

Wrestlers try
to pin down
championship
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Student actors
prepare for
lead roles
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The Thunderword

FEB. 22, 2007/VOLUME 46, No. 16/HIGHLINE COMMUNITY COLLEGE

Commencement to be held on campus

Highline's commencement will be held in the Pavilion once again.

For the past three years, Highline's commencement has been held at the Tacoma Dome. This year, college officials say Highline was bumped from the space they had tentatively reserved for commencement, relocating the graduation ceremony

back to the campus.

In a press release, Vice President for Administration Larry Yok said due to a clause in the contract signed to book the Tacoma Dome, Highline's commencement could be bumped to allow for an event that would bring in more revenue.

"We understand there are students who would prefer that

commencement be held at a different venue," Yok said. "However, there are obstacles out of our control.

"For instance, the Tacoma Dome makes only tentative reservations and will not guarantee the venue. This is so that if a more lucrative concert or activity comes along, they can bump us."

The press release also said Highline was not alone in being bumped, with the commencements of four Tacoma high schools and Tacoma Community College all having been bumped from the line-up.

"Because of the concert they

SEE GRADUATION, PAGE 16

Dr. Bell is employed once again

By DAVID BIEHN

staff reporter

Former Highline President Dr. Bell has been selected to serve as interim college president at North Idaho College.

Dr. Bell was president at Highline 2000 through November 2006,

when she was abruptly fired by the Board of Trustees.

She was hired by North Idaho's board of trustees last Thursday to fill in as they seek to replace their former president Michael Burke, who resigned in January after accepting a position as president of San Jose City College in California.

Along with Burke's old position, she will be receiving the remainder of his salary of about \$11,300 per month.

In a press release, Dr. Bell expressed her excitement on her acquired position.

"I feel privileged to have the opportunity to join NIC, which I view as one of the country's premier community colleges," Dr. Bell said. "I have known Dr. Burke for many years, admire his leadership and am enthusiastic about continuing the excellent work of his administration. I look forward to working with the college team as we pursue the NIC vision of ensuring excellence in education and responding to community needs."

The board of trustees at NIC knew that Dr. Bell had been terminated from her old position when they hired her.

In an interview with Spokane Spokesman-Review, Dr. Bell said she does not consider her leave from Highline a firing.

"It was not exactly that," Bell



Dr. Bell

A deeper shade of blue

Depression is very common for college students

By SIMONE SNOW

staff reporter

Naomi used to be a victim of her own uncontrollable emotions.

Her days were spent in self-imposed isolation, removed from social environments. Her nights were imposed upon by insomnia. She was constantly plagued by the feelings of worthlessness and hopelessness associated with depression.

"It didn't really hit until seventh grade," said Naomi, (not her real name.) "It was kind of like I was emotionally sporadic. I kept to myself a lot. I didn't talk very much."

In addition, Naomi said she struggled with her sleeping patterns and relationships.

"I didn't sleep a lot," said Naomi, now a Highline student. "It was really really difficult to maintain relationships with anybody, just really keeping to myself and not really talking to anybody."

Naomi said she believes the cause of her depression originally came from her social environment.

"A lot of it had to do with not having a lot of friends and getting picked on a whole hell of a lot," Naomi said.

Naomi also said the death of her grandfather the summer before she entered the eighth grade was a heavy emotional blow as well.

"I was really close to him,"



Naomi said.

As her depression continued on untreated for several years, Naomi said she made a suicide attempt.

"The summer after sophomore year, I tried to kill myself," Naomi said.

She said she began self-mutilation by cutting and burning herself.

"I remember the first day I [hurt myself]. I didn't really know why I did it."

Hurting herself, Naomi said, gave her the ability to be able to

identify where she was hurting and how to fix it, something she was unable to do with her depression.

"You can put a Band Aid on it and that makes it better," Naomi said. "I didn't really cope with it, I lived with it. I was always trying to suppress [my feelings]."

Naomi is not alone.

The National Institute of Mental Health reports depression as the leading cause of disability in the U.S. for people ages 15-44, and affects an ap-

proximate 14.8 million people above age 18. About 20 percent of teenagers will also experience depression before they reach adulthood.

"Depression is an emotional state of being despondent, sad, feeling helpless and hopeless, and lacking feelings of pleasure or joy," Highline Psychology Professor Ruth Frickle said. "It is different from ordinary phases of sadness because it lasts longer and is more intense. It dis-

SEE DEPRESSION, PAGE 16

SEE DR. BELL, PAGE 16

CSI:



HIGHLINE

Trailer rolls away

The trailer pulled by a Red Ford Ranger truck came loose in the North Lot on Feb. 20 around 1 p.m. The trailer struck at least one vehicle, a Toyota Corolla. Damage to the Toyota was not reported.

Attempted laptop theft

A Highline student called Security to report an attempted theft on Feb. 20 at approximately 9:15 a.m. in Building 9.

The student said that a white male adult with a slim build, long ponytail, wearing a blue/green jacket had tried to steal his laptop.

When confronted by the student, the suspect dropped the laptop and left Building 9 heading west.

Struggling to breathe

The South King County Fire Department was called to campus when a Highline student reported having trouble breathing on Feb. 20 around 10:20 a.m.

When they arrived, the student was checked out and the student's father came to take her home.

Sleeping man told to rest somewhere else

Security was called by Highline student to report an unknown adult male who was found sleeping in the men's restroom in Building 29 around 8:45 a.m. on Feb. 16.

When Security arrived the man was very cooperative and left the building.

Banned from library

Library staff contacted Security on Feb. 20 at 11:15 a.m. to inform them of a man in the library who was not allowed to be there. The man had been previously admonished, and when Security arrived they served him with papers that stated he was no longer allowed to be there. When he had received his copy of the letter, the man left the library.

-Compiled By B. Fuller



A weapon-free zone

No guns is good guns.

A recent incident in the Library apparently didn't involve guns.

Highline Security's report of the incident said that "gun play" involving two juveniles occurred in the Library at around 11:15 a.m. on Feb. 13.

Security and Library officials each reported that the report, which appeared in last week's Thunderword, left many people concerned about safety on campus. Last week's CSI: Highline lead item incorrectly said that the juveniles were seen in the Library with guns.

However, Security officials now say, there were no guns involved.

The two juveniles apparently each claimed that the other had threatened him with a gun, but no guns were ever seen or found.

Des Moines Police were called in on the incident and were said to be following up.

Des Moines standoff ends peacefully

A brief standoff between police and a man ended without incident early Monday. A woman called 911 at about 3:30 a.m. reporting that she had escaped her apartment after having been held hostage and sexually assaulted.

Police responded along with a SWAT team at the apartment where the suspect was located at the 21600 block of 31st Avenue South.

The SWAT team shot a flash-



PATRICK CABELLON/THUNDERWORD

A man on Highline's campus collects beer cans that had been dumped around the college to turn in for money recently.

bang grenade through a window, and the suspect surrendered peacefully soon after.

The female victim was not seriously injured, but was still taken to a nearby hospital for examination.

The suspect was arrested and is under investigation for sexual assault, and could face further charges.

Learn the business of business school

UW Tacoma will hold a business workshop for those interested in applying to business school.

The UWT Business adviser will share information about the application process and help students understand what they need in order to be accepted by the Business School.

She will cover the business pre-requisites and required GPA, timeline for applying, the Writing Assessment and scholarship opportunities.

It will be held today from 1:15-2:15 p.m. in Building 14, Room 101.

Women dealing with violence

Support your fellow "sistas."

A Highline women's group called Sistas Empowered are holding a discussion group for women to discuss domestic violence and support each other. All women on campus are encouraged to attend and join in the conversation.

The discussion will be held on Feb. 26 in Building 6, room 164 from noon-1:30 p.m.

For more information, contact Dolly Babber at 206-878-3710, ext. 4350, or at dbabber@highline.edu.

Looking at space with mathematics

Bend the space around you.

This week's Science Seminar is titled Bend it but Don't Break it: Topology and the Shape of Space, presented by math professor Shawn McDougal.

Everyone is invited to attend the seminar and see shapes in a new, mathematical way.

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



Co-Opportunity Cooperative Education

Life, liberty, and the pursuit of college credit!

What: Administrative Assistant Internship

Where: DWC Law Firm in South Seattle

What to Bring: Strong computer/phone skills, ability to multitask, will to learn, and your 3.0 GPA (or above).

Legal knowledge not necessary, but definitely a plus.

Get real world experience while earning real college credit.

Building 6, upper floor

Student Jobs

Public Health Administrative Asst.

Job #2515

Off Campus Work Study

Wage: \$14.52-\$18.41 **Hrs:** 19 or less, flexible. General office duties including: answering phones, greeting customers, word-processing and filing.

Location: Seattle



Soccer Coach

Job #2507

Love soccer? A year-round soccer school is looking for adult coaches for kids ages 2-12. Must be enthusiastic, committed, flexible and responsible.

Location: Puget Sound Area

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!

"There are no national frontiers to learning." Japanese proverb

Mon-Thurs.....8:00 am-7:30pm

Fri.....8:00am-1pm

<http://flightline.highline.edu/tutoring>

Students balance work and school

By ARNEL CUSTIC
staff reporter

Highline students say maintaining a job while attending school can be quite difficult. Out of 100 Highline students surveyed, 57 percent of them said they're maintaining a job while attending school.

"I have a job but I try and work as little as possible so that I can focus more on school. It's hard to balance the two," Levi Farrell said.

Some of the working students even say they have two jobs.

"I work about 30 hours a week between two jobs, but it gets hard at times because of school," William Pearson said.

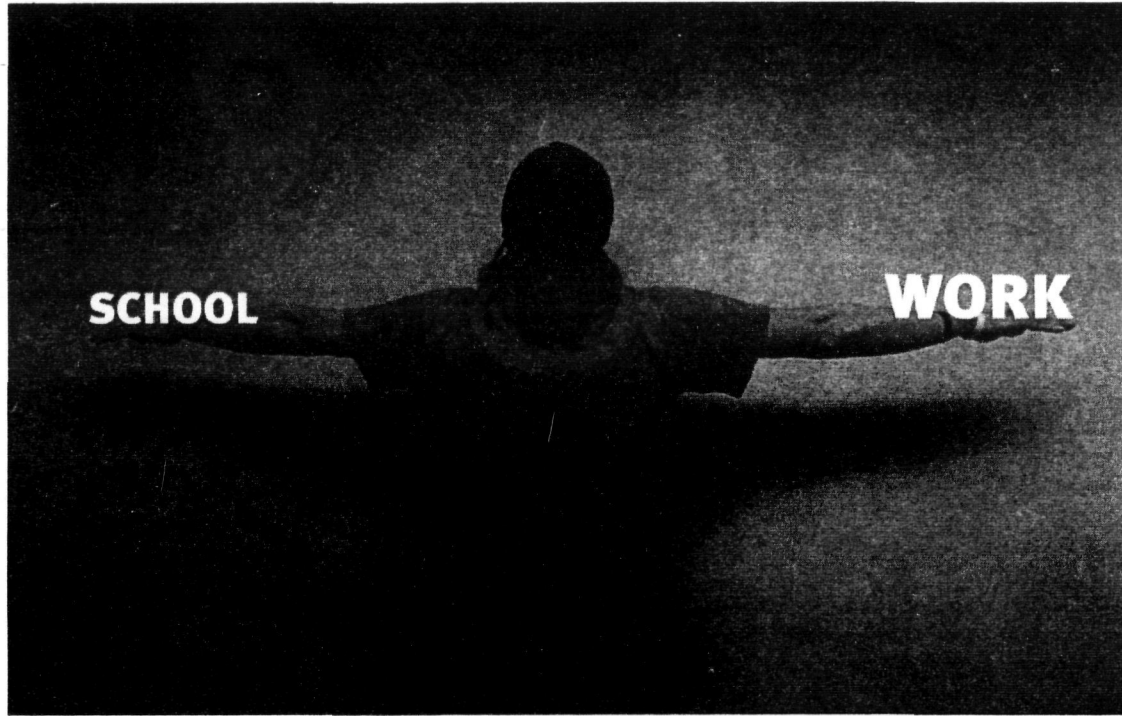
Not every student that has a job says it interferes with school, however.

"I work full-time at a long distance telephone company, but I still find ways to balance school and work. I have to work to pay for schooling, rent, and other payments," Nedim Cavcic says.

The amount of hours worked in a week on average ranged from four to 80.

"I have two full-time jobs so I work 80 hours a week. I know, it sounds crazy but it's what I have to do to get by," Scott McKnight said.

The jobs ranged from working at Quizno's to in-home care, from Dave's Diner to Long Distance Telephone Companies, and even to being a self-pro-



DAVID HSU/THUNDERWORD

claimed "pimp."

"Hell yeah I have a job. As a matter of fact, I'm on the job right now. I'm a pimp 24 hours a day, seven days a week," Zryan Hawez said.

Out of the working students, only 21 percent are working full-time, which means that the majority are working part time simply to get by in school.

On the other hand, out of the 43 percent of students that do not have jobs, 14 percent of them are in the process of searching for a job.

"No, I don't have a job. I like to dedicate my time fully to school. That's why I only work

over the summer," Kalli Salo said.

Out of all the working students half of them say work interferes with school.

One student who wished to remain anonymous said that it's unbelievably hard for her to balance school with work because she works full-time and attends school full-time.

"I'm a full-time worker and a full-time student, and trust me, it's hard as hell to manage the two. I never have any free time anymore and barely keep in touch with my friends, but I know it'll all pay off in the end," she said.

Only 13 percent of the 57 percent say that work relates to their major.

"I work about 25-40 hours a week on average but it doesn't interfere with school for me because it relates to my major. I do in-home care," Sha Harmon said.

Another student said that it's not the amount of hours that interferes with school, it's the short amount of time that he has between work and school.

"I work about 20 hours a week, which isn't that much, but as soon as I get off work I have to hurry to get here," Craig Washington said.

Students discuss issues over breakfast

By MELODY ERICKSEN
staff reporter

You can share your feelings, beliefs, and even your poetry at the Breakfast Club that meets every other week.

The attendees of Breakfast Club get together every other week to discuss issues such as racism, love, friendship, and discrimination. Their feelings are expressed through their poems, said Dolly Babber a student who works at the Intercultural Center, as well as plans and hosts the Breakfast Club.

The Breakfast Club meets on Tuesday in Building 6 room 164, from 9-10 a.m. every other week.

The Breakfast Club was started up in May 2006 and it will soon have its first year anniversary.

"The average turnout for the Breakfast Club is about 5-10, made up of students and staff," Babber said.

People who attend the Breakfast Club usually bring their own poems.

"I just pick the discussion topics," Babber said, "racism and discrimination has been the best topics we've had. They have been really deep and in-depth."

The Breakfast Club meets once every other week and serves scones, tea, and coffee at all of their meetings.

"The goal of the Breakfast Club is to bring people together to discuss issues they wouldn't normally outside of class," said Babber.

The Breakfast Club's list of themes is as follows: childhood memories, black history in February, winter fun, spiritual healing in October, Thanksgiving/poems of thanks in November Holiday poems in December, resolution- changes to be made or ways to make changes, love in February, poems from or about your country, uplifting or encouraging poems, stereotypes- effects on others, violence- promotions/ TV/ video, freedom and what it means, where you see yourself in the future, who you are, and music/hip-hop.

"The atmosphere at the Breakfast Club always starts off as formal, but always gets informal as everyone begins to relax and enjoy themselves," Babber said.

The theme for next week's Breakfast Club poems is going to be on male privilege.

S&A Committee is seeking members

By JOCIE OLSON
staff reporter

The Services and Activities Budget Committee has all its positions filled, but is still looking for two students to fill alternate positions.

"[This position is for] a student [who] is on the committee but not a voting member," said Jonathan Brown, associate dean for student programs and leadership.

Brown also said that the person who fills the alternate position could become a voting member if one of the voting members is absent.

The voting members for the committee include Highline Student Government President Daniel Nordstrom and Vice President Paul Pittman; students Daniel Cruz, Amanda Williams-Lewis, and Adam Wahlen;



Chairwoman of Budget Development Renee Reiche; faculty members Dusty Wilson and Marcia Welch; and staff member Laquita Fields.

The ex officio members are Brown; Marta Reeves, budget coordinator; Danette Lale, bud-

get director; and Toni Castro, dean of students.

The S&A Committee divides funds that come from 10 percent of student tuition between student clubs and programs such as athletics, child care, and the Thunderword.

Over the next 16 weeks, the committee will look at the proposed budgets submitted by each budget manager and decide how much will be allocated from a more than \$1 million budget for next year.

"We look for new and old needs. We also look for program growth and shrinkage desires," Brown said.

Brown explained that the goals of the S&A Committee are to provide adequate and sufficient funding for the programs.

Some of the challenges that the S&A committee has is making sure that they are making in-

formed decision, Brown said.

Brown said the one question that they will be asking through the entire process is, "Do we have enough information to make a decision?"

The committee does not know how much revenue that they will be working with yet.

"It looks like a flat revenue year. Tuition is not really increasing," Brown said.

Brown explained that the committee will build a budget based on what they did last year.

For more information about the location and time of the upcoming S&A meetings, contact Jonathan Brown at 206-878-3710, ext. 3257 or at jbrown@highline.edu.

You can also contact Renee Reiche at 206-878-3710, ext. 3894 or at rreiche@highline.edu.

A place to toss out those soda cans and bottles

There just doesn't seem to be enough recycling bins around Highline.

That is finally going to change.

Although Highline already recycles paper, this will be the first time in recent memory that Highline will begin to recycle plastic, aluminum and glass.

The search for a vendor began last spring. The final decision to choose a vendor will happen by March 15.

Thought it has been long overdue, the efforts of the Recycling Committee should be commended.

When the plan is finally put into action, students will be able to recycle cans and bottles around campus.

Waste will be greatly reduced all over Highline. This will not only be beneficial to the campus, but to the greater community as a whole.

The projected cost of the recycling program is still uncertain. However, it is clear that in the long run, the benefits of recycling should prove to far outweigh the costs.

According to the Can Manufacturer's Institute:

For each pound of aluminum recovered, Americans save the energy resources to generate about 7.5 kilowatt hours of electricity.

Recycling one can could save up enough energy to run a television for three hours.

Recycling aluminum creates 97 percent less water pollution than producing new metal from ore. Despite these benefits, more needs to be done rather than placing some extra bins around campus. Students need to know how to properly dispose of their waste.

Students need to be educated about the benefits that come from recycling and grow more aware of where they dispose of their cans and bottles.

To make this happen, three of Highline's clubs will work together to promote this and help educate students about the recycling program.

The efforts of the Environmental Club, the Recycling Committee and the newly-formed Sustainability Task Force should not go unnoticed.

All three clubs are currently working together to organize events that will educate students about the recycling program.

These events will run during Earth Week, which takes place April 16-20.

The importance of this should not be overlooked.

Although recycling is a big step in the right direction for Highline, educating students will take Highline even further.



Let's be a little more PC about this

You know those Mac and PC commercials that are always on the air?

Mac is represented by a hip young man who is confident, smooth and laid back. He's not supermodel handsome, but he certainly is cute. He's the kind of guy girls get crushes on and other guys want to be friends with.

PC on the other hand is a bumbling and neurotic mess of an older man who looks like he just got rejected from his fifth job interview.

Not exactly the type of guy I'd want to go on a date with, that's for sure.

Let's face it; Apple has legions of devoted consumers who love Apple products (Macs, iPods, etc.) to the point where it's just plain unnatural.

I admit Macs are some pretty

Commentary



JUDY VUE

nice pieces of hardware. I'm just not that fond of some of their users.

Apple certainly isn't paying you to advertise for them.

So stop telling me that I'll someday see the light once I discard my Gateway notebook

computer.

Those headphones that came with your iPod? Get a grip on yourself and just admit that they're poor quality and spend \$20 on a decent pair. And stop crying that another pair won't match.

And how are you supposed to configure stuff without a right click? Instead I'm expected to move my mouse exactly 90 degrees right in order to fix something? I can barely draw a straight line by hand, much less have to move a cursor in a straight line.

While Windows may have its flaws, I'm happy with my drop down menus and desktop icons. And I don't need someone telling me that I'm a poor lost child because of that.

How do you like them apples?

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"Remember you're unique, like everyone else."

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Letters

KFC campaign aims to help animals

Dear Editor:

The Thunderword recently published an article about a demonstration C4K (Crusade for Kindness) held at Highline. I fear the demo was misunderstood and in turn misrepresented in the article.

Kentucky Fried Cruelty? KFC tortures chickens?! Many people may be wondering what the recent stir in front of building six is all about. It's about compassion, it's about suffering, and it's about right and wrong. What KFC has been doing to the animals in their factories is wrong.

Crusade for Kindness is a not-for-profit group operating out of the Federal Way/Des Moines area. A couple of the crusad-

ers are PETA (People for the Ethical Treatment of Animals) activists and others are just caring members of the community working together for one goal. Right now the goal is to end the suffering of animals in KFC's factories.

The thing is it's not about Crusade or PETA. It's about the animals.

KFC is one of the few fast food restaurants that have yet to sign an animal welfare agreement and have chosen to disregard the suggestions of their own animal welfare board that was established when opposition first faced the company.

In past years and after lengthy campaigns against McDonald's and Burger King, animals began to get proper treatment. There is absolutely nothing stopping KFC from adopting animal welfare policies and yet they refuse to make even the most minimal of changes.

Crusade for Kindness along

with many other compassionate citizens are beginning to make a stand. We're using our voices to speak for the meek. Ill treatment of animals in factories as well as all over the world must not be tolerated. We should know not only how our food is prepared but how it is lives and dies.

The campaign and boycott of KFC will not come to an end until KFC not only agrees to, but starts making changes in the way factory farmed chicken are treated.

For more information on the cruelty to chickens in Kentucky Fried Chicken factories, visit www.kentuckyfriedcruelty.com and email crusadefor kindness@yahoo.com for ways to get involved in group activities.

Every dollar we spend is a vote. One person at a time can make a difference. Your vote counts. Vote cruelty out.

-- Shira Hockstedler,
President of C4K

Happy for the 'Heartbreak'

Vanunu woos his way as Hector

BY ALICIA MENDEZ
staff reporter

Nickelsen Vanunu is an actor, and there is no question about it.

Vanunu is a freshman and actor at Highline. He is playing the role of Hector Hushabye in the winter production of *Heartbreak House*.

Last year he graduated from Auburn High School, and did not waste time pressing forward with his love for theater.

Vanunu has been acting since he was a child. His first acting gig was when he was in third grade when he snagged the role of the big bad wolf in the play *The Trial of the Big Bad Wolf*.

"It spurred me onward," Vanunu said.

However, he started taking the art seriously when he was a freshman in high school. During high school, Vanunu took part in four musicals, but dislikes them compared to plays.

"They (musicals) offer very little artistic integrity," Vanunu said. "I've just found that very few musicals are very good pieces of theater."

He has been in shows such as: *Brighton Beach Memoirs*, and *Much Ado About Nothing*.

Vanunu is currently a growing a bushy beard that he plans to trim down to a defined mustache for his role as Hector.

"He's kind of a ladies man," Vanunu said referring to the fur on his face.

Hector considers his "stache" a part of his of Casanova demeanor, he claims it adds fuel to the burning passion women have for him.

Vanunu earned the role of Hector the first day of *Heart-*



Kate Muldoon and Nickelsen Vanunu rehearse the first act of the show *Heartbreak House* as the characters Ellie Dunn, and Hector Hushabye.

break House's rehearsal. Most of the roles had already been cast, however, Vanunu was not able to make it to the auditions due to the snow storms. He auditioned, and earned his role on the spot.

"He's (Hector) mad about being so dependent on his wife, so he becomes disillusioned with that part of the world," Vanunu said. "It's a fun part to play."

Vanunu said he considers himself a fan of both theater, and theatre; theater being film or cinema, and theatre being plays or shows.

During high school he learned under his theater instructor, who he said helped fine tune his chops.

Outside of school Vanunu has not pushed himself to participate in other theater. He admits much of it is a result of laziness.

Nevertheless, creative ambition drives Vanunu.

When he's not rehearsing for *Heartbreak House* he is perfecting his guitar skills; when he is not strumming his guitar he is focusing on his creative writing; when he is not adding flavor to words, he is making short films with his video camera.

Inevitably, Vanunu tends to put more effort into his creative talents than his studies. However, he said is really striving to take time out to focus on school.

After Highline, Vanunu hopes to transfer to a four-year film school.

This summer he plans on creating a few short films, written and directed by himself, that will hopefully help launch him into a legitimate film school.

"I can think of stories, but I can't think of ways to communicate them through dialogue," Vanunu said.

That is where intensely studying creative writing comes in he said.

He hopes to study at the London Academy of Musical and Dramatic Arts, next summer for the vigorous Shakespearean course.

While he would like to be a recognized actor, Vanunu is very rational about that dream.

"Getting into film is so hard if you're not ridiculously beautiful," Vanunu said.

He also has a back up plan if his film and theater dreams are not met.

Vanunu would like to be a film critic, and plans to study that by taking journalism in college.

"I would study *Kate Muldoon* journalism, try and hone the craft, and afterward pick out my specialties," Vanunu said.

For now, Vanunu will focus on his studies, and creating an excellent portfolio for film school.

"Acting is all about moments. You try to capture that actor in the moment," Vanunu said. "It's when you're entire consciousness is in the moment, then you really react as the character, not yourself."

Muldoon morphs her way into Ellie

BY BRIAN PIERCE
AND ALICIA MENDEZ
staff reporters

Kate Muldoon's acting bug is actually genetic.

"I don't think I never didn't have it (the acting bug). I think it's one of those things that always existed," Muldoon said.

Muldoon has been cast to play the role of Ellie Dunn in the Highline production of *Heartbreak House*.

"Ellie is a character that changes a lot throughout the play," Muldoon said of her attraction to the role.

"Anything by Shaw is a lot of fun," Muldoon.

The Highline student plans to transfer to a four-year school, where to she's not sure yet. An optimist, Muldoon is grateful for her early success and vows that failure is not an option in her quest to be a working actor in five years.

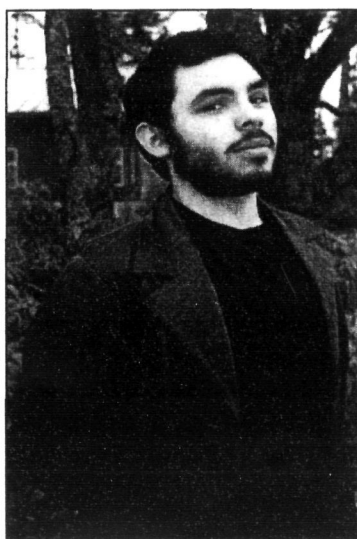
Only 20 years old, Muldoon has the demeanor of a professional, while somehow still managing to stay young at heart, viewing hard work and taking advantage of every opportunity on her path to success.

"I constantly set goals year round," Muldoon said. "Every opportunity is an opportunity to improve."

Muldoon lives with her mother Amy and brother Connor. Her mother is a writer and acted in college. Greg Muldoon, Kate's father, is a sculptor.

Kate views her parents as role models and the source of her passion for the arts.

Muldoon says her passion for acting really began to be nur-



Nickelsen Vanunu

SEE MULDOON, PAGE 6

Add some flair to your diet with éclairs

Have you ever walked by a bakery window and saw all of the delicate looking pastries but were intimidated by the thought of making them?

I am here to tell you pastries are easier to make than you might think.

A pastry that is rewarding to make and will have you enhancing your French skills are éclairs.

Éclairs are a French pastry filled with cream and drizzled with chocolate sauce.

It is rumored that éclairs were first made by a French pastry chef, Marie-Antoine Crème, who served as head chef to the future king of England.

The actual pastry is made from choux paste, which is a traditional pastry dough that can be used for a variety of other desserts such as cream puffs.

The paste is a mixture of flour, water, salt, milk, butter, and eggs. In this dough, the eggs provide the leavening or the puff.

Once mixed together, the dough can be dropped from a spoon to make cream puffs or it can be piped through a pastry bag to make éclairs.

The pastries are then baked in a hot oven and completely cooked before filling.

Choosing a filling can be half the fun. Éclairs can be filled with anything from whipped cream to custards.

Pastries should be filled as close to serving time as possible and if using a whipped cream filling then they need to be refrigerated.

Traditional éclairs are usually filled with some kind of cream and topped with a chocolate glaze.

For an easy éclair recipe try this one:

Ingredients for the pastry:
½ cup of water
½ cup milk plus 2 table-

Big Jo's Kitchen



JOCIE OLSON

spoons
1/8 teaspoon of salt
½ cup of butter
1 ¼ cups of sifted flour
5 eggs at room temperature

Preheat the oven to 425°. In a medium saucepan, heat water, ½ cup of milk, salt and butter over medium-high heat. Bring to a boil.

Add flour, stirring rapidly until mixture is a glossy paste and does not stick to the pan. Remove from heat and cool for 5 minutes.

Add 4 eggs, one at a time. Stir after each addition until the dough is smooth and glossy.

Fill a ½ inch tip pastry bag with the dough.

An electric mixer can also be used instead of mixing by hand.

If you do not have a pastry bag than you can use a plastic sandwich bag with one of the corners cut out.

Place a sheet of parchment paper on a cookie sheet and pipe dough into 4 inch logs on the paper.

Mix the remaining egg and milk and brush on the surface of the pastries.

Bake for 20 minutes and reduce temperature to 375°.

Continue to bake for 20 minutes longer, opening the oven



door every 5 minutes to fain the air and speed the drying.

Turn off the oven but leave the pastries inside with the door ajar for about 30 minutes.

Remove and led cool.

Ingredients for the filling:
2 cups whipping cream
2 tablespoons of confectioners' sugar
½ teaspoon of almond or vanilla extract

Pour cream into a chilled mixing; add confectioners' sugar and extract.

Mix filling with an electric mixer on high until soft mounds form.

If filling is not sweet enough more sugar and flavoring can be added.

Chill for about 30 minutes.

To fill pastries, either cut it in half lengthwise or poke a hole in the side and fill it using a pastry bag.

Ingredients for chocolate glaze:
4 ounces of semisweet chocolate
¼ cup butter, softened
4 tablespoons of hot water

Melt the chocolate in a double broiler over hot water.

Add butter and stir until melted. Remove the pan from heat and add hot water to chocolate on tablespoon at a time.

Stir mixture until smooth.

Drizzle chocolate over pastries and refrigerate.

If you are still leery about making an éclair then try making this simple dessert that tastes like an éclair:

½ box (8 ounces) of graham crackers
2 packages (3.4 ounces each) of instant vanilla pudding

3 ½ cups of milk
8 ounce container of whipped topping
2 squares (1 ounce each) of semi-sweet chocolate
2 tablespoons of butter
1 teaspoon of light corn syrup
3 tablespoons of milk
1 teaspoon of vanilla
1 ½ cup of sifted powdered sugar

Line the bottom of a 9x13 inch baking dish with graham crackers.

Mix together pudding and milk. Refrigerate for about 5 minutes and fold into whipped topping.

Spread over graham crackers and top with another layer of crackers.

In a sauce pan, melt chocolate and butter. Remove and add the rest of the ingredients. Spread over the top of the dessert. Cover and refrigerate. Yield 12-15.



JAIME GUDJONSON/THUNDERWORD

Anjelica Wolfe (left) and Kate Muldoon (right) rehearse a scene from Heartbreak House.

Muldoon

CONTINUED FROM PAGE 1

ured in junior high.

"Once I had an opportunity in junior high school to start taking acting classes, it just felt right," Muldoon said.

Since then Muldoon's portfolio of work is extensive, as she has portrayed a wide range of characters.

"I've been so lucky," said Muldoon. "I was Juliet in ninth grade; I was Nina in Chekov's The Seagull; but my most chal-

lenging was as Sharon Bates a middle-aged southern woman in Lanford Wilson's *Book of Days*.

Amid rehearsals, Heartbreak House is progressing to what Muldoon believes will be a fun show with a good cast.

"Ellie Dunn is a lot like Nina from the Seagull," she said of their characteristics.

"They both start out so young and innocent then become jaded."

Acting seems to run in the family.

Muldoon's little brother is a part of his elementary school

play, Alice in Wonderland.

So between Muldoon's schedule of 15 credits, working for Microsoft, and prepping for Heartbreak House, she also finds time to direct her brother's show.

"The principal needed a director and knew that I acted," Muldoon said.

Muldoon said she really is enjoying this aspect of theater, and hopes it will continue to fine tune her chops.

For Muldoon acting has become apart of life, a part that probably won't be going away anytime soon.

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.

	-		x		10
÷		+		x	
	x		-		19
+		÷		+	
	+		-		4
10		2		19	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

2 3 4 5 6 7 8 9 9

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9. MEDICINE: What is the medical name for the childhood disease known as mumps?

10. ASTRONOMY: Halley's Comet is visible in our night sky how often?

1. ARCHITECTURE: The Georgian style of architecture is based on the principles of which Renaissance architect?

2. LAW: What is double jeopardy?

3. PLANTS: What is a corm?

4. MUSIC: What kind of instrument is a cor anglais?

5. GENERAL KNOWLEDGE: Which tennis tournaments make up the Grand Slam?

6. LANGUAGE: What is a torch in Great Britain?

7. GEOGRAPHY: Prague is the capital of which country?

8. SLOGANS: Whose trademark signoff was "That's All Folks!"

10. Every 75-76 years
parotid gland
9. Parotitis, swelling of the
Looney Tunes cartoons
8. Porky Pig, at the end of
7. Czech Republic
6. A flashlight
5. U.S. Open
4. Australian Open, French
3. Underground shoot
2. Being tried a second
1. Andrea Palladio
Answers

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Arts Calendar

•Brigham Young University presents *Broadway Rhythm*, a variety musical, Friday, March 2, 7:30 p.m. at the Auburn Performing Arts Center, 700 E. Main St.

The show will consist of scenes, songs, and dance numbers all from the classic New York and London musicals.

Ticket are \$11 to \$15, and are available only through Auburn Parks. For more information call 253-931-3043 or go to www.auburnwa.gov/arts.

•Singer-songwriter Karla Bonoff performs Friday, March 9 at 8 p.m. at the Kentwood High School Performing Arts Center, 25800 164th Ave. SE, Covington. Tickets are \$18 for adults and \$16 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.

•The Nomadic Theatre

Last week's

Go Figure!
answers

9	-	4	x	2	10
÷		+		x	
3	x	8	-	5	19
+		÷		+	
7	+	6	-	9	4
10		2		19	

Weekly SUDOKU
Answer

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

Gaming

Across

- 1 Pare
5 Beaumont university
10 '52 Winter Olympic host
14 China lead in
15 Comes before Sam or Remus
16 Pack
17 Bar game
19 Heal
20 Residue
21 Yearn
22 Got away
24 An easy victory
26 Steep artificial slope
28 Rind
30 Comfort
33 Chose
36 Chicago gateway
38 Barnyard baby
39 Hock
40 Plank
41 Ice floe
42 Before
43 Actress Jessica ____
44 An impressive display
45 Bernstein musical
47 Herb
49 ____ the T shirt
51 Chest of drawers
55 Whosoever
57 Prime Minister Golda
59 16th President, to friends
60 Crucifix
61 Board game
64 Green Gables resident
65 Poet's oft used word
66 Encourage
67 Quilters gatherings
68 Top tournament players
69 Famed Tuscan tower

Down

- 1 ____ Marner by Eliot
2 Yiddish turnover
3 Gem State

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		
67				68						69		

- 4 Neither cousin
5 Garden beauty
6 Soon
7 NHL's Jay ____
8 Bass, for one
9 Tape the group again
10 Actors' quests
11 Gambling game
12 Traditional knowledge
13 Still unpaid
18 Observed secretly
23 Rooster's perch?
25 Unenclosed
27 Frightens
29 Crazy
31 Pre-Euro in Roma
32 Overstrung
33 Oil cartel: Abbr.
34 Legal or medic lead in
35 Vegas game
37 Witch
40 Write-offs, e.g.
41 Make ale
43 Property right
44 Greek marketplace

- 46 Electronic devices
48 Straightens
50 Leno, for one
52 Disney's prince
53 Pit dwellers
54 Yiddish gossip
55 Palestinian
56 Not a soul
58 Barely got by
62 Feeling of admiration
63 Chart

Quotable Quote

Once the game is over,
the King and the pawn
go back in the same
box.

... Italian Proverb

By GFR Associates ••• Visit our web site at www.gfrpuzzles.com

Company presents the show *How to Fly*, Saturday, March 13 at 2 p.m. at the Auburn Riverside Theater, 501 Oravetz Road.

The show was originally scheduled for Jan. 13, but was rescheduled due to rough weather conditions.

Tickets are \$6, and are

available through Auburn Parks, Arts and Recreation. For more information call 253-931-3043, or go to www.auburnwa.gov/arts.

•Got arts news? Send items to the Thunderword at tword@highline.

Last week's crossword puzzle solution

ON THE LINE

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

Weekly SUDOKU

by Linda Thistle

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

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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Thunderbird wrestlers fly off to Rochester

Wrestlers expect big crowds, tough competition at nationals

By KORY FARRELL

staff reporter

When the T-Bird wrestlers step onto the mat today it will be in front of the largest crowd of the season, and possibly against the toughest competition of their lives.

Highline's six national qualifiers left Wednesday, bound for Rochester, Minn. And the NJCAA national tournament to take on close to three dozen different teams vying for championship titles.

The tournament will be held at the Rochester Community and Technical College Fieldhouse over three days, from today through Saturday. The T-Birds will be wrestling in front of an anticipated crowd of anywhere from 5,000 to 10,000 people.

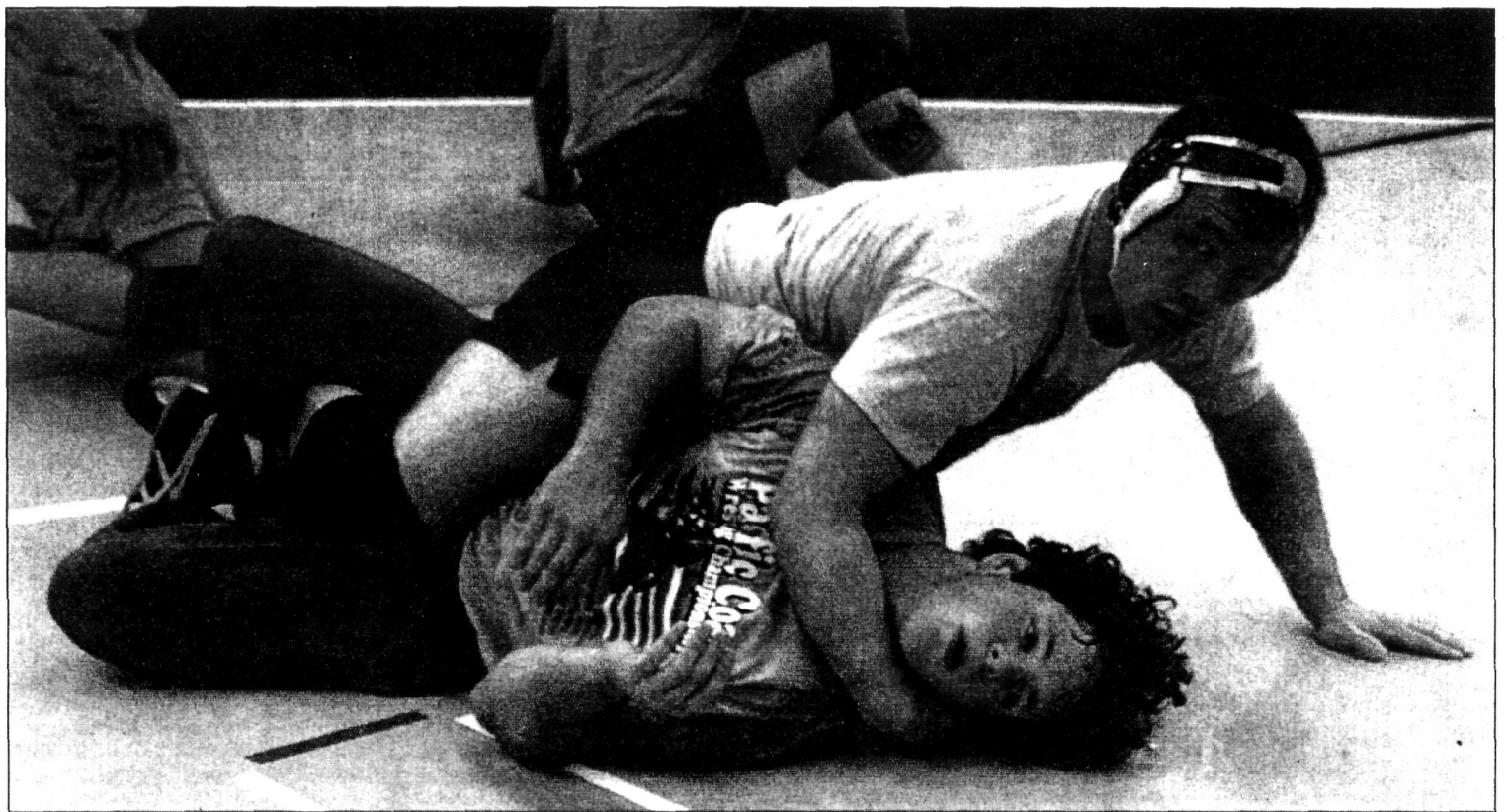
"It's the only thing that really matters -- placing at nationals. Everything else is just practice," Assistant Coach Steve Hadsel said earlier this week. "The only thing that really matters is being an All-American."

"It's some of their last chances, they might be done wrestling after this year," Hadsel said. "You never know if they're going to keep on wrestling, it's their last chance at glory."

Sophomore Michael Markey, sophomore Justin Studer, freshman Pano Dreves, sophomore Lionel Orji, sophomore Brad Padgett, and freshman Zach Nims all qualified for nationals by placing at the regional tournament Feb. 10.

Markey placed third at 149 pounds, Studer placed fifth at 157, Dreves placed fourth at 165, and Orji placed fourth at 174.

Padgett placed first at 184 and was voted Region 18 Outstanding Wrestler for the second year running, and Nims was



MICHELLE ERICKSEN/THUNDERWORD

Highline's Brad Padgett, top, works out with Zach Nims at practice earlier this week.

runner-up as a freshman in his weight class at 197.

"[But] you only see one quarter of the guys who are going to nationals in our region. You're getting another 75 percent of people that you haven't seen all year long," Hadsel said. "They [the T-Birds] don't know what style of wrestling they have, so you make one mistake and it can affect the whole match."

"Nationals is definitely tougher [than regionals], you got to be ready to go," said Markey, who went last year. "All my matches last year were one-point decisions."

But returning All-American Padgett disagrees.

"[It's] about the same [as regionals]," Padgett said. "It's more of a mindset than anything."

On the first day the teams will register, and the coaches will have meetings on tournament procedure. On day two, the wrestlers will have official weigh-ins at 7:30 a.m. after a skin check at 7:15 a.m. to prevent the spread of infections and fungus that can be common in contact sports. Recently Minnesota's high school leagues

had an outbreak of herpes due to the skin on skin contact wrestling entails.

Wrestling begins on day two at 9:30 a.m. on six mats. The wrestlers will grapple all the way into the quarterfinals at 6:15 p.m. and the consolation third round at 8:30 p.m.

First round match-ups for Highline include Markey against No. 3-ranked Cody Chipperfield, a returning national qualifier from Western Wyoming; Studer faces Micah Keller, a returning qualifier from Ellsworth College of Iowa; Dreves meets against James Lyons from Jamestown, N.D.; Orji takes on Dave Hanson from Jamestown; Padgett faces Jesse Evans from Minnesota West; and Nims will take on Ellsworth's Zach West, a recent transfer from nationally No. 1 ranked Iowa Central.

Every wrestler starts off five wins from the championship, two losses from elimination.

Despite a potentially hard draw for the wrestlers, especially Markey, Padgett said a draw is as good or bad as you wrestle it.

"It only becomes crappy if he [Markey] doesn't show up to

wrestle," Padgett said. "I could have a crappy draw too if I go there thinking I'm going to kick the crap out of the guy and he ends up breaking me mentally."

On the third day the wrestlers will weigh in at 9:30 a.m., and start with the championship semifinals and consolation quarterfinals at 10:30 a.m. The consolation semifinals begin at 12:30 p.m., followed by the consolation finals at 2 p.m. The opening ceremonies for the finals begin shortly after 6:30 p.m., followed by the beginning of the championship finals at 7 p.m.

Despite its size, the wrestlers aren't nervous about the massive crowd attendance.

"It's really no different," Markey said. "When you're out there on the mat you can't tell. [All you notice is] your opponent, the referee, and your coaches."

Orji agreed.

"I like wrestling when there are a lot of people," he said. "This year all of my good matches I've won have been in a tournament rather than in a dual meet. I don't even notice it when I wrestle... but I guess

it is a mindset."

What most T-Birds agree on is how prepared you have to be for the tournament.

"You can't think anything can stop you," Hadsel said. "You've got to think you've got everything going right now. If you're ready to show up you've got no regrets."

"I think if you go there believing that you're going to place, you will," Padgett said. "If you have your goals set, you just have to realize that you're working harder than most people."

That level of hard work must be realized not only physically, but mentally, Hadsel said.

"It's like a 50-50, you've got to be there mentally, [but also] you've got to have the physical body," Hadsel said. "You've got to have good strength, good endurance, good flexibility, then you've got to have the mental side of it too. If you're not broken, you can keep on going if you make a mistake."

"It's [nationals] a fun place to be at," Hadsel said. "To see these guys work hard to be All-Americans, it's worth coaching."



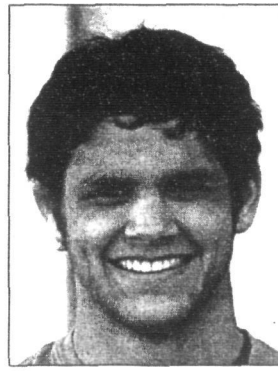
Padgett



Studer



Orji



Markey



Dreves



Nims

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T-Birds seek Valley Cup

By KORY FARRELL

staff reporter

Education, glory, and a valley's worth of burritos await the victor of this year's second annual Valley Cup sponsored by Chipotle.

The Valley Cup is fought over once a year by Highline and Green River, culminating in a basketball game between the T-Birds and the Gators, a possible dance off between Green River and Highline's dance team, Exhibition Reborn, and an Olympic-style competition between fans.

Bragging rights aren't the only things our schools are fighting for this Saturday, Feb. 24. Regardless of who wins, from 5:30-8:30 p.m., half of all sales at Chipotle's Kent Station will be donated to student leadership and athletics scholarship funds for Highline students.

"There is no cap amount for this fund-raiser. The more we eat, the more we make for students," Associate Dean Jonathan Brown said.

Highline's Student Government is also offering foam lightning bolts and Thundersticks adorned with Highline's name and colors for the competition, Brown said.

The competition begins at 1 p.m. this Saturday with the Lady T-Birds facing off against the Gators in the pavilion, followed by the T-Bird men's game.

The dance teams will dance during half-time, followed by the fan Olympics.

At 5 p.m., a representative from Chipotle will present the Valley Cup to the victorious school.

"I haven't seen the cup," Student Government Vice-President Paul Pittman said. "But I heard it is going to be magnificent, and something that somebody will actually want to bring home."

Brown and Pittman hope as many fans attend the competition as possible, and even if students can't make the game, to please eat dinner at Kent Station's Chipotle restaurant this Saturday. Kent Station is at Fourth Avenue and James Street in downtown Kent.

"I really want to encourage everybody to come, and for the club leaders to talk to their clubs about it," Pittman said. "We'll show Green River what's up."

If you are interested in participating in fan Olympics, or just helping to promote the cup, contact Pittman at 206-878-3710 ext. 3215, or by email ppittman@highline.edu.

Highline names new track coach

By SAM BOYD

staff reporter

Highline filled a gaping void last Friday by hiring Christina Loehr as head coach for both the men and women's Thunderbirds track teams.

Athletic Director John Dunna announced Loehr's hiring on Wednesday.

Loehr has been involved in

competitive running for the last 15 years, and she hails from the University of Colorado, where she ran track and cross country.

For the last two years, Loehr has been the head coach of the Federal Way Track Club girls team, coaching young women on to performances at the Junior Olympics.

She accepted the coaching job at Highline because "it is a

wonderful opportunity, I love running," she said.

Loehr hopes the program will grow and expand, and that she will be able to help the athletes succeed.

The team will focus exclusively on distance running. Highline's track program was downsized after track coach Robert Yates was fired in fall 2005.

Athletes can contact Loehr starting next week, and practices will start in early March, although most athletes have already started training on their own.

Highline's first track meet will be the UW Outdoor on March 18 at the University of Washington.

Loehr will also be coaching the cross country team this fall.

Markey plants roots in wrestling and outdoors

By MICHELLE ERICKSEN

staff reporter

Michael Markey might spend much of the rest of his life outdoors, but this weekend he'll be all indoors.

Markey, a member of Highline's wrestling team, is competing this weekend at the National tournament in Rochester, Minn.

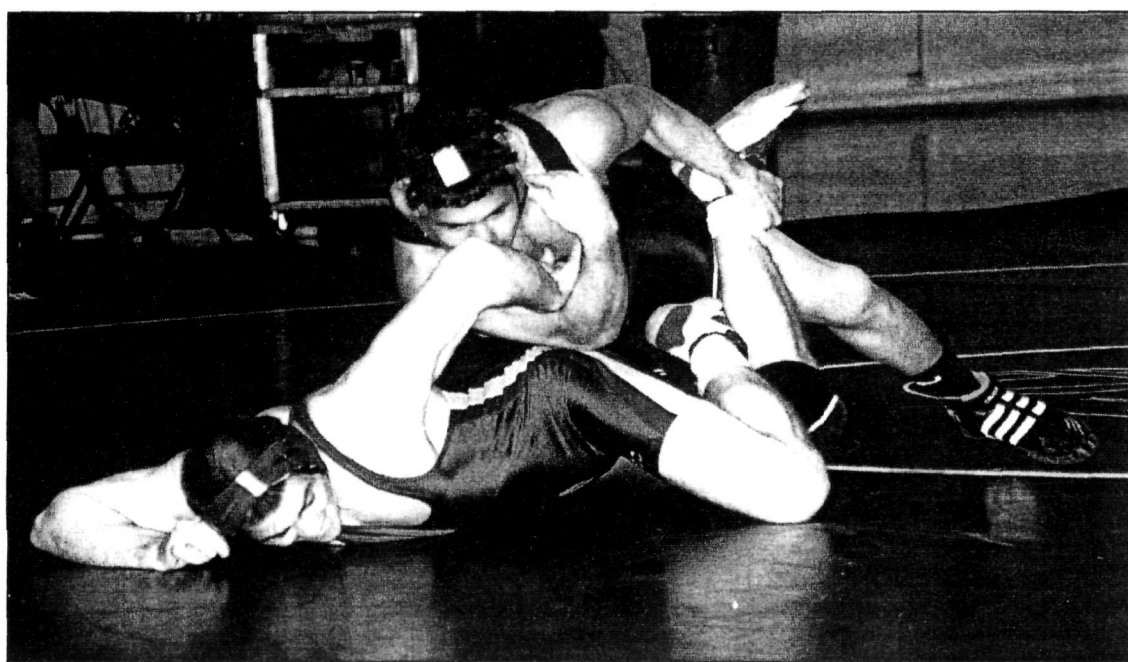
This could be, however, Markey's last year of wrestling, because no four-year schools in Washington have wrestling programs. If Markey goes to college instate he will work on getting a business degree and starting what he hopes will be a career in landscaping.

This will be Markey's second time at the nationals with Highline. He wrestled in the 157 weight class last year and was one away from being an All-American.

This year Markey dropped in weight class and was third in the regional tournament at 149 pounds.

His record so far this year is 13-12.

"It's not that good, it means I lose one, win one," Markey



Michael Markey traps North Idaho's Coby Jones in a home meet.

ALICIA MENDEZ/THUNDERWORD

said.

Markey has been wrestling since seventh grade.

"I joined wrestling because my brother wrestled and I thought I could do it better," Markey said.

Markey wrestled at Thomas Jefferson High School along with Lionel Orji (174), who is

also on Highline's team.

Markey came to Highline because it had a wrestling program.

"I love to wrestle," said Markey.

Markey hopes to place in the top eight to achieve All-American status.

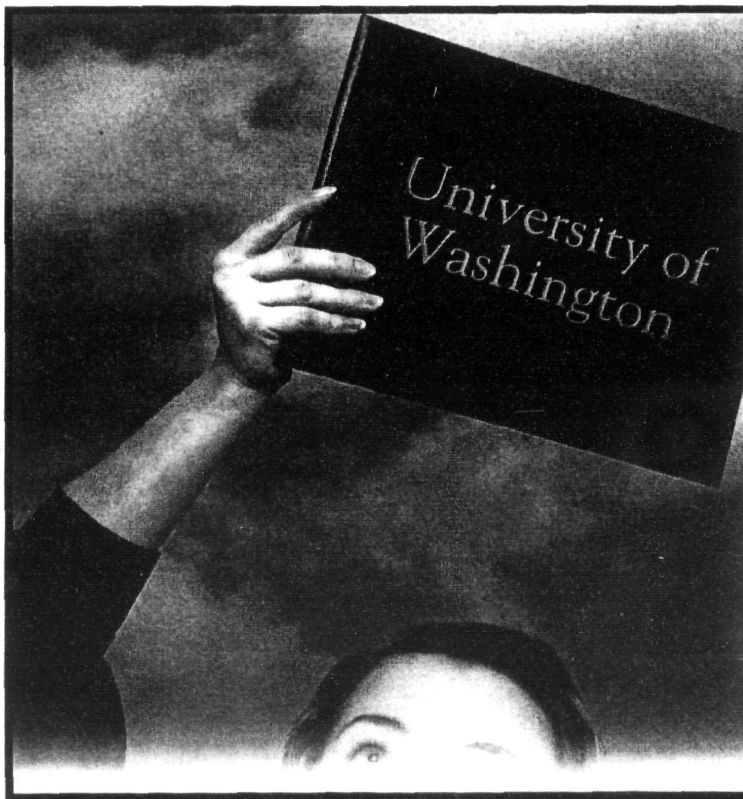
"My goals (for the nationals)

are to wrestle hard for seven minutes," Markey said. "I have to wrestle pretty smart."

"I'm very aggressive," said Markey. "I love competition."

Markey said wrestling-wise he's been working on every-

SEE MARKEY, PAGE 10



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Thunderbird men fall into tie for first Markey

By SAM BOYD

staff reporter

When the Highline men's basketball team played Clark on Jan. 6, the Thunderbirds rolled to an 81-59 victory behind Justin Armstrong's 25 points.

But the Penguins got their revenge, getting the best of Highline in a heartbreaking 82-78 loss last Saturday, snapping the Thunderbird's nine game win streak and putting Highline back into a tie with Pierce for first place in the West Division.

On Valentine's Day, Highline strutted past South Puget Sound 102-62, handing the Clippers their thirteenth divisional loss of the season.

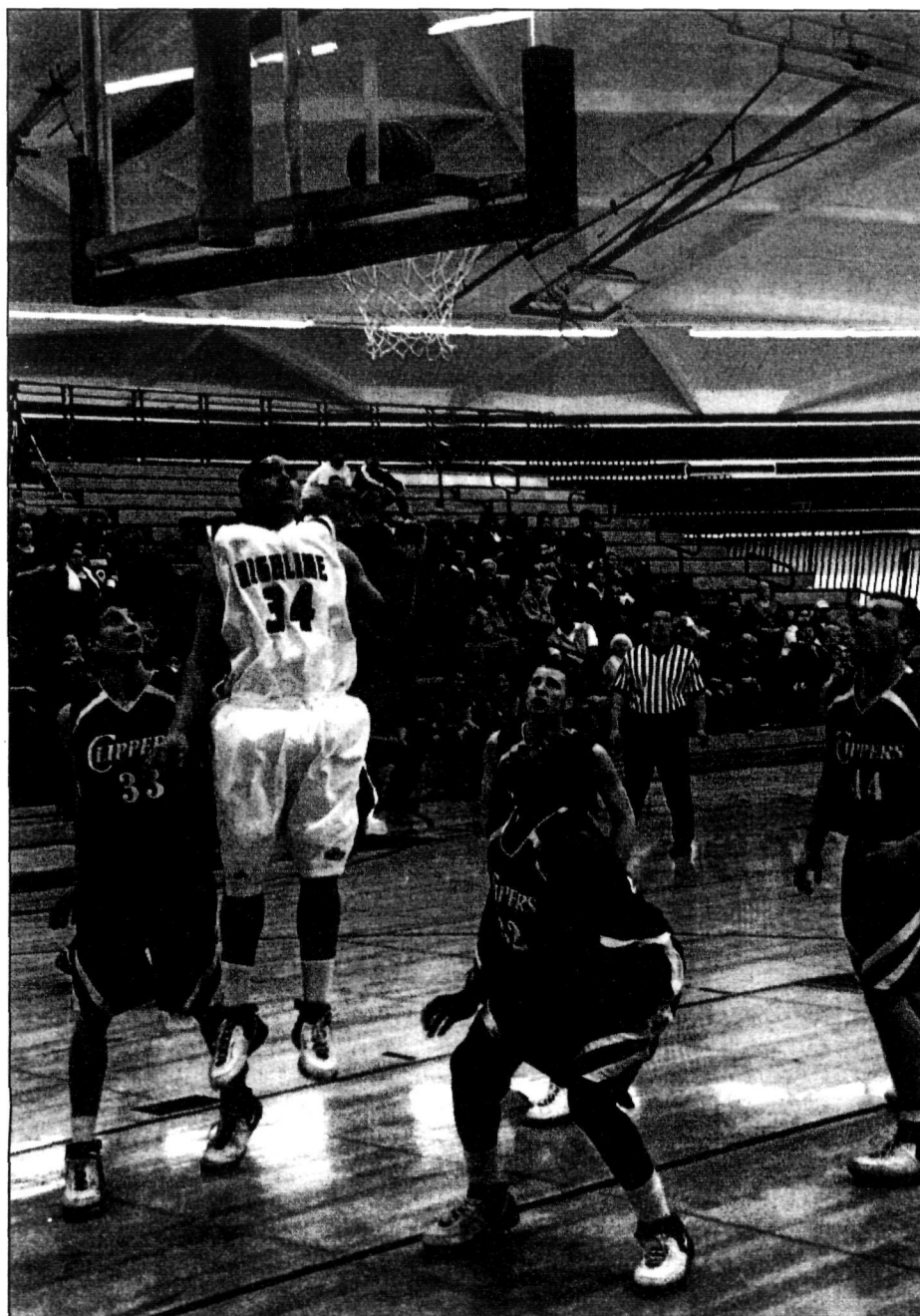
The NWAACC tournament on the weekend of Mar. 1 in Kennewick is fast approaching, and four teams from each of the four NWAACC divisions will participate. Right now, both Highline and Pierce have 11-3 records, with Clark (10-5) trailing in third place.

If Pierce and Highline end up tied for first place in the division, the tie breaker will be a number that was predetermined before the start of the year, and Pierce's number is higher than Highline's, so Pierce would get the No. 1 seed in the NWAACC tournament.

The T-Birds have two games left, the results from Wednesday's game at archrival Lower Columbia (9-5) were not available at press time, though Coach Dawson said the keys would "be protecting the 3-point line defensively and attacking them offensively. More than anything, we need to bring the fun back in the game."

Highline finally comes home to play the red hot Green River Gators (7-7) this Saturday at 3 pm for the last game of the regular season. Pierce will play Centralia (5-9) and Grays Harbor (7-7) this week, coming off victories against Tacoma 81-54 and Lower Columbia 76-63.

In Highline's game against Clark, both teams played an en-



MICHELLE ERICKSEN/THUNDERWORD

James Thorn waits to see if his shot falls against South Puget last week.

ergetic and sloppy first half, and the score at intermission was 41-35 in favor of Highline. The Thunderbirds shot well, nailing 55 percent, including six for 14 from three-point range.

"We played well to begin the second half," said Highline Head Coach Che Dawson, "Once we got up 10, they called timeout and changed the momentum. We didn't do a good job as coaches of making adjustments that responded to the psychological circumstances of the game."

Turnover after turnover was handed to a charged Clark team that could not be stopped. The final score was 82-78 for the Penguins.

"They pressured us late in the game," said Dawson "We didn't respond to their effort and energy in the second half."

Jamal Glover erupted for 23 points and 10 rebounds off the bench for the Penguins, and Alex Mitchell hit four of five from beyond the three point arc. Clark also out rebounded Highline 37-25, including 14 from

the offensive glass, leading to a 14-2 Clark advantage in second-chance points.

For Highline, Morris Anderson scored 22, pulled down seven rebounds and dished seven assists in a losing effort. Freshman Vaughn Gaines scored 18, and Center Zach Bruce added 12 points and six rebounds.

"We just forgot to have some fun and respond to the intensity that was being thrown our way late in the second half," Coach Dawson said. "Clark is a very good basketball team. They have a chance to beat anybody."

The Thunderbirds had not lost since a 64-60 defeat Jan. 13 against Centralia.

In the game against South Puget Sound, Anderson double-doubled,

scoring 17 and distributing 11 assists, as well as 8 rebounds. Gaines added 22 points, Derrick Webb scored 19 and pulled down 8 rebounds.

Once the T-Birds got to a comfortable lead, Coach Che Dawson put in his subs, and freshman Josh Broussard scored eight, and post player Mandela Bunting grabbed four rebounds.

Webb hit five of five from three point range, and Highline sunk 14 of 21 from beyond the arc, as well as out rebounding the Clippers 47-26.

CONTINUED FROM PAGE 9

escaping from opponents, and conditioning.

"You can always work on conditioning, even though I feel conditioned," Markey said. "Honestly I think I can do very well," he said. "I think I can get All-American unless I get another horrible draw after my first match."

Markey's first match is Cody Chipperfield who is ranked third in the nation.

"I hope to be an All-American, obviously that's my goal," he said. "For six months all I do is wrestle."

Markey said he really appreciates all his coaches.

"They're always there for us no matter what," Markey said. "They're preparing us better for the national tournament than any other coach would."

Markey said this year's team is closer is a lot closer.

"All of us rally around each wrestler, we rally around Padgett a lot," he said. "It's awesome."

After nationals Markey is looking to transfer to a four-year college in Washington.

He's majoring in business and is thinking of transferring to either Central or to another university in Washington.

Markey might stop wrestling after Highline.

"If I do very well at the national tournament and a school wants to give me a lot of money, then I'll go out of state," said Markey.

Markey said he would like to keep on wrestling but there are no four-year schools in Washington with wrestling programs.

"Wrestling takes up hella time and you're always conscious about your weight and what you eat," Markey said. "If they had a four-year school here that had wrestling I'd do it."

Markey's passions extend further than the wrestling room.

"I love doing yard work, I love landscaping," he said. "I like doing anything in the outdoors." He hopes to start a landscaping and tree services business someday.

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Lady Thunderbirds near division crown

By YONAS WOLDEMICAHEL staff reporter

By the time most Highline students and staff get to read this paper, the women's basketball team may or may not have clinched first in the Western Division as a result of last night's game against Lower Columbia. "Tonight's game against Lower Columbia is the determining factor of how far we have come as a team and how good we really are. Lower Columbia is the toughest place to play in our league hands down," Head Coach Amber Rowe said on Wednesday. "The crowd will be loud and it will be packed," Rowe said of playing on the Red Devils' home court in Longview. "They are trying to be co-league champs with [Highline]. As far as I'm concerned, this is a must win for us."

Highline leads Lower Columbia in league play by one game (13-1 to 12-2). Even though the Lady T-Birds had their hands full last night, they were able to treat themselves to a sweet victory on Valentine's Day over South Puget Sound (63-55) and then went on to cause a blizzard of a storm over the Clark Penguins (85-55). Highline extends it win streak to 13 games over the past month and a half with about two weeks remaining until the NWAACC tournament. In the game against Puget Sound (8-6 league, 14-11 overall) things just appeared to not be going well for the T-Birds



MICHELLE ERICKSEN/THUNDERWORD

Samantha Tinned pushes the ball down the court away from South Puget Sound.

who had a hard time putting the ball in the basket. The score at halftime was gridlocked at 28 with both teams pushing for a crucial win as the regular season draws to a close. Highline shot 22 for 56 in total field goals, in addition, to the six for 13 three-pointers made and 13 for 23 free throws made. Lack of focus and distraction made their way out on to

the court as Highline finished the game with 17 turnovers yet they came out victorious as expected. Highline's Samantha Tinned lead the way for the team with a performance of 13 points and eight rebounds to go along with Olenthia Dishmon's 10 points. "Our sophomore captain, Olenthia Dishmon, really stepped up in this game and

nailed some big shots. Her play as of late has been awesome, she realizes what it takes to get it done from here on out and she is really stepping up and leading this team on the court," Rowe said. In the game against the Clark Penguins the Lady T-Birds looked impressive as they annihilated their opponents by 30 points, and the last time these

two teams met Highline won by a margin of 40 points. The Lady T-Birds played some beautiful team basketball as they were able to rack up 25 assists. Vanessa Baines put a show on for the crowd as she had 19 points, and eight assists,. Samantha Tinned contributed 17 points as well. "We started out sluggish. The second half was more the team I love to watch. Our bench came in and really gave us the lead," said Rowe. "I am convinced we have the best bench in the NWAACC, no doubt about it. Rylee Denbo had a big spurt of about 8 points in row and Kerstin Torrescano did the same." Highline scored 31 points off the bench against Clark's 8. Results from Wednesday's game against Lower Columbia were not available at press time. The Lady T-Birds will finish the regular season off with a league game at home on Feb. 24 against Green River (5-9 league, 6-18 overall) at 1 p.m.

If Highline wins both games and clinches the Western Division title they will head into the NWAACC tournament as the No. 1 seed from the west. They will likely face Skagit Valley (10-4 league, 18-6 overall) in the first round, while the winner of that game will go on to face the victor of the Linn-Benton (10-3 league, 21-7 overall) vs. Wenatchee Valley (9-4 league, 14-13 overall). The NWAACC tournament will take place March 1-4 in Kennewick.

Scoreboard

Women's Basketball Standings

WEST	League/Season
Highline	13-1 23-4
L Columbia	12-2 16-7
Tacoma	11-4 17-9
Centralia	9-5 16-10
SP Sound	8-6 14-11
Green River	5-9 6-18
Clark	4-11 4-19
Grays Harbor	1-13 2-21
Pierce	1-13 1-23

NORTH

League/Season
Bellevue 12-2 22-3
Everett 12-2 22-4
Whatcom 11-3 17-9
Skagit Valley 10-4 18-6
Peninsula 7-7 12-11
Seattle 6-8 11-15
Edmonds 3-12 7-18
Olympic 3-12 5-20
Shoreline 0-14 1-21

SOUTH

League/Season
Lane 12-1 24-4
Linn-Benton 10-3 21-7

Clackamas 10-3 19-8

Chemeketa 8-5 19-9

Portland 5-8 12-15

Mt. Hood 4-9 12-15

Umpqua 3-10 11-16

Men's Basketball Standings

SW Oregon 0-13 1-23

WEST

League/Season
Highline 11-3 18-6
Pierce 11-3 17-9
Clark 10-5 20-9
L Columbia 9-5 17-10

Grays Harbor 7-7 13-13

Green River 7-7 12-13

Centralia 5-9 7-18

Tacoma 3-12 4-21

SP Sound 1-13 3-22

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Dodson comes south to see more of the world

By YONAS WOLDEMICAHEL
staff reporter

Growing up in a small town can be a wonderful, but many occupants like to get out and experience the rest of the world, just like Kimberly Dodson.

The 6'2" Dodson is a starting power forward for the Highline Thunderbirds.

She was born and raised on Sitka Island in Alaska and has only been in Washington state for about the past seven months.

What a massive change that must be with Sitka only containing 8,500 people and only 14 miles of road compared to surrounding metropolitan area of Seattle with more than 2 million people.

"My mother did not want me to stay in Alaska, she wanted me to experience new places, and living life on my own," Dodson said. "Even though my family and I are miles apart, I make sure to call them every night."

Not only is Dodson a devoted and loving daughter but she also is a grown and independent woman who has big dreams in her near future.

"I am not sure what I am going to major in here at Highline, maybe I will become a P.E. teacher, but right now I just want to receive transferable credits and head over to a Division I school (in Washington) where I hope to play ball."

Dodson has been a constant contributor to the Highline women's basketball team this season. She has been averaging 11 points, eight rebounds, and has had a total of four double-doubles for the season.

She may be packed with a punch on the court, but off the court she is like any other kind-hearted individual.

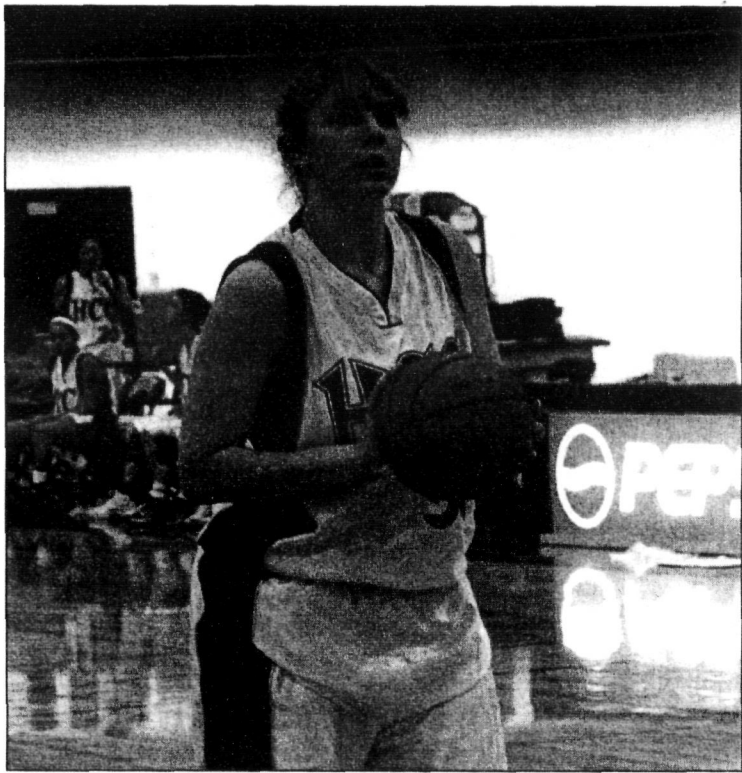
Teammates describe Dodson's outside appearance as "shy," "quiet," and "soft-spoken," but they claim that they are not able to shut her up on the bench or the court.

That can happen when an individual begins to play ball in the third grade and develops a fiery passion for the game.

Basketball has not always been a merry pot of gold for Dodson, yet she continues to keep her head up and sees the best life.

During her junior year in high school, an unfortunate injury occurred where Dodson ended up tearing her ACL and eventually cutting her season short.

Dodson did not let this deter her from her goal of playing college ball and just continues to play in a knee brace recommended by her doctor. However, her personal goal for the



MICHELLE ERICKSEN/THUNDERWORD
Kim Dodson gets ready to shoot a free throw in a recent game.

season is to work on her speed and agility.

It was during Dodson's senior year when she got her big break.

Her basketball coach at the time created a highlight tape and sent it out to several colleges. One coach to receive this tape was Head Coach Amber Rowe.

"I got plenty of offers from other coaches but I just really clicked with Rowe and she made me feel really comfortable around her. We talked over the phone for a couple of months and got to know each other, as Rowe was attempting to find me a place to stay and a roommate," Dodson said.

Dodson eventually came to become roommates with teammate Kerstin Torrescano, and they continue to build a close, personal relationship with one another.

Even though Dodson is a

major contributor to the Highline women's basketball team, she tends to go unnoticed and has become an x-factor for the team.

"I do not really care if I am recognized for my performance or not because I know what I am contributing. Also, I am always just grateful for the playing time coach allows for me," Dodson stated.

Kim Dodson is an interesting character and will easily put a smile on anyone's face with the stories she shares. For example, regardless of the weather no one will ever catch her wearing pants. Even when she was in Alaska she enjoyed walking around in shorts.

"I never wear pants because when I was younger I always had trouble finding the right size, so I said screw it and just always began to wear shorts," Dodson said.

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HE GOT GAME

Highline's Morris Anderson brings it every day

BY SAM BOYD

staff reporter

Around Highline, Morris Anderson is quiet and reserved, letting his actions do the talking. But when Anderson laces up his green and white shoes and steps onto the hardwood, he comes alive, sprinting and whooping, jumping so high he seems to defy gravity for seconds on end.

Sophomore point guard for the Thunderbirds, Anderson is 6'3", 20 years old, a graduate and basketball star of nearby Federal Way High School. His grades held him back from getting a scholarship to a four-year university, he chose Highline because "it has the best basketball program around," Anderson said. "It's not even close."

In his freshman year for the T-Birds, Anderson immediately had a huge impact, leading the team in assists and then going wild in the postseason, a catalyst on a Highline team that won the NWAACC championship.

This year, Anderson has led the T-Birds to victory after victory, averaging 14.3 points and 5.7 rebounds a game. His 5.1 assist average is fifth best in the West Division, and he leads the West with 3.1 steals a game.

Anderson describes his defensive success in this way: "I just try to imagine if I was the offensive player, what would I do?" Anderson said. "I just anticipate it and steal it."

Although he has been cold from three-point range recently, Anderson is famous for his shooting from beyond the arc, delivering his daggers at a staggering 80 percent success rate in the NWAACC tournament last year.

Besides steals and three pointers, Anderson's trademark is the high-pitched whoop he delivers when he is open on the court. "I can't believe anyone noticed that," Anderson said with a laugh, "that just lets you



know I'm open. I've been doing that since high school."

At Federal Way, Anderson excelled in the high jump in track and field. In his senior year, he cleared 6'2", coming within one win of going to the state tournament.

Highline fans now watch him jump to dunk, flying to the hoop from every angle to jam the ball home, frequently hanging on the rim afterward.

Known as being committed to practice, Anderson is also a hard worker in the weight room, pumping iron twice a week.

Anderson leads a Highline team that is well known for its tight chemistry.

"People look up to him; he's the general of the team, he's the point guard," teammate Derrick Webb said. "He doesn't tell you how good he is, he's the quiet leader who shows it in his actions."

Besides playing basketball, "I just like to relax," Anderson said. And although you wouldn't have guessed it, Anderson has a sweet tooth.

"Candy," says Webb with a laugh, "every time I look at him he's eating more candy."

"I love fruity candy, like Jolly Ranchers, Starbursts, Sweet Tarts, anything," Anderson says. He also enjoys playing video games, his favorite is EA Sports' NBA Live 07. Lil Wayne is his favorite musical artist, and he drives an '87 tan Cadillac.

At Highline, Anderson is getting his associate of arts degree, he hopes to transfer to a four year university. And although he is unsure what he wants to major in, he hopes he will be offered a scholarship to play basketball. After that, Anderson's plans are to get married and play professionally overseas.

Anderson's biggest fan is his 1-year-old daughter, Jordan, who can be seen at all of his games. Anderson is looking forward to the NWAACC tournament, and he says that he plans to "step up his game" for the playoffs.

Morris Anderson is one of the mainstays for the Highline Thunderbirds as they seek to defend their NWAACC championship. Anderson is one of the leaders in the league in assists.

MICHELLE ERICKSEN/THUNDERWORD

Science Seminar on storms not full of hot air

By ARNEL CUSTIC

staff reporter

The best thing we can do to prepare for upcoming storms is have flashlights, batteries, and candles ready at all times, James Leotterle at last Friday's Science Seminar.

Leotterle is a professor of geology at Highline.

Science Seminars are expert-taught presentations held on a weekly basis that touch upon various topics of interest.

Last week's Science Seminar was on Northwest windstorms: how they work, damage done by the Dec. 14 windstorm, and also storms that hit in the past. Wind storms originate when a system of high pressure surrounds a center of low pressure.

"When you combine low pressure surrounded by high pressure you get a result of opposing forces," Leotterle said. "These opposing forces create winds and form storm clouds."

"However, when a lower level of low pressure and a lower level of high pressure come together you are sometimes left with dust devils or whirlwinds,"

"[It's] a good idea to get rid of trees surrounding the house."

--James Leotterle, professor of geology

Leotterle said.

On Dec. 14 and 15, a windstorm hit the Pacific Northwest that caused a lot of damage.

"The tragic Dec. 14 and 15 windstorms caused a countless number of trees to fall. Some of those trees caused destruction to homes and cars while others blocked off certain roads and knocked down power lines," Leotterle said.

"Also, the storm caused heavy rainfall, which when combined with the dangerous speed of wind, left over 1.8 million businesses and residences without power," Leotterle said "and killed at least 10 people."

In fact, it wasn't just one powerful storm that hit during this short period of time; it was actually three. The first storm



PATRICK CABELLON/THUNDERWORD

James Leotterle discusses the destruction left by the storm last December.

hit hard on Dec. 11, the second came on Dec. 13, and was followed by the Dec. 14-15 storm.

In spite of the dangers it caused, some people still attended the Seahawks game. On the other hand, many people stayed home from school and didn't bother going to work.

"Wind speeds reached a surprising 984 millibars at 7:30 a.m. on Dec. 14, which is well

below normal," Leotterle said "To make matters even worse, wind speeds increased up to 970 millibars within a matter of hours."

A millibar is a unit of pressure used when measuring wind speeds and is equivalent to atmospheric air pressure. One bar is equivalent to 100 pascals (Pa). One pascal is equivalent to one Newton per square meter.

For the Dec. 14-15 windstorm, the average wind speed was 51 miles per hour at the Renton Airport. Several past destructive wind storms include the Inauguration Day storm and the Columbus Day storm.

"Wind speeds reached up to 74 miles per hour on average during the Inauguration Day storm and 100 miles per hour on average during the Columbus Day storm," Leotterle said. "That's just mind-blowing."

The best thing people can do in order to prepare for any sort of upcoming storm is to supply ourselves with flashlights, batteries, and candles, he said.

"In addition to always having supplies ready at home, we need to better educate ourselves on not just what to do in case of a storm, but also on what not to do," Leotterle said.

"Many people already know that it's a good idea to have flashlights, batteries, and candles ready at home at all times in case of an emergency," Leotterle said. "But what they don't know is that it is also a good idea to get rid of trees surrounding the house."

Manning looking forward to teaching abroad

By ARNEL CUSTIC

staff reporter

She has been at Highline since the start of the new millennium and is now ready to take in what the world has to offer.

Laura Manning, professor of speech and intercultural communications, is leaving for Shanghai, China the week before finals.

"I'm really excited to go because I love traveling yet sad because I'm going to miss everyone here. I'm only going for the spring season so I'll be back here in a little while," Manning said.

Manning is going as part of a long-running exchange program between Highline and Shanghai Jiao Tong University. SJTU sends a professor here to teach Chinese each year; Highline sends back a professor to teach English to graduate students each spring. This year's visiting professor from Shanghai is Shenying Wang. Manning said she will try to leave SJTU with a good impression of Highline.

"Of course, I'm going to try my best to represent Highline well, but that shouldn't be too hard. I plan on doing that and getting to know the Chinese culture better," Manning said.

Before she departs, she said she has a whole bunch of small things left to take care of.



Laura Manning

"I'm really not good with details. I'm ready to go but I still have to take care of some things with my car, my dogs, and other things like that," Manning said.

Prior to leaving, she hopes to have a graduation party in the Student Union since she won't be here for the graduation. Manning said she is a committed staff member who loves diversity and enjoys good discussions and arguments.

Manning obtained a master's degree in speech from the University of Washington. She began work on a doctorate but didn't finish.

"After I got my master's in speech, I went on to graduate school to get my Ph.D., but I quickly realized that school wasn't my thing anymore and so I decided to drop out," said Manning.

Eventually, this became one

of her biggest regrets.

"I wish I just sucked it up and finished graduate school. That's my advice to everyone: suck it up and do it," Manning said.

Now, her main goal is to travel and study abroad.

"Even though I haven't done much of it, I love traveling because I want to see new things and meet new people," Manning said.

In addition to getting her master's degree, another accomplishment that she's fond of is the Cultural Café program that is held here.

"We regularly hold Cultural Cafés here that are basically meant to bring people together and celebrate different cultures," Manning said.

Also, she is very proud of being a faculty member here at Highline and the connections and friends that she's made.

"One of my biggest achieve-

ments is getting a job here at Highline and I absolutely love it. I love working with all the staff, faculty, and students here. I guess you could say that I'm a part of social justice everyday here," Manning said.

One of her top priorities is to establish good relationships.

"I make sure that I have good relationships with my students, other staff members, and everyone I come across," Manning said. "I enjoy helping people make the connections that they want to make."

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Bridging the Gap brings different races together

By SHURVON HAYNES
staff reporter

Blacks and Latinos can learn to co-exist in a diverse environment, a panel of students said here on Wednesday.

The panel spoke on Bridging the Gap Between Blacks and Latinos, part of the Black Student Union's series of events for Black History Month.

The panel included Highline students Julian Torres, Nereida Avendano, Kiana Hayes, Sergio Ulloa and Saleem Hodges.

"Ever since the beginning we have been pitted against each other as a way to keep those who are at the bottom divided and fighting against each other, which prevents us from unifying and fighting for rights that would benefit the both of us," said Torres.

The rivalry between African-Americans and Latinos has escalated in recent years particularly in California.

"It was confusing going to school and having friends of different races and then going home and having conflict with those same races within my neighborhood," said Hayes.

The pressure to join gangs has become a means of survival for those growing up in areas



Kiana Hayes, Sergio Ulloa, and Saleem Hodges tell their stories Wednesday in the Student Union.

torn by racism, drugs and poverty.

"Growing up we had no choice but to have a crew and claim a gang or risk getting jumped," said Avendano.

The Latino panel members all moved to Seattle to seek refuge from the hostility in their neighborhoods.

"I can remember when I was walking down the street and be-

ing jumped by a group of African-American boys, that experience caused me to build up hatred towards them for a long time. When I moved to Seattle, my mentality changed after I

saw blacks and Latinos hanging together," said Ulloa.

All of the panel members agreed that education and economic empowerment is what can bring unity between these two races.

"We cannot keep fighting each other over neighborhoods that we don't even own," said Hodges.

This generation has to make a difference and create positive changes to decrease racism, drugs and violence, the students said.

"It is time for us to work together because for too long we have been sitting at the bottom waiting to get scraps. Children are dying every day over the hatred that has been built in our communities," said Torres.

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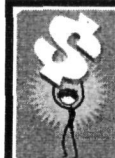
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For details on these positions, see T.M. Sell in 10-106, or e-mail thunderword@Highline.edu for more information.

Depression

CONTINUED FROM PAGE 1

rupts your normal patterns of behavior.

"Signs of depression are varied," Frickle said. "They can include changes in sleep and eating patterns, a lack of interest in things you're usually interested in, low energy, an inability to concentrate and think clearly. There's sometimes a bit of anxiety."

Frickle said depression is especially more prevalent in college students.

"The incidence of depression is around 17 percent in the general population, but it tends to be higher among college students," Frickle said. "Some reasons for that include stress, sleep deprivation, disruption of routine, and over-scheduling that are common for college students."

Frickle said many of these stressors can result in a change in brain chemistry which can cause depression.

"Depression, like most illnesses, is the result of an interaction between biology and the environment," Frickle said. "You may have a biological

predisposition to the changes in brain chemistry that occur with depression, but your experiences with the world, like stress, will be what makes the changes occur."

To treat depression, Frickle said the most common methods of treatment have been proven the most beneficial.

"Depression is generally treated with antidepressant medication and/or psychotherapy," Frickle said. "Some studies show that a combination of the two works best, other studies show that either treatment works."

To prescribe medication to treat depression, Frickle said no ordinary doctor will do.

"It's important to see someone who is experienced in prescribing and managing the dosages for antidepressants. Family doctors or general practitioners tend to not be trained well to do this. It is better to see a psychiatrist or psychiatric nurse practitioner," Frickle said. "Psychotherapy is available from many different qualified sources, master's level therapists, psychologists, nurse practitioners, and psychiatrists."

Regardless of the method, Frickle said "The bottom line

is that depression needs to be treated," especially in cases involving self-mutilation and thoughts of death.

"Some people also experience recurrent thoughts of death or suicidal thoughts," Frickle said, indicating that such thoughts should always be taken seriously.

"Don't tell someone who's depressed that they should 'get over it,'" Frickle said. "Don't ignore their changes in behavior, thinking, and mood. Talk to them about it. Talk about depression as an illness that can be treated, and also very common."

Naomi said she agreed.

"A lot of people just said 'get over it,'" Naomi said. "If it was that easy, I would have done that a long time ago."

Naomi said it was years until she received treatment for her depression.

"When I couldn't control it, that's when I realized I needed to do something about it," Naomi said. "[I didn't get treatment] until my senior year, a year ago. It was my boyfriend at the time who was really pushing for it."

She was given the antidepressant Celexa, and since many people have to try out different

medications until they find one that works best for them, Naomi said she is glad the first medication she tried worked.

"I got lucky," Naomi said. "Anyone who knew me then and knows me now can see the difference."

However, Naomi said while medication worked well for her, therapy did not.

"I went to a psychiatrist once, but I didn't really like it. I knew what my problems were. I didn't need anyone's help. I could take it from there," Naomi said. "I [now] have control over my emotions. I've been able to easily make new friends and keep it that way."

"It's easier to be happy and it doesn't feel like a chore. It now takes a lot to get me upset."

Graduation

CONTINUED FROM PAGE 1

brought in, we were bumped," said Dave Pelkey, director of student life at Tacoma Community College.

Highline's commencement will instead be in the Pavilion which was built to hold 2,160 people. It will have to hold 400 students and their families.

"There will be fans in the Pavilion to keep the temperature down," the press release said. "In addition to the Pavilion, guests will be allowed to watch the ceremony via a live video feed in tents that will be set up on the field."

Dr. Bell

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said. "The board and I began to see things a little differently. ... I had a buy-out clause in the contract that we agreed to exercise."

"I had a great 6 1/2 years at

(Highline)," Bell said. "It's a wonderful college."

She will officially start working at NIC on Feb. 26.

The board at NIC will be holding a series of forums to gather input on the presidential search.

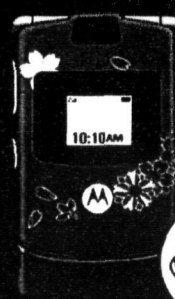
NIC officials hope to complete the hiring process by the beginning of fall 2007.

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