



**T-Birds No. 1 in
their division/
P6**



**Hip-Hop
Cypha on
Jan. 29/P10**

Jan. 22, 2009 / Volume 48, No. 13

Index

Arts	10-11	Puzzles	5
Campus Life	2-3	News	1, 12-16
Opinion	4	Sports	6-9

Highline Community College

The Thunderword

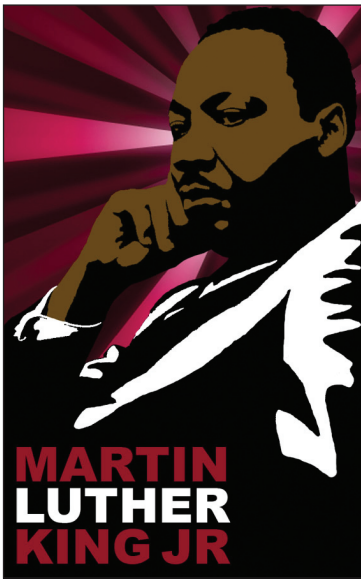
Retraining program broke

By **LIZ PHILLIPS**
Staff Reporter

Highline’s Worker Retraining program is out of money and chances of receiving additional funds are looking slim. Worker retraining is a program featured at Highline whose aim is to get laid off workers retrained and back to work, said John Huber, program manager of Worker Retraining. (The program was receiving) “\$400,300 in student aid, and about 1 million for support of faculty, staff and related costs/

services,” Huber said. The program currently has 400 people enrolled, Huber said. Worker retraining so far has turned down 10 people, and by Spring Quarter they will probably have turned down around 100 more, Huber said. The prospect for additional funding has a “very low chance,” Huber said. Huber said that the recession has a lot to do with the lack of funding the school currently has. “We funded so many students, we ran out early and Washing-

ton State doesn’t have any extra funds.” Most community colleges in the area feature this program or a similar program. Some other schools that feature this program are Green River, Tacoma, Seattle, Bellevue, and Pierce. The majors eligible for the worker retraining program are paralegal, personal fitness trainer, medical assistant, respiratory care, customer service specialist, and medical transcriptionists. Please see Worker, page 16



Highline MLK week returns

- King as a Social Scientist: The Revolution of Values Towards Creative Maladjustment. Page 12
- Creating a Vision of Equity and Opportunity in Education: A lecture by Dr. Debra Ren-Etta Sullivan, Praxis Institute. Page 12
- MLK March. Page 13

Student, 19, killed by drunk driver

By **ZANE STEARMAN**
Staff Reporter

William Somtoa’s MySpace website still receives messages. Friends of the late Highline student are posting comments, expressing their shock and grief over his death in an apparent drunk driving accident. “It still doesn’t seem real dude. I feel like it’s some kind of sick joke... like you used to say haha. I love you man.” Chase commented on Jan. 19. “[I] was so excited when I ran into you at Highline for the first time a couple of quarters ago! It was nice to see a hella old friend again. rest in peace and god bless”- Wake up Mrs. West {PLB}, Jan. 20. Somtoa made an impact, said the people who knew him. At the skateboard shop where he worked, they are selling “William Forever” t-shirts. On Pacific Highway South between Dash Point Road and South 304th Street, someone has spray painted the same message. Somtoa, 19, died on Jan. 4 from injuries suffered in an accident the day before. At about 2 a.m. Satur-



William Somtoa died on Jan. 4 from injuries suffered.

day, Jan. 3, Somtoa, Chase J. Evans, and Carmrodeen Kahn were stopped at a red light on Lake City Way in Seattle in Kahn’s car. According to the King County Prosecutor’s Office, another car, driven by Jabari M. James, 21, was traveling extremely fast when it struck Evans’ car. Prosecutors say James, who

has been charged with vehicular homicide, made no attempt to stop or avoid the collision. According to the Seattle Police Department report, James initially told an officer “I’m just drunk.” One hour after the collision, James’ blood alcohol level was reported at 0.23, almost three times the legal limit. Please see Somtoa, page 16

The accident sent all three of the students to Harborview Medical Center, as well as James’s own passenger, Daniel Thomas. Evans and Thomas suffered concussions and minor injuries. Khan also suffered minor injuries as well. Somtoa suffered a traumatic head injury. He was put on life support for a day and a half. He died on Jan. 4. Prosecutors say James didn’t have a valid license at the time of the accident. James had five convictions from 2005 until now, including hit and run, driving with a suspended license multiple times, speeding, and he is also under investigation for burglary. Bail has been requested by the state at \$75,000. James was arraigned on Jan. 21 in King County Superior Court. Services for Somtoa were Sunday, Jan. 11 at Bonney-Watson Washington Memorial Park. More than 200 people attended. Somtoa was from Des Moines. He worked at 35th Avenue in Federal Way, the oldest skate/snowboard shop in Washington. Please see Somtoa, page 16

New U.S. president excites many

By **VITA MULYARCHUK**
Staff Reporter

Highline students expressed anticipation and excitement as Barack Obama was inaugurated as the nation’s 44th president. On the morning of Jan. 20, thousands flocked the downtown streets of Washington, DC to witness the turn America would take. The nation held its breath as Obama claimed his place as the first black president in American history. Martin Luther King had once stood on the steps of the Lincoln Memorial and spoke of the “bright day of justice,” which was to come for the nation. On the very steps, 46 years later, America’s first black president called the people to carry forward the precious gift, “a God-given promise that all are equal.” Despite the cold, masses gathered at the Lincoln Memorial to watch the historic transition take place. Highline students also demonstrated patriotism and support as they crowded hallways and classrooms to catch a glimpse of President Obama on the screen. Please see Obama, page 16

The Thunderword / Jan. 22, 2009



Ami Nguyen/THUNDERWORD

A Highline groundskeeper gathers up fallen leaves near Building 2 to keep the campus clean.

Vehicle break-in

A Highline student found his passenger-side window broken on Jan. 19. His wallet and athletic shoes were missing.

Another student also had a broken window, but nothing was taken from the second vehicle.

Fight outside Building 26

Someone informed security on Jan. 15 that a group of juveniles looked like they were trying to fight outside Building 26.

As soon as security showed up, three of the juveniles ran away, and then the rest of them made their way off campus.

Odd man seen loitering on campus

A strange man was hanging around Building 3 on Jan. 18.

According to the man, he attended Highline last year.

Security warned him that the campus is for students, faculty, staff and visitors only, and eventually the man left campus.

Locks tampered with at Pavilion

Someone called Security to report that some of the doors on the west side of Pavilion looked as if they had been tampered with on Jan. 19.

When the locks were checked, some of the screws were loose on the middle door on the south west side. Security notified Facilities.

Library Problems Continue

A library worker called Security in regards to a male juvenile that was causing a disturbance on Jan. 14. When Security arrived the minor had already left.

The library employee said that he is someone that she has been consistently having problems with. Security instructed her to call if he came back.

Lost and found

A black Sony-Ericsson phone was reported lost from Building 17 or 29.

A hardcover Chemistry textbook was reported lost from Building 17.

A set of keys was reported lost from Building 16.

A set of eyeglasses was reported to have been lost on January 15.

Free events cover local marine wildlife

Highline's Marine Science and Technology (MaST) center will be holding a series of semi-monthly events during February and March.

Each event will run from noon to 1 p.m.; the events are part of the Science on the Sound series.

The first, on Feb. 7, will be Sea Otter Recovery, a seminar on the "efforts to establish a permanent population of sea otters on the Washington coast." This will be headed by Caroline Hempstead, a marine mammal specialist at the Seattle Aquarium.

The next, Oceans and Human Health, will be on Feb. 21. This seminar will be about the effects of clean oceans on humans.

It will be given by Usha Varanasi, director of Northwest Fisheries Science Center in Seattle.

On March 7, Seattle Aquarium naturalist Giovannina Souers will teach some basic octopus anatomy in a seminar called Puget Sound Octopus.

The last winter event, on March 21, will share a creative bent from writer Holly Hughes, who will speak on her "experiences of living and working on the sea, as well as her writing and poetry."

Science Scholars Program: deadline tomorrow

The deadline for the Winter quarter Science Scholars Program is tomorrow, Jan. 23.

This is a scholarship program for students majoring in Math,

Engineering, Science or Technology, and awards as much as \$5,265 per year.

To apply, students must be eligible for federal financial aid, enrolled in at least 12 credits per quarter and maintain a 2.5 quarterly GPA.

The deadline for the Spring quarter award is April 17.

An application form can be found at <http://flightline.highline.edu/nsfscholarship/>.

Science Seminar hopes to make an impact

This week's science seminar will be Geologic Disasters that Changed History.

Highline faculty and coordinator of the Science Seminar program Eric Baer will cover subjects ranging from volcanoes in ancient Greece to Tokyo's 1923 earthquake.

"We like to think of history as a flow that we can try to control," Baer said. "However, sometimes a singular, apparently random disaster strikes."

The seminar will be held, free of charge as always, tomorrow, Jan. 23 from 2:20 to 3:10 p.m. in Building 3, room 102.

Movie Friday believes in Harvey Dent

This week's Movie Friday will show last year's summer blockbuster, *The Dark Knight*.

The film will be shown in Building 7 at 12:30 p.m.

The Dark Knight is a sequel to Christopher Nolan's 2005 film *Batman Begins*. The film stars Christian Bale reprising his role as Bruce Wayne and Batman, as well as Heath Ledger as The Joker and Aaron Eckhart as Harvey Dent.

The Dark Knight picks up where *Batman Begins* left off, following Batman's pursuit of a Gotham mobster before a mysterious criminal, The Joker, directs the plot in a more sinister direction.

The film was a huge commercial success, grossing close to \$2.3 million on its first day in theaters and going on to gross over \$530 million in North America and nearly \$1 billion worldwide. It is currently the fourth-highest grossing film of all time worldwide, and second-highest grossing of all time in North America.

On its release to DVD and Blu-ray disc, *The Dark Knight* set a new record for DVDs sold in one day with 3 million copies, 600,000 of which Blu-ray.

The film was also a critical success, receiving a 94% approval rating from review aggregator Rotten Tomatoes based on 263 reviews; score aggregator Metacritic gave the film an average rating of 82 based on 39 reviews.

CO-OPPORTUNITY: Cooperative Education

Want to find out more information about doing an internship? Check us out!

Contact Merridy Rennick, Career Specialist
206-870-3710 ext. 3148 mrennick@highline.edu
Drop by for a visit: 2nd floor of Building 6 (room 222)

STUDENT JOBS:

Field Interviewer ~ 5028 ~ Part time ~ 30 openings

Conduct phone and in-person interviews within the homes of residents of selected White Center neighborhoods, March 15 – June 6. Location: White Center
Wage: \$14.37+mileage Hours: 20-35 evenings and weekends

Database and Office Admin. ~ 5025

~ Part time Administrate the daily operations of the office and administer and integrate all database related functions. Basic administrative and support duties. Location: Seattle
Wage: \$15,000/yr+ Hours: 20-30

For more information about co-ops, these jobs and more, log on to www.myinterfase.com/highline/student

Free Tutoring!!!

Feeling overwhelmed? Get help?

Visit the Tutoring Center in Building 26, Room 319

Tip of the week:

Whatever you can do, or dream you can do, begin it. Boldness had genius, power, and magic in it.

-Johann Wolfgang von Goethe



SIGN UP FOR HELP IN:

Accounting/Business, Languages, Math, Science, Computers, Writing, and more!!

Mon-Thurs 8am-7:30pm & Fri 8am-1pm

<http://tutoring.highline.edu>

Vietnamese New Year celebrated at Highline

Lunar New Year brings dance, food and martial arts to campus

By **DARIN MCCLURG**
Staff Reporter

Vietnamese culture will be on display at Highline with traditional martial arts, fashion, dance, and food available to all attendants.

The Highline Vietnamese Student Association is hosting an event called “Highline by Night,” celebrating Tet, the Vietnamese New Year, in the Highline Student Union building on Friday, Jan. 30 from 4:30 p.m. to 8 p.m.

The Highline Student Union will have traditional foods available and activities taking place to celebrate the Lunar New Year.

Vietnamese martial arts, a fashion show, and lion dancing performances will also be going on during the celebration.

Money is given to the club to help pay for the costs of the event from Highline.

Some of their funds were used to hire a Vovinam group



Loren David/THUNDERWORD

Students practice routine for the celebration of the Lunar New Year, or Tet, in the Student Union.

to come in from Seattle to perform.

Vovinam is a traditional martial art practiced in Vietnam. It has been around since 1938.

The Lion dancing that will be performed is a traditional dance in Vietnamese culture, as well as in other Asian cultures.

“Tet celebrates the Lunar New Year,” said Yen Nguyen, president of the Vietnamese Student Association at Highline.

Tet symbolizes the first morning of the first day of the New Year. The Lunar New Year is one of the most celebrated holidays in Vietnam.

This year Tet takes place on the same day as the Chinese New Year, Monday Jan. 26, with some exceptions due to the one-hour time difference between Vietnam’s capital city Hanoi and China’s capital Beijing.

It is celebrated for three days

until Jan 29. The year 2009 will be the Year of the Buffalo in the Vietnamese Zodiac.

The Lunar New Year is also known as the Chinese New Year by many people. It follows the lunar calendar which is based on the cycles of the moon.

Many of the customs of Tet are similar to Chinese New Year customs.

“A lot of our culture is taken from China,” said Nguyen.

The New Year is one of the most important and popular holidays in both cultures, according to chinadaily.com.

The Vietnamese Student Association is one of the largest clubs at Highline, with around 70 to 80 members. “It’s one of the oldest clubs in Highline,” said Nguyen.

According to Highline’s website, one of the purposes of the club is to “bring together the Vietnamese community through celebration.”

“It is a time to get together and celebrate family,” Nguyen said.

If you are interested in going to the event, tickets are on sale starting this week.

“If you want to buy tickets you can go to the International Student Programs (I.S.P.) Office or Students Programs,” said Nguyen.

The I.S.P. office is in Building 9, while the Student Programs Office is located on the third floor of the Highline Student Union.

Admission price is \$5 per person, and covers everything from food to the entertainment.

Faster Wi-Fi speeds up campus

By **GRANT SNYPP**
Staff Reporter

Highline is getting faster internet access.

Highline is currently undergoing a three-phase improvement that will replace all the existing wireless access points and installing 44 new ones.

Faster access is not the only advantage the college will gain from this process, said Dennis Colgan, Executive Director of Administrative Technology.

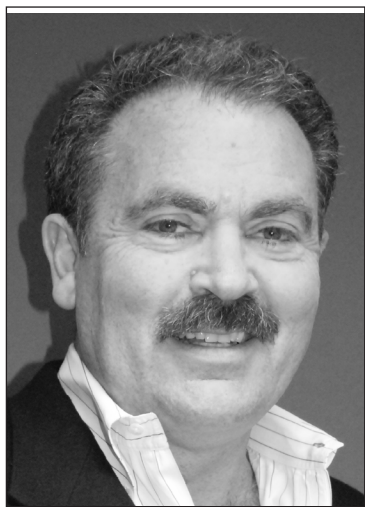
Colgan is in charge of the installations and added, “The old access points operated only on A and B standards but the new ones with operate on A, B, and G standards, which will facilitate higher transfer speeds.”

Colgan said that new access in particular will offer faster speeds. Another benefit of the completion of the campus-wide Wi-Fi project will be uninterrupted access while students move from one area of campus to another.

Highline currently has a R.A.D.I.U.S. network and that will not change, Colgan said. R.A.D.I.U.S. is an acronym for Remote Authentication Dial In User Service.

R.A.D.I.U.S. networks operate by allowing people to authenticate themselves as people allowed to access the network.

If they do not belong they are



Dennis Colgan

denied access which makes the network a secure network rather than open or anonymous.

Through the application of new software, Colgan said, he “will be able to remotely control the wireless access points from a central position and identify problems and fix them. This could ultimately reduce the amount of work by 75 percent.”

When the total plan is completed by spring, all areas of Highline will have wireless internet connectivity except for some areas of the parking lot.

The buildings that have been completed to this point are 1, 2, 8, 9, 14, 15, 16, 18, 19, 23, 24, 26, 28, 30, and the Federal Way campus.

The Marine Science and Technology (MaST) center in Redondo is currently having its wireless access point installed.

Graphic Production gets new press

By **RACHEL MARSH**
Staff Reporter

Highline’s Graphic Production Program has recently purchased a new printing press.

It was bought for \$125,000 using money earned through the self-supporting program.

Tony Sittner, head of the Graphic Production Program, said, “It’s obviously newer, it prints five colors as opposed to two, it’s computer controlled and it’s also the type of press seen in the industry where students will be working.”

This allows students to gain experience in printing using the type of technology that they will be using in the business.

“We want to train students with the best technology we can afford,” Sittner said.

Students enrolled in the program spend about 12 hours each week involved in real production tasks.

The material that they learn in the classroom is applied by performing the associated tasks, allowing students to gain experience in every aspect of the printing trade.

In the program, students can earn an Associate in Applied Science Degree after two years or a Certificate of Completion in Offset Printing after one year. Graduates can find employment



Sol Lee/THUNDERWORD

Tony Sittner showing off a print from the new presses.

in the printing industry as press operators, bindery workers, managers, sales representatives, and pre-press technicians.

“This program is best suited for students with a desire to be creative, work hard, and have a lifetime career,” Sittner said. “Come on by and we’ll tour you

through the program... there are no prerequisites.”

Students who are interested in the commercial printing program should call 206-878-3710, ext. 3223 or stop by Building 16. Admission is open to any student with permission of the program coordinator.

Editorial comment

Maintain efficiency

Student services need to ensure that students’ needs are processed quickly.

Students looking to receive financial aid this quarter were forced to wait outside in the cold, possibly as a result of the offices migration to a new software program.

The change in software was a result of the old system no longer being support by the vendor.

Although the financial aid office opened on Jan. 3, financial aid checks weren’t distributed until Jan. 5, the day classes started.

Lines and waits were also long.

The new computer program, which is being in the process of implemented by the Washington State Board of Community and Technical Colleges, was apparently slow, and crashed multiple times.

Although the implementation of any new system, whether physical or digital, is bound to involve problems initially, student services must be careful not to delay things too badly.

Student services need to maintain speedy and effective service to students, especially at the beginning of the quarter, when students need them the most.

The first few days of the quarter are always going to be hectic. Some students leave everything until the last minute. Others may have commitments that prevent them from completing everything earlier on.

However, it is not a good thing if a brand new system being implemented is slowing things down.

Hopefully the program will be tweaked sufficiently by next quarter that it doesn’t suffer slow-downs and crashing.

Trying to find the financing to pay for classes and finding classes that aren’t full is stressful enough. Employment is down nationally, and the school can probably expect to see more students in need of financial aid services as the economic recession continues.

Students don’t need delays and long waits in the cold weather on top of their other worries.

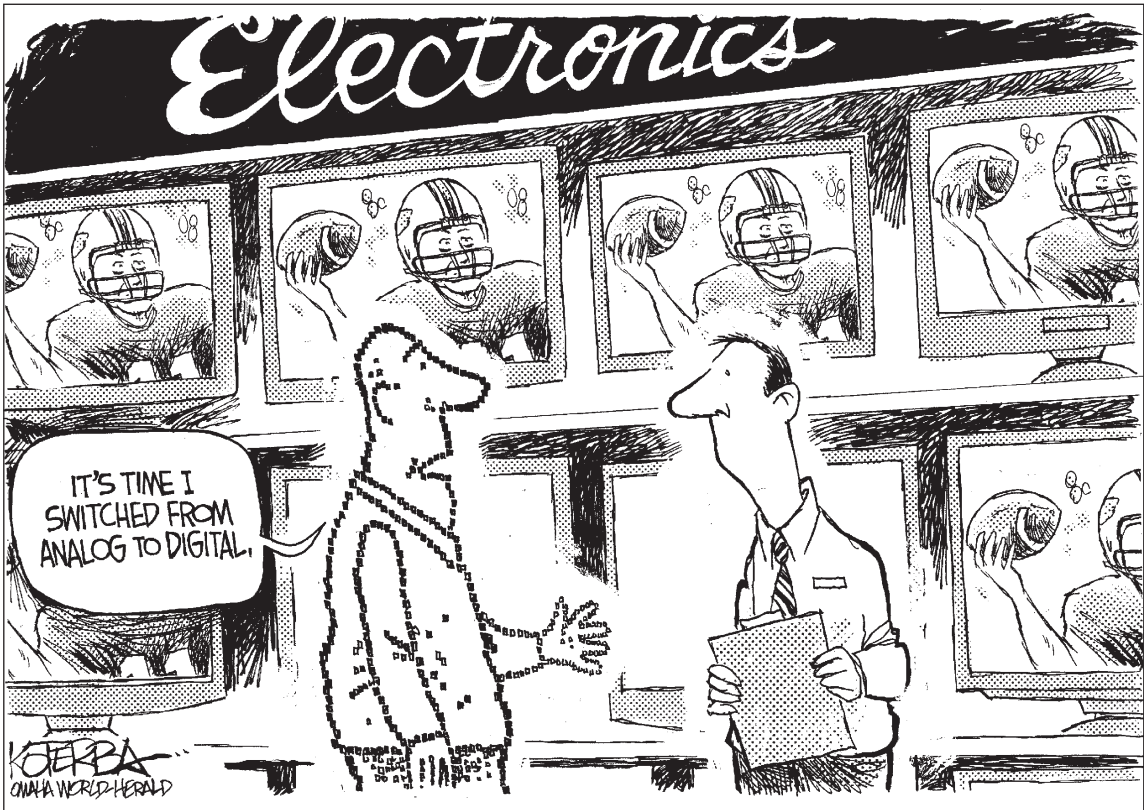
The student services at the school aren’t awful; no one was compelled to set things on fire in the parking lot out of frustration with the wait.

However, even if things aren’t as bad as they could be with student services, it doesn’t hurt the school to always be looking for ways to improve.

Staff

“I couldn’t take the hunger anymore.”

Editor-in-Chief	Max Dubbeldam
Managing Editor	Jaren Lewis
News Editors	Liz Phillips, Ashley Mathews
Arts Editor	Rochelle Adams
Sports Editor	Brian Grove
Opinion Editor	Nicholas McCoy
Graphics Editors	Charlie Dubbeldam, Jessica Lovin
Photo Editor	Ami Nguyen
Reporters	Sidney Pacampara, Chris Wells, Liviu Bird, Christian Cooper, Antionette Griffin, Yun Hwang, Nikole Johnson, Kayla Leliefield, Alea Litvinenko, Livia Mahaffie, Rachel Marsh, Darin McClurg, Vita Mulyarchuk, Dilara Ozgoren, Tori Paterson, Amber Peter, William Schlepp, Jennifer Schmeichel, Grant Snypp, Zane Stearman, Katherine Tacke, Duane Villines
Photographers	Loren David, Michael Valle, Sol Lee
Advertising Manager	Jaime McCall
Advertising Reps	Spain L. Ray, Jonathan Baker
Business Manager	Glenn Rivera
Librarian	Kristina Scocca
Adviser	Dr. T.M. Sell
Newsline	206-878-3710 ext.3317
Fax	206-870-3771
Address	P.O. Box 98000, Des Moines, WA 98198, Building 10-106
Advertising	206-878-3710 ext. 3291
E-Mail	tword@highline.edu



Communication is complex

Commentary



Nicholas McCoy

Psychologist Mark A. Bolden’s “Living the Vision” workshop on Tuesday, a part of MLK week series, was both interesting and scattered. Students only briefly interacted with one another at the end of the workshop; most of the time consisted of lecture. The purpose of the lecture, Bolden said, was the building of healthy communication skill building.

Bolden described daily interactions between people as like crawling through the web of Anansi, a trickster character with the form of a spider in West African lore.

He showed a clip from the movie *Oceans 12*, in which a character is seen using very intricate movements to evade a complicated system of lasers protecting a statue. Bolden said that the movements were a part of an ancient African martial arts system called Capoeira.

“The real treasure is the ability to create the opportunity to achieve your goals,” he said, not the statue the character is looking to steal.

He asked the audience what other methods a person might use to evade a laser system. Immediately, someone answered “mirrors.” Bolden said that mirrors, like the capoeira, also translate to human interaction well.

“You mirror your aggressor,” Bolden said.

He told a story of a class at Princeton University of young, high-school-aged students staying in a residence hall during a short lecture series they were attending. One of the students came to him, asking him what they should do about dirty looks that attendees of the school were giving them.

Bolden said that he told the young man to look directly at the aggressor, turn his head up, fake the motion of saying hello,

and then turn away while keeping his head held high.

Although he was recommending this as a response to nonverbal racially and economically biased aggression, it is relevant to anyone who faces nonverbal aggression.

He also showed a clip from the movie *What the Bleep Do We Know*. The scene featured the deaf protagonist of the movie observing a series of artistic photographs of water molecules in a subway. Water exposed to peaceful and loving thoughts had an almost snowflake like appearance, while water molecules exposed to angry, hateful thoughts were shown as being chaotic and discolored.

Although the scene made a nice metaphor in the context of the workshop, in the movie it was presented as a factual exhibit that proved that thoughts had a psychic quantum effect on everything. The movie’s three directors are all members of Ramtha’s School of Enlightenment, a local organization that is protected from cult-hood only by virtue of its relative insignificance. Bolden neither implied that the scene was nonfactual or factual; however, the use of the scene seemed problematic

in the larger context of trying to maintain the credulity of the workshop.

At the end of the hour, the audience was asked to practice validating one another.

“Words are spoken medicine. They can be used as bullets or as medicine,” he said.

He then had the audience pair up. The audience was told to turn to their partners, and tell a relatively light story of an event that was hurtful. The partner was to then validate the person’s experience by saying something along the lines of, “that must have been painful,” or “I’m sorry that happened to you.” He advised against telling the person that they “misunderstood” the event, saying that such a thing only results in more hurt and psychic knot-tying.

More than anything, people should take this away from the workshop: that what they do and say to others matters.

One should be inherently wary of any speaker who makes use of the term psychic, or who makes use of what is, at its core, a film advertising a cult and violently misrepresenting science. However, Bolden’s message was both important, and broadly impacting.

Write to us

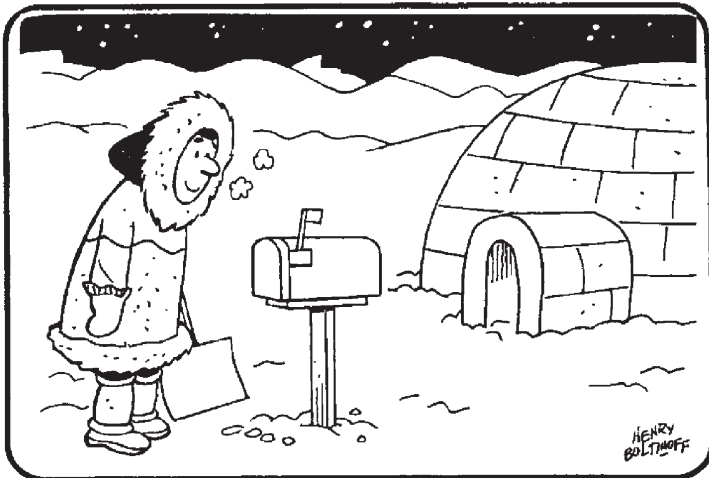
The Thunderword invites letters and guest commentary from members of the campus community.

Topics of campus interest take priority but material on all subjects are welcome. Submissions will be edited to conform to newspaper style.

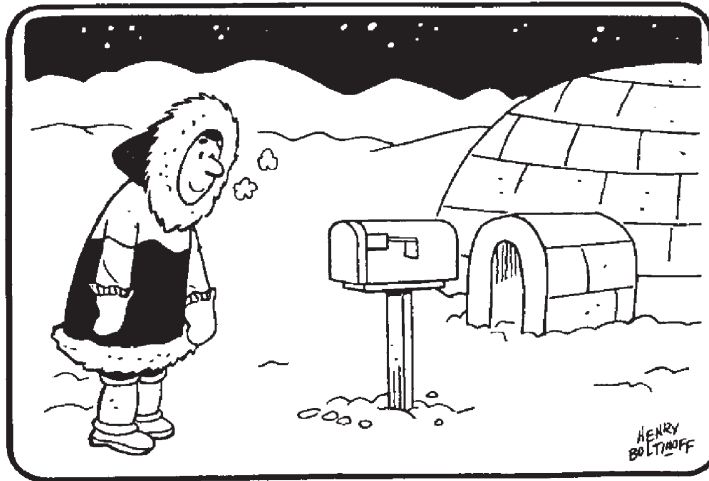
E-mail your submission to: thunderword@highline.edu. Please limit your submission to no more than 400 words. Please provide contact information for confirmation purposes.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Coat is different. 2. Shovel is missing. 3. Mailbox flag is down. 4. Mailbox has been moved. 5. Hill on horizon is missing. 6. Man's left arm is shown.



1. HISTORY: Where was the Battle of Anzio fought during World War II?
2. GAMES: Where will the 2010 Winter Olympics be held?
3. AD SLOGANS: What product was featured in ads that proclaimed, "Look Ma, no cavities!"
4. ENTERTAINERS: Which entertainer's catch phrase is "Can we talk?"
5. GEOLOGY: What is the origin of pumice?
6. GEOGRAPHY: What is the capital of Portugal?
7. MYTHOLOGY: Which character in Greek mythol-

- ogy slew the Minotaur?
8. MONEY: What is the basic monetary unit of Laos?
9. FOOD & DRINK: What kind of food would a charcuterie sell?
10. LITERATURE: Which one of William Shakespeare's plays has been described as "the Scottish play"?

- Answers
1. Italy
2. Vancouver
3. Crest toothpaste
4. Joan Rivers
5. A porous, but solid form of lava
6. Lisbon
7. Theseus
8. The kip
9. Meat
10. Macbeth

(c) 2009 King Features Synd., Inc.

Arts Calendar

•Tickets are on sale now for Breeders Theater's new production, *Prairie Heart*. Show dates are Jan. 23, 24, 28, 29, 30, 31 at 7 p.m.; Jan. 25 at 2 p.m.; and Feb. 1 at 1 p.m. The show is at E.B. Foote Winery, 127B SW 153rd St., Burien. Tickets are \$20, including wine tasting. Tickets are available at the winery, 206-242-3852, and at Corky Cellars, 22511 Marine View Dr., Des Moines. 206-824-9462.

•Highline Listens: Writers Read Their Work presents Dr. James W. Green, Wednesday, Jan. 28, noon-1 p.m. in the Highline Student

— Last week's Weekly SUDOKU —
Answer

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

Farewell "W"

Across

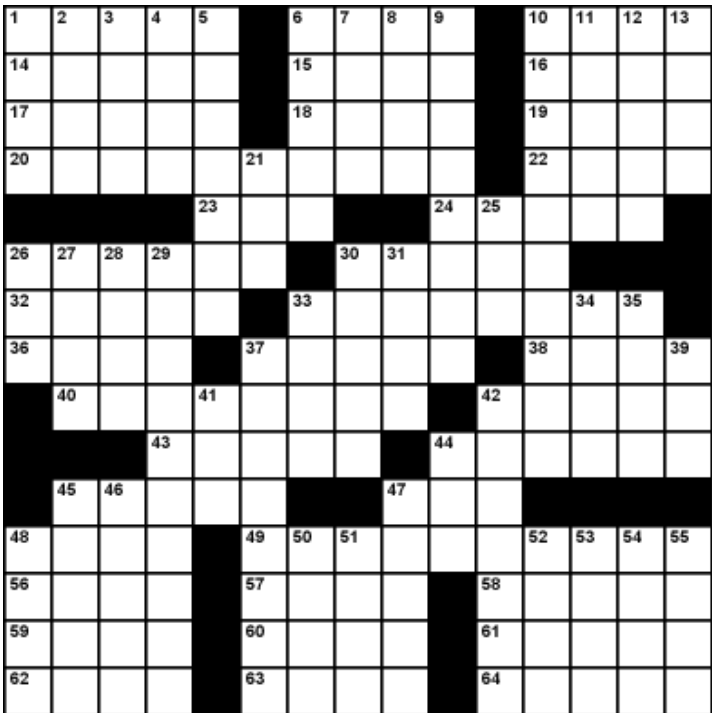
1. Workout sound
6. Put away
10. Light fog
14. Stair part
15. Desire
16. Type of worm
17. Clueless
18. Hawk
19. Opposite of 9 Down
20. Bueller foot part, perhaps?
22. Any minute
23. Oahu adornment
24. Chopped an onion
26. Sister's son
30. Slobber
32. Pipe type
33. Meat quality
36. Fastfood drink
37. Tranquility
38. Headlight?
40. With great harshness
42. Prepared to fire
43. Beer ingredient
44. Get in the way
45. Many a middle-schooler
47. Nightmarish street
48. Asian tongue
49. Mr. Quayle's whip sound, perhaps?
56. Navy lockup
57. Former Oiler Campbell
58. Lasso
59. Actor Green
60. Baltic capital
61. Sister's husband
62. Nuisance
63. Vegas staple
64. Proficient

Down

1. Agassi's mate
2. Bar mitzvah, e.g.
3. Cold war inits.
4. ___-do-well
5. Movie ad

Crossword 101

By Peter Canty



6. Kind of bar
7. Family follower
8. Gawk at
9. Steak order
10. Astounding swivel joint, perhaps?
11. Foolish
12. New England catch
13. Not now
21. Put in stitches
25. Charged particle
26. "30 Rock" home
27. Cupid, to the Greeks
28. Heap
29. Obese octet, perhaps?
30. Passed out the hand
31. Suggestive
33. Alternative to Levis
34. Unchanged
35. Wintertime toy
37. Lively horses
39. Keats piece
41. Shoebox letters
42. Cleaning compound
44. Variety
45. Musketeer number
46. Stands on line
47. Fanfare
48. Recipe abbr.
50. Commuting option
51. Jason's ship
52. Like some farewells
53. Clinton opponent
54. P.D.Q.
55. Mr. Gingrich

Quotable Quote

I have opinions of my own, strong opinions, but I don't always agree with them.

... George W. Bush

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

Union, Mt. Constance room. Dr. Green is a former UW professor and author of *Beyond the Good Death: The Anthropology of Modern Dying*.

•Blues musician James Cotton performs Friday, Jan. 23 at 7:30 p.m. at the Kent

Meridian Performing Arts Center, 10020 SE 256th St. Tickets are \$24 for adults and \$20 for seniors and youths. Tickets are available on-line at www.kentarts.com, by calling

253- 856-5051 or in person at the Kent Commons, 525 4th Ave. N.

Last week's crossword solution

2008 NEWSMAKERS

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

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

Lady T-Birds on the rebound in league play

By BRIAN GROVE
Staff Reporter

The Highline women’s basketball team is now 3-2 in league play and stands at fifth place in the West division, after defeating South Puget Sound, Clark, and Green River over the past week.

Last Wednesday, Jan. 14, the Lady T-Birds took on South Puget Sound on the road.

Highline won by a narrow margin of 53-51.

Jazzmn Montgomery led the offense for Highline with 10 points, 3 assists, and 4 boards, while Patrice McKinnon, Tera McCann-Soushek, and Kameka Nolen followed with 8, 7, and 7 points respectively.

Nolen, Montgomery and McCann-Soushek picked up the pieces on the defensive end with 11 total steals and 11 defensive rebounds.

Next, the Lady T-Birds hosted the Clark Penguins, Saturday, Jan. 17, at home.

Highline plucked the Penguins in a close victory, 61-58.

Montgomery and Ariassa Wilson each shot in the double digits, 19 and 13 points, respectively.

They were a combined total of 10 for 22 from the floor.

The Lady T-Birds looked to make it three in a row, as they took the hammer to Green River, 64-56.

Highline was down in the first half, 32-29, but battled back in the second, with 35 points



Brian Grove/THUNDERWORD

Highline’s Garlena Tavoa-Fiota boxes out Patrice McKinnon to get the rebound at practice.

against 24 from the Gators.

Over the past week, Highline has gone 3-0 in league play and things are starting to look up for

the Lady T-Birds.

“It feels great to win three in a row,” said freshmen guard Wilson.

Highline’s defense has been a major contribution to their 3-0 turn-around.

Over the past three games,

Scoreboard

Men’s basketball standings				
North Division				
League/Pts/Season				
Olympic	6-0	1.000	14-1	
Sk.Valley	4-2	1.000	9-7	
Bellevue	3-2	.600	14-4	
Whatcom	3-2	.600	10-5	
Seattle	3-2	.600	6-9	
Everett	3-3	.500	5-10	
Peninsula	2-3	.400	5-11	
Shoreline	0-5	.000	6-10	
Edmonds	0-5	.000	0-9	
East Division				
League/Pts/Season				
Spokane	3-0	1.000	11-3	
Yak.Vall.	2-1	.667	13-4	
Col.Basin	2-1	.667	9-4	
Walla	2-1	.667	9-6	
BigBend	1-2	.333	9-7	
BlueMT.	1-2	.333	7-10	
Tr.Valley	1-2	.333	4-13	
Wen.Valley	0-3	.000	6-11	
West Division				
League/Pts/Season				
Highline	5-0	1.000	10-6	
Tacoma	4-1	.800	15-2	
Low.Col.	4-1	.800	11-5	
Clark	3-3	.500	9-7	
Pierce	2-3	.400	7-11	

Centralia	2-3	.400	4-10
Grn.River	2-4	.333	5-11
S.P.Sound	1-4	.200	7-9
Grays.	1-5	.167	1-12
South Division			
League/Pts/Season			
Clack.	4-0	1.000	16-2
Mt.Hood	3-1	.750	12-4
Chem.	3-1	.750	8-7
Linn-B.	3-1	.750	7-9
SWOre.	2-2	.500	7-12
Umpqua	1-3	.250	5-12
Lane	0-4	.000	3-12
Portland	0-4	.000	2-15
Men’s scores			
1/16			
Clack.-90, Linn-Benton-77			
1/17			
Grn. River-81, Centralia-79			
LowerCol.-71, G.Harbor-61			
Tacoma-78, Pierce-67			
Highline-84, Clark-74			
Chemeketa-85, Lane-62			
SW Ore.-93, Portland-75			
Mt. Hood-87, Umpqua-77			
Peninsula-74, Sk. Valley-67			
Whatcom-82, Edmonds-64			
Olympic-90, Shoreline-74			
Seattle-83, Everett-78			
Walla Walla-88,T. Valley-81			

Col. Basin-89, BlueMtn.-75			
Spokane-72,Yak. Valley-65			
Big Bend-71, Wen. Valley-67			
1/19			
Lower Col.-74, Centralia-59			
Clark-71, S.P.S.-53			
Highline-75, G. River-60			
Pierce-104, G. Harbor-73			
Sk. Valley-76, Shoreline-64			
Whatcom-79, Everett-68			
Olympic-69, Bellevue-62			
Seattle-84, Peninsula-80			
1/20			
B. Bend-93, F.All-Stars-88			
Women's basketball			
standings			
North Division			
League/Pts/Season			
Sk.Valley	6-0	1.000	11-1
Bellevue	4-1	.800	11-6
Peninsula	3-2	.600	8-8
Whatcom	3-2	.600	7-6
Seattle	3-2	.600	4-11
Everett	3-3	.500	4-12
Olympic	2-4	.333	4-10
Shoreline	0-5	.000	6-10
Edmonds	0-5	.000	0-12
East Division			
League/Pts/Season			
Yak.Valley	3-0	1.000	12-5
Col.Basin	3-0	1.000	11-5
BigBend	2-1	.667	12-4
Tr.Valley	2-1	.667	8-7
Walla.	1-2	.333	10-3

Spokane	1-2	.333	8-7
Wen.Valley	0-3	.000	5-11
Blue Mt.	0-3	.000	2-10
West Division			
League/Pts/Season			
Centralia	4-1	.800	12-3
S.P.Sound	4-1	.800	10-5
LowerCol.	4-1	.800	7-9
G. Harbor	4-2	.667	4-9
Highline	3-2	.600	8-9
Tacoma	2-3	.400	6-9
Clark	2-4	.333	2-11
Grn.River	1-5	.167	7-7
Pierce	0-5	.000	2-12
South Division			
League/Pts/Season			
Umpqua	4-0	1.000	17-1
Lane	4-0	1.000	15-3
Clack.	4-0	1.000	13-3
Mt.Hood	1-3	.250	9-8
SW.Ore.	1-3	.250	6-10
Linn-B.	1-3	.250	5-10
Chem.	1-3	.250	5-11
Portland	0-4	.000	3-9
Women’s scores			
1/16			
Clack.-72, Linn-Benton-58			
1/17			
Low. Col.-94, G. Harbor-63			
Centralia-89, Gr.River-52			
Tacoma-70, Pierce-54			
Highline 61, Clark 58 Tacoma 70 def Pierce 54 box			

the Lady T-Brids have out-stolen their opponents by a ratio of 1 to 1.5 and out-rebounded 125-120.

And while the team’s defense has been running like a well-lubricated machine, the players say they still have a lot of work to do, especially on offense.

“Offense, lay-ins. Making our high percentage shots even higher and looking for it all to click together and gel,” Wilson said.

Another attribution to Highline’s recent success has been their game plan and intensity.

“It changes based on who we are playing, what their strengths and weaknesses are,” said Highline Head Coach Amber Rowe.

”We realized that we can’t afford to be losing games to teams that we are way better than,” said Wilson.

“We have the will to win, deep gut, and the inner tiger is coming out,” she said.

As far as goals go, the T-Birds hoped to win their next game against division rival Lower Columbia.

“Our next goal is Wednesday. You look one game away,” Rowe said.

Highline played Lower Columbia Wednesday, Jan. 21, on the road, with results unavailable at press time.

The Lady T-Birds’ next two games are on Saturday, Jan. 24 at 1 p.m., at Tacoma, and then they play the Pierce Raiders, Wednesday, Jan. 28, at 6 p.m. back at the Pavilion.

Centralia-89, Grn. River-52
Lower Col.-94, Grays.-63
1/19
Peninsula-79, Seattle 57
Bellevue-66, Olympic 48
Sk.Valley-75, Shoreline-48
Whatcom-55, Everett 42
Centralia-66,LoColumbia-61
S.P.Sound-62, Clark-40
Grays Harbor-59, Pierce-46
Highline-64, Green River-56

Upcoming games Men’s basketball

January 21st, 2009
Highline vs Lower Columbia away, at 08:00 pm

January 24th, 2009
Highline vs Tacoma away, at 03:00 pm

January 28th, 2009
Pierce vs Highline home, at 08:00 pm

Women’s basketball

January 21st, 2009
Highline vs Lower Columbia away, at 06:00 pm

January 24th, 2009
Highline vs Tacoma away, at 01:00 pm

Major League Soccer doesn't pass on Cox

By **CHRIS WELLS**
Staff Reporter

Highline's most prestigious soccer player, Raphael Cox, is now a member of Real Salt Lake of Major League Soccer.

Cox, a graduate of Highline in 2006, was drafted by Salt Lake with the ninth pick of the fourth round. He said he is excited to go there.

"It was a huge relief to have to put in all of this work and finally get drafted. I was very excited to see my name come up on the computer," Cox said.

"Real Salt Lake is a great club and it is a team that is formed with a team-first attitude."

At the draft convention itself was Tom Moore, who is his former assistant soccer coach at Highline.

"I went to the convention and to the actual draft," said Moore. "The type of person and player he is, he is going to do great. He is one of the people I really respect and I'm glad to see what he has achieved."

A graduate of Stadium High School, Cox was a much-acclaimed high school player.

Not only was Cox a four-year varsity player and a captain his senior year, but he was also



University of Washington photo
Cox playing for the Huskies

selected to the all-state second-team and was Narrows League MVP.

After playing at Stadium, Cox chose to attend Highline, where he went on to help lead the team to the NWAACC Championship in 2004 and was chosen to the all-star team.

In 2005, Cox chose to sit out to have three years of eligibility to play for when he transferred.

Cox, who played for the U-19 FC United in 2005, who

were state champions that year, contributes much of his success to two Highline coaches.

"A big part of where I am today is because Jason Prenovost and Tom Moore, the coaches at Highline. They molded me from a young, wild high school player into a college player" said Cox.

"They let me train with the team so I could keep my touch the year I sat out. They didn't have to do that. I appreciate all they have done and I thank them."

Moore says Cox's story of how he got to Highline is a good one.

"When he came in he had a huge smile and great personality. Everyone kind of gravitated to him right away. Obviously he is an outstanding player," said Moore.

"A lot of colleges overlooked him and didn't think he would be able to do anything. He had some difficult times that he went through and he matured a lot when he came here and was huge in helping us win the championship that year."

After Highline, Cox chose to attend the University of Washington.

At Washington, Cox made



Cox played on Highline's 2004 NWAACC championship squad.

an immediate impact and was a starter all season in 2006. He finished the season with four goals and nine assists.

In 2007, Cox was chosen for second-team for the Pacific 10 conference.

During his final season this past fall, Cox earned first-team Pacific 10 honors.

He was a threat all season around the goal, scoring seven goals and also contributing six assists.

Cox is now just one of three people to go to Highline to ever be drafted in a major sport.

"I am honored to be on this

special list of people. Highline Community College has had plenty of talented athletes in many different sports," Cox said.

"I would like to thank my coaches and teammates at Highline that helped me become the player I am today."

Even with his career just beginning, Cox has managed to stay humble and grateful throughout all of his successes so far in his young life.

"I would like to thank all of my friends, family, and coaches that have backed me throughout my soccer career."

Struggles continue for T-Bird wrestling

By **KAYLA LELIEFELD**
Staff Reporter

The Thunderbirds lost to North Idaho College and struggled in the Clackamas Open last week.

Highline's wrestling team continues to struggle without four of its starters.

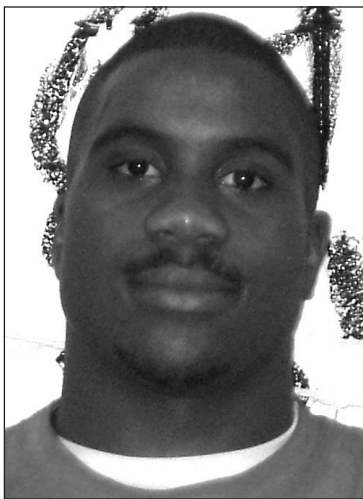
Thursday, Jan. 15 Highline faced Northern Idaho College.

Highline took quite a beating Thursday night, losing 36-9, going up against Northern Idaho, who is currently ranked third in the country as a team and undefeated in dual meets. Highline is ranked 13th nationally.

The match was off to a great start with an intense win for Highline's Aaron Smith over third-ranked Lester Brown of NIC at 133 pounds.

Brown was able to quickly take Smith down, but Smith came right back up from it. The two then continued to wrestle for two minutes before Smith was able to take Brown down. With 17 seconds left Brown got an escape to tie the match 3-3.

Going into the second round, Brown of NIC was awarded the choice for position, and chose to be down. Brown quickly got an escape. Again the two battled until the last 30 seconds when Smith was able to take Brown down. Brown however, was



Aaron Smith

also able to escape with seconds left on the clock keeping the matched tied at the end of the second round 5-5.

Smith chose to start the third round both up. For the third time the two grappled until the last 30 seconds before one was able to take the other down. Highline's Smith won the match. With 5 seconds left Smith was called for stalling which gave Brown one point, but Smith was still able to hold Brown down to win the match 7-6.

The other win for the night came from Colt Amborn, at 174 pounds, who won by forfeit.

At 141 pounds, Highline's Drew Anderson lost to Tim McGoldrick, 16-1. Other losses for the night were: Spencer Kalebac to Jeremy Bommarito, 149, by

pin; Logan Roadman to Lucas Chesher, 157, by pin; Zach Burnett to D.J. May, 165, 7-2; Caleb Padgett to Kamron Jackson, 184, 17-6; Mike Morales to Rudi Burtschi, 197, by pin; and David Lopez to Spenser Sharp, 285, 13-5.

Traditionally, Northern Idaho always has a solid team. From wrestling them earlier this season the T-birds knew it was going to be a tough match, said Head Coach Scott Norton.

"But we went out flat and just didn't wrestle or match, they simply out-wrestled us," he said.

On Jan. 17 the Highline team traveled to Oregon City, to compete in the Clackamas Open. Unfortunately, all but three of Highline's wrestlers lost.

Aaron Smith took third at 133 pounds, and David Lopez took fourth at 285.

At 197, Mike Morales was going into the semi-finals and suffered a knee injury. It was nothing too serious, but "we didn't want him to sustain something that would harm him going into regionals," said Norton.

Tonight (Jan. 22) Highline hosts a match against Douglas College at 7 p.m. in the Pavilion. The Highline team will also be taking on Simon Fraser University Friday, Jan. 23 at 7 p.m. in the Pavilion.

Intramurals nets many

By **BRIAN GROVE**
Staff Reporter

Highline's intramural activities offered on campus are a big hit with students.

Every Tuesday, Wednesday, and Thursday, intramurals run from 1 to 2 p.m. in Building 28, the Pavilion

The activities offered include basketball, soccer, and volleyball.

Women's Basketball Assistant Coach Karen Nadeau is also the intramurals coordinator.

"Basketball is run on Tuesdays, soccer is on Wednesdays and volleyball is on Thursdays. For basketball if there are a lot of people waiting to play in the next game I usually run each game for eight minutes. The team with the most points after the eight minutes are up will stay on to play the next team waiting. With soccer I run a running clock that consists of two halves. And volleyball the students just play," she said.

Intramurals is free to anyone with a Highline I.D. card.

Highline students Mikhail Koval and Estwella Lojuran participate actively in intramurals and enjoy the exercise.

"I come to basketball and soccer every week," Lojuran said.

"I participate in intramurals two to three times a week," Koval said.

"By the end, I'm dripping with sweat, tired, and worn out, but in a good way. It's a legit workout," he said.

Koval and Lojuran also enjoy the effect that participating in intramurals has on their day.

"It takes the stress off the day and it's chill," Koval said.

"It provides an excellent workout, especially for those who are working and studying," Lojuran said.

Since intramurals are open to everyone, not all talent levels are the same.

However, advice on how to improve your own game is available.

"Well, I am the women's assistant basketball coach for Highline and the guys that go play think they know everything, but I'm there if they need me," Nadeau said.

Lojuran encourages other students to come and see what intramurals is all about.

"Definitely come and check it out. It's a good time to socialize with other students and take a break from studying and working," he said.

Intramurals are offered fall, winter, and spring quarters, and all students are welcome.

Highline's mens basketball in first place

BY CHRIS WELLS
Staff Reporter

The Highline's men's basketball team is now 5-0 in NWAACC league play and 10-6 overall.

With just 10 games left over the next month, the T-Bird men are sitting comfortably atop the NWAACC West.

Now on a five-game winning streak, confidence is high on the T-Birds team.

"We've been playing really well. We are playing as a team and not being selfish," said Coby Gibler, a 6'9" sophomore forward.

On Jan. 14, they played South Puget Sound for the first time this season. They were able to handily beat them by a score of 88-74 in Olympia.

The T-Birds showed their presence during the entire game against the undersized Clippers team. Highline finished with 60 total rebounds and made a living off of second-chance points with 27.

The Clippers, on the other hand, were only able to pull down 24 rebounds and had four-second chance points.

Dan Young, a 6'10" freshman forward, finished with a game-high of 23 points and was able to snag eight rebounds.

Another player who was a force in the paint was Gibler, who shot 7 of 10 from the field on his way to tally 16 points total. He was able to grab a game high of 11 rebounds, 6 of which were on the offensive side of the glass.

On the defensive end of the court, Vaughn Gaines, a 5'10" sophomore guard, was a menace in the passing lanes, snatching up 4 steals.

Also, a presence on the defensive end was Stedman Richardson, the 6'2" sophomore guard was able to snag a respectable 3 steals.



Chris Wells/THUNDERWORD

Highline's Stedman Richardson snags a rebound in their game against Green River.

On Jan. 17 the T-Bird men came back home to beat Clark by a score of 84-74.

The game started out rough, with the T-Birds trailing the Penguins by a score of 47-37 at halftime, but finished with a strong second half.

On the offensive end, Gaines managed to make an impact not

only with scoring 18 points, but also with feeding his teammates the ball, tallying up seven assists.

Gibler was able to pound down low during the game. He put up 19 points and was a force on the glass with 13 rebounds.

Richardson was able to put up a good all around stat line with 17 points, 6 rebounds, and 3 steals.

The next game they played was on Jan. 19 against Green River at home.

Highline never trailed in this game and won easily by a score of 75-60.

Young says they came in with a specific strategy for this game in particular.

"We just wanted to rebound everything because we knew we had a huge size advantage," said Young. "We knew if we out rebounded them we could get a lot of second chance points and win."

And, out rebound them they did, the T-Birds dominated on the glass all game with 69 rebounds, while the Gators only managed to grab 32.

Highline had a serious height

advantage with the Gators' tallest player being listed at 6'4", and they used it to their advantage.

Highline dominated second chance points with a 27-8 point edge.

Young was able to dominate all game in the paint. He put up 14 points with 17 boards, 10 of which were on the offensive glass.

On the defensive end, he was able to swat 3 shots away, including one big block that he sent well out of bounds.

Running the point for Highline was Gaines, who had his best game of the season. With 14 points, 11 assists, and 9 rebounds, he came just one rebound away from putting up a rare triple double.

Richardson managed to find the basket enough to get 14 points.

He also contributed on the glass getting 7 rebounds, all of which were on the offensive side. On the defensive side of the ball, he was able to grab 2 steals.

Gibler helped Highline on the boards grabbing 13 rebounds,

while scoring 10 points.

Although, he struggled from the field, with 4 of 16 shooting, Shedrick Nelson, a 6'3" sophomore guard, managed to still accumulate 10 points. He also tallied up 10 rebounds and had 2 steals and a block on the defensive end.

Highline played Lower Columbia on Jan. 21. Results and stats were unavailable at the time of print for this game.

This weekend, Highline will travel down to 15-2 Tacoma on Saturday, Jan. 24. Game time is scheduled at 3 p.m.

The Titans feature 2007 Kentwood High School graduate, Toussaint Tyler, a 6'2" sophomore guard, who is averaging 15.5 points and 5 assists per game this season.

Also, on the Titans roster is 2008 Decatur High School graduate Darius Walker, a 6'5" freshman forward. So far this season, Walker is averaging 11.1 points and 10.6 rebounds per game.

After the T-Birds' trip to Tacoma, they will head back home and play Pierce. The game begins at 8 p.m.



Highline's #42, Daniel Young, fighting off Green River's #42 for the offensive rebound, along with Richardson's help.

Swelling may be sign of other health woes

Seven ways to keep those New Year's resolutions

By Paul G. Donohue, M.D.

DEAR DR. DONOHUE: I retain fluid in my ankles and feet. They swell during the day. After a night's sleep they're normal size. I have taken a diuretic for a whole year, but it's no better. Why? My doctor has thrown his hands up at this. -- M.P.

ANSWER: The swelling will get better only if you find its cause. If both feet and ankles are swollen, the possibilities include heart failure, kidney disorders, liver cirrhosis, medicines and, strangely enough, the overuse of diuretics (water pills). One-sided ankle and foot swelling has another list of causes. The swelling gets better at night because when you're in the horizontal position, fluid returns to the circulation.

With heart failure, people have other symptoms -- breathlessness when they're up and about. Often, they awaken at night, panting for air.

Kidney disease is detectable with a few simple lab tests.

Liver cirrhosis can be confirmed by a physical examination and lab testing.

Medicines that cause swelling (edema) constitute a pretty long list. On that list are the popular NSAID drugs, like Advil, Aleve, Motrin and Indocin. Female hormones also can bring on swelling. So can the blood



pressure medicines called calcium blockers.

Diuretics, when used for a long time and for inappropriate reasons, lead to fluid retention, just the opposite of what they're supposed to do.

On your own, cut way back on salt, not just saltshaker use but salty foods like luncheon meats and commercial soups. Elevate your legs as many times during the day as you can and for as long as you can. Wear elastic hose. Ask your doctor if it would be all right to take a vacation from your diuretic. And have you given any thought to finding a doctor who keeps his arms down?

The booklet on swelling -- edema -- explains this common condition, its causes and treatments. To obtain a copy, write: Dr. Donohue -- No. 106, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address.

It is the New Year, the time when we recover from holiday overeating and inactivity, and attempt to make resolutions which typically involve losing weight and getting into shape. Unfortunately, 50 percent of people who start an exercise program will quit within six months.

The good news is that there are some easy ways to help improve your exercise adherence and keep that new piece of exercise equipment from becoming a coat rack.

- Do something fun!
- Exercise doesn't have to be a pain. Whether it is kickboxing or Pilates, boot camp or belly dancing: if it's something you enjoy doing, you are much more likely to keep at it.
- Set it in your schedule.

Too often we say, "I'll try to fit in a workout later if I have time". Unfortunately, when "later" does arrive, we are usually too busy or tired to exercise. Make exercise an important part

Get fit now!



Darin Smith

of your regular schedule, and don't make excuses.

Even better, sign up for an exercise class with a set schedule. Highline offers many activity classes including aerobics, weight training, martial arts, and a variety of sports.

- Work out with a partner.

Get some support by finding a workout partner or group to exercise with. Another possibility would be to work with a personal trainer.

Personal trainers provide valuable information on proper workout technique and help motivate their clients to reach their fitness goals.

There are free personal trainers available on campus for Highline students and faculty (contact Josh Baker at 878-3710 ext. 3710, <http://flightline.highline.edu/pft/>).

- Find a convenient place to exercise.

Having access to fitness facilities that are convenient and close by makes it easier to stick with your exercise plan. Highline has a fitness center that is open to all students from 2-5 p.m. M-F.

- Have meaningful, health-related goals.

People who exercise to improve physical fitness and health tend to stick with exercise more than those who simply want to look good in a swimsuit over spring break

- Provide cues for exercise.

Put up motivational signs, posters or cartoons that remind you to work out. Place your running shoes in front of your door or your workout bag in your car seat for further encouragement.

- Do it in short bouts.

You don't need to exercise all day to see results. Research shows that moderately-intense physical activity can be accumulated throughout the day in 10-minute bouts; which can help squeeze some exercise sessions into a busy schedule.



How to make nutritious (and delicious) wraps

By AMBER PETER
Staff Reporter

With all the hustle and bustle of the new year, school beginning again, and packing away all that holiday cheer, it can be hard to find time to make a good quality dinner that isn't only nutritious but also tastes delicious.

Bring fun and healthy back to dinner with homemade grilled chicken wraps. For this recipe, you're going to need:

- ½ cup cider vinegar
- 2 tbsp canola oil
- 3 garlic cloves, crushed
- ¾ tsp ground cinnamon
- ½ tsp chili powder
- ¼ lb of carrots, shredded
- 1 apple of your choice, chopped
- ¼ cup extra virgin olive oil
- 2 Tbsp lemon or lime juice
- 2 Tbsp honey
- A dash of salt
- 1 ½ lbs boneless, skinless chicken breast
- Flour tortilla
- Grill or grill pan
- And your choice of dipping sauce



Amber Peter/THUNDERWORD

Make these grilled chicken wraps at home as a delicious variation to your dinner.

For the marinade, mix vinegar, canola oil, garlic, ground cinnamon and chili powder into a bowl. Slice chicken breast lengthwise into ½ to 1 inch strips.

Toss chicken and marinade in an airtight container and put in refrigerator for 30 minutes.

While the chicken is in the fridge, combine the shredded carrots, chopped apple bits, olive oil, honey and your choice of either lemon or lime juice in a medium bowl.

Pre-heat grill or grill pan to medium-high. If by some chance you don't have a grill or grill pan, you can buy pre-grilled chicken at your local food market.

Pull the chicken out of the fridge after 30 minutes and discard marinade. Grill chicken, turning occasionally until chicken is cooked completely.

Once the chicken is cooked completely, take your flour tortilla and lay it flat on a plate. Place your desired amount of grilled chicken strips to one side of the tortilla and add the salad mixture and any other toppings you would like to add to your tortilla.

Roll up the tortilla and enjoy with your choice of sauce. Cheers!

The Thunderword /Jan. 22, 2009

Hip Hop Club brings second round of Cypha

By **CHRISTIAN COOPER**
Staff Reporter

The Cypha is back for the second time around and plans to broaden the hip hop scene.

The Cypha is an event put together by the Hip Hop Club. The event will feature three local hip hop performers and the Highline break-dance crew. The happening will take place Jan. 29 in the Student Union from 1:30 p.m. to 4 p.m.

Unlike the last Cypha, all the contracts are done and everything is running a lot smoother, said Tony Innouvong, Hip Hop Club director.

"The day before the last event, I was driving around to

meet people to get the contracts signed at the last minute," Innouvong said.

The Cypha will have a total of three performers. Sav, a local rapper from the Federal Way-Auburn area, was the winner of the last MC (master of ceremonies) battle.

Also performing will be Language Arts, "a local cat from Seattle," Innouvong said.

Finally, Lux The Pilot, a nationally known rapper from Federal Way, will also perform.

"This gives the MCs some time to shine on the stage and get them some exposure," Innouvong said.

Lux The Pilot is about to sign a record deal with Writer's

Block, Jr Writer's Record label. He has also done a couple tracks with some New York rappers including Jadakiss, Innouvong said.

The Evolution of Art Club will also help with decorations by showcasing their artwork. They plan to decorate the stage and display a few paintings.

The Highline break-dance team (Ace Crew) will also be performing and having their presence felt at this event.

Innovong said "We're collaborating with three or four different clubs and showing all the different elements of hip hop." Innouvong said Cypha and the club continued to draw attention.

"The word is really getting out about the Cypha. I find that the Cypha is really influencing what people think about hip hop, and is creating additional interest," said Innouvong.

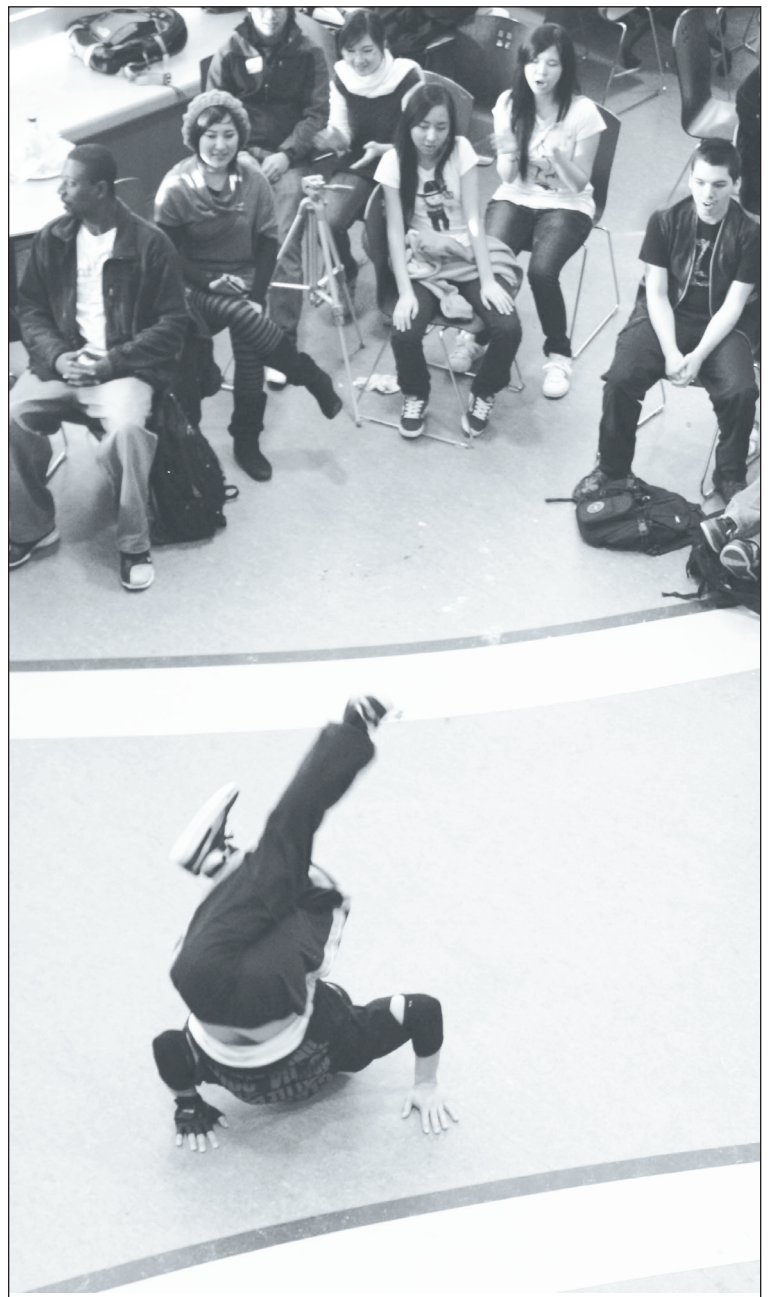
"In all actuality, that is the purpose of hip hop," Innouvong said.

There will be a combination of students, staff and faculty judging the event. The winner will receive \$100 and an automatic spot in the next Cypha Battle.

"We plan on hosting a Cypha every month," Innouvong said. "Hip hop is such a huge creative expression and there is still so much to explore."



There will be visual and vocal art forms represented at Cypha.



Cypha will feature members of the Highline break dance team.

Highline listens as former UW professor speaks on death

By **LIVIA MAHAFFIE**
Staff Reporter

If you're dying for more information about death, Dr. James W. Green is the guy for you.

Green, author of *Beyond the Good Death: The Anthropology of Modern Dying*, will be visiting Highline for an edition of *Highline Listens: Writers Read Their Work*, on Jan. 28 from noon to 1 p.m. in the Student Union Building.

Highline Listens is a series of forums that brings prominent authors to campus.

Green is a former anthropology professor at the University of Washington, who taught a popular class on cross-cultural death practices.

He has published two books, the one mentioned above, and *Cultural Awareness in the Human Services: A Multi-Ethnic Approach*.

Beyond the Good Death: The Anthropology of Modern Dying covers points such as the changing views of death and practices of the dying through-



Dr. James W. Green

out the United States, ways of disposing a corpse, taking care of the dying, personal accounts of near-death experiences and the afterlife.

Green also has a more personal connection here at Highline. His daughter, Allison Green, is the chairwoman of Highline's Arts and Humanities Division.

Allison Green asked her father to come speak about his work. This edition of *Highline Listens: Writers Read Their Work* will explore the different ways that death is presented in children's books throughout the United States.

Susan Landgraf, writing pro-

fessor at Highline, said "This event should be interesting, relevant and thought provoking. It's a great opportunity and should be of interest especially for people in psychology and sociology."

"Death is a part of life. Everyone is going to die at one point," Landgraf said.

She also mentioned that since death is a major topic that affects everyone, it will not only help people become more comfortable with the subject, but it will help people see that you shouldn't be afraid of death.

By learning more about how death is viewed in the United States, along with different cultures, it will give people a better understanding and perspective of death in general.

Green will also be visiting Lonnie Somer's anthropology class on Jan. 28 before he speaks to give a lecture and discuss death with students.

For more information about this event, contact Allison Green at 206-878-3710, ext. 3512 or Susan Landgraf at 206-878-3710, ext. 3427.

Anime Club is looking for new members

By **TORI PATERSON**
Staff Reporter

If names like Pikachu, Goku and Naruto ring a bell for you, you might be interested to know that Highline is home to its own Anime Club.

The club meets every Thursday, 2 to 6 p.m., in Building 13, room 104. It's a good opportunity to meet other passionate fans and make friends with common interests, members said.

Japan's popular animation style dates back to 1917. It's known all over the world, and is growing even more in popularity every day as new series continue to come out.

Known for its unique style of exaggerated physical features and emotions, anime is admired by people of all ages.

Some of the better-known series of anime include Pokemon, Dragonball-Z, Sailor Moon and Naruto.

At meetings, the members watch different series that they bring in, and show a movie at least once a month. A karaoke event is even planned for the end of the quarter.

Attendance is not mandatory for the club; usually 10 to 15 people show up at each meeting.

If clubs don't really suit your interest, or you'd like to get even more involved, the Seattle Convention Center hosts its own anime convention, called Sakura-Con, once a year for three days. The club is also going to try to attend.

This year it is being held from April 10 to 12. Thousands of fans from Washington, and many that fly in from other states, gather to have fun and share common interests every year. Sakura-Con's web site is at <http://www.sakuracon.org/>.

"Anime Club is a really fun place to come and hang out every week," said Vice President Melissa Albright, "and anyone who wants to join is more than welcome to."

If you're interested in joining the club, you can show up at any of the meetings, and any further questions or comments can be sent to the club via email at hc-animeclub@rocketmail.com.

'Prairie Heart' is a simple story well told

By **ROCHELLE ADAMS**
Staff Reporter

The play *Prairie Heart*, written by Highline instructor T. M. Sell, is a period piece that translates perfectly into the now by touching on timeless issues such as love and the complicated interactions between men and women.

The setting is North Dakota in the late 1800s but the complications the main characters Ole (played by Luke Amundson) and Ingrid (played by Adrienne Grieco) put in their own way could even happen today.

No monumental obstacles or intricate plot twists keep these two apart. It isn't the smarmy Harald (played by Steve Scheide) who wants Ingrid for himself, that's the road block. In a realistic twist, the characters own inability to communicate is the main antagonists in this piece.

Ingrid doesn't even like Harald. She wants Ole almost from the beginning.

Ole has a hard time talking to anyone who doesn't have hooves and horns while Ingrid expects him to know what she wants without her saying anything.

The miscommunications can be compared to the relationships



Wally Monroe/Breeders Theater
Grieco and Hartley as Ingrid and Anders in Prairie Heart.

in recent romantic comedies such as the 2006 movie *The Break Up* or the 2008 movie *Four Christmases*. These communication problems lead to some hilarious

dialogue that not only moves plot but makes the depth of the characters richer each time they speak.

A large portion of the play focuses on the romantic relationship between the two leads. It is so well drawn out that the viewers understand the ins and outs of Ole and Ingrid's relationship and feel almost as if these two characters are a real couple they know. This is a refreshing change to the instant love which fills most of today's entertainment.

The story is told simply, which brings out the true essence of the situation. There are no extravagant sets or fancy lighting during this production.

The set consists of two stools and the stone floor of the winery.

A single on and off switch is used to brighten and darken the room the play is performed in. This simplicity allows the audience to focus on what is most important in this story: The characters.

Each character is well drawn out with their own identity so each one stands out among the rest. There's not one flat character in the bunch.

It's possible to care almost as much about Anders Anderson (played by Eric Hartley) Borge-

hild Morkan (played by Melissa Malloy) and the rest of the minor characters as one cares about the two leads.

Bringing this well developed characters to life a a group of talented actors who embody their roles so completely that it's possible to forget they're just acting.

Amundson in particular stood out for his depiction of Ole. His dialect, movements, and the unmistakable awkwardness he added to the role made his character that much more real.

The only odd thing in the production was when J. Howard Boyd, who previously played the Narrator as well as two other roles, became an older Ole. It became hard to believe that the two actors, Boyd and Amundson, were portraying the same role.

Upcoming showings of *Prairie Heart* are on Jan. 23, 24, 25, 28, 29, 30, and 31 at Breeders Theater located in the E. B. Foote Winery, 127-B SW 153rd St., Burien.

The show starts at 7 p.m. with doors opening at 6:30 p.m. Sunday shows start at 2 p.m. with doors opening at 1:30 p.m. Tickets can be bought at the door or at Corky Cellars, 22511 Marine View Dr., Des Moines for \$20.

Arts and Lecture spins a web of art

By **VITA MULYARCHUK**
Staff Reporter

Two Highline students will make a case for art in general, and theirs in particular, next week.

Collective artist Scott Dunloy and website designer Thuong Nguyen will have the opportunity to present their work at the Arts & Lecture event taking place Jan. 29, 1-2 p.m., in Building 6, room 164.

"The Arts & Lecture series exemplifies the advancement of postmodernism as a progressive outlet for students to unify their artistic passion with a public showcase," said Highline Student Body Vice President Kelli Tracey.

"The goal is to challenge students to think outside the box and to appreciate the talent we have here at Highline," said Arts & Lecture Program Coordinator Rashiid Abdullah.

Though taking place in a gallery setting, Arts & Lecture series are social events that create an atmosphere of diversity by bringing together Highline's departments at the Inter-Cultural Center, Abdullah said.

Light refreshments will be



Thuong Nguyen

served as the artists take advantage of the moment to introduce themselves and their artwork to the public in an open question and panel discussion.

"The basic idea is to put the artist on display, and that is what we're going to do," said Abdullah.

As Dunloy and Nguyen come together for the event, two different media will be showcased at the same time.

In his third year at Highline, 21-year-old Scott Dunloy is majoring in printing and individual communications.

As an aspiring artist throughout the past five years, Dunloy

has collectively created artwork varying from self portraits to comic book illustrations.

Displayed at Arts & Lecture will be rough drafts of Dunloy's work as well as final proofs for a comic book he's attempting to promote.

For Thuong Nguyen, web designing started out as a hobby in high school.

"Since I couldn't draw, I thought that I couldn't be an artist," Nguyen said.

However, through Visual Communications, Nguyen learned that web design is a form of art wherein he could be successful.

By the end of the quarter, Nguyen will complete Highline's Visual Communications program as a website designer and developer.

"One is creative and the other more technical," Nguyen said. "I'm the only one in the program who actually does both, mainly because I like to be in control of my projects."

Students will be able to view samples of Nguyen's website designs, posters, and stationery designs, all of which will be showcased at the Arts & Lecture presentation.

Poetry Lounge returns with fresh new tracks

By **ZANE STEARMAN**
Staff Reporter

Your inner Wordsworth — or Shelley or Browning or Keats — is about to be unchained.

The next Poetry Lounge will be held on Jan. 28.

Poetry Lounge can be found every other week at the Inter-Cultural Center in Building

6, room 164, from 11 a.m. to noon.

Everyone is welcome to join in.

"You can definitely expect fellowship," Poetry Lounge Coordinator Deon Brown said.

"Come, bring a poem; there will be refreshments."

Every Poetry Lounge has a different topic for you to discuss.

When you enter the Poetry Lounge you will write down your idea and put it in a jar.

If a student has a new idea (or a change of mind) they can then write another idea at the end of the session.

This session's featured topic is attitude.

Then a new idea is drawn from the jar, becoming next week's topic.

Brown will print off poems from the internet; so if you'd like to read but didn't bring anything, you will still get a chance.

Brown used to choose each week's topic, but he decided everyone should be able to choose.



Deon Brown

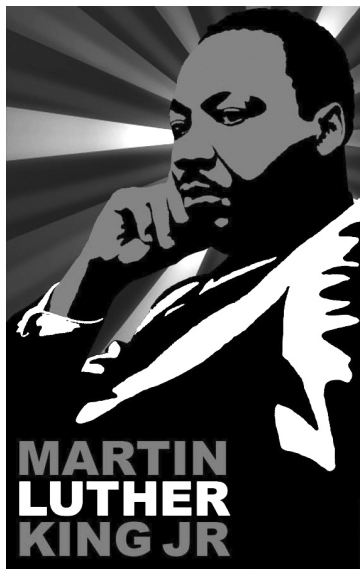
Obama doesn't mean change, prof says

By KATHERINE TACKE
Staff Reporter

The election of America's new president will not be the radical departure from a racist nation that most expect, a professor of sociology said yesterday.

"As of yesterday almost everyone in America believes we are a nation not judged by the color of our skin but by the content of our character.... Common sense is usually wrong," said Dr. Eduardo Bonilla-Silva of Duke University.

On Wednesday afternoon, 50 students gathered in Highline's Student Union to hear Dr. Eduardo Bonilla-Silva present on "From Dr. King to President Obama: Racial Vision, Racial Blindness, and Racial Politics in Obamerica." Dr. Bonilla-Silva visited Highline as part of Martin Luther King week. Martin Luther King week is Highline's annual celebration of diversity.



"For a little over a year, Obama mesmerized us all," said Bonilla-Silva. "Were we all wrong?"

Bonilla-Silva spoke about race and the role it plays in politics, particularly in what he termed "Obamerica." He said racial change does not equal the end of racism.

"Discrimination used to be in

your face. We have a new way of maintaining inequality, a new suave way about talking about race," said Bonilla-Silva.

For those who saw a new messiah or a new Martin Luther King in Obama, Bonilla-Silva argues: "I will suggest Obama is not a radical visionary like Martin Luther King. My arguments irritate whites. Racial progress has digressed. Obama's views on race are extremely weak."

"The Obama phenomenon is the outcome of 40 years of racial transformation from Jim Crow to the post-civil rights racial order I call, 'the new racism,'" said Bonilla-Silva.

Bonilla-Silva argued that in order for Obama to get elected he used some strategic moves, including backing no social movement and holding a raceless identity.

"Obama was the first black leader whites felt comfortable supporting," said Bonilla-Silva. He said this is the case because

Obama did not talk about race except to say that he was half-white.

Bonilla-Silva talked about Obama in comparison to a "magic negro." Bonilla-Silva explained the implications of this term: Obama's fundamental job is to help whites. He said that Obama helped white voters feel like they were cleansing their racist souls.

Bonilla-Silva tried to make the point that electing an African-American president will not result in an end to racism. It will not bring equality to minorities.

"Leaders should not be judged by the color of their skin, but by the content of their politics," said Bonilla-Silva.

And on Obama's nationalism, Bonilla-Silva remarked, "Our brother has some problems with his eyesight. Nationalism can be blinding."

Bonilla-Silva predicted things that might happen now that Obama is in office. Obama

might not remove the troops in 16 months. Obama might delay health care. Obama might not tax the wealthy. Obama might increase our military size.

"Are we going to do nothing because we want Obama to be successful?" asked Bonilla-Silva. "Silence of dissent is a threat." He said that if we remain quiet and follow the herd our first black president will be a tragedy.

"It's possible to have people of color to have a political order benefitting whites," said Bonilla-Silva.

In conclusion Bonilla-Silva gave five recommendations: Organize; Radicalize; Engage; Criticize; Be creative.

He ended the presentation by saying that a social movement is the answer to see deep, fundamental change. Just look at our history... the Civil War and the Civil Rights Movement made change, not our electoral college.

Schools remain unequal, expert says

By GRANT SNYPP
Staff Reporter

Additional educational opportunities should be given to disadvantaged students, an expert said here Tuesday.

Dr. Debra Sullivan, co-founder and first president of the Praxis Institute for Early Childhood Education, spoke as part of Martin Luther King Week, Highline's annual celebration of diversity.

Her focus was the concept of scarcity and abundance. She asked, "Why don't American children learn more than one language in school starting at an early age?"

Dr. Sullivan gave the example of an all-girls school in Kenya where they were taught three languages from the beginning and the students had not ever received less than a C-plus.

She defined abundance as the existence of many choices and

opportunities; conversely she defined scarcity as the limiting of one's choices and opportunities.

Sullivan used the example of people admitting they are not good at math because they feel that it is OK since there is a preconceived scarcity of natural talent. But, she said, but look at the people who are not good at reading and will go to great lengths to hide that fact because they feel that it is less acceptable. It is generally thought that everyone should be able to read well, she said.

The main component of her presentation was education and how it is too restrictive and inequitable, she said.

"I was told repeatedly not to let my other classmates know how smart I was," she said.

She maintains that a terrible problem that was created by society was the creation of good and bad schools creating more

inequity, and that is why disadvantaged children should be given more opportunities even if they are not promised because, "There can be equity in difference."

She asked, "Why can't every child have a great education?"

Equality, to Dr. Sullivan, in a teaching capacity means giving all of your knowledge to your pupils.

Some people only give 85 percent of their knowledge to remain smarter than the students, she said. Then the pupils go out and do the same thing and eventually you will have teachers teaching children nothing.

She concluded by reemphasizing that change will not be easy and that achieving equity won't be either because to get that for everyone some people will have to give up some stuff.

She ended by besieging the audience to, "Go forth and do the task of social change."

Psychologist says more work needs to be done

By NICHOLAS MCCOY
Staff Reporter

People need to cause further change, said a psychologist at a lecture here on Tuesday.

Dr. Mark A. Bolden, the president-elect of the Washington D.C. chapter of the Association of Black Psychologists, advocated action over consumerism during his lecture, King as a Social Scientist. The lecture was held in the bottom of the Student Union at 9 a.m. on Tuesday, as students watched the inauguration of President Obama on a television on the floor above. Cheering could be heard coming from above throughout the lecture.

The lecture was a part of the MLK Week event series, an annual series here at Highline that celebrates the life and message of Martin Luther King Jr.

"Every presidential election is historical," Bolden said.

"We should think about being makers of history rather than consumers of history," he said.

"Agitate, don't celebrate," said Bolden.

Bolden presented a clip from the television series *The Boondocks*.

"This is a revisionist history of what it could have been like if Dr. King had survived," he said. The clip showed King

Please see Bolden, page 13

This spot could have been yours for only \$40!

Advertise your event, program or class offerings here.

Want to advertise but don't have an idea how to design the ad? We can do that for you. Don't know what information to put in the ad? We can help with that as well.



For more information about advertising in the Thunderword, contact Jaime McCall, advertising manager.

jmccall@highline.edu

206-878-3710 ext. 3291

Got news?
tword@highline.
edu

Student Openings
\$15.25 base/appt
No experience Nec.
Flex Sched. FT or PT
all ages 18+, conditions
apply. www.ZF9.com

Advertising in the Thunderword.
Now with more B vitamins!



Amber Peter/THUNDERWORD

Marchers wave their placards Monday in Seattle at the annual Martin Luther King Day parade.

Deadline nears for scholarships

Applications for the Winter 2009 National Science Foundation Scholarship in Science, Technology, Engineering and Math are due Jan. 23.

"The Science Scholars Program is a wonderful opportunity for students," said Tina Ostrander, an instructor of Computer Science and Computer Information Systems. "It not only provides funding to help students achieve academic goals, but also ensures that students receive advising, and that they participate in activities that strengthen their connections with other students, faculty, and the community."

The scholarship is offered by the National Science Foundation. The scholarship is available for Highline students who are pursuing a degree in pure and applied science. Students must be eligible for federal financial aid, and maintain a 2.5 minimum quarterly GPA.

The committee is mainly looking for students who have a "clear goal to pursue a degree in a STEM (Science, Technology, Engineering, or Math) field," said Ostrander, "and that they have the tenacity and determination to achieve the goal."

Previous recipients have included a single mother of two who majored in engineering.

"The scholarship made it possible for her to make ends meet," Ostrander said.

The number of recipients is not limited. In Fall Quarter 2008, 13 students were chosen for the program.

Students may receive a maximum of \$5,265 per year, and as long as they are enrolling in Highline. **The scholarship is offered every quarter.**

As the deadline is nearing, applicants should be finalizing their applications.

"I encourage students to make sure that applications are complete and essays clearly communicate their goals and their strength of character," Ostrander said.

Applications can be downloaded at <http://flightline.highline.edu/nsfscholarship/>.

Marchers use MLK Day to boost many causes

By **AMBER PETER**
Staff Reporter

Thousands who came to the 27th annual Dr. Martin Luther King Jr. march on Monday came to honor the passing of the civil rights activist and leader.

However, many others came to march for the celebration of the newly appointed 44th president who was sworn in Tuesday morning.

Nearly every participator in the march was carrying a sign that stated: "Yes We Can... Change Begins Now" with either Dr. Martin Luther King Jr. or President Obama on it.

Before the march, a rally was held at Garfield High School

where the gymnasium was jam-packed with excited participants, who shouted their enthusiasm in anticipation of the march.

Toward the end of the rally, a frenzy of organizations and associations came down to make contributions to the MLK Celebration Committee. Highline officials made a donation of \$100.

"We want to create a partnership since we've been coming to the march for five years now as part of MLK week," said Natasha Burrowes of Student Programs.

Every year since 1982, the MLK Celebration Committee has been organizing this march and every year it has a differ-

ent theme. The theme for 2009 was "Yes We Can... Make Something Positive Happen Now."

An estimated 3,500 people of all ages and ethnicities gathered at Garfield High School to march down to the Federal Building while chanting "Yes We Can," or in Spanish, "Si Se Pude." About 20 students from Highline came to join in the march along with 10-12 faculty and staff while holding the Highline Community College banner.

The march was an opportunity for many activists to address problems concerning local issues and international issues ranging from health care, unions, and

saving public schools and the Israeli occupation of Gaza.

Peter Lippman, member of the Palestine Solidarity Committee said "The issues are very relative...there are bad things that are going on in the world and we want to make change happen about them."

Though everyone who came to join the march had a message to address to the public, some messages were heard louder than others.

The Migrant Workers Union was one of them, taking up a quarter of the entire march, easily recognizable by their yellow hard hats.

Two other very large groups were the Palestine Solidarity Committee and A Jewish Voice for Peace where they chanted over and over, "Yes We Can! End the Occupation!"

A scheduled parade starting from Westlake Park was cancelled due to a number of drill squads failing to show up. The drill teams who did show up performed for a half an hour at the park.

Bolden

continued from page 12

Dr. King had survived," he said. The clip showed King falling into a coma after being shot, and awakening in the year 2000. The cartoon then shows him being turned away at the voting booth as a result of "irregularities," and following 9/11, he is denounced by the public for telling people that the appropriate response is to "turn the other cheek."

"What does this parallel?" Bolden asked.

"King promised Kennedy key states where black votes would count," Bolden said.

The audience offered up election fraud and media bias as other parallels.

Although Bolden's lecture was titled "King as A Social Scientist," much of the lecture comprised information about other social scientists, including his description of the work of Janet Helms and her theory of the six states of white racial identity as an explanation of racism.

"Social science should be used to suggest mechanisms to create a wholesome black unity and a sense of peoplehood while the process of integration proceeds," Bolden said.

"That's straight up socialism," Bolden said, referencing a moment earlier in the lecture

where he asked students if King was a socialist.

Bolden asked the audience which group, when told to work together, would be the most productive: a group with a member who was overtly and openly racist, a group with a member who was covertly, and secretly racist, or a group that did not contain a racist.

He said that the group with the overt racist was the most productive.

"People work best when they know where they stand with each other," Bolden said.

"If you don't say outright your opinion, but make subtle slights, I'm not going to trust you," he said.

WSU Advisor here for
individual appointments,
January 28 & February 26

For an appointment, send an email to transfer@highline.edu

Small person, long lineage

‘Lucy’ may have been our common ancestor, millions of years ago

By **AMBER PETER**
Staff Reporter

Our oldest identifiable relative wasn’t very tall, but she cast a long shadow.

The mood in the classroom was practically comical as guest speaker Lonnie Somer talked about the skeletal remains of a prehistoric prime ape named Lucy (named after the famous Beatles hit song, *Lucy in the Sky with Diamonds*). Making many jokes throughout the seminar, Somer approached the topic of Lucy’s Legacy with a light-hearted feel that grasped the entire audience’s attention.

Science Seminar is a weekly event of discussions on several different topics of scientific interest on Friday afternoons.

Somer explained the significance of the skeletal remains of the prehistoric primate that could be a part of the species that humans evolved from 3.2 million years ago.

Lucy’s remains were discovered by Donald Johanson in 1974. Johanson was scanning the Hadar landscape in North-

ern Ethiopia when he spotted the fragments of what could have been a bone sticking out from the soil. Sure enough, Johanson discovered the remains of 47 bones, about 40 percent of a complete hominid skeleton of a newly discovered species.

A hominid is any member of the species Hominidae, which means “Great Ape.” That includes humans, chimpanzees, gorillas and orangutans.

Johanson then returned to the site where his team found Lucy a year later. They then found over a dozen more skeletal remains clustered together that can be dated back the same time as Lucy. Some scientists theorize that what caused their deaths was possibly a flash flood, but Somer jokingly theorized that “it was the first serial killer.”

If Lucy were alive today, she would stand at about 3.5 feet,



weigh in at about 80 pounds, and would have resembled more of a chimpanzee than a person, but she walked on her hind legs. “I remember when my kids were finally beginning to be about the size of Lucy, I would imagine that they were models of Lucy,” Somer said.

While the majority of the audience was convinced that Lucy is a direct descendant in the chain of evolution, one audience member pointed out that “there is speculation regarding that we didn’t descend from any of these people, we evolved in areas where fossils don’t form.”

The skeletal remains are currently on display at the Pacific Science Center through March 8. Admission is \$16.25 for kids 6-12, adults are \$20.75 and kids 5 and under are free. Hours are Monday-Friday 10 a.m. - 5 p.m., weekends 10 a.m. - 6 p.m. For more information visit pasci.org.

Next week’s science seminar with speaker Eric Baer will be discussing how major geological disaster have affected human civilizations such as the 1755 earthquake in Portugal that led to that civilization’s demise.

Science Seminar meets Fridays, 2:20-3:10 p.m. in Building 3, room 102. The program is free and open to the public.

Pacific Science Center image of Lucy’s assembled bones.



Colloquy to open doors

By **KATHERINE TACKE**
Staff Reporter

Highline’s Honors Colloquy is a series of conversations open to the public. Every Wednesday in Building 7 from 12:10 to 1:15 p.m. a speaker will discuss the theme, “Opening Doors.”

The Colloquy, entitled Contemporary Voices, is headed by Dr. Barbara Clinton, head of the Honors Department at Highline. It kicked off last week with a presentation by Isaac Cameron, Highline alumnus. Clinton hailed him as the “King of Opportunities.”

“We started off basically from the bottom,” said Cameron.

Cameron overcame many personal and academic hardships. Now he is attending Amherst, the top private liberal arts college in the country, with a full-ride scholarship.

“All of us are confined by our own experiences. We are made very uncomfortable by uncertainty,” said Clinton.

“I hope this series will open your eyes to some of these experiences,” she said. “We have never had problems, we have had opportunities.”

Clinton said that the hope is that students begin to believe in their academic dreams.

“If you truly believe, you will invest more work, and if you meet failure you’ll come back and try again,” said Clinton.

Clinton said that when students hear speakers like Cameron they get inspired.

In the past, professionals have come from the medical and business fields as well as the community. Next week Highline alumnus and University of Washington student Michael Truong will come to speak about achieving goals in the face of self doubt.

“They are all great folks with great opportunities up their sleeves,” said Clinton. “Come engage the experts in regard to choices that you will/must make for doors to open.”

Local business leader wants to start Toastmasters

By **YUN HWANG**
Staff Reporter

Local consultant Sara Johnson hopes to begin a Toastmasters club at Highline.

However, to initiate a club, students must have interest previous to her engagement.

“If we have 20 students, we can start the club tomorrow,” Johnson explains. She wants to bring students into the local meetings first, from there, she can spread the word.

“Our mission is to provide a supportive and interactive place where members can develop speaking abilities.” As the principal of Executive Dynamics, and the president of Des Moines Toastmasters Club, Johnson is eager to inform the Highline

community about Toastmasters.

“I used to have trouble with small talks at social gatherings. I was the wallpaper behind the wallflower,” she said, and with the help from Toastmasters, she has changed.

The toasts which Toastmasters are referring to are not the ones at your breakfast table, but the ones given at dinner tables over a glass of wine.

Johnson said the club also helps with, “leadership skills like running meetings, organization skills, and time management. Toastmasters is helping them [members] be successful.”

During meetings, activities included: presenting prepared speeches, impromptu table topics, and evaluated performance reviews. She said feedbacks are

mostly encouraging to acknowledge members of their effort and also very “constructive.”

Johnson recommends the club for students who are preparing for job interviews, teachers communicating with students, and anyone who would like to “think on their feet.”

If members choose to complete the training program, they are able to receive a certificate along with a letter to their employer informing them of the member’s accomplishments.

“It certainly looks good in your resume. Many employers are beginning to require the Competent Communication certificate for certain positions,” Johnson said.

Local meetings are held the first and third Thursdays of each

month at the Wesley Homes Administration Boardroom in Des Moines. For more information, contact Sara Johnson at xerxes@drizzle.com.

UW Seattle School of Business
advisor here!!

Start planning for this competitive major **TODAY!**

The advisor will cover admissions requirements, including GPA, pre-requisite courses, when to apply, the Writing Skills Assessment, etc.

Don't miss out! Just show up and get the facts!

Wednesday, February 4
1:15 pm @ Building 3, Room 103

Watch your stuff, officer tells safety forum

By **BILL SCHLEPP**
Staff Reporter

If Patty Harris was a criminal, many Highline students would be poorer.

Fortunately for them she is a Des Moines Police sergeant and she didn't steal all of the laptops, backpacks and handbags she found unattended.

Harris spoke at a campus safety forum last Thursday.

Harris said that she recently walked around campus dressed like a student to see how others reacted. She said that if she

was an actual thief, she would have had many backpacks and laptops.

She also said that students should secure belongings left in their cars, because it isn't very difficult to break a window in order to steal a phone or handbag.

Harris' main message was that Highline students need to be more aware of their surroundings.

One of the main reasons that Highline held this gathering is because of a sexual assault that happened during winter break

around 2 a.m. in the North Parking Lot.

Sgt. Harris made it clear during the lecture that Highline "is open to the public" and is not "necessarily a safe zone."

She also said that students are not aware enough of their surroundings, and she sees too many students with their hoods up and headphones in their ears.

"Anyplace you normally go, be more aware," she said.

Harris said she also sees too many students walk alone, and encourages people to walk in

groups.

Harris also said that when the economy has problems like it has now, property thefts go up, so you have to be more careful with your possessions. Don't leave items such as laptops, purses and backpacks unattended.

Among others who showed up to speak were Des Moines Police Chief Roger Baker and Highline Campus Security Chief Richard Noyer.

Noyer said that 95 percent of all car break-ins at Highline have happened because people

leave their possessions in plain sight, like on the seat. He also said that if you find someone taking something of yours, do not confront them because that is a job for security.

Noyer also made it clear that if you do not feel safe for any reason, campus security does escorts 24 hours a day.

"You are our eyes and ears," said Noyer.

Noyer said that if you see anything out of the ordinary call security just in case of the worst. The number for campus security is 206-878-3710, ext. 3218.

Writing Center can help you find the write words

By **ALEA LITVINENKO**
Staff Reporter

The Writing Center will help you become a better writer, said Director Rosemary Adang.

No registration is needed; come by anytime during scheduled hours: Monday-Thursday, 8 a.m.-7:30 p.m., or Fridays, 8 a.m.-1 p.m., in Building 26, room 319.

"You can come stop by to see if a consultant is free. If all consultants are occupied you may make an appointment to meet with them at a further date," Adang said.

"Each workshop is three times a week so students will have time to attend the classes."

The consultants, all students, are well qualified, she said.

"To become a consultant you must finish Writ 101 with 3.5 or better and have a recommendation from a teacher for your excellent writing skill and good judgment. After becoming a consultant they are required to take Writ 199 for ongoing training," Adang said.

Each week has a new workshop to explore and help improve your writing skills. There are an unlimited amount of writing workshops.

"Students serve students at all levels and classes, from pre-college to 200 level courses," Adang said.

At the Writing Center you can work on essays and papers for specific classes or get help with



Loren David/THUNDERWORD

A Highline student gets help from a tutor at the Writing Center this week.

resumes or personal projects that are not related to school.

The following workshops are open to all students:

- Description: Using Specific Details, Jan. 16, 1:30-2:20 p.m. Need to put more excitement and flavor into your essays? During this week you will learn how to put more zest into your sentences.

- Dialogue: Using conversations in Your Writing Jan. 20, 4-4:50 PM, Jan. 21, 9-9:50 a.m., and Jan. 29, 1:30-2:20 p.m. Throughout these classes you will be learning to write more

credible dialogue.

- Building Blocks & Neighborhoods: What Makes a Sentence Work, Jan. 27, 4-4:50 p.m., Jan. 28, 9-9:50 a.m., and Jan. 29, 1:30-2:20 p.m. During this week you will learn the basic building blocks of a sentence and understand three different types of sentences: simple, compound, and complex.

- Common Errors, Feb. 3, 4-4:50 p.m., Feb. 4, 9-9:50 a.m., and Feb. 5, 1:30-2:20 p.m. This seminar will help you learn to find and fix familiar editing errors such as subject-verb agree-

ment, tense shift, fragments, run-ons, and comma splices.

- The Wily Comma Feb. 10, 4-4:50 p.m., Feb. 11, 9-9:50 a.m., and Feb. 12, 1:30-2:20 PM. This lecture will help you learn where, when, and how to use a comma.

- Summarizing and Paraphrasing, Feb. 17, 4-4:50 p.m., Feb. 18, 9-9:50 a.m., and Feb. 19, 1:30-2:20 p.m. This seminar is provided to help you learn how to use sources efficiently.

- Quoting & Citing Your Sources, Feb. 24, 4-4:50 p.m., Feb. 25, 9-9:50 a.m., Feb. 26, 1:30-2:20 PM. This session is provided for you to help shun plagiarism and show you how to properly use quotes.

- Self Assessment & Writing Portfolio Cover Letters, March 3, 4-4:50 p.m., March 4, 9-9:50 a.m., and March 5, 1:30-2:20. This class is directed towards students in Writing 101 and 91/98 to help create a strong cover-letter.

- Other Tricky Punctuation Issues, March 10, 4-4:50 p.m., March 11, 9-9:50 a.m., and March 12, 1:30-2:20. During this week we will be working with semicolons, colons, dashes, apostrophes, and hyphens.

For further information about the Writing Center and workshops, contact the consultants at 206-878-3710 ext. 4364. You can also find more information off Highline's main webpage.

Metro to host open houses on route changes

Highline students who rely on Metro for transportation may be affected by the new bus route changes.

Throughout King County bus services will take new routes.

"There will be proposed changes in many bus routes" says Ellen Hansen who is a representative for the Metro Transit.

"These changes should be

happening sometime between September and February of next year."

Metro and Sound Transit invite you to stop by any upcoming transit open house to learn about the changes. Upcoming events include:

- Saturday, Jan. 24, noon-2 p.m., McMicken Heights Safeway, 4011 S. 164th St.. Served by Metro Transit Route 140.

- Thursday, Jan. 22, 1:30-3:30 p.m., SeaTac City Hall, 4800 S. 188th St.

- Tuesday, Feb. 3, 6:30-8:30 p.m., Federal Way Community Center, 876 S. 333rd St.

You can also give your opinion by completing a questionnaire on their website, Metro.kingcounty.gov, or email your comments to metro-feedback-sw@kingcounty.gov.

HOW TO WRITE A WINNING PERSONAL STATEMENT!



Don't Miss Out! TRANSFER STUDENTS!

Attend this session and you will learn how to submit a great personal essay with your future transfer admission application! Learn how to make your application come "ALIVE" with some excellent writing and content tips!

No need to sign up.

**Wednesday,
February 4, 12:15-1:05 PM
Building 22, Room 201**

Obama

continued from page 1

"I have been waiting for this day a long time," says 19 year-old student Nick Ormbrek, who cast his first vote in the 2008 election. "I hope this new administration will demonstrate an intellectual curiosity that hasn't been demonstrated before."

Ormbrek said he had anticipated the ending of the Bush administration.

"It was a disastrous handling of disasters," Ormbrek said.

Student Sherida Frank also took the time out of her college-packed schedule to watch the inauguration. "It's a dream that began with Martin Luther King, and me being an African-American, I feel honored that such a change is happening," said Frank.

As for faculty, Rod Fowers said he was touched after watching the inauguration. "I didn't expect in my lifetime to see an American president that is not white," he said.

Running Start student Nash Lapping agreed that "the inauguration was pretty cool, except when they started playing the violins," he said. For the most part, Lapping was concerned about Obama's well-being considering the risk of assassination.

However, not all students were captivated by the event.

"People think that it's 'everything will be different tomorrow', but it isn't," said Yuriy Torchillo.

A student who wished to remain anonymous expressed a similar opinion. "I thought it was over-hyped, and inexcusably so," he said. "The fact that people make such a big deal of the occasion simply means that we're still looking at skin color and are far from racial equal-

Bone marrow donors needed

By **NICHOLAS MCCOY**
Staff Reporter

A registration drive for potential bone marrow donors will be held on the first floor of the Student Union on Wednesday, Jan. 28 between 11 a.m. and 1 p.m.

Minority donors are especially needed, and volunteers are still needed to help with the drive. The event is being organized by the Black Student Union in conjunction with the Puget Sound Blood Center.

Bone marrow contains stem cells that are used by the body to generate red blood cells, platelets and some white blood cells. Diseases that require a bone marrow transplant include some leukemia, lymphomas and aplastic anemias.

"There's a really strong need for minority donors," said Thomas Tobin, the secretary of the Black Student Union and the organizer of the event.

The Puget Sound Blood Center website, psbc.org, stated that "patients are most likely to find a compatible donor within their own racial and ethnic background."

"Your antigens are inherited down in your family like your eye color," said Anita Hanning, the supervisor of the bone marrow donor program at Puget Sound Blood Center.

Only 25 percent of the matches found are for minority patients, Hanning said. The other 75 percent are for Caucasians.

"Nationally there are 7 million people on the donor registry," she said.

"About 6,000 people are looking every day for a match," she said.

"About two in ten patients



Ami Nguyen/THUNDERWORD

A blood center technician takes a donor's pressure on Tuesday. They'll be back for bone marrow.

will make it to transplant. That's usually because they can't find a donor," Hanning said.

Donors must be between the ages of 18 and 61, Hanning said.

"They do a cheek swab to collect cells for testing," she said.

Samples are sent to the National Marrow Donor Program for HLA antigen testing, Hanning said.

The donor is entered into the national registry anonymously based on tissue type, with only the local marrow program knowing the donor's personal details.

"When a doctor is searching, they don't know who the donor is, only the local registry does," Hanning said.

"The commitment is in being

available," Hanning said.

If a match is found, the donor will be contacted for a medical history and asked to provide a blood sample, she said. The sample is analyzed further to ensure that it is the best match, and tests are run to ensure that the donor does not have an infectious disease.

"About a quarter of the time, they do a bone marrow harvest. It's a short stay surgical procedure with general anesthetic. Marrow is extracted from the back of the pelvic bone, near the hip," Hanning said. The procedure is done at the University of Washington Medical Center by a Seattle Cancer Care Alliance surgeon, she said.

"About three-quarters of the time, they do what they call a peripheral blood stem cell col-

lection. That's done here at Puget Sound Blood Center in our patient services department," she said. The donor is given a hormone to over-stimulate stem cell production, resulting in extra stem cells being present in the blood, Hanning said.

"Arm pain lasts for 24 to 48 hours, while hip pain lasts for one to seven days," Thomas Tobin said. A surgical donor is usually able to walk around the next day, he said.

Although patients can sometimes find matches within their own family, about 70 percent of the time they are unable to, the Puget Sound Blood Center said.

"I'm in desperate need of a few volunteers," Tobin said.

Anyone interested in volunteering to help with the drive can contact Tobin at 206-769-9803.

Worker

continued from page 1

The main eligibility requirement for the Worker Retraining Program is to be currently receiving unemployment benefits, or to have received them within the last 24 months. Facing a layoff or being a displaced homemaker in that you were dependent on the income of another family member but are no longer supported by that income, or you have been operating your own business and are unemployed because of general economic conditions in the community in which you reside.

Unemployment is usually required but not exclusively, Huber said. You might need to provide proof of unemployment.

For more information on eligibility you can look on-line at http://flightline.highline.edu/workforce/services/worker_retraining.eligibility.htm

Somtoa

continued from page 1

Somtoa graduated from Mt. Rainier High School in 2007, and had been going to Highline since. He had registered for Winter Quarter and had hoped to graduate this spring.

People who knew him said he was popular with his classmates and professors alike.

"William was cool, just straight chill," said Edward Welch, a friend and classmate. "I'd see him around with his skateboard, and I remember he was just so excited when he got that job at 35th Avenue."

Somtoa also had good grades, according to speech instructor Laura Manning.

"William was a thoughtful, warm, fun, smart guy," Manning said. "He had a lot to teach us."

"It's sad to see a friend die," said Alan Tam, another friend.

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, 2009, 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: <http://www.wtb.wa.gov/WAVEWebpagenew.asp>

DEADLINE IS FEBRUARY 12, 2009

Two-Year, Full-Ride Scholarship!