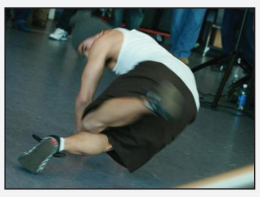

**The Hip Hop Summit kicks off on Feb. 26/ P6**

**Men's B-ball team secures a playoff berth/ P8**

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Highline Community College

The Thunderword

# Students can't escape recession

By CHRISTIAN COOPER & GRANT SNYPP
Staff Reporters

The nationwide economic recession has become a problem for Highline students.

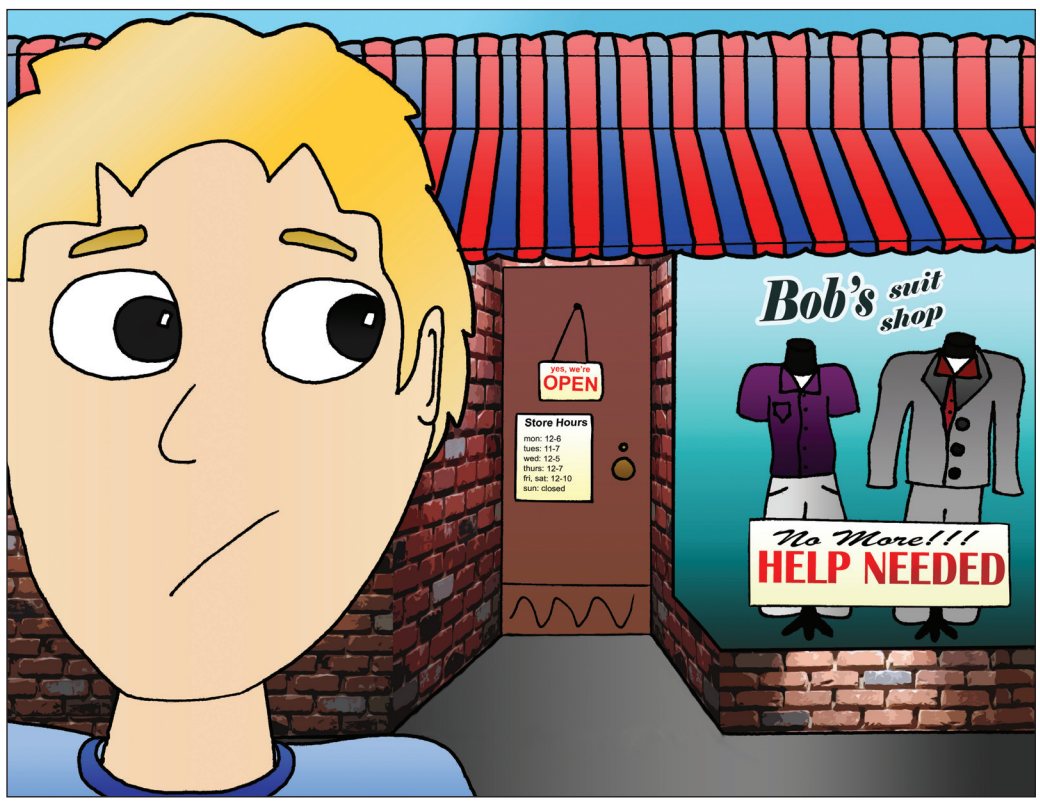
"At my job they started cutting hours. I went from 35 to 25 to 15 to five and now I'm unemployed," said one Highline student.

As the economy continues to lose its robustness, students continue to be greatly affected by the current economic situation.

"I was laid off, and that was just the beginning: I have rent to pay, car payment, I'm supposed to be registering for classes next quarter and it would be nice to eat too," said another Highline student.

Since the start of the current re-

Please see Recession, page 12




Jessica Lovin/THUNDERWORD

# Female student mugged

By BILL SCHLEPP
Staff Reporter

A woman was robbed of her backpack by two men on campus on Thursday, Feb. 12 at around 7 p.m.

A female student was walking to her car by Building 19 when she noticed that two men were acting suspicious and started to follow her.

The victim reported that while she was walking, one of the suspects covered her eyes and knocked her down as the other grabbed her backpack.

The woman was not injured during the attack and had a very limited description of the men because one of them had her eyes covered and because it was around dusk when the incident happened.

Richard Noyer, chief of Campus Security, said that "she was not hurt, but she was shook up."

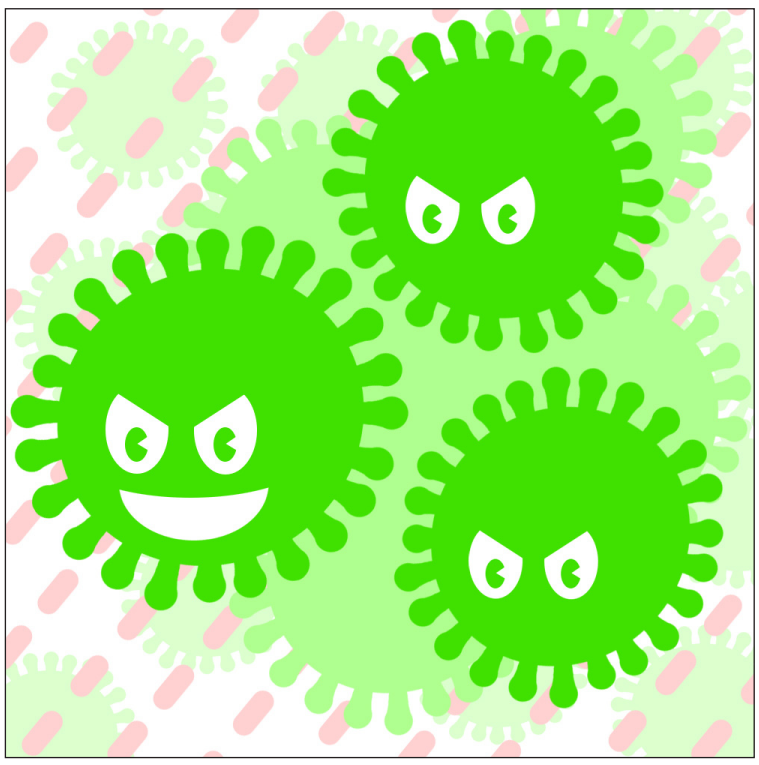
He also said that there actually should have been more Security officers patrolling the area. At the time of the robbery there were only two officers on duty when there should have been around three or four.

Noyer said that the reason there was not more is because many of his men have the flu and the men who would replace them are also sick.

He also said that in reaction to incidents like this, the school has held security forums to help inform students on how to be safe.

# GERM WARFARE

By CHRISTIAN COOPER & VITA MULYARCHUK
Staff Reporters



Charlie Dubbeldam/THUNDERWORD

## Flu bugging students

Tom Hankemeier has been sick for two weeks.

"I'm living on Sudafed," the Highline student said.

Hankemeier is not alone. Out of 100 Highline students participating in a non-scientific survey, one out of every three students said they have been sick this Winter Quarter.

According to the Seattle & King County Health Department, the flu virus tends to spread November through April, with most cases occurring between December and March. Each year 10-20 percent of the U.S. population is infected with the virus.

Influenza, or "the flu," is commonly mistaken for the common cold.

The symptoms develop quickly, usually one to four days after a person is exposed to the virus.

The illness lasts over a period of seven to 10 days and includes symptoms such as fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches and nausea, according to the Seattle & King County Department.

The flu season has taken its toll on Highline students.

Sick with the flu, Chris Bowles has already been absent for four days only halfway into the quarter.

"I felt dizzy and sick to my stomach," Bowles said.

Jason Dean also suffered through a temperature, sore throat and a runny nose.

"I couldn't study," Dean said. "It made me fall behind on my homework."

Highline physical education instructor Josh Baker said that Washington's cold and wet weather encourages students to stay inside, which creates more exposure to germs.

"It is also a stressful time of the year and stress weakens our immune system," Baker said.

Highline student Charity Villines got the flu from her brother who was infected by the virus going around the college campus.

"I missed my first class today and have gotten only three hours of sleep last night," Villines said.

"I had a cold that later changed to pneumonia," said a student who asked to remain anonymous.

Influenza and illnesses in general can be life-threatening if left untreated, said Nataliya Andriyuk, a registered nurse at the St. Frances Hospital in Federal Way.

"Whenever in doubt, check with a professional," she advised.

Andriyuk encouraged students to develop consistent hand washing habits, get an adequate amount of sleep, proper nutrition and hydration, and most importantly, vaccinations.

Seattle and King County prepared over 150 million doses of flu vaccinations available for the 2008-09 flu season in order to provide protection for all in need.

Andriyuk said it's never too late to get your flu shot.

"Students have to think of prevention, it's always easier to prevent then to cure," she said. "Be informed and don't take your chances!"

**Help Wanted**

•Highline's women's fastpitch team needs more players to compete this season. See story, page 8.

## Security call 911 for incoherent woman

Library staff called Security in regards to an elderly woman that they couldn't get to wake up.

When security arrived at the scene the woman was groaning incoherently and wouldn't open her eyes.

They then called 911 and the South King Fire Department was dispatched. When they arrived she refused medical treatment and just wanted to go home.

She later departed campus on a bus. It is possible that she had been taking medication.

## Student complains of chest pain

A student complained of chest pain on Tuesday outside between buildings 13 and 14.

Paramedics were called and they thought it would be best if he went to the Highline Hospital to get checked out.

He went to Highline Hospital where he found out that the chest pain was because his lung was bruised; when he moved the wrong way it caused him pain while breathing. He was later released.

## Man swinging bat in smoking area

A Highline faculty member informed Security that a man who had 15 pound weights and a baseball bat was swinging them in a smoking area.

When they arrived the man was not hostile and provided ID.

He stated that he was practicing baseball and that the only reason he came on campus was because he was looking for a necklace he had lost.

Security said that he could stay on campus if there were no further complaints and if he agreed to stop practicing baseball.

## Man smoking pot in bathroom

A man was caught smoking pot inside the restroom in Building 27.

When Security arrived they were unable to detect any smell of marijuana on him so he was told to leave campus.

Because the man had been on campus before they told him that if he came back that they would send him to jail. The man left

# New two-day schedule for busy students

**By JAREN LEWIS**
Staff Reporter

A new two-day schedule will be available for students who need to finish their math and writing requirements.

The course will comprise two specifically-aligned five-credit courses, each a choice from a range of math and writing courses, which will allow enrolled students to come to campus only twice each week.

"Students that complete these core courses have a higher probability of obtaining their associate's degrees or attaining their educational goals," said Mathematics instructor and the Chairwoman of the Pure & Applied Sciences Division Dr. Helen Burn.

"There's a psychological benefit to doing this," Burn said. "Once you start really getting through your core courses, you start thinking... 'I can do this.'"

Burn was adamant about the importance of math and writing courses: "We have to get more students into these core courses. So how can we do that?"

"More students are telling us that they want a compressed schedule," Burn said.

Burn explained that this schedule is designed to appeal to students who, for example, are trying to work during school, or have other constraints on their time.

"We're hoping that these fill quickly with the students who would be right for it," Burn said.

However, the program is only a pilot, and Burn said the committee is "keeping our fingers crossed that students who enroll in it really can handle that independence."

"We don't know whether a compressed schedule is really a good idea," Burn said. "Just because students like it doesn't mean it's good for their learning."

However, Burn said the success of two-day evening classes bodes well for the idea.

"There are probably certain people who are better suited to this schedule," she said.

The classes offered are not yet finalized, but an example schedule showed available math classes ranging from Math 91 to 210, coupled with Writing 91 or 101 courses.

Burn said an advertisement will be available soon; it will show the available classes and how they will match up.

"I think it's a dynamite idea."

## Trial to be set for Somtoa murder suspect

A man charged with the death of a Highline student will have another hearing on Feb. 26.

Jabari James has been charged with vehicular homicide in the death of Highline student William Somtoa.

On Jan. 3 Somtoa and two other Highline students, Chase Evans and Carmrodeen Kahn, were parked in Evans' car when James crashed into it.

All three students, and James's own passenger Daniel Thomas, were sent to the hospital.

On Jan. 4, after over a day on life support, Somtoa died.

James was arraigned on Jan. 21 where he pleaded innocent to vehicular homicide.

At a hearing on Feb. 4 James's attorney asked for a continuation which was granted.

The next hearing will be to set a trial date.

The hearing will be at the King County Court Office on Feb. 26 in room 1201 at 1 p. m.

## New clubs approved

Last week, at the Student Government meeting, three new clubs were approved: the Comedy Club, the Art Club and the PSEC Cap and Gown Club.

The Comedy Club's purpose is to "bring fun and entertainment to the campus", according to the club approval form.

The Art Club, unlike the current History of Art club, will be dedicated to a variety of art forms, including painting, photography, digital art, etc.

PSEC Cap and Gown is a committee made of students from PSEC, who will be using S&A budget funds to plan the last PSEC graduation.

## The first and the Movie Friday

This week, Movie Friday will feature *Daughters of the Dust.*

The movie will be hosted by Dr. Sydney Stegall tomorrow, Friday, Feb. 20 in Building 7 at 12:30 p.m.

Daughters of the Dust is a 1991 movie about three generations of Gullah women at the turn of the 20th century and the story of their migration from the Sea Islands to the America.

The film stars Cora Lee Day, Alva Rogers, Trula Hoosier and Umar Abdurrahamn.

At the Sundance Film Festival, Daughters of the Dust won the Cinematography Award and was nominated for the Grand Jury Prize.

The film was chosen for preservation in the United States National Film Registry by the Library of Congress.

## Gay unity conference to be held in April

The Gay-Straight Alliance is accepting applications for the 2009 Power of One: Queer and Allies Leadership Conference to be held at the University of Puget Sound in Tacoma.

This event, which runs from Friday April 24 to Sunday April 26, 2008, is designed to help to establish leadership skills and camaraderie between straight and GLBTQ (gay, lesbian, bisexual, and transgender) students.

The mission of Power of One conference 2009 is to explore the connections between art, faith, and politics through discussion, engagement, and collaboration.

They are only able to accept seven applications. The deadline to turn them in is April 1, 2009.

For more information call Mandy Mineard at 206-878-3710 ext. 3934.

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**Tip of the week:**
*"Go confidently in the direction of your dreams. Live the life you have imagined."*
*-Henry David Thoreau*

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STUDENT JOBS:
Are you the burley mountain type?
Can't wait to get outdoors?
Mt Rainier is looking for you!

Carpenters, Park Rangers, and Maintenance Workers
**Job # 5073, 5069, 5070. Seasonal/Fulltime**
Assist with the construction, maintenance and repair of buildings, structures, trails, campsites and recreation areas throughout the park. Lead discussions and trail walks. Other park maintenance as required. See job descriptions for further details.

Wage: $15.68-$28.98 Please see each job description for exact wage and more details.

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

# I-BEST interns promise their best

## Program seeks customer service training opportunities

**By HANNA JAZZYCA**
Staff Reporter

Ami Nguyen/THUNDERWORD
*I-BEST students get help from instructor Jay Hopper in the computer lab.*

I-BEST (Integrated Basic Education Skills Training) students are looking for internship opportunities at Highline.

"Through this internship component, students will be able to get hands-on experience in customer service," Marcia Welch said.

Welch is the I-BEST coordinator and professor of Business Information Technology.

Highline offers the I-BEST certificate program with a wide range of programs that include Business Technology, Customer Service, Child Care Assistant, Family Home or School-Age Child Care, Phlebotomy and Nursing Assistant.

"The objective of I-BEST is to integrate basic education for students that need additional language skills that might be ESL (English as a Second Language) students, students who are working on their Adult Basic Education or GED," Welch said.

*Marcia Welch*

"It's the ability to combine that basic education with some types of skills and training," she said.

The I-BEST Customer Service Program has 13 credits. It consists of Modular Keyboarding, 10 Key Mastery, Managing Customer Service, and the internship component.

The internship component has two credits. Each credit is equal to 30 hours of work, so each student has to complete 60 hours of work between now and the end of the quarter.

"For this particular program we try to actually place them on campus, because they are here so long on any given day from 9 a.m. to 1 p.m.," Welch said.

"It's much easier if we can find most placements in campus, because there are a lot of people on campus. We deal with students, vendors and other colleges," she said.

"There are a lot of departments in the campus that have the needs of some extra assistance," Welch said.

However, students who cannot adjust their schedule are allowed to have their internship outside the campus.

"When a department needs an intern, they should contact me by phone or e-mail and let me know their needs, what kind of things they want the students to do, the skills they need, and also the day and time they need the interns," said Welch, who collaborates with Lina Older in teaching.

"What I will do is to match the needs of the department and what the students want to learn and their availability, so it will be balanced," Welch said.

"Technically, the internship program can be paid or unpaid. Because of the economy right now, most of internships they will find will be unpaid," Welch said.

"You will get more opportunities if you are willing do it unpaid," she said.

Currently 14 students are in the I-BEST Customer Service Program in this quarter.

Some I-BEST students who have started their internship enjoy their time in delivering customer service on campus.

"We started our internship in the end of January in the ESL Department," said Jeanine Cuellar, one of the I-BEST Customer Service students.

"We are responsible to show the students how to log on the program, show how to use the equipment, and help them when there is troubleshooting," said Dar Smith, I-BEST Customer Service student.

"It's a way to get a better understanding about how to help people," Smith said.

Welch said she wants her students to succeed.

"My hope for the students in completing an internship is that they are able to get some hands-on experience in the real working world where they can apply the skills they have learnt in I-BEST Program," she said.

"I also hope they will continue to learn the new skills that will help them to be successful when they return to the workforce," Welch said.

Welch can be reached by e-mail at mwelch@highline.edu or by phone at 206-878-3710, ext.3896.

# Budget-cut picture starts to grow more clear

**By SIDNEY PACAMPARA**
Staff Reporter

More details of Highline's current budget cuts have been released by the college.

Highline President Dr. Jack Bermingham and Human Resources provided information of where specifically the budget reductions have been made. The cuts are a result of the pressure from the state's own budget reductions. Highline receives about 70 percent of its funding through the state; the rest is through tuition.

Major Highline divisions have undergone total program reductions up to $1,103,000. The largest is $638,000 in instruction, followed by $320,000 in administration, $77,000 in Student Services and $68,000 in Institutional Advancement.

This is an addition to the already announced closure of the Early Childhood Learning Center at the end of Spring Quarter and the decision to not renew the lease of the Federal Way Center, saving more than $600,000.

Puget Sound Early College will close at the end of Spring Quarter and the college is currently working with the families of the students to make the transition to the main campus as Running Start students.

ABE/ESL and Center for Extended Learning classes will continue at the center through August 2009. Highline is working with officials of Federal Way and Federal Way schools to potentially move the courses into any available classroom space.

The Early Childhood Learning Center received 30 percent of its funding through Highline from state funding, plus support from the Service & Activities budget, grants and user fees.

Along with the facility closures, 44 positions will be cut and four reduced. Early Childhood Learning Center make up a large number of eliminated positions. Early Childhood Learning Center Director Shelley Flippen and Highline Facilities Director Pete Babington are among the positions being eliminated as well.

Three Student Program full-time positions will be reduced: Program Support Supervisor to 80 percent time; Human Resources Representative II to 70 percent time; and Resource Development Program Assistant to 60 percent time. A WorkFirst Program Assistant's 80 percent time will be reduced to 50 percent time.

Highline's instruction budget will be reduced by over $94,000 through reducing part-time faculty and 1,000-hour staff. Faculty's full-time membership was reduced by 6.5 percent.

A total of 13 exempt positions, two being cabinet level, and 20 classified positions will be cut.

The college says the employees have opportunity to use the Employee Assistance Program through the Human Resources Department.

## *Editorial comment*

# Stimulus is not a shiny magic bullet

The state budget shortfall has been making an impact at Highline this year in the guise of program closures and employee firings. The question on many people's minds is whether the new stimulus bill, which was signed into law by President Obama on Tuesday, will help to alleviate the strain that has been placed on higher education.

The optimistic expectations many have concerning the effect of the stimulus on the state budget are probably unwarranted, however.

The Associated Press said on Saturday that the stimulus package contained $54 billion to relieve state budget cuts, with $36 billion going to education.

The budget proposal released by the Governor's Office in December last year proposed cutting four-year school funding by $216 million (13 percent), and two-year school funding by $110 million (6 percent).

In order to meet the expected demands of the final state budget, the school budget has been cut by $2.1 million, with many jobs at the school already being eliminated and several programs being shut down.

A new economic forecast for the state to be released on Thursday may result in even more cuts to education, the Seattle Times reported on Wednesday.

The Columbian reports that the state will receive $1 billion from the stimulus package for the purpose of budget stabilization, at least $818 million of which is supposed to go to fixing shortfalls in both K-12 and Higher Education.

Although one may initially be hopeful at such news, the bigger picture is less positive.

With more economic forecasts still to come and the national economy still in decline, there is the possibility that the cuts to education may be greater than were projected in December. Gov. Gregoire said last week that relief from the stimulus package may be tempered further as a result of the state getting less tax revenue.

It would be nice if the stimulus magically fixed the budget shortfall. It would be nice if tuition didn't have to go up, and is programs didn't have to get cut. Unfortunately, actually expecting any of that to happen is naive.

The country is in crisis.

Highline is just one more facility on the long list of institutions facing these cuts.

# Family Policy Institute is misinformed

## Commentary

**Nicholas McCoy**

I am filled with loathing.

The Family Policy Institute is maligning my inbox. It has duly informed me that pornography is the origin of all ills and that giving gay couples the same benefits that heterosexual couples receive will cause the economy to combust.

I am not impressed.

The Family Policy Institute of Washington is the state's own creepy little tentacle of the national policy group Focus on the Family.

Although the Family Policy Institute describes itself as advocating "religious freedom," as the state associate of Focus on the Family it mostly seeks to turn the secular legal system into an extension of Christian Evangelism.

Nothing I've encountered in relation to either organization has given me the impression that the parenting policies of, say, a Wiccan family would be especially welcome.

I didn't sign up for this bombardment.

I was previously aware of Focus on the Family, but I had thought of it as a special national hell, not something pervasive. Not local.

It couldn't happen to my e-mail inbox.

Clearly, I was naive.

It started with an e-mail celebrating the apparent presence of "hundreds" in Olympia to "support traditional marriage."

I am still deeply bothered by this term, 'traditional marriage,' considering that gay marriage was actually legal in places until about close to 2000 years ago.

Included in the e-mail was a very special quote from the executive director of the organization, Joseph Backholm:

""We believe the current distinction [of marriage as between a man and a woman] is the most reasonable and most applicable because of the unique relationship, unique value that heterosexual marriages provides. They're the only institution in which children are created."

I would like to begin by asking, if heterosexual marriages are the only institution in which children are created, where exactly the children of unwed parents fit it.

A later e-mail informed me that a bill granting rights to domestic partnerships would "cost the state $375,000." In any other year that figure would be irrelevant. However, this is not any other year. This is "deficit of historic proportions" year."

Beyond the insulting implication that civil rights are bad because they cost money and the complete lack of any citation for the figure, I would like to point out the absurdity of being outraged by $375,000 when the state is facing a multibillion dollar shortfall.

Thousands. Millions.

*Billions.*

There is a difference in the weight of these figures.

And yeah, it is insulting.

## 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.

# Staff

"At least it's not a freakin' immortal bear."


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## *Letters*

### Wheaties v. Phelps controversy ridiculous

**Dear Editor:**

Reading about how Wheaties is withdrawing its Michael Phelps endorsement, I'm amazed. What is the big deal about smoking pot? While anything that is abused is bad for you, and personally I don't want my brain altered, how is a natural growing plant that God made, worse than say, the pharmaceuticals that we give out like candy to our kids? A child who can't sit still in class because he's hyped up on sugar, or TV and video games is given a drug to turn him into zombie. A person who's depressed is given a drug instead of addressing why he's depressed. If I'm not mistaken, every kid who's gone into a school and shot up his classmates was on some sort of prescription drug. Do we go after the people who make these drugs? No, it was the gun that did the killing, not the paranoid voices in the shooter's drug-addled brain. And let's not forget that the woman who drowned her five kids was on anti-depressants.

But aside from the hypocrisy of the pot debate, let me make one more point, I wonder who the "friend" was who shot the picture of Phelps, and then sold it to the tabloid for 30 pieces of silver?

**--Robin Landry,**
**Highline student**

# Homophobia also encountered by straights

**Commentary**

**Liz Phillips**

Monday was my first Lizbian experience.

A friend of mine and I went to a medical appointment I had scheduled. As we were climbing the stairs to the office I told her I was nervous because I have a rather embarrassing fear of needles. As a joke she offered to hold my hand in case I freaked out.

We walked into office hand in hand to the desk on the second floor of my doctor's office.

Being that we are good friends, I didn't think anything of the fact that we were still holding hands as we strolled into the office. Walking in we received countless cold looks from other patients. Not thinking anything of this, we walked up to the desk in the office and I told the secretary who I was and all that jazz.

After what felt like a minute of her eyes staring at me and at our hands, she rudely asked me if I had checked in downstairs. Seeing how this was the first time seeing my new doctor, I, a little taken aback, said no, I was unaware that I needed to do this.

The lady smugly said yes, you need to go downstairs. A little irritated, I said OK and bit my tongue. Felicia, who had also felt the coldness in her voice, grabbed my hand, smiled and guided me back toward the stairs.

We decided to roll with it and keep up the façade of being a gay couple. It was unbelievable how many people did a double take at us as we walked down the stairs.

On the bottom floor we attempted to check in. And yet again we received the same awkwardness as upstairs. There was no hi, how are you guys today, like I generally receive when attending an appointment solo or with my boyfriend. It was straight to it, name and date of birth mumbo jumbo.

After the awkward check in, back up the stairs we went. This time we were more or less ready for the eyes wondering at our conjoined hands. I checked in and we sat in the waiting room and flipped through a few magazines. I was tempted to lean over and kiss her just to add to everything, I decided to go with more subtlety.

As we waited, we talked about how pathetic it was that it felt like it was such a big deal and that people really were staring and seemingly treating us differently. Felicia made a hilarious comment to me that really made me think.

"If I were a lesbian," she said, "I would be a lipstick lesbian until people treated me like this, then I would become full-on bull dike lesbian and probably whoop someone's ass."

After an hour of waiting, the nurse finally called my name and we followed her back and she put us in a room. The nurse said she would be back momentarily and she disappeared. After a few minutes she returned and introduced herself to me and looked to Felicia and sort of clarified so this is your friend, all condescending. Felicia later informed me she almost corrected her and said partner but she decided against it.

Eventually the nurse informed me all the stuff my new doctor would be doing that day, etc. etc. All the while she kept referring to Felicia as my friend, and the way she said it wasn't endearing or even just like a normal person would say "friend." She overemphasized it, inferring something more than "just a friend."

The entire rest of the appointment was the same ill treatment. My doctor, who was an hour late, uttered no apologies, nor even mentioned the tardiness. Any time my other doctor had been late or kept me waiting she would sincerely apologize and the latest she had ever been late was 15 minutes.

She introduced herself with a handshake and also extended a hand to my apparent new partner. The doctor then proceeded to ask me all the new questions doctors generally ask, do you do drugs, any heart problems, etc, etc, until she got to the sex questions.

"Are you sexually active?" she asked, then immediately stared at Felicia for what felt like a good minute, as if she was waiting for official confirmation.

"Yes," I replied, "with my boyfriend of almost two years."

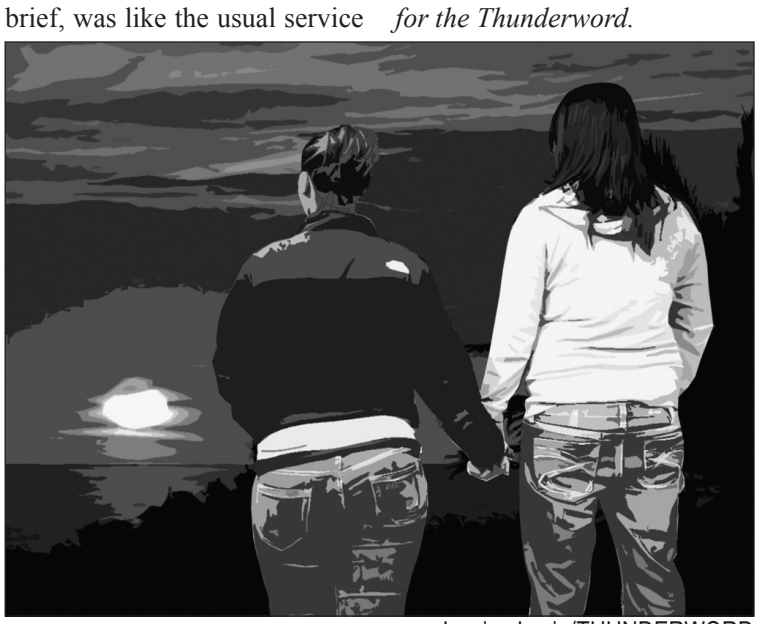
Her look of relief made me feel almost sick to my stomach. And that was where the switchover took place.

The rest of the visit, although brief, was like the usual service I generally receive there. But this newfound kindness was not received well by me or Felicia. I made the decision to not revisit this doctor and considered issuing a complaint. This was truly an eye-opening and shocking experience.

We were surprised at the fact that people are still so closed minded. Even if we were gay, a person is still a person and there is absolutely no reason anyone should be treated like that because of their sexual preference.

We go around talking about how open-minded and how much has changed, but how much has changed if two same sex-friends can't even hold hands? It is really disheartening and in a way changes the way I look at us as a whole in society.

*Liz Phillips is a news editor for the Thunderword.*



Jessica Lovin/THUNDERWORD

# Court case is not actually about saving children

**Commentary**

**Jaren Lewis**

Iowa resident Christopher Handley is in jail for owning comic books.

Handley, a collector of Japanese comic books, was arrested in May 2006 when he received a package containing seven comics he had imported; some of the comics contained fictional illustrations of minors in sexually explicit situations. Now, Christopher Handley is going to trial for possession of child pornography based on Section 1466A of the Bush administration's PROTECT act of 2003.

Some guy being arrested for owning dirty comic books doesn't seem like something that most of us should really be worried about; however, the fact that a man can be arrested for the content of his private belongings is a very serious threat to every American's rights.

Obscenity is, by most accounts, illegal – even though the First Amendment guarantees us freedom of speech, many court rulings have agreed that "obscene" forms of speech are not protected.

The most current definition of obscenity comes from the 1973 case Miller v. California, in which the Supreme Court decided that something is obscene and therefore not protected by the First Amendment if it meets three criteria: first, that the average person in the community would agree that the work overall is meant to arouse sexual desire; second, that it clearly shows sexual or excretory functions as defined by local law, and finally that it "lacks serious literary, artistic, political or scientific value."

These three standards have come to be known as the Miller test. They've been criticized for their vagueness.

However, in the Miller v. California case, the decision was not unanimous - Justice Douglas wrote a strong dissenting opinion about the case's outcome, arguing that obscene things should not be unprotected speech, because the First Amendment was meant to allow things that would otherwise be censored to be heard.

Section 1466A of the PROTECT act refers to owning "visual depictions of any kind" of a minor in an explicit sexual situation.

Of course, I don't think anyone would argue with passing laws to protect children from being sexually abused or exploited. But the PROTECT act is horribly flawed in the way it tries to do this.

For example, part c of section 1466A reads, "It is not a required element of any offense under this section that the minor depicted actually exist."

This belies a common reasoning behind legislating virtual child pornography, as well as any other kind - if they look at these pictures, it could inspire them to really do something like this, right?

But this means, in our legal system, you can abuse a child that doesn't exist. That fictional character has rights.

There are books in circulation right now that depict minors in sexual situations, such as Vladimir Nabokov's acclaimed novel *Lolita* and Alan Moore's comic *Lost Girls*. These books are in common circulation, and can be found quite easily in respectable bookstores.

Should crime fiction writers, and their readers, be charged with first-degree murder?

Is someone who makes an artistic rendering of the crucifix committing brutal torture and murder?

Of course not. The idea that someone can be held responsible for the artistic depiction of a crime is ridiculous.

But even according to the PROTECT act, Handley is innocent – the works in question pass the Miller test handily.

Handley is being charged for possession of comic books. Comic books are, by definition, a series of words someone wrote and illustrations someone drew, which would seem to indicate the works have both literary and artistic value.

If a work has literary or artistic value, it passes the Miller test; if it passes the Miller test, it is exempt from the PROTECT act, because every subsection of the act pertaining to distribution and possession of fictional depictions includes either the subclause "and is obscene" or "and lacks serious literary, artistic, political, or scientific value."

The fact that Handley's case has taken this long to settle does not bode well for privacy and freedom of expression in America.

*Jaren Lewis is the managing editor for the Thunderword.*

# Summit testifies for hip hop

**By KATHERINE TACKE**
Staff Reporter

*Students dancing at the Hip Hop Summit thrown in 2008.*

The 2009 Hip-Hop Summit will look at the evolution of hip hop by going back to the roots and showing people how it started and what it is today, summit coordinator Tony Innouvong said.

Part of Innouvong's mission is to eliminate stereotypes and re-educate people about hip hop culture.

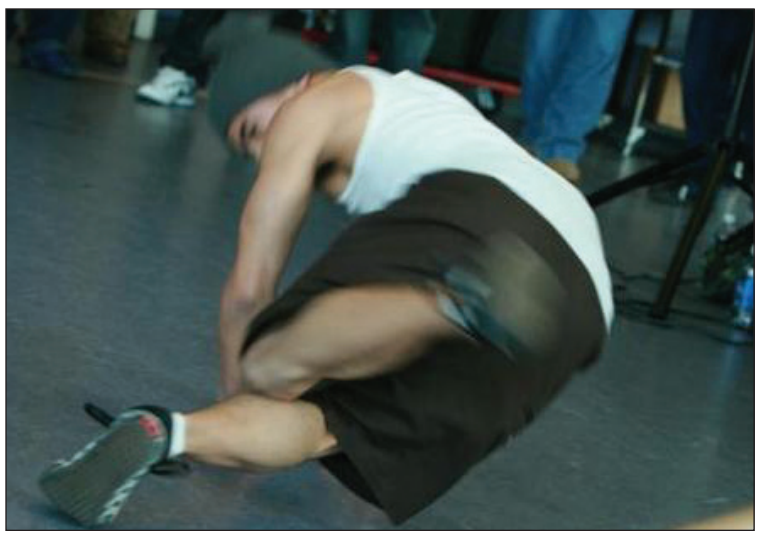
He defined the common stereotypes: Rap music is about material things, it demeans women, every rapper is a gangster and every white rapper wants to be a gangster.

"People only see one side of the story. I want to create a foundation for people of what hip hop culture truly is," Innouvong said.

Innouvong is also the Hip-Hop Club leader. The group meets on Tuesdays at noon in Building 8 room 301.

"I wanted to get involved on campus, especially within a channel I have a passion for," Innouvong said. The hip hop group collaborates with others on campus to put on events such as the Cypha, a monthly break battle in Highline's Student Union.

"The summit is important to the campus because it provides students with a sanction to gather and learn about a growing culture. It really ties in to the diversity on campus," Innouvong said.



*Like last year's event, this one will feature a break dancing.*

Now, Innouvong has led a committee to organize this big, two-day event.

The summit begins on Feb. 26 at 9 a.m. in the Mt. Constance room with a lecture on the evolution of hip hop by King Khazm.

At 10 a.m., Dr. Tricia Rose from Brown University will give a lecture on the politics of hip hop.

A panel on the misconceptions of hip hop will take place at noon with Kitty Wu, King Khazm, DJ Hyphen, Sean Good and Hannibal.

On Friday, Feb. 27 the summit will resume at 10 a.m. with a hip hop art exhibit. Innouvong said that it will feature a documentary on graffiti called "Style Wars."

The exhibit will also showcase various local artists who will be accepting free will donations.

"There will also be a free wall. This will be a designated area where people can tag and add their own artwork," Innouvong said.

At 11 a.m. the summit will switch gears for a poetry lounge in the Mt. Constance room.

It will have an open mike where people are free to read a poem, sing or just sit in and listen.

The finale will feature a night show break battle from 7 to 11 p.m. on the cafeteria stage in the Student Union. Artists will include Common Market, Gabriel Teodros, Nam, Khingz and Parker Brothaz.

"Hip hop culture has been gaining international attention over the past couple decades," Innouvong said. "The summit is an event for students and community members to experience it live and interactively."

# Free concert for Thunderword readers

**By KATHERINE TACKE**
Staff Reporter

*David Waltman*

*Ikka Talvi*

Reading this article can score you some free tickets for a concert this weekend. The Rainier Symphony will perform several classical pieces on Saturday, Feb. 21 and Sunday, Feb. 22.

They will present their second classical concert of the season in Renton. The Saturday performance will take place at the Renton IKEA Performing Arts Center at 7:30 p.m.

The Sunday performance will be at the Foster Performing Arts Center at 3 p.m.

The symphony will perform Beethoven's *Egmont Overture*, Strauss's *Till Eulenspiegels Lustige Streiche Op. 28*, and Dvorak's *Symphony No. 7*.

The symphony is led by music director David Wayne Waltman and internationally recognized concertmaster Ilkka Talvi. The Rainier Symphony is connected to many local ballets, schools and chorales through the Third Millennium Orchestra Project started by Waltman. He wanted to create a sustainable regional orchestra.

This is the second classical concert of the season; the third classical concert will be held on April 18 and 19. To find out more go to http://www.rainier-symphony.org/calendar.html.

Tickets are $17 for adults, $12 for seniors and students and free for children under 12.

However, by presenting this article at either of the February performances, Thunderword readers can receive free tickets.

# Artists show their work

Highline's next Arts and Lecture Event features artists Melody Ericksen and Jerome Damey.

The Arts and Lecture Events have been going on all this quarter every couple of weeks and have featured the work of artists around campus. Rashiid Abdullah coordinates the event.

"Basically, it's just a chance for artists to show their work and talk about it," Melody Ericksen said.

She has been drawing since she was around 11 years old.

"Most of it is sketches, more cartoon style and colored pencil, things like that," Ericksen said.

This is the first time that she has shown her art.

The event takes place on Feb. 26 from 1-2 p.m. in Building 6, room 164.

# HOT PICKS

**By LIVIA MAHAFFIE**
Staff Reporter

If you find yourself with nothing to do this weekend, the Greater Seattle area has several events to offer.

• On Friday, Feb. 20 the Richard Hugo House presents *The Theory of Everything*, a play written by Prince Gomolvilas and directed by Manuel R. Cawaling.

The play is about seven Asian Americans who meet each week atop a Las Vegas wedding chapel and begin to create personal connections, while exploring their own meaning of existence.

The play won several awards, including the International Herald Tribune/SRT Playwriting Competition.

The play is from 8 – 10 p.m.

Tickets are $14 for general admission and $10 for students, seniors and theatre artists.

For more information call 206-323-9443.

• If you're looking for something more upbeat and that'll make you tap your feet, you should check out the Seattle Improvised Music Festival on Friday, Feb. 20.

The festival features improvised music from improvised musicians all across the country and world, including Lebanon, France, Berlin and New York.

The event will take place at Chapel Performance Space in Seattle.

The event runs from 7 – 10 p.m. and costs $10-25.

For more information call 206-789-1939.

•If you're looking to find your inner child, you should check out the exhibit The Art of Warner Brothers Cartoons at the Museum of History and Industry in Seattle on Saturday, Feb. 21.

Some activities include face painting, cartooning workshops, caricature artists, crafts, gallery tours and a special visit from Bob Abrams, who worked as a cartoonist for Warner Bros.

The exhibit is open from 10 a.m. to 5 p.m.

The admission is $6-8 and children under 12 years get in for free with a paying adult.

For more information call 206-324-1126.

• Check out the University District Farmer's Market.

The market includes more than 50 Washington state farmers to sell fresh produce and quality products.

The market is open year-round and includes a great selection of winter produce.

The Farmer's Market is open from 9 a.m. till 2 p.m. and all are welcome.

# Lady T-Birds in dogfight for playoff spot

**By BRIAN GROVE**
Staff Reporter

Ami Nguyen/ THUNDERWORD

*Highline's Ariassa Wilson looks to pass the ball to an open player against South Puget Sound.*

The Highline women's basketball team made their path to the NWAACC tournament a little bit rougher last week as they moved into a tie for third place in the West after splitting two games with South Puget Sound and Clark last week.

Highline is now 7-5 in the West Division, 12-12 overall.

In order to make a clean run to the NWAACCs, Highline will need to win the rest of their games.

If not, they can still tie for fourth place if Grays Harbor wins their remaining games. If Grays Harbor, South Puget Sound and Highline lose out, third and fourth place could still be taken by Clark and Green River if they manage to win out.

Despite the five-way dogfight for the NWAACCs, Highline's schedule is looking rather favorable in comparison to the rest of the teams vying for the two remaining seeds.

Lower Columbia and Centralia are tied for first and have already clinched playoff berths.

The only bump in the road for Highline will be their game next week against Lower Columbia.

When Highline played Lower Columbia in Longview last month, they were defeated by a final score of 78-56.

The rest of their games are against sub .500 teams, including Tacoma and Pierce.

Grays Harbor has a similar schedule, as they play Centralia in one of their three remaining games. Tacoma and Pierce are its other two opponents.

South Puget Sound has the toughest schedule ahead as they have to take on both Centralia and Lower Columbia over the next two weeks.

Green River's schedule is also looking difficult as the rest of its games are against teams with better records. These teams include Highline, South Puget Sound and Clark.

Clark will also be a long shot as the Penguins have to face South Puget Sound and Lower Columbia.

Highline had little trouble dealing with South Puget Sound when they faced them on Feb. 11 at the Pavilion.

The Lady T-Birds cut the Clippers' sails and sunk their ship by 20 points, 72-52.

Highline's Dani Carlman led the team's offense with 14 points, and Jazzmn Montgomery and Tera McCann-Soushek also scored double figures, with 10 points apiece.

The Lady T-Birds spread the love with 21 assists and kept up the pressure on the defensive end with 23 steals.

Sophomore Kameka Nolen sported half of Highline's blocked shots, with 3.

Last time Highline played South Puget Sound, they won narrowly, 53-51.

Highline's players and coaches believe the big win was a combination of energy and playing with a sense of urgency.

"The players knew this was a must-win game for us. That win allowed us to move into third place. We also have been playing very well at home. The girls followed the game plan to a tee and it paid off," said Highline Head Coach Amber Rowe.

"We came out with a lot of energy and were really pumped up before the game," freshman guard Lauren Hill said.

"We were ready to kick some ass and take some names," she said.

Last week, Highline had a bye in which they did not play their usual Saturday game.

"It gave us more time to work on what we needed to work on. That's when we put in our new fastbreak," Carlman said.

"We put in a new fastbreak and it's killer," freshman Patrice McKinnon said.

Aside from the new fastbreak, the team doubts their break had much impact on their play.

"I don't think the bye really mattered either way. It is now apparent to me that when we come focused and ready to play, we are a very good basketball team," Rowe said.

"But as our game against Clark proved, when we don't do this we are a mediocre basketball team at best. We cannot afford to turn it on and off over these last two weeks. Every game matters for us now, we must come ready to play," she said.

The Penguins stole the Lady T-Birds' thunder as they defeated Highline 80-64 last Saturday.

Stats for this game were unavailable at press time.

Highline players and coaches contributed their loss to a lack of focus that cannot happen again if they are to make the playoffs.

"We need to win out and come focused every game," Carlman said.

Highline's only difficult match should be their game against Lower Columbia on Saturday, Feb. 21, at 1 p.m. at home.

However, after seeing what happened against Clark, the team is making sure they come prepared to every game.

"In order to go to NWAACCs we need to be darn near perfect down the stretch. Every game matters no matter if we are playing the league-leading LCC or league-last Pierce. We need them all," Rowe said.

Highline played Green River Wednesday, Feb. 18, at 6 p.m. with results unavailable at press time.

Their next two games are against Lower Columbia, Feb. 21 at 1 p.m., and Tacoma Saturday at Feb. 25 at 6 p.m., both games are at home.

# Highline wrestlers qualify for championships

**By MAX DUBBELDAM**
Staff Reporter

Six Highline wrestlers have qualified for the National Championships.

Highline traveled to North Idaho College on Feb. 14, to compete in the Region 18 Championship. The six wrestlers who placed were Justin Purvis, 125 pounds, Aaron Smith, 133, Zach Burnett, 157, Caleb Padgett, 184, Mike Morales, 197, and David Lopez who wrestled at 285 pounds.

The national tournament will be held in Rochester, Minn., on Feb. 27 and the finals are the next day on Feb. 28.

At the regional championships Highline got in fourth place with 50 points. North Idaho College took first place with 129 points.

Assistant Coach Brad Luvass said that the team morale going into the tournament was "better than it's been most season."

"We had a couple of weights where it was going to be an uphill climb," Luvass added.

He also said that it didn't help that they lost Captain Marshall Giovaninni due to injury.

"Aaron Smith, Zach Burnett and David Lopez performed to what they're capable of," Luvass said.

Smith, Burnett and Lopez all made it to the finals in their weight classes but lost to their final opponents to finish second.

"I wrestled good in my semifinal match, but not so good in my final one," Lopez said.

Padgett placed fourth, Purvis placed third and Morales also placed third in their respective weight classes.

Luvass said that Morales wasn't 100 percent fit and could probably have placed even higher. He also said that the region Highline is in, region 18, is one of the top two regions in the nation.

"If you come out of the region you are expected to do good at nationals," Luvass said. "We expect every one of them to challenge for an All-American title."

Burnett said that he's happy and pumped for the upcoming national tournament.

"I should be able to place," he said.

Smith said that he was pretty nervous going into the regional championship and said that he thinks he'll place at nationals.

"I'm more confident [going into nationals] than I was going into regionals," Smith said. He is currently ranked second in the country.

Lopez said that he just needs to wrestle everyone the same, and that he has to take it one match at a time.

"I could be national champ I think," Lopez said. "I need to bring my A game. If I do that I'll be fine."

The national tournament will be held in Rochester, Minn., on Feb. 27 and the finals are the next day on Feb. 28.

# T-Birds are Kennewick-bound

**By CHRIS WELLS**
Staff Reporter

Sol Lee/THUNDERWORD

*Gaines and Jerome Bland playing a dribbling game inside the 3-point line at a recent practice.*

The T-Bird men have clinched their ticket to the NWAACC tournament in Kennewick on March 5-8.

With a winning streak of five games, Highline, now 11-1 in league and 16-7 overall, was able to finish off a clean sweep over their last two games against South Puget Sound on Feb. 11 and Clark on Feb. 14.

The South Puget Sound Clippers came into town on Feb. 11 to lose by a score of 90-80, which dropped them to 3-9 in league and 9-14 overall.

Kelly Edwards had potentially the best game of any Highline player this season with his 10 for 15 shooting from the field and 30 points overall.

Including to a big point night, Edwards contributed on the boards with 13 rebounds and picked up a steal.

Also having a big night on the boards was Dan Young with 13 rebounds. He was also able to support the T-Birds scoring effort with 13 points. On the defensive end he picked up 2 blocks and a steal.

Shedrick Nelson shot 6 for 11 from the field and came away with 16 points.

In the weekend game on Feb. 14, the Clark Penguins were no challenge for the T-Bird men. After a slow start in the first-half, the T-Birds ran away with the game in the second-half with a final score of 89-74.

With the loss Clark still maintains its fourth place position and is sitting with a record of 8-5 in league and 14-9 overall.

Having a big night for the T-Birds was sophomore Coby Gibler.

With 16 points and a game-high 12 rebounds, Gibler continued a season long trend of being a force to reckon with in the paint.

Also helping out on the offensive end was Stedman Richardson, who finished with 19 points on 5 of 9 shooting from the field.

Running the point, Vaughn Gaines had another solid game with 14 points on 5 of 8 shooting and 5 assists. However, he did turn the ball over a game-high 8 times.

Going 6 for 7 from the field, Aaron Stevens was a key player off of the bench with 14 points and 9 rebounds.

Edwards and Nelson both contributed to the scoring marathon with 14 and 12 respectively.

The score and statistics were unavailable at the press time for the Green River game on Feb. 18.

Even with the wins, the head coach of Highline, Ché Dawson, said there are still things to work on.

"We still need to work on our consistency and our decision making, especially related to getting the ball into the post," said Dawson.

Coming up next the T-Birds will square off against two of the top teams in the West.

On Feb. 21 at 3 p.m., Highline will be at home to go up against the Lower Columbia Red Devils.

The last time that the Red Devils and T-Birds met was on Jan. 21, a game in which Highline came out victorious by a score of 77-70. Richardson and Nelson led the way for the T-Birds in that game with 19 points each.

Lower Columbia, who is currently in third with a record of 8-4 in league and 15-8 overall, will be looking to come away with a win to clinch a spot in Kennewick.

The Red Devils feature several impact players on their roster.

Standing in at 6'6'', sophomore forward Alex King from Mt. Tahoma High School has led the way for the Red Devils all season with an average of 16.65 points per game and shooting an impressive 66 percent from the field. In addition to the points, he is a solid rebounder at 9.48 per game.

Helping out King on the offensive end is Ryan Freeman, a 6'4'' sophomore forward from Willapa Valley High School in Menlo, Wash., and Marice Tolliver, a 6'5'' sophomore forward from Mt. Tahoma High School.

Freeman is averaging 13.26 points and 5.78 rebounds per game and Tolliver is averaging 12.8 points and 7.07 rebounds per game.

Next up for the T-Birds is potentially the game of the year for the regular season in the NWAACC.

On Feb. 25, Tacoma will come into town at 8 p.m. to potentially play the game that will decide who will get a banner for first place in the West.

The last time the Titans and T-Birds clashed was on Jan. 24, a game in which the Titans pulled out an 88-80 win. Although they felt prepared for that game, Gibler said there was something that they did wrong that led to that result.

"Defensively we got kind of sloppy and didn't execute like we needed to," Gibler said. "It's going to be a big game for us at home."

The Titans are currently first in the West with a record of 12-1 in league and 23-2 overall.

Averaging a respectable 18.15 points, 9.65 rebounds and 1.75 steals per game for the Titans is Kevin Dancer, a 6'5'' sophomore guard out of Pasadena High School in Pasadena, Calif.

Also continuing a pattern of success for the Titans is Toussaint Tyler, a 6'2'' sophomore guard out of Kentwood High School.

Tyler is not only averaging 14.8 points per game, but he also ranks fifth in the NWAACC with 5.16 assists per game.

With just one more game after Lower Columbia and Tacoma, at Pierce on Feb. 28 at 7 p.m., the T-Birds men are sitting comfortably with at the very least the No. 2 seed in the NWAACC tournament and could potentially go in as a one seed.

Gibler said this is something that the team realizes and they know how they need to finish out the season.

"We have to play hard every night and we just need to keep doing what we have been doing all season," Gibler said.

Coach Dawson had something similar to say as well.

"We are doing everything we can to make sure we focus on the next game being the most important game of the season," Dawson said."

# Fastpitch has seven but needs more

**By BRIAN GROVE**
Staff Reporter

The Highline fastpitch team is still in desperate need of players if they are looking to compete in the West Division this coming spring.

Gary Graf is the new head coach for Highline, taking over after the resignation of Anne Schmidt last season.

Taryn Plypick, who is also the assistant coach for women's basketball, will be Graf's assistant coach.

As well as new coaches, the Lady T-Birds will be bringing two new pitchers to the table, Caitlyn Duggan and Kristina Stedelman.

Duggan plays outfield and Stedelman plays second base when not dealing from the rubber.

"They have good control, decent speed, and decent changeups. I'd say in the mid 50s," Graf said.

"The big thing is that they don't walk anybody."

At the moment, Highline has seven committed, talented players, but the team is looking for 11 or 12 to be on the safe side.

"Eleven or 12 would be ideal," Graf said.

"It would give us two or three subs. During the year, if someone twists and ankle it's good to have a couple of extras," he said.

Highline has four returning players looking to have another successful season.

These players include shortstop and second baseman Kayla Leliefield, outfielder Alea Litivinenko, third baseman Jaclyn Wills and catcher and infielder Michaela Hector.

Although Graf will take any athletic talent that comes his way, he said Highline is looking for outfielders.

"We mostly need outfielders. But if they've got infield talent, I'll take them," he said.

Graf also said softball can provide a good memory for someone to look back on after their college career is over.

"It would be a good thing for someone to look back and say, 'I played college softball,'" he said.

Graf can be contacted by phone at 206-369-8659 or by e-mail at txfarg@hotmail.com.

# Scoreboard

**Men's basketball standings**

| West Division | League | Pts | Season |
|---|---|---|---|
| Tacoma | 12-1 | .923 | 17-2 |
| Highline | 11-1 | .917 | 16-7 |
| Low.Col. | 8-4 | .667 | 15-8 |
| Clark | 8-5 | .615 | 14-9 |
| Grn.River | 6-7 | .462 | 9-14 |
| Pierce | 4-8 | .333 | 9-16 |
| S.P.Sound | 3-9 | .250 | 9-14 |
| Centralia | 3-9 | .250 | 5-16 |
| G. Harbor | 1-12 | .077 | 1-19 |

**Women's basketball standings**

| West Division | League | Pts | Season |
|---|---|---|---|
| Centralia | 11-1 | .917 | 19-3 |
| LowerCol. | 11-1 | .917 | 14-9 |
| S.P.Sound | 7-5 | .583 | 13-9 |
| Highline | 7-5 | .583 | 12-12 |
| G. Harbor | 7-6 | .538 | 7-13 |
| Clark | 6-7 | .462 | 6-14 |
| Grn.River | 4-9 | .308 | 10-11 |
| Tacoma | 3-10 | .231 | 7-16 |
| Pierce | 0-12 | .000 | 2-19 |

**Men's scores**

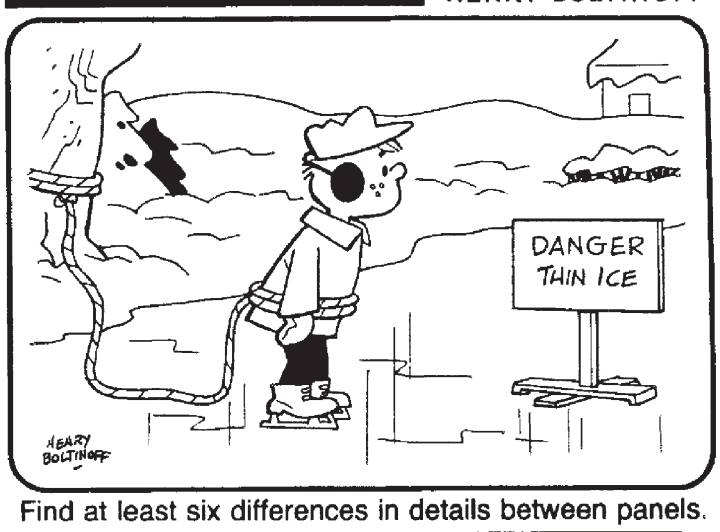
Tacoma 83, Pierce 64
W. Walla 69, W. Valley 67
C. Basin 76, Y. Valley 74
Spokane 80, Tr. Valley 62
Whatcom 77, Edmonds 66
Olympic 76, Shoreline 61
Seattle 88, Everett 83

**Women's scores**

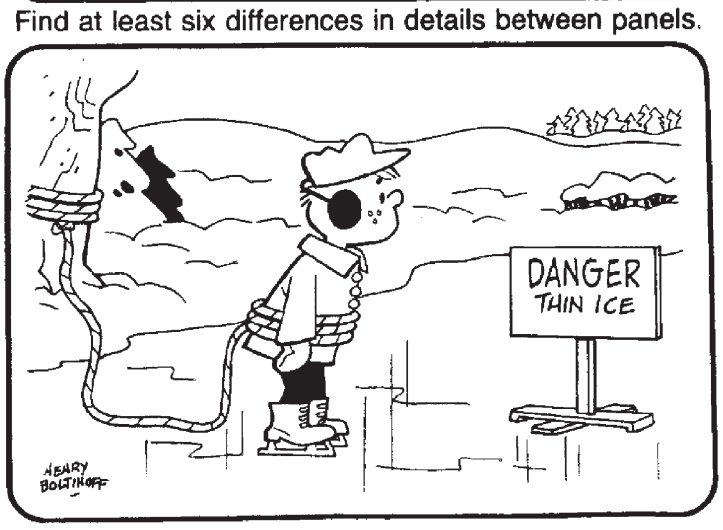
Tr. Valley 64, Spokane 57
W. Walla 75, W. Valley 57
Y. Valley 76, C. Basin 64
Umpqua 105, Portland 52
Whatcom 57, Edmonds 47
Chemek. 60, Linn-Benton 48
Shoreline 70, Olympic 66

## HOCUS-FOCUS

BY HENRY BOLTINOFF




Find at least six differences in details between panels.

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Differences: 1. Rope has three loops. 2. Jacket has buttons. 3. House is missing. 4. Trees have been added. 5. Boots are taller. 6. Word "danger" is larger.

## Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where is the Bay of Fundy?

2. SCIENCE: How much faster does sound travel in water than in air?

3. MATH: What is the origin of the word "zero"?

4. ENTERTAINERS: Which famous comedian once trained as a boxer?

5. ANATOMY: What part of the human anatomy contains a region called the macula?

6. LANGUAGE: What is a "beau geste"?

7. MEASUREMENTS: What does a gill measure?

8. INVENTIONS: What was the yo-yo's use for hundreds of years before it became a toy?

9. AD SLOGANS: Which company urged customers to "run for the border"?

10. TELEVISION: Which television sitcom was set in the Stratford Inn?

Answers

1. Between the Canadian provinces of New Brunswick and Nova Scotia
2. Four times faster
3. Arabic, from the word "sifr," which means empty
4. Bob Hope
5. The eye
6. A magnanimous gesture
7. Liquid, usually one-half cup or one-quarter of a pint
8. A weapon. Pedro Flores, a Philippine immigrant, invented the yo-yo toy in the 1920s.
9. Taco Bell
10. *Newhart*

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## Clean It Up !

**Across**

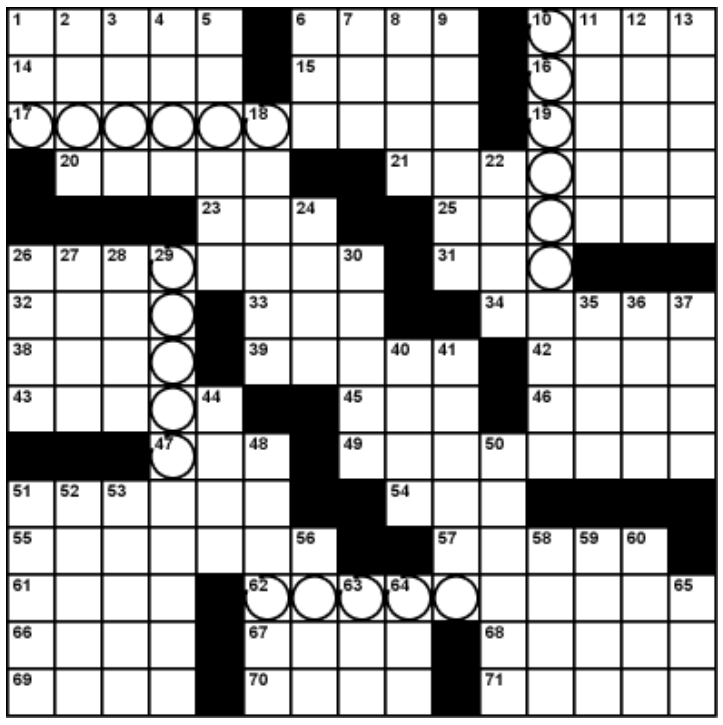
1. Scents
6. Melville novel
10. Like 3 Card Monte
14. Become cloudy
15. Stuck in _____
16. Old Italian bread?
17. Like Gates or Buffet, perhaps
19. Toaster, e.g.
20. Little laugh
21. Huge plateful
23. Tried to get elected
25. DVR feature
26. Acted like a nomad
31. Articulate
32. Biblical twin
33. Neighbor of Swed.
34. Feature of 33 Across
38. 1975 Wm. Kennedy work
39. Big mess
42. Give the go-ahead
43. Holds up
45. Tin follower
46. Canal of song
47. Over there
49. Craftsmen
51. Panda repast
54. Start of a term
55. Roosevelt or Rigby
57. Get rid of
61. Secure
62. Hit film of 1967
66. Formerly
67. Single
68. Without sense
69. Tear partner
70. And others
71. Concise

**Down**

1. Wide of the mark
2. "Just ___"
3. Stare at
4. Dr. Westheimer
5. Globe
6. Row boat engine
7. Hosp. procedure
8. Cry of pain
9. "Lost" enemies (with The)
10. School cafeteria favorites
11. Type of right
12. Venue
13. Like an old dog, sometimes
18. Longs (for)
22. Follows loose
24. Some beer signs
26. Water source
27. Out of port
28. Annoys
29. Former Cubs manager
30. "Entourage" character
35. Gumbo ingredient
36. Picnic enemy
37. Salon supplies
40. Before hand
41. Like this puzzle's theme
44. Procrastinator's promise
48. Head
50. Cry of achievement
51. Underneath
52. Unescorted
53. Pilgrimage site
56. Hysterically funny
58. Pitch
59. Pre-Lenin leader
60. Coop group
63. Genetic letters
64. Business card info
65. Formerly

## Crossword 101

By Peter Canty



**Quotable Quote**

*Cleaning your house while your kids are still growing is like shoveling the walk before it stops snowing.*

*-- Phyllis Diller*

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

## Arts Calendar

•Crayon Court, featuring award-winning puppeteer Thom Fountain, performs Sunday, March 8 at 2 p.m. at the Kent-Meridian Performing Arts Center, 10020 SE 256th St.

The show is recommended for preschool through 3rd grade. Fountain and the Crayon Court puppeteers will also lead hands-on workshops at the annual Kent Kids' Arts Day at Kent Commons, 525 4th Ave., N., Kent on Saturday, March 7.

Tickets are $10 for general admission. Tickets are available on-line at www.kentarts.com, by calling 253-856-5051 or in person at the Kent Commons, 525 4th Ave. N.

•Burien Little Theatre presents *The Lady's Not for Burning*, by Christopher Fry, through 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 Avenue South and South 14th Street in Burien.

•Got arts news? Send your information to roadarts@highline.edu or call arts editor Rochelle Adams at 206-878-3710, ext. 3317.

Last week's **Weekly SUDOKU**

Answer

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

## Last week's crossword solution

**BIG CONNECTIONS**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | P | ■ | ■ | D | E | B | A | R | ■ | M | U | S | H |
| C | U | R | T | ■ | A | L | I | C | E | ■ | O | S | L | O |
| O | R | E | O | ■ | W | I | L | M | A | ■ | V | E | A | L |
| T | A | P | P | A | N | Z | E | E | B | R | I | D | G | E |
| ■ | ■ | ■ | S | H | E | A | ■ | ■ | S | U | E | ■ | ■ | ■ |
| A | B | R | O | A | D | ■ | L | O | O | M | ■ | A | R | T |
| D | L | I | I | ■ | ■ | B | U | R | R | O | ■ | D | I | E |
| D | U | P | L | I | C | A | T | E | B | R | I | D | G | E |
| I | T | E | ■ | N | O | S | E | S | ■ | ■ | R | E | I | N |
| N | O | R | ■ | D | U | E | S | ■ | A | W | A | R | D | S |
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| M | A | N | H | A | T | T | E | N | B | R | I | D | G | E |
| A | R | E | A | ■ | E | E | R | I | E | ■ | A | R | I | A |
| L | I | E | D | ■ | S | C | I | F | I | ■ | N | I | L | S |
| E | D | D | Y | ■ | S | H | E | E | T | ■ | ■ | P | L | Y |

## Weekly SUDOKU

by Linda Thistle

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

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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# More pain than gain

## Common exercise mistakes

### Get fit now!

Far too often a person begins a new exercise program intending to lose weight and get fit, but instead ends up getting more pain than gain out of their workout. Exercise can be beneficial for health and fitness, but if it is done incorrectly you can miss out on the benefits and hurt yourself in the process.

•Stretching before warm-up. Studies have shown that stretching cold is more likely to cause injury than prevent it. Before you stretch, warm up with 5 minutes of light cardio to improve muscle elasticity and lubricate the joints.

•Not enough recovery time. Working out every day sounds like a great idea, but your muscles need time to recover, recuperate and rebuild. Most muscles recover within 24-48 hours, so give them a day off or work a split routine (legs one day, upper body the next). Abdominals recover quickly so you can work on that six-pack every day!

Frontally focused. Many people focus on building the muscles they can see in the mirror (abs, chest, biceps) and

**Darin Smith**

neglect the muscles on the back side (back, triceps, hamstrings). This can lead to postural imbalances, limitations to flexibility and potential injury. Try to work opposing muscle groups such as chest and back.

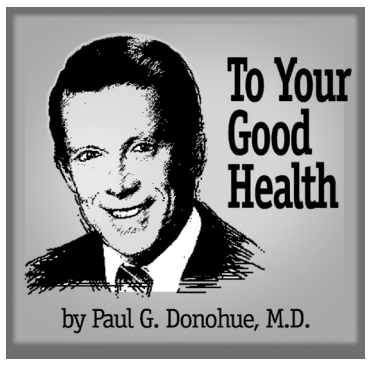
•Bad technique. It's a common sight: the guy in the gym swinging weights around awkwardly with no clue what he is doing. Read up on proper exercise form or hire a personal trainer to avoid some of the bad techniques that can cause injury or slow down your progress. Avoid jerky motions, locking out the joints, and using momentum. Concentrate on slow, controlled lifts through a full range of motion, using an appropriate amount of weight.

•Doing the same thing. Your body adapts to the challenges you give it, so eventually it will adapt to a regular exercise program. To make further gains you need to change up your workout regularly.

Try different exercises for the same muscle, use different angles or grips, add a balance component to work stabilizing muscles, or simply try to increase the duration and intensity of the exercises.

•Lack of focus. To make progress, you first need goals. Plan out an exercise program based on your specific goals and be efficient with your workouts. Avoid wasting time wandering around the gym aimlessly or halfheartedly walking on a treadmill while reading a book. Exercise with purpose and increase the quality of each movement.

# Symptoms of colon cancer




**DEAR DR. DONOHUE:** What are the symptoms of colon cancer? Are there any? -- B.P.

**ANSWER:** The colon is about 5 feet long. It begins in the lower-right side of the abdomen, ascends on the right to just below the liver, crosses over the abdomen to the left side and then descends to the rectum.

Symptoms of colon cancer depend on where the cancer is located.

Cancers on the right side often cause open sores that bleed. Since it takes a while for undigested food to reach the rectum from the right side of the colon, the blood often is seen as tarry, black stool. Cancers of the section of colon that spans the upper part of the abdomen from the right to the left sides can cause obstruction of the bowel. Cancers of the left side of the colon, the most common site for colon cancer, can lead to narrow stools, cause stomach cramps and discharge bright-red blood into the stool. Weight loss is a sign of colon cancer, regardless of its site.

Don't wait for symptoms to check for colon cancer. This cancer has a number of excellent screening tests, and it can be detected early, when it's treatable and curable. Everyone at age 50 should have a colonoscopic exam, a scope exam of the colon. The examining doctor sees every inch of the colon and spots any cancer or any polyps, the precursors of colon cancer. X-rays called double-contrast barium enemas are another way of detecting colon cancer.

The booklet on colon cancer deals with its detection and treatment. Readers can order a copy by writing: Dr. Donohue -- No. 505W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for $4.75 U.S./$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

# Parfaits are a perfect treat

**By AMBER PETER**
Staff Reporter

Valentine's Day might be over, but that doesn't mean you have to stop indulging yourself. Try healthy sweets such as a homemade parfait.

Parfaits (French for "perfect") are layered desserts consisting of yogurt, cream or pudding along with toppings such as granola, nuts or syrups.

Finding delicious treats that are also nutritious can be quite hard to come by; however making your own parfait is simple. The basic ingredients to make a parfait are very easy to come by and you most likely already have some of them.

Here's an easy recipe: You will need:

1 Banana, sliced
½ Cup of granola chunks
1 cup of yogurt

Whipped cream and a little chocolate drizzle for the topping.

The order you want your ingredients in is completely up to you, but for this parfait you would start out by putting in six or seven banana slices and a ¼ cup of the granola chunks in any size glass or cup (to make it really special, prepare in a wine glass).

*An example of this yummy treat made with yogurt and banannas.*

Add the 1 cup of yogurt on top of the banana slices and granola chunks. Then add the rest of the banana slices on top of the yogurt as well as the rest of the granola chunks. If granola doesn't suit your sweet tooth you can always substitute it with whatever topping you desire. Crown with a little bit of whipped cream and chocolate syrup and you've got yourself a very scrumptious treat. Indulge with a spoon for maximum delight.

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**jmccall@highline.edu jobaker@highline.edu**
**206-878-3710 ext. 3291**

# Center offers prescription for better English

**By YUN HWANG**
Staff Reporter

The Puget Sound Welcome Back Center is sponsoring an English pronunciation center for nonnative medical professions.

The Welcome Back Center is designed for nonnative English speakers to practice their pronunciation of medical language.

The center is open for any English speakers who are interested in improving their pronunciation of medical terminology and sentences.

"It's geared toward medical conversation," said Kris Mason, the interim director of Puget Sound Welcome Back Center.

The center features the American Speechsounds for Healthcare Professionals, which is a computer program designed to help participants practice and improve pronunciation of medical language in English.

The software is designed for students to work individually as long as they wish.

"Assistants are always in the lab, but students can work individually on the computers," Mason said.

Mason said pronunciation for nonnative speakers is an issue often mentioned by hospitals. "Something anyone knows how to say can be difficult for nonnative speakers, and communication is especially important in the medical fields," she said.

Nonnative students know their medical information very well, but may have trouble communicating due to pronunciation.

"Something seemingly easy to say may be difficult for nonnative speakers," Mason said. "The problem is that in classes, teachers just go over the content. They don't have time to teach pronunciation."

Amy Nguyen/THUNDERWORD

*Welcome Back Center Interim Director Kris Mason says their program helps foreign medical professionals improve their English skills.*

The newly opened center is waiting for more student participation.

Thirty computers are programmed for students to use. However, "the lab is never full," Mason said. "It takes time for it [the center] to get off the ground."

"All they [students] need is a little bit of interest," Mason said. "Even students who regularly take their family to the hospital can use the program."

Uyen Tran, a nurse major from Vietnam, is a Highline student who is enrolling in the center.

"I am a nurse in Vietnam," Tran said. "It helps pronunciation for word and I improve."

Alina Zgherea is also a Highline student who just finished ESL and plans to study for a medical profession.

"Especially exercises help me because I make a lot of mistakes because they [words] seem same," Zgherea said. "It helps a lot."

Zgherea said the exercise which allows her to record her voice and compare it with the actual pronunciation helps her the most.

"Listen and Choose is my favorite exercise because sometimes I can't hear the difference between words," she said.

Zgherea also enjoys the lab's flexibility in hours because she can come in when she can.

The program has been receiving positive feedback from the students.

"Students love it," Mason said.

Students feel that the program is not only helpful but also interesting. "Actually, it [the program] is very interesting. So I can spend time," Zgherea said.

The labs are open for students from noon to 4 p.m. on Mondays, Tuesdays, Wednesdays and Fridays, and from 9 to 11 a.m. on Mondays, Wednesdays and Saturdays, in Building 30, room 212.

Tuition for the center is $25 per quarter, and a fee waiver is offered for those who cannot afford to pay.

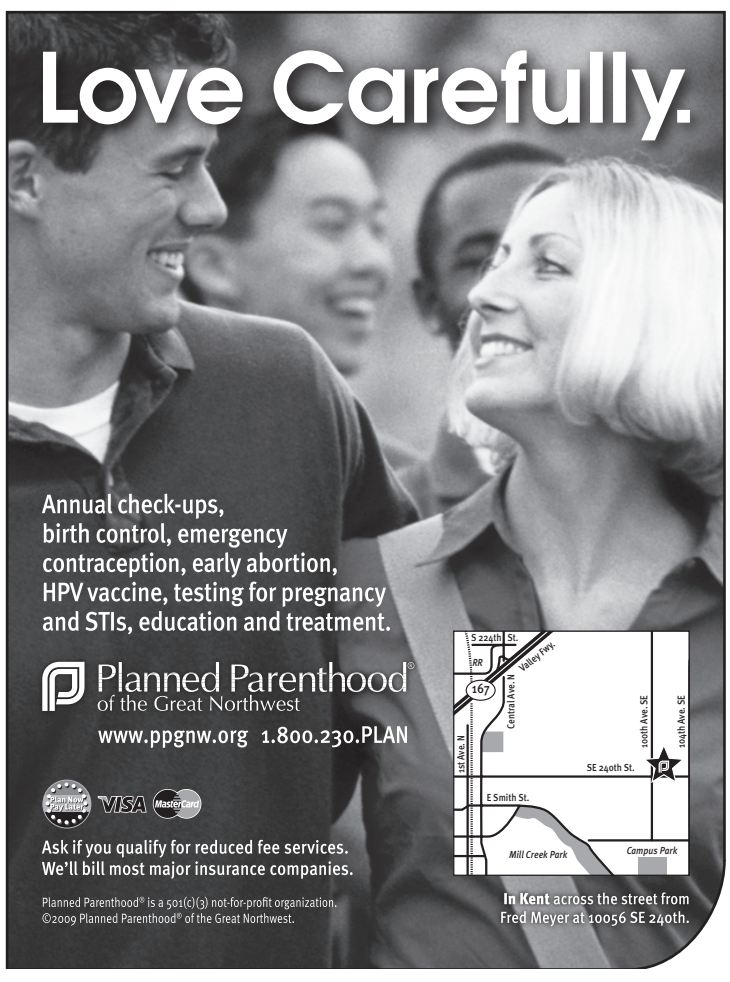
Mason also mentioned "Talk Time for Medical Students," which is a supervised discussion time for students studying for medical professions.

"It is a time for students to discuss things within medical context," she said.

The talk time is scheduled on every Wednesday from 11 a.m. to noon in Building 11, room 12.

It is open for anyone to join.

For more information about the pronunciation center for nonnative English speakers and the Talk Time, contact Kris Mason at kmason@highline.edu, or call 206-878-3710, ext. 3345.



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Jon Baker at jobaker@highline.edu

# Global Fest '09 is looking for volunteers

**By DARIN MCCLURG**
Staff Reporter

International Student Programs is looking for students, faculty and staff members to volunteer to show off their culture for Global Fest 2009.

"Global Fest is a festival that celebrates the diversity at Highline," said Amee Moon, associate director of International Student Programs.

It is an annual event that includes performances, food, and other entertainment from the many different cultures represented at Highline.

Last year's Global Fest included costumes, contests, games, prizes, music and dances from around the world.

This year's Global Fest will take place on Saturday, April 18 from 5 to 9 p.m. in the Highline Student Union.

Tickets will probably be on sale at the beginning of Spring Quarter, Moon said.

"It's a month earlier than usual, so we don't have as much time to prepare this year," Moon said.

Volunteering by the end of the quarter is preferred.

International Student Programs is looking for volunteers to join one of the planning teams for Global Fest. The planning teams are split up into performances, culture booths, decorations and reception, and promotion.

If you have some kind of talent related to your culture, you can join the performances team. Singing, dancing, or anything else that can be displayed onstage is wanted. Stage hands are also needed.

If you want to perform at Global Fest this year, make sure you volunteer early.

There are a limited number of slots open for performances, Moon said.

Join the culture booths team if you want to show off your culture in an interactive and fun way. Culture booths may include information about your culture and creative ways to put it on display.

The decorations and reception team will need to create and set up decorations for the festival. Volunteers are also needed to greet people as they come in and provide information to guests.

If you want to help spread the word about Global Fest around campus, you can join the promotion team. Responsibilities include making posters and informing people at Highline about the festival, as well as selling tickets.

If you are interested in getting involved for Global Fest 2009, you can find contact information on the Global Fest website, http://www.highline.edu/stuserv/international/thunderworld/globalfest.htm.

"It is really fun. Everyone who goes has great things to say," Moon said. "It's a great way to represent the different cultures of Highline."

# Police department is hiring

**By BILL SCHLEPP**
Staff reporter

The Federal Way Police Department will now pay tuition for students who join the police force full time.

The police department is offering jobs to students and will even help pay tuition for college.

The police department will pay for credits equivalent to University of Washington credits.

For anything above that, you will have to pay the difference, and anything below they will also pay for. But first you must become a sworn police officer before they can pay for your tuition.

To become a sworn police officer there are some minimal requirements: you must be at least 21 years of age, must have a high school diploma or GED, and you must have a clean criminal record.

Officer Catriona Siver of the Federal way police department said that the city of Federal Way is looking for police officers with experience as well as newcomers.

You must have integrity, you should have good character, you must be a person that "can make good decisions—the usual things that make a good person," Siver said.

Dental, vision and medical are available benefits if you join the force.

The average salary of a police officer is from $50,000 to $68,000 a year. A take-home car program is also available for officers who live in the city of Federal Way. For more information go to www.CityofFederalWay.com.

If you are serious about becoming a police officer, call the Federal Way Police Recruitment Office at 253-835-FWPD (3973).

The Federal Way Police Department is Hiring!
Police Officer - Recruit Position Test Information:
Open: February 2, 2009
Close: February 27, 2009
Test Date: March 28, 2009 (Saturday), 9 a.m.
Location: Criminal Justice Training Center
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Or at The City Hall or Police Station at
Human Resources
33325 8th Avenue South
P.O. Box 9718
Federal Way, WA 98063-9718
Or, by calling Human Resources at
253.835.2531
For questions, please call the Recruiting Office
253.835.FWPD (3973)

# Recession

continued from page 1

cession the state of Washington has been feeling pinched.

As of December 2008, 7.1 percent of Washington's labor force was unemployed, compared to the national average of 7.2.

Some 25 percent of Washington's construction workers have been laid-off and 10 percent of retail jobs have also been cut according to the Washington Employment and Security Department.

Many students say that the current economic climate is impacting them in a negative manner.

"The economy is affecting me badly. I can't find a job and I have been looking for six weeks. I am moving in with three other friends next week," said Pete, a Highline student.

Although the downturn has had a wide reach, some have escaped its grasp.

"I don't think the recession has affected me, I still work at Albertson's. But I have noticed that the recession has resulted in reduced gas prices," said another.

"Me and my husband were thinking about having a baby but he was laid off and now I'm the only one working," said another student.

Times aren't only tough in the United States, but also in other countries.

"When I go back to Japan I will have problems finding a job. The job market there is the worst it has been in five years," Saori from Japan said.

"For me it is now cheaper to go to school because of the exchange rate," Rei from Japan said.

"It affects my parents; since I am in college now it doesn't. But I know it will in my future work career, I know it will," said Eddy from Hong Kong.

His reasoning was that the Hong Kong dollar is very closely tied to the U.S. dollar because of trade agreements, and that the Hong Kong's economy is China's most exposed to the west ,and in this case more affected by its troubles.

"I am a car dealer and with what's going on with the credit market, right now few of my customers can or want to go through the trouble of trying to secure credit and spend it on something discretionary like a new car," said Yagit from Turkey.

"If the U.S.'s economy continues to worsen I may not be able to continue attending Highline," Yannie said.

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