



The art of love
isn't always
lovely/P. A6



Survival guide
for Valentine's
Day/B Section

Feb. 12, 2009 / Volume 48, No. 16

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Highline Community College

The Thunderword

State budget picture growing grimmer

By **RAPHAEL LINHARES**
Staff Reporter

OLYMPIA — Washington state's budget situation could get worse, local legislators said here on Monday.

Legislators from South King County told a visiting group of Highline students that the state faces a revenue shortfall of \$6-\$8 billion out of an expected \$30 billion two-year state budget. The limp economic picture means fewer tax dollars for the state, at a time when demands for state money are at their highest.



Eide

former Highline trustee. "There will probably be cuts in all of our state programs."

"It's the worst I have ever seen," agreed State Sen. Tracey Eide, D-Federal Way. "It may be the worst we will ever see."

Legislators won't really know how much needs to be cut

"It's the hardest session we've ever had," said State Sen. Karen Keiser, D-Des Moines, who also is a

from state spending plans until March 19, when the next quarterly revenue forecast is due. They're not optimistic.

"We're in denial," said State Rep. Skip Priest, R-Federal Way. "We're waiting for Obama Claus."

Although legislators can hope for some help from the federal stimulus package now being hammered out in Con-



Priest

gress, the U.S. Senate version of the bill includes no money for the states though the House version does.

Legislators expect that no part of state government will avoid budget reductions, including community colleges. Highline has already implemented cuts this year, and last week college President Jack Bermingham announced plans to cut \$2.1 million from next year's budget.

"Higher education will be a loser," said Rep. Priest.

Whereas many people understand the importance of K-12 education, he said, "in many



Upthegrove

a \$6 to \$7 billion shortfall?"

Other legislators, following Gov. Christine Gregoire's lead, say that community colleges may face less budget pressure because of the role they play in getting people new job skills.

Please see Budget, page 12

Lean, green, and (kind of) mean



Sabine Walter

Axolotls, who are close to extinction, are being raised in the Biology Lab by Donn and Sabine Walter.

Axolotls invading Highline

By **DARIN MCCLURG**
Staff Reporter

Alien-like creatures with exotic gills sprouting from their heads and a tendency to eat anything that moves are being raised in Highline's Biology Lab.

Luckily, the axolotls are not even a foot long.

Axolotls are a strange-looking type of salamander that is close to extinction. They are often used in research due to their

amazing regenerative abilities. They are capable of completely growing back a lost limb in as few as a couple of weeks.

The axolotl is also unusual because it exhibits a trait known as neoteny. It doesn't undergo changes in its form from birth to adulthood like most amphibians do.

The oldest axolotls in the Biology Lab are around 5 years old, while the youngest are around 3 months old.

They can grow anywhere from 6 to 12 inches in length and they lay eggs about twice a year, said Sabine Walter, the main caretaker of the axolotls and division secretary of Health, P.E. and Education at Highline.

They are a completely aquatic animal. "Even though they have lungs, they are not developed for land," said Donn Walter, the Biology Lab coordinator

Please see Axolotls, page 12

Simon says 'save me'

By **CHRISTIAN COOPER**
Staff Reporter

Highline recently spent \$60,000 on a student who's a dummy.

He goes by the name of Simon, but is commonly known as SimMan. Simon is an advanced patient simulator who is used in nursing programs across the world.

Commonly used for team and training purposes, Simon provides students with simulation-based education to test students' decision-making skills.

"He helps the students practice teamwork and communication skills, and he puts the students in unusual cases that can happen in real life," said Nicki Bly, program manager of the polysomnographic program.

Highline's Polysomnographic program is the first and only in the nation to have this \$60,000 dummy in a practice

and sleep lab, he is available only to students who take part in this program.

Simon's programmed features involve immediate feedback to questions students ask; touch screen monitor displaying different simulations; mimics breathing patterns; cardiac rhythms and a webcam for students to be evaluated. Simon comes with a realistic color and skin texture.

He can even regurgitate. A good mixture is smashed-up Oreos, peanut butter and milk, Bly said.

Control Scientific Technician Francesca Carroll said it is a very complex device; it's been close to a year since they have had Simon, and they still haven't figured out all the gadgets.

Bly said the features are like "going from pen and paper to

Please see SimMan, page 12



Sol Lee/THUNDERWORD

Students work hard saving Simon from the clutches of death.



Car theft

A silver Land Rover was stolen out of the upper north lot at Highline on Feb. 3. The vehicle was stolen because the owner left the keys in the car and may have left the doors unlocked because no windows were broken.

Strange man in Library

Library officials noticed a man who was in violation of his trespass admonishment and immediately notified Campus Security. He was later arrested by the Des Moines Police Department.

Man faints on campus

A non-student made his way into Building 22 possibly from the bus and then either passed out or fell asleep. Security was soon called because the man would not wake up Feb. 10. Highline security immediately called the South King fire department when they still could not wake him. The current status of the man is not known.

Hit-and-run reported

A Highline student advised security that his silver Toyota Celica was involved in a hit and run on campus that he claimed happened at an earlier time. Security told him that they he cannot make a police report 24 hours after leaving campus because the incident could have happened at a separate location.

Woman trips in Building 18

A woman was walking in Building 18 and tripped. The woman cut her knees badly. The Fire Department was called to check her out because she is six months pregnant.

Lost and Found

List of items reported lost by people on Campus: electric dictionary lost in Building 22; blue sprint phone with leather case lost in Building 29; blue lanyard with two USB flash drives on it lost in Building 29; TI89 calculator lost in Building 30.

List of items found by Campus Security and are being held at Security in Building 6: gray bike helmet; USB flash drive; phone earpiece; sun glasses; stereo headphones; TI calculator.



Science Seminar jokes about Charles Darwin

This week’s Science Seminar will be celebrating the 200th anniversary of Charles Darwin’s birthday.

The seminar, called “The Monkey in the Mirror - Darwin’s Birthday through Satire,” will be given tomorrow, Feb. 13, from 2:20 to 3:10 p.m.

Highline writing professor Angi Caster will be giving the seminar in Building 3 room 102.

Science Seminar is a weekly Highline program, open to the community, which discusses a different scientific topic each week.

Movie Friday does what it has to

The Great Debaters is the film to be shown this week for Movie Friday.

The film will be shown tomorrow, Feb. 13, at 12:30 p.m.

This Movie Friday will be hosted by Gayatri Sirohi in Building 7.

The Great Debaters stars academy award winners Denzel Washington and Forest Whitaker. The film is based on the story of the Wiley College debate team during the 1930s.

The film was a critical and commercial success, earning over \$30 million, over twice its production budget.

Local theater offers arts scholarship

Breeders Theater is offering a \$500 scholarship to a Highline student majoring in performing



Ami Nguyen/THUNDERWORD

A student hurries past Building 1 during Tuesday’s unexpected snow.

arts.

This interest may be demonstrated through performance, composition, administration, teaching, set design, playwriting, costume design, etc. The student should complete 24 credits by the end of Winter quarter and have a minimum 3.0 GPA.

Two letters of recommendation required; at least one must be from an HCC faculty member. Applicants will be asked to include a list of performing arts projects he/she worked on.

For more information, contact Nancy Warren at nwarren@highline.edu.

Student Caucus talks about immigration

The Student Caucus program will be holding a discussion about immigration today, Feb. 12.

The caucus will be held at 12:30 p.m. in Building 8 room 302.

The discussion will address “myths and stereotypes around illegal and legal immigration,” according to the event’s release.

The caucus program is de-

signed as an environment where Highline students can seriously discuss controversial topics.

Leadership program open to women

National Education for Women’s Leadership (NEW Leadership) is preparing for its 2009 program, which will run June 15 through 20.

The program, developed at Rutgers University over 10 years ago, states its goal is “to increase the number of women in the leadership pipeline.”

NEW Leadership is a tuition-free program which costs \$150 for registration; scholarships are available to cover this costs as well.

The program is available to

any students who graduated in 2008 or are enrolled in a higher education institution in the Puget Sound area.

The program is not necessarily aimed squarely at those currently involved in leadership, said program director Christine Di Stefano.

More information and an online application to the program are available at the program’s web site, depts.washington.edu/newlead. Applications are due by Feb. 27.

Correction

In last week’s article titled “Thunderbirds finally get new fastpitch coach on base,” the new fastpitch coach’s name is spelled Gary Graf.

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:
Census Crew Leader ~ 5062 ~ Part Time
Crew Leaders train, supervise and review the work of a group of census takers. They meet with each census taker on a daily basis. Assignments usually last 5-10 weeks.
Location: Your Neighborhood
Wage: \$17.50-19.00 Hours: Less than 40
City of Seattle State Work Study ~ 5056 ~ Work Study
Maintaining all correspondence, files, appointments, records, and reports. Write and send monthly meeting minutes and notes. Assist in compiling information for regular reports. Research resources for and about immigrants and refugees. Must have Work Study on Financial Aid award. Location: Seattle
Wage: \$18.77 Hours: up to 19/wk
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:
“One part at a time, one day at a time, we can accomplish any goal we set for ourselves.”
-Karen Casey, from Achievement of a Life Goal
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>



Loren David/THUNDERWORD

Students board the Kent-bound Metro bus departing from campus Wednesday.

Help desks combine for more efficiency

By **GRANT SNYPP**
Staff Reporter

The Instructional Computing Center's and Administrative Technology's help desks have been combined at Highline to help decrease confusion and increase efficiency.

Patricia Daniels, manager of customer services for Administrative Technology has been one of the people overseeing the transition from two help desks to one.

The main reason why this merger came about was because both the Computing Center and Administrative technology found that faculty and staff were not sure who to call with problems.

That contributes to the inefficient use of Highline resources. By working together and combining their resources and knowledge they will have effectively created a one-stop shop for all the staff and faculties technology issues, Daniels said.

Administrative Technology provides the technical and troubleshooting support for Highline's faculty and staff, runs servers, and helps the staff and faculty create an effective web presence.

But it is important to note, that the departments' respective services will remain basically separate as it is only the help-desks themselves being merged, Daniels said.

Upon opening the new combined entity, workers will cross train each other on respective specialties, including some of the part-time student staff so that they will be more valuable to their employers and gain valuable skills as well, Daniels said.

Daniels says that the helpers at the desk, "place (swift) problem resolution as the most important (priority, while making) their customers feel that their phone call is important. And it is. It's our job." The new help desk will continue to make lots of small adjustments.

The computing center staff has scheduled physical presence at the help desk to help train the student workers, as well as changing their respective separate emails to a joint address.

Daniels says constructive feedback is more than welcome. Her contact number is 206-878-3710, ext. 4357 (it spells help) or email Helpdesk@highline.edu.

Route changes may affect students

By **ALEA LITVINENKO**
Staff Reporter

King County Metro is proposing bus route changes that may affect Highline students.

Throughout King County, bus services will take new routes beginning early next year.

The proposed bus route changes that Highline students should be aware of are routes 174, 191, 124 and 194.

Route 174 will be discontinued, replaced by a new Route 124 and RapidRide A Line.

RapidRide is the new and improved way to get you where you need to go in a swift and timely manner.

"This new service is scheduled to start with the A line on Pacific Highway South in February 2010," said Ellen Hansen, a consultant from King County Metro.

RapidRide is being created to help keep people moving

throughout the day, with superior safety and security, during busy hours of the day.

The buses will continually be arriving and leaving the stations with modern electronic signs telling you when the next bus is scheduled to arrive.

Route 191 will also be discontinued and will be replaced by the new RapidRide A Line and Link Light Rail. Route 124 will be replacing part of Route 174 that is South of 154th Street with service between Federal Way and the Tukwila International Boulevard Link Station.

New Route 124 will replace part of Route 174 that is North of South 154th Street between the Tukwila International Boulevard Link Station and downtown Seattle.

The new Route 124 will operate every 30 minutes with two "owl" trips leaving downtown Seattle at 2:15 a.m. and 3:30 a.m.

"An owl trip is a very early-morning or late-night trips," said Hansen. Route 124 would connect with the RapidRide A Line at the Tukwila International Boulevard Link Station.

Route 194 will be discontinued and will be replaced with Link light rail and additional service on Sound Transit Express routes 574 and 577.

"Most routes that are being discontinued are being replaced by other routes or light rail," said Hansen.

Routes that may possibly affect Highline students are the SeaTac, Tukwila routes 128, 129 (new), 140, and 180. Route 128 has changed its routing to serve Tukwila International Boulevard Link light rail station.

Route 140 is changing to service Southcenter Boulevard, South 154th Street, the Tukwila International Boulevard Link Station, and Southwest 148th Street between Tukwila and

Burien. This route is changing to increase evening frequency of Route 140 to every 30 minutes.

Route 156 is new and will create a route between International Boulevard, McMicken Heights, SeaTac and Southcenter through the SeaTac Airport Link Station at International Boulevard South 176th Street.

Route 170 will be discontinued and Route 129 will be replacing it to provide replacement service on weekdays between Riverton Heights and the Tukwila International Boulevard Link Station.

Route 180 will discontinue service to the SeaTac International Airport terminal and to Air Cargo Road. Route 180 would serve the SeaTac Airport Link Station at International Boulevard South 176th Street.

Maps and specifics are available on the metro station website at www.kingcounty.gov/

Teacher translates travel to life lesson

By **RACHEL MARSH**
Staff Reporter

Traveling internationally can change your life, said Highline professor Ellen Hofmann.

Hoffman has been teaching French and art history classes at Highline for many years and recalls her college years as a student travelling abroad..

"It was life-changing to go as a relatively young person," Hofmann said. Her first international experience was in France.

"I grew up in Everett. It was a big change from Everett to Paris," she said.

"I felt like Alice in Wonderland when I landed in France,"



Ellen Hofmann

Hofmann said. She spent a year studying art history in the Louvre and when she had free time, she would explore.

"I used to hitchhike...I would just get on the Metro and get off somewhere I hadn't been. I had

some adventures," Hofmann said.

"It changed my life being there." Since then, she has traveled all over the world.

She has been to places such as China, Northern Africa, Peru, Turkey and all of Western Europe.

"Traveling certainly changed my worldview and vision."

Hofmann constantly stresses the importance of new experiences through travel.

"I think one of the things that international travel encourages is curiosity. It builds confidence. Follow your dreams. Take the risk and follow your dreams," Hofmann says.

Traveling does not have to be hard or expensive, Hofmann said.

"Make a plan. You'll have to sacrifice some other things, but you don't need an expensive car." She encourages students to step outside of their comfort zone and do things they never thought possible.

"In something new, there is an element of fear," she said. "But you will never know what you are missing out on unless you go."

"I believe life is about trying to make your dreams come true," Hofmann said. "You can sit and watch TV. [But] that's not how I want to live my life."

Editorial comment

Program closures sad but necessary

Some programs are being cut at Highline in order to account for the budget shortfall. The closures are an unfortunate but understandable necessity in light of these very difficult economic times.

The Early Childhood Learning Center and the Federal Way campus (which includes the Puget Sound Early College program) are being shut down. President Dr. Jack Bermingham said on Feb. 4 that 44 positions would be cut at Highline, with only eight of them being currently unfilled.

The positions are meant to be cut by the end of spring quarter: June, 2009. Tuition, as a result of state mandates, is being increased by 5 percent. The WorkFirst program, the Center for Extended Learning and the Puget Sound Early College program are all being affected, either in whole or part, by the cuts.

The cuts are clearly disappointing.

One of the things that makes Highline such a wonderful school is the myriad of diverse programs that it offers. Puget Sound Early College is not the only program offered to High School students wanting to take college classes, for example. Running Start, in which students' classes are paid for them, and the High School Enhancement program, in which students pay for classes themselves, are also offered.

Puget Sound Early College, however, was particular in that it offered college level programs in tight-knit, high school student exclusive classes. Although such programs are not appropriate for all students, and may even be destructive to the careers of some young students as a result of student immaturity, they certainly provide diversity in the learning environments available at Highline.

The staff cuts at Highline are not as extreme as they could be. The University of Washington, while admittedly much larger, is reported by the Seattle Times to be cutting at least 600 employees, possibly as many as 800.

It is always sad when an organization is forced to fire employees and to re-categorize positions as no longer economically sound. It really sucks for the employees whose positions are cut.

The economic situation is already poor. The cutting of jobs is ultimately not going to help the recovery of the nation's economy. The process is necessary, however, for short term institutional survival.

The school's budget has been cleaved by more than \$2 million. As much as the programs here are valued, some must, regrettably, be cut to make up for the shortfall.

Staff

"We got pancakes."

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Israeli election will have consequences

The election is tense. Right-wing and centrist parties lead.

This is the Israeli 18th Knesset election, and you should be paying attention to it.

The results will not just affect the Israeli people: the results will affect the likelihood of success for peace-talks on the Gaza strip, and ultimately have an effect on the entire Middle East security situation.

If you've watched any news in the last two months, you have likely seen the latest debacle in the Palestinian-Israeli conflict. The politics of the winning party will help decide the direction the conflict takes in the future.

The Israeli government is composed of the Knesset (the legislature), a relatively powerless President and a Prime Minister. The 120 Knesset seats are divided proportionally between parties. To be given a proportional representation in the Knesset, a party must have a 2 percent hold of the population. Parties are frequently dissolved, founded and reconstituted, with many varied allegiances also being made.

The Knesset elects the President, who decides the Prime Minister. The President is, generally, strongly influence by the Knesset.

Knesset elections are theoretically held every four years. In seven out of the last eight Knesset elections, however, the election has been held early. Tuesday's election was held a year early as a result of the Israeli Prime Minister's resignation.

The results of the election are important to know, because the parties have different concepts of how to deal with the struggle over Jerusalem and the Gaza strip.

There are three parties who, with 99.7 percent of the results counted, seem to be leading the Knesset proportioning. Statistics on Wednesday indi-

Commentary



Nicholas McCoy

cated that the relatively centrist Kadima garnered 28 seats, the right-wing Likud 27 seats, and the far-right Yisrael Beiteinu 15 (possibly 16) seats.

Kadima was founded in 2005 by former Likudnic Ariel Sharon. The party includes members formerly of the right-wing Likud and the left-wing Labor parties. The leader of Kadima is Tzipi Livna, who is the current acting Prime Minister. The party advocates maintaining control over most of Jerusalem and the West Bank, with a minority of the land being conceded to the Palestinian people.

The Likud party was founded in 1973, a year prior to the Eighth Knesset elections; the group vehemently advocates free-trade and is critical of the power of Israel's labor unions. The current Likudnic leader, Benjamin Netanyahu, was Prime Minister of Israel between 1996 and 1999. Likud, by 1999 charter declarations, is opposed to the existence of an independent Palestinian state and is, by member majority, opposed to a disengagement from Gaza. However, the two highest ranking party members, Netanyahu and Foreign Minister Silvan Shalom, provided support for a previous disengagement effort.

Yisrael Beiteinu, which was founded in 1999, is considered to be nationalist and extremely right-wing. The party leader is Avigdor Lieberman. The platform of the party is to encourage the ousting of Arab citizens in Israel. Despite this, the party also calls for the allowance of a Palestinian state, as opposed to Likud, which by majority opposes the existence of a Palestinian state. The forced displacement of non-Jewish Israelis, would, clearly, have broad international political results.

The seats of Kadima versus Likud are almost even. Because the margin is so tiny between the two organizations, either party may end up in control. The entire Knesset is in charge of choosing the President. Yisrael Beiteinu, as the third-runner in the race, will have the most influence over which party triumphs.

The Jerusalem Post reports that Lieberman has said that, with certain concessions, Beiteinu will back Likud. However, the outcome is still very uncertain.

The results of the election, and the complication with Yisrael Beiteinu, will greatly affect the future in Gaza, as well as general middle-eastern security. Foreign elections have far-reaching consequences. More Americans should be paying attention.

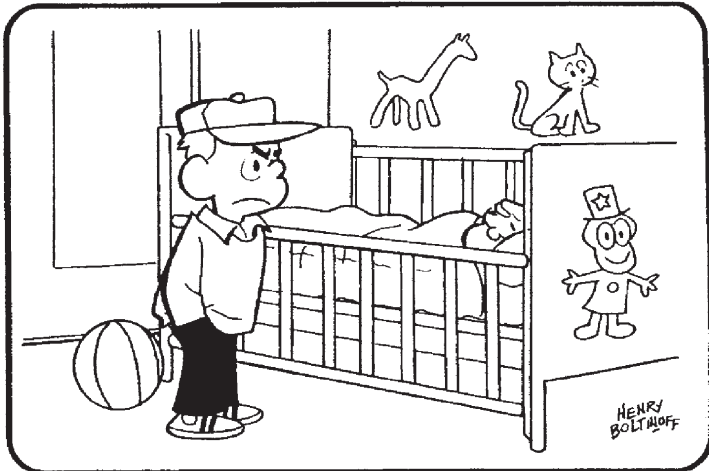
Write to us

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

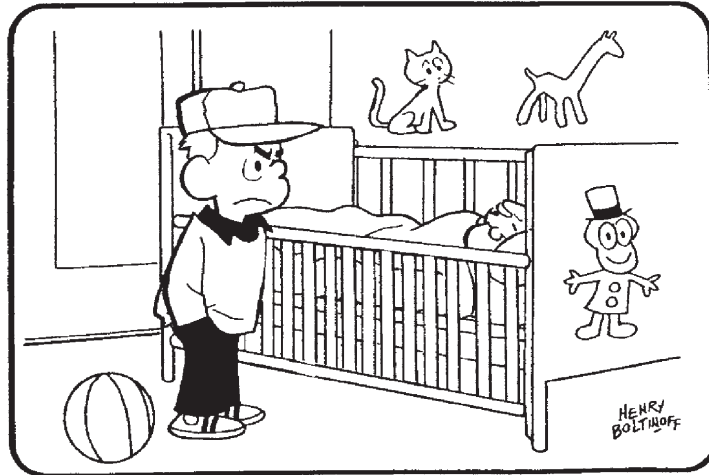
E-mail your submission to: thunderword@highline.edu. Please limit your submission to no more than 400 words. Please provide contact information for confirmation purposes.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hat on crib drawing is different. 2. Hat on floor has been moved. 3. Wall drawings are reversed. 4. Crib has more bars. 5. Boy's hat is taller. 6. Ball on floor has been moved.

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1. TELEVISION: What was the name of the robot in the comedy series *Get Smart*?
2. MEDICINE: Who is credited with discovering a vaccine for measles?
3. LITERATURE: What famous author also wrote under the pseudonym of Tex Burns?
4. HISTORY: Who was the United States' first chief justice of the Supreme Court?
5. BUSINESS: What is AT&T's stock ticker symbol?
6. GEOGRAPHY: What African country lies directly west of Sudan?
7. GENERAL KNOWLEDGE: How many lines are

- in a sonnet?
8. GAMES: How many cards are used in pinochle?
9. U.S. STATES: Which state would you hail from if you were called a "Tar Heel"?
10. FAMOUS QUOTES: Who once said, "He taught me housekeeping; when I divorce I keep the house"?

- Answers
1. Hymie
2. John F. Enders and Thomas Peebles
3. Louis L'Amour
4. John Jay
5. T
6. Chad
7. 14
8. 48
9. North Carolina
10. Zsa Zsa Gabor

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Arts Calendar

•Dallas Brass brings An American Musical Journey to Kent's Spotlight Series on Thursday, Feb. 12 at 7:30 p.m. at the Kentwood Performing Arts Center, 25800 164th Ave. SE, Covington. Selections will include works from Copland, Bernstein, Gershwin, Berlin and Sousa; from bands like the Tijuana Brass and Chicago; and from styles ranging from Dixieland, swing, Broadway and folk to patriotic, pop and even hip-hop. Tickets are \$22 for adults,

\$20 for seniors and \$18 for youths. Tickets are available on-line at www.kentarts.com. •Burien Little Theatre presents *The Lady's Not for*

— Last week's
Weekly SUDOKU —
Answer

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

Big Connections

Across

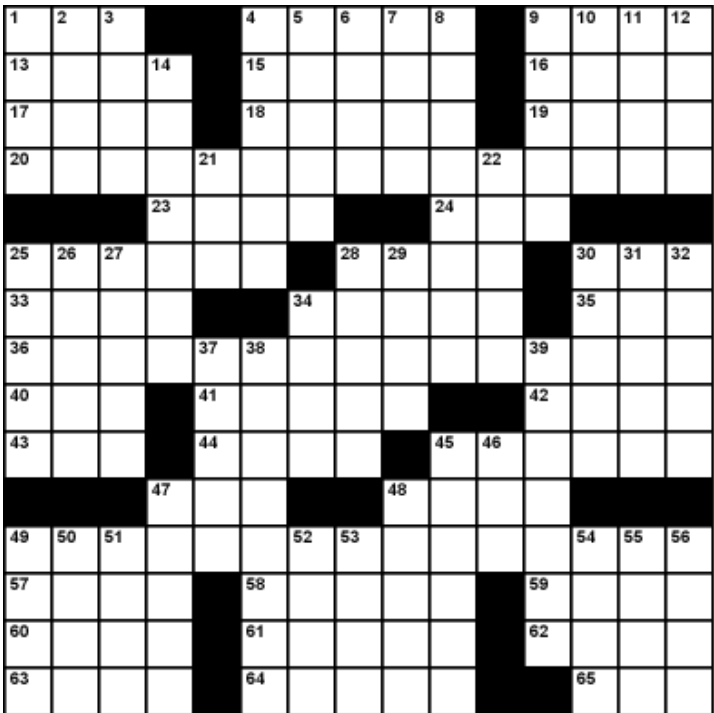
1. Forest runner
4. Exclude
9. Go, to the dogs
13. Pitcher Schilling
15. "The Brady Bunch" housekeeper
16. 1952 Olympic site
17. Lunchbox treat
18. Pebbles' Mom
19. Wiener schnitzel meat
20. Nyack-Tarrytown connector
23. Big Apple park
24. Ambulance chaser's advice
25. Visiting Europe, e.g.
28. Shuttle site
30. It may be framed
33. XXIV x XXIII
34. Canyon carrier
35. Pass on
36. Extra denture?
40. Social finish
41. Smoke detectors
42. Stagecoach line?
43. Hide-hair connector
44. Member's payment
45. Tony and Oscar
47. Sermon subject
48. Hate group
49. NYC Borough connector
57. Field of study
58. Bone-chilling
59. Number for one
60. Committed perjury
61. Some Asimov books
62. They mean nothing
63. Swirl
64. Paper unit
65. Tire layer

Down

1. Burns, e.g.
2. Special glow
3. Get ready
4. Became lighter

Crossword 101

By Ed Canty



5. "My Fair Lady" lady
6. Digestion aid
7. Crowning point
8. Soak back in
9. Studio creation
10. Hand-me-down
11. Smelting waste
12. Golfer's target
14. Bulb cover
21. "Now I get it!"
22. Bit of dirt
25. Recipe direction
26. Popeye's rival
27. More mature
28. Minstrels' instruments
29. Loads from lodes
30. Calculator, at times
31. Unbending
32. Difficult years
34. Corner of a diamond
37. Neighbor of Pakistan
38. Earl's lady
39. Tehran native
45. Even though
46. Kid's card game
47. Like some dealings
48. Place setting piece
49. Buck or tom
50. Like the Sahara
51. Financial aid criterion
52. Part of M.I.T.: Abbr.
53. Buffalo's lake
54. Faucet problem
55. Breathing organ
56. "Piece of cake!"

Quotable Quote

If you play bridge badly you make your partner suffer, but if you play poker badly you make everybody happy.

--- Joe Laurie Jr.

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

Burning, by Christopher Fry, Feb. 13- March 8, 8 p.m. Fridays and Saturdays and 2 p.m. Sundays. Tickets are \$18, and \$15 for students and matinee showings. Call 206-242-5180, or e-mail tickets@burienlittletheatre.com. The theater is at Fourth Av-

enue South and South 14th Street in Burien. •Taproot Theatre Company presents *Gee's Bend*. Students ages 25 and under can buy tickets for just \$10. Visit www.taproottheatre.org.

The play runs through Feb. 28.

Weekly SUDOKU

by Linda Thistle

3	1			5	4		
		2		1		5	
	9		8				1
	2		1			3	
5				3			6
		6			7	9	4
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Last week's crossword solution

OLD MAN WINTER

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The Thunderword /Feb. 12, 2009

Love stories

Highline instructor's share their views on love in as it is portrayed in fiction

By **ROCHELLE ADAMS**
Staff Reporter

Highline instructors know what they like and dislike about love in literature and film.

"Writing about love is complex, as many writers know, as anyone in a relationship soon discovers," said writing and literature instructor Sharon Hashimoto. While she won't talk about the mistakes authors sometimes make in depicting love through writing, she will share some of her favorite examples of it in literature.

She said she likes Andrew Marvel's *To His Coy Mistress* because of the "male lover's attention to such details."

"With Valentine's Day coming up, physical beauty and attraction in this piece fits the notion of 'romantic' love—and these are the typical, cliché ideas we are usually presented with," Hashimoto said. "But one of my favorite quotes about love is from Shakespeare's *Romeo and Juliet* when Friar Laurence advises moderation in love. 'Too often, love burns out in a white hot passion. To grow with each other requires 'loving moderately.' We see all the movies about passionate love, but the 'long love' is when we're still together all the way to the end."

Literature and writing instructor Tommy Kim likes it when romantic comedies "embrace the cheese factor."

"Sometimes romantic comedies try to pretend they're not cheesy and end up looking stupid," Kim said. "The British movie *Love Actually* totally embraced the cheese." He said that *The Notebook* tried



Charlie Dubbeldam/THUNDERWORD

to be more than it was and ended up being filled with clichés. He said it was too much like the book *the Great Gatsby*.

"It's the typical story, boy goes to war, while he's gone the girl finds someone new," he said.

He said he thinks that most romantic movies have a typical formula that they follow. "Boy meets girl, boy loses girl, boy spends the next ninety minutes trying to get girl back," he said. Kim said he likes it when movies manage to bring in a new twist to that formula. The examples he gives of that are *The Breakup* and *Sleepless in Seattle*.

The usual romantic movie ends after the couple gets together. The audience doesn't see what happens afterward. *The Breakup* starts at the point when the protagonists fall in love and shows what's happened after they fall out of love. "*The Breakup* is like the anti-romantic comedy," he said. "We get to see what happens after the heart flutter stops."

Tarisa Matsumoto-Maxfield, who teaches ethnic literature and writing, considers romantic comedies as fun, but more escapist than based in reality.

Tragedy in love stories are more realistic and stick with the

pain."

She refers to *Romeo and Juliet* and *West Side Story* as examples of this.

"*West Side Story* is a total tragedy, but I don't think that that eliminates the love from the story," she said. "It probably highlights it more. We probably feel that it's more tragic because we felt so much love between those characters."

She said there wouldn't be any tragedy if there hadn't been love. The audience wouldn't have cared so much about the protagonists being torn apart if they hadn't had a believable love story.

audience longer. She also said that tragedy and love in writing are linked because each can create the other in fiction. "Stereotypically, a lot of romantic writing has a lot of tragedy in it," she said. "People die, people lose their true love. A lot of times those differing emotions kind of work together where you find love out of that

"Ultimately, we tend to learn more and appreciate things more out of a negative emotion rather than a positive," Matsumoto-Maxfield said. "How do you know what love is if you don't know the absence of love? How do you know what true happiness is if you haven't been down in the pits before? It does enhance the love story if it's a tragedy because it makes it more realistic in a way. If Romeo and Juliet had lived I don't think it would have stuck with people the way it has. The fact that they both die, that's what gets to people."

She prefers love to be shown subtly in works.

She cites the poet Li-Young Lee as a good example the use of subtly in describing love through poetry.

In Lee's poems "he doesn't come out and say, 'I love my dad, I love my wife,'" Matsumoto-Maxfield said. "The description of him watching his father paints a picture. You kind of feel the love that's there. For me personally it's corny to read roses are red, violets are blue. If it's about something else but we can still feel the love that's between two people or a person and nature or something like that, then I think that's the way to do it, because it's there and you can feel it."

She said that writing love as too obvious is a mistake because it doesn't give the readers enough credit.

"When it's too obvious, I think that's a mistake because the reader is smart enough to know there's not a lot of effort being put into [the writing]," she said.

Burn ban at BLT

The Burien Little Theatre will be performing Christopher Fry's "The Lady is Not for Burning," as their next play.

The play is directed by Ken Holmes

The play begins Feb. 13 and will be performed each Friday and Saturday at 8 p.m. and every Sunday at 2 p.m. until March 8.

General admission is \$16; however cover is \$13 for students and senior citizens.

Holmes said it is the story of a post war soldier longing for death and a woman on the run from witch hunters.

Holmes recommends this play because, "it's funny, it's touching, it's a nice love story... and opening on Valentine's Day weekend."



New Aztlan, a rap/hip-hop group, performed for Highline on Feb. 11 in the campus bistro as part of the bi-weekly Blend series. The group's members, MasterMind, Oso, and Killer, brought a unique twist to the rap culture because their lyrics are bilingual; they sing in English and Spanish. The message they want to bring to Highline is "Live today to the fullest and do not worry about what tomorrow may bring." The group has a new album entitled 253 La Conecta.



Sol Lee/THUNDERWORD

VALENTINE'S



SURVIVAL GUIDE

Inside Scoop - The Thunderword Magazine



WITH TIPS ON HOW TO KEEP YOUR LITTLE
LADY SATISFIED, WHAT TO DO IF YOU'RE A
LONE FOLK THIS YEAR, AND MUCH MORE!!



Students say they want it all for V-Day

By **CHRISTIAN COOPER**
Staff Reporter

Highline students say they want chocolate, dinner and a movie for Valentine’s Day.

In a non-scientific survey, 100 Highline students said they prefer the more traditional ways of doing sweet things for their sweets.

The gift of most interest to students was chocolate. Chocolate ran off with 36 percent of all choices.

“I roll with the traditional box of chocolates,” said Jami-son Mills, Highline student.

“I like heart shaped boxes of chocolates,” said Lauren Bolf.

Some 24 percent of students said they would prefer flowers and 22 percent said they would like to receive jewelry.

“If I expected a gift for Val-entine’s Day it would be expen- sive diamonds and a bouquet of hand-picked flowers,” said Teryn Taylor.

Nine percent of the students said that if they expected a gift, they would prefer something memorable and from the heart.

“The gift has to be from the heart and something they will remember forever,” said David Tapia.

Five percent of students said having someone’s love is the best gift of Valentine’s Day.

“Just going out and spending the day with my mom is good



for me,” said Vaughn Gaines, Highline basketball player.

The least common gift was a book, which interested one per- cent of students. A gift card in- terested 3 percent of students.

for dinner and a movie back at his place so we can cuddle,”

“ I ’ m verysimple, it doesn’t take much to please me, I would be happy with a book or a gift card,” said Rochelle Razor.

S t u - dents have a variety of things they like to do for Valen- tine’s Day.

Nearly half of the students – 48 percent – said what they like to do for Valentine’s Day is the classic din- ner and a movie. 36 percent of s t u d e n t s said they like to spend time with their loved ones.

“I like going out

said Emily Moriarty.

“It doesn’t matter to me, as long as I’m with someone for Valentine’s Day it’s good enough”, said Connor Flanigan.

Eight percent of students said they don’t care what they do for Valentine’s Day.

“It doesn’t matter to me, we can do whatever she wants,” said Dan Nam, Highline soccer player.

Two percent of students say they’d like to go bowling.

“I would take her bowling and let her win,” said David Moreno.

Three percent said they would enjoy going to the top of the Space Needle for dinner, While two percent said they would like to get out and play putt putt golf.

“I would wine and dine her by taking her to the top of the Space Needle under a moon- light dinner,” said Shun Austin- Captville.

One student said he would like to take his significant other window shopping.

“I would probably take her to downtown Seattle and we would do some of the best win- dow shopping known to man,” said Andrew Winton.

At the end of the day, stu- dents like to get lucky. Some 38 percent of them said that being intimate with their partner was the main thing they want to do on Valentine’s Day.

Dating dos and don’ts: It’s a roll of the dice

By **ZANE STEARMAN**
Staff Reporter

As the Valentine’s Day love comes rolling onto our campus, students will without a doubt need a date on Feb. 14.

Many students have tips for getting past the confusions of Valentine’s Day.

“What I really want on Val-entine’s Day is for people not to complain because they don’t have a date,” student Mili Mulic said.

Raphael Linhares offers tips on how to get a girl.

“I think the most important thing if your into someone is to establish contact, even if it’s a small level, don’t be afraid to make the initiative of creating this contact, then keep it,” he said.

The next tip in this is, “when talking to this person, even if you’re just talking about the weather, keep in the back of your mind that you like them,” Linhares said. “Because that way if any opportunity presents itself you can utilize it, and in

this way you are like the liger; always ready to strike.”

“Then there is the eye-con- tact; like the liger, even if you don’t mean anything, by the way you look at them you can make them aware of your inten- tions in a non-aggressive way.” Linhares said that these three things always work for him.

Another suggestion would be to “basically get after as many girls as you can, because one is bound to say yes,” said Ryan Levack.

Student Government Presi- dent Lance Frank said he’ll take his date “to infinity and be- yond.”

Although infinity and beyond might not be out of reach for Frank, some other alternatives might be, “The Keg, because it has a nice atmosphere,” Ramsey Staples said.

“Basically anywhere with candles,” John Tieu said.

Crystal Kam said she would like to go to Alki and try Salty’s, the restaurant.

Take her somewhere special, romantic or ridiculous, students say.

The Friends of Africa Club President, Jackie Kairichi, said she wants to “take a helicopter to the San Juan Islands.”

Some students say expensive is best, like Adali Yigit who says to take your date to an ex- pensive restaurant, “it doesn’t matter if it’s good, as long as it’s expensive.”

However, if you do not have a helicopter or the cash for a restaurant, then Abdul Hawasali suggests that a park would be good because, “it doesn’t have to be expensive.”

In fact many students said they do not need anything over the top.

Jessica Fritschl said “mes- sages are the best,” and not to mention free.

Vicky Quach said “a home cooked meal would be the best.”

The best thing to do is to show that you care, some stu- dents say.

“No need for expensive stuff, just love,” said Nuruat Sema- laula, secretary of Friends of Africa Club.

“Love is enough for me,”

Stephanie To said.

“Keep it simple but sweet,” said Michi Nickels.

Now, if your Valentine’s date so happens to be your girlfriend, you could take her to the first place you went or met, Mili Mu- lic suggested.

Adam Powers also has sug- gestion’s if your date is your girlfriend.

“You can make it seven days of Valentine’s with each day topping the other. This could be writing her a poem, taking her out dancing. Even singing to her (when you cannot sing) be- cause for some reason girls love it. Because more than paying money you want her to see that you care. It’s mainly about cre- ating memories,” Powers said.

Powers hopes that this year he will be able to make new memories with a special girl.

“Hopefully by the end of the day she’ll be my girlfriend,” Powers said.

Valentine’s Day is for every- body, so you can give gifts to everyone, says Naoto Watanabe, who suggests you can always “bake cookies for everyone.”

Ryosuke Hayashi said that in Japan, “girls usually give pres- ent to guys; it’s kind of a chance for ladies, because most girls in Japan are kind of shy and so it gives a chance for her to say what is on her mind.”

This is Hayashi’s first Valen- tine’s Day in the U.S.

“I’m going to give it a try,” he said.

Some suggestions for Hayashi would be to leave a card on your Valentine’s door as a nice surprise, Katy Doan sug- gests.

Or even just surprise your Valentine with bears, chocolate, flowers, or balloons, John Tieu said.

Both Mika Yamamoto and Doan agree that chocolate and/ or going out to dinner would be nice.

“Real, like handmade with love chocolate, not the kind from a regular store,” said Doan.

“What you need to do is something out of the ordinary, do something she expects but take it beyond that level, add your own flavor,” Steven Ngo said.

Inside Scoop / Feb. 12, 2009

Students at Highline have found love

BY LIZ PHILLIPS
Staff Reporter

Highline students have found love in a number of random places.

Love finds you, and Anna Guth and Brandon Carlson are a true testament to that.

Guth and Carlson met through friends.

"It was kind of a blind date, we had met a couple times, but very briefly. Our friends kept telling us how well we would work together, so we finally went on a group date type thing and we really hit it off," Guth said.

Their first date took place in a bowling alley with a group of friends. The bowling alley provided just the right atmosphere for the date because there were quite a few people and the down time between frames provided for an easy out if there was any kind of awkwardness.

They gabbed all night and ended the evening with an exchange of numbers. The couple talked for a couple of weeks before becoming officially together and hung out multiple times.

"Actually becoming official was a back-and-forth thing for a couple days," Guth said. "We were out of high school so actually having someone ask you to be your girlfriend feels so funny."

When the couple finally became official, their friends said it was about damn time. Because the couple met through friends it was a smooth transition for everyone.

"Because I was actually friends with a lot of his friends before we started dating, it really made things easy. There wasn't the whole awkward introduction of the new guy to your friends because they all pretty much knew him," Guth said.

Anna Guth and Brandon Carlson have been dating for about four months.

Sometimes love is the door prize at a party.

Felicia Hinch and Chad Rae met at a party about two years ago. Hinch attended the Tacoma party with a couple of girlfriends.

"I saw him as I walked in and thought he was gorgeous, so I called dibs to my friends. It was actually quite comical," Hinch said.

Hinch approached Rae shortly after arriving and the couple talked throughout the evening and they really clicked. After a night of getting to know each other they parted ways but it wasn't enough so the two decided to meet up the next day.

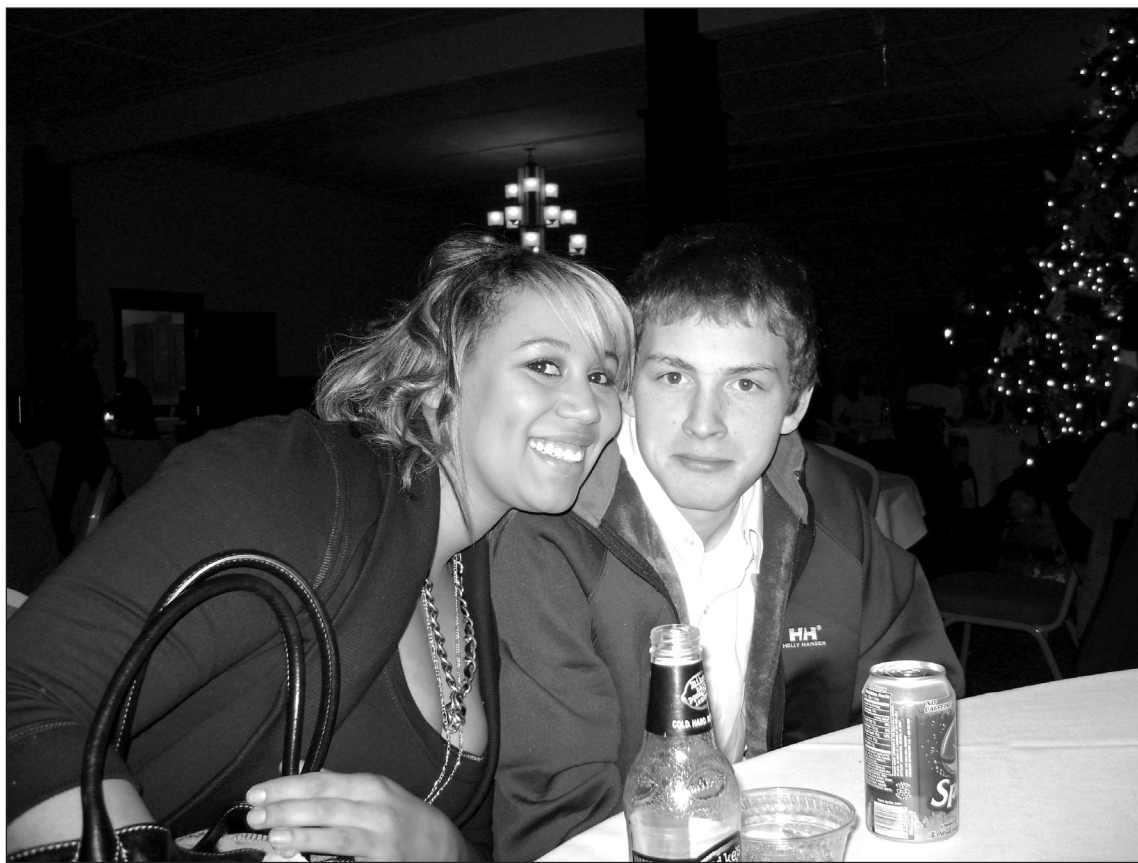
"He has pretty much been around ever since," Hinch said.

Hinch and Rae are a very



Liz Phillips/THUNDERWORD

Brandon Carlson and Anna Guth, above, at dinner for a mutual friend's birthday. Carlson and Guth have been together for about four months. Felicia Hinch and boyfriend Chad Rae, below, enjoy themselves at her company Christmas party. Hinch and Rae have been together for almost a year and a half.



compatible couple.

"There is always something to do with him whether it's bowling, a movie, or just hanging out with friends, it's always fun," Hinch said. "He always keeps me on my toes, I am always guessing with him, but in a good way."

Rae and Hinch are currently living together.

Orion Robinette and Crystal Young were friends for a long time before the two became official.

"We actually met online seven years ago, it was fairly amusing," Robinette said.

What initially began the friendship was Robinette's black Jeep. Young had made a comment about the Jeep to Robinette and the two had become

good friends.

Young had been living in Portland at the time and the two talked for five years as friends before they actually started dating. Robinette and Young have been currently dating for about two years.

"She is full of energy," Robinette said. He said he never know what she is going to do, which helps keep things fresh in their relationship.

"She is always surprising me," Robinette said.

When it comes to friends Robinette mostly keeps to himself and that is why Young and Robinette go so well together. Robinette said Young is always making friends; every time they go somewhere together she is chatting with someone.

said it just felt comfortable.

"It was like an instant connection," Cummings said.

For fun Cummings and Banister Jr. enjoy going to each other's favorite spots. Coulon Beach and Bellevue Square are two of Cummings favorite spots.

"We like to go to his hidden spot in Kent. It's this secret park by the railroad tracks. There is a lot of trees and a small pond. It is really cute especially at night," Cummings said.

Cummings said that Banister Jr. is really smart, spontaneous, and really loves God which is a total perk for her.

"He goes around and opens car doors for me," Cummings said. "I was just so used to high school guys then I met him and wow."

Cummings and Banister Jr. have been dating two months.

Elementary enemies Lavena Croft and Christopher VanFleet reunited years later and are now on track to be married.

VanFleet and Croft met for the first time 12 years ago.

"He used to chase me around with spiders and I hated him," Croft said.

The couple were reunited in a new light their freshman year of high school. They dated briefly then. They broke up but remained friends for four years.

"Finally, when the time was right, we dated again. Now we're planning on getting married in the next couple of years," Croft said.

Croft describes their relationship as very fun and active.

"We like to go out in the woods, ride quads and dirt bikes, drive around in his truck, shoot pool, hang out with friends, or just goof off at home and wrestle," Croft said. "I guess a fun night for us is going out in the woods with a bunch of people and having a big ol' bon fire and listening to music."

Croft said that VanFleet's ability to make her laugh and his attentiveness to her needs are some of her favorite things about him.

"Friends are a big part of our relationship. We're always hanging out with people and trying to find something to do with other couples or just other people in general. We're a very social couple," Croft said.

VanFleet and Croft have been dating seven months.



Cummings



Charlie Dubbeldam/THUNDERWORD

Valentine was a Roman, and probably Catholic

Trio of St. Valentines helped build legend

By YUN HWANG
Staff Reporter

It seems that even under the gray skies of Washington, the sun shines a little brighter on a certain day of February.

Valentine’s Day is just around the corner. Despite the fact that Valentine’s Day is celebrated around the globe, its history is quite obscure.

Thousands of chocolates and roses are exchanged in the name of Saint Valentine. So who is he?

According to history.com, today, the Catholic Church recognizes at least three saints named Valentine, all of whom were martyred, in reference to the holiday.

A legend suggests that Valentine was a priest during the third century in Rome. When the emperor recognized single men as better soldiers than those with lovers and families, he outlawed marriage. Valentine, who felt the law was unjust, defied the emperor and continued to perform and bless marriages in private. When discovered, Valentine was put to death.



Early mosaic representation of St. Valentine.

Another story suggests that Valentine actually sent the first “valentine” near his death, when

he was in prison. The valentine was sent to the jailor’s daughter, whom he fell in love with.

Today, the holiday not only brings fuzzy smiles to the senders and recipients, but also to those in the greeting card

Other theories propose that Feb. 14 was celebrated in ancient Rome, as the official beginning of spring and a time of purification.

The Britannica Encyclopedia suggests a handful of theories as well.

A rather scientific and plausibly accepted theory is that Valentine’s Day is connected to the mating season of the birds.

In England, many grew up with the custom that the first person of the opposite sex whom one meets on the morning of Valentine’s Day would become their true love. In the 1800s, the custom of sending valentines became popular when the post offices established reduced postal rates during the season.

Comic valentines developed in the late 19th century as many valentines were signed “guess who?” The holiday began to be celebrated in a playful way, associating love with the fun of anonymous senders.



Iconic view of St. Valentine.

industry. Valentine’s Day profits soar high just beneath the sky-high profits of Christmas.

Infoplease.com reports that \$416 million worth of flowers were sold on the romantic day of 2007. In 2006, \$13.9 billion worth of chocolates and cocoa products also were sold nationwide.

Every year in Symphony Hall, Boston, the Boston Conservatory of Music holds the most elaborate Valentine’s Day celebration event in the country. The event is composed of hundreds of dancers and performers lavishly costumed in butterflies, gypsies, Shakespearean characters, among others.

The day of cupids, chocolates, and cards is nearing. Roses are red, violates are blue. Valentines are sweet; may I send mine to you?

Party for one

Single on Valentine’s Day? It’s not the end of the world

By JESSICA LOVIN
Staff Reporter

According to many, being single on Valentine’s Day isn’t the most favorable situation to be in.

Depressing as it is having to watch couple after couple smooching on sidewalk benches, this day may make you want to gag.

However, being single does not have to be a bad thing. Statistics show there are actually more singles in the world then couples. And many of those who are in a relationship are not fully satisfied.

If you are stressing about this day, make sure and remember the positives.

For instance, you don’t have to waste your time or money on anyone else. So why not spend a little on yourself?

A great way for girls to pass time is to go to a spa. “Treating myself to a massage or new pedicure always takes my mind off the stress. It’s like it helps me focus on myself rather than the world around me,” says Highline student Charlotte Dwellings.

Guys can buy a new video game and play it with their other single buddies. “If I’m ever stressed about something, I just play a game on my PS2 or go on the computer,” said student Kyle Stone.

Although staying in the house seems the most comfortable thing to do, you will have a better time if you go out. Try getting together with other friends of yours who are single.

Since a lot of couples dine out on this day, a fun game to play with your pals is to look around the restaurant and guess which couples will actually last, said Highline student Cara Smith.

If invited to a party, then go. This is a great social gathering and a place to meet new people.

“It’s normal to show up at a party without a date,” said student Tim Browne.

If you’re into music, go dancing with your friends. Many clubs in Seattle will be hosting a special Valentine event.

If that’s not your thing, try going to a karaoke bar. If you have a group of friends, this will be very amusing.

The movies are another place you can go to. Although you might have to avoid certain couples making out in the back row, they surely won’t be paying attention to you, so it’s perfectly

acceptable to go alone.

If you just want to be alone and avoid the nauseating lovers, try going to the gym. It will be nearly empty and you won’t have to wait in line to finish your sets on the leg extender.

“Going to the gym is actually a great idea. You will be working on your body while everyone else is adding more pounds by packing down the chocolate truffles,” said Highline student Jessica Williams.

If you don’t care as much about your weight, chocolates are pretty cheap around the holiday, so you can try hosting a chocolate tasting at your house.

Another fun idea is to have a “secret admirers gifting session,” (just like secret Santa, but Valentine’s edition). You can do this with a group of friends, at your work, or even with your family.

Since Valentine’s is on the weekend this year, it makes it

convenient to go on a little trip for the weekend.

Plan an overnighter to ocean shores, or somewhere out of town to get away. You could also go visit your family for the weekend.

If you have a mother, father, brother or a sister who is single as well, try taking them out on a special date. They may be just as down as you are.

If you don’t want to be near any action, and just want to stay at home, go rent movies.

Don’t get romantic movies if the topic of love will depress you. If you like comedy, try getting some funny movies instead.

If you like hearing stories about people who truly love each other, find a married couple and ask them questions about how they met, how long they’ve been together, etc.

They will be glad to answer these questions, and it will re-

mind them of how much they love one another.

If you’re actually looking to find someone this Valentine’s Day, a great event organized by Movin’ 92.3 will be taking place tonight in Bellevue.

The Valentine’s Singles Mingle will be full of activities to help you find someone special. Speed dating, mingling, and prizes will be offered.

This event is open to ages 21 and up, and will be taking place

Charlie Dubbeldam/THUNDERWORD



Advertising special:
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INSIDE SCOOP
The Thunderword Magazine

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V-Day memories; the good, the bad, the odd

Dating stories from the Highline campus

By **RACHEL MARSH**
Staff Reporter

It's Valentine's Day, you get dressed up and you go to an expensive restaurant to meet your date. You wait and then after nearly an hour, she calls and tells you that the date isn't going to happen.

This is what one Highline student experienced on Valentine's Day a few years ago.

"I had a date with this girl. I dressed up nice and bought her flowers. We were going to meet at the restaurant. I waited, and waited, for half an hour. Then she calls me and tells me that she can't come. I gave the flowers to a bum."

Valentine's Day can bring out the best or the worst in everyone, including Highline students.

There are some experiences that seem bad at first, but turn out all right in the end, like that of Highline student Martha Wilson.

"It was our first date. I bought a \$150 dress just for that night, and then while we were out at dinner, he got sick and threw up, all over my brand new dress. But now we're married, so it's OK," Martha said.

Valentine's Day can lead to betrayals by some of the most unlikely people, as Alycia Norton knows.

"Last Valentine's Day, my boyfriend broke up with me and lost his virginity to my best friend in a closet at a party,"

Alycia said.

Like student, Joon Suh, sometimes people's romantic sides come out.

He spent \$500 on chocolate and balloons that he hid in the trunk of his car. Then he asked his girlfriend to get something out of the trunk and the balloons flew out.

There are times when confusion and awkward situations can arise, as two different students have experienced.

"We had the perfect date and went back to her house," Paul Kim said. "She said that her parents were gone and we were getting really into it. Suddenly, the light comes on and this big ass six-foot dude walks in, and all I heard before I ran out of the room was 'Dad!'"

Another student had an equally unpleasant experience on Valentine's Day.

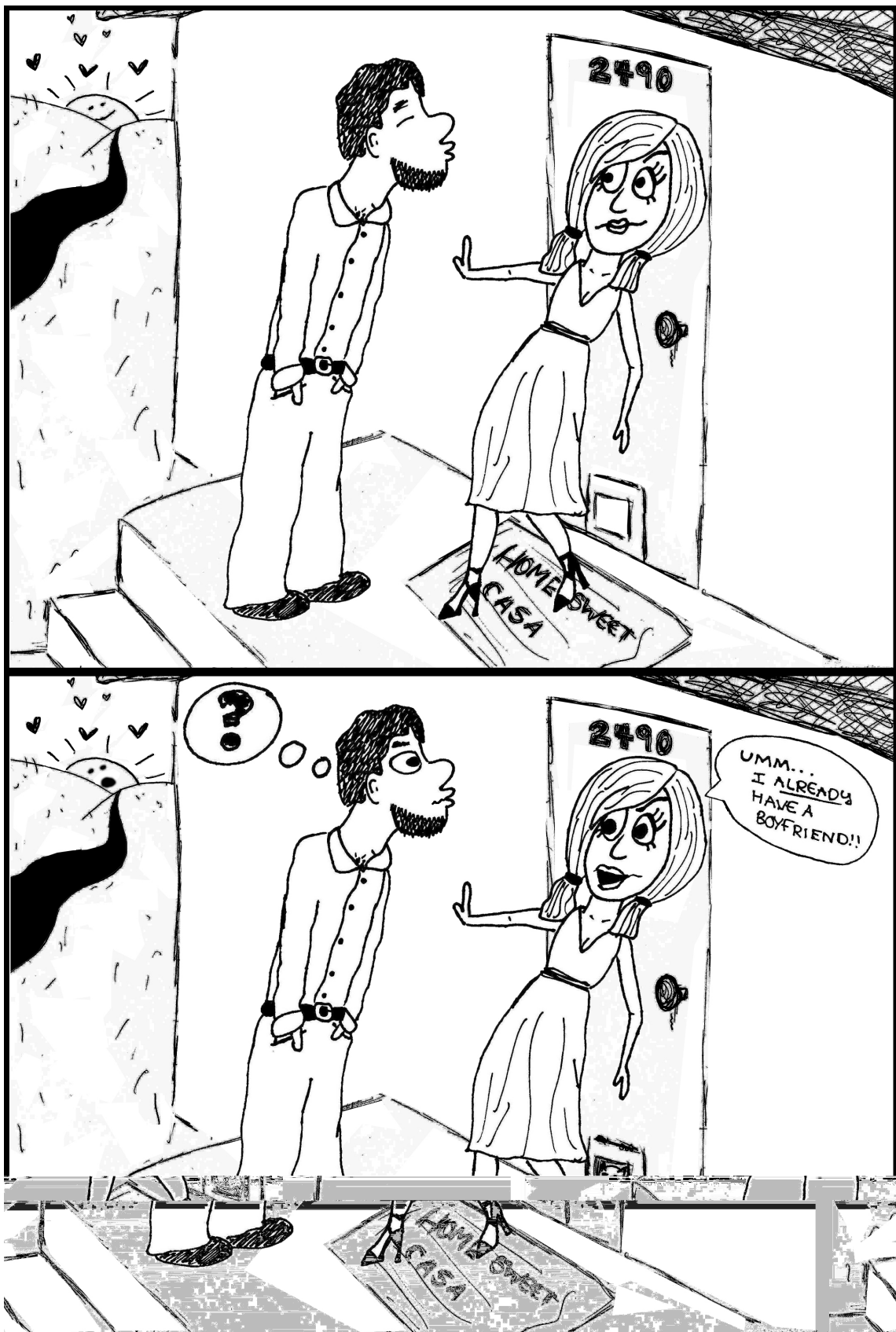
"This girl and me had been talking for a while and had hung out a few times. On Valentine's Day, we got dressed up and went to a restaurant. We had a fantastic time and at the end of the night, I went in for a kiss. Then she told me that she already had a boyfriend," another student said.

There are also those who celebrate the holiday a little differently than most.

"I go trick or treating on Valentine's Day," one student said.

Some people don't do anything for Valentine's Day.

"I spend every Valentine's Day alone," another said.



Jessica Lovin/THUNDERWORD

Pick-up lines to drop during this Valentine's Day

By **ALEA LITVINENKO**
Staff Reporter

The pick-up line has been a main ingredient in human courtship for generations.

From the legendary "What's your sign?" to the well known "Are your legs tired because you've been running through my mind all day long?" Pick-up lines try to catch your attention in just a sentence.

The real question is, do they work?

"Pick-up lines are just cheesy," says Danielle Casper, a student at Highline. "Rather than making me want to get to know him, I just want to get away from him."

Good ones are hard to craft but bad ones are easy to spot.

The classic, "Is it hot in here,

or is it just you?" said Highline student Tyler Argo.

The bad, "Let's make it like fabric softener and snuggle," said Highline student Emily Hall.

The witty, "Do you have a map? Because I keep getting lost in your eyes."

"When I saw you from across the room, I passed out cold and hit my head on the floor, so I'm gonna need your name and number for insurance reasons," said former Highline student Tony Maxwell.

"Something tells me your sweet. Can I have a sample?"

"If I could rearrange the alphabet I'd put U and I together."

"Baby I'm like milk, I'll do your body good," said Highline sophomore Joe Bafford.

"If you were the new burger at McDonalds, you would be the McGorgeous," said Dawn Kuzaro, a 30-year-old mother and wife.

"Do you believe in helping the homeless? (If yes) Take me home with you."

"Are you from Tennessee? Because you're the only ten I see."

And the ugly "Were you arrested earlier? It's gotta be illegal to look that good," said Bafford.

Yes, pick-up lines still exist and are still very much alive in your everyday coffee shop to your favorite night club. No matter where you go you are bound to run into a man or woman with a cheesy ice breaker.

But you will be amazed by how many women will positive-

ly respond to sweet romantic pick-up lines. There has been a growing trend in modern society to frown upon appealing romantic pick-up lines and resort to the tough, neutral act. Many women out there will appreciate a romantic approach.

Here are a few romantic approaches that will not get a drink thrown in your face:

"You have the most beautiful eyes I have ever seen."

"Hey, don't I know you? Yeah, you're the girl with the beautiful smile."

"With my luck, you're probably here with someone."

"Excuse me, miss, are you here alone, or is the huge guy coming this way your brother?"

"I don't use pick-up lines because when I walk up to a girl once they see me they fall for

me," said former Highline Student Tucker Maxwell.

Most guys for example will never admit to the crime of using these tacky one liners.

This Valentine's Day skip the cheap pick-up lines and just be yourself.

Instead, "Walk up and introduce yourself, don't make it something it doesn't have to be," said Highline student Jaclyn Wills. "You stand out more when you're real and down to earth rather than being arrogant and smug."

"Show interest in getting to know me. He has to find a way were it wouldn't be outta the norm. Maybe notice I play softball and ask a question on that or maybe a class I'm in," said Highline student Shanna Shepard.

Inside Scoop / Feb. 12, 2009

Sweeten up your honey with some Swedish

By **NICHOLAS McCOY**
Staff Reporter

Instead of cold store-bought sweets this Valentine's, express your love with this sweet dessert-like treat.

Swedish pancakes are similar, but not identical, to crepes. The pancakes can be eaten at any time of day as a sweet, tasty treat, and making them fresh for your loved-one is a homemade tasty alternative to the cold commercialism of store bought chocolate or candy.

Ingredients:

1 1/2 cups all-purpose flour

2 Cups 2% milk

2 Eggs

3 tbs. Sugar

Pinch (or two) of salt

Regular or European Salted Butter (no substitution)

Topping:

Sugar (not powdered)

Powdered cinnamon (overly sweetened cinnamon like Cinnabon cinnamon will be too weak for this)

For about a cup of sugar, mix four to six generous dashes of cinnamon together in a sugar bowl.

Preparation:

Whisk together the milk and eggs in a large mixing bowl first. Adding wet ingredients first helps to prevent clumping of the batter.

Mix together the flour, sugar



Nicholas McCoy/ THUNDERWORD

These Swedish pancakes will make the perfect surprise for your special someone, breakfast in bed, surprise lunch date, or even a romantic mid-night snack.

and salt in a separate container, then slowly whisk them into the milk and eggs.

Whisk the batter until it is smooth; some frothing may occur, but it will not harm the pancakes.

You can choose to let the batter sit in refrigeration for up to a day, or you can make the pancakes up immediate.

Letting the batter cool in the fridge for two hours, and then

remixing it a little, can improve the consistency if the batter isn't as smooth as it ought to be.

However, don't sweat the small stuff. As long as everything is mixed, and in the right proportions, this holiday treat for remain a tasty confection.

Cooking:

To begin with, heat a frying pan or skillet on the stove on high heat. A gas stove works best, but any will do in a pinch.

Once the pan is really hot, take a pad of butter and lop it in. It should sizzle, hiss and spit when it hits the pan; if it doesn't, the pan is not yet hot enough.

If the butter spits when you put it in the pan, roll the pan around a bit so the butter coats most of the pan as it melts.

Once the butter is fully melted, ladle out a portion of the batter.

When you pour it, it should not be enough that it immediately spreads to cover the entire pan without your help. If it does this, the pancake will be too thick.

At this point, the pan or skillet must be hot enough to fry butter on contact, or else the pancake will not cook properly.

Do not worry about the high heat burning the batter as you lay it down; the batter will lower the temperature of the pan, which is why the heat must be so high.

As the batter hits the pan, start rolling the pan so that the batter will spread thin across the pan. Roll the pan as necessary, but quickly, to achieve round pancakes.

Put the pan back on the heat, and let it cook for a minute or two. The batter should bubble up a bit as it cooks, forming brown spots on one side of the pancake. Leave the pancake cooking for about a minute after it fully solidifies, then flip it. The new-side-up should be golden brown in places, with either a bubble or lacing pattern evident on the pancake. If it is not yet, you can flip it again later. Allow the new-side-down to cook for a while, peaking underneath occasionally to see how it appears. Once a golden brown spotted or laced pattern appears, and if the pancake as a whole seems fully cooked, it is time to chow down.

It is recommended that you serve the pancakes immediately as they come off the stove; they are at their best absolutely fresh.

Plate the pancake flat, sprinkle heavily to taste with the cinnamon and sugar topping, and then roll the pancake up.

Eat with your hands, or a knife and fork. Bits of cinnamon and sugar may rain down from the rolled pancake as you eat.

Serving ideas:

Dress the pancake with a little bit of powdered sugar or fresh ground cinnamon for presentation.

Love is a drug – several of them, actually

By **AMBER PETER**
Staff Reporter

Love is truly a mystery, even to scientists.

Scientists do know that certain chemicals and hormones are released whenever an individual claims that they are falling in love. But scientists don't know why those certain chemicals are released at that exact moment, says Ruth Frickle, a psychology professor.

The first chemical that is usually released by the brain during the first signs of infatuation is called Phenethylamine or PEA.

Phenethylamine is an alkaloid and monoamine based chemical that is similar to the drug speed, Frickle said. The chemical, when released, is responsible for an individual feeling more excited when they are thinking of that person or when they are around that person. Their heart rate will increase, the person is not able to sleep well at night and the individual may be a little obsessed over that certain person.

However, PEA doesn't last very long (about six months to



Ruth Frickle

two years) and over time the PEA will wear off. When the chemical PEA wears off, the hormone oxytocin and dopamine takes its place for the remainder of the romantic relationship.

Oxytocin is known as the pair-bonding-chemical that is produced in the brain by a neurotransmitter. The hormone causes a person to feel more relaxed and comfortable when around someone else in an affectionate way and wants to spend more time around that person.

In return, another chemical,

dopamine, is released that acts as a reward by giving off a sensation of something in between energy and relaxation. When this happens, both individuals are conditioned to want to spend more time together. So they will be awarded with more dopamine, in effect, Frickle said.

In psychological terms, love can be defined as an emotion where thought and behavior are combined into an expressive action.

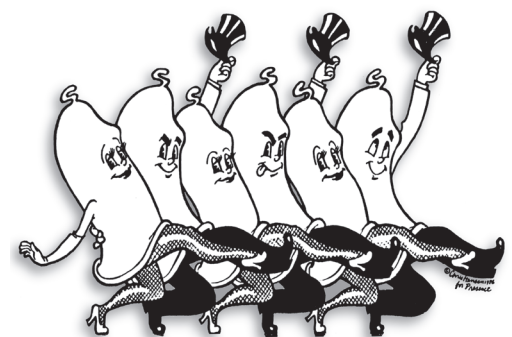
"There are some folks in the domain of psychology who would say 'love is when you care as much as someone else's well being as much as your own,'" Frickle said.

For psychologists, there are many different ways to look at love and there have been different ways to classify what love is. Frickle cited another psychologist, Robert Sternberg, who created a triangular model of love that is composed of passion, commitment and intimacy.

How Sternberg breaks down all three is by explaining that the passion part of his triangu-

Please see Love, page B8

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Valentine’s Day is a bummer of a holiday

Valentine’s Day is loathsome. The saccharine celebratory non-sense is nauseating. It makes no sense, to begin with. It was even removed from the registry of Catholic holidays, thanks to the relative mystery surrounding the men it is supposed to be named after. It frequently reeks of lazy commercialism, rather than love. Gift giving becomes more like an obligation than a true celebration.

There are multiple St. Valentines. The specifics of which St. Valentine the former Catholic feast day of Valentine’s Day are unknown. One of the few things in common between the St. Valentines is martyrdom and beheading.

There is nothing to make people long for chocolate, apparently, quite like stories of violent executions.

The endless pseudo-romantic engagement ring commercials



Nick McCoy

are enough to make one want to vomit. The blinding sea of decorative pink candy at the market sears the rods and cones of the eyes. Smarmy, lovey-dovey insipid elevator music has hijacked all the radio stations, like a military siege upon

good taste.

Love is good. There is nothing wrong with celebrating love. Showing someone how much you love them is a sweet and wonderful thing that never goes out of style.

It boggles the mind however, that the country apparently needs a special day to be bothered to remember this. If you need a special day to remind you to show how much you value your loved-ones, or to do something special for them, you have bigger problems than too much fluff in your skull and crappy music making your ears bleed.

Particularly insulting are the relatively mindless boxes of chocolate sold this time of year. It may be romantic if a person thinks to buy such a thing at another time of the year, but on Valentine’s Day it’s just lazy.

Please, if you must give in to

all the commercialism, please think of something more personal. Review the person’s likes and dislikes. Buying or making them a nice dinner is a great option. Making them something relevant to their interests is another. If you must buy candy, make it something really special; not something you can buy in just any grocery store. Or buy the cheap commercialized candy in addition to something more personal.

If you don’t bother to get or do something personal, it will come off as an act of pure obligation. It will be like grade school where they require you to buy cards for everyone. It is no longer special. If you are trying to be romantic, you do not want to make your partner think that many other people are receiving the same gift.

It is also especially urgent, should you give them a card,

that you spell the person’s name correctly.

This is really, really important. Don’t get this wrong. Double check the spelling of the person’s name a few times. You can never be too careful about this particular salient detail. “Borrow” a piece of ID if necessary. Screwing up so tiny a detail up will screw the pooch of your relationship, possibly forever.

The idea of the holiday sucks, but at this point, you are likely obligated to celebrate it. So don’t mess it up.

The goal is to get through the holiday with your relationship intact. To do this, you must engage your brain. Move with caution.

Please, do not permanently traumatize your partner this Saturday.

Nick McCoy is the Heart-break Kid.



Love

continued from page B7

the passion part of his triangular model represents the sexual charge in a relationship. Commitment is the cognitive aspect

of the relationship that drives an individual to do whatever they can to keep the relationship going where the intimacy part of the pyramid is the emotional soul bearing, supporting feeling with the significant other. In Sternberg’s point of view, love can be just passion that he

would call “empty love” where as it could also be passion and commitment or another combination of the three.

Frickle also mentioned Cathleen White, a researcher who came up with another model to display the certain levels of love people go through.

In her model, White says that the lowest level of love is called the Self Focus Level where an individual would think purely about themselves and the communication in that type of relationship would just be focused on one person. That type of love relationship is very typical in

early adolescence, such as teen love.

“There’s research that shows if young teenagers around 14, 15 years old get too deeply involved in a romantic relationship, it impairs their identity development,” Frickle said, “because their identity is being fused with another person and their not sorting out what matters them.”

The second level of love White calls Role Focus, where an individual engages in a relationship in a very stereotypical way such as doing what a girlfriend/boyfriend would do in

the society that they grew up in.

The last level of White’s model is the Individual Connected Level, which is very common in western society. Someone is somewhat separated from their family and has a sense of who they are as an individual. That person then takes that sense of individualism into a relationship where they connect to another person in a deep, intimate and romantic way.

“I think it [love] has a great deal with that need of social support and connectivity and that’s part what makes us social creatures,” Frickle said.

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>

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By **ROCHELLE ADAMS**
Staff Reporter

Events around the Sound this weekend include fun for the family and Valentine's specials.

•6th Day Dance, a non-profit organization focused on using dance to impact people in a positive way, will be holding a dessert and auction fundraising event called Love is in the Air.

At the event there will be desserts, entertainment, and a silent auction.

The event will be held on Sunday, Feb. 15 at Lytle House at Bothell Landing, 9929 NE 180th St, Bothell WA 98011. It will run from 2 p.m. to 5 p.m. Tickets \$25 per person or \$140 per 6 person table. Contact 206-406-5465 for tickets.

•Peppino D'Agostino is performing at Knutzen Family Theatre at 8 p.m. on Feb. 14. D'Agostino performs folk, Irish, Italian, Brazilian, flamenco and jazz music. Tickets for his performance are \$16 for adults, \$12 for students and seniors and are available at www.brownpapertickets.com/event/46056. For more information, visit www.kftevents.com or call 253-835-2020.

•Seattle's Royal Argosy is holding a Valentine's dinner cruise on Friday Feb. 13. The cruise lasts for three hours and includes a live band and a four-course meal. The cruise starts at 7 p.m. and runs until 10 p.m. The cost is \$99 per person. For more information or to make a booking go to www.argosycruises.com.

•The All Roads Film Festival will be held in Seattle on Friday, Feb. 13. The films shown will be of National Geographic films by indigenous artists who are sharing their cultures and perspectives through film. It will be at Burke Museum of Natural History and Culture, University of Washington, 17th Avenue north-east and north-east 45th Street. Admission prices range between \$6 and \$9.50. The showings will start at 10:30 A.M. and run until 4:30 P.M.

•Washington CASH is holding Valentine's Day Bazaar on Feb. 13. Local businesses in that area are coming together to offer gifts to those who come. You can shop for chocolates, cakes, jewelry, handmade bath & body products, handbags, hats, among other things. The bazaar is free of charge and is located in Seattle on 1st Floor and Lobby 2100 24th Ave S

Lapan's not in it for the money

By **LIVIA MAHAFFIE**
Staff Reporter

Jim Lapan, local actor and director of Highline's winter production, said he's not in theater to get rich.

It's "definitely the money," Lapan said with a laugh. "Jokes like that don't play well in print, do they? I don't feel so much that I chose theater as that it chose me. To me it's a calling, not unlike a calling to ministry, complete with the vow of poverty."

To continue his education and pursue his dramatic career, Lapan decided to move to Seattle from Vermont in 1986.

"I came here for grad school at UW, fell in love with the city and its theater community and made it my home," Lapan said.

Since his move from Vermont, Lapan has been involved in several local plays.

"One of the most challenging things I have done in theater was the title role in John Gardner's *Grendel at Book-It*, where they stage literary adaptations," Lapan said.

In regard to his experience with acting and directing so far, Lapan said getting work can be difficult and unpredictable and you can be put into unexpected situations.

"But doing the work is a blast, primarily because of the people," Lapan said. "A friend



Ami Nguyen/THUNDERWORD

Jim Lapan is directing Highline's production of *The Clouds*.

once said actors are the best-educated migrant workers on earth. A good contract is 10 weeks, so we're always hustling the next job."

Along with playing Lenny in *Of Mice and Men* in March, Lapan's current project is directing the winter play at Highline, *The Clouds* by Aristophanes.

"*The Clouds* has been a refreshing change of pace for me. I seldom get to direct broad, bawdy comedy," Lapan said.

With a Marx Brothers concept, "It has really opened the humor of the play right up," he said.

With the rehearsals running every Monday, Wednesday and Friday for approximately three hours and the play premiering on Feb. 26, the actors are coming down to crunch time.

Lapan's favorite things about working with the student actors are their positive attitudes and their ability to conquer any challenges.

"The core people here bring terrific energy and commitment. There is a strong drama culture at Highline," Lapan said.

When taking acting and directing together as a whole, Lapan gets his drive and enjoyment of theater from sharing the unique process and life cycle of a production with others, including fellow collaborators and the audience.

"We're ultimately storytellers in the oral tradition. Institutions and media come and go, but live theater is hard-wired, primal, immediate, temporary and hard to kill," he said.

For Lapan, it's not about the hard-earned paycheck at the end of a production; it's the experience that you have along the way.

Cline comes to Seattle

By **KATHERINE TACKE**
Staff Reporter

The musical *Always...Patsy Cline* opens in Seattle Feb. 12 at 8 p.m.

The show hit the road to Seattle after it sold out last fall at Federal Way's Centerstage Theatre.

There will be 20 more performances.

The locally produced version of the musical will now appear at 700 Union Street, Downtown Seattle at ACT's Bullitt Cabaret.

Always...Patsy Cline was created by Ted Swindley in 1988 in Houston. It is a show about the famous country singer, Patsy Cline, and her unusual friendship with one of her fans, Louise Seger.

The director is Erin Kraft. Patsy Cline will be played by Cayman Ilika, and Louise Seger will be played by the local actor, director, and educator Kate Jaeger.

The show runs Thursdays through Sundays, Feb. 12 – March 8 at 8 p.m.

The weekend performances will also have an additional



Erin Kraft plays Patsy Cline.

show at 2 p.m.

There will be one additional performance on Wednesday, March 4 at 8 p.m.

Tickets run from \$25 - \$35. Senior discounts are available and students with ID can receive 50 percent off all performances day of show only.

Advance sales are available by calling ACT at 206-292-7676, going to www.acttheatre.org, or e-mail at service@acttheatre.org.

February 26th THURSDAY **February 27th FRIDAY** **Night Show!**

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10:00 AM Keynote Speaker: Hip-Hop Politics
11:00 AM Panel Discussion: Hip-Hop Today: Misconceptions and Culture
12:00 PM Hip-Hop Art Exhibition
1:30 PM Style Wars Viewing
2:00 PM Poetry Lounge and Open Mic
6 PM Break Battle Performances \$10 at the door
7 PM

hip hop 09 summit

If you need accommodations due to a disability, please contact Access Services at (206) 878-3710, ext. 3857 (voice) or (206) 878-4853 (TDD/P) at least two weeks before the event.

Arts news? e-mail
thunderword@highline.

T-Birds inch closer to Kennewick

By **CHRIS WELLS**
Staff Reporter

The Highline men's basketball team is now one game closer to clinching a berth to the NWAACC tournament in Kennewick.

After a convincing win against Grays Harbor on Feb. 4, the T-Bird men find themselves with a 9-1 record in the West and a 14-7 record overall. With just one more win the T-Birds will secure their spot in the tournament on March 5-8.

The Grays Harbor Chokers, currently in last place in the West with a record of 1-10 and 1-17 overall, were no match for Highline in this one as the T-Birds ran away with the game by a score of 87-69, completing a two-game sweep of Grays Harbor this season.

Highline guard Paul Mickelson said that even though they won, that they will still need to play better if they are going to compete for the NWAACC title.

"We played decent, but we aren't going to win a championship if we play like that at the NWAACC tournament," Mickelson said.

With the win, Highline increased its winning streak to three games.

Having a good all around game for the T-Birds was Coby Gibler.

Not only did he score 13 points, but he also had 13 rebounds, including 8 on the offensive end, dished out 5 assists and blocked 3 shots.

Gibler is now averaging 14.06 points per game, just 0.56 behind Shedrick Nelson for the team lead, and ranks ninth both in rebounds and blocks in the NWAACC with 9.78 and 1.41 per game respectively.

Vaughn Gaines scored 15 on



Loren David/THUNDERWORD

The T-Bird men work on an inbounds play during a recent practice.

5 of 9 shooting and was 4 for 6 from beyond the arc. He also had 7 assists.

Averaging 10.67 points per game, Gaines has the third highest total on the team. He is also setting up his teammates for points as he leads the team in assists with 4.76 per game, an average that ranks eighth in the NWAACC.

Stedman Richardson also had a solid game, scoring 16 points on 8 of 16 shooting while grabbing 7 rebounds.

Shooting 6 for 13 from the floor, Kelly Edwards put together a well rounded game delivering 15 points, 8 rebounds, 5 assists and had 4 steals on the defensive end.

Thus far this season, Edwards ranks fourth on the team in points with 10.39 per game.

The Chokers had a 3-point happy offense the entire game, but they were having a problem knocking them down as they only were 8 for 29 from beyond the arc.

One player who stood out

for the Chokers was Larry Green. Green, a 6'5" freshman guard out of Chief Sealth High School, was only 8 of 22 from the floor, but he ended up with game-highs of 17 points and 16 rebounds. He also had 4 assists and 3 steals.

The T-Birds had their last bye of the season on Saturday, Feb. 7.

On Wednesday, Feb. 11, the T-Birds played the South Puget Sound Clippers at home. The score and statistics were unavailable at press time.

Even with being so close to securing a spot to Kennewick, Mickelson said that they know they have to stay focused on their goals at hand.

"Now that we are competing with Tacoma for first place in our division, we need to play to win, not to lose," Mickelson said.

"If we play to not lose, it limits us and we aren't going to play to our full potential."

Highline will be traveling south on Saturday, Feb. 14, to

Vancouver to meet up with the Clark Penguins at 5 p.m.

Head coach of the Penguins, Mike Arnold, anticipates a similar Highline team that he saw the last time they met on Saturday, Jan. 17, a game in which the T-Birds came out victorious 84-74.

"I expect to see more of the same (out of Highline), great athletes, and big people getting the ball close to the rim offensively," Coach Arnold said.

Clark, who is fourth place in the West with a 7-4 record and a 13-8 record overall, is a freshman-laden team with just four returning players.

So far this season, the Penguins have been in the middle of the pack for scoring in the NWAACC, averaging 74.65 points per game.

However, with their tallest player only standing at 6'6", Clark has been unable to grab many rebounds with just an average of 37.24 per game. Only Linn-Benton, Edmonds,

Lane and Umpqua rank lower.

This should work to Highline's favor as both Dan Young and Gibler, standing in at 6'10" and 6'9" respectively, will have a distinct size advantage down low.

After the T-Birds' encounter with the Penguins, Highline will be back on the road, this time to face the Green River Gators at 5 p.m. on Feb. 18.

In the last encounter between these two teams, the Gators had no answer for Highline's Dan Young in the post as he put up 14 points and collected 17 rebounds, 10 of which were offensive.

The final score of the derby was 75-60 Highline.

Green River, like Clark, is a very young team with just two sophomores on its active roster.

With a record of 4-7 in the West and a 7-14 record overall, the Gators currently are in sixth place and looking to stay in contention for a playoff berth.

Averaging just 65.6 points per game, the Gators haven't been scoring a lot this season and they are only ahead of Grays Harbor, Wenatchee Valley and Lane in scoring averages.

Even with such a young team, Coach Tim Malroy said that he has solid talent.

"Our point guard Jake Wilcox, shooting guard Marshaun Roan, and forward Jamaal Thomas have all been steady contributors and form the glue of our team this year," Coach Malroy said.

With five regular season games remaining, the T-Birds realize what their goals are and are willing to work for it.

"The team has continued to mature and realizes the discipline and dedication that is necessary to win a championship," Mickelson said. "A couple guys on the team have stepped up to lead us in the right direction."

Morales leads the way for injured T-Birds

By **KAYLA LELIEFELD**
Staff Reporter

Mike Morales has high hopes going into the regional wrestling tournament this weekend.

Last year Morales, Highline's 197 pounder, had a successful season.

Morales finished one match away from being an All-American in 2008. This year he hopes to get there. The top eight in the nation earn All-American status after the national NJCAA wrestling championships.

But first, Morales will have to get through regionals, which are Saturday at North Idaho College in Coeur d'Alene.

In addition to Highline and

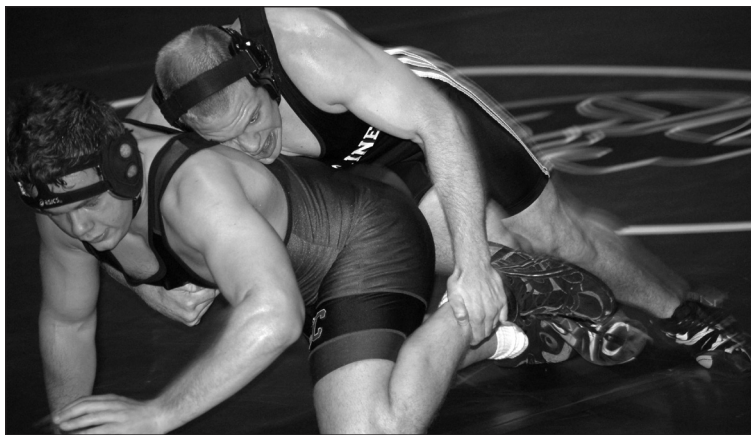
North Idaho, Clackamas, Yakima, and Southwest Oregon also will be competing.

In an injury-marred season for Highline, Morales has been one of its steadier competitors. He took up wrestling in school at the suggestion of a teacher.

Morales found his interest in wrestling his seventh grade year.

"My P.E. teacher told me I should try it because he thought I would like it, so I did," he said.

Morales's senior year of high school he won Mr. Hardnose, Most Improved, league and regional champion, and placed third at state. He graduated from Tenino High School in



Charlie Dubbeldam/THUNDERWORD

Morales brings his opponent to the mat during a match.

2007.

"I chose Highline because I was offered a scholarship, it was a great opportunity and is one of the only real wrestling programs left in Washington,"

said Morales.

The following year at Highline he made it to nationals and was one match away from becoming an All-American.

"It was great making it to

nationals that was my goal last year," said Morales. This year Morales's goal is to become an All-American.

The transition from high school wrestling to college wrestling was "a big change," Morales said. "The season is longer, the competition is intense and you have to work a lot harder. It's definitely all worth it though; I'm in the best shape of my life."

Right now, Morales is focusing on getting his basic AA degree and transferring to major in elementary education.

Morales is looking at transferring to Southern Oregon University next year to finish his schooling after his time here.

Lady T-Birds climb ladder in the West

By **BRIAN GROVE**
Staff Reporter

The Highline women’s basketball team is now 6-4 in league play and is fourth place in the West behind South Puget Sound after its game against Grays Harbor.

Last Wednesday, Feb. 4, Highline hosted the Grays Harbor Chokers in a match between the two teams tied for fourth place in the West Division.

The tie did not last for long as the Lady T-Birds hung the Chokers by a final score of 91-55.

Highline’s barrage of offense can be attributed to its 53 percent shooting and five players who scored in double digits.

Randi Olsen led the offense with 14 points and an assist while Ariassa Wilson, Patrice McKinnon, Jazzmn Montgomery, and Tera McCann-Soushek also scored double figures with 12, 12, 11, and 10 points respectively.

From a defensive standpoint, the Lady T-Birds out-rebounded the Chokers, 50-36 and had 17 steals.

Both Highline’s players and coaches were pleased with the team’s performance.

“It was a great victory for us. It was as close to a perfect game that we have played all year. We played well for 40 minutes, which has been our goal,” said Highline Head Coach Amber Rowe.

“We all performed together and everyone contributed,” said Soucek.

“It was an all around team game.”

Last time the Lady T-Birds

played Grays Harbor, they were defeated by a final score of 57-45, their lowest scoring game of the season.

“The girls were embarrassed by our first performance against Grays Harbor where we shot 18 percent. They felt like they had something to prove and they showed it. We wanted that win more than they did,” Rowe said.

Although Highline had their highest scoring game of the season with 91 points, the Lady T-Birds held the Lady Chokers to just 55.

Both Highline’s offense and defense were working overtime.

“Our defense has been doing the work all season. I believe only one team has scored more than 60 points on us during league (Lower Columbia), which is excellent. We put in some wrinkles to our offense last week and we believe it helped us tremendously on Wednesday,” Rowe said.

“Our offense was a bigger impact in this game because our shots hadn’t been falling in our previous games, but this time everyone made their shots,” Soucek said.

The Lady T-Birds’ next goal is to beat South Puget Sound Wednesday, Feb. 11, with results unavailable at press time.

“At this point with only six games left, every game is important,” Rowe said.

Despite Highline’s hot play as of recent where they have gone 6-2 in their last eight games, the team feels as though they still have work to do.

“Doing all the little things, making the easy baskets, and



Ami Nguyen/THUNDERWORD

Adriana Aukusitino launches a three from beyond the arc.

staying focused,” Soucek said.

Over the course of the season, Highline has greatly improved two of its achilles tendons. Helpside defense and offense.

“The girls come in everyday ready to work at practice. We have spent a lot of time watching film as well,” Rowe said.

“This team wants to do well, they believe in what we are trying to do and we just need to keep plugging away.”

Highline had a bye this past weekend which gave them extra

time to practice, but the team is unsure of whether this will be a help or a hindrance to its season.

“Part of me thinks it is good. We will be rested and hopefully healed up some wounds. But part of me wanted to keep playing since we played so well against GHCC. Only time will tell,” Rowe said.

Highline hosted South Puget Sound Wednesday, Feb. 11 at 6 p.m., with results unavailable at press time.

Scoreboard

Women’s basketball standings

West Division			
League/Pts/Season			
Centralia	9-1	.900	17-3
Lower.Col.	9-1	.900	12-9
S.P.Sound	7-4	.636	13-8
Highline	6-4	.600	11-11
Grays.	6-5	.545	6-12
Clark	5-6	.455	5-13
Grn.River	4-7	.364	10-9
Tacoma	2-9	.182	6-15
Pierce	0-11	.000	2-18

Women’s scores	
2/4	
Tr. Valley-64,	B. Mountain-50
W. Walla 58,	Col. Basin 55
Y. Valley 72,	W. Valley 59
Spokane 85,	Big Bend 73
Bellevue 67,	Edmonds 47
Everett 63,	Shoreline 49
Whatcom 79,	Olympic 58
Skagit Valley 67,	Seattle 46
Clark 85,	Pierce 43
SPS 74,	Tacoma 36
Highline 91,	G. Harbor 55
L. Columbia 67,	Gr. River 63

Men's basketball standings			
West Division			
	League	Pts/Season	
Tacoma	10-1	.909	21-2
Highline	9-1	.900	14-7
LowerCol.	7-3	.700	14-7
Clark	7-4	.636	13-8
Pierce	4-7	.364	9-15
Grn.River	4-7	.364	7-14
Centralia	3-7	.300	5-14
S.P.Sound	3-8	.273	9-13
G. Harbor	1-10	.091	1-17

Men’s scores	
2/4	
Tacoma 76,	SPS 61
Highline 87,	G. Harbor 69

New fastpitch coach is ready to hit the ground running

By **BRIAN GROVE**
Staff Reporter

Gary Graf has a fastpitch team. Now all he needs are some players.

Graf’s been coaching fastpitch off and on for 12 years and consistently for the past seven.

His involvement in fastpitch started when he was a kid and his uncle was the coach of a world class softball team.

“I was pretty young and just getting into baseball myself at that time, I remember going to the games and asking my uncles why they did certain things,” Graf said.

“I also remember they went to Florida twice to compete in what they called the world championships,” he said.

Over the next 30 years Graf coached baseball, basketball, and football. He made the tran-



Graf

sition to coach softball when his daughter started to play fastpitch.

Graf enlisted in the Air Force in

1983 and completed 5 years of active duty and approximately 10 years in the guard and reserve units. Today, he is a member of the 446 Air Lift squadron.

Throughout his career in the military, Graf coached softball for the base team when he was not deployed.

“It was just like any other team. It was an extracurricular activity and some took it seriously, some didn’t. I just loved coaching,” Graf said.

While coaching on base, Graf had to deal with the constant rotation of players as they were being deployed or transferred. He said this taught him flexibility.

When Graf came to Highline, he said it was a matter of fulfilling a long awaited goal.

“I was just ready to move up and give it a go,” Graf said.

“It’s been a longtime goal to coach at a collegiate level and I think anyone who’s coached throughout the high school has a long term goal of that,” he said.

Graf said the most rewarding factor of coaching softball is watching his players mature throughout the seasons.

“Personally, I love to see the growth in the athletes. Us coaches, we coach a lot of life lessons, and softball just happens to be the medium in which we do it,” he said.

“One of the biggest lessons is that it teaches them how to be a team. Later, when they go into a company, they will know how to fit into teams and be productive.”

Although Graf has only been the coach of Highline fastpitch for a number of days, he says the team has the talent to go far.

“The girls are really talented, they have solid mechanics,” Graf said.

“They can go as far as they are willing to go and how bad they want it. This program is all about them, I’m just putting a point on it,” he said.

Highline may have the talent to go far, but they lack something very necessary to do so: players.

As of now, the fastpitch roster is only seven deep but Graf says he is willing to work with any coordinated athlete.

“Even if you are an athlete, I can make you a softball player and we’ll have a fun time doing it,” he said.

Not only is Graf fond of his new team, but his players are fond of him.

“This could be a pretty good season if we get enough girls,” sophomore catcher/infielder Michaela Hector said.

“He’s cool. Seems like he’s here for business and that’s exactly what we need to step up our game and get caught up to the other teams,” sophomore third baseman Jaclynn Wills said.

Graf said the players he has right now deserve a good season.

“We’ve got six or seven who are pretty talented, and they deserve a chance to play,” he said.

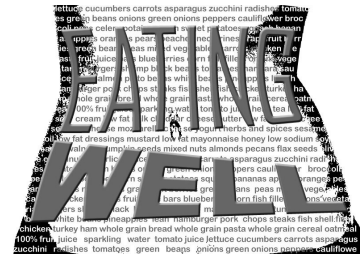
Graf’s philosophy is, “We work hard. We play hard.”

Stack it up for breakfast

Nutrition tips for college students

By **AMBER PETER**
Staff Reporter

People say that breakfast is the most important meal of the day and for this week’s recipe, it’s time to make some pancakes – from scratch!



What you’ll need for this recipe is:

- ¾ cup of flour
- 1 ½ Tbsp white sugar
- ¾ Tsp Baking Powder
- ¼ Tsp Salt
- 1 ½ Tbsp butter
- 7/8 cup Milk
- 1 Large Egg
- ¼ Tsp Vanilla
- 4 Tbsp chocolate chips
- 2 Tsp Vegetable Oil

Start with a medium bowl and add the flour, white sugar, baking powder, salt and blend together.

Set aside the medium bowl for the moment and put the 1 ½ Tbsp of butter in another bowl and melt the butter in the microwave for about 20 to 30 seconds.

Now add 7/8 milk, one large egg and ¼ Tsp of vanilla into the bowl with the melted butter. Now add the wet ingredients in with the dry ingredients in and mix gently.



Amber Peter/THUNDERWORD
Start the day off right with a nice stack of pancakes.

Heat a non stick frying pan to medium heat and add 1 Tsp of vegetable oil to coat the bottom of the pan. The pan may take around three to four minutes to heat up.

Use a ¼ measuring cup to scoop up some pancake batter and pour the batter into the pan. Try to make the pancakes nice and round, this may take some practice.

Sprinkle on as much chocolate chips as you desire or you could add white chocolate chips, coconut, chopped nuts,

blueberries, raisins or anything else you would like in your pancake.

Cook one side of the pancake until you see little bubbles forming on top of the pancake. After a couple of bubbles have popped, that means it’s time to flip the pancake and cook the other side.

Remove the pancakes from the pan and add whatever type of syrup you would like.

If you want to cook more pancakes, simply double or triple the recipe.

Get fit now!



Darin Smith

College is a time of change and choice.

Many students move away from home and start making important lifestyle decisions for themselves, including things like their health and nutrition.

Unfortunately, lifestyle changes, stress, limited finances, peer pressure, time constraints and access to junk food oftentimes results in bad dietary choices and accompanying weight gain for many students.

Eating healthy can be challenging for a busy, cash-strapped college student, but it is possible by following a few basic tips.

- Don’t skip meals!
- Pack a lunch.
- Less pop/more water.
- Substitute healthy snacks for bad ones.

Many college students skip breakfast and lunch when they are on the go.

Missing breakfast and lunch results in a lack of energy, slows down your metabolism (which means you’ll burn less calories), and causes you to overeat later on.

Not only is this better for your budget, but it also helps you avoid buying less healthy food (fast food, vending machine snacks).

Limit sugar-heavy beverages (pop, sports drinks, sugary coffee drinks) and drink more water. Almost quarter of an average American’s daily caloric intake comes from liquids, and many of these consist of “empty calories” that end up as fat (alcoholic beverages also contain a large amount of calories).

Water is cheap, calorie-free, fat-free, and acts as an appetite suppressant.

If you want something crunchy, put down the potato chips and grab some carrot sticks or nuts.

If you crave something sweet, avoid the candy and go for a piece of fruit.

If you have to indulge, buy small portions so you aren’t tempted to eat a whole bag of cookies.

•More fruit/veggies.

Your mom is right; you aren’t eating enough of these.

Try to include one fruit or vegetable with every meal.

Have some OJ at breakfast, a tomato on your sandwich at lunch, an apple for a snack, and a salad with dinner and you’ll meet your daily requirements without much effort.

Apple pie and banana bread don’t count!

•Limit sweets/fast food/fried food.

It is one of the great tragedies in life that something so good must also be so bad.

College students are constantly surrounded by these easily-accessible but fattening delights.

Try to limit these foods or at least try to make healthier choices (veggies on your pizza instead of the meat lover special, salsa instead of sour cream on your burrito, mustard instead of mayo on your sandwich, baked chicken instead of fried).

How to defend against MRSA

By **PAUL G. DONOHUE, M.D.**

DEAR DR. DONOHUE: I have heard a lot about MRSA. Can you give me some more information about it? What can we do to prevent getting it? I am a student at San Jacinto High School in California. -- J.R.

ANSWER: “MRSA” is short for “methicillin-resistant Staphylococcus aureus,” a common bacterium found all over the place and a common inhabitant of the skin.

We do have antibiotics that can deal with MRSA bacteria. However, antibiotics must be restricted only to infections by bacteria that respond to them. Using antibiotics indiscriminately paves the way for the development of resistance.

Outbreaks of MRSA infections are common in high-school football players and wrestlers because of the skin-to-skin contact that occurs in those sports. Anyone, athlete or not,

can come down with this infection.

Frequent hand-washing is the best defense against MRSA. All skin wounds should be covered with a bandage of sterile, dry gauze and inspected daily

to see if they are becoming infected. Athletes should launder their playing clothes after each use and should not store dirty clothes in a locker. They also should shower immediately after a practice.

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Federal agent cut his chops at Highline

By **KATHERINE TACKE**
Staff Reporter

The second youngest federal agent in U.S. history, who once called Highline home, now makes his mark at the University of Washington.

Michael Truong spoke last Wednesday for Dr. Barbara Clinton's Honors Colloquy. He specifically talked about applying the knowledge he gained in Highline's Honors Program to life.

Truong described his presentation as, "How I went from being a complete slacker to on my way to success."

In 2002 Truong, a then-high school senior, enrolled in Highline's Running Start program.

"I was in college to party, I was just skipping classes. I was an oxygen thief," Truong said.



Michael Truong

He decided to take a year off and enrolled in the Army Reserves in 2004. Later, he was selected to go to Iraq.

"My goal was to figure out who was attacking us," Truong said of his 14-month mission. "It was an experience that changed me."

He said he had mixed emotions-- he was scared and he also hoped to do everything right, he was brand new.

"When you go into combat you're basically suiting up for the varsity team. You never quite feel like you're ready."

In the winter of 2007 Truong returned to Highline. His GPA from his year as a Running Start student barely allowed him to join the Honors Program.

Truong had just braved Iraq, but he said he was nervous that he didn't belong in Highline's Honors Program. His daily commute was from Alki Beach because he wanted to be near the water, an environment far different than Iraq.

"The Honors Program kept me coming back," Truong said.

Truong wanted to study international relations at the Jack-

son School at the University of Washington.

He was often told, "Based on your experience you'll be able to beat out any college student."

Truong said this was a lie. Despite the fact that he had tangible experience dealing with international relations, he did not have the academic experience to go with it.

"I didn't have the academic credibility to be at that level," Truong said. "I didn't feel like I had earned it yet."

Truong learned some very valuable skills in Dr. Clinton's classes. One was how to apply his military experience into his academics.

Truong realized that what you do in school isn't always enough. He asked himself how he could separate himself from other students.

"There were ways I could tie everything together," Truong said. "'Show, don't tell' got beaten into me."

"Show, don't tell" is a phrase Clinton often uses when helping students write personal statements. Truong was able to combine his experiences in the military to write a strong personal statement.

He said that his statement was a huge reason that he got into the Jackson School to study international relations.

By discovering how to apply the things he learned at Highline to his life, he was able to succeed.

Now Truong is in a highly regarded program at the University of Washington and he is writing full-length feature articles for the school's newspaper, The Daily.

Highline Muslim Student Association wins award

By **NIKOLE C. JOHNSON**
Staff Reporter

The Council on American-Islamic Relations awarded Highline's Muslim Student Association with an award for most improved chapter of the northwest in 2008.

The Muslim Student Association is one of Highline's many diverse clubs and organizations. They aspire to be, "the voice for the rights of Muslim students,"

said Sheri Munson, a group member. "We're trying to get the students to come together as one, not just for faith, but support."

The group received their award for invaluable contributions at a ceremony in Bellevue on Jan. 21.

The Council on American-Islamic Relations, the organization bestowing this honor, is a Washington, D.C. based non-profit.

Their mission, according to group literature, is "to enhance understanding of Islam, empower American Muslims, and build coalitions that promote justice and mutual understanding."

The Muslim Student Association promotes this mission on campus through numerous outreach activities. They sponsor a daily prayer room, located in Building 23, room 114, spon-

sor lectures, such as the recent Islam and the holidays program, and are branching out into charity work.

In response to winning the award, group Co-President Idil Said said, "We're happy. I know I was. We worked hard."

"I'm very proud. I plan on next year having it again," Munson said.

Much of the pride Munson spoke of pertained to the prog-

ress she felt the Muslim Student Association is making. She noted that group leadership is trying to breathe new life into the organization and this award is a step in the right direction.

For more information about Highline's Muslim Student Association contact Iman Ibrahim, iman_1130@yahoo.com. For more information on the prayer room contact Sherri Munson, castsr1231@yahoo.com.

Your voice wanted

By **TORI PATERSON**
Staff Reporter

If you are interested in getting involved in weekly discussions and volunteer activities, then you may want to consider checking out the Caucus Program.

The program gets together every Thursday from 12:30 p.m. to 1:30 p.m. in Building 8 on the third floor.

Every week they hold different discussions on various moral issues such as universal healthcare, homelessness and hunger in America, as well as the problem with pills on campus. The goal of the program is to help bring awareness to the Highline campus about local and global issues.

"We like to do more than just talk," said Ifrah Ahmed, one of the facilitators for the program.

In addition to discussions, every quarter they have two projects they work on. For example, in one of their previous projects, the Caucus members went to the Federal Way food

bank to sort canned food to give out to local families in need.

They also attended the Martin Luther King Jr. march at Garfield High School on Jan. 19.

There isn't a set amount of members in the Caucus Program. You don't have to show up to every meeting; just what you're interested in.

There have been various turnouts, from a handful to a room full of people depending on the event and the topic being discussed.

"By participating in a caucus discussion, students will be exposed to the opinions and thoughts of their peers, and the Caucus is a good place to voice your opinion and to learn new things," Ifrah said. "We not only talk about the issues; we like to do our part and take action to help our local community. Everyone and anyone is warmly welcome."

For more information on the program, contact Ifrah Ahmed at iahmed@highline.edu or Joel Kalonji at jkalonji@highline.edu.

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For questions, please call the Recruiting Office
253.835.FWPD (3973)

Budget

continued from page 1

Colleges must remain strong in order to absorb unemployed people and retrain them to go back to the workforce, said State Rep. Dave Upthegrove, D-Des Moines.

One possibility being kicked around by some legislators is offering the voters a tax-hike

referendum to pay for essential programs.

Such a move is opposed by both the governor and minority Republicans, and admittedly is a politically risky move for the Democrats.

“Members from safe districts” would have to be the ones who campaigned for such a measure, Rep. Upthegrove said.

Another possibility is to in-

crease fees such as college tuition, legislators say.

“We could raise tuition and not call it a tax increase,” said Rep. Priest. No legislator predicted how much tuition could increase, however.

“There are no good choices,” said Rep. Upthegrove. “It’s not a good time to be a legislator.”

Washington is not in nearly as bad a shape as many other states, however.

Sen. Eide pointed out that Washington’s budget picture is much rosier than most other states.

California only has about \$600 million left in its unemployment compensation fund, whereas Washington has \$4.1 billion.

The Legislature, meanwhile, is trying to do what it can while feeling its way through the budget. Legislative salaries have

been frozen, and “We are not introducing a lot of bills that cost money,” said Rep. Priest.

If the Legislature can find a way to continue to fund colleges, it could be an opportunity for the state, said State Rep. Zack Hudgins, D-Tukwila. Washington could end up with a more educated, more productive workforce.

“You’ve got to be hopeful for this job,” he said.

SimMan

continued from page 1

computer.”

This quarter, students in their final quarters of their respiratory program will be running advanced cardiac life support scenarios.

They will be required to incubate (put in breathing tubes) and place Simon on mechanical

ventilation.

“He does fantastic at cardiac arrest,” said Bly.

This summer Bly ran a pilot project, where she had a medical team have Simon transported in a bed gurney to Building 6 to have his student ID taken.

“During the transport Simon suddenly had trouble breathing and a medical team had to respond appropriately. You will be happy to hear they gave

oxygen to the patient, suctioned his airway and all is well,” said Bly.

Simon the SimMan got his student ID and is now an actual student at Highline.

Carroll said that there have not been many technical problems, there were a few minor glitches but they called technical support and they took care of it over the phone.

Simon also comes with a we-

bcam, so while the students are running a procedure they can be recorded.

By doing this, it allows them time to audit the student’s progress, Bly said.

Bly said she plans on having certified respiratory therapists come to the polysomnographic program and run some codes on Simon.

“This gives students and therapists a chance to collabo-

rate, which students would not receive without Simon,” Bly said.

On Feb. 20, from 10 a.m. to 1 p.m. the program will be holding an open house where students will be running a series of codes to introduce Simon to the campus.

“Simon is great for the future of the program,” said Bly. “Dummies like Simon are a way of the future.”

Axolotls

continued from page 1

at Highline.

When feeding they suck in their food, usually swallowing it whole.

You can tell when they are feeding because you can see their whole body move from the effort of sucking in their meal.

The axolotl is native to Lake Xochimilco and Lake Chalco in Mexico, but these lakes do not exist anymore because of urban expansion.

They are now on CITES endangered species list, and are rare to find outside of a lab. CITES is the Convention on International Trade in Endangered Species of Wild Fauna and Flora.

Raising the axolotls was a learning process.

“They are not easy to handle,” said Donn Walter.

The animals killed each other when they were all kept in the same area.

Now they are kept in smaller containers, with only a few in the same area.

Donn and Sabine Walter are taking care of the creatures in

hopes that local schools will want to adopt them for learning purposes. As soon as they are sure the creatures can survive off of frozen worms, they will contact public schools.

Donn and Sabine Walter, who are married, are both members of the Pacific Northwest Herpetological Society, whose primary purpose is to educate their members and the general public

about lizards and amphibians. The society meets every third Sunday of the month.

While they are regularly used for research and experiments, the Walters just find axolotls interesting. “We raise them just to see the progression of life,” Donn Walter said. Who isn’t interested in that? he asked.

“They are fun to watch because they watch you back.”

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