

THE Highline Community College Thunderword

Bill would let colleges set tuition

By **CAITLYN STARKEY**
Staff Reporter

A bill now before the Legislature could allow the State Board of Community and Technical Colleges to set tuition at Highline along with the rest of the state's 34 community and technical colleges.

Senate Bill 6276 proposes that four-year school and the State Board of Community and Technical Colleges be allowed



to set tuition rates without legislative approval.

Currently, full-time resident tuition prices are set by the Legislature.

Legislators attempted to pass

similar bills during last year's session, but so far none have become law.

Several bills concerning the Legislature's authority over institutes of higher education have already been proposed.

Bills such as Senate Bill 6562 recommend that the four-year schools be able to set their own resident tuition price. House Bill 2751 suggests that a student be a part of a community or technical college's board

of trustees.

Both of these bills had hearings before the Higher Education Committee on Wednesday Jan 20. Legislators are concerned about higher education and funding, but not all keen on giving up authority.

"I have concerns about giving the four-years that authority without serious oversight by the Legislature," said State Rep.

Please see Tuition, page 15

Nursing program makes do with less faculty

By **MASAB EL-HIMRI**
Staff Reporter

Two full time nursing professors left Highline which means double the work for faculty and double the class size for students.

In the past two quarters Barbara Smith and Elise Muller-Lindgren left the faculty.

"One of the nursing professors informed us that she will not be returning for the fall quarter, but the second one was a surprise to us two weeks before the winter quarter began," said Terri Trillo, nursing program coordinator.

"Both nursing professors left due to person reasons," Trillo said.

Due to the circumstances this department is facing, first- and second-year students are forced to be combined in one class. With roughly 200 students in the program, most classes have an average of 50 students. A problem the faculty is facing is finding a classroom big enough to accommodate the over populated class size.

"A qualified candidate for this job is not easy to come by,"



Brian Grove /THUNDERWORD

Nursing Professor Jin Eo teaches in front of a classroom full of nursing students on Wednesday.

Trillo said. It may require eight years of college to earn a bachelor's and master's degree in nursing.

"A master's-prepared nurse is what we are looking for in order to teach both clinical and theory. A bachelor's degree will allow you to only teach clinical;

but a masters-prepared will allow you to teach both," said Trillo.

"Fortunately we have found one qualified faculty," said Trillo.

With only four full-time faculty members everyone is taking on a full load. Two days are

spent teaching at the hospital and three days teaching theory in the classroom.

"It's early in the quarter but the students are extremely resilient. They have great attitudes and have adapted very

Please see Nursing, page 15

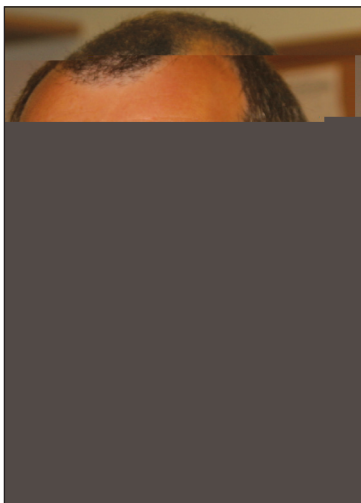
Highline receives another good report card

By **NICHOLAS MCCOY**
Staff Reporter

Highline has made significant improvements in problem areas, a recent evaluation of the college found.

Meanwhile, the college may be receiving evaluations more often, with the current 10-year cycle of accreditation evaluations set to a seven-year cycle in 2011.

"The accreditation process is about continuous improvement," said Jeff Wagnitz, the vice president for Academic Affairs at Highline and the college's accreditation liaison officer.



Jeff Wagnitz

"Colleges are always working to get better at what they do. It's hard to imagine that any

college could ever be perfect in everything it does. Accordingly, accreditation emphasizes self-diagnosis and local planning to address weaknesses. As an ongoing process, colleges are expected to look carefully at themselves to identify areas for improvement," he said.

Although colleges are not outright required to conduct accreditation reports by law, the schools must be accredited regularly in order to participate in the federal financial aid program and to accept federal grants.

The evaluations are conducted by the Northwest Commission on Colleges and Uni-

versities, which is comprised of college and university leaders, with four additional members from the public. There are usually two mandated evaluations each cycle; a full evaluation every 10 years and an interim evaluation at the five-year mark in between.

Prior to the full evaluation, the college conducts a self-study. Then a team of evaluators from other colleges visit the campus to conduct a review, and then they write a report. The report includes commendations and recommendations.

Please see evaluation, page 16

INSIDE

January 21, 2010
Volume 49, No. 13



Mystery afoot in Burien winery basement/P6



Thunderbirds tied for lead in the West/P8



Blood drive draws bigger crowd/P11

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Weekend Weather



Mostly cloudy on Friday, showers on Saturday, cloudy on Sunday.

For full forecast, see page 15.



Student's stereo stolen from car

A student was a victim of car stereo theft on Jan. 19. He had parked his vehicle in the North lot.

When he returned to his vehicle, his in-dash Pioneer CD player was gone.

There was no apparent sign of forced entry.

Highline worker's purse stolen

A Highline staff member reported her purse was stolen from Building 18 on Jan. 14.

She had put her purse in an unlocked filing cabinet. When she returned for it, the purse was gone.

Student's phone stolen from library

A student's cell phone was stolen from the library.

The student said he had left his T-Mobile cellular phone unattended on a desk in the library on Jan. 14. When he returned it was gone.

Suspicious man found in parking lot

Security received a report of a man acting suspiciously in the administration parking lot on Jan. 14.

Upon arriving, the lot security approached the suspect who was in a Dodge Ram pick-up.

He was found to have a stolen parking pass in his possession.

Lost and found

The following items have been lost and are available at the Security office in Building 6: backpack with workout clothes was lost in Building 21. Please notify Security if you find the backpack.

The following items have been found and are available at the security office in Building 6: red bag with clothes; zippered hoodie; Kia car keys; scarf with hand-painted flowers; carabiner with keys and whistle; gold ring; watch.

— Compiled by
Jeanette Dimock

MLK Week events

This is MLK week and there are a variety of events scheduled in his honor.

•Nitasha Sharma will be hosting a lecture entitled "Inter-Minority Racism and Cross-Racial identifications: The role of Hip Hop in shaping contemporary Asian/Black relations in the U.S."

The event will take place on Jan. 21, from 9 to 10:30 a.m. in Building 7.

•A poetry workshop will be held on Jan. 21, from 7 to 8 p.m. in Building 7.

•David Roediger will host a lecture called "Freedom when? Race and labor, then and now." The lecture will take place on Jan. 22, from 10 to 11:30 a.m. in Building 7.

•Movie Fridays presents *SLAM* on Jan. 22, at 12:30 to 2 p.m.

Retired Highline secretary dies

Retired Highline worker Virginia Martin Pattison died this weekend at Guardian Angels Adult Family Home in Seattle at the age of 91.

Pattison was born in Lowell, Mass. in 1919. Her parents were Claude and Helen Martin.

In 1942 she graduated from the Connecticut College for Women, and married Theodore Pattison.

After Theodore retired from the U.S. Coast Guard in 1962 they moved to the Pacific Northwest.

She worked 17 years for Highline as a faculty secretary in Humanities Department.

She also loved music. She sang in church choirs, barber-shop quartets and choruses. Virginia and Theodore enjoyed



Brian Grove/THUNDERWORD

Des Moines Police officers and aid personnel assist a man who fell over on Wednesday, Jan. 20.

many things, including the outdoors, dancing, swimming and her family.

She retired from Highline in 1987. A memorial service will be held at Normandy Park Congressional Church on Jan. 23, at 2 p.m.

Highline gives to injured player

Highline has given \$1,000 to the Heacock family due to the injury of Richelle Heacock, a Clackamas Community College student who was in a near fatal car wreck on Jan. 4.

Heacock is 20 years old and is an avid basketball and volleyball player. An Eatonville native, she is going to Clackamas on a volleyball scholarship. She was on her way home to join her parents for the memorial service for deputy Kent Mundell.

Heacock suffered a spinal injury in the wreck and she is still paralyzed from the chest down.

Highline gave this donation to help the Heacock family and is hoping that other NWAACC colleges will follow by match-

ing or exceeding their donation.

If you are interested in helping, send an email to Heacock-Fund@gmail.com.

The Writing Center is currently open

The Writing Center is open to help students complete their assignments.

Students can come get help from writing consultants to help understand assignment, brainstorm for ideas, and learn to develop, focus organize and edit your writing.

If you need help in writing, make an appointment by calling the writing center at 206-878-3710, ext. 4364.

Calendar

•The Museum of Flight will host a lecture by retired Astronaut, Dr. Bonnie J. Danbar where she will talk about the 1990 Space Shuttle mission STS-32, the longest shuttle mission up to that date.

During the lecture Dr. Danbar will talk about the mission and how it contributed to the understanding micrometeorites and orbital debris in lower Earth.

There will be a presentation including pictures and video of the mission.

The lecture will be on Jan. 30, at 2 p.m. in the William M. Allen Theater. The lecture is free with admission.

HOT JOBS

NEED A JOB? WE GOT JOBS!

Sales Associate ~ Part/Fulltime ~ #5791

Good customer service and sales skills required. Needs to work in a team environment. Knowledge of nutritional supplements helpful but not required. Paid training provided. Must have 1-2 years of experience with good communication skills

Location: Pullman Hours: 20/40/week Wage: \$5.50-10

Accounting Assistant ~ Part time ~ 5787

Performs bookkeeping/accounting tasks including cash receipts, accounts payables/receivables, payroll, as well as purchasing, managing contracts, and routine and special purchasing. Will provide general office support. Position requires 2 years of education in business or accounting, 2 years prior experience in accounting, computer proficiency in Word, Excel and QuickBooks. Degree preferred.

Location: Seattle Hours: 20/wk Wage: \$13-15.50 + benefits

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

LEGAL NOTICE

Highline Community College provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).



Ed Morris engages students in his mathematics lectures on campus each quarter.

William Schlepp/THUNDERWORD

Math prof inspires, mentors students

By **KANDI CARLSON**
Staff Reporter

Ed Morris has no regrets over investing so many years in Highline.

Morris will be celebrating his 38th year with Highline this year.

"I could have retired a long time ago but it's hard to walk away from the many relationships," Morris said.

Morris began his teaching career after gaining a bachelor's degree in mathematics from Colgate University in New York.

He moved to Seattle and was employed with the Seattle Public School system. This was not what he was looking for.

"I knew that after five years I would be burned out. I'm impressed by those [teachers] in the public schools, because it is difficult."

He decided after a year to return to school and work on a

master's degree in mathematics. "I wanted to be able to teach wherever I wanted," he said.

It makes a big difference teaching to people that want to be there, he said.

He received his master's degree in mathematics from the University of Washington in 1972.

Morris sent out applications to "every community college in Washington after graduation," he said.

Highline and Big Bend replied.

He took the position with Highline and did not look back.

Students remember him after they've moved on, he said.

"Students I have had in the past see me and tell me it is not the math they remember as much as the principles of success that I shared with them," he said.

Students say Morris is still at the top of his game. They say he is enthusiastic and makes

math a class they look forward to attending.

Students say Morris does not limit his teachings to math.

He has 5 principles of success that he shares with his classes at the beginning of each quarter: dreams, goals and desires, or wants, sacrifice, association, planning and self esteem.

"Everything starts with a dream," Morris said. "You can't achieve what you haven't conceived."

Sacrifice is something that many today do not conceive of anymore, he said.

"Without sacrifice anything that is completed is not sustained or whatever is realized is not cherished."

Association means finding a mentor. "This individual can guide you through the rough spots and provide you with invaluable resources and insights," he said.

"You can't do it alone; even the Lone Ranger had Tonto,"

Morris said.

Put your plan in writing and read it, he said. "Plans help you stay focused."

"You need to believe that not only is it possible but it is already done," Morris said.

Seeing his past students understand and realize their dreams is one of the reasons he's remained a teacher for so long.

"It is that 'aha moment' from a student," he said.

"When students take classes at Highline they go out into the world and become even more than they even knew they could," Morris said.

This campus embraces and celebrates diversity, and he's proud to be a part of it, he said.

Highline provides the opportunity for people to think about what they believe, he said.

"I know that when I retire I am leaving it [Highline] in good hands," Morris said.

But he does not expect that to be anytime soon.

HIGHLINE HEROES

Baker helps students get jobs

By **JON BAKER**
Staff Reporter

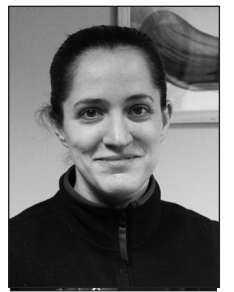
Diana Baker works to help others gain employment through Highline.

"I came to HCC six years ago on a grant to develop the work study program and moved up to be a program specialist," Baker said.

Baker has a long list of job duties.

"Currently I manage the

work
study
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fairs,
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Baker

online job posting system interface and assist students and community members with career exploration and the entire job search process," she said.

Baker grew up in Federal Way and after graduating from Thomas Jefferson High School moved on to Pacific Lutheran University where she earned a bachelor's degree in communications.

"I enjoy working at HCC because I am able to work with so many students, community members, local employers and organizations," said Baker.

"The working environment here at HCC is very supportive of continued learning, personal growth and cultural awareness," she said.

Baker finds fulfillment in seeing the people she helps get results.

"It's really exciting for me to help a student through the work study process and see them graduate and enter in a job in their field," said Baker.

"Or to hear back from a community member that I helped with a resume, that they have been hired," she said.

"Highline Heroes" is a new weekly feature profiling members of Highline's staff.

If there is someone you would like to see here, send us an e-mail at tword@highline.edu.

Two-credit film class will explore Stephen King

By **JONNY MCGUIRE**
Staff Reporter

Students who need two credits to maintain their full-time education status or to make up for a dropped class will have the opportunity to take Tommy Kim's Film Studies 107 course, Society in Film, at the end of this quarter.

The class theme this quarter is movies based on Steven King stories.

The class will meet on Thursday each week, from 1:20 to 4

p.m., during the last five weeks of the quarter.

Kim said there will be no tests. There is one short paper assignment at the beginning and one longer paper at the end.

"The first paper will be on a general topic related to film. The second topic will require a closer look at Stephen King,"



Kim

Kim said.

The course will be relatively informal and students will watch and discuss films on one particular theme or issue.

This quarter's theme is the psychology of fear and terror based on the works of Stephen King. Some of the movies that will be viewed this quarter include *Carrie*, *The Shining*, *Stand by Me*, *Misery* and *Apt Pupil*.

Kim said he chose those movies because they are both popular and misunderstood.

"A lot of people watch movies based on Stephen King stories, but people rarely think about the deeper issues going on in his work," he said.

For example, *Carrie* could be seen as an exaggerated (but still accurate) look into the experience of adolescence and sexual awakening, Kim said.

Students who are interested in the class can contact Tommy Kim at 206-878-3710, ext. 3871 or via e-mail at tkim@highline.edu.

The class item number is 4229.

Editorial comment

World far from full acceptance

Although America may not be entirely post-racial, we are far ahead of many other countries in terms of accepting diversity. Martin Luther King, Jr. Day is always a time for celebration and reflection, and this past Monday was no different. Highline’s MLK Week events are only some of the scheduled plans for this holiday. As a college, Highline is the most diverse institution of higher learning in the state, if not the entire Pacific Northwest. It’s not uncommon to hear a foreign language being spoken among students or to meet somebody from a different ethnic group or nationality. Southwest King County is one of the most diverse counties in the country, and it shows in the way people here deal with people of other backgrounds. Unfortunately, other parts of our own country are not as fortunate to be surrounded by such diversity, and it shows. Many people are not outright racist, but ignorant, through no fault of their own. They simply have not been exposed to different groups as much as we may be, living here. The rest of the United States should take notice and try to follow the examples shown in our own corner of the country when they deal with people from a different tradition, culture or upbringing. To some extent, racism and ignorance will fade as time goes on. Inevitably, as the generation gap between the current time and Dr. King’s era gets wider, some of the disagreements between African-Americans and Caucasians will be forgotten.

The younger generations today are far more tolerant than their parents and grandparents were when they were younger. However, despite the progress that has been made so far, more has to be done to truly make the world an integrated place for all people to feel comfortable. This is true not only of black-white relations, but other relations around the world, such as the treatment of Turks in Germany, conflicts among Arabs and Israelis, and the status of gay and lesbian people around the world. This holiday serves as a reminder that, at the end of the day, everybody’s blood is the same color. We are all human beings, and we should be more willing to show compassion for our fellow men and women.

Staff

Don’t put the staples on weird.

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Newsline	206-878-3710, ext.3317
Fax	206-870-3771
Address	P.O. Box 98000, Des Moines, WA 98198, Building 10-106
Advertising	206-878-3710, ext. 3291
E-Mail	tword@highline.edu



New bill may cause more pain

Senate Bill 6276 want to put control of tuition hikes in the hands of the institutions of higher education in the state of Washington. Up until now, the Legislature has controlled tuition hikes for both two- and four-year schools. However, in her recent State of the State address, Gov. Christine Gregoire made it clear she wanted lawmakers to give schools more flexibility with their tuition prices. In the future, if this bill becomes law, the state will no longer have to take the heat for rising tuition prices. However, without a proper way to keep colleges in check, schools here could rapidly become unaffordable. This new regulation would apply to public universities’ undergraduate, in-state rates, which have always been in the hands of the Legislature. On the other hand, schools have already had the ability to set their out-of-state tuition



Commentary
Liviu Bird

rates, and we all know how expensive those are. It’s a big reason many out-of-state students choose to begin their college at two-year schools like Highline, which are usually cheaper. Granting full control of tuition rates to individual schools could change that. Hopefully, if they are given the power, schools such as Highline will not choose to abuse it. Highline President Dr. Jack Birmingham has said on more than one occasion that student access remains an important goal for the school. Because of this, I would ex-

pect any tuition increases by the State Board of Community and Technical Colleges to be carefully thought out and planned for the least impact on students. State Rep. Deb Wallace, D-Vancouver, who is chairwoman of the House Higher Education Committee, said discussions this year will be very heated and important for higher education. We have already seen increases in class sizes and overall enrollment this school year. Financial aid has not been expanded to meet additional demand, so the same amount of money is available for a larger number of students. The state budget situation is not good, and unfortunately, higher education is always one of the first things lawmakers will look to shave money from. Before long, colleges may be populated solely by those who can afford it, while the rest of us are left behind. Liviu pays out-of-body tuition at Highline.

Letter to the editor

Library policies are for students’ advantage

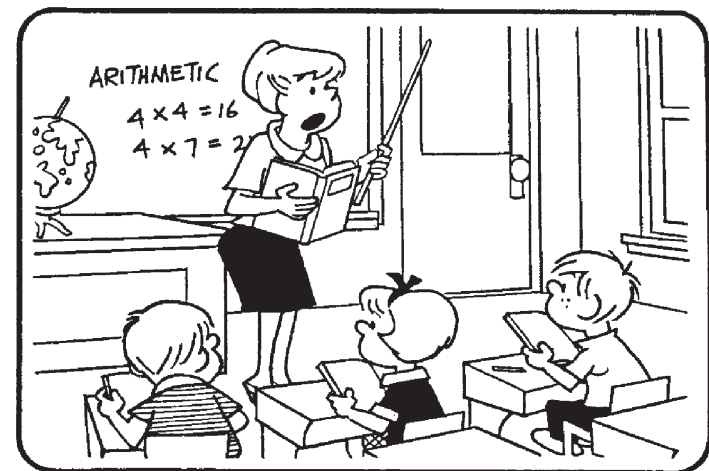
Dear Editor: I am writing to correct inaccuracies in [the Dec. 3, 2009] Thunderword article, “Other libraries limit web surfers.” As I said in my Oct. 29 commentary, and repeated to Liz Phillips when she interviewed me for this article, students do not have to wait for non-students for access to computers in our library. As I write this, I just came back to my desk from making

ID card checks [because students were waiting for a computer]. We found seats for every waiting student within five minutes. I’d also like to make a clarification about your claim that visitors may use our computers for both personal and professional needs. What you failed to point out is that Highline students may use our computers for both personal and professional needs as well. Students are just as likely to be using our computers for rec-

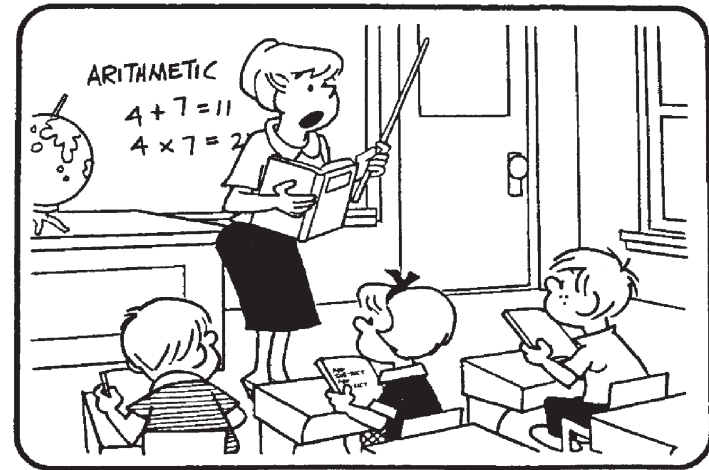
reational purposes as anyone, and they do. Finally, I believe you are seriously exaggerating the problem here. During peak hours in our library (9 a.m. to 1 p.m.) it’s uncommon for more than a handful of computer users to be non-students, and they always give up their seats when asked by a librarian to do so. Please stop giving the Highline community misleading information about library policies. It’s wrong, it’s sloppy reporting, and it does a disservice to all. – Dana Franks, coordinator, Library and Information Services

HOCUS-FOCUS

BY
HENRY BOLTINGOFF



Find at least six differences in details between panels.



Differences: 1. Math problem is different. 2. Pencil is missing. 3. Girl's book has writing. 4. Country missing on globe. 5. Skirt is longer. 6. Door window is shorter.

? Trivia

test by Fifi Rodriguez

1. PSYCHOLOGY: What is the excessive fear represented in "hippophobia"?
2. BIBLE: What Bible verse begins with the words: "The Lord is my shepherd ...?"
3. PERSONALITIES: What is Tiger Woods' real first name?
4. MEASUREMENTS: How many square inches are in a square foot?
5. GEOGRAPHY: What was the ancient Roman name for Ireland?
6. HISTORY: The Battle of Agincourt took place in which major war?
7. INVENTIONS: Who is credited with inventing potato chips?

8. LANGUAGE: What kind of animal does the adjective "porcine" refer to?
9. MEDICINE: What causes chilblains?
10. MATH: What is the Arabic equivalent of the Roman numerals LXX?

1. Fear of horses
2. Psalm 23
3. Eldrick
4. 144
5. Hibernia
6. Hundred Years War
7. George Crum
8. Pigs
9. Exposure to cold causing red, swollen skin
10. 70

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Arts Calendar

•Breeders Theater presents *Snowbound*, a comedy/drama about seven people trapped in a mountain lodge with someone who might be a killer.

Performance dates continue at E.B. Foote Winery in Burien, Jan. 22, 23, 27, 28, 29, 30 at 7 p.m. and Jan. 24 and 31 at 2 p.m.

Tickets are \$20 including wine tasting. Tickets are available at the winery, 127B SW 153rd St., and at Corky-Cellars, 22511 Marine View Dr. S., Des Moines.

Last week's
Weekly SUDOKU

Answer

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

•The Omaha Theater Company brings the classic tale of *The Little Engine That Could* to Kent's Spotlight Series on Saturday, Feb. 6 at

2009 Rewind

Across

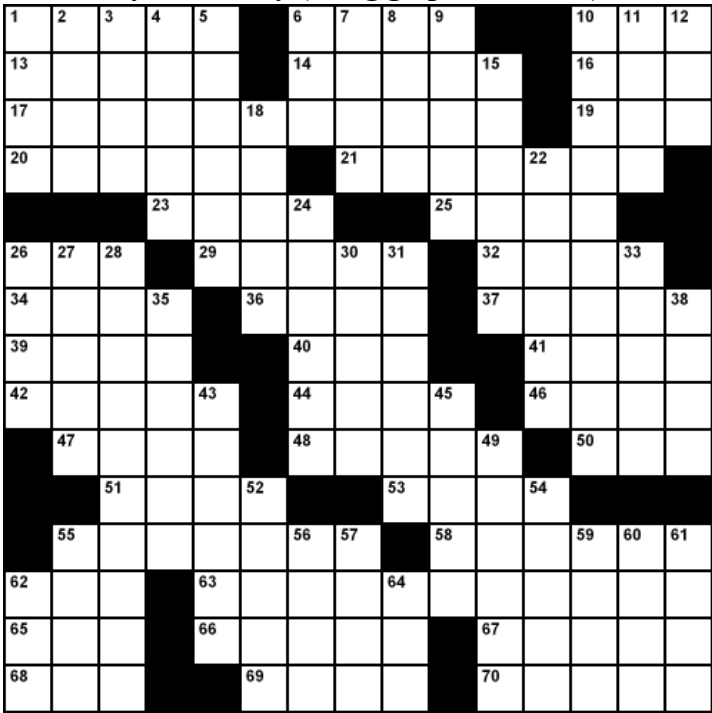
1. *Blame it on the* ____ nova
6. Earn a "beep"
10. Anti anti
13. NBA great Gilmore
14. Merge
16. Ache site
17. 2009 Posthumous Academy Award recipient
19. Small invader
20. Accord competitor
21. Not straying
23. Robert's garb
25. Word before old
26. Dash fig.
29. Like Hagar
32. "Not a chance"
34. Ruffles feathers
36. Be unfair?
37. Boxer Roberto
39. Oscar-winner Patricia
40. Tennis term
41. Informal evening
42. Arabic for "submission"
44. Dark force
46. Russian ruler: Var.
47. Lid infection
48. Sports update
50. Ike's WWII domain
51. Menu option
53. It's an OK place?
55. Marley's partner
58. Lack of zip
62. Jacket type
63. 2009 Grammy person of the year
65. Galley prop
66. Alley cat
67. Rich dessert
68. School opening?
69. Seafood entree
70. Author Chekhov

Down

1. Words for 55A
2. Lunchbox snack
3. One of a funny duo

Crossword 101

By Bill Deasy (Bill@gfrpuzzles.com)



4. Lute cousin
5. Demi's beau
6. Stage sign
7. Software menu choice
8. "No exit," e.g.
9. Manuscript marks
10. 2009 award for Obama
11. Place in order
12. Crumb
15. Task
18. Repair estimate part
22. Check entry
24. Ticonderoga topper?
26. Skirt type
27. News media
28. 2009 hot topic in Washington
30. Holey item
31. Tempt
33. Gnaw away:2 wds
35. Killer
38. Wolfe on the trail
43. Some gourds
45. Porch in Hawaii
49. Fiesta feature

52. Keats and Yeats
54. "____ Rum"
55. Burn fast
56. Copter's kin
57. Its hub is Tel Aviv
59. Wit Sahl
60. Basic math word
61. Port near the Red Sea
62. Hop on ____ :Suess
64. Shade provider

Quotable Quote

I will never be an old man. To me, old age is always 15 years older than I am.

... Bernard Baruch

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

Last week's crossword solution

SNOWY THOUGHTS!

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

2 p.m. This family-friendly (best for kids ages 4 to 9) performance will take place at Kent-Meridian Performing Arts Center, 10020 SE 256th St.

Tickets are available online at www.kentarts.com, by

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

•Got arts news? Contact the arts editor, Courtney Sankey by calling 206-878-3710, ext. 3317, or by e-mail

at csankey@highline.edu. Please include time, date and location of the event, plus contact information.

Weekly SUDOKU

by Linda Thistle

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DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Glenda (Kelly Johnson), Binky (Brenan Grant), Lovely (Theresa Widner) and Mr. Smith (Stephen Scheide) at rehearsal for *Snowbound*. Michael Brunk/BREEDERS THEATER

And the award goes to...

Every January brings about my favorite part of the movie industry...award season. To kick off the start of it all is the wonderful, highly anticipated Golden Globes. The award season, to me, is what the playoffs are to a football fanatic, ending with the Academy Awards as my Super Bowl.

From fashion and fashion faux pas, to winners and unfor-



Holding Court

Courtney Sankey

tunate losers, I love it all. I am the kind of person that will even make up my own little scorecard of who I think will win and keep track of it. I get upset if I miss the awards and will take time off work to make sure I don't.

Yes, my friends, I am that person. I go and see as many films as possible before the ceremony so that I can make educated guesses as to who will take home those coveted trophies.

The Golden Globes are the ones to watch, because the participants are able to drink, making the acceptance speeches even more memorable - at least to us. Another reason to watch is that they tend to pick who is going to receive the Academy Awards a few short weeks later.

Every year I watch the Academy Awards my love for film is renewed and I vow that one day I will win one of those little gold statues. At first it was for best actress, then it went to best director. Now I want one for best documentary, bringing together my love of filmmaking and journalism.

I would like to bring light to something significant that people don't tend to think twice about. What it is, I have yet to figure out. But every year I practice my acceptance speech, putting in new people that have shaped my career.

This year my ever-supportive journalism professor, T.M. Sell, will be added. I will graciously thank him for kicking me in the butt when I was too hard on myself and for praising me, in his own special way, when I actually did something worthwhile.

So thank you to all who have stood by me through thick and thin and stay tuned for something short of brilliant.

Watch for Courtney winning at the 2011 Academy Awards.

'Snowbound' takes Burien by storm

Forecast of mystery, suspense and murder at Breeders

By **COURTNEY SANKEY**
Staff Reporter

A blizzard of humor hits Burien. The Breeders Theater proudly presents *Snowbound*, the newest creation from the mind of Highline's own T.M. Sell.

Snowbound is about six people who are traveling through the Cascades either on their way to Seattle or Spokane, when a blizzard strikes, closing the passes.

The six end up renting out the rooms of a small inn run by Ike (Martin J. Mackenzie).

The six include a well-to-do single mother, Glenda (Kelly Johnson) traveling with her depressed son Binky (Brenan Grant) and their lively friend Lovely (Theresa Widner).

"Newlyweds" Mr. and Mrs. Smith (Stephen Scheide and Laura Smith) who are not what they seem, and last on the scene is Hank (Andrew Smith) who is traveling to Spokane to see his

sister — or is he?

All is well until Sheriff Osman (Scott Green) comes to the little inn warning Ike about an escaped criminal who the police believe is somewhere in the vicinity.

Fears and suspicion fly and most land on the mysterious newcomer Hank.

This brilliantly written show is only furthered by the wonderful acting of its cast.

Highline alum, Brenan Grant was smart and wickedly funny as the violence loving Binky. His one-liners are always on cue and delivered as only he could have done.



Grant

Special praise goes to Widner on her portrayal of Lovely.

Throughout the show she hits on the awkward Binky, as well as every other man in the inn, getting a rise out of him that makes him run to his mother.

Without her as Lovely the show would have lacked in some regards and would not have been as hysterical as it was.

Nobody could have found the humor in almost every line like she does.

Music for the show is arranged by the wonderfully talented Nancy Warren, who is

the program manager of the Travel and Tourism and Hospitality and Hotel Management at Highline.

After intermission you are serenaded by her lovely voice in the duet *Baby, It's Cold Outside*, sung with stage manager Andrew Pogue.

While writing the show, T.M. Sell discovered that it was shaping up to be somewhat Alfred Hitchcock-esque.

So he decided to add in, very nicely, the 63 Hitchcock film titles.

Some were very easy to pick out; some are a little more difficult, but it is a fun bonus in an already great show.

Sell also makes an amusing cameo at the very start of the show, with an intense game of rock-paper-scissors.

Director Michael Brunk brings the show together quite nicely and works the rather simple settings to its full extent, making sure that the acting is your main focus.

Teresa Widner, who choreographed a dance sequence, did so making sure that the humor of the show remains intact.

The show is performed at E.B. Foote Winery in Burien. There are two minor downfalls



Warren

to having the show in this space.

One is that it is an actual working winery, so it is very cold where you are sitting. So make sure that you dress warmly and bring blankets.

The second pitfall is that there is no actual stage or raised seats so seating can be problematic. Views can get obscured, so get there early to get the best seats.

With the price of your ticket you are treated to appetizers and wine tasting.

Before, at intermission and at the end of the show the winery has two to three different wines for you to sample and full glasses/bottles for you to purchase or take home.

The E.B. Foote Winery is located at 127-B SW 153rd St. in Burien. Tickets are \$20 and may be purchased at either E.B. Foote or at Corky Cellars in Des Moines.

You can also call 206-242-3852 (E.B. Foote) or 206-824-9462 (Corky Cellars) or go to breederstheater.com to reserve tickets.

Corky Cellars is located at 22511 Marine View Dr., Des Moines.

Snowbound runs until Jan. 31. On Wednesday, Jan. 27, Thursday (28), Friday and Saturday the shows start at 7 p.m. and Sunday at 2 p.m.

The doors will open promptly a half an hour before show time.

Vietnamese to celebrate New Year with festivities

BY TAYLOR JOAQUIN
Staff Reporter

The Vietnamese Student Association will be celebrating the Lunar New Year by hosting the Tet Festival.

It will take place on Friday Jan. 29 in the Student Union building from 6:30 to 9 p.m.

The goal of holding this event is “to promote and spread awareness of our culture,” said Theresa Bui, president of the club, “and Tet is our biggest celebration.”

Tet is the most important and popular holiday in Vietnam and is derived from the Chinese New Year. Common practices during Tet are preparing special foods and cleaning your home.

Similar to Catholicism’s Lent, Tet is a time where certain things are encouraged and others are considered taboo.

It “depicts your fate for the whole new year,” Bui said. “[We] really believe in luck.”

One should pay off all their debts and return anything that they have borrowed before Tet.

Giving lucky presents to loved ones during Tet is a very common practice.

Sprinkling lime powder around your home is done to keep away bad spirits.

Some things you shouldn’t do during Tet include cursing, refusing gifts from others, and wearing the color white.

Eating duck meat is believed to bring unluckiness so it is also avoided.

One should be sure to avoid giving certain types of gifts during Tet. Giving someone a watch is believed to symbolize the recipient’s time is going to pass. Cats, medicine, cuttlefish, and knives are also believed to bring bad luck.

“Everyone is welcome to come, it doesn’t matter what your race is,” Bui said. “And you don’t have to be Vietnamese to join the VSA.”

A Highline student and member of the Vietnamese Student Association, Mike Sampson has had an integral part in putting on the festival.

Despite having a different cultural background, he’s enjoyed participating.

“I’ve had tons of fun choreographing and teaching group dances as it is one of my many passions,” he said.

“The most valuable thing I’ve gained through the Tet Festival experience has to be the importance of family and acceptance [that] the Vietnamese culture shares and embraces,” said Sampson.

Organizing this year’s Tet Festival has gone pretty smoothly so far, club leaders say. A lot of people have volunteered to perform and help out.

“The paperwork was the hardest part,” Bui said.

Blend returns next Wednesday



Cody Warf/THUNDERWORD

Ouwar Argona from Fair Play performs for The Blend on Wednesday Jan 13. The Blend is a bi-weekly concert series in the Student Union Building, by the Fireside Bistro. The next Blend performance will take place this next Wednesday, Jan 27.

The festivities will include lots of entertainment, including singing and dancing –even a dancing dragon.

The festival will also be holding a fashion show. Partygoers will also be able to play games and win prizes.

Food will be served at the festival including fried rice, eggrolls, and dumplings.

Bui is expecting a larger turn out than last year’s festival. They have already sold twice as many tickets as before.

Tickets to the Tet Festival are

\$5 and can be purchased at the Student Program’s desk on the third level of the Student Union, Building 8.

The Vietnamese Student Association makes no profit and all proceeds go toward putting on events such as this one.

Pink Floyd tribute band to perform at ShoWare tonight

By NICK ORMBREK
Staff Reporter

Floyd fans will journey through the gates of dawn to the dark side of the moon just in time to hit the wall when the Pink Floyd Experience recreates the extravagant, one-of-a-kind atmosphere of their namesake on Jan. 21 at the ShoWare Center in Kent.

Pink Floyd, the legendary British progressive rock band, was active from 1965 to 1995.

They released 14 albums, among them *The Dark Side of the Moon* (1973) and *The Wall* (1979), and were known for their multi-sensory, immersive and elaborate live performances.

“The show includes a massive light show, with lasers just about everywhere,” said Justin Platts, special event assistant at Kent Parks and Community Services.

Platts noted visual element of the show, mentioning the large inflatable pig blimp, blinking eyes and marching hammers



Pink Floyd Tribute band will perform tonight, Thursday Jan 21.

that were a staple of Pink Floyd concerts.

“They play all of Pink Floyd’s greatest hits from the late ‘60s to *The Wall*,” Platts said.

“The show has full quadrophonic sound, the stage takes up half of ShoWare Center, and the show manages to be quite intimate yet expansive at the same time.”

The band is composed of

Tom Quinn (lead guitar, band leader), Gus Beaudoin (bass guitar), Graham Heath (lead vocals), Jesse Molloy (saxophone), John Cox (keyboards) and John Staten (drums).

All have diverse musical influences, ranging from early Motown, Cream, The Rolling Stones, Frank Zappa and Beethoven.

They also have a common

love for the music of Pink Floyd, their main impetus for setting out to recreate the experience of their concerts. The Pink Floyd Experience formed in fall 2003 in Calgary.

The concert will be held Jan. 21 at 8 p.m. at the ShoWare

Center in Kent. Tickets cost \$42 VIP, \$34 premium and \$27 reserved.

Tickets can be purchased from www.showarecenter.com or from 253-856-6999. The ShoWare Center is located at 625 W, James St. Kent.

COLLEGE TRANSFER FAIR

Wednesday, February 3 10 AM-1 PM

Highline Student Union Cafeteria, Building 8, first floor
START YOUR TRANSFER PLANNING NOW!

The Transfer Fair is YOUR opportunity to meet admissions representatives from **over 25** Washington state four-year colleges and universities.

Come by and meet the admissions reps, pick up application materials & have your questions answered! This is a GREAT place to explore your transfer options!

For a list of schools in attendance go to:
<http://www.highline.edu/stuserv/transfer/calendar.htm>

T-Bird men leading the pack in West Division

By **CHRIS WELLS**
Staff Reporter

After five league games, the T-Bird men's basketball team sits tied atop the standings with West Division rival Tacoma at 4-1.

This past Wednesday Highline suffered their first league loss and sixth loss overall when rival Green River came up big and defended their home court by a score of 67-54.

Although Green River played well, the game was lost by Highline, who only shot 33 percent from the field and 16 percent from beyond the arc. However they did shoot 92 percent from the charity stripe.

Maury Selvin led the way for Highline with 8 points and 8 rebounds. No Highline player went over 9 points in this game.

On the other hand, Green River shot a solid 47 percent from the field and was led by the strong play of Jake Wilcox, who finished with 18 points, 9 assists and 7 steals.

As disappointing as the loss may be, shooting guard Wade Moyer said the team can take something from this game.

"We have to realize that any team can beat you on any given night," Moyer said. "We didn't come to play against Green River and I think we realize how important it is to come to play every night."

Sophomore center Dan Young said the team was not ready for that game.

"After the Green River game I think everyone realized we aren't just going to win, despite who we play," Young said. "I think a lot of us expected a win against them and just came into the game mentally unprepared."

Following the poor result, Highline returned home to square off with NWAACC power Lower Columbia, who going into the game was ranked third



Chris Wells/THUNDERWORD

Highline's Darnell Williams attempts to drive past Lower Columbia's Jeray Key in the second-half of the game on Jan. 16.

in the Horizon Air basketball polls with a record of 12-1.

Even though he didn't start the game, Highline's Kyle Perry came off the bench and provided valuable minutes in the second-half that helped propel the T-Birds to the victory. He finished with 12 points and a game-high of 8 rebounds.

Also contributing to the cause was Moyer, who had a solid all-around game with 6 points, 5 rebounds and 7 assists.

Point guard Darnell Williams led all Highline players with 14 points on an impressive 5 of 6 shooting from the field. He said that this game was important for the team to prove a point to the rest of the NWAACC.

"The Lower Columbia game was a big win because it gave us a chance to beat a great team and let the league know we are here and not going anywhere," Williams said.

Although it was a big win for the team, Young said they need to continue to go game-by-game.

"The win against Lower Columbia is really big for us, but it's meaningless unless we continue to adequately prepare for every game," Young said.

The T-Birds managed to avoid a letdown in the next game against the Pierce Raiders on Monday. The final score of the game was 74-70 Highline.

Leading the way for the home team was guard Julian Fernandez, who finished with 21 points on 5 of 6 shooting from the field and 10 of 10 shooting from the free-throw line. He also had 4 assists and 6 steals.

Young had an effective game in the low post and scored 12 points on 6 of 8 shooting. He also pulled in 8 rebounds and had 2 blocks.

Although Highline did win the game and play well, they were turnover prone and finished with 24 for the game. Fifteen came off of steals by the Raiders.

Yesterday the T-Birds went up with another NWAACC power and Highline rival Tacoma, who going into the game was 12-2 overall and 4-1 in league play. Score and stats were unavailable at press time.

A unique quality of the Highline team is that they are a very deep team and any player can lead the team in scoring on any given night. Williams said this was important to throw off the other teams.

"It's very nice to have a team where anybody can contribute," Williams said. "You never know who is going to have a good game and it's hard for the other teams to scout us because of our talent."

Young said that the added depth gives the team an opportunity to stay in games even when the starters go out.

"Having a team capable of allowing anyone to contribute on any given night is a huge advantage which puts us ahead of other teams" Young said.

"It gives us the option to change lineups to create better matchups with the opposing

team, and if someone gets into foul trouble we're able to adjust accordingly."

Next up for Highline are the Centralia Trail Blazers on Saturday. The game is at 7 p.m. in Centralia.

Even though the Trail Blazers record is 2-4 in league, they were 0-7 in non-league play with losses to Clackamas, Peninsula, Whatcom, Yakima Valley, Walla Walla and Seattle. They beat South Puget Sound and Green River in league play and lost to Clark, Lower Columbia, Pierce and Tacoma.

The leading scorer for Centralia is Craig Seiler, a 6'6" sophomore power forward from Clackamas, Ore. He is averaging 12.92 points per game.

After Centralia, the T-Birds will return home to face the last place Grays Harbor Chokers on Jan. 27. The game is at 8 p.m.

Grays Harbor, who is 1-11 overall and 0-5 in league play, are led by Seattle native Larry Green, a 6'5" sophomore guard. He is averaging 10.88 points, 4.5 rebounds and 1.38 steals per game.

As a team, the Chokers are dead last in scoring in the NWAACC with an average of just 61.50 points per game. They are also last in assists with 9.92 per game.



Chris Wells/THUNDERWORD

Lower Columbia Head Coach Jim Roffler shows his frustration with how his team was playing against the T-Bird men.

Women's basketball showing progress

By **BRIAN GROVE**
Staff Reporter

Lady T-Birds basketball is ready to make a move on the West Division after winning two of its three games the last week.

"There is still a lot of basketball yet to play," said Highline Head Coach Amber Rowe.

As of Jan. 20, Highline, 3-2, was tied for fourth place with Tacoma in the West Division, behind Centralia, Clark and Lower Columbia.

"I am not worried about where we sit now. We will have to take care of business in the second round. I believe we can beat every team that we have played so far. We have not played Centralia yet, so I cannot speak [about] them. We still have a chance to finish in the top two," she said.

Centralia, 6-0, is currently in first place in the West Division.

Highline played Tacoma to break the tie Jan. 20, on the road, with results unavailable at press time.

On Jan. 13, the Lady T-Birds took on the Green River Gators at The Swamp in Auburn.

Highline came out victorious over the Gators, 72-63, out-rebounding them 51-37. Sophomores Ariassa Wilson, Lauren Hill and Jaki Fairfield were Highline's offensive leaders with 19, 11 and nine points, respectively. Hill and Wilson also had 11 and 10 rebounds apiece.

Highline's next game took place at home against the Lower Columbia Red Devils on Satur-



Brian Grove/THUNDERWORD

Ariassa Wilson breaks away from Lower Columbia's defense in the 67-61 loss on Jan. 16.

day, Jan. 16.

Although the Lady T-Birds were defeated 67-61, they were able to save themselves from the blowout forming in the early portion of the first half. Highline was down 28-8 after only a few minutes into the game, but rebounded on a 21-13 surge to make it 41-29 at the half.

In the second half, the Lady T-Birds came out strong and

were able to outscore the Red Devils, 32-26. Unfortunately, Highline's 7 for 16 free-throw shooting didn't help, and Lower Columbia regained control in the last five minutes.

Rowe said while it was good to come back and make the game respectable in the second-half, it was bittersweet overall.

"It was a great comeback, but we never should have been

down that far in the first place. We have a tendency to get complacent."

On Monday, Jan. 18, Highline played the near-cellardwelling Pierce Raiders at the Pavilion. The Lady T-Birds pierced the Raiders, 67-58.

Highline freshman Bree Morket-Burling from Capital High School in Olympia had a breakout game off the bench for

the Lady T-Birds and was the second-highest scorer for the team with 14 points.

In the wake of the absence of sophomores Danni Carlman and Patrice McKinnon, both taking medical redshirts this season, Rowe said that while these players are missed, other players have been able to rise to the occasion.

"We miss their leadership as sophomores, but we have had plenty of time to adjust to not having them. Some of the freshmen are starting to step up and play well and that is very encouraging," she said.

Hill was the leading scorer for Highline with 15 points. Highline also outplayed Pierce offensively in second-chance points, 12-9, bench points, 31-15 and points off turnovers, 25-15.

Regardless of winning two out of the three games Highline played, Rowe said the team is still working on fixing some of the same problems they were having at the beginning of the season.

"We are improving on some things, but [still] not improving on some things. We still are turning the ball over way too much and are having trouble controlling the tempo of the game. We are trying to fix this, but we are playing hard each game and that is important," she said.

Highline's next two games will be against Centralia on the road, Saturday, Jan. 23, at 5 p.m., and Grays Harbor, Jan. 27, at 6 p.m. at home.

Current basketball coach takes over running program

By **CHRIS WELLS**
Staff Reporter

The Highline cross country team will have a new leader next year when Taryn Plypick will replace incumbent Josh Baker.

Baker, who was the head coach for two years and is also a former men's basketball assistant coach, said the decision was made due to the upcoming birth of his third child and his desire to complete graduate school.

"It's actually because of grad school," Baker said. "So next year if I am at Oregon State University, which I hope to be, I will be in class on Saturdays, which is when the races are."

Although Baker will not be coaching the team next fall, he will remain at the school and continue his current teaching role.

Ashley Densmore, a fresh-

man runner from Stadium High School, said that Coach Baker made a big impact on her running ability this year.

"Coach Baker has helped me find a good pace in practice that helped me to perform well during the race," Densmore said. "Also, he helped me to push myself past my comfort zone."

Another freshman runner, Bryce Rainwater, said that the decision wasn't a surprise to him and that he is at ease with Coach Plypick taking over the team.

"The coaching change didn't appear as a shock to me," Rainwater said. "I understand the situation and support the decision of both coaches Josh and Toni (Josh's wife)."

"Having talked to Coach Josh about the change, I am more than comfortable with Coach Plypick picking up the reins, as both Coaches Josh and

Toni believe that this change is what's best for the team and I trust them in saying that."

Even though next year will be Coach Plypick's first year as head coach, it's a program that she is familiar with from her days as a student-athlete at Highline.

She is also currently a women's basketball assistant coach. Plypick said that she just wants to continue to expand on what Baker has set in place.

"I really just hope to build on what Coach Baker has already started here and continue to build a successful program," Plypick said.

As a student at Highline from 2003-2005, Plypick was an athlete in both basketball and track and was a two-time NWAACC champion in the high jump.

Following Highline, she went on to Western Oregon University, where she continued

her track and basketball career at the NCAA Division II level.

There, she tied the school's indoor track record in the high jump.

She graduated in 2007 with a bachelor of science degree in physical education.

After her time at Western Oregon, she went on to Corvallis High School for a year where she was an assistant for both the basketball and track programs.

Last year, she returned to Highline where she rejoined the basketball program as an assistant coach and also taught PE.

In July, she received her master's degree in kinesiology with an emphasis in coaching from Georgia Southern University.

Beyond her master's degree, she also is a member of the National Strength and Conditioning Association and is a certified strength and conditioning specialist.

Runner Bryce Rainwater said he thinks Coach Plypick will do a good job next year running the cross country program.

"I'm putting confidence into Coach Plypick that she will do a great job in coaching us next season," he said.

"I think her new coaching style will be intelligent, hands on and that her past successes in college athletics will show experience and in time will gain the confidence of us, her athletes."

Highline Athletic Director John Dunn said that he is happy on all fronts of this decision.

"It's a great opportunity for Josh in his professional development and I am very excited to have Taryn taking over," Dunn said.

"She has knowledge of the program [because she] is a former athlete in the track and cross country program."

The Thunderword / January 21, 2009

Highline wrestlers continue to improve

By JON BAKER
Staff Reporter

Highline's wrestling team had a good showing last week on Jan. 13 against North Idaho College.

Going into the meet the T-Birds were ranked sixth in the nation and faced their highest ranked opponent of the year, with NIC ranked third.

Highline wound up losing the meet 23-19; hbut the team showed marked improvement over their performance the week before.

The night started off with a loss. All-American Justin Purves (125) was defeated by North Idaho's Kyle McCrite 11-5.

"That was definitely a match we needed.

"I was a bit surprised we came out on the short end of the stick there," Highline Head Coach Scott Norton said In an online posting.

Highline rebounded with four wins in a row building momentum.

Aaron Smith (133) started off the winning ways for Highline with a 19-9 major decision over PJ Reich.

Sam Ottow (141) avenged a loss earlier this season to Nick Harris of North Idaho. Ottow



Jon Baker/THUNDERWORD

Highline's Aaron Smith takes down North Idaho's PJ Reich in the 133 weight class. Smith went onto win this match on Jan. 13.

showed great technique using a force half to turn his opponent and record the fall in the first round.

Marshall Giovannini (157), one of Highline's #1 nationally ranked wrestlers, showed great defensive skill defeating Joey Pierotti 7-4. Pierotti failed to score a single offensive point

against Giovannini.

David Lopez went up against Roger McCovey in a match that would determine the winner of the entire meet. The match went back and forth the entire time. Both teams and the fans were on their feet cheering on the wrestlers.

In the third round Lopez was

pressuring McCovey who was refusing to wrestle.

After McCovey had been warned about stalling, Lopez was awarded points that brought the match back even. But McCovey was able to gain a take-down with four seconds left in the match and secured a victory for NIC.

"I am very pleased with how our kids competed," said Norton. "They gave me maximum effort at all weights, and we are improving."

Highline will host Simon Frasier and Clackamas this Saturday at the Pavilion. Wrestling will begin at 3 p.m., including women's freestyle wrestling.

Marksman Moyer has outside shooting touch

By TORY GORANSON
Staff Reporter

Wade Moyer's jump shot isn't the only thing a basketball coach dreams of – he is also intelligent and humble, yet confident.

However, it is this jump shot that makes him potentially lethal during every game.

On Saturday, Jan. 9, with the Thunderbirds leading by a slim margin over Clark, Moyer began to take control of the game. With 3:40 left in regulation, he swooshed a 3-point shot at the top of the key. He hit another 3-pointer with a 1:40 left.

Although he was being heavily defended, Moyer sank the dagger 3-point shot with 1:10 left in the contest to propel Highline to a 56-47 win and a 2-0 start to the regular season. He scored all of his 11 points with under four minutes remaining in the game. That appears to be Moyer's style – clutch beyond the three-point line.

"The entire team is confident when Wade shoots the ball, regardless of the stage of the game. Wade is a natural leader," Highline's Basketball Coach Ché Dawson said.

Through three regular season games the 6'1" freshman is leading the team with 12 points



Chris Wells/THUNDERWORD

Highline's Wade Moyer drives the ball away from the basket in the game on Jan. 16.

per game.

Rather than gloating about his statistics, he directs the attention to his coach.

"I really think it's because of the system at Highline. Coach Dawson does a really good job playing towards our team's strengths and individual strengths," Moyer said.

He never uses the words "I", "my", or "me" when discussing

basketball. He is clearly focused on the team.

Moyer understands the team's mentality – "to win the league championship. I don't really have any personal goals," Moyer said.

Moyer started his long journey by working his way up as an underclassman at Sunset High School in Beaverton, Ore. He decided to play for Westside

Christian High School his junior year, where he earned First-Team All-State honors.

Moyer completed his high school career by going back to Sunset to finish his senior season, while playing for the Portland Legends Amateur Athletic Union (AAU) team on the side.

Coach Dawson also played his high school ball for Sunset. Dawson is a big reason why

Moyer took his career north to play for the Thunderbirds.

"The success that Highline has had in the past, the players that have moved on to four-year schools and just how Coach Dawson has made that happen for other players. That really helped me make the decision to come to Highline, and it's definitely the right one," Moyer said.

Dawson keeps in touch with his roots and is still involved in scouting areas such as his former high school, which inevitably led him to his top scorer, Moyer added.

He also credits a lot of his early success to his teammates for helping him understand the style of Highline basketball and providing other tips throughout the season, Moyer said.

Outside of basketball, Moyer said that he leads a normal life filled with friends and video games. He has No pre-game rituals and no superstitions. This self-described Christian said he relies on the power of prayer before each game.

Despite his religious background, he understands that it will take a strong work ethic to help the team win.

"I'm just trying to work hard in practice and come prepared every day," he said.

Highline gets to the point of saving lives

By **BILL SCHLEPP**
Staff Reporter

Highline hosted a blood drive in the Mt. Constance room last Wednesday, Jan. 13.

Every year there are four blood drives sponsored by the Puget Sound Blood Center.

Last Wednesday, the number of donors rose from 63 in Fall Quarter to 64.

During Wednesday’s drive, there were 34 first-time donors.

Many had different reasons for giving blood.

Some just wanted to help out, others wanted to conquer a fear of needles.

“I like to help people,” said Robert, a Highline student.

Robert said he was a little nervous when he got there, but when he was done, he was happy he had participated in the drive.

“I feel good, and I think everyone should do it once [because] not enough people give blood,” Ryan Barban, a blood donor said.

Barban said when he thinks about giving blood, he puts himself in someone else’s shoes who is waiting for a blood transfusion. Barban will give blood again someday.

Serge Balika, said he was motivated to give blood because of an advertisement which said “giving blood saves lives.”

“I think that anyone who



Cody Warf/THUNDERWORD

Highline student Eleni Larrisa Mantilla saves lives by donating blood for people in need.

has a chance [to give blood] should,” Balika said.

Nicole Price, who has an internship in the Human Services Department at Highline, was helping out at the blood drive by giving snacks and beverages to donors after they gave blood.

Price said giving blood is very important, and not enough people do it.

The Blood Center also needs platelets and bone marrow, she said.

Mary, a phlebotomist at the drive, said that if you ever want

to give blood make sure you eat and drink before you come.

There is no substitute for blood; it can only come from willing people, she said.

“If everyone gave blood once in their life, there would never be a blood shortage,” Mary said.

Give yourself a holiday from holiday excess

By **SHANNON SEVEREID**
Staff Reporter

While the holidays may give you a free license to eat anything and everything, there are simple steps you can use to settle back into your normal routine, experts say.

“Much of the weight gain experienced over the holidays is because of neglected positive behaviors and engaging in negative behaviors (fostered by being in “party mode” over the holidays),” said Teri Trillo, Highline’s Nursing Program coordinator.

While an individual may make healthy choices in their daily routine, by exercising regularly and eating and drinking in moderation; when the holidays come, daily routines of exercise and healthy eating may be put on hold, she said.

“Less than healthy food is plentiful at parties, home and work,” Trillo said. “It is difficult to say no. Who wants to eat veggies when there is home-made fudge?”

“The combination of the decrease in exercise and increase in poor food choices contributes significantly to the seasonal weight gain,” she said.

It is easy to fall into a pattern of unhealthy choices, but you can find your way to healthy habits again through exercise and nutrition, experts say.

“No one ever said being healthy was easy,” Karen Dumont, a Highline student, said.

“I eat really healthy in general, but during the holidays I gorge myself,” she said.

Dumont overeats and consumes so many sweets that she begins to crave fruit and vegetables.



Jessica Lovin/THUNDERWORD

If she does crave something sweet, she tries to find a healthy alternative, such as homemade popcorn with a light sprinkling of butter-flavored sea salt, Dumont said.

A good way to get back into a regular routine of exercising is to set some reasonable, detailed and health-related goals, said Darin Smith, a physical education and personal fitness trainer instructor at Highline.

Enlist a buddy or partner, join a group or hire a personal trainer to help you stay motivated, he said.

“Seek out fun exercise,” Smith said.

“Today there are exotic and fun ways to exercise: Zumba

dance, yoga, pilates or martial arts.”

Another step to take is to set exercise into your schedule.

“Exercise when you can fit it in,” Smith said.

“Start with small, lifestyle physical activity,” he said.

“Walk to the store instead of driving; use the stairs instead of taking the elevator; play basketball instead of videogames; and go out with friends instead of using Facebook.”

Highline student Tina Griess is determined to get back into her regular routine.

“I take PE every quarter because it makes me have to work out,” she said.

“I’m back in my school rou-

tine and packing my lunch.”

Packing your own food can be a great way to ensure healthy eating outside of home.

Dr. Linda Petter, family practitioner and author, recommends snacks from protein sources, such as nuts or yogurt, as a way to satisfy hunger between meals.

Make sure you consume enough protein as it satiates hunger between meals and leads to less craving and snacking, Petter said.

“Adult men should consume 56 grams of protein each day and women should consume 46 grams.”

Along with nutrition, proper sleep and hydration are impor-

tant as well.

“When you’re tired and fatigued you have no focus, are grumpy and don’t want to exercise,” Petter said.

“With seven to nine hours of long, thorough sleep, you are rested, ready to go and spend more effort to eat well and exercise.”

Hydration is important because of all the excess caffeine and sugars we consume that add excess calories and dehydrate us, she said.

“Eight, eight-ounce glasses of water are recommended each day to combat dehydration, tiredness, fatigue and headache.”

It is also important to remember that it takes practice, patience and time to live each day with a healthy lifestyle, nursing instructor Maria Carpenter said.

“Most importantly, don’t give up,” she said.

“If you do have a setback, or relapse, ask yourself, ‘what caused this to happen? How can I prevent it from happening again?’

“Be forgiving and kind to yourself. Then get back on track,” Carpenter said.

“Remember, experts say that it generally takes between six months and a year for a new practice to become a habit,” she said.

With all these steps it is easy to try to tackle everything at once – but don’t. Instead start with small, reasonable changes, said Teri Trillo, Highline’s Nursing Program coordinator.

“Even small positive changes are a step in the right direction toward better health,” Trillo said.

“The better you feel, the more you are able to enjoy life.”

Lighten winter blues with some Vitamin D

By SHANNON SEVEREID
Staff Reporter

A lack of Vitamin D may be keeping you down when the sun’s not around.

“The weather definitely has an effect on mood,” said Darin Smith, a physical education and personal fitness trainer instructor at Highline.

“Gloomy weather can make people sleepy, lethargic, lack alertness and impact emotions. Exercise is a good way to combat that.”

A lack of sunlight can also lead to Seasonal Affective Disorder, experts say.

Dr. Molly Brignall, naturopath and Highline biology instructor, said SAD is very common in the Pacific Northwest.

Here there is not enough sunlight for people to make Vitamin D, which is “produced by sunlight converting the cholesterol in your skin,” she said.

“Vitamin D deficiency causes fatigue which can drain your mood and, while it is not a cause of depression, can go along with depression,” said Dr. Linda Petter, family practitioner and author.

Vitamin D has many functions in the body, said Jo Robinson, co-author of the book *When your Body gets the Blues*.

“Vitamin D is also a hormone. It enhances brain chemi-



Marcus Daniels/THUNDERWORD

cals and results in increased serotonin, good moods and energy, while it lowers carb craving,” she said.

“The more light there is in your eyes the more serotonin is produced. As winter approaches there is less light outside and less Vitamin D stored in the body,” she said.

Lower light levels in the

winter can increase depression, making it is harder to become motivated, Robinson said.

Even with a lack of sunlight there are alternative ways to add Vitamin D into your diet to increase your mood, Highline’s Dr. Brignall said.

“Vitamin D is found in cod liver oil, fortified foods, like milk, and supplements.”

Another option could be to sit under a sun lamp or ultra-violet light to produce Vitamin D, Brignall said.

Experts agree that exercise is another way to increase a person’s mood.

“Dark weather affects your mood and motivation needed for exercise,” said Darin Smith, a physical education and per-

sonal fitness trainer instructor at Highline.

“Don’t abstain from exercise, it increases mood, energy, serotonin and decreases stress. Also seek out social interaction instead of isolation,” Smith said.

Dr. Linda Petter, family practitioner and author, said, “It is recommended to exercise for 30 minutes, five to seven days each week.”

“Do an activity you enjoy, such as cycling or running, which makes you short of breath and sweaty.”

Another way to increase your mood is to get enough sleep, Petter said.

“When you don’t sleep enough it’s hard to function,” she said. “People need plenty of sleep, seven to nine hours consistently.”

Petter also recommends people practice regular healthy eating of at least three meals a day and keeping stress levels under control.

“Good stress is short-lived and motivating. Bad stress is sustaining and wears on the body resulting in fatigue and a lack of energy,” Petter said.

It’s important to take care of our bodies and be happy because “we’re supposed to fully participate in life – to contribute and learn,” she said.

“Without energy it’s hard to do the former.”

Stretching each day improves your joint flexibility

By CHELSEA ROBINSON
Special to the Thunderword

Question: I work on cardio and weight training, but I don’t really stretch. Why is stretching and flexibility important?

Answer: Flexibility refers to the ability of joints to move through their full range of motion (ROM), which is often enhanced by engaging in stretching.

One reason flexibility is important is that it keeps the body in balance. If the body has areas that are too tight, it finds ways to compensate for that tightness by becoming hypermobile in other areas. The body adjusts to the demands you place on it, good or bad.



Robinson

If you sit at a desk all day your body may take on the shape of the chair creating tightness in the hip flexors, hamstrings, chest muscles and weakness and lengthening in the upper back muscles.

These imbalances can cause



poor posture, resulting in problems such as back, shoulder or neck pain.

Another reason flexibility is important is that it allows us the mobility to perform our daily activities effectively and to avoid injury during intense physical activities like sports.

Athletes need to be able to move freely across different planes of motion to perform efficient movements and avoid injuries.

Older adults need to maintain a healthy range of motion to perform everyday functions like dressing themselves and reaching for things from high shelves.

There are four primary ways to stretch the body:

Ballistic stretching. This involves rapid bouncing move-

ments and is not a recommended practice. These jerky movements tend to activate a “stretch reflex” that tightens up the muscle to protect it from being overstretched.

Activating this reflex will result in the muscle ending up shorter than its starting length.

This makes it more difficult to stretch and may also result in the muscle being strained (torn).

Static stretching. This is when someone slowly moves into a stretch position where they feel some tension (but not pain) and they hold it for approximately 15-30 seconds.

This method is most effective on muscles that are already warmed up.

Example: Forward Bend

From a seated position, legs extended out in front, lengthen

arms forward and smoothly stretch toward the toes. Hold for 15-30 seconds

Dynamic stretching. This type of stretching mimics a specific sport or exercise movement in a controlled, smooth manner through a comfortable range of motion.

This is used in many warm-up routines to target the muscles that will be used in the workout or sport.

Example: Arm Circles (for shoulder) – Extend both arms straight out to the sides and then trace large circles in the air with your hands while keeping the arms straight. After doing this for 15 seconds, stop and reverse the direction of the circular movement.

Proprioceptive Neuromuscular Facilitation (PNF) stretching. This involves an alternating combination of contraction and relaxation of the muscles, facilitated by a partner.

Compared to other stretching techniques, PNF has been found to be the most effective method for gains in lengthening the muscle and also has the longest lasting results.

Example: PNF Hamstring Stretch – Lay flat on the ground

with one leg flat on the ground and the other leg straight in the air.

Have a partner slowly push your extended leg toward you until you feel some tension and tell your partner to stop. It is important to remain pain free throughout this sequence.

Hold the leg in that position for a few seconds and then contract your hamstring muscles (in back of the thigh) pushing your leg toward your partner as hard as you can while your partner resists for 6 seconds.

Then contract your quadricep (front of your leg) and help your partner gently bring your leg even closer toward you.

After holding this position for another few seconds, repeat the sequence one to two more times and switch legs.

With these stretching methods and regular practice, one should be able to attain and maintain a good balance of flexibility in the body. This will also help to prevent injury and maintain the range of motion throughout life.

Chelsea Robinson is a student in the Personal Fitness Trainer (PFT) program at Highline.

Resolutions easier with smaller steps

Italian heretic was outspoken, right until death, presenter says

By TAYLOR JOAQUIN
Staff Reporter

New Year’s resolutions regarding weight aren’t the easiest to keep, but if you follow a few pointers you can be successful.

Tim Vagen presented “New Year’s Resolutions and how to not let them cripple you,” at last Friday’s Science Seminar.

Vagen is a part of Highline’s Physical Fitness Training Program and the owner of Unlimited Athlete, Inc., a training firm.

Science Seminar is a series of presentations by professors from Highline and other members of the science community.

The series is free and all are welcome to join.

“People make resolutions for a variety of reasons,” Vagen said. “To lose weight; that’s the No. 1 reason why people make resolutions.”

People fail at keeping their New Year’s resolutions for a number of reasons.

A common cause is that most people don’t personalize their goals, nor write them down. A lack of a support system is also one.

One of the biggest reasons is that results can’t be seen every day.

“From your fitness standpoint, you can’t Fed Ex it. It won’t be there overnight,” said Vagen.

However, this rationale isn’t held by the majority. Many people will simply quit trying if they think their efforts have been for nothing.

Still, the reason at the top of the list is simply that there are too many big resolutions.

People will aim to accomplish great goals without thinking of a plan or way of getting there.

Vagen suggests breaking up



Tim Vagen

these bigger goals.

“Smaller ones are more manageable,” he said.

Many people will turn to running regardless of their current level of fitness, but this isn’t always a good idea.

Running isn’t for everyone, Vagen said.

“If you’re a big person, running may not be for you. Running is for those in shape,” he said.

If you’re overweight, each step you take as you run is putting an enormous amount of extra pressure and stress on your joints.

Vagen recommends starting off by walking and slowly letting your body adjust.

Another key part in sticking with New Year’s resolutions is developing a way to hold yourself accountable.

You can do this by finding a friend who helps keep you on track, writing down your goals and progress, and by finding a good trainer.

The next Science Seminar will be held on Jan. 22, where Anne Whitson will be presenting “Trans Fat: What is it and Why do I care?”

Science Seminar meets Fridays at 2:20-3:10 p.m. in Building 3, room 102.

By SAM REASH
Staff Reporter

Giordano Bruno was a Renaissance-era philosopher who wasn’t afraid to speak his mind, even if it eventually killed him.

Lonnie Somer, an anthropology instructor on campus, presented on the largely forgotten philosopher to a packed audience in last week’s History Seminar.

Bruno was born in 1548 in Naples, and lived a very unsettled life.

He attended the monastery of San Domenico Maggiore, in Naples, and became a priest.

Bruno’s excellent mental abilities earned him much recognition.

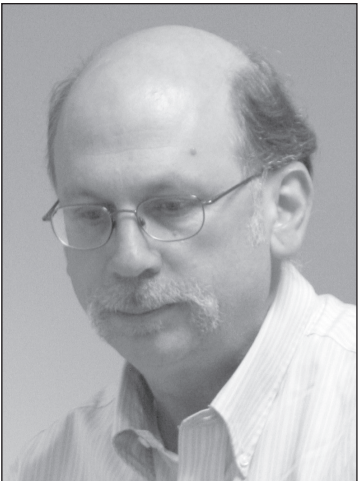
He was taken before the pope to demonstrate his abilities, which was considered a very high honor.

Unfortunately, his mental abilities were not enough to keep him safe from his own free thinking forever.

“Bruno was a guy that didn’t know when to shut up,” said Somer.

It was routine for Bruno to challenge and argue anything he did not agree with.

His knack for taboo behav-



Lonnie Somer

ior and free thinking eventually began to catch the eyes of officials.

Initially his actions could probably be overlooked, but his situation became more grave as he grew older.

“When he got older, his mouth got him into more trouble,” said Somer.

Bruno freely spoke out against accepted ideas of the time.

He didn’t believe the earth was the center of the universe and defended the Copernican model of astronomy.

He also freely discussed his views of the Christian faith, which were often different from

that of the Church and were considered to be heresy.

“He said Jesus was just a con man and magician,” said Somer.

Bruno’s unwavering will to speak his mind led him to a life of traveling and fleeing.

He was excommunicated, and prosecuted by the Church.

Eventually Bruno was caught by the Roman Inquisition and held in a prison cell for seven years.

When he was finally brought to trial he refused to back down on some of his beliefs.

Consequently, he was declared a heretic and was burned at the stake on Feb. 17, 1600.

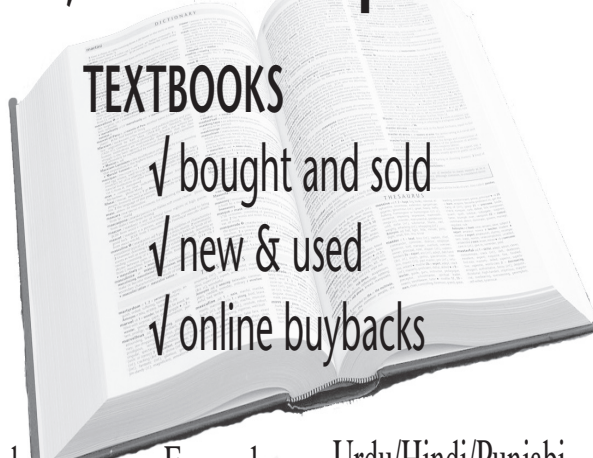
A cardinal of the Roman Catholic Church declared Bruno’s death as a sad episode on the 400th anniversary of his death.

Today, a monument to Bruno can be found in the heart of Campo de’ Fiori, one of Rome’s oldest marketplaces, and the site of his execution.

The next History Seminar will be on Wednesday, at 1:30 p.m. in Building 3, room 102.

The next speaker will be Dr. James Peyton, an economics professor on campus, who will be talking about the history of money.

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Puget Sound area activists test the waters

Surfrider Foundation urges government agencies to do more for local water quality



"The Surfrider Foundation is an international volunteer-driven organization."

--Shannon Serrano,
Washington Field Coordinator,
Surfrider Foundation

By DAN JURPIK
Staff Reporter

Two local activists want to see more water quality testing by local, state and federal agencies in the Puget Sound.

As part of the Science on the Sound Speaker Series, members of the Surfrider Foundation spoke on the topic of the water quality along Washington shores recently at Highline's Marine Science and Technology (MaST) Center.

The Science on the Sound

Speaker Series are talks, hosted by Highline, on topics related to the environment, and are offered at no cost to the public. The talks are scheduled for the first and third Saturday of each month.

"The Surfrider Foundation is an international volunteer-driven organization," said Shannon Serrano, the Washington state field coordinator of the Surfrider Foundation. Serrano went on to say that the Foundation's mission is to protect the world's

oceans and beaches—ensuring the water quality for everyone.

"An oil spill at the Strait (of Juan de Fuca) is the biggest threat to water quality in the area," said Abigail McCarthy, the chairwoman of the Seattle Chapter of the Surfriders and a scientist working for the National Oceanic and Atmospheric Administration (NOAA). McCarthy also said there are other threats to water quality such as sewage overflows and motor oil that wash directly into the Puget

Sound because of storm water runoff.

Some of the Foundation's goals are the promotion of beach access to the public and bringing about awareness on the importance of clean water.

"King County and the State Department of Ecology often perform regular water quality testing between Memorial Day and Labor Day," McCarthy said. "The Surfriders test our waters year round." The Surfrider Foundation has established a Blue Water Task Force—a group of volunteers trained to perform water testing in partnership with the University of Washington.

McCarthy said that the Foundation's members often test the local beaches for pathogens such as E. coli, Enterococcus, and Staph—infectious organisms found in the fecal matter of humans and animals.

The significance of year-round testing of water becomes evident as just last month, on the night of Dec. 14, 10 million gallons of raw sewage spilled out into Elliott Bay due to a switch malfunction at the West Point Treatment Plant in Seattle.

The speakers said that the Foundation is looking for both volunteers and donations, and that it will continue to accomplish work important to the community and the environment.

The next speaker at Highline's MaST Center is Ron Herschi, writer and environmentalist, on the topic "How We Can Get Plastics Out of the Sea," which is scheduled for Jan. 23, beginning at noon.

Highline's MaST Center is located at Redondo Beach, next to Salty's restaurant, and is open to the public on Saturdays from 10 a.m. until 2 p.m.

Census office to hire more than 800 workers this year

By ISRAEL MAGANA
Staff Reporter

The local Census office in Federal Way is hiring 800-1,200 workers in March for the 2010 Census.

The survey is required by the Constitution to be conducted every ten years to account for the growth of the population.

In an effort to count every living resident in the South King County area numerators or census takers will be hired to conduct follow ups with residents who do not submit their Census forms.

Numerators will be paid \$17.50 an hour. They are expected to work 20-40 hours a week traveling around the South King County area to conduct the follow-ups.

The Federal Way Census Office will supervise the South

King County area and the hiring of the numerators.

Guadalupe Cavezos, the local Census office manager for Federal Way said that the follow-ups will be conducted "from the border of Pierce County to just south of Seattle."

Applicants should contact the local Census office by calling the 2010 Census Job Line at 866-861-2010. Callers will be required to enter their area code and will be redirected to the Federal Way office to schedule a basic skills test.

The objective of the Census is to count every living resident in the U.S. "The government plans to distribute \$400 billion based on population," said Cavezos.

Money given out by the government would go to schools, hospitals and public projects such as roads. Emergency ser-

vices and job training centers could benefit from the money received by the outcome of the Census.

The Census also helps regulate the U.S House of Representatives allowing more or less representatives for a state depending on the amount of resi-

dents counted. Washington state and Texas are expected to gain one or more seats in the House while California and Pennsylvania, among other states, are expected to lose seats.

The Census will be mainly conducted through mail-in forms. The form sent out by the

U.S government will consist of 10 confidential questions about the home and its residents.

"The information will not be released until 72 years have passed", said Cavezos.

A \$100 fine will be given if a person does not provide information via form or follow-up.

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Tuition

continued from page 1

Skip Priest, R- Federal Way.

The larger four-year schools want to become elite colleges. If the legislature wants an upper middle class college, it [this bill] will do that, said State Rep. Mark Miloscia, D- Federal Way.

State Rep. Glenn Anderson, R- Maple Valley, also opposes the bill, saying that the schools need a stable tuition price so that students can plan ahead for education costs.

Opponents argue that the change would make college unaffordable for a large percent of the population.

“College will become for people with money, almost turning them into private schools,” State Rep. Miloscia said.

“The unfortunate victims are middle class students, specifically coming from the community colleges,” said State Rep. Priest.

State Rep. Miloscia put his opinion bluntly.

“It’s stupid,” he said.

Students to rally in Olympia this February

Highline students join other Washington state college students to rally against increases in college tuition next month.

Students from local colleges will rally outside the capital building in Olympia on Feb. 15.

This day was chosen in hopes that since schools are out for Presidents Day, more students will come to participate in the rally, said Olga Afichuk, Student Government vice president.

Legislators agreed that the student based rally is a good idea.

“I think its essential year for people to come to legislature, especially students,” State Rep. Tina Orwall, D- Des Moines.

“It might help and it’s a good idea to be honest,” said State Sen. Karen Keiser, D- Des Moines.

State Rep. Mark Miloscia said “One of my big complaints is that college students are not engaged.”

Squirreling around



Hoang Nguyen /THUNDERWORD

A squirrel eats the rest of a muffin and runs off with the wrapper it found on campus.

Nursing

continued from page 1

well.

This is not the situation we want to be in but it’s what we have and there has been no

complaints from the students,” said Trillo.

“I appreciate the positive attitude from both the students and faculty, said Trillo. They are all champions, and they need to be commended for their positive attitudes.”

Shallow quake hammered Haiti hardest

By NICK ORMBREK
Staff Reporter

The nature of the earthquake that struck Haiti last week meant extensive damage for its capital but little for nearby countries, explained Highline Geology Professor Dr. Eric Baer.

The 7.0 earthquake left the Haitian capital of Port-au-Prince in ruins last Tuesday, but nearby countries are reporting no major damage.

The quake destroyed many landmarks, residential areas and hospitals in Port-au-Prince, leaving as many as 200,000 dead and countless more injured and homeless. The sheer human cost and utter loss of infrastructure make it the worst natural disaster in the western hemisphere to date.

Many residents and visitors to the Caribbean island were buried beneath the rubble of the once pristine capital city. Some are miraculously still being found alive including an 8 and 10 year old, as well as an 82 year old woman.

Almost all of the damage from the earthquake appears localized within Haiti. The Dominican Republic, which borders Haiti on the same island, received no major damage, nor

did nearby Cuba, Jamaica or the Bahamas. Dr. Baer explained why the damage was so severe within such a small area.

“Essentially, the reason that Haiti was so devastated but the Dominican Republic was not is because the quake was very strong and also very shallow,” Dr. Baer said.

The epicenter of the earthquake was 16 miles west and eight miles below Port-au-Prince.

“Shallow quakes focus their energy in a much smaller area,” Dr. Baer said. This led to the capital’s destruction while leaving nearby countries relatively unscathed.

“Also, Port-au-Prince is the worst city an earthquake could occur in,” Dr. Baer said. “The city had a high population density, most buildings were made from concrete which isn’t flexible during an earthquake, and the landscape is hilly, making it prone to landslides, leading to roadblocks.”

All of these factors combined into a perfect storm, leaving the capital in ruins and in urgent need of aid.

Response to the disaster from international organizations such as the UN, the International Red Cross and the Salvation Army,

as well as from numerous governments around the world, was slow to begin with, but has steadily picked up speed.

The things most in need right now to the people of Haiti is medical supplies, including doctors, clean water, food and candles or lanterns since the power to Port-au-Prince has been and currently remains off.

Unfortunately, the effects of the quake will be palpable for years to come, and will only serve to deepen the extreme poverty and lack of organization that was long the norm in the country.

Haiti will need sustained international assistance for the foreseeable future.

“It is a desperate situation and I hope people will donate,” Dr. Baer said.

Highline will also be setting

up a fund through the Highline Foundation; funds will be sent to the Portland based non-profit MercyCorps. You can go to mercycorps.org/fundraising/HighlineCC to donate online.

The Highline campus will also be offering up a bake sale next week, with proceeds going directly to MercyCorps, though date and location was yet to be determined at press time. Students will also be taking in person donations for the same charity in the Student Union

Building.

A benefit concert will be held at Waid’s Haitian Cuisine, Bar and Grill, located at 1212 E Jefferson, Seattle, on Saturday, Jan. 23 from 5-9 p.m.

The money raised at the event will go to the Mission Education for Poor Children in Haiti.

To donate to the relief effort, visit www.unicefusa.org, www.doctorswithoutborders.org, www.redcross.org, or www.clintonbushhaitifund.org.

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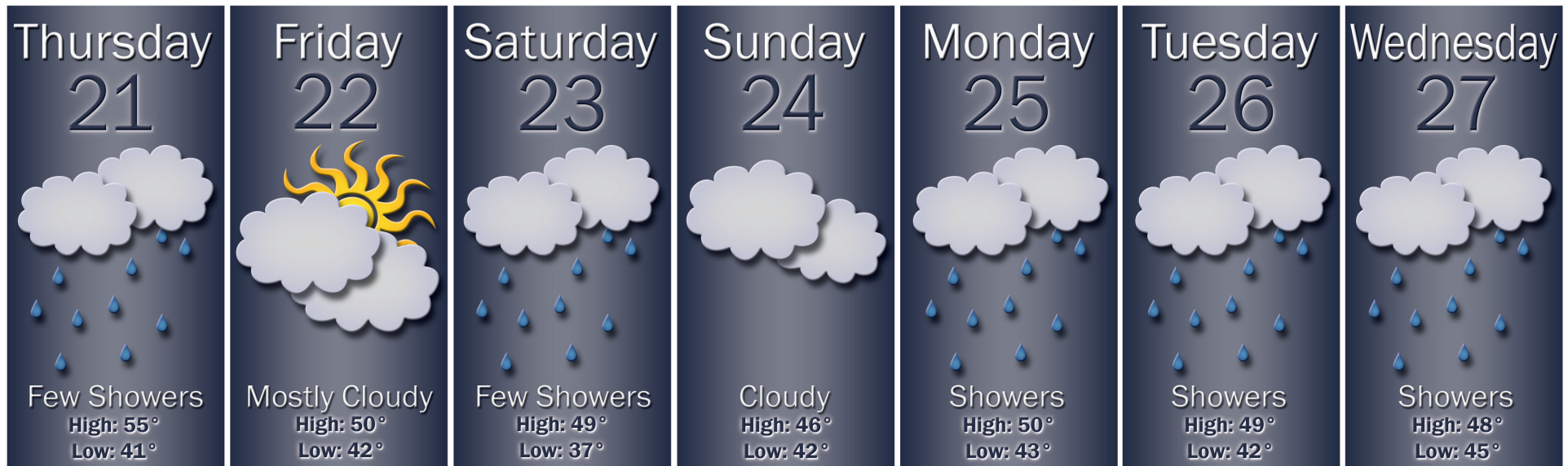
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Weekly weather forecast



Evaluation

continued from page 1

The college’s self-study and the team’s report are then sent to the commission for final action. “We’ve had two evaluations in the past few years,” Wagnitz said.

The first, an interim evaluation, was conducted in 2008.

“At the time, we received a number of commendations, plus five recommendations,” he said.

Some of the recommendations called for improved physi-

cal access for people with disabilities, more clarity in the requirements for professional-technical programs, and improvement in the school’s self-assessment practices.

The second evaluation was a follow-up to the 2008 study.

It was conducted last October.

“The evaluator found we had made significant progress in all five areas. He was particularly pleased with our work in disability access and in our professional-technical curriculum publications,” Wagnitz said.

The evaluator said that the school still needed to make improvements in its self-assessment work, however.

“Significant efforts are underway to continue to address our remaining recommendations. In academic programs, every department is involved in an ongoing process of improving its assessment of student learning,” Wagnitz said.

The student services division has formed an Assessment Task Force to guide its work on assessment, and the Institutional Research Office and executive

staff are working on a project to redesign the school’s institutional effectiveness measures, he said.

The change to a new evaluation cycle in 2011, and what it means is still being examined.

“The new seven-year cycle is something we’re just being trained on,” Wagnitz said.

“As we understand it, we will now be required to submit a series of reports over the entire period—say, on average, every two years or so,” he said.

“Some of these reports will be more significant than oth-

ers, and some will incorporate a team on-site evaluation, but there won’t be the same sense of a 10-year span with a single, clear midpoint,” he said.

The change to the seven-year cycle was first proposed by some of the commissioners and then it was voted into effect by the member colleges of the Northwest Commission on Colleges and Universities.

The cycle change was a part of an overall revision of the organization’s accreditation standards that were implemented on Jan. 11, 2010.

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