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The Thunderword

MARCH 2, 2007/VOLUME 46, No. 17/HIGHLINE COMMUNITY COLLEGE

● A rocky road to Highline

A student shares
the story of his
journey to the
U.S. from Sudan

BY JACOB AJANG DUOT
staff reporter

Kibole Deng has survived more in 25 years than most people will in a lifetime.

As one of about 20 Sudanese students at Highline, Deng came from Kenya after crossing the desert from Sudan to Ethiopia, back to Sudan and then to Kenya.

He is one of the young boys of Sudan who was among those who have suffered in a long civil war in Sudan, which broke out in 1983.

In 1983 the Sudanese people, mainly from the south, took up arms against the government of Sudan. The war was fought for 23 years with the intention to liberate the Sudanese people from slavery, get oil resources to develop the country, build schools and hospitals, and to abolish Muslim laws on non-Muslim people.

Instead, the war cost the



MICHELLE ERICKSEN/THUNDERWORD

Kibole Deng, a Highline student, has survived war, starvation, and extreme climate conditions, having fled from Sudan at the age of seven.

FROM THERE TO HERE



IMMIGRANT
AND REFUGEE
STUDENTS COME
TO HIGHLINE

lives of approximately 2.5 million people, and displaced thousand of refugees in the neighboring countries during the fighting between the south and the north, including Deng.

When he was only 7 years old, Deng left Sudan for Ethiopia to escape the war. He lived in the refugee camp called Pinyundu in Ethiopia for four years. Life wasn't easy for him and his friends

who were with him too.

"We have to build our shelters to live in, and look for what to eat, drink, and people

SEE DENG, PAGE 18

See more coverage inside

•The International Rescue Committee is working to help adjust refugees to life across the U.S. See page 17.

•Highline has refugee and immigrant students from China, Somalia, El Salvador, and the Ukraine. See page 17.

•English as a Second Language classes are not as easy as a person may think. See page 18.

Schedule changes get mixed reactions

BY JOCIE OLSON
staff reporter

Some faculty are pushing for a greatly revised class schedule for Highline while some are not so sure.

Two alternative class schedules have been proposed.

Plan A proposes that classes at 8 and 9 a.m. remain 50 minutes and run for five days a week. Classes after that would switch to two- or three days a week and run for either for 1 hour and 23 minutes or 2 hours and 15 minutes.

Plan B proposes a combination of two- and three day classes either for 1 hour and 25 minutes or 2 hours 10 minutes.

"I think either plan is fine. I think alternative scheduling is a great idea. I believe that it will better serve our students who are trying to juggle work and school schedules," said Katherine Skelton, math instructor.

Allison Green, Arts and Humanities Division chairwoman, explained that the last time Highline did a schedule change some classes were cut down to four days a week.

Some faculty believe that the longer class periods will enhance their classes.

"As an instructor, I prefer having sessions longer than 50 minutes. Personally, I can use more varied teaching methods with a longer class period," said Spanish instructor Monica Gartman.

"Longer class times do allow for some more in-depth activities that cannot be done in 50 minutes," Skelton said.

Tim McMannon, history instructor, said he doesn't think the 50-minute classes, five days a week gives students and faculty enough time away from the subject.

SEE SCHEDULE, PAGE 20

CSI:



HIGHLINE

Vehicle buglarized

A Highline student reported that his green 1994 Honda was broken into in the north parking lot on Feb. 27.

The student parked his car at 7:50 a.m. and returned at 2 p.m. to find that the car had been broken into and his gym bag, ID, basketball, shoes, and credit cards had been stolen.

The estimated worth of the stolen items is \$275.

Instrument becomes a target for vandals

Faculty reported to Security that a key off of a piano had been broken off in Building 4 in room 110 on Feb. 26 around 9 a.m.

Whoever vandalized the piano "pulled a key from a practice room piano," said Highline music professor Dr. Sandra Glover. "They gouged some veneer loose from the fascia."

I-Pod falls prey to thief

Security reported that a Highline student had an i-Pod stolen on Feb. 22 at 2:15 p.m. The i-Pod was taken from Building 30 on the third floor.

Student injured in fall

A Highline student tripped over a metal door stop in Building 23's first floor hallway on Feb. 22. Security was not present when the student fell.

When the student later reported the accident, she said she injured her knees and hit her head.

The fall was reported on Feb. 27 around 1:30 p.m.

Lost property

- A woman's stainless steel Radium face Rolex watch was lost in Building 3, room 102 on Feb. 24 at 2:15 p.m.

- A set of BMW keys with a keychain attached was lost 2:30 p.m. on Feb. 22.

- A woman reported losing her Civil Litigation textbook from campus on Feb. 23 at 1:20 p.m.

-Compiled By B. Fuller



PLU is coming to Highline today

A highlight for students who want to come to Pacific Lutheran University Transfer Visit Day is that some of them could be admitted in to the university right there on the spot.

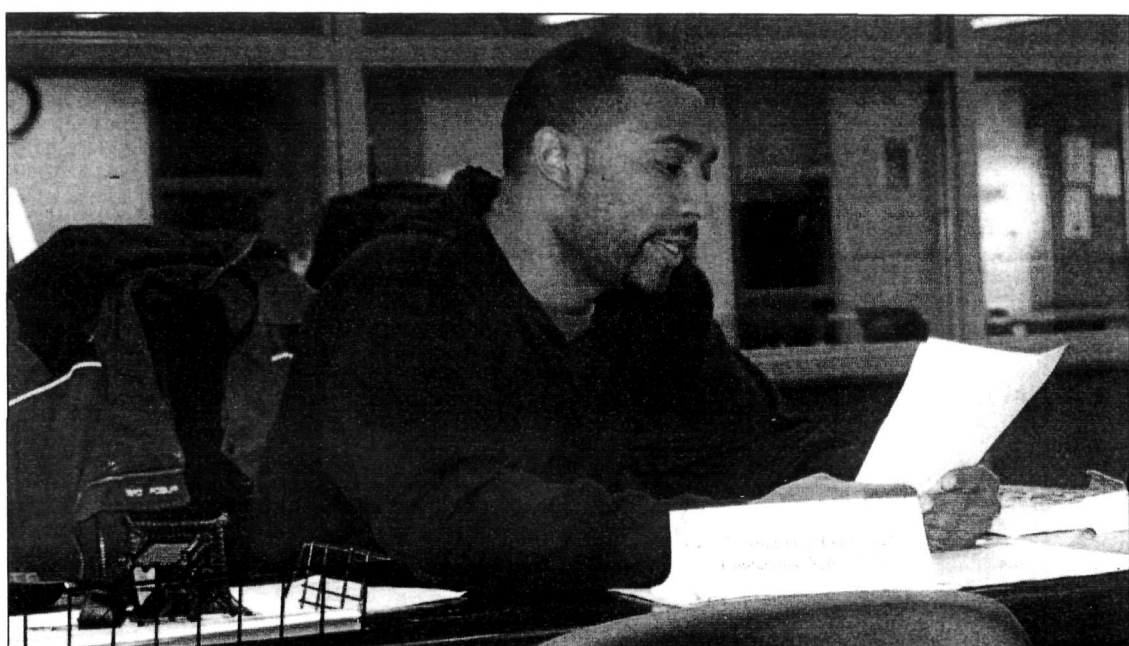
Pacific Lutheran University has been listed in the top 15 of U.S. News & World Report's "Best Colleges" within the Western region. Founded in 1860, Pacific Lutheran University has been molded and expanded throughout the decades. The university offers a variety of majors and five schools focusing on certain professions.

To provide more information about what the school offers and the transfer process from Highline to Pacific Lutheran University there will be six or seven Pacific Lutheran University advisers at the event.

The advisers will be discussing with students what type of courses can be transferred to Pacific Lutheran University, the type of scholarships are available, what the financial aid and application process is like, and so on.

Besides gathering information, another bonus for students going to the transfer visit day is that they will have the \$40 application fee waived if they apply for Pacific Lutheran University.

It's suggested that students bring an academic recommendation, college and high school transcripts, a transfer statement that has been filled out at the registrar's office, their personal essay, and any questions they might have. Even if a student



JAIME GUDJONSON/THUNDERWORD

Aaron Reader shares a poem on male privilege, the theme of the club meeting on Feb. 27 in Building 6, room 164 from 9-10 a.m.

doesn't have all these items they're still encouraged to come visit the Pacific Lutheran advisers.

This event is open to anyone who's interested in transferring to Pacific Lutheran University or to anyone who doesn't even really know about the university.

Pacific Lutheran University Transfer Visit Day will be today, March 1 in Building 8, in the Mt. Constance Room from 10 a.m.-1:30 p.m.

Learn useful tips for applying to the UW

The next Honors Colloquy will talk about how to get into the University of Washington.

The Associate Director of the Honors Program at the University of Washington Julie Villagegas will discuss her personal experiences and the benefits of the university's honors program.

Honors Colloquy is on Wednesday, March 7 from 12:10-1:15 p.m. in Building 7.

For more information about Honors Colloquy, contact Barbara Clinton at 206-878-3710, ext.

3151, or at bclinton@highline.edu.

Get cash for college

This is the last chance to get a tuition scholarship for Spring Quarter.

The Highline Community College Academic Achievement Award scholarships are full-tuition waivers awarded each quarter to 15 students.

To apply, students must have a cumulative GPA of 3.5 or higher. Running Start students and international students are ineligible. Applications for the scholarship are due March 7.

To receive an application contact Laura Manning at 206-878-3710, ext. 6037.

Join the discussion

Everyone is welcome to discuss *Kindred* with the Highline Book Club.

Presented by the Intercultural Center, the book club will be hosting an open discussion of the book *Kindred*.

Everyone is welcome to attend and talk about the book.

The discussion will be held today, March 1 in Building 6, room 164 from noon-1 p.m.

Corrections

In last week's issue of the Highline Thunderword, James Loetterle's name was misspelled.



Co-Opportunity

Need experience to get a job, but need a job to get experience?

Think Co-Op

Come see us in Bld. 9 on the bottom floor to jumpstart your career.

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



Student Jobs Healthcare Job Fair

Wednesday, March 7th, 2007

Highline Student Union--Mt. Constance & Mt. Olympus Rooms

Employers Include:
Advanced Health Care
Valley Medical Center
Swedish Physicians
Divisions and many more!

Jobs Include:
CNA's, LPN's, RN's.
Resident Manager
Nurse Technician
Medical Assistant &
Medical Reception and more.

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!

"Education is light; lack of it is darkness."
-Russian Proverb

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

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

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

What to do when things just don't add up

BY STEPHEN GREGORY
staff reporter

Do the math: You have to do the work if you want to pass a math class.

Highline's Mathematics Department recently added together some of their expertise to give advice that would equal a better grade.

The panel of professors, at a forum earlier this quarter, gave tips on how to take notes, how to successfully study, how to do well on math exams, and how to do well in a math class as well as how to do well in college.

Presenting the information were Highline math instructors Kate Skelton, Allan Walton, Dusty Wilson, Terry Meerdink, Ed Morris and Jason Ramirez.

You must open your mind and believe that you are capable of doing the math, panelists said.

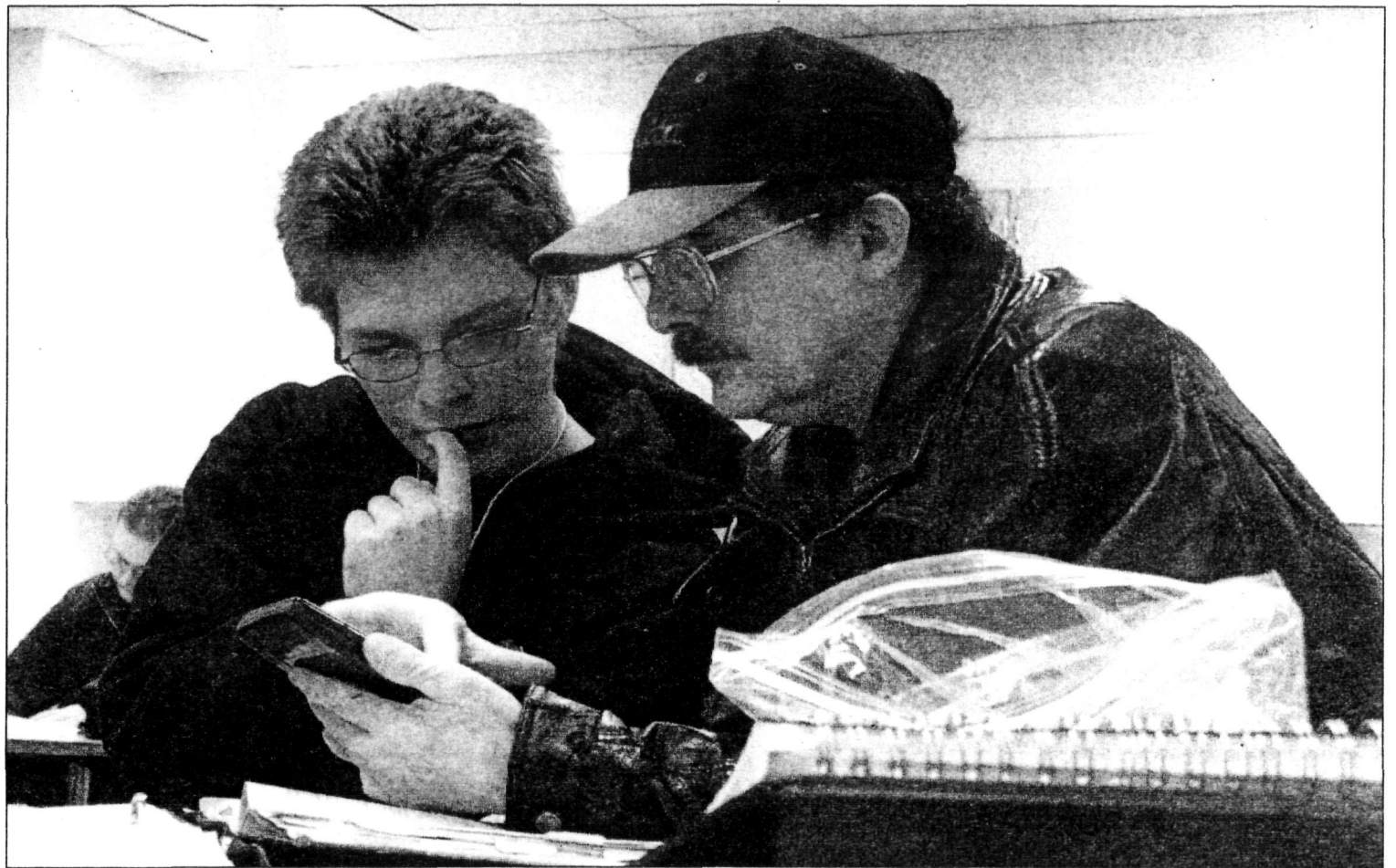
"I tell my students at the beginning of the class if you don't think you can pass the class, don't waste the time, save your money go somewhere else, take another class. Come back when you feel ready to do it," said Ed Morris.

If you must work, try to get a job near or at Highline, panelists said.

"If you have to work, try to get a job on campus. That way you can go to class and then work at your campus job and then go to your other classes," said Jason Ramirez.

Take notes in class and study, they said.

"Go through your notes and text and write down a two to five page outline on what you feel is important. In some cases you can actually throw your text away and focus in on your notes. Obviously if you find things



MICHELLE ERICKSEN/THUNDERWORD

Aaron Fitch (left) tutors Ron "Fry" Frymier (right) in math at Highline's Math Resource Center located in Building 26.

missing on your notes you will have to go back to the text," said Dusty Wilson.

Do your homework and turn it in, the professors said.

"Most of us do not accept late work so turn in your homework even it is only half done. Getting some credit is better than no credit at all," said Kate Skelton.

If there is something that isn't understood while studying and doing homework, ask questions in class.

"Too many students are afraid to ask questions in class because they think the guy sitting next to them has all the answers and

they don't want to look stupid for asking a question. If you ask a question in class it might answer the same question that someone else had," said Ed Morris.

If a student is extremely shy they encourage that student to meet with their math instructor or other math instructors during office hours. They can also get help in the Math Resource Center. The Math Resource Center is located in Building 26, room 319H.

"In the Math Resource Center, there are extra math books, videos, software, calculators, and math instructors to help

with any level of math," said Allan Walton.

The Math Resource Center is open Monday – Friday though the hours vary depending on the day.

Monday and Tuesday they open at 9 a.m. and close at 7 p.m. Thursday and Wednesday they are open from 9 a.m. and close at 4 p.m.

Every Friday they open the doors at 9 a.m. and close at noon.

The professors said, study before an exam.

"My recommendation for studying for an exam is to start early. Start a week before the

exam and study one or two hours each day aside from the homework," said Wilson.

"At the end of each chapter there is vocabulary and at the end of the chapter there are examples of the material you have done. That is a good place to start studying," said Skelton.

"Take out a blank sheet of paper, take time to think and write down what you know. The holes in the paper will show what you don't know and that is what you should concentrate on studying" said Walton.

"Don't study the day of an exam. Allow your mind to relax for the exam," said Skelton.

New program teaches students about web design

BY ALYSSA HOFFMAN
staff reporter

Highline's Computer Science department is spinning a new web development program that will start Spring Quarter.

The new web/database developer program was created after student demand for the classes.

"This program prepares students to design and create websites that interact with databases," said Tina Ostrander, a computer science professor.

"This program was chosen for two reasons: One was we were getting many inquiries from students and two we have an advisory committee of in-

dustry of individuals that advise us on programs that they think there are a demand for," said Ostrander.

To be able to teach this new program the computer science professors had to pick up different skills regarding web technologies said Ravinder Kang, a computer science professor.

In addition, Highline has an agreement with Central Washington University to accept the associate of applied science degree as a transfer into their program (bachelor of applied science in information technology administration management) and then graduate with a bachelor's degree.

The Computer Science department hopes that the new program will help boost enrollment.

"In the recent coursework, enrollment has been strong in networking and the computer science transfer degree program. Data recovery is still building enrollment. The only declining program is the developer/programming program because there is a decreased demand for it," Ostrander said.

To be a part of this program you don't have to take all the classes that are offered.

Students can enroll in specific courses that meet their needs, Ostrander said.

The new web design program is offered as a one-year certificate or a two-year degree program.

With the certificate program you have to earn a total of 43 credits and in the degree program you have to earn a total of 92 credits.

The two-year degree program will earn you the associate of applied science degree.

The classes offered for Spring Quarter are Computer Information Systems 218, Database Principles; Computer Science 102, Intro to Web Development; and Computer Science 115, Programming.

This program will teach the

students to build webpages, build databases, and make the two talk to each other.

"With these basic skills the student can go on to entry level jobs, developing websites for small businesses or better," said Ostrander.

"You have to be detail oriented to enjoy this program," Ostrander said.

For more information about the new web development program contact Tina Ostrander 206-878-3710 at ext. 6040 or at tostrand@highline.edu, Ravinder Kang at ext. 3337 or at rkang@highline.edu, or Dee Skinner at ext. 3002 or at dskinner@highline.edu.

Editorial comment

You can do more than just class assignments

Too often, students simply come to school for the few hours they are required to be here without taking advantage of the opportunities available to them.

Aside from the classes they take, they really aren't aware of what else Highline has to offer for them.

That's pretty amazing considering that each student probably dished out around \$1,000 in order to come here to begin with.

Maybe you have the need to do more than just simply listening to a lecture every day.

Maybe you need an outlet from all that school-related stress.

There are always clubs and programs around the campus that need students to participate in them.

For example, the Services and Activities Budget Committee needs two students to fill alternate positions.

The duties of the S & A Committee involve allocating money toward clubs and programs around Highline.

Ten percent of each student's tuition is used to pay for clubs, the Thunderword, child care and leadership development programs.

That means the S & A Committee is in charge of fairly distributing more than \$1 million toward clubs and programs.

You're paying for it; wouldn't you want a say in where it goes?

There are already six students on the committee, but two more are needed as alternates.

As an alternate, a student is officially on the committee, but is not a voting member.

However, if any of the original voting members is absent, then the alternate may become a voting member in their place.

With \$1 million of students' money being allocated at the discretion of several individuals, more student participation will prove to be beneficial.

If you're more interested in a certain hobby such as computers, video games and film then go to www.highline.edu. There you can find a list of all the available clubs on campus. You can even start your own club if you can't find one that suits your interests.

Too many students come to Highline not realizing that they have the opportunity to join in on something that they may genuinely enjoy.

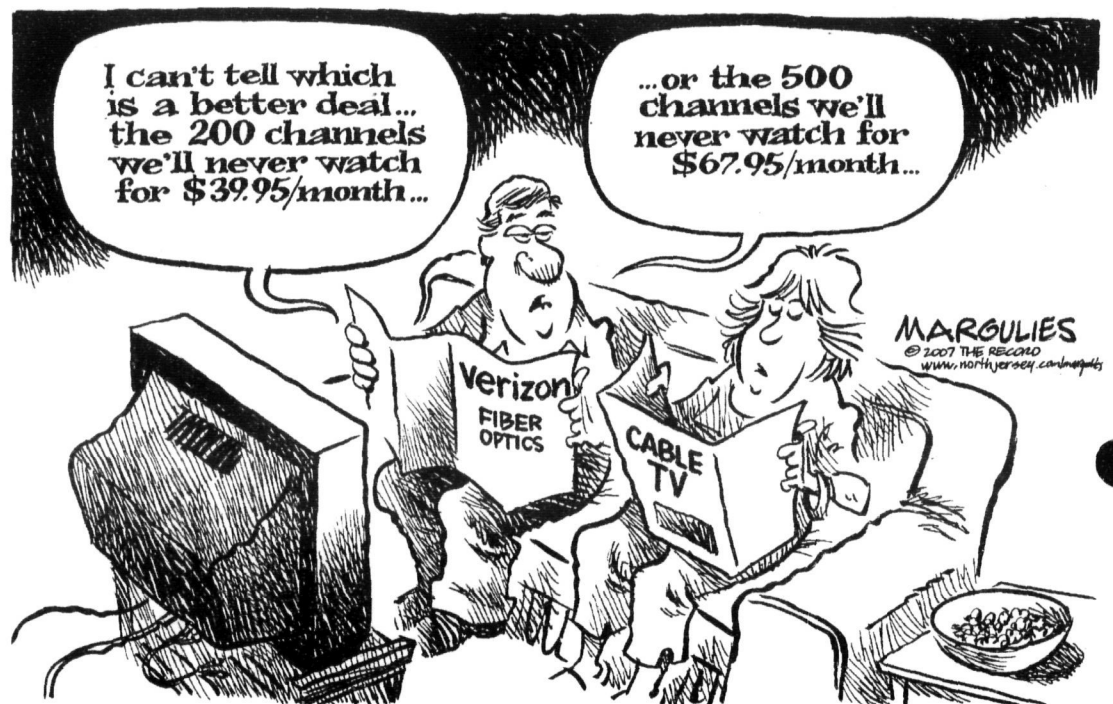
Students should not come to school being so blind about the things around them. They should not be ignorant to these things. There are many opportunities to get out there and do something more than highlighting your textbook.

After all, you paid for it. Why not take advantage of it?

Staff

"I ran out of invisible ink, you have anymore?"

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I'd rather be late to class than dead

To the students who ride north Bus Route 174:

I see the pack of you every morning as you get off across from the Outreach Building on Pacific Highway.

Right after that I then see you jaywalk across Pacific Highway in droves with not a care in the world that there is heavy on-coming traffic zooming from both directions.

I understand that you need to get to class on time. I understand that you may have an instructor who will give you a zero on that test if you're just two minutes late.

In this day and age, we're all in a hurry to get to places and get things done as quickly as possible. Or else, the consequences are dire.

However, some consequences are worse.

That test sure won't make a difference anymore if you're dead, will it?

Will that paper you need to turn in on time matter when you're being transported away on a gurney in a body bag?

Some of you may say that I'm exaggerating. Some of you may be blunter and just want to call me a variety of expletives.

But that won't sway my point.

Just because you travel in packs as you illegally cross the

Commentary



JUDY VUE

street doesn't make you invincible.

Sure, nothing tragic has happened yet.

But all it takes is one idiot who's sending a text message at the wheel.

While he's reaching for the bagel he just dropped.

Then he remembers he forgot to read Chapter 7.

And he loses focus on the road.

While he's driving in a Hummer.

You get the picture.

I understand the distance from the bus stop to the crosswalk is a ridiculous inconvenience for you.

Who wants to walk another several hundred yards toward the way you just came when

school is just across the street from you, right?

And once you do get to that crosswalk, you'll be staring at that big red hand that seems to taunt you for an eternity.

But you're not the only people who have places to go and things to do. What about the drivers who are forced to stop unexpectedly when they see you crossing in hordes?

Some of them are also Highline students trying to get to class like you. Others are trying to get to work on time or drop their child off at day care.

And let's face it. I'm sure a majority of you who jaywalk (if not all) aren't doing it because you'll otherwise be late to class.

I'll bet most of you simply do it because you can.

How can I be so sure? Because if it was a matter of punctuality, then you would be running across the street, not walking like I see the hordes of you do.

So the next time you get off the 174, use the crosswalk and spare someone the annoyance of being charged with your vehicular homicide.

While that alternative is an inconvenience, it could very well save your life.

Judy was charged for failing to yield to a car.

Submissions to Thunderword invited

The Thunderword encourages letters to the editor and columns from the college community.

Editorial cartoons on timely subjects also may be considered.

Submissions will be edited for style.

Due to limited space, please

limit your submission to 500 words or less.

Submissions that are too long may be subject to editing for length.

Material that libels others will not be considered for publication.

Letters and columns can be on any subject, but topics of in-

terest to the campus community will take priority.

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.

Poverty Bay Wine Festival returns

By ALICIA MENDEZ
staff reporter

The Des Moines Rotary Club of Des Moines kicks off its third annual Poverty Bay Wine Festival next weekend on March 10-11.

The Wine Festival incorpo-



rates wine tasting, good music, and catered food from different vendors. The festival is always held right on the water at the Des Moines Beach Park.

All of the money generated goes toward charitable activities the Des Moines Rotary Club takes part in to give back the community, and other important causes.

"We donate dictionaries to all the third graders in the community," said Ric Jacobsen, a member of the Rotary. "We offer scholarships to schools such as Highline, and to students just coming out of high school or Highline. We want to help fund their way through college."

Other notable charities they donate to include a polio fund, and an international project in Peru.

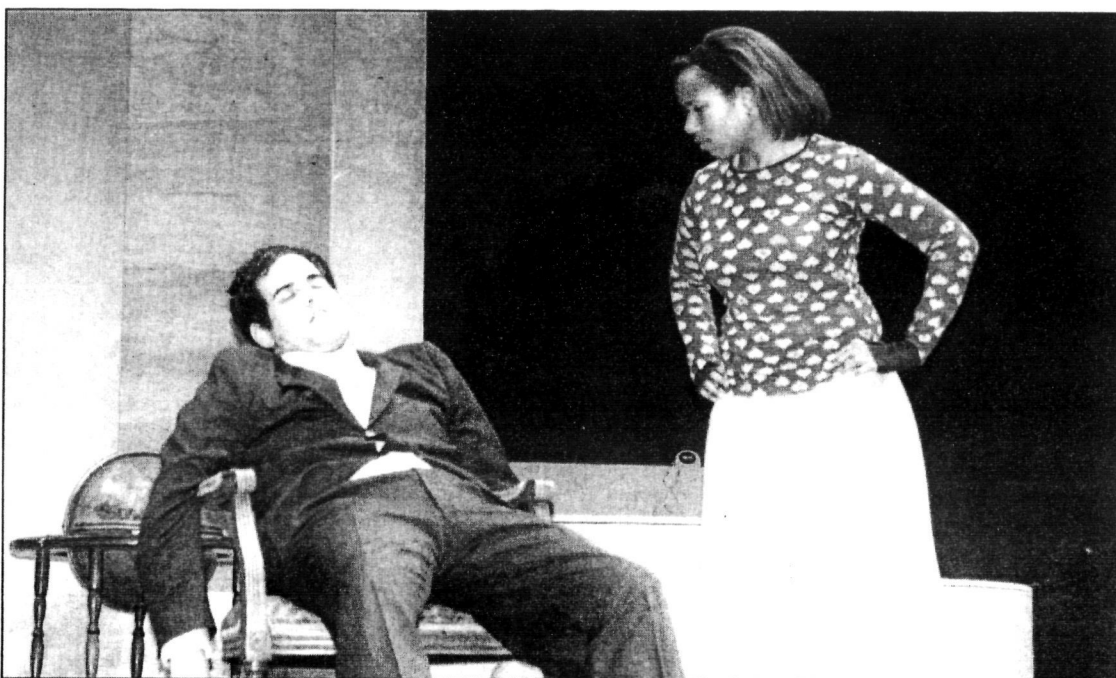
"We gave them (people in Peru) sewing machines so they could be more self-sufficient and maybe start their own businesses," Jacobsen said.

Also, a lot of the money goes to other parts of the community such as local parks.

The Wine Festival actually begins on March 9 with the second annual Gala, a black tie-optional soiree at the Landmark On The Sound in Des Moines. This year the gala theme is Mardi Gras.

Gala attendees can look forward to the musical enjoyment

SEE FESTIVAL, PAGE 6



JAIME GUDJONSON/THUNDERWORD
Jonathan Lee and Anjelica Wolfe rehearse for their upcoming show of Heartbreak House. Heartbreak House will be showing from today March 1 - 3 at 8 p.m., and again March 8 - 9 at 8 p.m. in Building 4.

Lee breaks hearts in 'Heartbreak House'

By ALICIA MENDEZ
staff reporter

Jonathan Lee expects acting to be an avocation, not a vocation.

Lee, one of the leads in the Drama Department's Winter Quarter production of *Heartbreak House*, loves theater, but doesn't expect to make a living at it.

Heartbreak House opens today at 8 p.m. and continues through this weekend March 3, it will continue next weekend March 8 - 9 at 8 p.m.

Unlike many of his cast members, Lee is still a newbie to the trade.

Lee participated in what he calls his first real show last spring at Highline during the one-act plays.

He played Haley in *The Sicilian*, and the landlord in the *The Fatal Gazogene*.

"It didn't work out so well, but it was my first real thing," Lee said.

Since Lee's first real acting gig, he has begun to sharpen his skills.

Before coming to Highline, Lee's life was encompassed by family and music.

"I've always been a musical person," Lee said. "Basically, music is my life."

Music is where his initial taste for acting was met.

He had taken part in a few church plays, and musicals. During his junior year of high school he played Lazar Wolfe in *Fiddler on the Roof* put on by Puget Sound Musical Theater.

"It was a summer youth program," Lee said. "I was much older than most of the cast, so it was like being a camp counselor."

Lee is a self-proclaimed family man, and though he has not started his own yet, only being 20 years old, he hopes to have his own, and relish it.

Growing up in a tight-knit family is what initially sparked his yearning for the ideal family life.

Lee has grown up taking care of his physically challenged brother Stephen.

Stephen was born with spina bifida. In his case he was born with a cyst on his back, and part of his spine was on the cyst, so to remove the cyst the doctors also had to remove part of his spinal cord.

So, Stephen is paralyzed from the waist down, and is not able to talk.

At the slightest mention of his brother, Lee's eyes light up as compassion begins to flow out of his mouth.

"I don't really think there's anything wrong with him. He's all I've ever known. Just because he's physically challenged does not mean he is mentally challenged," Lee said. "He's so smart. He writes stories — great stories."

Because of Lee's true aspirations of being a family man, much of his plans are dictated by that dream.

Lee said working with children is really important to him because outside of school and work he's volunteered for physically challenged children, and helped out during the vacation bible school program for his church.

"Those kids won't remember me years from now. But if I raise my own children, my impact on them will last a lifetime," Lee said.

While not set on a specific career to study, all of his choices include working with family, namely children.

Lee intends to double minor in theater and musical performance.

To reach these goals, Lee is applying to Pacific Lutheran University, and auditioned for a musical performance scholarship.

"I'm pretty sure it went really well," he said while puffing out his chest.

All of these goals are based around being a family man. As alluring as being famous on Broadway is to him, he always goes back to questioning how that could be possible while maintaining a healthy family.

"I would be content doing just community theater, and school theater for the rest of my life," Lee said.

As long as Lee finds himself on stage, he will be pleased.

"I would like to be in both musicals and regular plays," Lee said. "I would love to do opera," he said acknowledging his first love of music.

However, Lee said he still would like to polish his acting skills.

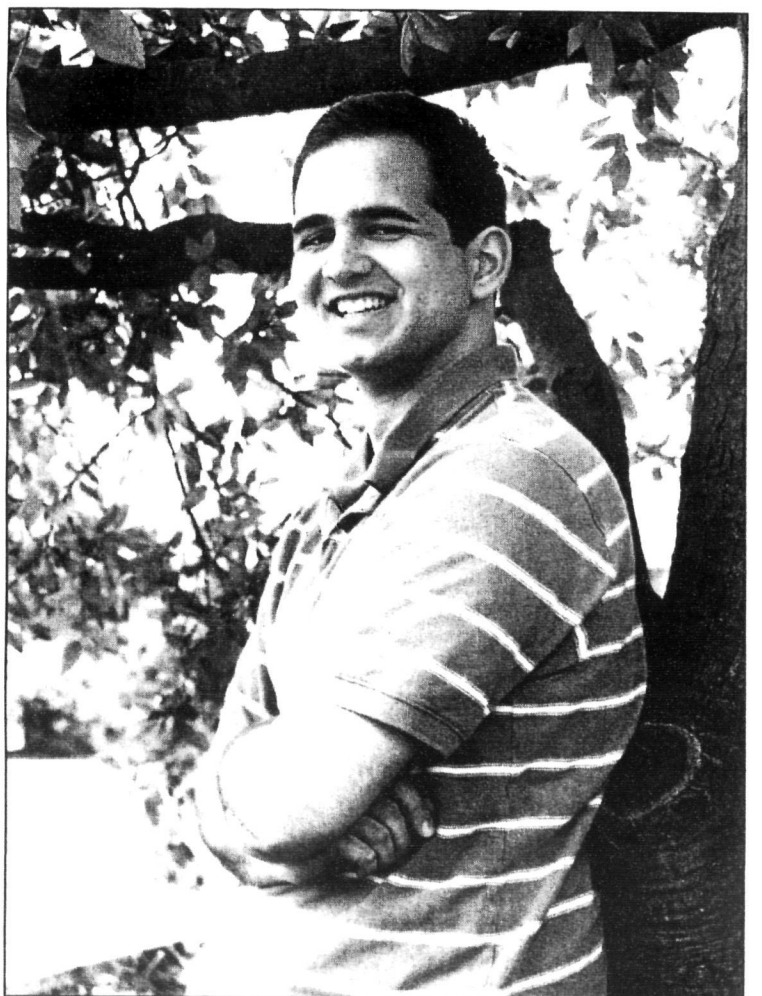
"I've just got to study. I'm just a first-year acting student," Lee said. "I've still got to get the basics down ... projection, and articulation."

In the play *Heartbreak House*, Lee has already begun fine tuning those skills.

He plays Alfred Mangan, an elderly man, who mumbles and grumbles throughout much of the play.

Lee said part of him relates to Alfred, but then another side of him, he simply finds annoying.

"Alfred likes to get attention, but at the same time, he's a whining little brat," Lee said.



JAIME GUDJONSON/THUNDERWORD
Jonathan Lee is a student actor and singer at Highline. He hopes to transfer to Pacific Lutheran University to study both arts.

Half the time, twice the taste with quick breads

The smell of bread baking in the oven can be one of the most welcoming fragrances of home.

Some people shy away from making bread because of the time involved but if you want the yummy smell and the taste that comes with it you might try quick breads.

Quick breads refer to breads that use chemical leaveners such as baking powder or baking soda rather than using yeast. These breads also require no kneading or rising time.

Banana bread, lemon bread, and zucchini bread are all types of quick breads that are easy to make and delicious to taste.

Unlike yeast breads, which get their flavor from fermented yeast, quick breads have a variety of flavors.

These breads are mixed and then put straight into the oven.

Quick breads can either be a dessert bread or even a savory bread depending on the recipe that you choose.

Ingredients for quick breads include: flour, sugar, baking powder or soda, eggs, and either butter or margarine.

All-purpose flour is used as opposed to more elegant flours such as cake flour.

Sugar can be measured less than what a recipe calls for and the taste will not be altered.

If a recipe calls for margarine butter can be substituted but never substitute margarine for butter.

I have found that it's going to turn out better if you use exact measurements.

Big Jo's Kitchen



JOCIE OLSON

When mixing ingredients together, be cautious and don't over mix the batter because the bread will become tough and have large holes in it. Instead mix the batter until the dry ingredients and everything else is just combined.

Most recipes will call for loaf pans to be greased and floured. If you don't want to take the time to do this separately, there are cooking sprays that come with flour in them. Also you can line the loaf pan with foil and spray that.

Do not allow bread to cool completely in the pan.

Once it is cool enough remove or your loaf will become soggy.

Remember these breads usually get better with age so if you are making them for an event make bread the day before and allow it to sit overnight.

For a lemon bread recipe that is out of this world, try this one:

1 cup of sugar
½ cup of margarine or butter
1 egg
2 tablespoons of yogurt
½ cup of milk
1 ½ cups of flour
1 teaspoon of baking powder
1 grated lemon peel

Glaze:
Juice from one lemon
½ cup of sugar

Grease and flour a 9x5 loaf pan.

In a large bowl, cream sugar and margarine with an electric mixer until light and fluffy.

Beat in egg and add yogurt. For a more lemony flavor use lemon yogurt.

Add milk to mixture. Continue beating and add flour and baking powder.

Stir in lemon rind.

Pour batter into prepared loaf pan and bake at 350° for an hour or until tester comes out clean.

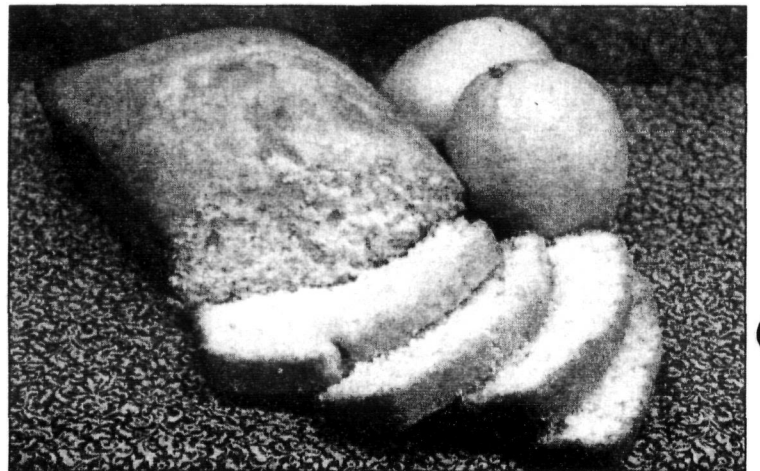
Remove from oven and allow loaf to cool.

Mix lemon juice with sugar and pour over warm loaf.

Allow glaze to cool and enjoy.

If you have a couple of over-ripe bananas than try this banana bread recipe:

½ cup of margarine or butter



This lemon bread is not all sweet and sour, it's fluffy too.

1 scant cup of sugar
2 eggs
3 medium ripe bananas, mashed
2 cups of sifted flour
1 teaspoon of baking soda
1 teaspoon of salt
½ cup of chopped nuts (optional)

Cream sugar and margarine in a large bowl. Add beaten eggs and blend well.

Add bananas and nuts (optional) and lastly add the dry ingredients which have been sifted together.

Turn into greased and floured loaf pan and bake for 1 hour at 325°.

Remove from oven and allow to cool slightly.

Then remove from pan and allow to cool completely.

With just a few zucchinis you can make a couple of tasty loaves of bread.

For a good recipe try this

one:

3 cups of peeled and shredded zucchini
1 cup of oil
¾ cup of granulated sugar
¾ cup of packed brown sugar
3 eggs
3 cups of flour
1 teaspoon of salt
3 teaspoons of cinnamon
¼ teaspoon of baking powder
1 cup of chopped nuts (optional)
¾ teaspoon of nutmeg
1 teaspoon of baking soda
3 teaspoons of vanilla

Blend the first 5 ingredients. Sift dry ingredients and add it to the first mixture. Mix only until just combined.

Stir in nuts.

Bake in two greased and floured loaf pans at 350 for 50-60 minutes or until tester comes out clean.

Blend presents an old duo

By JD LIM

staff reporter

Steve Weston and Jennifer Graybill will be performing for the next Blend Concert.

The blend in a bimonthly event put on by Student programs. Different musical artists play in the Bistro of the Student Union from 10 a.m. to noon every two weeks.

Graybill is a student here at Highline.

Jennifer Graybill comes from a family of musicians and has had a lot of experience with music.

"I have been playing the piano since I was 6," Graybill said.

Steven Weston is also a student here at Highline.

He has been performing for a couple of years now.

Weston's last performance was about a month ago also for



JAIME GUDJONSON/THUNDERWORD

Jennifer Graybill and Steven Weston practice for their upcoming Blend performance.

the Blend and were mostly solos. "I sometimes perform at other events," Weston said.

Weston and Graybill will each be playing their own instruments, and incorporating that with their own vocals.

Weston plays the guitar, and Graybill plays the piano.

The two of them have played the Blend together before, and often do covers of popular songs. While they are not a band, they often collaborate at Highline.

This coming Blend performance will be held in the Student Union on March 7.

Festival

CONTINUED FROM PAGE 5

of New Orleans Quintet and Rouge, wine tasting and an auction.

"It's exciting because we have new wineries to present to the people who attend," Jacobsen said.

This year the festival will include wine tasting from 17 different wineries.

The festival itself kicks off at 11 a.m. on Saturday and will continue until 8 p.m. Sunday the festival begins at noon and ends at 6 p.m.

The music will include Island Jazz Quintet, Susan Pascal Quartet, and Randi and Dean on Saturday. Sunday's line-up features Robert Vierschilling, and Johnny Conga & the Tropical Jazz Sextet.

"My personal insight is it's a great opportunity to meet a lot of great people in the community, along with help give back to the community," Jacobsen said.

Ticket costs for the Gala are \$75 in advance and \$85 at the door. For the festival tickets are \$20 in advance and \$25 at the door, per day. Tickets can be purchased ahead of time at Corky Cellars in Des Moines, or at <https://www.brownpaper-tickets.com/event/9611>.

Corky Cellars is located at 22511 Marine View Drive in Des Moines. Call 206-824-9462 for more information.

McManus in Love opens this month

Tim Behrens stars in *McManus In Love* written by Patrick F. McManus, Friday, March 23, at 7:30 p.m. at the Auburn Performing Arts Center, 700 E. Main St.

The play is about the painful journey of a preteen's first love. A limited number of \$5 rush tickets will be available 30 minutes before curtain.

Tickets: \$11-\$15 are available only through Auburn Parks. For more information call 253-931-3043.

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		35
+		+		x	
	x		+		25
x		x		+	
	x		+		25
30		36		27	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 5 7 7 8 9
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1. PSYCHOLOGY: What is dioglossia?
2. ADVERTISEMENTS: On the Kellogg's cereal commercial, what are the names of the characters that promote Rice Krispies?
3. MUSIC: In musical notation, what is a fermata?
4. LANGUAGE: What does the Greek prefix "tele" mean?
5. GAMES: How many players from one team can be on the field during an American football game?
6. NATURAL WORLD: What are several common examples of bivalves?
7. LITERATURE: What book was writer Erica Jong most famous for in the 1970s?

8. BUSINESS: Who is known as the "Oracle of Omaha"?
9. GEOGRAPHY: On which continent does the country of Burkina Faso lie?
10. ANATOMY: In what part of the body is the mitral valve located?

1. Secret language, especially invented by children
2. Snap, Crackle and Pop
3. A symbol placed over a note to show that it should be played longer than normal
4. Distant
5. Eleven
6. Oysters, clams and mussels
7. "Fear of Flying" sells
8. Investor Warren Buffett
9. Africa
10. The heart

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Arts Calendar

•The Highline Drama Department presents *Heartbreak House* by George Bernard Shaw, March 1, 2, 3 and 8, 9, 10 in the Little Theater, Building 4, room 122. Curtain at 8 p.m., arrive early for good seats. Tickets: \$7 students from everywhere and seniors; \$8 general admission.

•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

Last week's

Go Figure!
answers

8	-	1	x	5	35
+		+		x	
7	x	3	+	4	25
x		x		+	
2	x	9	+	7	25
30		36		27	

Weekly SUDOKU

Answer

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

Road Test

Across

- 1 Hindu discipline
- 5 Prince of Darkness
- 10 Hemingway, to some
- 14 Like a track
- 15 Nuclear weapon
- 16 Early garden
- 17 Munchkin's path
- 20 Mineral
- 21 French city
- 22 Plentiful
- 23 Measuring tape units
- 24 Pixies
- 26 Shooting star
- 29 Feel pleased
- 30 Ontario's lake
- 31 Sit on a branch
- 32 Luau adornment
- 35 Moderate position
- 39 Single
- 40 Shafts
- 41 Found in church, perhaps
- 42 Less constrained
- 43 TV hosts
- 45 Like skimmed milk
- 48 Crossword puzzle prompt
- 49 Strong and sharp
- 50 Long narrow opening
- 51 Health resort
- 54 Frost outcome
- 58 Transmitted
- 59 Wage increase
- 60 Web follower
- 61 Better's ratio
- 62 Enters data
- 63 Aware of

Down

- 1 Ma with a bow
- 2 Concluded
- 3 Strong wind
- 4 Popular detergent
- 5 Finn's friend
- 6 Costello's sidekick
- 7 *Between Two Lovers*
- 8 Parisian friend
- 9 Peacock network

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		

- 10 Legal document
- 11 Take as one's own
- 12 *The Power of Positive Thinking* author
- 13 Llama workplace
- 18 Stick in the fridge
- 19 Japanese defense system
- 23 Supply with nourishment
- 24 Vegas feature
- 25 Elegant and fashionable
- 26 Office note
- 27 Ms. Brockovich
- 28 Popular detergent
- 29 Errand boy
- 31 Parts
- 32 Run easily
- 33 Comfort
- 34 Caesar's fatal day
- 36 Texas border town
- 37 Former mates
- 38 Follows arms or foot
- 42 *with danger*
- 43 Chosen few
- 44 Mongrel

- 45 Rotund individual
- 46 Felt pain
- 47 Fashionable direction
- 48 Near by
- 50 Clip
- 51 Rind

Quotable Quote

A man who has never gone to school may steal from a freight car; but if he has a university education, he may steal the whole railroad.

... Theodore Roosevelt

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

Visa or Mastercard during business hours at 253-856-5050.

•The Nomadic Theatre 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 tword@highline.edu.

Last week's crossword puzzle solution

GAMING

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

Weekly SUDOKU

by Linda Thistle

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

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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Highline women grab division crown

Lady T-Birds begin tourney play today in Tri-Cities

BY YONAS WOLDEMICAHEL
staff reporter

Even though the Lady T-Birds did not end the regular season the way that they had hoped, splitting a loss and a victory this past week to Lower Columbia (77-67) and Green River (78-48), they still won the championship of the Western Division.

Highline finished with a 14-2 record in division play, 24-5 overall. That puts them in as the No. 1 seed from the West and into a 6 p.m. game today against Skagit Valley (12-4 in division, 20-6 overall) in the first round of the NWAACC championships in Kennewick.

To finish the regular season, Highline headed out southwest in a tough road game against the Lower Columbia (12-2 and just a game behind Highline) on Feb. 21.

Head Coach Amber Rowe said that it was going to be a tough game for the Lady T-Birds. Lower Columbia draws big crowds to its home games in Longview and the fans aren't noted for their kindness to visitors.

The win for the Red Devils made them co-league champions with Highline for a couple days until Centralia returned the favor.

As Centralia was able to defeat Lower Columbia in their season closer, 68-59, the Lady T-Birds went on to defeat Green River in their last game which then gave them a record of 14-2 and left the Red Devils 13-3.

"For us to lose to Lower Columbia was a good thing because it recharged the team. They had not loss in 14 games and might have forgot what that feels like. The trip home was an ugly one," said Rowe. "However I do not ever want to rely on another team to help us win the title with the situation that we were in. But I guess that is how things work out sometimes."

The Lady T-Birds began the first half well by outscoring Lower Columbia 41-34 as the horn blew, and then being outscored 43-26 in the second half.

The words of the day for this game was consistency and psychological interference.

In the past there has been reported racial tension in the Red Devil house and many of the



Highline's Kim Dodson grabs for a loose ball in the T-Birds' season-ending win over Green River.

players went in knowing that.

But as guard Jasmine Meeachern said, "There wasn't any racial slurring going around in this game, it is just the fact that it was their house, their fans, and their rules. It was more intimidating than anything else."

Highline was not consistent at all as they shot 15 for 33 from field goal range, and 10 for 11 from free throws in the first half.

They then went on to shoot nine for 35 from field goal range

and seven for 15 from the free throw line for the remainder of the game.

Highline's Samantha Tinned led the way for the team with 23 points, in addition to Vanessa Baines' 14 points and Kim Dodson's 16.

In the game against Green River, Highline looked more like the team that many spectators have come to know.

The Lady T-Birds dominated from the start and were relentless in their attack, while the de-

fense held Green River to under 30 percent in shooting.

"This game was somewhat tough as we were dealing with referee issues and only had one ref until the second half," said Rowe. "The second half was great and more the team that I like to watch. All in all it was a great way to end the season and head into the tournament."

In this high scoring game the leader was Samantha Tinned with 15 points. Vanessa Baines also contributed 12 points fol-

lowed by Valerie Cook's 11 points. The point distribution was well spread out among the team.

"The league title is not enough for this team. Even after we defeated Green River the girls did not celebrate or anything because they want more. They want to win that NWAACC championship," said Rowe.

Scoreboard

NWAACC Women's basketball Final standings

NORTH	League	Season
Bellevue	13-3	23-4
Everett	13-3	23-5
Whatcom	13-3	19-9
Skagit Valley	12-4	20-6
Peninsula	8-8	13-12
Seattle	7-9	12-16
Edmonds	3-13	7-19
Olympic	3-13	5-21
Shoreline	0-16	1-23
EAST	League	Season
Yakima Valley	12-2	26-3
Columbia Basin	10-4	19-8
Walla Walla	9-5	16-11
Wen. Valley	9-5	14-14
Spokane	8-6	18-9
Big Bend	4-10	11-17
Treasure Valley	4-10	9-20
Blue Mountain	0-14	2-25
WEST	League	Season
Highline	14-2	24-5
Low. Columbia	13-3	17-8
Tacoma	12-4	18-9
Centralia	11-5	18-10
S. Puget Sound	10-6	16-11
Green River	5-11	6-20
Clark	4-12	4-20
Grays Harbor	2-14	3-22
Pierce	1-15	1-25
SOUTH	League	Season
Lane	13-1	25-4
Clackamas	11-3	20-8
Linn-Benton	11-3	22-7
Chemeketa	9-5	20-9
Portland	5-9	12-16
Mt. Hood	4-10	12-16
Umpqua	3-11	11-17
SW Oregon	0-14	1-24

Results

Whatcom 74, Everett 60
Bellevue 78, Olympic 41
Peninsula 78, Seattle 74
S. Puget Sound 74, Clark 36
Centralia 68, L. Columbia 59
Grays Harbor 45, Pierce 41
Highline 78, Green River 48

NWAACC coaches poll
Team/record/Pts/1st/Previous
1. Lane 25-4 74 (5) 1
2. YValley 26-3 70 (3) 2
3. Bellevue 23-4 44 3
4. Highline 24-5 40 5
5. Colu Basin 19-8 23 6
6. Linn-Benton 22-7 18 nr
7. Clackamas 20-8 16 7
8. Everett 23-5 12 4
First-place votes in parentheses.
Others receiving votes: Lower Columbia (10), Walla Walla (4), Skagit Valley (1).

MICHELLE ERICKSEN/THUNDERWORD

THE THUNDERWORD/MARCH. 1, 2006/PAGE 9

Men travel to defend championship

By SAM BOYD

staff reporter

The Highline men's basketball team had a bittersweet week, battling Lower Columbia, but falling in a dramatic 57-56 loss. The Thunderbirds then came home to spank Green River 73-50, clinching the Valley Cup for Highline.

Pierce, who had the same record as Highline coming into this week, also split their games:

The result is that Highline and Pierce are co-champions, sharing the West Division title.

The NWAACC tournament in Kennewick runs Thursday to Saturday, and Highline hopes to defend its title. Last year, Highline ran the gauntlet and defeated Lower Columbia in the championship game.

Four teams enter the tournament from every division, and Pierce has the No. 1 seed from the West Division, Highline has the second seed. Pierce and Highline split their two regular season matchups. Although Highline has a better overall record, Pierce won the tie-breaker in a random draw.

One thing is certain, the road to the championship game will not be easy: Highline opens at 8 a.m. this morning against Peninsula. Peninsula (10-6), is the third seed from the North Division, with a team that boasts depth and four starting sophomores.

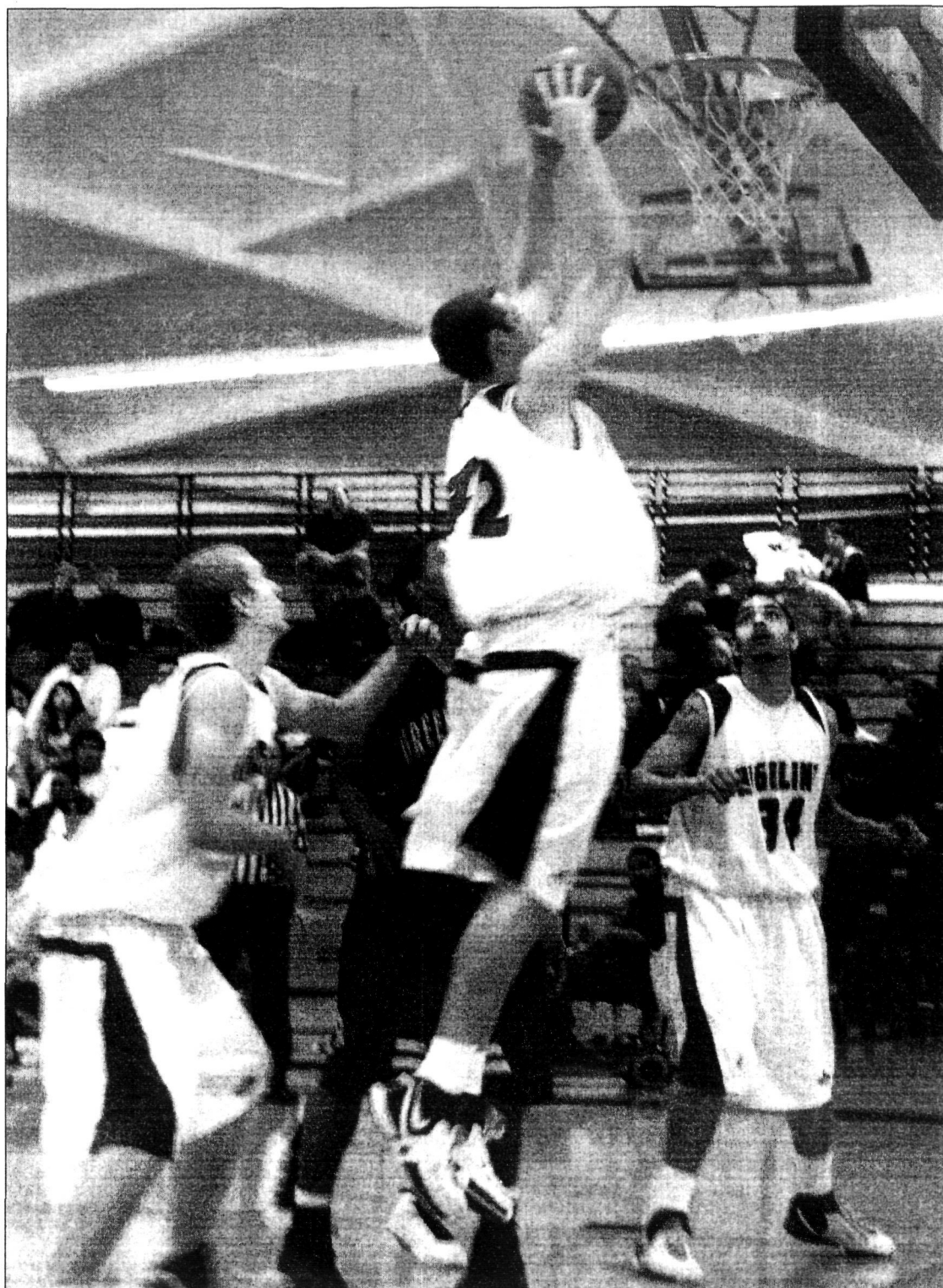
If Highline were to win against Peninsula, the Thunderbirds would play the winner of the Clackamas-Blue Mountain game. Clackamas has a 25-4 record, and is ranked No. 1 in the NWAACC coaches' poll. Highline is ranked fourth.

To prepare for the early opening game time, the Thunderbirds practiced at 8 a.m. on Monday and Tuesday.

Highline Head Coach Che Dawson doesn't think the game time is going to be the deciding factor.

"Both teams have to play at that time," Coach Dawson said. "After the game, we won't be using [the game time] as an excuse for anything."

The main key against Peninsula is to "be the aggressor



Matt Mgebroff puts one in while Justin Armstrong (left) and James Thorn (right) wait for a rebound.

in every aspect of the game," Dawson said, "Passivity has never won anything."

"Who we face in the second round, that's irrelevant until we get there," said Dawson about a potential match with Clackamas.

On Wednesday, Feb. 21, Highline traveled to Lower Columbia to play a game that ranks among the most painful games of the season.

Lower Columbia had a large number of fans, packing the

arena with 900-plus Red Devil faithful. The game was televised locally.

Highline led 27-23 at the half, but the game came down the wire, as both teams handed away turnover after turnover.

Highline had the ball, down 57-54 with eight seconds to go, and timeout was called. The coaches drew up a play, and the ball was inbounded, eventually going to Morris Anderson for a wide open three-point attempt, but the shot was short.

Somehow, Anderson miraculously grabbed his own rebound, and as the last two seconds ticked away, Anderson weaved back to the three point line. With only one foot on the ground, Anderson delivered a turnaround shot as the buzzer sounded.

Almost unbelievably, the ball went in, and the referee signaled that the shot was good for three points, apparently sending the game into overtime tied 57-57.

The Highline bench went

nuts, screaming and jumping, but their joy was short-lived.

The officials, per NWAACC rules, can review calls, and they went to the TV monitor on the sidelines to check the play.

When they saw the replay, they noticed that Anderson's foot was on the three-point line when he shot the ball, making the shot a two-pointer. The officials overturned the call, and the game was over, a 57-56 defeat for the T-Birds.

There were a number of controversial calls in the last minutes of the game, and some Highline fans were incensed by the referees. Highline player Mandela Bunting was not concerned.

"There were some questionable calls, but that happens in any game," Bunting said.

Derrick Webb scored eight and pulled down a season-high 14 rebounds, as well as dishing out five assists. Anderson added 11 points, five assists, and six steals. Zach Bruce scored nine and blocked two shots, and Matt Mgebroff scored six and brought down six boards.

Highline turned the ball over 19 times in the game. Foul trouble was also an issue, as all of their starters had three or more fouls headed down the stretch.

The Thunderbirds next came home to play in the annual Valley Cup against the Green River Gators. Highline not only won the women's game, but also won the dance competition, the lay-up contest, and the relay race that were held between fans of the respective schools.

It was clear from the start that Highline would continue its sweep of the Gators with the men's basketball game, as the T-Birds jumped to a 11-6 behind three Brandon Smith three-point baskets.

The score was 37-19 at the half, with Smith's 15 points leading the T-Birds. Highline rolled unimpeded after intermission, cruising to a 73-50 victory.

Anderson scored 13, pulled down nine rebounds, and dished eight assists, to go along with his three steals. Vaughn Gaines added 16 points and three assists, and Smith finished with 19.

Scoreboard

NWAACC men's basketball Final Standings

NORTH	League	Season
Bellevue	15-1	25-3
Whatcom	11-5	19-9
Peninsula	10-6	15-9
Sk. Valley	8-8	14-15
Everett	8-8	13-14
Olympic	7-9	11-16

Shoreline	6-10	13-14
Seattle	4-12	9-19
Edmonds	3-13	7-20
EAST	League	Season
W. Walla	13-1	23-4
Col. Basin	9-5	21-6
Big Bend	9-5	19-8
Bl. Mountain	8-6	15-12
Spokane	6-8	13-16

Wen. Valley	6-8	8-18
Yakima Valley	5-9	13-15
Treasure Valley	0-14	6-23
WEST	League	Season
Pierce	12-4	18-10
Highline	12-4	19-7
Lower Columbia	11-5	19-10
Clark	11-5	21-9
Greys Harbor	9-7	15-13
Green River	8-8	13-14
Centralia	5-11	7-20
Tacoma	3-13	4-22

S. Puget Sound	1-15	3-24
SOUTH	League	Season
Clackamas	14-0	25-4
Mt. Hood	10-4	18-9
Umpqua	9-5	15-14
Chemeketa	7-7	15-12
Linn-Benton	7-7	16-13
SW Oregon	6-8	19-10
Portland	3-11	6-21
Lane	0-14	6-23
Coaches' poll		
Team/record/Pts/Previous		

1. Clackamas	25-4	80 (8) 1
2. Bellevue	25-3	55 2
3. Walla Walla	23-4	54 3
4. Pierce	18-10	33 nr
5. Highline	19-7	26 4
6. Mt. Hood	18-9	24 6
7. Col. Basin	21-6	21 8
8. Whatcom	19-9	9 7
First place votes in parentheses.		
Others receiving votes: Big Bend (6), Lower Columbia (3), Clark (1).		

Baines and Gaines give opponents pain

Cousins collide on Highline's court

By MICHELLE ERICKSEN
staff reporter

Vanessa Baines and Vaughn Gaines took separate paths to Highline but when they got here they found out it was a family affair.

Each is a key player on Highline's basketball teams. They also are cousins. Both are competing in Kennewick this weekend in the NWAACC basketball tournament.

Highline was not the first choice for either. While it started out as a last resort for the two, so far they are both happy with Highline.

Baines and Gaines each had different reasons for attending Highline.

"We never went to school together before, except for a year in the eighth grade," Baines said.

They were both surprised to see each other at Highline.

"I found out she was playing when I started playing," Gaines said.

"I like it," Baines said. "I like being able to see him."

Highline's basketball program is what drew both freshmen guards to the school. Standing at 5'10", Gaines is the youngest and shortest on the team. He finished the season averaging 12.2 points a game and is seventh in the league for assists with 62.

Baines, 5'7", averages 11 points a game.

Gaines and Baines have more in common than just liking the same brand of shoes. Both grew up in Tacoma and were first coached by their fathers.

To them basketball is more than an after school sport or a means to attend college: It's a lifestyle.

Gaines graduated from Belarmine Prep High School and was unable to go to a four-year school because of grade trouble, and he didn't like the junior college he visited in California.

"I heard they (Highline) won the championship and I wanted to stay close to home," he said. "I've played on winning teams



Vanessa Baines and Vaughn Gaines are both freshmen guards on Highline's basketball teams.

my whole life and the coach has good connections."

Gaines first started playing basketball in kindergarten and played on the national team in fifth grade.

"Basketball has been a tool for me my whole life," Gaines said. "I want to play basketball as a career here or overseas."

While height is usually considered essential for basketball, it hasn't in affected Gaines's game.

"Because I'm shorter I have to find ways to stand out from everyone else," he said. "It makes me put more time in the gym."

Gaines is majoring in business finance

"I'm the first one in my family to go to college," Gaines said. "I'm glad I'm still in college."

One of Gaines's major goals is to get a scholarship to play at a Division I school. "I want to play at the highest college level of basketball you can play at," he said.

Between college and basketball, Gaines does not have a lot of time on his hands.

"That's all I do is play basketball, go to school, and sleep, that's all I have time to do," he

said.

Baines, a freshman from Lincoln, said she had originally thought of going to a college in Idaho, but a brief visit to the school changed her mind.

"Me and Sam (Samantha Tinned) went to visit and the town smelled like cows and there was nothing there," Baines said. "I didn't like it."

Baines said she also heard that she'd have to deal with racism, and she didn't want to worry about that.

Baines heard about Highline from Head Coach Amber Rowe.

"Coach Rowe used to be at my games in high school," she said.

Baines said that while she never thought she'd play for a community college, she's happy at Highline right now.

Baines has been playing basketball since the fifth grade.

"My dad's a coach and he started coaching a team for the Boys and Girls Club," Baines said.

"I played for him until high school."

Baines said that basketball is what keeps her in school.

"I hate school but I know if you don't go to school your future is dead because you need an education to do anything. Basketball keeps me motivated," she said. "It's a career. I'm trying to go to the next

to get an associate of arts degree, although she won't know where she'll be transferring to until next year.

"I do know I want to get out of Washington," she said.

Baines said she's been looking at California, and is going to stay on the West Coast.

"It's hard for me to be away from my family," she said.

Baines said one of her biggest inspirations was one of her older cousins.

"We grew up together ... he always had it rough," she said. "He kept pushing himself even though no one thought he could make it."

Baines said her cousin needed a high SAT score to get into Washington State.

"He took the SATs five times, now he's playing D-I football at Washington State," Baines said. "It encourages me because I want to give up all the time."

The Lady T-Birds (14-2) clinched the West Division title last week, finishing with an overall record of 24-5 and a shot at a crown this weekend.

"I think we're going to win the whole thing. We just need to come together as a team and really get ready," Baines said. "We have to get our minds right."

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Thunderbirds hope to soar in Tri-Cities

By SAM BOYD

staff reporter

Clackamas, Bellevue and Walla Walla are expected to be the favorites as the NWAACC men's basketball tournament opens in Kennewick this morning.

The defending champion Highline Thunderbirds hope to have something to say about that, however.

Coaches also picked Clark, Peninsula, Columbia Basin, Umpqua and Lower Columbia as dark horses.

Opinions of Highline were mixed, as some coaches picked the T-Birds as a favorite, but others saw the T-Birds as a dark-horse contender.

Clackamas went undefeated in the South Division with a league record of 14-0, along with a 25-4 overall record. They are ranked No. 1 in the NWAACC polls, and are led by division MVP Brian Freeman, who averages 16.2 points and 13.9 rebounds to go along with his division-leading 21 blocks. David Cernin and Steven Vaughan also are major forces for the Cougars, each averaging 17 points a game.

The North Division champion Bellevue Bulldogs achieved a 14-1 divisional record and a 25-3 overall record.

"Our team strengths are that we play extremely hard and together," Bellevue Coach of the Year Jeremy Eggers said. Eggers also admits that they need to improve on finishing better around the basket and making free throws.

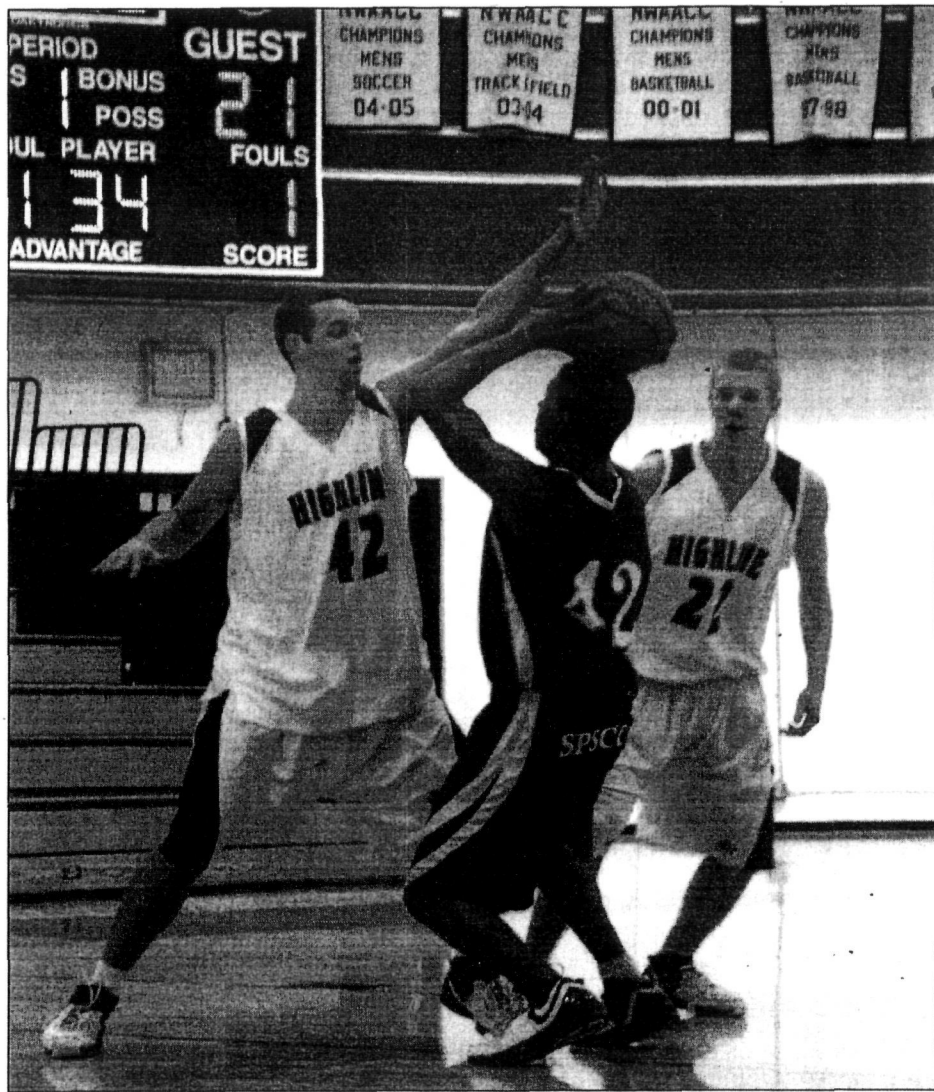
The Bulldogs shoot 38.3 percent from three-point range as a team, and they are led by sophomores David Grant and Jordan Ard, who average 17 points and six rebounds a game.

The Walla Walla Warriors hail from the East Division, where they went 13-1 to compliment a 23-4 overall record. They are led by division MVP Curtis Carlson, who averages a division-leading 23.4 points and 8.5 rebounds a game. The Warriors shoot 50.6 percent from the field as a team, but struggle both defensively and on the boards, rebounding dead last in the East.

Pierce split the West Division championship with Highline, playing to a 12-4 division record and 18-10 overall.

"They play well together as a team, but we need consistency," Head Coach Bill Mendolson said. "We have a different person stepping up each night."

Freshman Andrew Boykin has stepped up down the stretch, but Pierce is led by Michael Wright's 16.2 points and 13.7 rebounds per game, which is five better



MICHELLE ERICKSEN/THUNDERWORD

Matt Mgebroff, 42, and Justin Armstrong apply defense against South Puget's Calvin Edwards in a recent game.

than any other rebounder in the West Division.

Highline is the defending NWAACC champion, and they return a versatile team that is stacked with talent.

"Highline has the best starting five players I've seen," Mendelson said. "They have a real good chance."

The T-Birds are led by co-division MVP Derrick Webb, who scores 16.8 points, 7 rebounds, and 5 assists a game.

All-Star sophomore point guard Morris Anderson returns to the tournament where he shot 80 percent from three point range last season.

Possible darkhorse Clark plays together and has a strong bench that carries them late into many games. They excel at scoring, trailing only Grays Harbor in points scored per game. Clark went 21-9 overall.

Columbia Basin plays a stellar game that makes many coaches pick them as a dark-horse team, coaches said.

Lane, Yakima favorites in women's tourney

By ARNEL CUSTIC
AND YONAS WOLDEMICAHEL

staff reporters

The favorites to win this year's NWAACC championship tournament are Lane (25-4) and Yakima Valley (26-3), say the coaches of teams playing in the tournament.

This year's tournament will take place in Kennewick, starting this morning and ending Sunday night with the championship game.

Lane is the No. 1 seed out of the South Division and Yakima was top dog in the East. Lane and Yakima Valley were ranked first and second in the final coaches' poll, followed by Bellevue and Highline.

Lane is the defending champion and

has not lost on its home court in 54 games. The Lady Titans are led by Kammy Martindale, Shelby Stephens, and Mercedes Alexander who are all averaging above 13 points a game.

However, Lane Head Coach Greg Sheley said that Yakima is the favorite to win this tournament, considering the fact that they get to sleep in their own beds at night and do not have to make a long trip.

"Yakima has a lot of depth," Sheley said. "This will be a beneficial factor as the tournament progresses."

Yakima Valley won the NWAACC championship two years ago but lost last year in the semifinals.

"We [Yakima] have the experience that some of these teams in the tournament lack. In addition to that our talent is evenly distributed among 13 players that all contribute," Head Coach Cody Butler said.

The Lady T-Birds face Skagit Valley (20-6) in the first round.

"We are a well-rounded team," Highline Head Coach Amber Rowe said. "If opponents are able to shut down one capability of this team, another will arise."

Highline is led by West Division MVP Samantha Tinned, who led the NWAACC in scoring; post Kim Dodson (led the league in shooting percentage at 62 percent); and guard Vanessa Baines (multiple double-double's this season).

Dodson and Baines have been voted to the division first and second all-star teams, respectively.

Skagit Valley finished fourth in the Northern Division. "One big improvement that we need heading into this game is rebounding," said Steve Epperson, Skagit Valley head coach.

Skagit Valley is led by Shawmonee Holm who is averaging 14 points, 12 rebounds, and 7 blocks.

If the Lady T-Birds are able to defeat Skagit Valley then they will go on to face the winner of the Clackamas (20-8) vs. Walla Walla (16-11) game.

Two teams to keep an eye on throughout the tournament, according to Rowe, are Lower Columbia and Tacoma.

"I'd be careful with Lower Columbia and Tacoma because those will be some tough teams to beat," Rowe said. Highline lost to each team once this year.

On the other hand, Head Coach Jason Hosney of Lower Columbia believes that Centralia (11-5 league, 18-10 overall) will surprise everyone. "Centralia always finds a way to win even with less talent," Hosney said.

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T-Bird wrestlers fall flat at national tournament

By KORY FARRELL

staff reporter

Highline wrestler Brad Padgett was six seconds away from claiming the much deserved national title at 184 pounds. Unlike the last time Padgett faced off against Kyle Sand from North Idaho in the regional final, however, Sand gained the upper hand in the final seconds for the 10-6 upset.

Iowa Central won the team tournament with 154.5 points, followed by Labette with 105.5, and North Idaho with 86.5. For the second year in a row, Highline finished 19, scoring 23 points as a team.

Prior to the match against Sand, Padgett looked to be unstoppable as he destroyed Minnesota West's Jesse Evans and William Rainey Harper wrestler Alex Knipp, each by technical fall. Padgett continued to impress as he pinned Chris Kearn from Colby, and won by major decision over Iowa Central's Nate Willard 12-2 to make it to the finals.

But Padgett doesn't believe he wrestled his best all the way through.

"It went all right," Padgett said. "To an extent ... I don't know how to explain it."

Individually most other Highline wrestlers lacked luster as four out of six of them went two and out.

At 149 pounds sophomore T-Bird Michael Markey lost his first match by 17-11 decision to Cody Chipperfield of Western Wyoming, then his second by 16-8 major decision to Zach Jusola of Rochester.

"I didn't have a good tournament," Markey said. "Everything always doesn't go your way."

At 157, sophomore T-Bird Justin Studer didn't have much more luck as he lost to Micah Keller of Ellsworth by 11-3 major decision, and then was pinned by Steve Merth of Itasca.

At 165, freshman T-Bird Pano Dreves lost by 9-4 decision to James Lyons from Jamestown, and then was pinned by Jordan McKiernan of Muskegon.

"I don't think I was prepared physically," Dreves said. "I wasn't in the condition I should have been."

"But it was a great learning experience," Dreves said. "As soon as I got there I was thinking about next year."

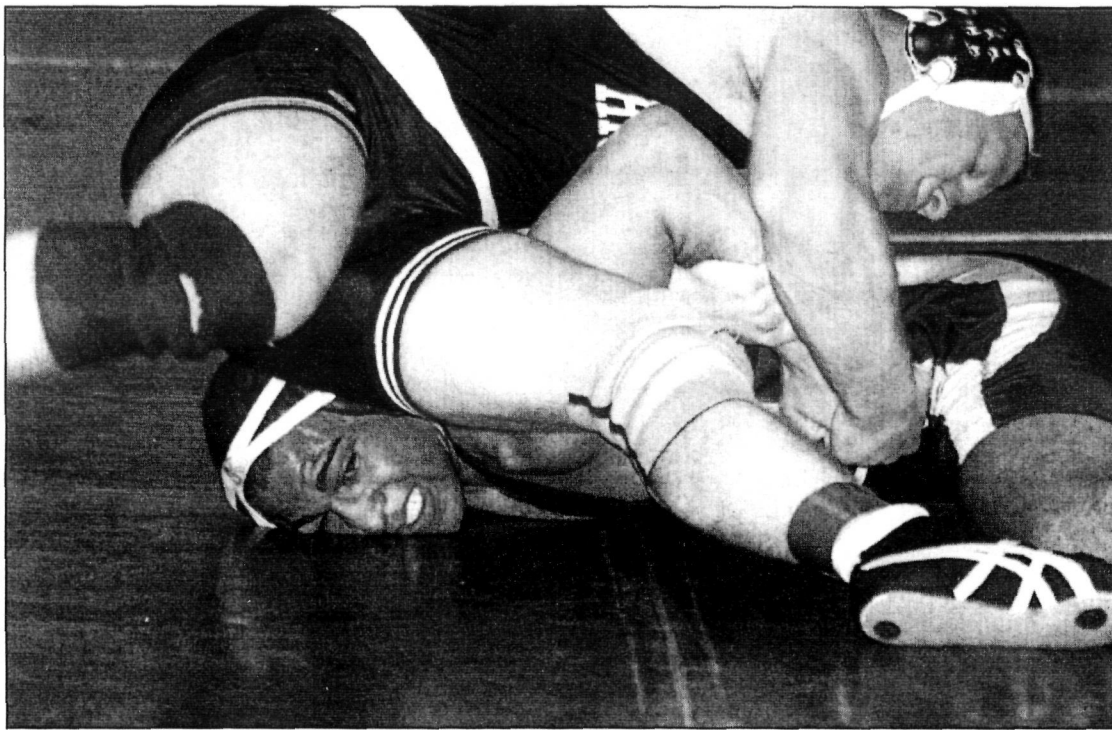


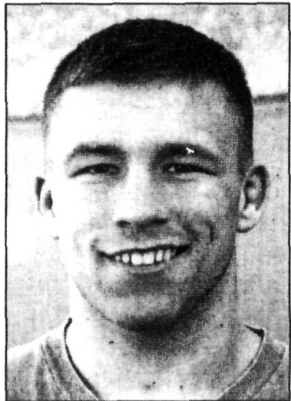
PHOTO COURTESY OF DEENA PADGETT

Brad Padgett (top) works for a pin over Chris Kearn (bottom) of Colby.

At 174, sophomore Lionel Orji earned the only other win among the T-Birds by working to a 5-3 decision over Jamestown's Dave Hansen.

"At the tournament I was pumped, I really wanted to be up there on that podium," Orji said.

But Orji went on to lose a tough 8-6 decision to Iowa Central's Kevin Flinn, and then was pinned by Brian Boudro of Gloucester in the third round of the consolations.



Padgett

Freshman 197-pounder Zach Nims suffered similar difficulties as he lost a razor-close 4-3 decision to Shaunden Crawford of Ellsworth, then an 8-3 decision to Brent Mason of Ridgewater.

"I feel I wrestled real strong, real technical, but I just didn't come out on top," Nims said.

Now that the wrestling season is over, however, the T-Birds have their futures to consider.

Returning will be freshman redshirt heavyweight Zach Corbett, who was out most of the season due to a knee injury.

Also returning for another season at Highline are freshmen 133-pound wrestler Chris Mather and 165-pounder Dreves.

Freshman Nims said he is unsure of whether or not he will return next year.

"I'm undecided," Nims said. "I gotta figure out what I'm going to do with my life; you've got to prioritize."

Not rejoining the team is 141-pound freshman Anthoni Heffernan, who accepted a scholarship to Jamestown.

Sophomore wrestlers Markey, Studer, Orji, Padgett, and heavyweight Roy Chambers are all moving on from Highline.

Markey said he might wrestle in the future if he gets the opportunity at other colleges.

"I'd have to think about it, that's for sure," Markey said.

Sophomore national runner-up and All-American Brad Padgett is keeping his options open as well.

"There are a lot of colleges,"

Padgett said. "I'm not going to think of any until I go see them."

The T-Birds reflect on their experiences and how much closer they were this season.

"Towards the end the team got really tight," Dreves said.

"Last season we weren't really like a team," Markey said. "We had 10 guys all on their own separate agendas."

"The team bonded [this season]," Orji said. "We were more

connected."

Despite how close the team was, freshmen Mather and Heffernan both said the season had its highs and lows.

"It felt like a rollercoaster, going up and down," Heffernan said.

"Major rollercoaster, it just wouldn't stop," Mather agreed.

"Our team had a way of getting up from matches and the other matches being flat as possible," Heffernan said.

After a season or two of experience, the T-Birds pass on words of wisdom to the future wrestlers of Highline.

"It's still just wrestling," Corbett said. "You have to take care of yourself a little more. Get a routine."

"It's a longer season [college]," Nims said. "Try and stay healthy and injury free and everything else will come."

"Work hard, because you never know when your last wrestling match will be," Orji said.

"Just stick it out," Markey said. "A lot of people quit."

"Be prepared to work hard, because next year we're just going to keep after it," Dreves said.

"It's a different world from high school to college," Mather said. "Bust your ass, do what you've got to do."

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Science Seminar tries to find the shape of the universe

By ARNEL CUSTIC
staff reporter

"The most well-known theory going around now is that we live in a three-dimensional world," said Shawn McDougal at last Friday's Science Seminar.

Shawn McDougal is an intern in the math department at Thier who attends Science Seminars on a regular basis.

Science Seminars are expert-taught presentations held on a weekly basis.

Last week's Science Seminar was on space: what topology is, how it relates to space, and how dimensions can be identified using mathematic tools. Topology

is the study of space mathematically.

"Before we're able to begin using topology and mathematics to study space we have to identify dimension first," McDougal said. "Dimensions are basically length, width, and height.

Using those three, McDougal provides the audience with a few examples in order to jumpstart their thinking.

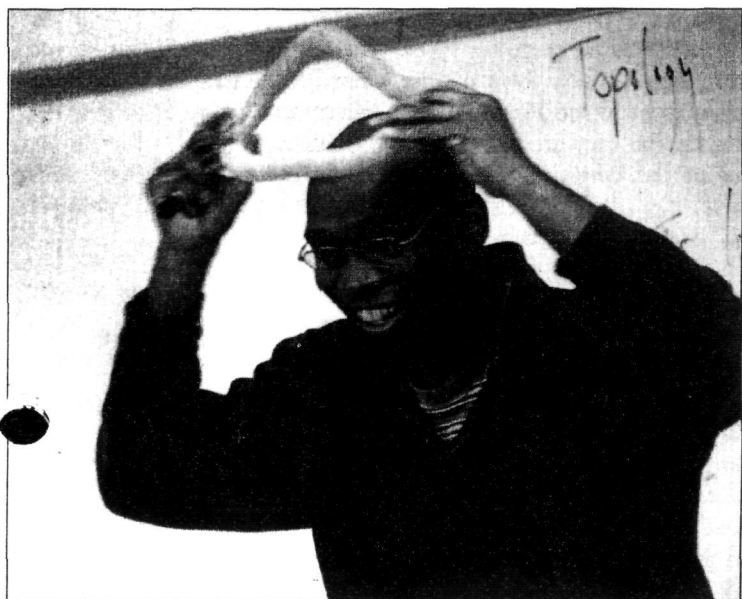
"How many numbers would you need to identify yourself if you were on a number line?" asked McDougal. "You would only need one, which makes it one-dimensional.

"Now, picture yourself on a flat surface," McDougal said. "How many numbers would



ALICIA MENDEZ/THUNDERWORD

Science seminar attendees participating during the lecture by blowing up balloons that Shawn McDougal passed out to see if the world is really round.



ALICIA MENDEZ/THUNDERWORD

Shawn McDougal uses balloons to explore the universe's shape.

you need to locate yourself? You would need the length and width, or two numbers in other words, to locate yourself. That makes this two-dimensional.

"Lastly, what if you were to live on one point? How many numbers would you need then?" asked McDougal. "You wouldn't need any because there's only one possibility, which makes this zero-dimensional."

Throughout his presentation, McDougal handed out colorful balloons, Play-Doh, markers, and tape. All of these helped the audience visually understand the concept of dimensions in one way or another. Many people would say that the world

we live in is three-dimensional yet not many are able to explain why. McDougal, on the other hand, can.

"We live in a world where we can move forward and backward, side to side, and up and down," McDougal said. "That means that it takes three numbers or dimensions in order to identify oneself."

"It wouldn't be enough to provide someone with just longitude and latitude and expect them to find something or someone," McDougal said.

"If you direct someone with simply longitude and latitude you can't expect them to find what they're looking for be-

cause you have to provide them with the altitude, or height, as well," McDougal said.

Now that the world has been identified as three-dimensional, McDougal went on to discuss the shape of the universe. As far as he knows, the shape of the universe could be anything.

"The shape of the universe is still not yet known. I mean, there are theories out there but no one has been able to prove any of them," McDougal said.

American Red Cross aims to aid in awareness

By SIMONE SNOW
staff reporter

The American Red Cross wants everyone to breathe new life into CPR in honor of Red Cross Month in March.

The American Red Cross was founded in 1881, and has since provided aid to people in catastrophic events such as Hurricane Katrina and the Indian Ocean tsunami in 2004.

In order to draw awareness to the Red Cross and raise funds to provide aid for such disasters, every president since Franklin D. Roosevelt has declared March as Red Cross Month.

"Red Cross Month has been proclaimed by every president since 1943 and this is a perfect opportunity to highlight the Red Cross," said Katherine Boury, media relations officer for the American Red Cross in King and Kitsap counties.

"This is a really great occasion to highlight the local Red Cross. Locally, we respond to a disaster almost once every 37

hours, usually a residential fire or flood."

For Red Cross Month, the Red Cross chapter serving King and Kitsap counties has two events planned, including the seventh annual CPR Saturday event to teach anyone who is interested the life-saving skill of CPR.

The free event will be held on March 10 in the Washington State Convention & Trade Center, starting at 8 a.m.

Those interested must pre-register for it at www.seattleredcross.org, or by calling 206-726-3534.

Spanish and American Sign Language instructors will be available at the event.

"CPR Saturday is a great event to get trained or renew your skills," Boury said.

The other event being hosted by the local Red Cross is the eighth annual Real Heroes Breakfast to honor 13 local heroes.

The breakfast will be held on March 15 in the Kitsap Confer-

ence Center from 7-9 a.m. Reservations are required and are available by calling 360-377-3761, ext. 10203. A donation of \$75 is suggested.

"Right now these are the only confirmed events in our area. Other chapters may have different events scheduled," Boury said. "With the winter flooding and windstorm, this is a perfect reminder for people to get prepared."

Boury also said that while Red Cross is known primarily for disaster response, they offer many other services as well.

"Many people think of disaster response when they think of the Red Cross, but we also offer many other programs," Boury said.

"For example, we have an international services program that includes a language bank with over 500 volunteers that speak over 75 languages and dialects.

"The Red Cross offers many classes in CPR, First Aid, Pet First Aid, HIV/AIDS Aware-

ness, along with workplace and family preparedness classes."

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Coffee in the Bistro to be served under a new name

By BEKA SIMMONS
staff reporter

The company that provides food service to Highline has changed its name.

The firm formerly known as Heavenly Cappuccino has changed its name to Cater Seattle, said Brett Willard, the owner of the firm.

Heavenly Cappuccino was mainly in the coffee business, and has now changed to catering services, food preparation, and coffee distribution, Willard said.

Cater Seattle is also involved with catering services for weddings, large social events, and personalized menus.

The firm has been in charge of Highline's food service since June 2004, when they won the contract. They had previously run espresso stands in the old Student Union building and near Building 6.

Willard said the contract has been good for his company,

with sales up 9-10 percent this year. A customer survey has also shown Highline's customers are happy with the food and service, he said.

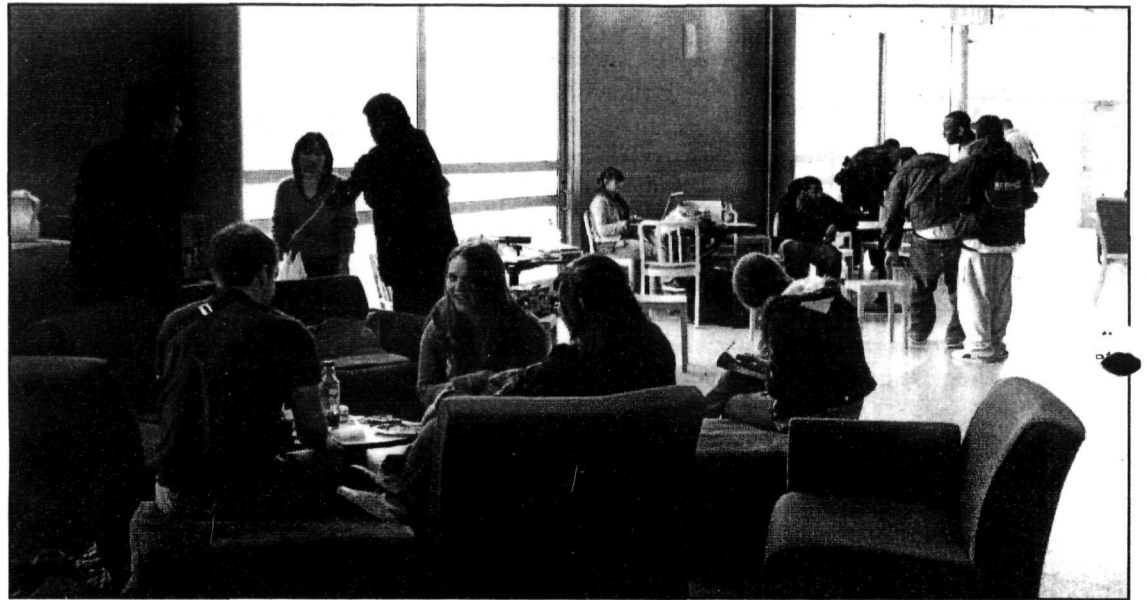
Cater Seattle's exclusive contract doesn't prevent potlucks on campus, however.

"This section [of the contract] does not prohibit student or employee groups from bringing or providing food and beverages as a part of a potluck party, or similar event as long as there is no cost to the college," said Highline Purchasing Manager Diana Thiele.

Several people who had events on campus previously had been told that they couldn't bring any food to their events.

Willard said his firm is working to continue to improve the quality and variety of offerings at Highline.

He said the calzone is one of the best selling foods supplied at the Fireside Bistro, located on the second floor of the Student Union. The calzone



NICHOLAS DOLAN/THUNDERWORD

Students in the Bistro meet to enjoy food, beverages, and discuss classes with fellow students.

is also known as the "stuffed pizza," furnished with mozzarella cheeses folded into a pizza crust.

Willard also said the garlic fries at the Union Café sell very well.

Cater Seattle is going to be bringing in a new form of thin pizza crust to the Fireside Bistro, though they are not getting rid of the current pizzas they have.

"Highline right now has the

best deep fryers and we also have Starbucks brewing equipment, so we are very fortunate," said Willard.

"We have a goal of being there for a long time," said Willard.

Highline students to get a chance to shape up for next week's Health Fair

By GARNET WONG-WOO
staff reporter

Students will have a chance to get healthy next week, and maybe even find a career. Highline's third annual Health Information Fair will be in the Mt. Constance and Mt. Olympus rooms in Highline's Student Union, Building 8. It will be Wednesday, March 7 at 11 a.m. to 2 p.m.

The Health Care Job Fair will also be on March 7, and will be hosted in the Mt. Townsend dining area, just outside the Mt. Constance and Mt. Olympus rooms. It will be at 1:30-4:30 p.m.

Both events are open to students and the public. In the Health Information Fair, Highline students from science and health classes present and share displays they've created about chronic and infectious diseases.

Joy Strohmaier, biology professor and creator of the Highline's Health Information Fair, said, "I frequently had students in my classes do presentations/posters about disease states and processes and thought that they were so good that they should be shared with more people than just those students in class."

Strohmaier said the goal of the event is "to bring a greater awareness of health issues to the campus and general public and to provide a venue for our stu-

dents to help educate others."

Along with other participants who have joined the event this year, students hope to reach that goal by discussing health topics such as: diabetes, cancers, eating disorders, various leukemias, blood pressure, diseases of food and water, organisms of bioterrorism, infections occurring in hospitals, and much more.

Strohmaier said the event not only provides the chance for visitors to learn about the health issues of today, but it also creates a teaching experience for the students who want to go into the health care profession.

In addition to Health Information Fair will be Highline's first Health Care Job Fair.

The job fair will have representatives from about 15 to 20 local health care providers and organizations.

Some representatives attending the job fair will be from Valley Medical Center, Alliance Nursing, Cascade Regional Blood Services, and Swedish Medical Center's Physicians Division.

Those who attend can ask and talk with representatives about available job positions such as nurse technician, resident manager, medical records file clerk, radiological and surgical technician, hospice, and so forth.

"Take advantage of the opportunity to speak with employers, because they're there

and very eager to talk with students and answer questions. If you have any interest in going into health care as a future career what better way to find out what the demand is like, what the working conditions are and everything is like by talking to people who are actually doing the hiring," said Erik Tingelstad, director of Workforce Development Services.

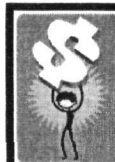
Film to Babel about at Movie Friday

Babel will be the film featured for this week's Movie Fridays.

Movie Fridays is a series of free film classes for students to attend. Students are asked to register for each class at the door. Those attending the screening are welcome to stay and talk about the cultures represented in the films, the direc-

tors who sculpted them, and issues they bring up.

This event is sponsored by International Student Programs and the World Languages Department. It will be held Friday in Building 7 at noon. For more information, contact Roman Wright at 206-878-3710, ext. 3999, or at rwright@highline.edu.



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Connecting the mind to what matters

Highline aspiring to be Thailand teaches student much Center of Excellence

By ALYSSA HOFFMAN
staff reporter

Highline is hoping to land a new Center of Excellence. Highline has applied to become the Center of Excellence for International Trade, Transportation, and Logistics.

"Centers of Excellence are colleges designed as statewide leaders to specialized workforce education and training for industries that help the state's economy grow," according to the State Board for Community and Technical Colleges.

Currently there are 11 centers of excellence in Washington state; this would be the first for Highline.

"Being recognized as a Center of Excellence brings in resources, visibility, and ties into everything were already doing," said Raegan Copeland, a business professor here.

Signing up to become the Center of Excellence is competitive and requires a lengthy

application process; applications went in on Feb. 8 and will now undergo review by a select panel. Currently three other schools, Bates Technical College, South Seattle Community College, Tacoma Community College, are applying to become the Center of Excellence for International Trade.

"If we are selected, it offers us opportunities to link with other schools, universities, and industries all focused at those entities," said Copeland. "We can then reach out and connect."

Copeland said Highline is already connecting with the students via associate of applied science degree programs in international business and travel and transportation.

"We wish to have the Center of Excellence at Highline because we have an established 10-year program in international trade. This particular center of excellence is what we are already doing," said Copeland.

Childcare director ready for retirement

After 23 years working at Highline, Joyce Riley will be retiring. Riley served as director of the Early Childhood Learning Center. During her time here at Highline, Riley brought health department standards, USDA Food program, Head Start grants, and other in-

frastructure improvements. She was also heavily involved in the design and opening of the Early Childhood Learning Center.

Her last day will be Friday, where there will be a gathering from 12:30-2 p.m. in Building 0.

By DAVID BIEHN
staff reporter

One night in Bangkok made an already humble woman stay another three months.

Former Highline student Eunice Soh was the speaker at this week's Honors Colloquy

Honors Colloquy is a series of lectures and presentations given by guests invited to talk about their experiences and their areas of expertise at this weekly event.

Soh is currently a nursing student at the University of Washington, where she transferred after graduating as a Running Start student in 2005.

Soh spoke of her experiences as a Running Start student at Highline, and how she was unsure what she wanted to study.

"[Initially] I didn't come to Highline for nursing" Soh said. "My first quarter I took random classes."

After enrolling in a nursing course one quarter, Soh discovered a passionate interest in that field.

Soh was thankful to find a helping hand in finding out what she needed to do to further her academic career.

"Highline gives you that support you need," Soh said. "The key is to have someone that believes in you."



Eunice Soh

After graduating high school through Running Start, Soh was accepted to the University of Washington.

She soon found out that you have to work a bit harder when you transfer to a school of that size.

"You have to find help, help isn't going to find you," Soh said.

Soh applied to be one of 12 students to be able to travel abroad and study health care in Thailand, and was thrilled when she was chosen as one of those 12.

Along with the other students who traveled to Thailand, Soh stayed with chiefs and shaman

of various tribes. They traveled all over Thailand observing the state of healthcare, and who it's being provided to.

Soh explained that illness in Thailand is widespread due to the lack of education on hygiene and cleanliness, where kids would play barefoot outside, touch their feet, and then eat dinner with the dirt on their hands.

Soh, along with a fellow student will be heading back to Thailand in two weeks to continue their relationship with the children, to re-evaluate and follow up on the effectiveness of the health education, and to continue providing health care and education for children.


Anybody who wants to help in aiding them in their efforts can donate monetarily.

Money raised will be used in purchasing tools to teach and care for the children.

Those interested in making monetary donations can contact Eunice Soh via email at euisoh@u.washington.edu or by phone at 253-394-8526 by March 14.

Soh wants to try provide aide to people in populations that need it, especially in the areas she plans to visit in Thailand.

"I have a big dream, I look at where I am, and move forward," Soh said.



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On the Move

Delaying the WASL for ESL students

By JOHN DAVID LIM
staff reporter

The Washington Assessment of Student Learning (WASL) should be pushed back for recent immigrants, State Rep. Dave Upthegrove D-Des Moines, said.

More than 40 people attended the presentation on high school completion opportunities for recent immigrant students dominant in languages other than English on Feb. 22 in the Highline Student Union.

Population trends and high school diploma programs were discussed.

"Students are facing trouble with the English language," Rep. Upthegrove said. "With the WASL a requirement in order to graduate high school, the number of immigrant dropouts is on the increase."

"I'm concerned about the students who immigrated here without the language skills needed to be able to be successful in the WASL," Upthegrove said. "And right now, as a state, we do not have a solution to this

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problem."

Over the years, the number of immigrants in high school has increased dramatically.

The numbers from 1988 to 2005 have increased by 80 percent.

The WASL is a standardized test in the State of Washington. All fourth, seventh and tenth graders in Washington's public schools take the WASL in reading, writing, science, listening and mathematics. Seventh and tenth graders take science instead of listening.

The requirement to pass the WASL takes effect next year.

"This year, in Olympia, we have to fix this problem," Upthegrove said. "It's a fatal flaw and it needs to be addressed."

For a number of years, Upthegrove has been trying to bring up ideas and thoughts in funding different studies to bring some attention to this situation.

Annie Pennucci, a Washington State University student, helped conduct studies on the barriers immigrants face to help develop more programs to help them.

"Insufficient time to master the English language and full high school requirements is a barrier to immigrant students' academic success," Pennucci said.

"High school-based new-



State Rep. Dave Upthegrove

comer programs are short term and transitional programs for immigrant students while international high schools are specialized high schools," Pennucci said.

"Middle and early college high schools are also offered," Pennucci said. "These are specialized high schools for at-risk students and it's linked with postsecondary access."

State Rep. Upthegrove received ideas from a few people who attended. They include developing multi-language programs.

Volunteer to see the world at GlobalFest

International Student Programs is seeking volunteers to experience multiple nations all in one night.

GlobalFest, hosted by International Student Programs, is an annual event which gives everyone a chance to sample food, performances, games, crafts, and displays from various countries.

International Student Programs is currently seeking volunteers for the event to be held on April 27 in the Student Union from 6-9 p.m.

Performers are needed to sing, dance, or display another element of their culture onstage. Models are also needed for the international fashion show.

People are needed to host a culture booth featuring traditional elements of their culture.

Volunteers are also needed to put up decorations for GlobalFest, greet people and give them programs as they enter the event, sell tickets, and hang poster advertising the event.

For more information or to volunteer, contact Amee Moon at 206-878-3710, ext. 3374.

Wednesday, March 7th, 2007

Highline Student Union - Mt. Constance & Mt. Olympus Rooms

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from 11am-2pm

Healthcare Job Fair
from 1:30pm-4:30pm

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Hosted by the Student Nursing Club and the
Respiratory Care Clubs
Contact Johnna Winters at
Josslimbus@yahoo.com

Additional Participants Include

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Adjusting to a different life in a new country

By MEGHAN TAVARES
staff reporter

Phuong Khang's story is anything but usual.

Born in Vietnam, she lived in China for 20 years, waiting to come to America.

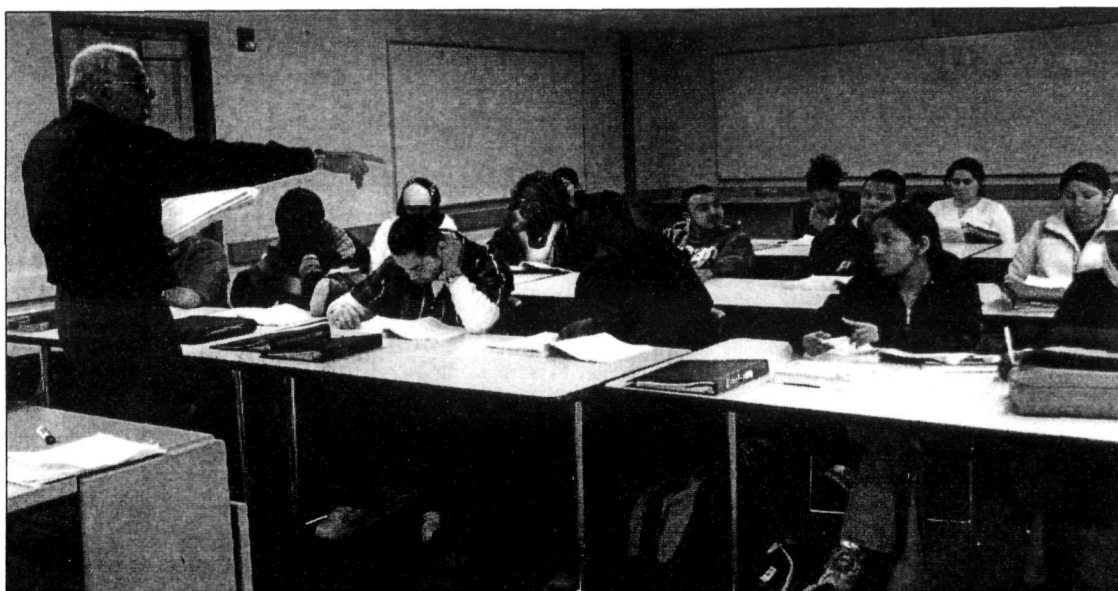
Like more than a fifth of our campus, Khang is a refugee and struggling, yet succeeding, at learning English while adapting to American culture. In any quarter as many as 2,000 High-

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IMMIGRANT AND REFUGEE STUDENTS COME TO HIGHLINE

line students are immigrants and refugees. In a typical ESL class of less than 20 students, people from eight different countries can be found. Highline's campus is very diverse but the stories behind the faces are even more incredible, said Amal Mahmoud,



PATRICK CABELLON/THUNDERWORD

Amal Mahmoud, English as a Second Language professor, teaches refugee and immigrant students in his class.

an ESL instructor here at Highline.

The conditions in many countries are so perilous that people will flee to neighboring countries as refugees. Many refugees will spend years in a foreign camp waiting to come to America, but that is only the first of many trials they will en-

counter.

Nonetheless, getting here was a relief for Yasin Atoor, who spent two years in Ethiopia and eight years in a Kenyan refugee camp with his wife and nine children.

Originally from South Somalia, Atoor had to escape the civil war in his country. After a

great deal of patience he and his family arrived in America seven years ago.

Waiting for years isn't unusual for refugees. In fact, many people can spend the rest of their lives in refugee camps.

When refugees finally do arrive, it's only a matter of time until they can set foot at an in-

stitute of higher education, such as Highline. ESL classes are always the first step. Until they pass English as a Second Language, classes such as math and writing are impractical.

"One day I would like to own my own business, but before I can do that I need better English and math skills," said Reyes.

Yasin Atoor is also attending Highline's Intermediate/Low ESL class and hopes to continue his education, especially with math.

Samuel Reyes, who fled El Salvador with his family, never had a chance to attend any classes. "I like the school and want to take more classes after I pass ESL," said Atoor.

Hard work is no stranger to refugees. In fact Emiliya Nazarko knows exactly what it means to work hard for nothing. In Ukraine she worked but was not paid. On top of experiencing religious persecution she lived in a refugee camp for six years.

"I'm working two jobs and going to school now but I'm very happy," said Nazarko.

Committee is building homes away from home

By MEGHAN TAVARES
staff reporter

The International Rescue Committee helps refugees and immigrants find their way in a new land.

At the suggestion of Albert Einstein, the International Rescue Committee was created in 1933 but the Seattle office wasn't established until 30 years ago, in 1976. Since this time, more than 18,000 refugees have been resettled in Western Washington.

Refugees come from around the world, seeking shelter from life threatening situations. Iranian Baha'i, Somalis, and Burmese Karen currently are the largest groups fleeing from their countries and receiving aid.

Refugees coming to Seattle are mainly housed in SeaTac and Tukwila, making Highline's campus the closest and best option for education.

"Many people work their schedule around classes because it's that important to them," said the IRC's Education and Materials Coordinator Allison Azersky.

Getting a job, paying for an apartment, and going to school is hard enough for regular students. Try adding culture shock and not speaking the same language to the equation. Still, refugees manage to handle all of this and more on a day to day

basis.

That's why the IRC provides so many services to refugees. Not only do they grant affordable housing, but they also make a huge effort to orient them with the culture and community through caseworkers.

Volunteers also play a huge role in mentoring newly arrived refugees. In fact, 134 volunteers managed to donate 4,555 hours of their time and life last year. "I don't know what we or they would do without them," said Azersky.

However, there is always a need for additional volunteers

and donations. "Volunteers range from college students to retired adults and come from many different backgrounds," said Azersky.

Every quarter the IRC hosts events for refugee families, such as field trips to the Seattle Center's IMAX Theater and the Mariner's games.

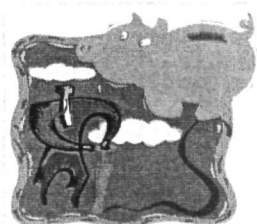
Their next event, ARTvocabulary, takes place on World Refugee Day, which will be June 20. It will feature first and second generation refugee artists and performers. However, the IRC is still on the lookout for refugees who would like to partici-

pate in this occasion.

Events such as these have had a huge impact on the refugee community.

"The IRC likes to provide them with a break from the

stress of trying to adapt to a new culture. It also brings refugees together that may speak different languages but live in the same development," said Megan Anderson.



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Changing the face
of Health Education

ESL students are eliminating the language barrier

By JACOB AJANG DUOT
staff reporter

English as a second language classes are giving some Highline students a new voice.

The ESL program is designed to help serve mainly immigrants and refugees new to speaking English.

Steve Washburn, coordinator of pre-college studies, said the ESL program is a good program for students who need to learn English and make their futures better.

"We want them to learn the skills, get better communication skills, and move ahead with life," Washburn said.

Classes are comprised of approximately 20 to 25 students each quarter. Sometimes the maximum number of 30 students per class is reached. However, this quarter has seen a drop in enrollment of ESL classes compared to last quarter.

"Last quarter, the ESL department or program received over two thousand students com-



Steve Washburn

pared to this quarter," Washburn said.

Still, the ESL program is being offered at Highline's main campus, and in some other places such as libraries and elementary and high schools. ESL course schedules are also flexible, and are available for students either in the morning or in the evening.

However, regardless of what time students attend class, Washburn said all students need to be

"Students who took English as a second language courses get better jobs and make changes in their life."

--Steve Washburn,
pre-college studies
coordinator

well prepared and committed to learning English before making the decision to enroll since the ESL program has so many areas of English to cover. They must also meet the requirements.

"Students have to show a proof of identification in order to enter in the program, fill out an application which costs students a fee of \$25, and if they can't afford it, then the fee is waived by the department of ESL," Washburn said.

Washburn helps new students get into the program by answer-

ing questions and guiding them to the classes best suited for them. He tells each student what books to buy, what times to register, and when to visit and explore the facility.

In the ESL program, there are obstacles that a student will have to face, especially when faced with new ways of writing, spellings, and dictation. Washburn said it is the hardest part of learning English.

"We have tutors here on the campus to help out the new students," Washburn said.

The levels of classes Highline offers are all in the upper level of learning English. In the courses, Washburn said students learn the key points of socializing with new people in English by learning good ways of communicating with people in work places, school, and in general public places.

When students complete the program, Washburn said they finish with good English skills and can communicate with people in English without having

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any problems.

"Students who took English as second language courses get a better jobs and make changes in their life," Washburn said.

Deng

CONTINUED FROM PAGE 1

were nice to us, they treated us good, they welcome us into their land in their hearts," he said. After living in Ethiopia for four years, things started changing.

In 1991 he and his friends, "the young boys of Sudan," fled from another war in Ethiopia to move back to Sudan.

They stayed in Sudan for a short time; the situation quickly deteriorated, because the fighting between the government and the rebels was non-stop. So Deng and his group continue the journey toward Kenya.

They lived in Kenya for nine years in the northern region. By then they were being help by the United Nations High Commissioners for Refugees in the Kakuma refugee's camp in Kenya, the biggest refugee camp in eastern Africa that has accommodated millions of refugees from different countries such as Ethiopia, Sudan, and Uganda.

The United Nations High Commissioners for Refugees is an organization which helps refugees in times of wars, disasters, and flood. It helps countries that have large numbers of refugees who have no resources to support their population.

"They gave us all the requirements we need for living," said another boy from Sudan who refused to give his name. "From there we started looking for the



Kibole Deng

way to get to the United States for resettlement and start a new life in the new world."

"Before doing that, we strug-

gled a lot for the success; we didn't give up for life," Deng said.

Life in the camp was hideous, Deng said. There was an inadequate amount of water and little shelter for people to stay in. The scorching sun also discouraging most of the people to live in the camp. There were also no tall trees to act as windbreakers from the blustery winds.

Finally, Deng had the opportunity to come to the U.S.

"I put in application for resettlement, and it was approved to come to the United States of America," Deng said. He came to Seattle in 2001.

Now Deng lives in Seattle with his relatives, friends, and

all the young boys of Sudan who were resettled by different agencies to have a new home in the US.

Since then Deng, plus these young boys from Sudan at Highline, have been separated from their families by war.

"The life here is hard-hitting for the first time and as times goes by, it's getting better," Deng said. "Most of us are now in school and in some years to come or in the future, the hardships we went through down there in Sudan during the civil war will turned into stories and movies.

"Life here in the U.S. is not bad or hard, unless if you are lazy or hate working, and if you

are a hard-working person, you can do all you want to make your life easy," he said.

Deng said he is also trying to get used to the new life in the western world like any other refugee who comes to realize the U.S. is very different from where they came with different climates, surroundings, and life styles compare to the life in Africa.

Deng is now pursuing his education at Highline, trying to get his degree in criminal justice, having attended school in the refugee camp in Kenya.

"We emerged into different culture which is sometimes very hard for us to cope with," Deng said.

Attention Transfer Students!

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Immigrant voices will be heard

By MEGHAN TAVARES
staff reporter

Two Cambodian speakers will be present the story of immigration and the struggles they have faced in Highline's third Voice Infusion event: The Powerful Voices of Immigrants.

This event will be Wednesday, March 7 in the Intercultural Conference Room of Building 6 from 2:30 to 3:30 p.m., sponsored by Phi Theta Kappa.

The story of these two Cambodian speakers began after the stories of 2 million others abruptly and viciously ended.

An estimated 2 million Cambodians died during the Pol Pot, Khmer Rouge genocide in the late 1970s. This event wiped out almost 25 percent of Cambodia's population.

One survivor and one descendant of a survivor will speak.

"For a long time Mouy-Ly Wong has had this vision of creating an outlet for the immigrant population to artistically express their stories," said Donna Longwell, PTK co-adviser.

As a member of the Cambodian immigrant community and one of the co-advisers for PTK, Wong will be one of the two speakers at this event.

"Mouy-Ly was reluctant to be in the spotlight because she wanted this event to be focused on the students," said Longwell.

The other speaker, Chariya Thach, has been said described as a very strong speaker by members of Phi Kappa Theta.

Currently a sophomore at Highline, she will graduate with an associate of arts degree with an emphasis in economics at the end of Spring Quarter.

Somalis unite around shared customs, culture

By MELODY ERICKSEN
staff reporter

Somalis at Highline want students to know more about their culture, traditions and beliefs.

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Abdul-Kadir, all native Somalis whose emigration to the U.S. brought them to Highline.

Somalis are Muslims, with a different set of holidays. One of them is Ramadan.

"During Ramadan we sacrifice a goat, but otherwise my family really doesn't do that," Qumane said. "We don't really do that in the U.S. though. During the whole month of Ramadan we try to spend as much time as we can with our families, and with older people."

Ramadan is a holy month, the ninth month on the Islamic calendar. During the month of Ramadan you fast from sunrise to sunset, but you are allowed to eat at night.

A lot of prayer is done during Ramadan. The whole month is a time of worship, prayer, and meditation. Sometimes people spend 10 hours just standing, and praying, panelists said.

Everyone in the group agreed that Ramadan is one of their favorite times of year.

Yusuf remembers other things that he misses more. Having no family in the U.S., he said he misses the close kinship and open affection often shared between the people of Somalia. Two guys will walk down the street holding hands; this just shows that they are close friends.

"Here in America, everyone has a little bubble around themselves. I really, really miss that about the Somali culture," said Yusuf.

"One thing that I would like people to know, is that we don't live in trees," Yusuf said. "We are not that far behind America in technology. A couple of days ago, I guy walked up to me and said 'Dude, I just found out that you have cell phones.'"

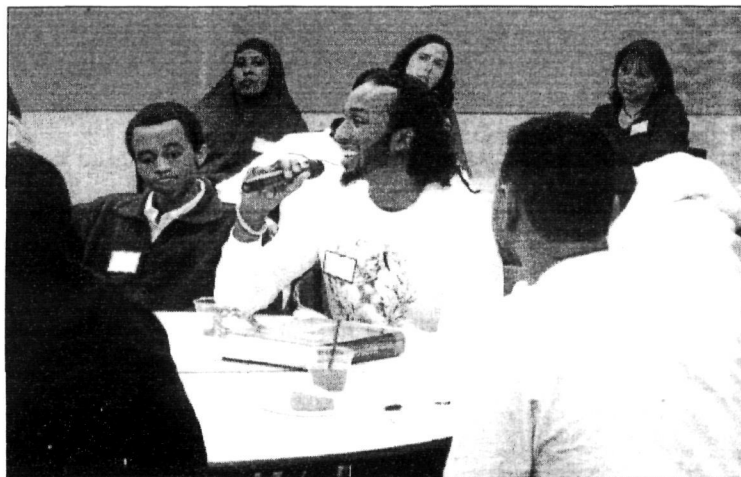
"There is a lot more to the Somali people than what you see on the Discovery Channel. There is history, religion, culture. For example did you know that the Somali people were originally nomadic people?" Yusuf asked.

The group agreed that one day they would like to return to their home country, and do something to benefit the situation there.

In the Somali culture there are many different clans. The clan system plays a major role in the civil war going on right now in Somalia. People from the same clan shared open hospitality before the war. Now it is the cause of much hostility as the different clans fight amongst each other.

"The whole clan system has been poisoned by civil war," Kadir said.

The clan wars, once such a big issue, have become less relevant, according to Qumane.



NICK DOLAN/THUNDERWORD

A Somali student explains his people's traditions at the Cafe.

"Now it's more about working together to save our country. We're all Somalis here," said Qumane. "When Somalis have a common goal they work together, but when they don't there is back stabbing and dissension all around."

In the Somali culture it is very hard to get divorced. The three-stage process includes trial separation, mediation and finally divorce. However stage three takes a long time to reach and divorce rarely happens as it is really discouraged in the Somali culture. You have to give the marriage a try, said Kadir.

The man is the sole provider of the household. The marriage dowry, paid for by the man, is provision for the woman, in case something was to happen to her husband.

Most of the Somali students agreed that interracial dating is not as much of a problem as it might at first seem.

"Religion is very important. It's not a matter of race, but of religion," said Qumane.

Even so it does seem that the Somali culture is reluctant to accept other cultures into marriages.

This seems to be a direct result of the closed environment which many Somalis experience.

"Somali is 100 percent Muslim, and 100 percent African. There are no whites there," said Kadir.

Other sections of the world are just as closed off, according to Abraham. On his travels he met a little girl of about 7, who came up to him, rubbed his skin and asked: 'Do you take showers?' She had never seen skin that color before."

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Schedule

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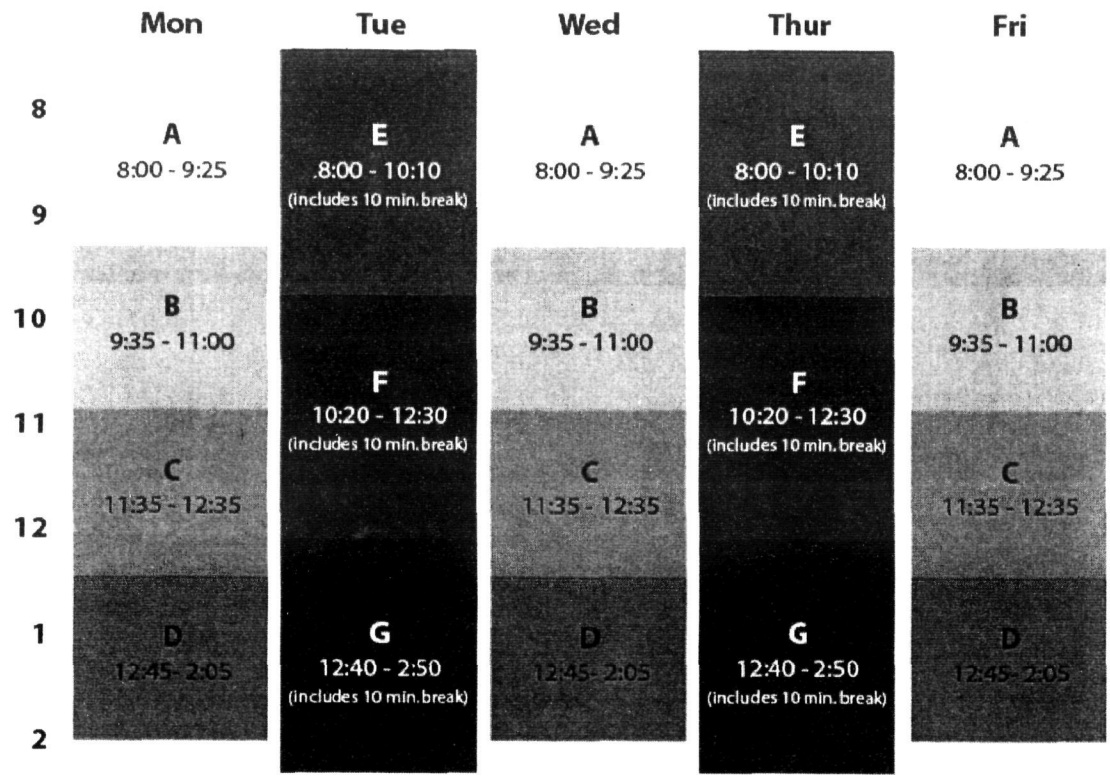
“What I would do is less lecture and discussion and more groups and videos,” McMannon said.

Many faculty believe that there are both advantages and disadvantages to the proposed plans.

“I think that there are both positives and negatives for the proposed schedule change. On the positive side the change could allow both students and faculty to be better prepared for classes because there is at least day between each class meeting,” said geology instructor Eric Baer.

“On the other hand, the schedule might make it difficult for students that have lab classes to fit in the courses they need to take. We know that it is hard for students to stay focused for even 50 minutes and the longer class periods will make it even harder for students to stay focused and engaged,” Baer said.

One of the disadvantages, McMannon said, could be the schedules of Running Start students.



One of the proposed schedule changes would have some classes running three days a week in 85 minute classes, with others held two days a week with class lasting 130 minutes.

Green said that one of the disadvantages some faculty have cited is they believe that students do better if they meet with faculty more often.

For some faculty, it's all about helping the students.

“I think that anything that accommodates student's busy schedules and can conceivably facilitate their education is always something to work towards,” said biology instructor Chris Gan.

Not all instructors think that the proposed schedule is a positive thing.

“I like our schedule as it is,” said Psychology instructor Bob Baugher. “I believe the best schedule is the daytime schedule we have had for the past 43 years.”

Right now the college is studying the possibility for the schedule change.

“We are in the information gathering stage,” Green said.

Highline students, though, are the ones who will be directly affected by any change.

Some students say that the change would not affect them.

“I'm already doing that,” said student Chrissy Pessein. She explained that she has a class on Monday and Wednesday and then a class on Tuesday and Thursday.

“I like that better,” Pessein said.

Student Marie Whitney said she has a chemistry class that only meets a few days a week. “That's convenient for me.”


Some students said that they wouldn't be able to concentrate if the classes were longer.

“I can't really concentrate after two hours,” said student Jessica Chang.

“I'd be against it. I'd lose my concentration in a longer class. I guess my work would suffer because I would lose interest,” said student Zahra Hedayat.

One student, Carlos Garcia, said that he likes the idea.

“There are some classes that I would like to stay in longer because everything seems rushed,” Garcia said. “I think that I'd learn the material better.”



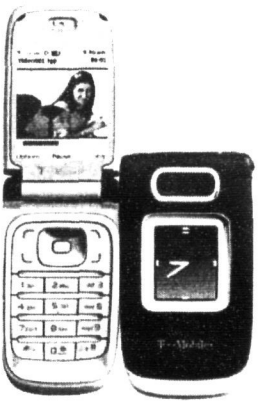
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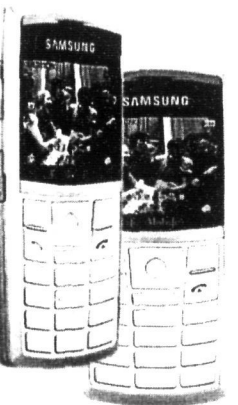
..... at Cellular Town



Nokia 6133

- Bluetooth
- 1.3 MP Camera
- Video Playback
- MP3 Player
- SD Memory Slot
- FM Radio


You pay **\$99.99** after \$100 instant rebate. MSRP \$199.99



Samsung Trace(t519)

- Bluetooth
- 1.3 MP Camera
- Video Playback
- MP3 Player
- SD Memory Slot

You pay **\$99.99** after \$50 instant rebate and \$50 mail-in rebate. MSRP \$199.99




Not to be used toward purchase of rate plan or handset. Limited time offer; subject to change; while supplies last; at participating locations only.

1000 National WHENEVER Minutes®
\$39⁹⁹ per month
Long distance and roaming included

Limited time offer. New activation required. Rate plan offer requires minimum 1-year agreement. Phone offer requires 2-year agreement. Taxes and fees not included.

Federal Way (main) Next to Old Coutry Buffet 1812 S. 320th St. Federal Way, WA 98003 T. (253)529-5505	Bellevue Across from DMV 545-A 156th Ave SE Bellevue, WA 98007 T. (425)643-3727	Edmonds Seoul Plaza 23830 Hwy99 N. #117 Edmonds, WA 98026 T. (425)775-5321	Tacoma Next to Kyoto Sushi 8718 S. Tacoma Way #C Lakewood, WA 98499 T. (253)584-1300	Seattle Columbia Tower 701 fifth Ave. #303 Seattle, WA 98104 T. (206)381-0707	Lakewood Next to Market Place 6111 Lakewood TC Blvd. #C Lakewood, WA 98499 T. (253)588-8771	Mill Creek Next to Hollywood Video 1018 164th Ave SE A-12 Mill Creek, WA 98012 T. (425)787-9450	University Way Next to KIKU 5010 University Way NE Seattle, WA 98105 T. (206)729-6622
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authorized dealer

Limited time offer subject to change. CREDIT APPROVAL/ADDITIONAL COSTS: Does not apply to pre-paid. Credit approval and \$35/line activation fee required; \$200/line early cancellation fee applies. Regulatory Programs Fee (not a tax or government-mandated charge) of 86¢ per line/mo. applies; additional taxes and fees may add 6-28% to your monthly bill. Minutes over monthly allotment are 40¢ per additional minute. Partial minutes are rounded up for billing. SERVICE COVERAGE: Service is not available everywhere. For full details, see Coverage Maps available at www.t-mobile.com or at a T-Mobile store. ABNORMAL CALL PATTERNS: Call duration and/or your continued eligibility for any rate plan may be limited or terminated for (a) consumer protection purposes or (b) abusive conduct or abnormal call pattern(s). MAIL-IN and IN-STORE REBATE OFFER: Nokia 6133 in-store rebate offer expires 11/30/06. Samsung T519 mail-in rebate offer expires 12/31/06, in-store rebate offer expires 11/30/06. Limited to phone shown; Supplies may be limited and offer may not be available at all dealer locations. T-Mobile reserves the right to substitute different phone models of equal or greater value. Customer must remain on a qualifying T-Mobile rate plan at the time mail-in rebate is actually processed. Allow up to 8 weeks for mail-in rebate check. See mail-in rebate form for full details. See T-Mobile's Terms and Conditions (including mandatory arbitration), available at www.t-mobile.com, for cancellation policy, international long-distance, roaming and messaging rates, and additional details that may affect this offer and additional rate plans, and other information and/or contact T-Mobile Customer Care, at 1-800-937-8997, with questions concerning any T-Mobile offer or rate plan. T-Mobile is a federally registered trademark, and the magenta color is a trademark, of Deutsche Telekom AG. WHENEVER Minutes is a federally registered trademark, and myFaves, the myFaves design, Who's in Your Fave 5, Unlimited Any-Network Calling, and Stick Together are service marks, of T-Mobile USA, Inc. © 2006 T-Mobile USA, Inc.