

- 6-7 cups of water
- 2-3 cloves garlic
- 1 large onion
- 2 stalks of celery
- 1 bay leaf
- 1-2 teaspoons basil
- 4 whole peppercorns
- Dash of salt
- 1 bone-in chicken breast

Peel and quarter onion and cut celery into thirds.

Put vegetables, garlic, and chicken breast into a large heavy pot and fill with water. The water should be a few inches from the top.

Add bay leaf, basil, peppercorns, and a dash of salt.

Bring stock to a boil and turn temperature down to a simmer.

Big Jo's Kitchen



JOCIE OLSON

Skim any foam that rises to the surface.

When chicken breast appears opaque (about 20 minutes), remove chicken and let it cool.

Remove meat from the bones and place the bone back into the pot.

Let stock simmer for 30 minutes longer and remove from heat and let it cool.

Strain stock and discard everything but the liquid.

Chicken stock can be stored in a refrigerator for 3 days but can last up to four months in the freezer.

Since many people are used to canned stock, more herbs

may need to be added later.

If a vegetable has a distinct flavor than it can be put into your soup.

This would include: cabbage, corn, onions, carrots, beans, peas, potatoes, celery, for example.

Many recipes are under-seasoned so season your soup to your taste. But start small so that you don't over-season your soup.

A helpful tip when making any soup is to use the right pot size.

It is always better to use a pot that is larger than you need rather than smaller so the contents will not boil over.

Broth-based soups should be reheated over a medium heat or in a microwave.

One of the easiest and most delicious soup recipes is homemade chicken noodle soup.

- 2 cups of cooked chicken breast, cubed
- 4 cups of chicken stock
- 1 cup water
- 1 1/2 cup of sliced carrots
- 1 cup sliced celery
- 1/2 cup chopped onions
- Salt
- Pepper
- 2 teaspoons basil
- 1 bay leaf
- 1 1/2 cup wide egg noodles

or 1 1/2 cup of precooked rice

Combine chicken stock, water, chicken breast, carrots, celery, onions, salt, pepper, basil, and bay leaf in a large pot.

Bring to a boil then reduce heat; simmer for 30-45 minutes or until vegetables are soft.

Add noodles or rice and cook for 10-15 more minutes. 6-8 servings.

Minestrone soup is probably one of my favorite soups to make and can be an easy meal. Serve soup with warm French bread.

- 2 cloves of minced garlic
- 3 tablespoons of olive oil
- 1 cup of chopped onion
- 1 cup of chopped carrot
- 1/2 cup of chopped celery
- 5 cups chicken stock
- 1 cup water
- 1 can (16 ounces) of black beans, drained
- 1 can (15 ounces) of tomato sauce
- 1 can (14 ounces) of stewed



- tomatoes, chopped
- 1/2 a can of garbanzo beans
- 1 zucchini, chopped
- 2-3 teaspoons of basil
- 1 teaspoon of oregano
- 1/4 teaspoon of salt
- Dash of pepper
- 1 cup of shredded cabbage
- 1 cup of uncooked pasta

Sauté the garlic in the olive oil in a skillet for about 2 minutes. Stir in the onion, carrot, and celery and cook for 8 minutes.

Combine the onion mixture, chicken stock, water, and the next 9 ingredients in a stockpot. Simmer covered for about 30 minutes.

Stir in the cabbage and pasta. Simmer until pasta is tender. Serves 12.

Jazz Band

CONTINUED FROM PAGE 5

Band "we'll get an idea of how well these students do and decide if we're going to go out and perform in the community or try to go further, or just perform on campus," Thomas said.

Thomas's goal for Jazz Band is to get everyone comfortable with improvising.

"It's really hard when people come into jazz if they come from a band environment where all the music is written out. It can be pretty intimidating to have to improvise, so my goal is to be able to have everybody in a performance be able to take at least one solo," Thomas said.

Thomas played jazz in high school and did most of his graduate work in jazz.

"Most of my gigs are jazz; I play a lot of different styles of music but I would say the majority of them are in jazz," Thomas said. "Anybody that's interested, even if they haven't played jazz for a while, is welcome to come and join in. It's a great group of people."

Jazz Band meets Thursday afternoons from 2:30-4 p.m. in Building 5, room 104.

BY ALICIA MENDEZ
staff reporter

Nickolas Paul, a former Highline student, returned to Highline to soothe his frequent listeners with his twangy folk music during the bi-monthly Blend.

The Blend is put on by Student Programs, and has been a tradition of Highline for a couple of years now. Paul was the kickoff to this quarter's theme of Highline talent.

Paul has been playing the guitar for six years. Four years ago, he decided to pick up the harmonica and incorporate that into his music.

At only 20 years old he appreciates the old, folk music. The Bob Dylan, Willie Guthrie kind, and not surprisingly, much of his music sounds of their influence.

Much of his set during the Blend consisted of songs folk songs written by Paul in the past couple of years. He also did a few covers of his influences



Nickolas Paul

such as Dylan and Guthrie.

"Imitate, assimilate, and innovate," Paul said. "First you imitate the ones that inspire you to play, then you make it your own by assimilating, then you create a whole other kind of thing. You innovate."

Most of Paul's family works in the airlines, so he's moved around a lot in his life. He's traveled from Alaska to England to Montana, to many places in between.

Paul claims he has been very

fortunate in being able to meet so many people, of many different backgrounds because it only helps his creativity in music.

"I walk outside the door and I meet a whole bunch of new people, and they're all influences of my music," Paul said.

The most important part of Paul's work, in his opinion, are the words.

"I mostly focus on writing words. I just put together words

that create a picture," Paul said.

Currently Paul plays at many open-mic show, and other venues. Every now and then, students and passers-by can still catch a tune played by Nickolas Paul in the designated smoking area by Building 5.

"I'm just playing music. If you have passion and if you're doing what you're doing because you love it, then don't stop."

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	÷		+		11
-		+		-	
	+		x		15
x		x		x	
	-		x		21
40		25		28	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 5 5 6 7 8 9

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1. **FAMOUS QUOTES:** Who once said, "The whole art of government consists in the art of being honest."

2. **PSYCHOLOGY:** What is the fear represented by androphobia?

3. **MUSIC:** Which country-music star's 1987 album was titled "Ocean Front Property"?

4. **ARTS:** What was the nationality of poet and dramatist Federico Garcia Lorca?

5. **LANGUAGE:** What is a unitard?

6. **NATURAL WORLD:** What is a group of clams called?

7. **GEOGRAPHY:** What country's flag is represented

by a red maple leaf?

8. **TELEVISION:** What was the name of comedian Tim Allen's long-running TV show?

9. **GEOLOGY:** What forms igneous rocks?

10. **GENERAL KNOWLEDGE:** Who is Super Mario's archenemy in the video games?

- Answers
1. Thomas Jefferson
 2. A fear of men
 3. George Strait
 4. Spanish
 5. A one-piece leotard and tights combination
 6. A bed of clams
 7. Canada
 8. "Home Improvement"
 9. Magma, once cooled
 10. Bowser

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Arts Calendar

•The Highline Concert Chorus is hosting a silent auction Thursday, Jan. 25 in the Mt. Constance Room of the Student Union, 10:30 a.m. - 7 p.m. Items to be auction include gift certificates, hotel stays, a flying lesson and theater tickets, along with loads of other items. Proceeds to cover the cost of the Chorus's upcoming trip to perform at Carnegie Hall.

•Tangoheart, an evening of romantic music and dance, comes to the Kent-Meridian Performing Arts Center, 10020 SE 256th St., Kent, on Wednesday, Feb/ 14 at 7:30 p.m. The Seattle-based Tangoheart Sextet is hailed as one of the best tango orchestras in North America. Tickets for Tangoheart are \$16 for adults and \$14 for students

and seniors. Tickets may be purchased at the Kent Commons, 525 4th Ave. N., Kent, or by phone with a Visa or Mastercard during business hours at 253-856-5050.

•Blues artist Charlie Musselwhite performs 7:30 p.m., Saturday, Feb. 3 at the Kent-Meridian High School Performing Arts Center, 10020 SE 256th St., Kent. Musselwhite has 18 W.C. Handy Awards and six Grammy nominations. Tickets are \$16 for adults and \$14 for students and seniors. Tickets may be purchased at the Kent Commons, 525 4th Ave. N., Kent, or by phone with a Visa or Mastercard during business hours at 253-856-5050.

•Wylie & the Wild West will

Go Figure!
answers

6	÷	3	+	9	11
-		+		-	
1	+	2	x	5	15
x		x		x	
8	-	5	x	7	21
40		25		28	

Last week's

Weekly SUDOKU

Answer

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

Pairs

Across

- 1 Lounging place
- 5 Turkish leaders
- 10 Word before suit or meet
- 14 Seed covering
- 15 Andes sight
- 16 Supernatural force
- 17 Curse
- 18 Bolshevik founder
- 19 Brown's Graham
- 20 Power tools pair
- 23 Detergent name
- 24 Marriott's Residence
- 25 Parisian headdress
- 27 Prizefighter
- 29 Jolts
- 32 Saratoga, for one
- 33 To the point
- 36 Related
- 37 Mail order pair
- 40 Cole slaw in a deli
- 41 Architectural monstrosity
- 42 Feeling of superiority
- 43 Attention getter
- 44 Spanish painter
- 48 144/48
- 50 ____ Paulo
- 52 Demented
- 53 Bookstore pair
- 58 Rum cake
- 59 Governed
- 60 Unskilled actors
- 61 Annexes
- 62 Majestic
- 63 Wraths
- 64 Merriment
- 65 Financial involvement
- 66 Soup ingredient

Down

- 1 Meeting of witches
- 2 By word of mouth
- 3 End of the year tests
- 4 Actor Guinness
- 5 Comedian Sherman
- 6 Musical Miller

Crossword 101

By Ed Canty

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15						16		
17				18						19		
20				21					22			
23			24					25				26
27		28			29	30	31			32		
			33		34	35			36			
	37	38							39			
40				41								
42			43					44		45	46	47
48		49					50	51			52	
	53			54	55	56				57		
58				59						60		
61				62						63		
64				65						66		

- 7 Hired ____: ranch worker
- 8 Surrounded by
- 9 Having all your marbles
- 10 Street name for marijuana
- 11 Do a summer thing
- 12 WWII aircraft carrier
- 13 China's Tsetung
- 21 Ralph ____ of Cooperstown
- 22 Couric's home
- 26 Lifeguard's fringe benefit
- 28 Nasty guy
- 29 Reno, for one
- 30 Ifs or buts linkage
- 31 Make over
- 34 Bakery outputs
- 35 "Say Hey" Kid
- 36 Affirm
- 37 Mixed drink
- 38 Lovable
- 39 Inert gas
- 40 Tennis unit
- 43 Correctional institution
- 45 Start out
- 46 Less agitated
- 47 Ukraine city
- 49 Take away
- 50 Prowler
- 51 Mix up
- 54 Slips up
- 55 Bird treat
- 56 Seaweed
- 57 Sen. Sherrod Brown's state
- 58 Solicit

Quotable Quote

The optimist sees the rose and not its thorns; the pessimist stares at the thorns, oblivious of the rose.

... *Kahlil Gibran*

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bring their blend of western swing, classic country, cowboy, and folk to the Kentwood Performing Arts Center, 25800 164th Ave. SE, Covington, Friday, Feb. 9 at 8 p.m. Tickets are \$17 for adults and \$15 for students and seniors. Tickets may be purchased at the Kent Commons, 525 4th Ave. N.,

Kent, or by phone with a Visa or Mastercard during business hours at 253-856-5050.

•Got arts news? Send items to the Thunderword at tword@highline.edu. Deadline is Monday of each week for Thurs-

day's paper. Listings in the arts calendar are free; preference is given to on-campus events.

Last week's crossword solution

BODY PARTS

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

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Thunderbirds reclaim winning ways

BY MICHELLE ERICKSEN
staff reporter

After two wins last week, the T-Birds are second in the West Division with a 4-2 record.

Last weekend they edged South Puget Sound before coming home to pound the Clark Penguins.

Three team members were expelled from the team, and one was suspended for 11 games.

The Thunderbirds brought home an 84-78 victory over South Puget Sound last Saturday. The first half ended 40-34, and the T-Birds put away 33 points in the second half to clinch the game.

On his way to becoming player of the week for the West Division, sophomore guard Derrick Webb led the team with 27 points and five rebounds, followed by guard Vaughn Gaines with 14 points and three rebounds.

"Being defending champs, everyone gives us their best game," said sophomore forward James Thorn. "We were in a whole lot of foul trouble and we had to sub in a lot. Our bench had to come in and be a big part of the win."

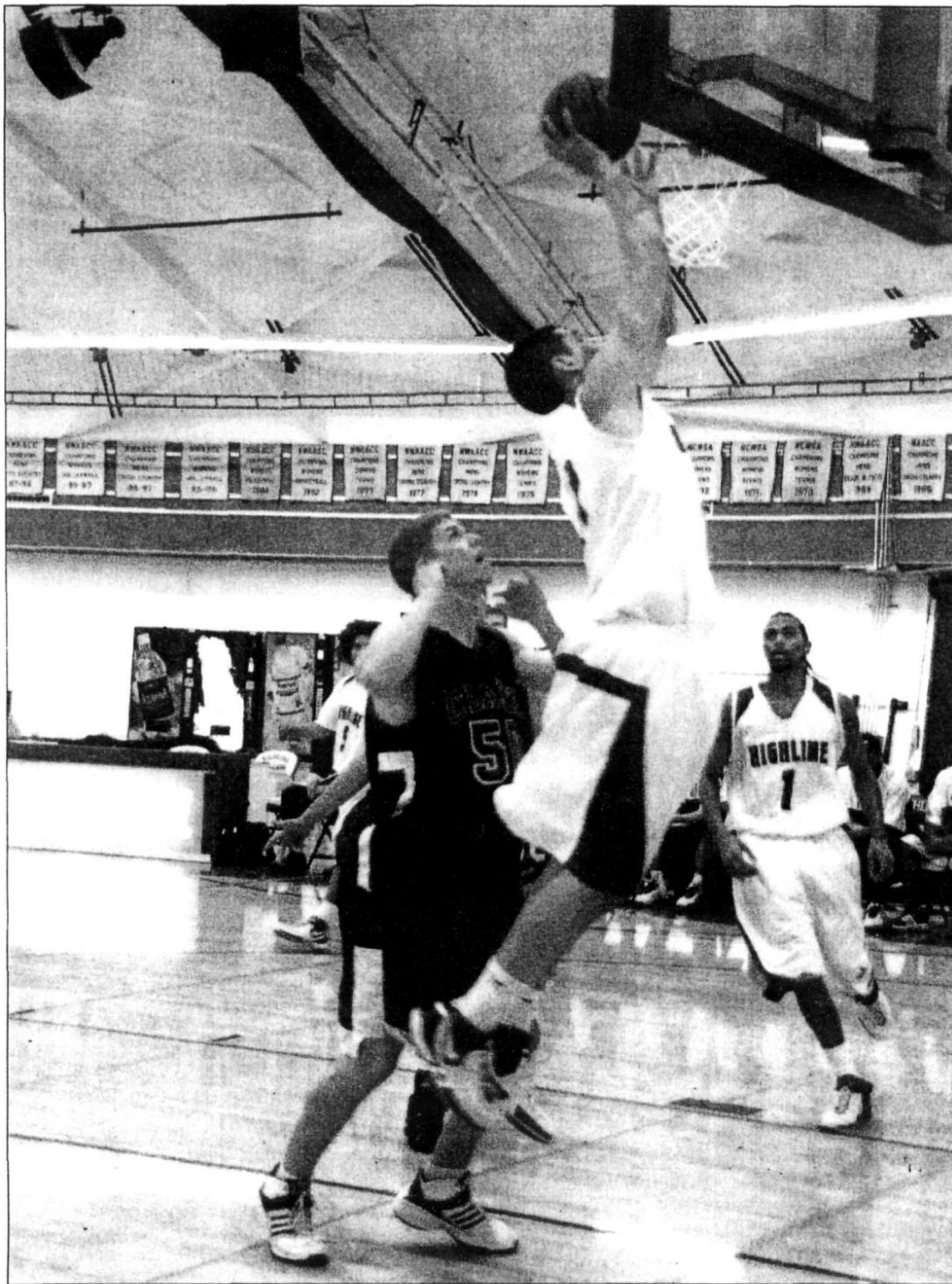
The Thunderbirds laid an 81-59 victory on the Clark Penguins in a home game last Monday. They have a season record of 11-5, and a league record of 4-2.

The Penguins now stand fifth in the West Division with a league record of 4-3. Coming into the game they had a season record of 14-6 with 10 straight wins.

With three players off the team and one suspended some of the T-Birds expressed doubt about Monday's game.

The Thunderbirds barely kept ahead of the Penguins the first half of the game.

The first half ended 40-35, but the T-Birds came back strong in the second half and



MICHELLE ERICKSEN/THUNDERWORD

Forward Zach Bruce puts one in against Clark while Morris Anderson watches.

won the game by 22.

"In the first half of the game we wasted some possessions, in the second half we really dug in defensively," said Head Coach Che Dawson.

Dawson said they raised

their level of defensive intensity in the second half and held the Penguins to 28 percent shooting.

Freshman wing Justin Armstrong led the team with 25 points and six rebounds, fol-

lowed by Webb with 22 points and eight rebounds.

"We're getting there. We're starting to understand roles and we have raised our intensity levels in practice despite having fewer guys," said Dawson.

"We've had some guys who weren't playing as many minutes who've really stepped up and who've done nice things both offensively and defensively."

The win over Clark was a good step forward, Dawson said.

"We're falling into a bit of a comfort zone in a good way, comfortable with roles, comfortable understanding the levels of consistency we have to have," he added.

Coach Dawson said that they still have the goal of winning their division, but their primary goal is getting to the tournament.

"We have the potential to be a very good team," Coach Dawson said. "It's all up to the team."

Highline sophomore guard Brandon Smith, who was suspended might be on the court again for Highline soon.

"He's scheduled to play in the Tacoma game at our place if he continues to follow the other conditions," Coach Dawson said.

Team members say they have regrouped, since the loss of players.

"We came together as a team," said Thorn.

Thorn said it's not like they weren't together before, but the team just had to recommit to each other, focus on their goals, and stop making excuses.

"It's effecting the way were playing because with those players we had (more) time to rest," Thorn said. "We're not as deep, so people get tired."

Highline takes on the Tacoma Titans on Wednesday Jan. 31. at 8 p.m. in the Pavilion.

Results from Wednesday's game against the Lower Columbia Red Devil's were not available at press time.

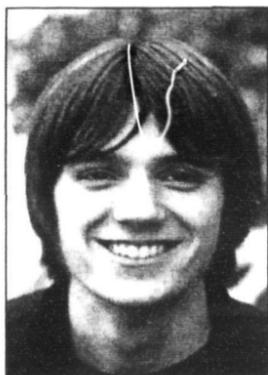
"We're not worried about the game, we're excited," said Thorn before the game.

Don't expect Highline football or golf soon

At Highline you won't hear the clashing of shoulder pads or the definitive crack of a home-run baseball.

In 1962, two years after Highline was founded, our athletic program began with a men's track team in spring. Since then, Highline has added a men's basketball team in the fall of the same year, and men's cross country and wrestling in 1965. Women's athletics were added in 1973 with volleyball and basketball. Over the years, we've added men's and women's

Out at third



KORY FARRELL

soccer, women's fast-pitch, and most recently women's cross country and track in 1998.

But for all the talent and skill Highline's athletes have shown over the past 45 years, chances are you've never seen one of them throw a touchdown pass or serve an ace.

Highline Athletic Director John Dunn says more community colleges used to have football.

"[But] it got too expensive liability-wise," Dunn said. "And funding-wise there wasn't

enough money there to support it."

Which may also be part of why Highline has never had a men's baseball team, that, and the space needed on campus that we don't have.

Highline, along with Clark and South Puget Sound, are the only colleges in the West Division of the NWAACC that don't have baseball teams.

And Highline is only one of four schools in Region 18 with a wrestling team.

But Dunn says that wrestling

is a big tradition here at Highline.

Another long-standing sport at Highline (the first sport Highline ever competed in, actually) may face some changes this spring as track will run mostly distance events.

"Part of it is the funding," Dunn said. "We don't have enough financial set up to go get coaching."

Dunn said that ideally track

SEE FOOTBALL, PAGE 9

Lady T-Birds put Clark Penguins on ice

BY YONAS WOLDEMICAHEL
staff reporter

The Lady T-Birds froze the Clark Penguins in place during their home game Monday.

From the moment Highline guard Vanessa Baines opened the game up with an eye-dazzling three, it was easy to tell that this game was going to go in one direction; Highline's direction.

Head Coach Amber Rowe was satisfied with this win, as the final score of the game was 91-46.

But despite 30 from Clark, she did not fancy the 24 turnovers her team recorded.

"These turnovers were unforced and all it really came from was that the team attempted to do too much when it was unnecessary," said Rowe. "When we play teams that are not a challenge we tend to play down a level."

Although these turnovers were not apparent to the fans or anyone else it sure stood out in Rowe's mind.

Rowe confessed that she is a perfectionist and that the only thing she desires from her team is to perfect their game.

However, this game was not all rust and nails as the Lady T-Birds shot 40 percent from three-point range and out-rebounded the Penguins two to one (63-30).

In the game versus South Puget Sound on Jan. 20, High-



MICHELLE ERICKSEN/THUNDERWORD

Samantha Tinned goes up for a shot while Kim Dodson waits for a potential offensive rebound.

line shot a blazing 57 percent from three-point range.

The Lady T-Birds went on to win this game with a final score of 80-69.

Small forward Samantha Tinned lead the way for Highline with 22 points and four rebounds. Tinned summed up the game and team's effort, howev-

er, as lackadaisical.

Power forward Kim Dodson finished the game off with the only double-double for the night with 11 points and 12 rebounds.

The Lady T-Birds have not been presented with a real demanding team as of late and easily improve their win streak to five games. Highline is now

tied for second in the west division with Tacoma (5-1) behind Lower Columbia (6-0).

Both Highline and Tacoma's only league losses have come from Lower Columbia.

Results from Wednesday's game were not available at press time. Wednesday's opponent was Lower Columbia, and

will be followed by an away game Saturday, Jan. 27 at 3 p.m. against Green River, and a home game against Tacoma on Jan. 31.

Lower Columbia and Tacoma's performances late in the season will be deciding factors as Highline's hunt for the league championship continues.

Football

CONTINUED FROM PAGE 8

needs five to seven coaches for the variety of events.

Along with Highline, Clark is the only other school in our division that participates in track.

But that is more than anyone can say about tennis, as the only school in our division with a team is Green River.

Dunn thinks that track, tennis, and wrestling aren't big draws for athletes anymore because of the opportunities perceived past the college level.

"There's not a lot in the media about scholarships for track and wrestling," Dunn said, despite our area being rife with those athletes at the high school level.

Dunn is also concerned about gender equity, which is why sports like tennis and golf have

been considered in the past and why track is struggling.

"For the last 16 years we've had a hard time getting women [for track]," Dunn said.

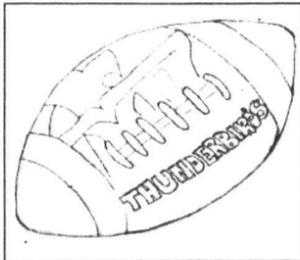
For now, though, Dunn says that no new sports are being considered for the T-Birds.

"There is a direct correlation with the Service & Activities funding and enrollment," Dunn said. "Enrollment is down, we're pinching pennies and it isn't a smart deal to go

get some other things going."

Dunn, however, says he is pleased with the way the college's athletic program is going.

"We continue to overachieve and we continue to be one of the model programs in the NWAACC," Dunn said. "It is a real credit to the faculty and staff who support the students and the coaches. It is a team effort and everybody should feel a sense of accomplishment for how well we do."



Women's Basketball

01/22/2007

Highline 91, Clark 46
Tacoma 64, Pierce 42
Centralia 73, Green River 44
Low Col 55, Grays Harbor 42

01/21/2007

Lane 63, Portland 58
Clackamas 71, Umpqua 54

01/20/2007

Col Basin 56, Spokane 55
W Valley 80, B Mountain 46
Yak Valley 74, Tr Valley 62
Big Bend 56, Walla Walla 51
Everett 72, Seattle 62
Skagit Valley 76, Peninsula 56
Whatcom 67, Edmonds 42
Portland 89, Umpqua 68
Mt. Hood 80, SW Oregon 51
Chemeketa 88, Linn-Benton 68
Centralia 95, Clark 45
Lane 79, Clackamas 61
Lower Columbia 68, Tacoma 53
Highline 80, S. Puget Sound 69
Gr River 80, Grays Harbor 41

01/19/2007

Wen Valley 54, Tr Valley 42
Y Valley 93, B Mountain 54

Scoreboard

Lower Columbia 83, Pierce 42

01/18/2007

Linn-Benton 79, Mt. Hood 46

01/17/2007

Spokane 59, Walla Walla 54
Col Basin 69, Big Bend 63
Everett 79, Skagit Valley 78
Peninsula 74, Olympic 53
Seattle 60, Edmonds 55
Chemeketa 115 SW Oregon 63
SP Sound 68, Centralia 58
Tacoma 78 Green River 39

01/15/2007

Everett 77, Olympic 56
Bellevue 76, Peninsula 44
Whatcom 72, Seattle 68
Skagit Valley 75, Edmonds 57

01/13/2007

Col Basin 57, Yak Valley 54
Spokane 68, B Mountain 57
Tr Valley 61, Big Bend 59
W Walla 59, Wen Valley 54
Whatcom 71, Skagit Valley 65
Bellevue 78, Everett 67
Edmonds 64, Olympic 56
Linn-Benton 83, Portland 60
Chemeketa 87, Umpqua 63

Clackamas 87, SW Ore 41
Lane 74, Mt. Hood 71
Tacoma 81, Clark 29
Highline 72, Centralia 67
Green River 60, Pierce 39
SP Sound 63, G Harbor 43

Standings

WEST	League/Season
L Columbia	6-0 10-5
Highline	5-1 15-4
Tacoma	5-1 11-6
SP Sound	3-2 9-7
Centralia	3-3 10-8
Clark	2-4 2-12
Green River	2-4 3-13
Grays Harbor	0-5 1-13
Pierce	0-6 0-16

NORTH	League/Season
Bellevue	6-0 16-1
Everett	5-1 15-3
Whatcom	5-1 11-7
Skagit Valley	4-2 12-4
Peninsula	3-3 8-7
Seattle	3-4 8-11
Edmonds	2-5 6-11
Olympic	1-6 3-14
Shoreline	0-7 1-14

Thunderbirds fly short of Cardinals

By KORY FARRELL

staff reporter

Highline wrestlers had a tough four days, riddled with forfeits and back-to-back losses to North Idaho, Pacific University, and Clackamas.

"We had to beat the toughest opponent of the year, ourselves," Head Coach Scott Norton said. "I didn't feel that the other teams were better than us, but we have to execute and stay focused for seven minutes."

Highline lost to North Idaho 41-3 at home last Thursday, Jan. 18. Contributing to the deficit was a forfeit at the 184-pound weight class as 18-1 sophomore Brad Padgett sat out at Norton's request.

"After showing the poorest performance of the year, the team had to figure out a way to right the ship," Norton said.

Highline then went on the road to face Pacific University in Forest Grove, Ore on Friday, Jan. 19.

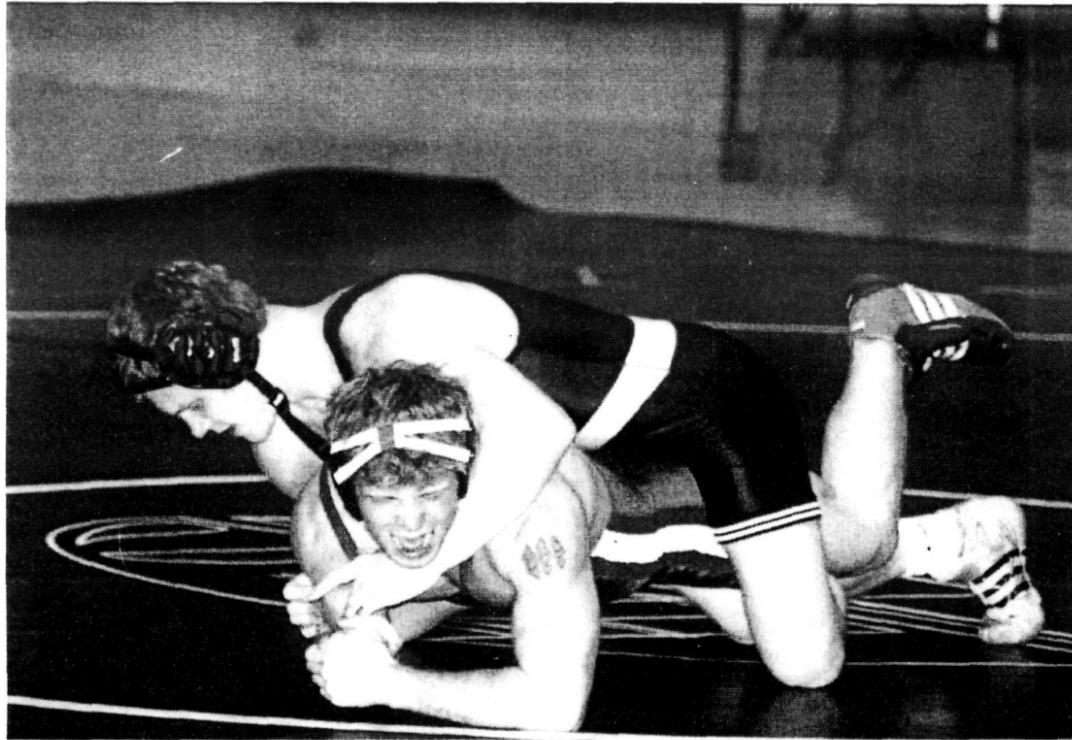
The T-Birds lost the meet 31-20 after forfeiting six points each at the 133 and 174 pound weight classes due to grades, and an injured Zach Nims at 197.

"I missed it by a credit," 133 pounder Chris Mather said of his ineligibility.

Norton believed, however, that Highline still had the talent to pull off the victory.

Against Pacific, Steven Velasquez won by major decision over Justin Phelps (17-4) to put the T-Birds up 4-0.

After a forfeit at 133, Highline's Anthoni Heffernan (141) led the Boxers' Trevor Arsenault 6-1 before getting too high on a leg ride and giving up the pin to put Pacific up 12-4.



ALICIA MENDEZ/THUNDERWORD

Justin Studer works a dominant position over North Idaho wrestler.

Pacific's Nathan Shay then won an 8-4 decision over Michael Markey (149) to expand the Boxers' lead 15-4.

Justin Studer (157) of Highline rolled over Bryson Vivas, 17-0, earning a technical fall and putting the T-Birds down by six, and in position to tie with a pin.

The Boxers' Justin Barden then won a 15-5 major decision over T-Bird Pano Dreves (165), which coupled with a forfeit at 174, put Highline behind 25-9.

Despite this, however, T-Bird Brad Padgett (184) dominated Jake Reynolds 18-3.

Heavyweight Roy Chambers accepted a forfeit to end the meet.

"Overall, it was a disappointing performance," Norton said. "The wrestlers who won did great, [but] ironically, the guys

we counted [on] didn't come through, and that's always disappointing."

Highline then wrestled Clackamas later that same day in Oregon City, Ore.

At 125 pounds Brian Jacobs of the Cougars won with a technical fall over Velasquez of Highline; Highline traded forfeits, giving one away at 133, and accepting at 141; Clackamas' Sam Schmitz won by an 18-8 major decision over Michael Markey (149); Seth Roy won a 6-3 decision over Highline's Justin Studer (157); Alex Bubb won a 15-2 major decision over T-Bird Pano Dreves (165); Luis Cisneros won a 7-2 decision over T-Bird Lionel Orji; Clackamas and Highline then traded two more forfeits with 184 to Highline and 197 to Clackamas; and John Bates

pinned Highline heavyweight Roy Chambers for a final score of 37-12 to Clackamas.

Despite the loss, however, Norton noticed improvement.

"I felt like our team wrestled better Saturday," Norton said. "However, I think our team needs to get sharper from top to bottom going into the Regional tournament."

Highline remained for the Clackamas Open Saturday.

T-Bird Brad Padgett made it to the finals before Norton opted to sit him out due to a back injury.

"The goal is always the national tournament," Norton said. "And I will always try to keep my wrestlers healthy until that time comes."

Highline also posted impressive performances from Studer (157).

"Justin Studer showed the determination and grit it takes as he made the semi-finals," Norton said. "Justin wrestled extremely solid all weekend. He is an intricate part of our team, and is definitely one of

the leaders."

Highline's Michael Markey also made it into the top six at the 149 pound weight class.

Highline freshman heavy-weight and redshirt wrestler Zach Corbett also participated in the tournament.

"He reeled off two victories in impressive fashion before losing, and bowing out of the tournament due to a knee injury," Norton said.

Tonight Highline faces off in a double dual meet against Yakima and Clackamas, both of whom have dealt Highline losses this season.

"We'll be better prepared now that we know how they wrestle," Dreves said. "We had a lot of really close matches; it could've gone either way. We'd been on a long road trip, and now it's their turn to come here."

Last time Highline faced off against these two teams, Clackamas forfeited at the 141 pound weight class and Heffernan won a decision over Yakima's Eddie Bush. Heffernan says he is mentally prepared for the possibility of a different Yakima opponent, and hopes Clackamas doesn't give up his weight class again.

"I want a match," Heffernan said. "I'm here to wrestle."

Nims will be rejoining the roster tonight, and is equally as prepared.

"I haven't seen the Clackamas guy; but I've beaten the Yakima guy before," Nims said.

"I expect to go out there and do my best and whatever happens, happens. It's a wrestling match; everything could change in three seconds. You just have to keep a clear head and go for it."

Tonight is the last meet of the season before Highline will participate in the Region 18 tournament on Feb. 10, and the wrestlers want fan support.

"Wrestling is a big thing to us," Mather said. "[It's the] oldest living sport, come support."

Scoreboard

Men's Basketball Standings

NORTH	League/Season
Bellevue	6-0 16-1
Everett	5-1 15-3
Whatcom	5-1 11-7
Skagit Valley	4-2 12-4
Peninsula	3-3 8-7
Seattle	3-4 8-11
Edmonds	2-5 6-11
Olympic	1-6 3-14
Shoreline	0-7 1-14

EAST	League/Season
Yak Valley	5-1 19-2
Col Basin	5-1 14-5
Wen Valley	5-1 10-10
Spokane	3-3 13-6
Walla Walla	3-3 10-9
Big Bend	2-4 9-11
Tr Valley	1-5 6-15

WEST	League/Season
Low Col	6-0 10-5
Highline	5-1 15-4
Tacoma	5-1 11-6
S. Puget Sound	3-2 9-7
Centralia	3-3 10-8
Clark	2-4 2-12
Green River	2-4 3-13
Grays Harbor	0-5 1-13
Pierce	0-6 0-16

SOUTH	League/Season
Lane	5-0 17-3
Chemeketa	4-1 15-5
Clackamas	4-1 13-6
Linn-Benton	3-2 14-6
Mt. Hood	2-3 10-9
Portland	2-3 10-10
Umpqua	0-5 8-11

SW Oregon	0-5	1-15
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01/22/2007

Bellevue 71, Edmonds 65
Highline 81, Clark 59
Pierce 82, Tacoma 69
Centralia 71, Green River 66
Low Col 79, Grays Harbor 76

01/21/2007

Portland 89, Lane 68
Clackamas 92, Umpqua 85

01/20/2007

Spokane 83, Col Basin 75
B Mountain 82, Wen Valley 72
Yak Valley 95, Tr Valley 59
Walla Walla 86, Big Bend 74
G Harbor 75, Green River 66
Lower Col 91, Tacoma 68
Highline 84, SP Sound 78

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Non-profit work can lead to success

BY BRIANNE BEETS

staff reporter

It's not all about the money, a non-profit worker said here Wednesday.

More than 50 students showed up to Goodwill employee Rob

Clements' presentation on working for a non-profit organization Wednesday.

The presentation is part of a series for Highline's Honors Colloquy, which is directed by Dr. Barbara Clinton.

Clements explained that his childhood influenced his decision to work for a non-profit organization.



Rob Clements

Clements began the presentation with a Powerpoint introduction on his background growing up in conflict filled Northern Ireland, where Protestants and Catholics are violently divided.

Clements included a collage of how the Protestant-Catholic battle affects the community.

Hazard signs are put up around the country, not warnings of falling rocks, but warning of men with guns.

"In a country of 1.5 million people 3 thousand people were killed because of the conflict," Clements said.

Clements described that violence between the two sects is so extreme that a Peace Wall was built to literally divide the two.

Experience living in a conflicted country led Clements to begin working for Goodwill, a non-profit organization which works as a retail store and in turn uses the profits to run their work training program.

"Our goal is to help individuals who have faced barriers in their lives," Clements said.

Clements originally worked for Goodwill in Northern Ireland, but moved to Seattle two and a half years ago to work.

Clements had the audience brainstorm answers to questions such as "Why would I want to work for a nonprofit?"

Audience members offered answers such as to help people in need, to advocate for causes, and to fight for social justice.

"One of our goals as non-profits is to help people with a quieter voice find a louder voice," Clements said.

Toward the end of the presentation, Clements described 10 myths about working for non-profit organizations.

The myths, Clements explained, include that business rejects -- people unable to make it in the corporate environment -- should apply, because they will have a much simpler time working for a non-profit organization.

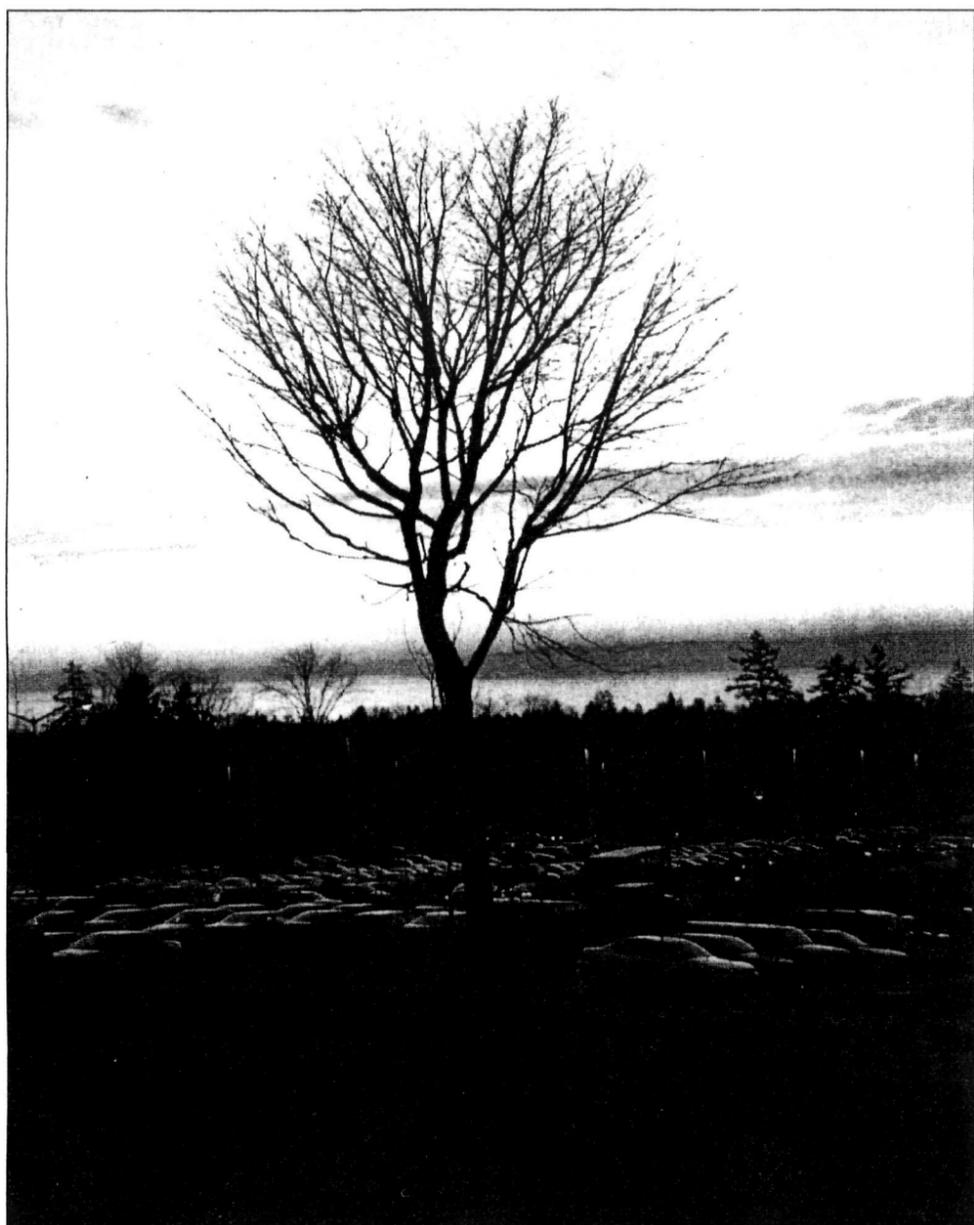
Clements demolished this myth by expressing that most people have to be "business-oriented" to work for a non-profit organization.

Other myths included various stereotypes such as one can't be successful working in a non-profit organization, non-profits are political, and working for a nonprofit organization is exactly like volunteering.

Honors Colloquy is on Wednesdays in Building 7 at 12:10 p.m.

For more information about Honors Colloquy contact Barbara Clinton at 206-878-3710, ext. 3151 or at bclinton@highline.edu.

View from above



MICHELLE ERICKSEN/THUNDERWORD

Early evening mist obscures Puget Sound west of campus. The parking lot near the Higher Education Building begins to fill at this time of day, as students hurry to make their evening classes. The weatehr forecast promises good weather for the rest of the week, promising more scenic views.

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Police brutality remains an issue for everyone

BY SHURVON HAYNES
staff reporter

Police brutality is still a problem for many in people in America a panel of experts said here Thursday.

"People must look at the history of America to understand police brutality," said Reverend Harriett Walden, founder of Mothers for Police Accountability.

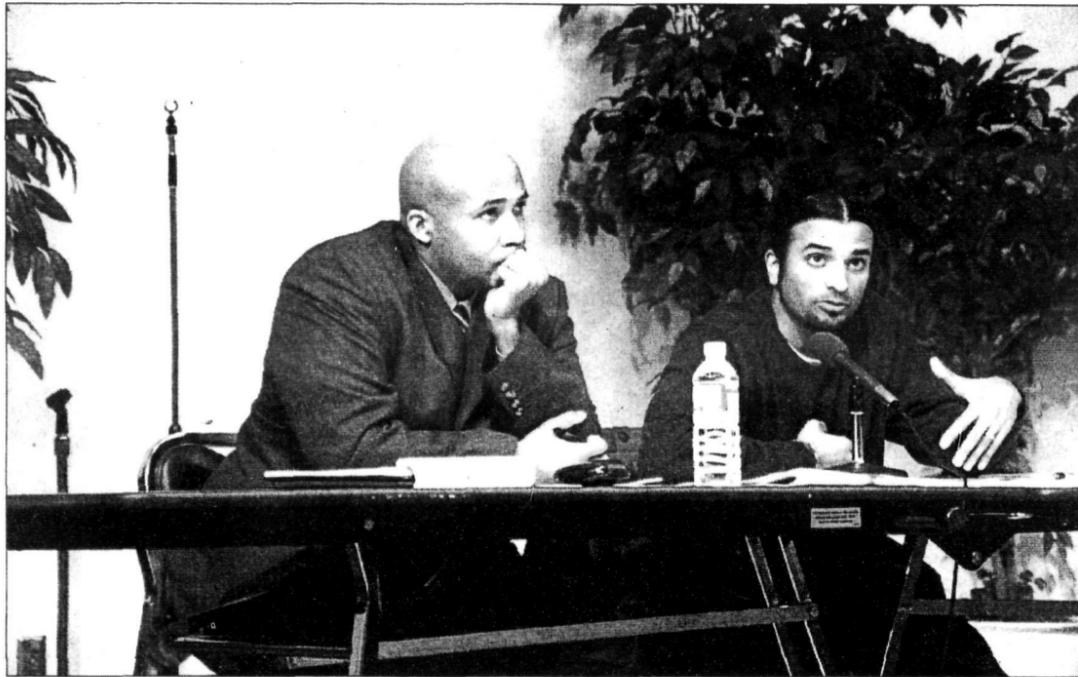
"In the beginning they were to protect the status quo and to catch slaves," Walden said.

Other panel members included Gregory Lewis, James Bible, and Sunil Abraham. They spoke as part of the Martin Luther King Jr. Week, an annual celebration of the late civil rights leader's life and work.

Walden's organization was started after her own son was followed home and arrested in her front yard.

Police brutality does not just affect African-Americans but all people of color.

"A perceived fear of distant



MICHELLE ERICKSEN/THUNDERWORD

James Bible, left, president of the NAACP Seattle chapter, and Sunil Abraham of the Defender Association were two of the panel members who spoke at a panel concerning police brutality held at Highline on Jan. 18. Rev. Harriett Walden, founder of Mothers for Police Accountability, and Gregory Lewis, a hip hop activist, also spoke.

lands will increase the likelihood of police brutality toward minority groups, especially as their

population and voting rights increase," said Bible, president of the NAACP Seattle chapter.

Abraham, an attorney who is of East Indian descent, said he got pulled over by police for no

apparent reason after he got his hair cut short.

He said he thinks that happened because the police officers may have assumed he was African-American.

Lewis, a hip hop activist, said he was arrested while trying to help a friend after a car accident.

Lewis fought the case, and successfully settled out of court.

The panel suggested steps to take when interacting with law enforcement officials:

- Stay calm and quiet.
- Be careful how you respond to the situation.
- Pay attention and be aware of your surroundings.
- Go to the hospital.
- Call an attorney, the NAACP and the ACLU.
- Get a copy of the 911 calls and videos.
- Share your experience with others.

"There is strength in numbers and people willing to help," said Walden.

Dr. Martin Luther King Jr. had more than a dream

BY SHURVON HAYNES
staff reporter

The work of the late Rev. Dr. Martin Luther King Jr.'s work expanded beyond his "I Have a Dream Speech," an expert here last Thursday.

Dr. Jared Ball, a professor from the University of Maryland, spoke as part of Martin Luther King Jr. Week, Highline's annual celebration of the late civil rights leader's life and work.

Ball spoke about the controversial actions of Dr. King, which caused him to be listed by FBI Counter Intelligence Program as a "potential 'messiah' who could unify and electrify the militant black national movement, if he opposed his obedience to white liberal doctrines (non-violence) and embrace Black Nationalism," according to one FBI document.

"While Dr. King is the most known he is also the least understood human in world history perhaps second only to the historical Jesus Christ," Ball said.

"This confusion is the result of an intentional reconstruction of King's image to remove his focus on addressing, in his own words, 'white supremacy, militarism and capitalism.'

"The continuing exploitation of Black people and the poor in general in this country is sup-

ported by erasing the historical revolutionary efforts of those like King and offering us today an appearance of freedom or progress," said Ball.

One of the more controversial actions of Dr. King was his outspoken criticism of the Vietnam War and unfair labor practices, which caused U.S. representative Emanuel Celler to warn Dr. King and other civil rights organizations to "stick their own knitting and stop meddling in the Vietnam War or else they would 'seriously jeopardize' the passing of a new civil rights bill," said Ball, citing an article in the Washington Post from that time.

Shortly after this warning the House Committee on Un-American Activities received a petition signed by 106,341

people to have Dr. King's actions monitored, Ball said.

"King's 'dream' had become for him, again in his words, a 'nightmare' as he tried to grapple with the deeper concerns of capitalism and white supremacy as opposed to segregation and voting rights which he referred to as 'the first phase,'" Ball said.

"The obstacles to upholding his vision begin with the processes of education and consciousness-creation that limit most from even realizing the problems he was addressing still exist," Ball said. "Destroying his image is part of that process.

"He is reduced to 'dreamer' as opposed to the militant political organizer and analyst that he was," said Ball.

Dr. Ball challenged students to see the pattern between the struggles of black people that are similar to other world struggles and to read Dr. King's work.

"If we claim we love and respect Dr. King, we should respect him by actually reading what he wrote," said Ball.

Dr. Ball suggested strategies of what people can do now to continue King's legacy.

"The issue is not finding

ways to relate issues of the past to today, the issue is continuing the critical analysis of the problems as outlined by people like Malcolm X and Dr. King. That is where we are most lacking.

"Dr. King's expectations were that we would demand, fight for and take if necessary our genuine freedom and liberation. He expected us to continue fighting for genuine equality and a just society and world," said Ball.



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Panel encourages rap fans to say no to negativity

By **GARNET WONG-WOO**
staff reporter

Music fans have the right to object to negative messages that are delivered through today's hip hop, a panel said here Friday.

Panelists explained how hip hop isn't really about materialism and such; instead it's more like a culture that's a positive influence in the community.

The Brown and Black in Hip Hop panel discussion, featuring the 206 Chapter of Universal Zulu Nation, was the final event in this year's Martin Luther King Jr. Week, Highline's annual celebration of the late civil rights leader's life and work.

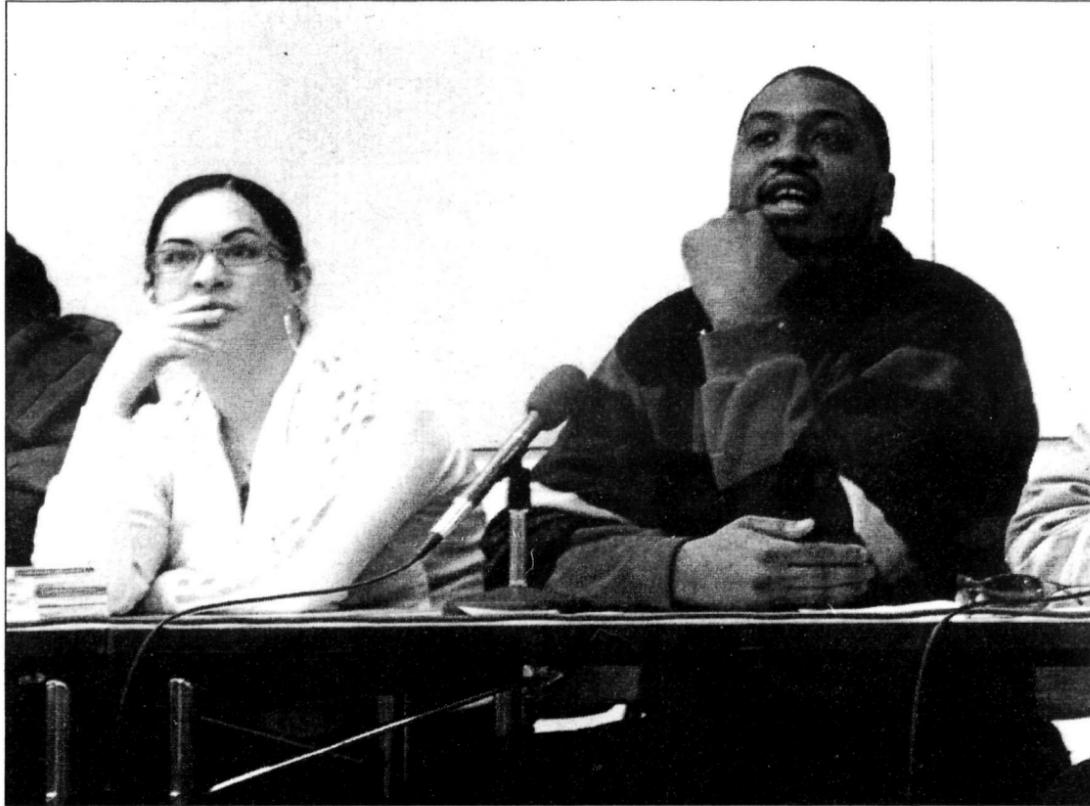
The hip hop panel was Jan. 19 at 11 a.m. in the Mt. Constance Room of the Highline Student Union. It was sponsored by the Black Student Union and the Latino Liberation Movement.

Universal Zulu Nation is an organization promoting social awareness and non-violence among youths by providing them with positive outlets to express themselves.

It's an organization that sees hip hop as a universal culture that bridges communities together and surpasses the boundaries of race, beliefs, sex, and so forth.

Panel member Daniel, a.k.a. "King Khazm," West Coast regional coordinator of Universal Zulu Nation and 206 Zulu Chapter Leader, defined what hip hop is.

"Hip hop is a culture, rooted



Zulu Nation members discuss the content of hip hop at a panel discussion on Friday, Jan. 19.

PATRICK CABELLON/THUNDERWORD

from African culture. It's been an outlet for young people to come together and do something positive," he said. "It's a culture that consists of the visual aspects, the movements, the dancing, the music, the mindset, the philosophy, the terminology, the geography, and everything in between."

During the discussion, panel members responded to audience questions and comments. One student asked what the panel members' views were on hip hop becoming more centralized

around materialism and objectifying women.

Panel member Don, of the group Kartel, said people just listen to that type of music because it's there all the time.

Zulu Nation's Julie-C, who also is Northwest regional Coordinator of Hip Hop Congress, Assistant 206 Zulu chapter leader, and an education activist, says misogyny is a big part of American culture in general.

Jerm, of the groups Project Mayhem and Alpha-P, says listeners have the power to stand

up and object to what they're hearing on the radio and other sources of media.

"So our job as people in the here and now is to be able to let these artists and let these radio stations know that it's not about what they want you to hear, it's about what you want to be hearing. It's about what you are actually supportive of," Jerm said.

Julie-C said Zulu Nation's Bring Back the Balance campaign is addressing negative images in hip hop.

"It's Universal Zulu Nation's

campaign to deal with the materialistic, misogynistic, and the destructive content on the radio. It is essentially a campaign that focuses on specific ethnic stations and shows. I think what it is is to get the community to fill out a petition to radio stations to change their content," Julie-C said.

Panel member Jace, of the Silent Lambs Project, said there isn't anything wrong with making songs about women, it's how artists present their song's message about women that matters.

Panel members say the only way listeners can really make a difference to try to change the messages conveyed by hip hop artists is to let artists know what listeners really want to hear by sending them feedback.

Readers interested in Universal Zulu Nation's message and the music they promote can attend the upcoming event of the Third Anniversary of 206 Zulu. It will be held Feb. 16-18 with Festival Sundiata at the Seattle Center.

Readers can also tune into Zulu Radio on radio station KBCS 91.3 FM, Saturdays from 10 p.m. to 1 a.m. PST. Or they can check out S.C.A.N. channel 77/29 which hosts two TV programs on Fridays.

The programs are *Coolout TV* at 8:30 to 9 p.m. and *Hip Hop 101 TV* at 9 to 10 p.m. For information on the 206 chapter of Zulu Nation check out their website: <http://www.206zulu.com/index.html>

Civil Rights struggle part of Northwest history, speaker says

By **GARNET WONG-WOO**
staff reporter

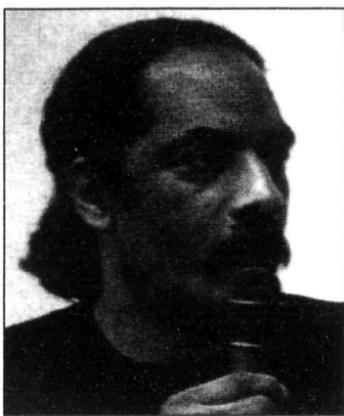
Although the struggles of the Civil Rights movement in the South got most of the headlines, the struggle was also a part of Northwest history, an activist said here on Thursday.

Activist and political candidate Aaron Dixon spoke in part of Martin Luther Jr. week, Highline's annual celebration of the late civil rights leader's life.

In front of the audience of 250 people, Dixon said, "We [my family] would always gather around the TV... this was our video game, this [oppression of blacks in the United States] was what we watched."

When Martin Luther King Jr. came to the Northwest, Dixon and many others marched with him from Madison and 23rd to Garfield High School.

"For the first time I really felt what racism was all about and so I decided to return to Garfield



Aaron Dixon

High School where I originally went," Dixon said.

Speaking about the assassination of Dr. King, Dixon recalled, "When they killed him they killed the non-violent movement."

Dixon said people have to continue to push forward to create positive change.

"If we want a future, we need to demand change," he said. "We don't need this gov-

ernment, if you're [the government] not going to provide for us, we'll do it ourselves."

Dixon ran for U.S. Senate as a Green Party candidate last year but was excluded from the debate for insufficient campaign funds. Nonetheless, Dixon tried to crash the debate.

"Our plan was to get there and sneak in and disrupt it. I got in and demanded to participate in the debate," he said. "Afterwards, I got arrested for it and went to jail... for about 45 minutes but the responses we got from people all across the nation were overwhelming."

Dixon said people must continue to struggle to improve their lives.

"We need a moral revolution, we need to take control. We're going to have to be faced with tragedies and disasters," he said.

"A tragedy waiting to happen is the president planning to go to war with Iran."

"Also, the summer of 2007 will be the hottest on record and it'll only get hotter each summer after that. How much heat can we take?" he said. "The inter-

net is going to be their undoing. I have faith in humanity. Corporations are our real enemies because all they care about is money."

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Obsession with weight leads woman astray

By ALICIA MENDEZ

staff reporter

Twice the taste, and none of the calories is the appalling joke, yet appeal of bulimia to some people.

"At least I'm not anorexic," said a Highline student, who declined to give her name. She's been saying that same phrase off and on for the past 10 years now, but is no longer bulimic.

She is the nameless, faceless person that passes you routinely when you go to your classes.

Her head may be down, and her eyes hidden by her golden windswept hair, but when she looks up her smile is contagious.

You may have even eaten with her in the cafeteria while studying for a psychology test, but cease to notice when she excuses herself to the bathroom.

"I love food, that's why I am bulimic, and not anorexic," she said.

She describes herself as an outgoing gal, and swears one of her favorite pastimes is eating.

However, for more than 10 years, food has been her biggest battle, and many times, she's come out the loser.

"I first became bulimic when I was 15," she said.

People may not notice, or give it a second thought when she excuses herself for a moment from the dinner table, because her appearance is normal.

Her eyes are light and wide, accented by the fullest of dark eyelashes. Her cheekbones are high, and her nose is small.

Her body is not less than average, it is not bulky, it is not too thin, nor is it even close to being overweight.

She has the body of a normal woman. But it's that normal girl stamp that she says first triggered her yearning to be bulimic.

"I was never that girl that was beautiful, or a knockout. I was just the girl with the pretty face...never the perfect body—normal," she said while shrugging her shoulders and looking away.

A mixture of teenage insecurity, trouble at home, and the stress of striving to be an excellent student led to her initial fall into bulimia.

She recalls her first experience of purging after a normal night at the dinner table.

"I had just had dinner, and I felt like a pig. I realized then I could either do something about my weight, or not. I chose to take into my own hands — so I puked up dinner," she said.

She said after her first time



DAVID HSU AND PATRICIA O'NEILL/THUNDERWORD

purging, she was surprised at how easy it was.

"It mostly took a lot of willpower," she said. "Purging intentionally and puking because you're sick are two completely different types of puking. When it's intentional, it's controlled and aimed. You feel exhilarated afterward knowing that fattening food is no longer inside of you."

However, her first few weeks puking were not always exhilarating; it required a lot of secrecy.

"When it first became a habit it was hard and awkward. I was loud, and my eyes always watered after puking. It looked like I had just gotten done crying," she said.

"I was very discreet about it. I would either just wait to eat so I didn't have to puke around people, or excuse myself from wherever I was, and find the furthest bathroom ... hopefully with no one in it."

Puking in a public restroom may seem disgusting, and abnormal, however, for the average bulimic, it becomes a part of life.

Her first experience with bulimia was long and emotional.

"I remember the first 10 pounds I lost...my mom had noticed I was losing weight, but obviously didn't know I had an eating disorder then. She told me I was looking good," she said. "Then my friends started commenting. My best friend's mom even told me my clothes were looking loose. It was the positive reinforcement I needed to keep up this sick cycle."

She said hearing people tell her she was looking better only assured her that what she was doing was right, even if it wasn't the most healthy way to go about it.

But she was still having doubts about her newest addiction.

So she took action, and told her friends, but admits she downplayed her disorder.

"I started to get more open about it, but still hadn't told my mom," she said.

"I told a few of my best friends, mostly because sometimes I needed to puke and they wouldn't go away. I remember one of the biggest fights I've ever had with my best friend was me begging her to just let me puke. It's true though, I honestly felt like I needed to puke. Keeping food in my stomach started to make it hurt. I'd be so uncomfortable if I kept food in my stomach longer than 30 minutes."

She remembers the discomfort, and relates it to a bad stomach flu, that reoccurs after every time she eats.

Her disorder started to impact her friends and family. Her mom confronted her because she had lost almost 20 pounds in less than a month, and was clearly not doing so by exercising. The stress of her friends and family worrying about her only made the struggle deepen.

"So instead of disappointing my friends, I just learned how to hide it more. One day I ate some fruit. I think I ate an apple and some watermelon. I told myself I would not puke this up. That it would just be a waste of energy. But I couldn't help it. It hurt too bad, and I felt so guilty for keeping it in. I puked up an apple. I know it sounds silly, but that was the first time it hit me that my bulimia was becoming a real problem."

Afterward, she said she finally made the choice to stop her bad habit.

She researched a lot about

bulimia, and discovered that her contagious and blinding smile, which her friends and family so admired, could be yellow and decayed if she kept up the bulimia.

She learned that the stomach acid that comes up with the food slowly but surely can decay a person's teeth and gums. Starting from the back, and inevitably showing its progress to the front.

For a couple of years her she led a normal life, like that of any recovering addict.

She recalls yearning to puke up her meals, and even relapsing from time to time, but never going full throttle into it again.

"About once every three or four months I would end up puking a dinner or dessert," she said.

However, after a biannual visit to her doctor's office, things changed for the worse again.

"I remember one time I went to the doctor when I weighed 130 pounds, and he told me to be careful because I was a petite girl," she said.

"When he told me that, I got really freaked out because my own doctor was telling me to watch my weight. Here I was

thinking I was doing well by losing weight; but no, he wanted me to lose more."

After that visit it was just a downward spiral. This time it was much worse.

"I had a really bad relapse again. Except this time, no one could tell. Not only was I being bulimic, I was working out two to three times a day. I'd run for miles because I was so afraid that I didn't puke out all the food. I was a calorie counter, a bulimic, and an over compulsive runner. No one knew and I loved it," she said. "Again, I got that positive reinforcement from friends and family. Hearing that let me know, not only was I a cow before, but I had a long way to go until I would be appealing."

Eventually this relapse came to a screeching halt because of family problems she had to tend to.

She had one more severe relapse since then when she was in her early 20s.

"When I first started to be bulimic I thought it would be good for my self esteem, and it was ... at first. But the lasting effects were me hating my body 10 times more than I ever did before that," she said.

Since being bulimic, she says she has days where she'll spend hours looking in the mirror telling herself how ugly she is. She even recalls crying at the sight of her naked body.

"Looking back on it just makes me sad, I was really young, and very insecure," she said.

Bulimia has been a lifestyle she has chosen to live with, and has chosen to fight.

"I still struggle with being bulimic, and I've never gone to any kind of rehabilitation. I've had three really bad times with being bulimic, but I know it is something I am going to have to deal with all my life now. If I could go back in time, I would have never taken that first step to being bulimic."



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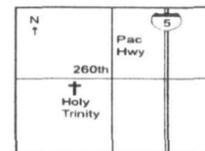
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Obesity amplifies weight of daily life

By SIMONE SNOW

staff reporter

Kellie Malley says she doesn't like to look in the mirror.

"I don't look in the mirror very much, except to brush my teeth," Malley, a Highline student, said. "I don't see myself being as big as I am, until I look in the mirror."

Ever since she was a child, Malley has been overweight. "I was big around first and second grade," Malley said. "It didn't really become a problem until the sixth grade. That's when I began to struggle with it."

Now obese at 600 pounds, Malley said "struggle is a hard word. You don't struggle with it, you live it. Health-wise is what I think of as struggling with it."

Ever since she was a child and found herself an outcast at school, Malley said her way of dealing with her social and emotional isolation was to console and over-medicate herself with food.

"I was perfectly normal up until the time I started school," Malley said. "I was kind of raised as a baby, and when I started school I was very immature and it transformed into eating. My best friend became food. ... A lot of my emotions go back in my mouth."

Dubbed the "ubiquitous Miss M." by a friend, many around Highline may have seen Malley.

A shy gaze and lowered eyes accompany Malley's signature outfit of a purple and white bandana and one of her long, loose-fitting dresses, all of which Malley said she had to special order in catalogues and over the internet to fit her.

At only 30 years old, Malley looks aged beyond her years with aging lines delicately etched across her face, and a solemn resignation in the expression of her eyes.

However, after only a minute of speaking with her, her youthful side is revealed by numerous jokes, a warm nature, and her pleasant affability. She transports herself to and from classes on her scooter which she has affectionately named "Betty."

She purchased Betty last January and immediately decorated it with Hello Kitty stickers.

"I don't get around very well, walking," she said. "I gave her a personality because I couldn't see her as a scooter. She's a necessary evil, so I thought I should give her a personality."

Even with the help of Betty, Malley said there are some days she is unable to leave her home,



PATRICIA O'NEILL/THUNDERWORD

since Betty's batteries rarely get her very far.

Instead, she is forced to remain in her apartment, sometimes for days at a time, with only video games to keep her entertained.

While Malley said "everyone that knows me seems to think I'm pretty funny and nice," she also said she does not often open up to others. Instead, her main interaction with people occurs in on-line chat rooms.

"Other than that, I've had very little social life," she said. "Unfortunately, all my weight's like a barrier. It's not one I really want."

She confessed she is tired of how "a lot of people talk and talk about how it's all on the inside that matters."

Malley said through her own painful and humiliating experiences, she knows it is simply a myth, and can recall many instances of being discriminated against and treated badly due to her obesity.

"I have had things from people wrinkling their noses to people saying 'Oh my God, that's the biggest woman I've ever seen,'" Malley said. She also said she remembers several occasions where total strangers came up to her in restaurants

and maliciously told her to leave food for everyone else.

"A lot of it you pack in and get used to it. You get a bit of a shell. I wouldn't wish it on anyone," Malley said. "Everything about it is hard."

"I don't have much self-esteem. I've turned off a lot of my emotions. Otherwise, I would be crying a lot of the time."

Along with getting teased, rude comments, and blatant stares, Malley said she has health issues to deal with as well, that are a result of her obesity.

"I have knee pain. I have back pain," she said.

In addition, Malley suffers from edema, a condition where poor circulation of protein and water occurs in her extremities, causing them to swell.

She said she also has sleep apnea, a condition when Malley is sleeping, her brain fails to signal her muscles to breathe, disturbing her breathing and the quality of her sleep.

"I have to use a CPAP (Continuous Positive Airway Pressure) machine," she said. "It helps me breathe."

Also negatively affected by her weight are simple tasks Malley said most people take for granted. She listed "being able to get clean and stay clean" and "keeping [her] apartment clean and doing [her] laundry" as being very hard, and has to have a friend come to help her with chores.

"[It's difficult] not being able to walk, not being able to ride in a lot of cars. Being treated like slime a lot of the time," Malley said. "I don't go to movies and theaters. I'm constantly having to think 'will this place

have a seat for me?' [It's horrible] wondering what people are thinking about me."

Malley said her battle with food is also a battle with her emotions. Her main problem, she said, is dealing with her social anxiety.

"I get very agoraphobic," Malley said. "It gets to where I just want to stay home."

At times it has become so awful, Malley confessed she made half-hearted attempts at suicide by overdosing on pills.

"I've tried to commit suicide a couple of times, but I didn't try very hard," she said. "[Being obese] can make me real depressed. Sometimes I don't want to get out of bed. It's a lot to deal with."

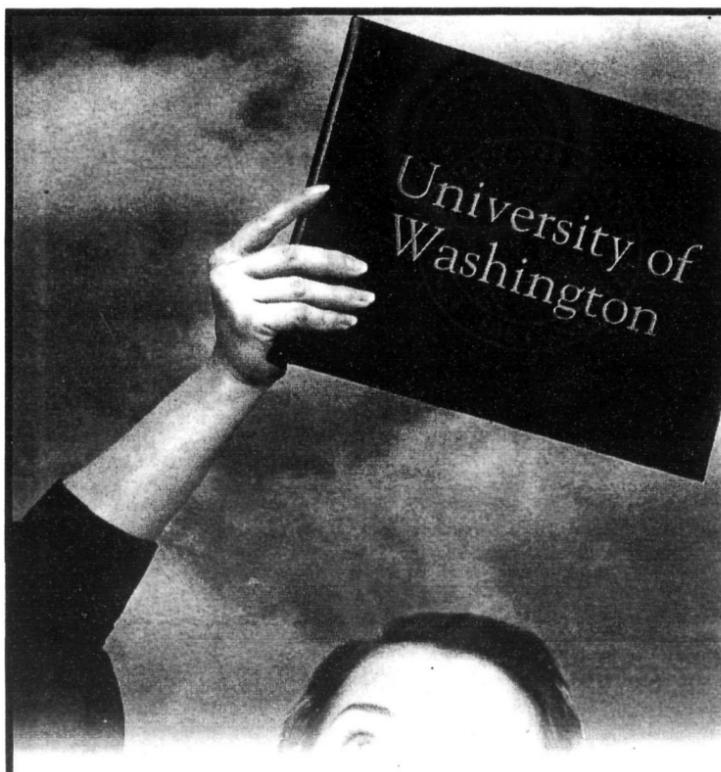
Malley said she has tried in the past to find a solution for her obesity. "I need help. Everyone who is overweight has gone on diets," she said. "It's a matter of keeping it going."

"[Currently], I'm on a list for a lap band surgery," Malley said. "It's evasive, it's unhealthy. It's really my only option now. ... Knowing my luck, I'll be the 5 percent that dies."

She also said she came close to having gastric bypass surgery, but said her lack of finances stopped her from it, and is currently preventing her from going forward with the lap band surgery.

By coming forward with her story, Malley said she hopes to help increase understanding and tolerance toward obese people.

"I would like a lot of people to know this stuff," Malley said. "The last acceptable prejudice in this country is fat, is being overweight."



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Food

CONTINUED FROM PAGE 1

one with an eating disorder the problem gets in the way of their life, Edlefsen said.

Edlefsen said that severe anorexia is less common than obesity and bulimia.

"The most common picture of anorexia is a young girl who may have been overweight," Edlefsen said.

Bulimia is a different problem from anorexia, but it too starts innocently

"It's a quick fix," Edlefsen said. She explained that their behavior becomes compulsive and it's hard to stop.

Edlefsen said that eating disorders are more prevalent among women, but it is becoming a problem among men.

"Dieting is the No. 1 cause of eating disorders," Edlefsen said. Some warning signs that a person has an eating problem, Edlefsen explained, are when someone is excessively preoccupied with their appearance, they can't go out to dinner, or they eat too little or too much.

As a mental health counselor, Edlefsen said her goal is for the patient to reestablish a normal

relationship with food.

Edlefsen said that if you know someone with an eating disorder and you want to help them, than you have to be cautious.

"It depends on your relationship (with them)," Edlefsen said. "Don't scold or come on too strong because most people with eating problems are very sensitive."

Students are also aware that eating disorders are an issue.

"Peer pressure is a large part of being thin," said student Masha Malinovskaya.

"The Russian community is a majority of having eating disorders," said student Larisa Sidorchuk. She explained that American foods are not as natural as foods in other countries such as Russia, and the portions in America are huge compared to those served in other countries.

"Eating disorders are not a problem for me," said Monica Glover. She said that society has a large part in a woman's weight. "Beauty is big, represent it."

Bedim Cavic said that he doesn't think that there is a large problem of eating disorders in the male society. "If [women] are comfortable with their body,

then it's OK with me."

"My question is when and how do girls know when they've gone too far?" said Kendall Cortese. He said that guys should let women know they are beautiful without hurting themselves.

"Eating disorders also make other people worry about that person's health," said Lindsey Hagen. "Eating disorders kill."

Grant

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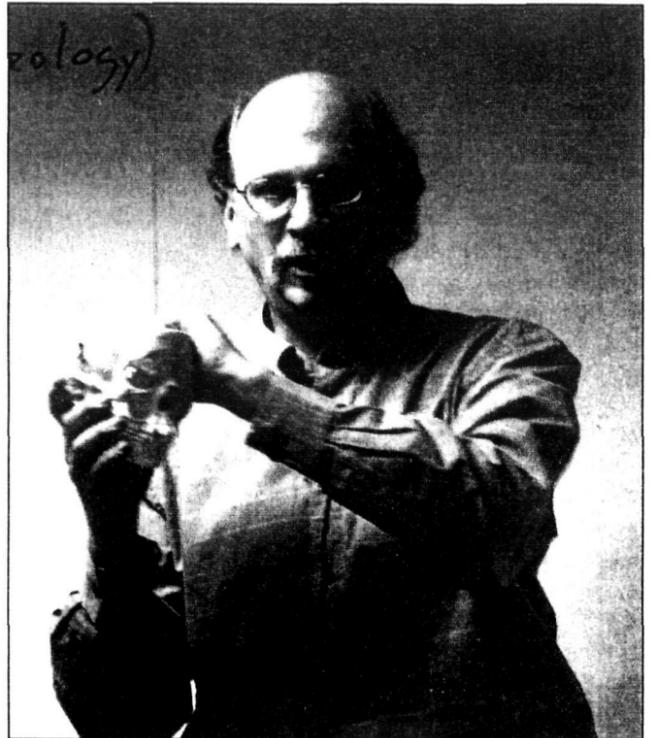
be tested and if successful posted for nationwide use on the Science Education Resource Center Web site at Carleton College," said Baer.

This project also grows out of MathPatch, a program that increased student retention and success here at Highline.

The grant will go towards paying for developing modules and to be able to present the results at conferences.

Highline offers 20 different geology classes, more than any other community college in this state. Geology 101 will be the main class receiving the grant. However, other geology classes will be able to use it if needed.

A bone to pick



Professor Lonnie Somer spoke at last week's science seminar on the topic of forensic anthropology, which is the use of osteology (the study of bones) in court cases. Next week's science seminar aims to put tears in the audience's eyes; Bob Baugher, another Highline professor, will be leading his seminar entitled "Whaa-Whaa: the Art and Science of Crying."

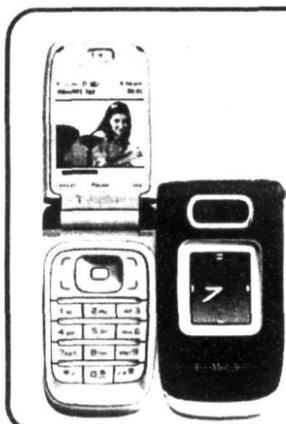


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