**Student, 19, killed by drunk driver**

**By ZANE STEARMAN**

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 hafa. 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 skateboarding shop where he worked, they are selling “William Forever” t-shirts.

Oh 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. Saturday, Jan. 3, Somtoa, Chase J. Evans, and Carmodeen 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.

The accident sent all three of the students to Harborview Medical Center, as well as James’ 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 in the amount of $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
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 he has been consistently having problems with. Security instructed him 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 Varanani, 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 quarter GPA.

The deadline for the Spring quarter award is April 17.

An application form can be found at http://flightline.highline.edu/mscholarship/.

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, apparent- ly 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 mys- terious 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 cop- ies, 600,000 of which Blu-ray.

The film was also a critical success, receiving a 94% ap- proval rating from review aggreg- ator Metacritic gave the film an average rating of 82 based on 39 reviews.

Free Tutoring!!! Feeling overwhelmed? Get help!

Visit the Tutoring Center in Building 26, Room 39.

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, Language, Math, Science, Computers, Writing, and more!

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

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CO-OCCUPATIONAL OPPORTUNITIES: 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 223)

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

Administratively handle the daily operations of the office and administer and integrate all database related functions. Basic administrative and support duties. Location: Seattle

Wage: $15,000/hr+ Hours: 20-30

For more information about co-ops, these jobs and more, log on to www.myinterfacce.com/highline/student
Lunar New Year brings dance, food and martial arts to campus

By DARIN MCCURUG 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.

Colgan added, "The club is here to help pay for the costs of the event from Highline.

Some of their funds were used to hire a Vovinam group to come in from Seattle to perform. Vovinam is a traditional martial art practiced in Vietnam. It has been around since 1935.

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 allowing students to gain experience 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.

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 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 installation and said, "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 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 now 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 not allowed to access the network.

The new system will be much more secure, Colgan said, and will help identify problems and fix them.

Through the application of new software, Colgan said, be “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.

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 6, 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.

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, Colgan said. “The program should provide 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 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, hard working 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. 5225 or stop by Building 16. Admission is open to any student with permission of the program coordinator.
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 so that it doesn’t suffer slower-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.

Student Services

‘I couldn’t take the hunger anymore.’

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Communication is complex

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 communica- tion skill building.

Bolden described daily interactions between people as like crawling through the web of Anansi, a trickster charac- ter 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 abil- ity to create the opportunity to achieve your goals,” he said, not the statue the character is look- ing 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, like the motion of saying hello, and then turn away while keep- ing his head held high.

Although he was recom- mending this as a response to nonverbal racially and eco- nomically 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 ex- hibit that proved that thought had a psychic quantum effect on everything. The movie’s three directors are all members of Ramtha’s School of Enlighten- ment, a local organization that is protected from cult-hood only by virtue of its relative insignifi- cance. 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 tell- ing the person that they “misun- derstood” 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 vio- lently misrepresenting science. However, Bolden’s message was both important, and broadly impacting.

Commentary

Nicholas McCoy

The Thunderword invites let- ters and guest commentary from members of the campus community.

Topics of campus interest take priority but material on all subjects are welcome. Submis- sions 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.
Puzzles

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Trivia test

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. GAMES: Where will the 2010 Winter Olympics be held?
5. GEOLOGY: What is the origin of pumice?
6. GEOGRAPHY: What is the capital of Portugal?
7. MYTHOLOGY: Which character in Greek mythol...
8. ENTERTAINERS: Which entertainer’s catch phrase is “Can we talk?”
9. FOOD & DRINK: What kind of food would a character sell?
10. LITERATURE: Which one of William Shakespeare’s plays has been described as ‘the Scottish play’?

Arts Calendar

•Tickets are on sale now for Breeders Theater’s new production, Prairie Heart.
Show dates are Jan. 23, 24, 26, 28, 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.

Weekly SUDOKU

Answer

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

Last week’s crossword solution

2008 NEWSMAKERS

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

Weekly SUDOKU

by Linda Thistle

DIFFICULTY THIS WEEK: ★★

Moderate ☆☆☆ Challenging  ★★★★ HOO BOY!

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Crossword 101

By Peter Canty

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. Better foot part, perhaps?
22. Any minute
23. Oahu adornment
24. Chopped an onion
26. Sister’s son
28. Pipe type
30. Meat quality
36. Fastfood drink
37. Tranquility
38. Headlight?
40. With great harshness
41. Prepared to fire
42. Beer ingredient
44. Get in the way
45. Many a middle-schooler
47. Nightmarish street
49. Asian tongue
50. Mr. Quayle’s whip
51. Put in stitches
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 init.
4. ____-do-well
5. Movie ad

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
14. Put in stitches
15. Charged particle
16. “30 Rock” home
17. Cupid, to the Greeks
18. Heap
19. Ozone octet, perhaps?
20. Passed out the hand
21. Suggestive
22. Alternative to Levis
23. Unchanged
24. Wintertime toy
25. Suggestive
26. Keats piece
27. Keats piece
28. Clinton opponent
29. Mr. Gingrich
30. Suggestive
31. Captain Quayle’s whip
32. Oahu adornment
33. Bike cuterie sell
34. Asian tongue
35. Pizza ingredient
36. Beer ingredient
37. Headlight
38. Nuisance
39. Sibling’s son
40. Sibling’s husband
41. Suggestive
42. Sibling’s son
43. Sibling’s husband
44. Sibling’s husband
45. Muskeeteer number
46. Stands on line
47. Fanfare
48. Recipe abbr.
49. Commuting option
50. Jason’s ship
51. Like some leftovers
52. Clinton opponent
53. P.D.Q.
54. Variation
55. Mr. Gingrich

Tickets are $20 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.

Quotable Quote

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

- George W. Bush

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2008  NEWSMAKERS

By Peter Canty
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.

Jazzmin Montgomery led the offense for Highline with 10 points, 3 assists, and 4 boards, while Patrice McKinnon, Terra 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.

“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 take one game at a time,” 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.

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

Highline was down in the second, with 35 points 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.

“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.

Scoreboard

<table>
<thead>
<tr>
<th>League/Pts/Season</th>
<th>Centralia</th>
<th>2-3</th>
<th>.400</th>
<th>4-10</th>
<th>GurnRiver</th>
<th>2-4</th>
<th>.333</th>
<th>5-11</th>
<th>S.PSound</th>
<th>1-4</th>
<th>200</th>
<th>7-9</th>
<th>Grays</th>
<th>1-5</th>
<th>167</th>
<th>1-12</th>
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Highline’s Recent Success

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.

Jazzmin Montgomery led the offense for Highline with 10 points, 3 assists, and 4 boards, while Patrice McKinnon, Terra 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.

“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 take one game at a time,” 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.

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

Highline was down in the second, with 35 points 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.

“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.

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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.
Highline’s most prestigious soccer player, Raphael Cox, is now a former assistant soccer coach at Highline.

“I went to the convention and to the actual draft,” said Moore. “The type of positions 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 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 NWACCC 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 when he transferred. Cox, who played for the U-19 FC United in 2005, who was state champions that year, contributes much of his success to two Highline coaches.

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

“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 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.”

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**Sports**

**Major League Soccer doesn’t pass on Cox**

By CHRIS WELLS

Staff Reporter

Highline’s most prestigious soccer player, Raphael Cox, is now a former assistant soccer coach at Highline.

Cox, a graduate of Highline in 2006, was drafted by Salt Lake City in the 2007 MLS SuperDraft. Cox played on Highline’s 2004 NWACCC championship squad.

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**Intramurals nets many**

By KAYLA LIELEIFED

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 off against Northern Idaho. 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 NHC’s 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 more minutes before Smith was able to take Brown down.

With 17 seconds left Smith got an escape to tie the match 3-3.

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

Brown however, was 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 was 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 Colb 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 Bommartito, 149, by pin; Logan Roadman to Lucas Chesher, 157, by pin; Zach Barnett 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 Spencer Sharpe, 285, 13-5.

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

“But we won 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

Aaron Smith lost to Tim McGoldrick.

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, Thursdays, 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 are free to anyone who is 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,” she said.

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

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“Definitely come and check it out. It’s a good time to socialize with other students and take a break from studying and working,” she said.

Intramurals are offered fall, winter, and spring quarters, and all students are welcome.
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 tallying 16 points to Vaughn Gaines, a 5’10” guard in particular. 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. He was able to snag a respectable 3 steals.

On Jan. 17 the T-Bird men came back home to beat Clark Penguins by a score of 8-74.

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 get 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 Darious 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.
Swelling may be sign of other health woes

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 reflect your body’s cause. If both feet and ankles are swollen, the possibilities include heart failure, kidney disorders, liver cirrhosis, medicines and, strangely enough, the overdose 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 swelling.

Want to fight 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.

Seven ways to keep those New Year’s resolutions

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 people 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:

- 1 ½ lbs boneless, skinless chicken breast
- Flour tortilla
- Grilled or grilled pan
- And your choice of dipping sauce

1 cup cider vinegar
2 tbsp canola oil
3 garlic cloves, crushed
½ tsp ground cinnamon
½ tsp chili powder
¼ lb of carrots, shredded
1 apple of your choice, chopped
½ cup extra virgin olive oil
2 Tbsp lemon or lime juice
2 Tbsp honey
A dash of salt

Pre-heat grill or grill pan to medium-high. If by 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!

Get fit now!

There are free personal trainers available on campus for Highline students and faculty (contact Josh Baker at 878-3710 ext. 3710, http://flightline.highline.cc.wa.us/). Find a convenient place to exercise.

Having access to fitness facilities is different 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.

• 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.

Get 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.

To Your Good Health

by Paul G. Donohue, M.D.

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 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 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.

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How make nutritious and delicious wraps

1 ½ lbs boneless, skinless chicken breast
Flour tortilla
Grilled or grilled pan
And your choice of dipping sauce

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.

Make your choice of dipping sauce

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.

Eating well

Get fit now!
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. 30 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 Lan- guage 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 JadaKid, 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.

“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.”

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 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 professor 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 PATRERSON
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 Thurs- day, 2 to 6 p.m., in Building 13, room 104. It’s a good opportuni- ty 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 popular- ity every day as new series con- tinue to come out.

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

Some of the better-known se- ries 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 meet- ing.

If clubs don’t really suit your interest, or you’d like to get even more involved, the Seattle Con- vention Center hosts its own an- imation 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. Thou- sands 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 ev- ery 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.

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. Innouvong 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 atten- tion.

“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.
‘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 Greico) put in their own way could even happen today.

No monumental obstacles or intricate plots keep these two apart. It isn’t the snarly Harald (played by Steve Seheide) 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

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.

shoots. 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) Borg

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.

The Thunderword / Jan. 22, 2009

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 Rashid Abdallah.

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, Abdallah said.

Light refreshments will be 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 Abdallah.

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.

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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.

Arts and Lecture 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 to participate.

Brown used to choose each week’s topic, but he decided everyone should be able to choose.
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,” Dr. Eduardo Bonilla-Silva said.

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 of 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 cleaning 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.

“As we are 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.

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.

Balden 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

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 all 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 pre-conceived 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.

Sullivan 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 to do the same thing and eventually you will have teachers teaching children nothing.

She concluded by rephasizing 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 beseeching the audience to, “Go forth and do the task of social change.”

Obama doesn’t mean change, prof says

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 consumption 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.

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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 participant 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 different 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 Puede.” 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 large part 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!”

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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.
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, organizing 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 svrev@drizzle.com.

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, “Open-Ended.”

The Colloquy, entitled Contemporary Voices, is headed by Dr. Barbara Clinton, head of the Honors Program at Highline. It kicked off last week with a presentation by Isaac Cameron, Highline alumna. 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 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 alumna 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 later in life.”

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 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 northern 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 pacsci.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 civilizations demise.

Science Seminar meets Fridays, 2-2:30 p.m. in Building 3, room 102. The program is free and open to the public.
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 handwriting.

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 heads 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,” said Adang.

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

“To become a consultant you must take Writ 199 for ongoing training,” said Adang.

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,” said Adang.

At the Writing Center you can work on essays and papers for specific classes or get help with resumes or personal projects that are not related to school.

The following workshops are open to all students:

• Descriptive: 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 p.m., Jan. 21, 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., 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 agreement, tense shift, fragments, run-ons, and comma splices.

• Figures of Speech, Feb. 7, 4-4:50 p.m., and Feb. 8, 9-9:50 a.m.

• 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.

• 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 Safe-way, 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. 336rd 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
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 and the organizer of the event, 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 leukemias, lymphomas and aplastic anemia.

“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, pcsbc.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 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 anesthesia. 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.

“At about three-quarters of the time, they do what they call a peripheral blood stem cell collection. 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.