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.

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.

“Typically, four to five tickets per graduate were in high demand,” said Danielle Motley, 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 named 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 at http://highline.edu/stuserv/reg-istration/commencement.html.

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 situations,” 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 to five (one being excellent, two being very good, etc.).

Highline received four ones and one two. Usually on the first try, the college needed to send in a $131,000 grant from the National Science Foundation.

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

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

Cars parted 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.

Help expand their horizons, futures

Highline faculty members have an opportunity to inspire young women.

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.collegegoalsonday.org.

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

Crying over science

Get tear-eyed at this week's Science Seminar. Presented by Bob Baugher, this week’s seminar will discuss Wha-Wha: The Art and Science of Crying. Everyone is welcome to attend and learn why and how we cry.

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.

“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 -7:30 pm
Fri..............8:00 am -1 pm
http://flightline.highline.edu/tutoring

New to Highline, plenty of experience

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, anticipat­ ing something new and challeng­ ing. 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 miss­ ion of higher education in a more direct way,” Portillo said.

He went to college at the Uni­ versity 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 under­ graduate studies, he started to work on a master’s degree in industrial organizational psychol­ ogy at San Diego State Uni­ versity.

While pursuing that, he ac­ cepted his previous position at the UW School of Medicine, thus halting his graduate stud­ ies.

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

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

“I serve on a national com­ mittee,” 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 can­ cer 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 Cal­ ifornia man does have some good things to say about his new home.

“There’s lots of water ac­ tivities,” 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 look for that here,” Portillo said.

Campus Life

CSI:

By JUDY VIE

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.

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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 attorney@highline.edu.

Goodies, treats for a very good cause

Support students by buying treats.

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

Crying over science

Get tear-eyed at this week's Science Seminar. Presented by Bob Baugher, this week’s seminar will discuss Wha-Wha: 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.

Coo-Opportunity Cooperative Education

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

Arts Corps is looking for interns to fill Administrative Assistant, Special Event Volunteer, and Classroom 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.

Build 6, upper floor

Student Jobs

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 #:2487

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 www.myinterface.com/highline/student
Interim dean tries for position

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 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 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.

New library layout yields more space for programs

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 Readers' 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.

The Career Collection is now located in this room. The fifth floor is where the major remodeling was made.

Moving up, moving on

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."
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 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 levels 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. Democrats want to provide health coverage to all children by 2010.

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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.

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 — rather than he does a swashbuckling 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 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 soothe 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 I pray every day. It's unrealistic, and it's not cool. It would be cool for somebody who doesn't have kids."

Robert wants to be a pirate when he grows up.

Write to us!

The Thunderword encourages letters to the editorial column 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

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

"There have been a couple different versions of the band since I've been here," says 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.

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.

By Alicia Mendez

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.

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 Band practice their latest tune in Building 4.

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

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

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

The sherrif/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.


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 Cel-lars 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.

Heartsbreak 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 Mulkto, Tony Onorati, Jared Thomas, Angelica Wolf, and Sophia Villanueva.

Erik Hansen is the stage manager, Rick Long 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.

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

Hesioni 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.
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 stock 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 bay leaf
2-3 stalks of celery
1-2 tablespoons of 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

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 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.

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.

Nicolas Paul blends in at first year's Bistro concert

BY ALICIA MENDEZ
staff reporter

Nicolas Paul, a former Highline student, returned to Highline to sooth 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 such as Dylan and Guthrie.

"Imitate, assimilate, and innovate," Paul said. "First you imitate the ones that inspire you to do your thing, 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 shows, 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."

You can earn $1000 when you watch this 30 min. online DVD

www.freedom.ws/robertlm

**The Thunderword/Jan. 25, 2007/Page 6**
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.

**DIFFICULTY:** • Moderate **•** Difficult

**GO FIGURE!**

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by a red maple leaf?

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

9. GEOGRAPHY: What forms igneous rocks?

10. GEOGRAPHY: Who is Super Man's archenemy in the video games?

7. GEOGRAPHY: What country's flag is represented by androphobia?

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

2. PSYCHOLOGY: What is the fear represented by the art of being honest?

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

5. LANGUAGE: What is a timid?...
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 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, followed 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 affecting the way we're playing because with those players we had (more) time to rest," Thorn said. "We're not as deep, so people get tired."

Highline tops 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 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 NWAC 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...
Lady T-Birds put Clark Penguins on ice

BY YONAS WOLDEMICHAELE 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 Highline’s direction; Highline’s direction.

Head Coach Amber Rowe was pleased 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 unforgiving 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, Highline 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, however, 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). In the game versus 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 lately in the season will be deciding factors as Highline’s hunt for the league championship continues.

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

Sports

Football

CONTINUED FROM PAGE 8

needs five to seven coaches for the variety of events.

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

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“There’s not a lot in the media about scholarships for track and wrestling,” Dunn said, desparing 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 was 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 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.”

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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 96, 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, Peninsual 56
Whatcom 67, Edmonds 42
Portland 89, Umpqua 68
Mt. Hood 80, SW Oregon 53
Chernekeeta 68, Linn-Benton 68
Centralia 95, Clark 45
Lane 79, Clackamas 61
Lower Columbia 68, Tacoma 53
Highbine 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
Linn-Benton 79, Mt. Hood 46
Everett 79, Skagit Valley 78
Peninsula 74, Olympic 53
Seattle 60, Edmonds 55
Chernekeeta 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 44
Spokane 68, B Mountain 57
Tr Valley 61, Big Bend 59
W Valley 59, Wen Valley 54
Whatcom 71, Skagit Valley 65
Bellevue 78, Everett 67
Edmonds 64, Olympic 56
Linn-Benton 83, Portland 60
Chernekeeta 87, Umpqua 63
Clackamas 87, SW Ore 41
Lane 74, Mt. Hood 71
Tacoma 81, Clark 29
Highbine 72, Centralia 67
Green River 60, Pierce 39
SP Sound 63, G Harbor 43

Standings

League/Season

L.Columbia 6-0
Highline 5-1
Tacoma 5-1
SP Sound 3-2
Centralia 3-3
Clark 2-4
Green River 2-4
Grays Harbor 0-5
Pierce 0-6

NORTH

League/Season

Bellevue 6-0
Everett 5-1
Whatcom 5-1
Skagit Valley 4-2
Peninsula 3-3
Seattle 3-4
Edmonds 2-5
Olympic 1-6
Southshore 0-7

NORTHWEST

League/Season

Bellevue 6-0
Everett 5-1
Whatcom 5-1
Skagit Valley 4-2
Peninsula 3-3
Seattle 3-4
Edmonds 2-5
Olympic 1-6
Southshore 0-7

WEST

League/Season

L.Columbia 6-0
Highline 5-1
Tacoma 5-1
SP Sound 3-2
Centralia 3-3
Clark 2-4
Green River 2-4
Grays Harbor 0-5
Pierce 0-6

LEAGUE/SEASON

Bellevue 6-0
Everett 5-1
Whatcom 5-1
Skagit Valley 4-2
Peninsula 3-3
Seattle 3-4
Edmonds 2-5
Olympic 1-6
Southshore 0-7

OTHER LEAGUES

Bellevue 6-0
Everett 5-1
Whatcom 5-1
Skagit Valley 4-2
Peninsula 3-3
Seattle 3-4
Edmonds 2-5
Olympic 1-6
Southshore 0-7

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Football

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Sports

Football

CONTINUED FROM PAGE 8
Thunderbirds fly short of Cardinals

BY KORY FARRELL

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 Nums at 197.

"I missed it by a credit," 133 pounder Chris Mather said of his ineligibility. "I felt like our team wrestled of 37-12 to Clackamas.

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-Birds over Bubb, 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 didn’t come through, and that’s always disappointing."

Highline then wrestled Clackamas later that same day in the region in 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 Markery (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 Drees (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 Heavyweight 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 heavyweight 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."
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.

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 warnings 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 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.

HELP WANTED

The Thunderword has immediate openings for two positions:

1. **Sportswriter** - Want to write about college sports? Have a little experience or a lot desire? See us in 10-106.

2. **Office manager** - This is a paid position that involves record keeping, supply management, and supporting a staff of more than 20 people. This position is Work Study eligible. On-campus location with flexible hours.

For details on these positions, see T.M. Sell in 10-106, or e-mail thunderword@Highline.edu for more information.
Police brutality remains an issue for everyone

BY SHURVON HAYNES
staff reporter

Police brutality is still a problem for many 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.

One panel member included Gregory Lewis, James Bible, and Sunni 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 hands 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.

James Bible, left, president of the NAACP Seattle chapter, and Sunni 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 actress, also spoke.

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 'mestash' 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 supported 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 roots 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 to the extent necessary our genuine freedom and liberation. He expected us to continue fighting for genuine equality and a just society and world," said Ball.

TRANSFER STUDENTS!
Don't miss out!
Attend these two valuable workshops:
Nursing, Nutrition/Dietetics & Pharmacy Majors

Wednesday, Feb. 7 at 12 p.m.
Building 14, Room 103

Find out about these majors offered at Washington State University! An advisor from WSU will be here to share important information:
pre-requisite courses, GPA, appointment deadlines, etc.

Come by with your questions!

HOW TO WRITE A WINNING PERSONAL STATEMENT

Wednesday, January 31 at 12:15 p.m.
at the Writing Center, Building 26, Room 319

Attend this session and you will learn how to submit a great personal essay with your transfer application!
Learn how to make your application come "alive!"
Panel encourages rap fans to say no to negativity

**BY GARNET WONG-WOO**

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 about the culture as it bridges communities to come together and do something positive, "It's a..." said. "I have faith in humanity. Cor..."

### Civil Rights struggle part of Northwest history, speaker says

**BY GARNET WONG-WOO**

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.

"We [my family] would always gather around the TV..." said. "If we want a future, we need to demand change," he said. "We don't need this government 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 to get the community to fill out a petition to radio stations to change their content," 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 KBKS 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](http://www.206zulu.com/index.html)
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," says 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 it's not bulimia.

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 excused herself to the bathroom.

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

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

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

Her eyes are light and wide, accentuated 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, but hers is 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 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 purging, she was surprised at how easy it was.

"It mostly took a lot of will-power," she said. "Purging intentionally and puking because you're sick are two completely different types of purging. 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 wavered after puking. It looked like I just had gotten done crying," she said.

"I was very discreet about it. I would either just want 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 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 ever do go back in time, I would have never taken that first step to being bulimic."
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 consume 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 accompanied 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, 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 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. 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.

“If it’s difficult not being able to walk, not being able to ride in a lot of cars. Being treated like some 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?’”

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 has 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.”

Malley 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.”

By SIMONE SNOW

News

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Food

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one with an eating disorder may have been overweight," 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, then 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 Sidorochuk. 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 Hague. "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 MathPath, 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 Linnie Soner 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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