

Men's hoops wins
five straight/ **P8**



Highline alum Sam
Green to showcase
poetry / **P5**

Index

Arts	5-6	Puzzles	7
Campus Life	2-3	News	1, 11-16
Opinion	4	Sports	8-10

Feb. 7, 2008 / Volume 47, No. 15

Highline Community College

The Thunderword

GRAY WINTER BLUES

Lack of sunlight
can leave you
feeling SAD

By **Angela McClurg**
Staff Reporter

Like a soggy sweatshirt, winter weather can weigh people down.

"The winters are too damp and schoolwork seems harder," said Salina Westfall, a student at Highline.

Another student, James Warner, agreed. "Winters here seem too long, and there is nothing to do," he said.

The feelings students are having for the colder season may lie in the changes of daylight and its connection with seasonal affective disorder.

According to the National Mental Health Association, seasonal affective disorder, also known as SAD, is a mood disorder that some people get in the winter time because they do not get enough sunlight. Without sunlight, our brains secrete an excess amount of a hormone called melatonin. This sleep-related hormone causes depression-like symptoms which may be the cause of SAD.

In a non-scientific survey of 50 students between the ages of 18 and 35, 72 percent said they feel bluer in the winter, with 28 percent undecided or reporting



Melody Eriksen/THUNDERWORD

no change.

Of the 72 percent who said their mood does change, more than half of them were women. According to one industry estimate, 70 to 80 percent of the

people who are diagnosed with SAD are women and young people.

Lack of sunlight leaves people as gray as the sky in winter.

"The sun is what feeds me

and gives me life," said student Steven Reusser.

Statistics show that the number of people diagnosed with

See SAD / P16

Veterans may have trouble adjusting to college life

By **Nathan Brown**
Staff Reporter

Military service members returning from Iraq and Afghanistan may have trouble readjusting to campus life, an expert said.

But not all veterans experience the same degree of difficulty when returning to pursue their education, he said.

Dr. Peter Schmidt talked at Highline about integrating former military service members into an academic environment on Wednesday, Jan. 30.

Dr. Schmidt, senior associate dean of Edmonds Community College, gave a presentation on "When the civilian warrior comes home... and back to school."

The presentation highlighted reintegrating soldiers into an educational environment, stress factors, veterans' experiences after being in a combat zone, and concerns that other faculty and students may have about returning veterans.

Due to the ongoing conflicts in Iraq and Afghanistan, more veterans are separating from

the military with combat experience. The Washington State Department of Veterans Affairs contacted Dr. Schmidt about giving veteran academic reintegration presentations to local colleges, due to his extensive experience with counseling veterans.

Dr. Schmidt is a former counselor of Highline and Everett community colleges and was director of counseling at Grays Harbor College, where he worked extensively with veterans.

Dr. Schmidt spoke on post

traumatic stress disorder. PTSD is a persistent re-experiencing of a traumatic event which results in avoidance of stimuli that are associated with the event. Intrusive thoughts, anger, hypervigilance and sleep disturbance are all symptoms of PTSD.

"There is a burden to killing another human being," Schmidt said.

Some soldiers don't speak about traumatic issues for fear of being kicked out of the military, or they want to get home

See Veterans / P16

Students back Obama

But few say they
will attend caucuses

By **Thunderword Staff**

Highline students overwhelmingly support Barack Obama, but few plan on showing up in the party caucuses on Saturday.

The caucuses are where Washington voters pick delegates to support and nominate a presidential candidate for their party.

The caucuses took on added importance after Super Tuesday on Feb. 5, in which voters in 22 states left Obama and Hillary Clinton all but tied in the race for the Democratic presidential nomination.

As of Wednesday, Clinton had 1,000 delegates and Obama had 902, with 2,025 needed to secure the nomination.

Washington will be one of three states in play on Saturday, including Nebraska and Louisiana. Washington is the big prize on Saturday, with 95 delegates up for grabs, more than Louisiana and Nebraska combined.

State Republicans also will caucus on Saturday, with Arizona Sen. John McCain expected to add to his lead over Mitt Romney and Mike Huckabee.

Obama is said to be leading in the polls in all three states. The Illinois senator is slated to visit Seattle on Friday, while Sen. Clinton is expected to be here on that day as well.

Former President Bill Clinton was to visit Seattle tonight and Tacoma tomorrow to rally



Obama

See Obama / P16



Hot head heats up library

A confrontation between a man and woman occurred in the library at 5:05 p.m. on Feb. 22. The woman had accidentally bumped the young man and said “You say excuse me.” The young man dropped his books and took off his coat to confront the woman. Some patrons in the library calmed him down and he departed the library shortly after the incident.

Nap time cut short

A woman and man were found sleeping on a table on the second floor of Building 29 at 8:15 a.m. on Feb. 4. Security woke them up and asked them to leave immediately. Both complied and left on a bus.

Car targeted by vandals

A Highline student’s green Ford Escort wagon had the air let out of one of its tires on Jan. 29. The owner also found her car door locks glued shut on Feb. 1. She filed both incidents on Feb. 4 at 8:39 a.m.

Fender bender results in minor injury

A Highline student backing out of a parking spot on the south side of Building 99 hit the side of a Toyota that was driving through the lot on Feb. 5 at 3:10 p.m. The driver of the Toyota suffered a slight ankle injury. Des Moines Police Department arrived at the scene at 3:40 p.m. and filed the report.

Slippery slope holds student car

A Highline student parked his Volvo on some gravel that was too close to a downward slope behind Building 25 on Feb. 5 at 11:21 a.m. The owner was not able to back out without sliding. Security suggested he call Pete’s Towing.

Student hears mysterious voices in his head

A Highline student was sent to the security office because he claimed that people were telling him things on Feb. 5 at 2:10 p.m. The student had apparently been off his medications and stated that people have tried to put him back on medication, but he refuses to do so. He claimed that he was fine and left the Security office.

Mid-terms take toll on students health

Mid-term week at Highline has been severely affecting a few students’ health. A Highline student fainted out of her chair in Building 8 at 11:08 a.m. on Feb. 4. A security officer discovered her while doing a walkthrough. He verified that she was still breathing and could speak. She claimed that she was not on medication but has had incidents like this in the past. She requested an ambulance and the Des Moines Fire Department responded. Later that day, a student had a seizure by the elevator in Building 8 at 2:45 p.m. Medics responded and the student was sent home. The following day, a Highline student felt suddenly weak and stated she might black out in Building 30 at 10:10 a.m. on Feb. 5. She requested an ambulance and claimed that she was on medication but had no history of weak spells. A security officer called 911 and an ambulance arrived at 10:37 a.m. and departed with the victim at 10:41 a.m. About an hour later another student fainted in Building 22 on the second level at 11:40 a.m. She left class to get a drink in the plaza area and started to feel faint and shaky. She then fell to the floor. Members of the South King County Fire Department responded at 11:15 a.m. and reported all of her vital signs were normal. South King County Fire Department departed at 11:25 a.m. and a friend in her class drove her home.

-Compiled by Rachel Aleaga



Kaplan promotes two new managers

The Kaplan Aspect at Highline are promoting two new managers into new positions. The Kaplan Aspect is an English language program for international students who are at Highline on student visas. Joe Dietzen is the new English program manager, and Chad Bennett is the new Seattle pre-college manager. Dietzen has been with Kaplan for almost three years. He started his career with Kaplan Aspect as a teacher and academic coordinator. As an academic coordinator, Dietzen started an academic program that focused on student services, communicated regularly to the college community along with students and agents for student success. His programs and efforts improved Highline and the Kaplan Aspect. Bennett is transferring to the Seattle Kaplan office. He will be managing pre-college programs in the state of Washington. Ever since Bennett joined the Kaplan Aspect, there has been a 40 percent increase in the students who decide to stay at Highline for their degree program. Bennett’s new job includes outreach to high school administrators, participating in community groups intended to help improve students’ standardized test scores, and speaking publicly on the college admission process.

Shake it up



Jocie Olsen/THUNDERWORD

One of Highline’s dance team members performed at Highline during halftime at the women’s basketball game Wednesday, Jan. 30.

Students interested in the Kaplan Aspect can apply to the program by visiting the Highline website at www.highline.edu.

8 to host the annual Josten’s Leadership Conference. The conference is from 7:30 a.m. to 2 p.m. The conference is an opportunity for college life to be introduced to students. There will be 1,200 students attending from as far away as Elma School district in Grays Harbor County.

High school conference shuts down Pavilion

The Pavilion, Building 28, will be closed this Friday, Feb.

Co-Opportunity: Cooperative Education
Costco Corporate Summer Internship Program
Who is eligible?

~Costco Scholars ~Full-time College students (12 or more credits)
~ Costco employees currently enrolled as juniors, seniors ~ Participants must be at least 18 years of age
All internships are paid, hourly positions and will last no more that 90 calendar days.

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

Student Jobs

Audio Visual Tech Job #3364
~Part/Full-Time~
Provide meeting equipment set-ups and demonstration to guests. Monitor events to ensure equipment, lighting and volume are functioning properly. Requires knowledge of equipment and great customer service.
Hours: 20-40 Varies
Where: Redmond How Much: \$11.25-15.90

Call Rider Info Specialist Job #1569
~Part/Full-Time~
Answer customer questions regarding transit routes, schedules, fares, transfer points, plan itineraries and other transit services from the call center.
Hours: 20 +
Where: Seattle How Much: \$14.76-21.09

For more information, log on to Interface at www.myinterfase.com/highline/student or visit Student Employment in Building 6.

China diary

Highline’s Laura Manning says Asia Shanghaied her heart

By Erica LeBeau
Staff Reporter

About two weeks before Laura Manning, a speech professor at Highline, left to teach Spring Quarter at Shanghai Jiao Tong University, it occurred to her that learning Chinese might be helpful. Needless to say, it was too late for that.

Highline has a faculty exchange program with Shanghai Jiao Tong University. Each year, one of their teachers comes to teach here, and one of Highline’s teachers goes to teach there. Last spring, Manning participated in the program.

“I was freaking out before I even began to go to China,” Manning said at Wednesday’s Honors Colloquy in the Artists-Lecture Center. Local health officials didn’t help ease her discomforts.

“I had shots for hepatitis, typhoid, tetanus, and something called Japanese encephalitis... they said, ‘Don’t eat the fish. Don’t come near the seafood. Don’t get near the water. When you’re taking a shower, put your head down so the water doesn’t get in your eyes.’ I was freaking out!”

Despite teaching Intercultural Communications, Manning didn’t think she was going to have anything in common with anyone she met in China. “I should have known better,” she said.

“I kept being worried. I thought, ‘Oh, China, it’s this communist country... I’m going to go to prison,’” she said.

“My mom and I were going shopping and buying... band-

aids and peanut butter. Where did I think I was going?”

She went to China with preconceived notions, but she couldn’t have imagined the ways China would end up changing her.

While the term “culture shock” is well-known, the definition left Manning unprepared for how she would feel for her first two weeks in China.

“‘Culture shock: A relatively short-term feeling of disorientation and discomfort due to the lack of familiar cues in the environment.’ That’s like, ‘Oh, that must be unpleasant!’ It hurts. Culture shock hurts,” she said.

Manning was so disoriented that on her first day, a cat walked by her and said, “Meow!” she stopped and gasped, thinking, “That cat speaks English!”

Manning discovered that teaching style was a lot different in China than it is here in the U.S. Power distance was far greater for instance.

“I was told that I couldn’t expect my students to call me Laura; they would always call



photo by Laura Manning

A Chinese toddler and her mother charm the camera.

me Professor Manning... I certainly wasn’t supposed to hug them. I found out after I got back.”

On her first day there, she met with a group of Chinese teachers and discussed how she taught her students in the U.S.

“They were very much struggling to understand a social constructivist model of communication, rather than the sort of ‘empty container’ vision of education,” she said.



Laura Manning says she enjoyed her time in China.

Their struggle was evident when, while describing her teaching style, one teacher asked, “Aren’t your students angry that you’re not actually teaching them anything?”

Manning’s appearance on the streets of Shanghai earned her some very strong reactions. “I had two people that literally walked into trees and walls because they were staring so hard at me!” she said. “I was this tall, freakish, blond, American, loud, crazy person.”

On the flip side, people would slam into her and keep going without so much as an “Excuse me,” as if she was invisible.

On a break, she left Shanghai to stay in a boat on the Yangtze River for five nights.

When she was flying back into Shanghai, something clicked for her, and she thought, “I’m home. I’m back in China. This is home right now. And that was it... everything made sense... I fell in love with Shanghai.”

After this revelation, Manning was able to completely

enjoy Shanghai. She no longer cared if people ran into her on the street. She even loved all the honking, which went on 24/7 right outside of her hotel room.

She loved China’s “wild combination of beautiful, ancient, gorgeous culture, and at the same time, just cute, cute, cute!”

Eventually, she did come back from China. “Coming back from China really threw me,” she said.

“I’m on my own for the first time in my life... I got used to being on my own in China, and I’ve kind of had a hard time becoming American again... becoming myself again. I don’t really know who I am anymore.

“I would like to think that I am a much smarter, much less ignorant person now, at least in some regards,” Manning said.

As for her fears of the Chinese government, “I’m much more likely to go to prison here than I ever was in China,” she said.

Construction continues on Pacific Highway, Valley Freeway

South King County commuters should expect light delays this week, with the exception of usual Pacific Highway delays, and work tonight on State Route 167.

The city of Federal Way advises drivers to expect daytime lane restrictions and traffic delay in both directions of State Route 99 (Pac Highway) between South 272nd Street and Dash Point Road while construction continues.

The HOV lane of southbound SR 167 between 180th Street and State Route 516 will

be closed from 8 p.m. tonight to 11 a.m. tomorrow.

The two right lanes of SR 167 at W Main Street will be closed tonight, with the first lane being closed at 8 p.m., and the second at 10 p.m.

The two right lanes of northbound SR 167 at West Main Street will close tonight, with the first lane closing at 8 p.m.,



and the second by 10 p.m. The left lane will reopen by 5 a.m.

The left lane of southbound SR 167 at 42nd Avenue South (South 180th Street) will be closed from 8 p.m. tonight until 5 a.m. tomorrow.

The left lane of northbound SR 167 at South 277th Street will be closed from 8 p.m. tonight until 5 a.m. tomorrow.

The left lane of the off-ramp from southbound Interstate 5 to Swift/Albro is still closed until further notice.

The traveling lane underneath the Alaskan Way viaduct

between Columbia Street and Yesler Way is still closed around the clock.

One lane of northbound Interstate 405 will be closed Saturday night from 11 p.m. to 8 a.m. Sunday morning.

One lane of eastbound Grady Way near Oakesdale Avenue Southwest will be closed from 7:30 a.m. to 5 p.m. daily through Saturday. During this time, one lane in each direction of Oakesdale Avenue Southwest will be closed as well.

One lane of westbound Tukwila Parkway will be closed be-

tween 66th Avenue South and the on-ramp of I-405 from 7:30 a.m. to 5 p.m. through Saturday.

Rainier Avenue South will be closed between South 7th Street and South 4th Street through Saturday. Lanes will begin closing at 8 p.m. with all lanes closed by 10 p.m. All lanes will reopen between 5-6 a.m. the following morning.

Expect possible traffic delays and limited street parking today through Saturday as the Seattle RV and outdoor recreation show is being hosted at Qwest field.

Editorial comment

Help fight global climate change

Global climate change is something that is- and will continue to be- the biggest threat to the planet. This is a problem that will require everyone to help resolve.

We can't wait around for the federal government to come up with a solution to this problem.

It is time for people to start acting on this problem instead of waiting for someone to come up with a magical solution to reverse the effects of what we have done.

People can do many small things at home and on the road to start to slow down the process of global climate change.

Driving smarter is one way to cut down on emissions released from your car. Lighten the load in your car. The amount of weight you have in your car affects the amount of gas your car needs to consume.

Keep your tires inflated. Tires that aren't inflated to the recommended weight waste gas.

Keeping your engine properly tuned can also help save you some gas.

Another way to cut down on emissions is by using public transportation or carpooling.

Driving smarter is very important in slowing down global climate change, but it isn't the only thing you can do.

Some things you can do at home will help slow global climate change as well.

Buying energy-saving light bulbs is a good way to help. Energy saving light bulbs are sold almost everywhere and come in different shapes and sizes, and the cost has come way down.

Heating and cooling your home more efficiently is also important. Cleaning your air filters regularly and having your heating and cooling systems tuned up is a good way to save energy.

Sealing air leaks and adding more insulation to your home can also cut down on energy costs.

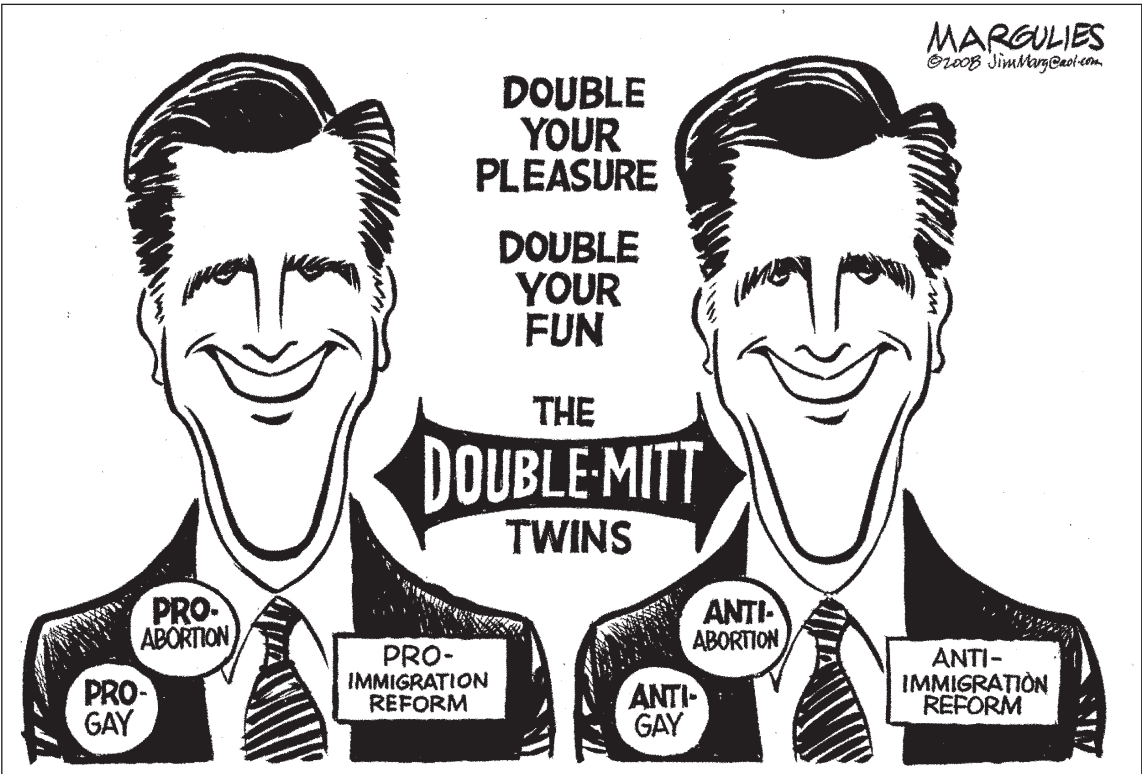
Recycling is very important and something every house should do. Reusing stuff cuts down on energy.

It is time for people to start taking some easy steps to begin to slow down this process of global climate change. Tell people what they can do to halt this crisis.

Global climate change is something that our generation will have to solve. It is time to get involved and stop this process, and then maybe the government will follow.

Staff "She must be smart; he hates stupid people."

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Leaving Highline is harder than I thought

Right when I hit the submit button for my college applications it finally dawned on me that I would be leaving Highline soon, and it only took me three long years.

As a senior in high school I applied to colleges, but I did not get into the ones I wanted to because I was more focused on socializing than studying.

When I came to Highline in 2006 I realized if I ever wanted to get into the colleges I applied to, I would have to change a few things.

I started taking my classes more seriously, and finding better ways to study.

My plan was to get through Highline as fast as I could, and never look back.

What I didn't plan on happening was this feeling of sadness I have toward leaving.

After Spring Quarter I will be finished and hopefully going to the University of Washington or Western Washington University.

I now feel ready to leave Highline and go to a university. My grades have improved and I'm excited to start taking more classes that center around my English major.

When I think about leaving Highline, insecurities I had when I was younger start to creep back up on me.

At my new school I worry about making friends and fitting in. I keep having visions of

Commentary



Shannon Clary

myself walking around campus lost and alone holding a big map trying to find my way to class. Highline has become somewhat of a security blanket for me. I know my way around, I have friends and I have good academic standing.

At my new school I'll be lost, not have many friends and start from scratch academically.

Other than being worried about my social life, the transferring process has been stressful and time consuming.

I did not start planning from the moment I started at Highline and that has been my biggest mistake.

I only started this process last quarter and ever since then I have been constantly stressed out.

What classes I have to take, how many classes I have to take,

deadlines; these are all issues I have been dealing with.

After all my planning was done and my applications were sent in I felt a huge weight off my shoulders.

I was organized throughout the whole process but my biggest advice is to start early, because it would be awful to forget about a class or deadline at the last minute.

Advisers and faculty helped me plan everything out and gave me a lot of one-on-one time to make sure I understood everything I needed to do.

That will be the thing I miss most about Highline.

I have been able to connect with a lot of people throughout the campus community and I don't think that will be possible at a big university.

Highline is very cozy and welcoming and I hope whatever school I go to will have some of those qualities.

I also look forward to using everything I learned at Highline and putting it towards my classes and activities at my new school. I have had great teachers preparing me for the extensive work that comes along with universities.

As for now I'll check my mail everyday with fingers crossed, and enjoy my last few months at Highline.

Shannon hopes the kids at her new school don't make fun of her lunch box.

Write to us

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

Editorial cartoons on timely subjects also may be consid-

ered.

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.

E-mail your submission to tword@highline.edu.

Letters and columns can be on any subject.

Topics of interest to the campus community will take priority.

Please include contact information.

The poet comes home

Highline's own Sam Green, now Washington's poet laureate, reads here next week

By Satori Johnson
Staff Reporter

The first poet laureate of Washington state, Sam Green, will return to the place where his love for poetry first sprouted.

Green will visit Highline on Wednesday, Feb. 13 to share his poetry from his new book, *The Grace of Necessity*. The reading will be at 11 a.m. in Building 7 and all students, faculty and staff are welcome to attend.

Green said he is happy to be able share poetry with Highline.

"My career has been haphazard by intent," said Green. "The great joy of a traveling poet is we get to do for a living what we love."

In April of 2007, Green was awarded the position as the first poet laureate of Washington by Governor Christine Gregoire.

"My job is to promote poetry throughout Washington," said Green. "It's to promote not my poetry, but the work of all poets from this state, because we have quite a few great poets."

Green's job description as Washington's poet laureate is still developing because the position is so new. Green said that until recently, Washington was one of only 10 states that did not have a state appointed poet laureate.

"I'm very happy to have the job, but I'm even happier that the Legislature was able to pass the bill," said Green. "Many people worked very hard to make it happen."

Green was born in Sedro-Woolley and grew up in Anacortes in Skagit County. He said he became aware of his passion for writing as a child, but didn't explore poetry until he became a student at Highline.

Green attended Highline



Washington Poet Laureate Sam Green speaks at Highline next Wednesday.

from 1970 to 1972 as an injured Vietnam War veteran. While in the Vocational Rehabilitation Program, he enrolled in a creative writing class taught by longtime Highline professor Lonny Kaneko.

"I thought poetry was written by dead people," said Green. "(In creative writing) I encountered contemporary poetry. Lonny introduced me to a living tradition of poetry."

Green continued to develop

his writing at Highline. He submitted his work to the student literary publication then called The Gallery and won first place.

"My time at Highline was extremely important to me," said Green. "I didn't have anything but good experiences at Highline."

"I firmly believe in the opportunities of attending at community college," he said. "It's a transition that many students

need. It's what I needed."

Green still has close ties to the Highline community. He has taught workshops and done poetry reading on campus and has many friends on the faculty.

He currently teaches at Seattle University and will serve as Washington's poet laureate for a term of two years.

For more information about Washington State's Poet Laureate can be found at www.washingtonpoetlaureate.org.

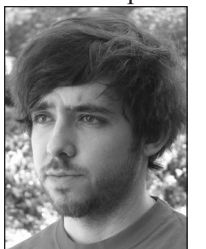
Fitzgerald to play next Blend show

By Satori Johnson
Staff Reporter

Highline student Robert Fitzgerald will perform at the next Blend.

The Blend is a bimonthly music concert that takes place at Highline's Bistro in the Student Union Building.

The event will be from 10:30 a.m. to 12:30 p.m. on Wednesday, Feb. 13, and is free for Highline students, faculty and staff to attend.



Fitzgerald

Almost all of the songs that will be performed during the Blend will be his original work.

Fitzgerald has been playing the piano since he was just 5 years old and began writing and singing his own music two years ago.

The act originally booked for this show bailed, but Fitzgerald was available to take the gig. This will be Fitzgerald's second Blend performance. He previously performed last year with his band.

This time, he said he wants to incorporate hip-hop artists into his performance.

"I think it'll be really fun to do it, and I think people will appreciate it," said Fitzgerald.

His style can be classified as Indie-Rock, but Fitzgerald said that he doesn't like to let genres limit his style.

"It's kind of different to everyone," he said. "You just have to hear it."

Fitzgerald has received an associate's degree with an emphasis in journalism from Highline and plans to transfer to University of Washington.

Feel the vibe: Susan Pascal brings jazz to Highline

By Ashlee Owen
Staff Reporter

Susan Pascal said it was the beautiful sound of the vibraphone that drew her to it. Since she first picked up the mallets as a child, Pascal has become one of Seattle's premier Jazz musicians.

Pascal and her quartet have been invited to perform at Highline as a part of the Waterland Music Series.

Although she has not been to Highline before, she has performed at many colleges all over the United States.

"It's wonderful to bring your music to a new audience," said Pascal.

The Waterland Music Series is a Highline coordinated concert series event that aims to bring top musical talent to the campus.

The performance will be on Tuesday, Feb. 12 at 7:30 p.m. in Building 7.

Pascal will perform on the vibraphone, a percussion instrument with tuned metal bars mounted in a frame and played with mallets. It is similar to the xylophone, but has many other features such as a damper pedal

and a vibrato mechanism.

Pascal's interest in music started when she was 6 years old. She was introduced to the xylophone in grade school, but her passion for playing the vibraphone bloomed during her college years at the University of Washington.

She recently had the opportunity to take her talent to the other side of the world. Her skills on the vibraphone caught the attention of a club owner in Singapore. Eddie Chan from Jazz @ Southbridge invited Pascal to perform for Jazz enthusiasts of the Boat Quay area of Singapore.

Pascal has been featured the albums of Connie Evingson, Neil Andersson, The Plymouth Trio, Greta Matassa, and Orville Johnson. She is planning to record her own album this year that will showcase the vibraphone in particular.

Joining the concert is her quartet with Mark Ivester on drums, Randy Halberstadt on piano and Chuck Deardorf on bass.



See Pascal / P16 Susan Pascal on the vibes.

The Thunderword / Feb. 7, 2008

Tucker's 'THUGS' breaks a leg with comedy and music

By Jazmyne Schwieger
Staff Reporter

Dave Tucker's *THUGS* combines love, comedy, and the mafia for an entertaining time at the theater.

The musical tells a story of two thugs, who after being banished from the Chicago mafia, find work in the small town of Shady Groves as the bodyguards of a man and woman, both disguised as the deceased Anthony Sartori.

With obvious tie-ins to William Shakespeare's *Romeo and Juliet*, the story also adds in two crime lords, Don Cappuccino (referencing the Capulets) and Don Montecarlo (referencing the Montagues).

Their children, Julia (Juliet) and Romy, (Romeo) are madly in love but realize that because of their fathers they will never be able to marry.

The two down-and-out thugs are portrayed by Christian Doyle (Vito) and Adam Othman (Louie). They are best described as *The Lion King*'s trouble-making characters, Timon and Pumbaa, only in nice suits with matching ties.

The audience is easily amused by Doyle's superb comedic timing and Othman's ability to play the always confused and unintelligent sidekick.



Courtesy of Dave Tucker

THUGS production will perform their last weekend at the Knutzen Family Theater in Federal Way.

Jennifer Hill, who portrays Mama Risotto, shows the most musical talent within the show. As the strongest singer in the cast, Hill's voice is powerful. This is made apparent in the number *A Most Sadistic Fellow*, where she completely overpowers Anna-Marie Devine, who

plays Gina, the woman pretending to be Anthony Sartori.

The music within the show is simple and nothing special. The band consisted of a four piece orchestra perched on the back of the stage.

With songs like *A Couple* and *Am I Swishy?*, in which Romy is

trying to decide if he's a homosexual, there are several songs that seem to be added simply as placeholders, and serve no real purpose to the story line.

However, Kim Douglass, the musical director, does manage to create some incredible harmonies with the men in show.

Julian Schrenzel, who plays Joey, the other Anthony, is a big contributor in this.

The choreography, done by assistant director Annie Haefner, is best described as minimal. It consisted mainly of jazz hands and low fan kicks.

In the number *I Miss My Dress*, Gina and Joey have a small, mildly awkward dance break. With a few unenthused turns and cheesy smiles, the number leaves you questioning if the dance was put in there mainly to fill spaces in the music.

Though it appeared slow moving at times, there are many clever lines. Given that it's a story about the mafia, you can be sure that there were many jokes about Italians and the movie *The Godfather*.

The show is carried by the performances of Christian Doyle and Jennifer Hill. Through Doyle's acting skills and Hill's impressive voice, they keep the show alive.

THUGS is playing at the Knutzen Family Theater in Federal Way. 3200 SW Dash Point Road.

It closes this weekend with performances on Friday and Saturday at 8 p.m. and Sunday at 2 p.m. Tickets available at brownpapertickets.com. Additional information is at www.davetucker.org

Mother of 'The Matrix' to tell her side of the story

By Megan Wallin
Staff Reporter

Sophia Stewart claims that the ideas from her book, *The Third Eye*, were stolen to make *The Matrix* and *The Terminator* films, and she's been trying to set the record straight for 27 years.

She will be coming to Highline to talk about her experience on Feb. 12, from 10-11 a.m. and 12:10-1:10 p.m., in the Student Union.

"Basically she'll be talking about her book, her legal issues...and her biography," said Joantonette Wilson, president of the Black Student Union. Stewart's book, *The Third Eye*, was published in 1981, and that's where the conflict started.

There are two sides of the story: On one hand, some do not see enough correlation between Stewart's work and *The Matrix* and *The Terminator* series; on the other, people are convinced that this is a classic case of plagiarism.

"Discrimination plays a big part," said Malcolm Jihad Bryant, assistant to Wilson.

Bryant, who has worked with



Sophia Stewart

Universal Studios, said that discrimination against women in the entertainment business is common. "I've seen a lot of women that worked at Universal that were ...more competent than the men...but they don't get that credit."

Concerning the theory that Stewart was discriminated against for being African-American, Wilson added, "There are a lot of things that black people do and don't get recognized for...I look up to her."

The controversy over Stewart's claim has resulted in court

cases involving the Wachowski Brothers, Joel Silver and Warner Brothers. Six years of court battles has not yet managed to mark this case as closed.

Bryant originally came up with the idea of inviting Stewart.

"Years ago, I came upon an article (about Sophia)... (read about her script and) I

thought, not only was this a black person, an African American, but a woman. Not only did she write the treatment for *The Matrix*, but *The Terminator*. It made me go back and dust off some of my own writings."

He was inspired by Stewart's work. "I felt like it was something that people should really know about," Bryant said. "So I brought it to Joanne, Joanne loved it, and Natasha [Burrowes, Assistant Director for Student Programs and Diversity] and Joanne loved it...I contacted Sophia and asked her if she'd be interested (to come

to Highline)."

Stewart agreed to come after hearing personally from Bryant. "I told her the significance of *The Third Eye*. When I told her (my) story, I guess—not to sound corny—it touched her."

For him, this was emotionally charged. "As a kid, I thought only white people were making these movies," Bryant said. He encouraged all students to come and hear Stewart speak. "Everybody should know her part of the story," insisted Wilson. "She is black history."

"I want all Highline students to come and see that they are capable of that kind of work. I would like to see some student hear her story and rise to the level where they have been inspired...and someday be in the position where they (might speak)," Bryant said.

Stewart's visit to Highline is a part of a week of events for Black History Week. All Highline students, faculty and staff are invited to attend the speech. Stewart will also be available for questions and comment after the speech. For information about Stewart, visit www.sophiaoracle.com

Pascal

Continued From Page 5

The quartet has been together for over 10 years and all are from the Puget Sound area. Together, they have performed at festivals and concerts all over Washington including Bumbershoot, Art of Jazz series, Bellevue series, West Seattle Jazz Festival and many others.

The music the quartet has chosen for the performance is eclectic with pieces from artists ranging from Jimmy Rowles to Mike Stern.

The focus of their style leans mostly towards jazz, she said.

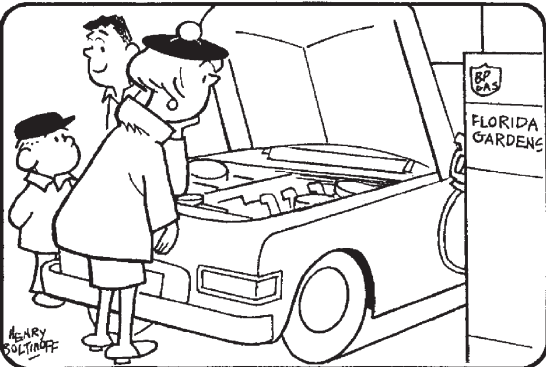
The Waterland Music Series is sponsored by the Des Moines Arts Commission, and the Highline College Foundation.

The series will continue in spring with a classical guitar concert featuring Michael Nicoella on Tuesday, April 29, also at 7:30 p.m. He is the resident composer at the Northwest Symphony Orchestra.

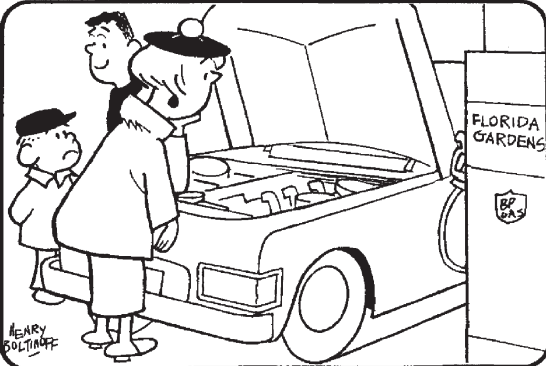
Tickets can be purchased at Des Moines Parks and Recreation, 1000 S. 220th St.; Corky Cellars, 22511 Marine View Drive; Des Moines Floral, 721 S. 219th; or at the door.

Tickets are \$15 for the general public and \$5 for students.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mechanic's shirt is different. 2. Boy is frowning. 3. Woman's earring is different. 4. Sign on gas pump has moved. 5. Headlight is bigger. 6. Woman's skirt is longer.



- MOVIES: What two comedians got their first starring role in *Buck Privates*?
- GEOGRAPHY: Where is the island of Bonaire located?
- ART: What is the name of the method used to enamel metal or ceramic?
- LANGUAGE: What are mummies?
- ANIMAL KINGDOM: What is an ungulate?
- GENERAL KNOWLEDGE: Who was Barbie's original best friend?
- ENTERTAINMENT: What are the PATSY awards?
- ADVERTISEMENTS: What product used the slogan, "Does she ... or doesn't

- she?"
- HISTORY: What was Annie Oakley's nickname?
 - SCIENCE: What phrase forms the acronym "laser"?

- Answers
- Bud Abbott and Lou Costello
 - Caribbean
 - Cloisonne
 - Actors or entertainers
 - A mammal with hooves instead of claws
 - Midge
 - Given by the American Humane Association for best animal performances in film and TV
 - Miss Clairol hair color
 - Little Sure Shot
 - Light amplification by stimulated emission of radiation

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Primary Factors

Across

- No-frills
- Surgery souvenir
- Days gone by
- Part of UV
- Gardening need
- Yearn
- Al and Tipper
- Part of UAR
- Eye part
- Irish
- Voter classification
- Skid row dwellers
- Brings about
- Jurassic Park* menace
- Open
- Chemical compound
- Flashdance* tune
- Ball belle
- Some computers
- Experiment runner?

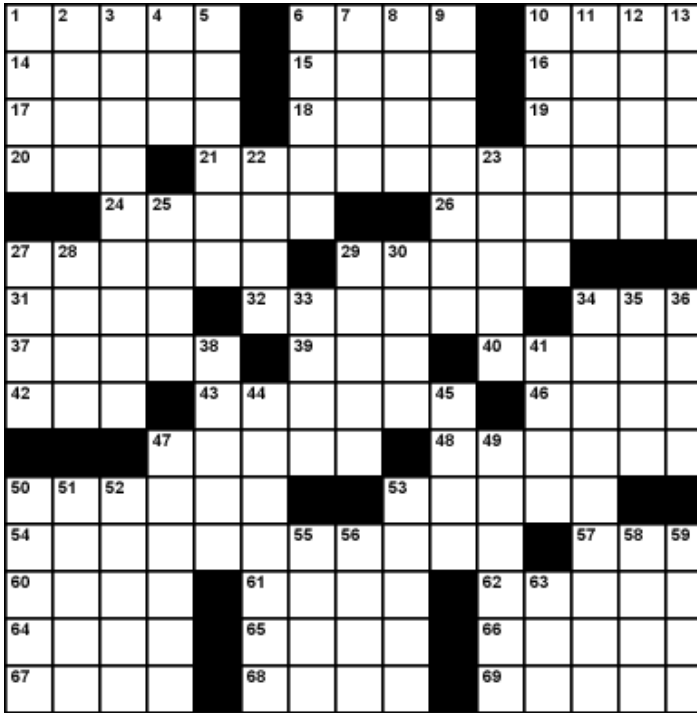
- Unofficial vote
- Wrath
- Slot spot
- Some herrings
- Essence
- PDQ
- Ms. Howe on *Cheers*
- Settled
- Farm units
- Perform well
- Doctor's orders
- Standard
- Civil Rights org.
- "__ do"
- Makeover
- Once more
- Take heat from?
- Lice eggs
- Seed cover
- Most are won on Super Tuesday
- 12/24 and 12/31
- Tops
- Soak
- Take home

Down

- Surveillance aids
- Natural healer

Crossword 101

By Ed Canty



- Unofficial vote
- Wrath
- Slot spot
- Some herrings
- Essence
- PDQ
- Ms. Howe on *Cheers*
- Settled
- Farm units
- Perform well
- Doctor's orders
- Standard
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- Makeover
- Once more
- Take heat from?
- Lice eggs
- Seed cover
- Most are won on Super Tuesday
- 12/24 and 12/31
- Tops
- Soak
- Take home

- Pet on a wheel
- Locker room supply
- Prompt
- Polynesian paradise
- Perfume ingredient
- Chain unit
- 2006 Olympic site
- Detect
- Cartoon possum
- Work units
- Cracker topper
- Constitution St.
- Pen's end

Quotable Quote

One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors.

... Plato (427-327BC)

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Arts Calendar

•And Then There were Five: Creative Writing Instructors Read from Their Work, will be today, 11 a.m. in the Mt. Constance room of the Student Union Building. Featured readers will be Highline professors include Allison Green, Sharon Hashimoto, Susan Landgraf, Tarisa Matsumoto-Maxfield, and Susan Rich.

•Sam Green, Washington state's first Poet Laureate and a former Highline student, will read from his work on Wednesday, Feb. 13 at 11 a.m. in Building 7.

Green currently is writer in residence at Seattle University and is traveling the state as poetry ambassador.

•*THUGS: A Musical Mafia* by Kim Douglass

and Dave Tucker, comes to the Knutzen Family Theatre, 3200 S.W. Dash Point Road, Federal Way. The show runs through Feb. 10, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$16 and \$12 for students and seniors, available at the theater or at www.brownpapertickets.com.

Last week's

Weekly SUDOKU Answer

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

brownpapertickets.com. Call 253-835-2020 for more information.

•The Tennessee Three: The Men Behind the Man in Black come to town as part of Kent Arts Commission's Spotlight Series. The show, scheduled for Friday, Feb. 8

at Kentwood Performing Arts Center, 25800 164th Ave. SE, Covington, features Bob Wootton and WS Holland, two members of Johnny Cash's legendary band. Showtime is 7:30 p.m. Tickets are \$28

for adults and \$26 for students and seniors. Tickets are available online at www.kentarts.com.

Last week's crossword solution

STORM FRONT

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

Weekly SUDOKU

by Linda Thistle

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

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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The Thunderword / Feb. 7, 2008

T-Birds are red hot and rolling, second place in west

By Maxx Shelley
Staff Reporter

The Highline Thunderbirds are in an excellent position in the race for the playoffs after they worked their way into second place in the West Division of the NWAACC Conference. They're currently 7-3 in league play and have an overall record of 12-10.

On Monday, the T-Birds traveled south to Vancouver, Wash. to take on the Clark College Penguins.

It was a very close game that the T-Birds won with a final score of 70-67.

The T-Birds shot 46 percent from the field, while Clark shot 38 percent.

Highline had a fairly low 3-point shooting percentage of 38 percent while Clark made only 23 percent of their 3-point attempts.

Shedrick Nelson, a 6-foot-2 freshman guard, led the Thunderbirds with 16 points. Coby Gibler and Cody Thueringer both led the team with seven rebounds each.

"He's (Shedrick) been shooting the ball with a lot more confidence and has been moving the ball well," Head Coach Che Dawson said.

Sophomore guard Orlandor Westbrook led Clark with 21 points. Bryan Martin led his team with six rebounds.

After the first half the Thunderbirds were down by nine and weren't looking like they have been the previous four games.

It was time to make a few adjustments.

"Coach emphasized manning up our players in the second half," sophomore forward Jesse Norris said.

After a few wise words from Coach Dawson, the T-Birds were ready to go out and play the second half.

"We came out with energy and excitement and just laid it to them," Norris said. "We were pretty confident we were going to win come second half."

On Saturday, the T-Birds traveled to Aberdeen to take on the Grays Harbor Chokers. To say they lived up to their name is saying it nicely. The Chokers choked and lost the game to the mighty T-Birds 98-73.

Last time the Chokers and the T-Birds met was here at home and the T-Birds lost by one point, but this was a different Highline team.

Shedrick Nelson led the T-Birds with 23 points, Coby Gibler had 12 points and led the team in rebounds with a total of seven, all of which were defensive.

Brad Hodge led the Chokers with 22 points and Bryan Trask led the team with nine rebounds.

The T-Birds looked outstanding with a shooting percentage of 55 percent from the field, 58 percent from outside the 3-point line, and 71 percent from the free-throw line.

The T-Birds played solid defense throughout the game, leading the Chokers to a final



Jocie Olson/THUNDERWORD

Freshman Cody Thueringer gets a shot off in last Wednesday's victory over Centralia.



Jocie Olson/THUNDERWORD

Freshman guard Brandon Brown drives to the hoop for a layup in last Wednesday's victory over Centralia. Brown has returned to the T-Bird line-up from his injured hip flexor.

shooting percentage of 39 percent from the field and 21 percent from outside the 3-point line.

"We did a nice job of attacking them and taking care of the ball," Dawson said.

Once again the T-Birds took control of the boards with a total of 43 rebounds to Grays Harbor's 39.

The T-Birds were also able to convert the Chokers' 15 turnovers into 22 points.

The T-Birds looked exceptional throughout the game. They had a total of nine assists and only six turnovers.

"Everybody's in groove and in sync," sophomore forward Kris Rainwater said. "Our motto is 'being together' and it really helps when everyone brings that attitude to the game."

Last Wednesday, for the second time this season, the Thunderbirds handed Centralia a loss when they beat them 83-52.

Kelly Edwards led the T-Birds in scoring with 15 points while Coby Gibler led the team with nine rebounds.

"Kelly's a really good shooter and now that he's shooting with more confidence he's bet-

ter," said Dawson.

Jordan Riipi led the Trailblazers with 24 points and Johnnie Stroud led the team with nine rebounds.

"He's their main player, their guy. If he thinks he can make it, he's going to put it up there," Rainwater said of Riipi. "If we cover all but one guy, that one guy can't beat you-unless he's Michael Jordan."

Sure enough, he wasn't Michael Jordan, and he didn't win the game for the Trailblazers.

The T-Birds essentially made it their game after the first half with a 29-point lead and a score of 46-37.

"We came out ready to play and excited to play," said Rainwater. "Playing at home is always fun. We just stuck it to them."

The T-Birds dominated the boards with a total of 52 rebounds to Centralia's 25. But it's not as good as they could have done.

"That statistic is a little skewed," Dawson said. "There were a lot more rebounds to be had because they shot so poorly."

On top of every player snag-

ging a rebound, they all put some points on the board.

The T-Birds offense turned the ball over 12 times, but the defense allowed Centralia to score only eight points off those turnovers.

Right now the T-Birds are running on a five-game win streak and are looking strong.

"Coach has been pumping everyone up," Norris said.

If they keep this up they can become a real threat to the rest of the teams that will be in the playoffs.

"We need to continue to play together and have a sense of urgency," Dawson said. "We need to understand that our wins have not just happened but we have had to earn them."

The T-Birds had a bye last night, but will continue on with the season on Saturday when they travel to Olympia to take on the South Puget Sound Clippers for the second time this season. The game will start at 3 p.m.

At 8 p.m. next Monday, the T-Birds will play the Clark College Penguins here at home.

On Wednesday, Feb. 13 at 8 p.m. the Thunderbirds will host Green River.

Highline's Table Tennis Club paddles the competition

By Nick Bare
Staff Reporter

The Highline Table Tennis Club went undefeated in a tournament played at Portland State University last Saturday, but will not be eligible to play in the national tournament due to the team missing the first meet.

Highline beat the University of Washington B team 4-1, Oregon State University 4-1, Bellevue Community College 4-1, and the University of Oregon 3-2.

Highline played so well in the tournament that the host school, Portland State, declined to play the T-Birds, with their excuse being there wasn't enough time, adviser Oussama (Sam) Alkhalili said.

Highline's club members who participated in the tournament were Alex Lopez, Barry Hansen, David Hsu, Ji Woong (John) Park, Ngoc (Katie) Doan, and Olajide (JD) Osadare.

"Although we were very pleased with our performance, the team was very upset and disgusted for not going to the national (tournament), but it was a lesson they learned," Alkhalili said.

The club was not part of the National Collegiate Table Tennis Association (NCTTA) early enough to play in the first meet and be eligible for the national tournament.

"The students did not consider participating in the NCTTA until it was too late, and the application process to join the NCTTA was not as friendly as we hoped. So there were many factors that contributed to our late participation. However, we are now a part of the NCTTA and we will play in every tournament," Alkhalili said.

The T-Birds were unaware of their situation regarding the na-



David Hsu/THUNDERWORD

Highline's Alex Lopez takes on Andres Molano in last Saturday's Northwest Table Tennis Tournament at Portland State University. Highline's Table Tennis Club went undefeated in the tournament.

tional tournament before traveling to Portland, as well as after the tournament.

"We received mix messages about it (national tournament), even after the tournament. We are investigating it with the national committee to see if we could be eligible," Alkhalili said.

Highline's first match was against Oregon, who won the first meet with a 4-0 record.

"The director of this tournament thought of Highline lightly, thus our first match was against Oregon," Alkhalili said.

Oregon's best player was Yul Lee, a former club president of

Highline's club, Alkhalili said. Lee beat Highline's Alex Lopez in the first match of the tournament, but Lopez and teammate Olajide (JD) Osadare returned the favor later in the match as they beat Lee and Sheng Zhen in a doubles game.

"The very first game was the toughest. Though we lost it, the players learned from it quickly and readjusted. We adjusted our strategies of matching players, thus we came out on top," Alkhalili said.

Bellevue's club included Andres Molano, a professional player who played for the Colombian national team, and is

ranked very highly in the United States of America Table Tennis Association.

Molano recorded Bellevue's only victory in a singles match over Lopez, but Lopez and Osadare again got their revenge later in the match beating Molano and Kenny Chou in a doubles

game, leading Highline to a 4-1 victory over Bellevue.

The next tournament is a non-NCTTA individual tournament at the University of Washington on Feb. 22.

Highline has four players who are interested in entering the tournament.

Wrestling team heads to Clackamas for regionals


After a tough regular season on the mat, Highline's wrestlers are ready to head to the Region 18 Championships this Saturday in Clackamas, Ore.

Highline will be led by Marshall Giovanni, who is 23-6 on the year, and will be seeded No. 1 at the regional tournament.

Highline's other No. 1 seed in the tournament is Craig Jackson, who has an undefeated record of 10-0 on the season.

Pano Dreves will be seeded No. 2 along with teammate Mike Morales.

Highline has averaged seven national qualifiers over the last five years, and looks to do the same this year.



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The Thunderword / Feb. 7, 2008

Lady T-Birds one game out of playoffs in the west

By Max Dubbeldam
Staff Reporter

The Highline women's basketball team won one and lost two games as they try to chase down the last playoff spot.

They lost to second-place Centralia by a score of 78-65, and fellow fifth-place Grays Harbor beat Highline 75-61. Their victory came over fourth-placed Clark by a score of 81-67.

Highline is currently tied for fifth place with Grays Harbor, one game behind Clark with a league record of 4-6. The three teams that currently rest in the top spots seem out of Highline's reach.

South Puget Sound is in first place with a 9-1 record and Centralia and Lower Columbia are tied for second place respectively at 8-1.

On Monday Highline traveled to Clark and came back with a big win over the Penguins.

Highline won the game 81-67.

Statistics from the game were unavailable at presstime.

The win against Clark was a necessary one as the Penguins are the ones that are currently holding the last playoff spot.

"It just seems like everything finally clicked," said Head Coach Amber Rowe Mosley. "We rebounded well, had few turnovers, and really came together as a team."

On Saturday, Highline was defeated by the Grays Harbor Chokers in an uninspired performance from the Thunderbirds.

"They (Highline) didn't come ready to play," said Mosley. "Generally we beat them by around 30 points."

It didn't help that Mosley couldn't call on the high-scoring Kerstin Torrescano, who was sidelined with an arm injury.

The injury was less severe than was feared and she was back to play against Clark.

Sophomore Tammie Hilla stepped up and scored 16 points for the Thunderbirds.

"The game was played in her high school gym," said Mosley. "She stepped up and showed good hustle."

Guard Sarah Sides had a great game for the Chokers, scoring 29 points and grabbing nine rebounds.

The Lady T-Birds lost last Wednesday against a tough Centralia team, who is second place in the west.

The game started off as a close contest and promised to be highly competitive.

However, midway through the first half the Centralia Trailblazers had a high-scoring run and the Thunderbirds never truly recovered.

Highline brought the score within 10 points in a sloppy second half but an uninspired finish left the Thunderbirds trailing by 13.

Highline got outrebounded by the Blazers 50-36 and gave up 33 points on 27 turnovers.

"They didn't do the little things like boxing out and listening to the coaches," said Assistant Coach Karen Nadeau. "They played hard, not smart."

Highline had four players in the double digits in scoring and sophomore Valerie Cook recorded a double-double with 10 points and 14 rebounds. Cook said, however, that she wasn't satisfied with her shooting. She hit three out of 15 shot attempts and sank one three-pointer.

Centralia also had four players make it into the double digits, led by forward Ali Matison's 16 points and freshman Deanna Riffe recorded a double-double with 12 points and 15 rebounds.

"They were more hungry than we were," said Nadeau. "They wanted the win."

With six games left, the Thunderbirds still have a realistic shot at making it into the playoffs.

"It's hard staying positive," said sophomore Tammie Hilla. "We just have to believe in ourselves."

On Wednesday, Feb. 6, Highline had a bye and didn't have to play.

On Saturday, Feb. 9, Highline travels away to play top-placed South Puget Sound.

On Monday, Feb. 11, the Thunderbirds are back home to play fourth-place Clark, and on Wednesday, Feb. 14, they play seventh-place Green River Gators at home.



Jocie Olson/THUNDERWORD

Sophomore Valerie Cook shoots over a defender in last Wednesday's loss to Centralia. Cook recorded a double-double in the game.



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Highline professor plans journey to Ukrainian orphanage

By Catherine Dusharme
Staff Reporter

Kristina was found living on the street in a doghouse.

Zoriana’s mother is dead and her father’s whereabouts are unknown.

Anastasia’s mother is mentally ill and tried to poison her several times.

These are just three of the 17 girls in a Ukraine orphanage that need your help.

Doug Bridges, a part-time math professor at Highline, is helping - in a big way.

Bridges is taking time off from work to go to the Ukraine in March for five months to volunteer at the orphanage.

“I love to work with kids,” said Bridges, who moved to Washington from the Midwest a couple of years ago and has taught at Pierce and Tacoma Community Colleges.

This is his first quarter teaching at Highline. “I really enjoy Highline’s diversity,” he said.

Bridges has also been a hospice volunteer, as built homes for the needy, and fund-raised for Habitat for Humanity.

He is currently working with Kindness in Action, a non-profit group that helps support the Ukrainian orphanage.

Bridges will be teaching the girls at the orphanage, most of whom are between 7 and 11 years old, to speak, read and write English.

Bridges will also be setting



Girls in the orphanage sit down for dinner one evening.

Photo courtesy of Doug Bridges

up an ongoing English-learning program to assist the girls with long term studies.

“If they learn English, their opportunities to get a job will be much greater when they leave the orphanage,” said Bridges.

Bridges was introduced to the director of the orphanage, a former Washington resident, through a mutual friend.

The director told him of the need for an English-learning program at the orphanage and Bridges decided to help.

“Learning Ukrainian is a challenge,” said Bridges, who is looking for a tutor to help him.

In addition to preparing for his trip and collecting donations, Bridges is also working to find sponsors for each of the girls.

One of the things the sponsors will be doing is writing regular letters to the girls, which they will use to help them learn English.

The sponsors also make monthly monetary contribu-

tions and send gifts for special occasions, like Christmas and birthdays.

Bridges said his biggest accomplishment has been getting sponsors for almost all the girls; at press time all but two of the 17 girls had been sponsored.

Many people have given a one-time cash contribution or

donated needed items like shoes, pajamas, toiletries, macaroni and cheese and peanut butter.

Bridges says that he has gotten so many non-monetary donations that his most pressing need at this time is money for shipping.

Bridges is paying for his trip out of his own pocket and said that his biggest expense is sending the items to the Ukraine.

He has already spent close to \$1,000 of his own money to ship the donations to the girls.

Bridges also said he has been pleasantly surprised by people’s generosity; He was in a store recently, thanking the owner for their donation, when another customer overheard his conversation and “whipped out his checkbook,” saying he wanted to make a donation, too.

For Bridges, who gets a special rate from a shipper in Tacoma, the cost to mail donations to the Ukraine is \$1 per pound. The normal cost is \$10 per pound.

If you would like to make a donation, Bridges has a donation box in his office in Building 16, room 156, and can be reached at 206-878-3710, ext. 6333.

“Just a couple of American dollars can make a big difference in the life of a Ukrainian girl,” said Bridges.

Volunteers needed for high school girls’ career event

By Bernardo Serna
Staff Reporter

Expanding Your Horizons, a program for 8-12th grade girls, will be hosted at Highline on March 31 and they need volunteers.

Andrea Tinney, the Outreach assistant, is looking for volunteers to teach three workshops a piece, each about 55 minutes long, to 18-20 students on science, math, or technology.

They are also looking for volunteers to help at the event in order to help things go smoother.

“The mission is to expose students to these careers,” said Judy Dunham, a local resident and organizer for Expanding Your Horizons.

Many girls will attend this conference from Renton, Eumclaw, Auburn, Kent, Federal Way, Derringer, Highline, and a few more school districts, Tinney said.

Boys are welcome to attend but the event is mostly geared towards girls, she said.

“We’re expecting around 500 students to attend this year,” Dunham said.

About 15-20 girls will be in each classroom and nearly 30 different workshops will be offered, Dunham said.

This is where Highline students and staff can come into play.

“We can always use more workshop leaders,” Dunham said.

“Students can also help by posting signs, delivering equipment, or guiding tours around the campus,” she said.

“Highline does a great job in participating in this event,” said Tinney.

If you want to volunteer contact Andrea Tinney as soon as possible at 206-878-3710 ext. 3336 or at atinney@highline.edu.

Movie to be shown for Highline Students

“Movie Fridays” is showing *Sugihara: Conspiracy of Kindness* this week.

The International Students Programs hosts a movie every Friday. This Friday the movie will be shown in Building 7 at noon. The event is free, and free popcorn is provided.

Sugihara: Conspiracy of Kindness is a movie about Chiune Sugihara and his experience during World War II. He is a Japanese man who chose to study English literature, and because of that he was able to hold several diplomatic posts representing the Japanese government.

The story revolves around Sugihara finding out about the Nazi plans to eliminate the Jewish communities and he uses his power as a diplomat to give visas to thousands of Jews in order for them to escape from Lithuania to safety.

There will be for a discussion afterward about important points and aspects of the film.



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The Waterland Music Series presents
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Highline College Building 7, South 240th Street and Pacific Highway South

Sponsored by
the Des Moines Arts Commission and
the Highline Community College
Foundation.

Tickets available at Des Moines Parks and Recreation, 1000 S. 220th Street; at Corky Cellars, 22511 Marine View Drive and Des Moines Floral, 721 S. 219th, Des Moines; or at the door. Tickets \$15 and \$5 for students. For more information call 206-870-6527.

Darwin Day continues to evolve at Highline

By Nick Dalton
Staff Reporter

Highline faculty members are climbing up from the ooze next week to bring the theory of evolution onto dry land.

Darwin Day is coming to Highline again next Tuesday, and Highline is doing it one better this year by having a full Darwin Week.

The purpose of Darwin Week is to celebrate the life and work of Charles Darwin, the man who pioneered the theory of evolution by way of natural selection, which is still taught across the globe.

Dana Franks, a reference librarian at Highline who is involved with the upcoming Darwin Week, said that this year precedes the 200th anniversary of Darwin’s birthday in 1809, and the 150th anniversary of the publishing of Darwin’s book, *The Origin of Species*, in 1859.

“We’re hoping to have a whole quarter-long series of events next year, for Winter Quarter,” Franks said.

Darwin Day is Feb. 12, Darwin’s birthday, and was first celebrated in 1995. It has since expanded to be recognized throughout the world in the form of hundreds of events each year on that day.

Franks said Darwin Week at Highline is being sponsored by a faculty group called the Rationalists Learning Community. The event is being organized by Carol Hernandez, and is being staffed by a number of Highline faculty volunteers.

Throughout Darwin Week, winners will be declared for a contest which will award cash prizes for the best artistic entries related to the life and works of Darwin, and there will be a booth set up manned by faculty volunteers to help educate people on Charles Darwin and his work.

Last year, elements of Darwin Day included chimpanzee cookies and other attention-getting tactics intended to get people excited about Darwin, and organizers are planning on bringing some of that back this year.

The faculty members involved with organizing Darwin Week will universally agree that the theory of evolution is an important part of education.

“Darwin is the most important figure in biological theory,” said Dr. Lonnie Somer, anthropology professor at Highline. “His ideas on evolution revolutionized not only biology, but other fields of thought.”

Dr. Somer has brought some fossils from his personal col-



Nick Dalton/THUNDERWORD
Dr. Lonnie Somer holds a large trilobite fossil, part of his own collection on display in the library for Darwin Day.

lection to coincide with Darwin Week, and they will be on display on the fourth floor of the library throughout February.

The teaching of evolution has been the cause of much debate throughout the years, with creationists, or those believing that all species were created by a su-

preme being, often saying that evolution shouldn’t be taught in schools.

“Darwinism and evolution have become the new f-word,” said Angi Caster, a Highline writing professor also involved with Darwin Week.

Caster said that some people

might feel like the theory of evolution threatens their religious beliefs, but that there really isn’t any reason why the two ideas can’t go hand-in-hand.

“If there is a God, wouldn’t he have wanted to design an elegant system like evolution?,” Caster said.

Pacific Islander Club hopes to promote cultural understanding

By Alyssa Hoffman
Staff reporter

A group of students hope you’ll take the time to learn about Pacific Islander culture.

After five years a Pacific Islander Club returns to Highline with more than 30 members.

“The Pacific Islander Club teaches and promotes an awareness of all Pacific Islander cultures and heritages to everyone and anyone who is interested through dance, song, arts, and our way of life,” said Joseph Timoteo, club president.

Anyone is welcome to join the club, especially those individuals with a Pacific Islander background.

“We all agreed that Highline Community College needed a club that would represent the Pacific Islander population who are enrolled in our very diverse school,” Timoteo said, “and it would be a great opportunity to get involved in Student Programs and Student Government.”

The club recently attended the Puget Sound Leadership conference at the Microsoft Conference Center in Renton.

The conferences are designed

to bring forward understanding and awareness of Asian American and Pacific Islander issues.

“This was our very first time attending the conference, and it won’t be our last. We were able to represent Highline Community College with pride, learned and gained important leadership skills and networked with a lot of great people and leaders serv-

ing our communities,” Timoteo said.

The club also plans on hosting workshops on educating people about the Pacific Islander culture.

“Our main event will be a luau night... with food, fun, and entertainment, including performances from all the Pacific island cultures. This will be our

closing event for this year, and hopefully a closing event for the club annually,” Timoteo said.

The club meets every Wednesday from noon-1 p.m. in Building 8 on the third floor.

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Thursday, February 21
12 Noon
Intercultural Center, Building 6, first floor, Room 151



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It's a dog's life

Dog park gives dogs, owners room to roam

By Megan Wallin
Staff reporter

Hallie Engel is the proud owner of a big dog with boundless energy. But that kind of a dog needs room to run.

The Grandview Park in SeaTac, founded by the organization SODA (Serve Our Dog Areas), is one such place available to the public.

With 37 acres of grass, gravel, and sand for dogs to run off leash, Grandview was just the place she was looking for.

Engle has already been to the park three times with her Great Dane, Murphy, since they moving to Washington from Pennsylvania.

“We were looking for a place to go off leash with big dogs,” she said.

Murphy stood with his enormous shoulders about three feet from the ground, wagging his tail and squirming energetically to get away from his owner, who held his collar firmly as she spoke.

It is this kind of puppy-like enthusiasm that caused Engel to find Grandview Park. She was searching the Internet for a good place to let her dog expend some of that energy.

Even though she had a decent back yard, finding this park was important because her dog’s size and energy level presented a problem in smaller areas with smaller dogs.



Megan Asa/ THUNDERWORD

Felicia and Diego, a 4-month-old American pit bull terrier, balance on a tree trunk at Grandview Dog Park.

“It has lots of room,” she said when describing why she liked this particular park, “and I don’t have to worry about [Murphy], because it’s all closed in.”

Engel also commented on the park’s cleanliness, which is partly due to the provision of doggy bags and the dedication of the park’s visitors.

SODA is built upon the work and commitment of volunteers.

There are special events set up called “work parties,” that serve as opportunities for volunteers to help maintain or add

more to the park.

Grandview is open every day, from dawn to dusk.

It has large, open areas for dogs to run, trails, benches, waste receptacles, a view of Mount Rainier and the Green River valley.

This all started in early 2001, when the SODA taskforce answered the call of many south King County dog owners and chose Grandview Park as the site for a new off leash park.

With the help of volunteers from Boeing, the local Boy

Scout Troops, LDS Church Ward #1, Key Bank, and from labor and equipment funds from the partnering cities, Grandview Park was transformed from an ordinary recreational area to an off leash dog park.

Grandview Park is not the first park SODA has been a part of. Their first effort was Marymoor Park in Redmond.

They are a nonprofit organization, always in need of vol-

unteers. If you would like to be a volunteer, call the SODA HOTLINE at 425-881-0148, or simply show up at the next work party.

Currently, there are no work parties scheduled, but for those who are interested, go to www.soda.org to check for any upcoming events.

The park is located at 3600 S. 228th St., off of Military Road i SeaTac.



Carrie Draeger/THUNDERWORD

A woman walks through the upper half of the Grandview Dog Park.



Carrie Draeger/THUNDERWORD

Rayden , a 2-year-old golden retriever, tries to get his owner Ryan to play fetch with him.

Black History Month provides insight to African-American culture

By Lizeth Duran
Staff Reporter

Black History Month will be honored by Highline's Black Student Union with an array of events from Feb. 11-15.

The events will provide an inside look at different aspects of African-American culture both currently and formerly.

"If you don't understand the past there's no way that you can build a better future," said Malcolm Jihad Bryant, a Highline student involved in Student Programs.

All students are invited to attend to these free of charge events which are as follows:

Monday, Feb. 11 – Motivational speaker and poet Sean Good will speak about social slavery and how it compares from the present to the past as well as how it will affect the future. This conversation will address how a slave labor system is supported and reinforced by today's society and what people can do to stop it.

It will take place in Building 7 at 11 a.m.

Tuesday, Feb. 12 – Author Sophia Stewart will speak about

her book *The Third Eye* which she says includes the original treatments for the movies *The Matrix* and *Terminator*. Stewart will discuss her legal battles involving the infringement of her work. She will also speak about her new projects which she believes will outdo *The Matrix* and *Star Wars*.

Stewart will speak at the Highline Student Union, Mt. Constance room from 10-11 a.m. and again from 12:10-1:10 p.m.

Wednesday, Feb. 13 – This event, aptly named *Expressions*, will be a day in which students can express themselves through the open mic. Anyone can participate by reading a poem from a favorite poet or by writing their own song, rap, dance, or any other form of self expression. Make sure they are appropriate for Black History Month.

This event will take place at the Highline Student Union's first floor at noon.

Thursday, Feb. 14 – Acclaimed author and historian James Loewen will discuss his book *Lies My Teacher Told Me: Everything Your High School Textbook Got Wrong*.

Loewen, who has undertaken the task to debunk myths and amend misinformation often taught as American history, will speak about multicultural education, civil rights, law and social science. His lecture will be presented in Building 2 at 10-10:50 a.m. and at 12:10-1:13 p.m.

He spent two years at the Smithsonian Institution studying and comparing 12 leading high school American history textbooks. His findings included alleged errors and deliberate omissions and were published in *Lies My Teacher Told Me*.

Not only does Loewen disagree with some information taught as American history throughout United States, he also disagrees with the way history is taught.

He believes that lack of controversy prevents learning history from being exciting.

Loewen attended Carleton College and has a Ph.D. in sociology from Harvard University. He has taught race relations for 20 years at the University of Vermont. Loewen has also taught at Mississippi's Tougaloo College, a historically black college.

His other books include *Sundown Towns: A Hidden Dimension of American Racism*, *Lies Across America: What Our Historic Sites Get Wrong*, and *The Mississippi Chinese: Between Black and White*.

Friday, Feb. 15 – This will be a showing of the movie *Bamboozled*. This movie is a satirical look at the television industry focusing on an Ivy-League educated African-American writer who is frustrated with rejections from the TV networks. After his job is put on the line, he devises a bizarre proposal: reviving the minstrel show, but instead of starring white actors in black face, the show stars

black actors in an even blacker black face. The show becomes a hit, but with the success of the show comes the consequence for all involved.

Bamboozled is directed by controversial Emmy award winner director Spike Lee and stars actors Damon Wayans, Jada Pinkett Smith, Tommy Davidson and Mos Def. Anyone who wants to attend can meet on the third floor of the Highline Student Union in the Leadership Resource Center at 11 a.m.

"It's a good learning experience where you'll learn something new," said Joantonette Wilson, president of Highline's Black Student Union."

Conference gives students chance to lead

By Lizeth Duran
Staff Report

Students will have the opportunity to expand leadership skills and discuss cultural consciousness during the 18th annual Students of Color Conference April 24-26.

Sponsored by the Washington State Multicultural Student Services Directors' Council each year, the conference is open to all students attending community and technical colleges in Washington State.

The Students of Color Conference is the only one of its kind in North America, said Joshua Magallanes, a coordinator of the event.

Every year, more than 500 students attend from all over Washington state. Students will be able to "stretch the envelope, expand their knowledge, and find their inner leader," Magallanes said.

Events at the conference will include workshops, caucuses, and keynote speakers. Conference events will help students build leadership skills and grow personally, culturally and academically.

"It's a great opportunity," said Magallanes.

Students meet at Highline and ride together to the SeaTac Airport where they stay at the

Doubletree Hotel.

A \$30 deposit is all students have to pay toward the conference. Travel, registration, and hotel expenses are paid by Highline.

Students don't have to be students of color. All Highline students can apply.

Applications and fees are due to Magallanes by Feb. 27.

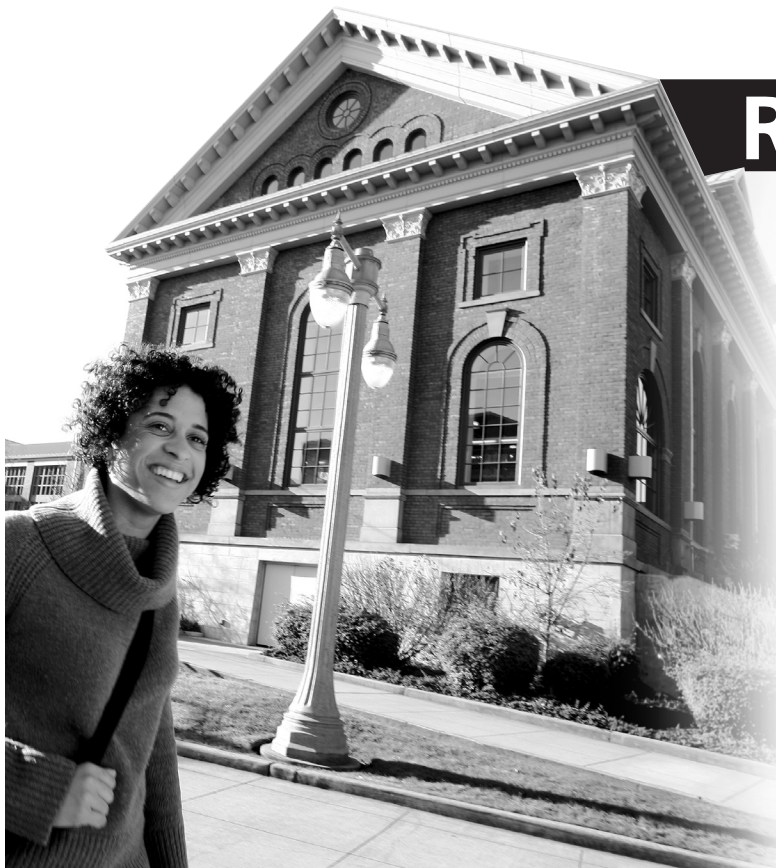
An informational meeting will be held in the Student's Clubs Resource room on the third floor of Building 8. It will take place during February 13 at 12:30 p.m.

For further information on the event students can contact Magallanes at jmagalla@highline.edu or by calling 206-87-3710, ext. 3886.

W.A.V.E. Scholarship Washington Award for Vocational Excellence

The W.A.V.E. scholarship is awarded to students for outstanding achievement in vocational-technical education. Every year, the W.A.V.E. program gives scholarships for six quarters (four semesters) of tuition and fees at two and four-year colleges, universities and technical schools in Washington State. Three W.A.V.E. recipients are chosen from each legislative district by the selection committee. Any student currently enrolled in a vocational program by June 30, 2008, is eligible to apply. To receive application forms and guidelines please contact Rickitia Reid in Building 9, by email rreid@highline.edu or (206) 878-3710, ext. 3301, or visit the W.A.V.E. homepage at: www.wtb.wa.gov.

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Speakers advise students to focus on local products

By Martin Ericksen
Staff Reporter

Buy products manufactured locally and use baking soda instead of commercial cleaning supplies to save our environment, a panel of environmentalists said last week.

The noon session for Focus the Nation was held in Building 29 on Jan. 31.

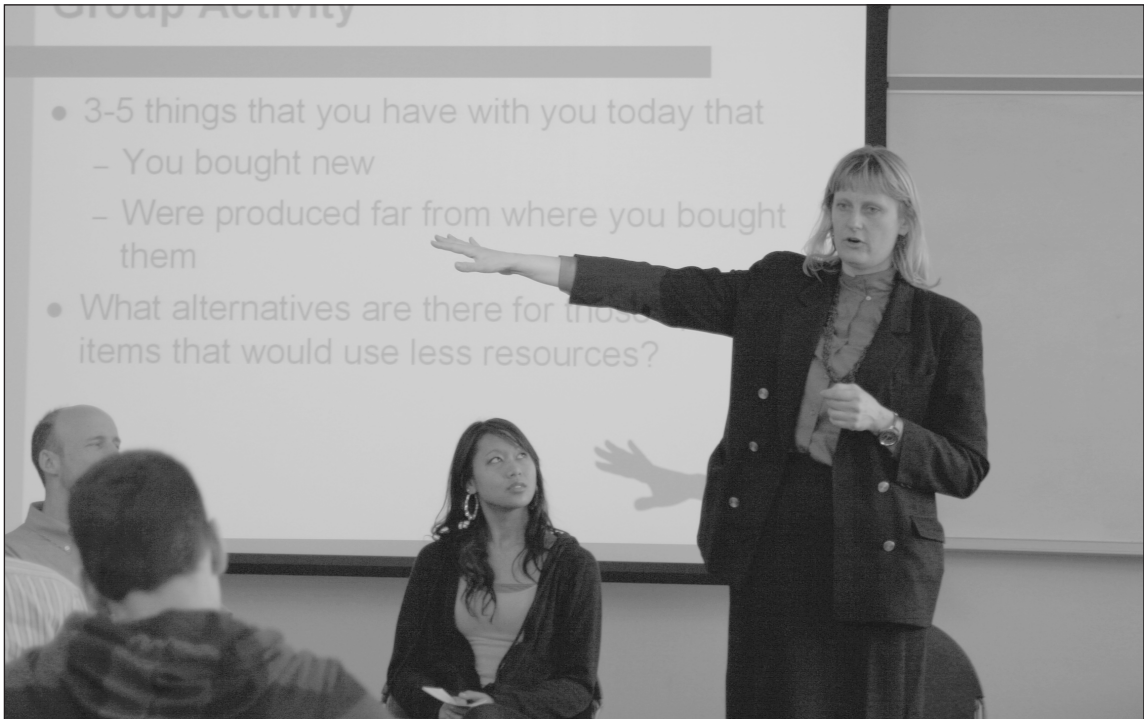
Speakers at the event included: James Peyton, economics professor at Highline; Thyda Yim, member of the Highline Environmental Club; Dan Streiffert, member of the Sierra Club; and Janine Michelsons, of the Puget Sound Community Change Interra Project.

This session on climate change was held to inform people of how their daily activities contribute to global warming and how they can help to prevent it.

“Climate change affects health, infrastructure, agriculture, economics, and natural resources,” said Peyton.

Some economic impacts include higher water prices in dryer areas and more expensive power generation due to the loss of hydropower, said Peyton.

If people take action on cli-



Lizeth Duran/Thunderword

Students at a Focus the Nation event called *From your Paycheck to Your Ballot* last Thursday hear how buying products locally can have an impact on global climate change.

mate change now, it will cost us less than half of what it would cost in the future, Peyton said.

What you buy, and whether you buy it from a local manufacturer, or from a corporation far away matters, Michelsons said. “Buying locally keeps the dollars in our economy.”

“When you buy, from large corporations, the likelihood of

the item being manufactured by non-locally owned businesses is higher than if you buy from small businesses,” Michelsons said. “Buy things where you can talk to the person who produced it.”

“The Interra Project is giving away free credit cards that you can use to track the items that you buy. You can use the cards

to see whether a business is local or not,” Michelsons said.

The Puget Sound Community Change Interra Project is an organization that is trying to set up a community based movement of citizen consumers by encouraging people to vote with their dollars by buying locally, according to the Interra Project website.

There are ways that people can conserve energy and cut back on using resources that pollute the environment, Yim said.

“I turn off and unplug all my appliances when I’m done using them,” Yim said. “Even if your appliances are turned off they are still using energy.”

“The cleaning supplies that we use are responsible for pollution,” Yim said. “Americans use so many cleaning supplies that the air in our house is more polluted than the air outside.”

“Baking soda works best for cleaning,” Yim said.

The Sierra Club works to protect the environment. Streiffert came to Highline to speak about how people can participate in such organizations.

“The United States is the No. 1 greenhouse gas emitter in the World,” said Streiffert. “In 1992 the UN created the Kyoto Protocol to find solutions to global warming but the United States refused to commit to the protocol.”

Mayor Greg Nickels has convinced the mayors of 170 cities nationwide to commit to the treaty. Their goal is to reduce greenhouse gas emissions by 5 percent by 2012, Streiffert said.

Panels push alternatives to driving alone, factory farming

By Martin Ericksen
Staff Reporter

Driving alone is the leading cause of climate change in Washington, an expert on transportation said last week.

Three sessions on climate change awareness were held in Building 29 last Thursday as part of Focus the Nation.

Focus the Nation is a national organization set up to take action in preventing global warming.

The event was brought to Highline by Emily Coates, enrollment services specialist, and James Loetterle, geology professor at Highline.

“Over 1,700 colleges, universities and churches participated in Focus the Nation last week,” said Loetterle.

At the 11 a.m. session, Shafali Ranganathan, director of education for the Transportation Choice Coalition, lectured on how transportation contributes to rising global temperatures.

The Transportation Choice Coalition promotes alternatives to driving by yourself, such as taking the bus, riding the train, carpooling, walking, and riding your bicycle.

“You should try to take the bus or bicycling a couple days a week, it’s good exercise,” Ran-

ganathan said.

“We encourage people to carpool or choose alternative means to driving because driving by yourself is responsible for 50 percent of greenhouse gas emission in Washington,” Ranganathan said.

“Another reason is driving by yourself is the No. 1 expense for families in Washington.”

“I would encourage you to take public transit. It may be hard the first time you try it, but then it’s fun and easy,” Ranganathan said. “On the bus you can doze, or read a book, and let the bus driver worry about driving.”

“A local solution for global warming is getting the government to plan communities so people don’t have to drive as much,” said Ranganathan. “This is the biggest action that Washington has taken towards preventing climate change.”

Many states have taken action on addressing global warming, but Washington is leading the nation in action on climate change, she said.

To make a difference, the solution doesn’t necessarily have to be fewer cars, just cleaner cars, Ranganathan said. “Legislators have passed a law that all new cars have to emit less

greenhouse gases. So far the law has been enacted but not implemented.”

Every individual has the ability to make an impact on global climate change. There needs to be action taken towards preventing global warming, Ranganathan said.

“This is just the beginning,” she said. “As you become aware of the environment and climate change, we can fix this problem together.”

At an earlier presentation, Highline health professor Tracy Brigham said consumers can help fight climate change by not supporting factory farming.

Brigham said factory farming produces cheap food, but also poor quality and lots of environmental problems.

The animals endure harsh living conditions. “Artificial hormones and antibiotics are injected into the meat of the factory farmed animals so that it increas-

es risk for e-coli and mad cow disease,” Brigham said. “They are injected to keep the animals alive and to fatten them up.” “Factory farming takes away business from small livestock farms,” Brigham said. “They also create far too much waste than the surrounding areas can handle.” Brigham said consumers have healthier options for food.

Reporter Paul Song contributed to this story.

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Obama

Continued From Page 1

support for his wife. So far none of the Republicans have said they plan to visit Washington before Saturday. The Obama campaign, meanwhile, has attracted a lot of interest from younger voters, and Highline students appear to be no exception. Many of the students said that this current election is an important and interesting one. “This election is more interesting because of the closeness of the race and the contrast of the candidates,” Megan Pardi said. David McLemore said that this election is more interesting

because the candidates are talking more about the issues than before. Many students said they’re tired of the way the government is run and they want someone to step in and shake things up. “This election is more important because of everything that happened during the Bush administration,” said Jaskarn Dhillon. “I think Barack can get us back on track.” The result of Bush’s time in office has many students calling for change. The idea that the Democrats are the ones who can change America for the better seems to be widely accepted by Highline students. Highline student Amy Goodsite said that she is a Republican at heart but that she believes the Democrats have more depth and

they have her vote in Saturday’s caucus. Another conservative student at Highline has also moved toward Obama. “I was a conservative for many years now but I don’t want to be divided by wedges like abortion. This Saturday I’m going to the caucus as a Democrat,” said Skyler Nichols. “I’m going to vote for Obama because I read his book and I like his plan for health care.” Obama seems to be popular among students for many other reasons. “Obama inspires the people with his talk of the future,” said Ali Ahmed. “I’m going to vote for Obama because he seems to know what he’s doing,” said Anjouli Burke.

Some Highline students are supporting Obama because they don’t like Hillary Clinton. “I’m leaning toward Obama because it’s intimidating when a woman like Hillary is out in your face. Obama’s calm demeanor is appealing,” said Varela. “I don’t think Clinton would be a good president because many world leaders in the Middle East see women as inferior and it would be hard for most leaders to meet with her and take her seriously,” Dibian Alvarez said. “I’m for Obama because I think he’s hot,” one student said. Still some Highline students are having trouble deciding between the two. “I’m torn between Hillary

and Obama, they both have good aspects,” said Charysa Beeman Varela. One student said he supported Republican Ron Paul because he feels the libertarian-leaning congressman will legalize drugs. “He wants to legalize marijuana,” said Jamie Shivel. “This upcoming election is going to be a joke because no one’s going to vote for a woman or a black man.” “I plan to support Ron Paul because he wants to disband the CIA, FBI, IRS and wants to end the war on drugs,” student Kramer Johnson said. *Reporters James Bermingham, Maxx Shelley, Bernardo Serna, Martin Ericksen and Max Dubbeldam contributed to this story.*

SAD

Continued From Page 1

SAD increases as you move closer to the Northwest, said Patricia Haggerty, a Highline counselor. In Florida, 1 percent of the population is thought to have SAD while SAD affects 20 percent of Washingtonians. People who are diagnosed with SAD usually start to feel the symptoms in October and November and don’t start to feel better until March, Haggerty

said. The symptoms of SAD are very similar to the symptoms of depression but are not the same, Haggerty said. People with this disorder usually feel an overall sense of “sad”-ness, social withdrawal, fatigue, loss of energy, carbohydrate cravings, and abnormal weight gain. “It’s like a turtle,” Haggerty said. “You just want to ball up and hide,” “If I had to give one piece of advice to the students here at Highline,” Haggerty said, “I would tell students they shouldn’t

take classes between 11 a.m. and 1 p.m. It is in the middle of the day and they should be eating lunch and making those couple of hours to get outside and get some sun in their eyes.” People should go easy on the classes they take Winter Quarter, Haggerty said. During the winter you don’t have as much energy and you are more susceptible to experiencing SAD. If you are diagnosed with SAD, or you think you are showing some symptoms, there are a few things you can do. The cheapest and easiest way

is to get outside and exercise. Even if there is no sun in sight, the overall daylight is still effective in fighting SAD. Sue Snyder, a Highline student, said she didn’t feel any mood swings but she makes sure to exercise and take vitamins. You also have the choice of phototherapy. Phototherapy requires the use of a bright white lamp. You are supposed to be in front of this lamp for about 20 to 30 minutes a day for about two weeks. This is supposed to slow down your brain from decreasing the melatonin that causes the

depression-like symptoms. You can also try using a dawn simulator. The simulator is an alarm clock that uses light to wake the sleeper. You set the time you want to wake up at and the machine will slowly let off light about an hour before you wake up. The light passes through your eyelids and gives your mind the sense of daylight. “Students can also talk to a counselor at Highline,” Haggerty said. “It’s free.” *Reporter Mark Maras contributed to this story.*

Veterans

Continued From Page 1

to friends and family, Schmidt said. Service members may be separated from the military for mental health concerns or retained at their unit for additional analysis, said Schmidt. Post traumatic stress is a concern of some faculty and students as well. Highline has over 200 international students from 30 different countries, according to Highline’s International Student Programs website. Some of the faculty members in Dr. Schmidt’s audience wondered how a service member would react to situations in an academic environment after experiencing combat. Some feared a veteran could have a tendency to “go off” on a student with an Islamic background, due to the recent conflicts with Iraq and Afghanistan. Not all combat exposed veterans experience PTSD, Schmidt said. Only 15 to 32 percent develop PTSD but 41 to 90 percent do experience readjustment issues, Schmidt said. With help these issues are usually resolved in a relatively short amount of time, Schmidt said. So far the Highline Veterans

Committee has not received any reports of disciplinary problems with the approximate 100 student veterans currently attending Highline. The Highline Veterans Committee’s concerns are providing veterans with assistance in academic reintegration and outreach services. Professional development and research is the extent of Highline’s Veterans Committee services so far, said committee member Gwen Spencer. Striving to understand challenges veterans face is an ongoing process due to the committee only being in existence for six months. “You guys are ahead of the ballgame,” said Schmidt in reference to the Highline Veterans Committee. Some of the other local schools don’t have committees in place yet. Edmonds Community College only has a veterans club, Schmidt said. Dr. Schmidt urged those in attendance to start building bridges among the various veterans’ assistance organizations so people don’t fall through the cracks. Additional information about how to receive counseling for PTSD can be found at www.dva.wa.gov/ptsd_counseling.html.



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