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 institutions 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. 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 personal 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,” 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 resilient. They have great attitudes and have adapted very well.”

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 personal 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,” 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 well.”

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.

“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 for areas of 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 Universities, 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
MLK Week events

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

• Tiasha 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
  
  • David Roediger will host a lecture called “Freedom when? Race and labor, then and now.”
  
  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, Massachusetts 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 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 Community College on a volleyball scholarship. She was on her way home to join her parents for the memorial service for deputy Kent Mundell.

She was paralyzed from the chest down.

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

• Movie Fridays presents SLAM on Jan. 22, at 12:30 to 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 Community College on a volleyball scholarship. She was on her way home to join her parents for the memorial service for deputy Kent Mundell.

She was paralyzed from the chest down.

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

Janet J. Dimock
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 or wants, sacrifice, association, planning and self esteem.

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

“When students take classes at Highline they go out into the world and become even more than they ever 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.

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 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 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.
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 county 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, many have 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.

Letter to the editor

Library policies are for students’ advantage

Dear Editor:

I am writing to correct inaccurate information 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.

In order 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 recreational 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 library 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
Dr. S., Des Moines. Cellars, 22511 Marine View SW 153rd St., and at Corky available at the winery, 127B ing wine tasting. Tickets are and 31 at 2 p.m. 29, 30 at 7 p.m and Jan. 24 Burien, Jan. 22, 23, 27, 28, continue at E.B. Foote Winery in a killer. with someone who might be trapped in a mountain lodge drama about seven people ents major war? Agincourt took place in which Ireland? the ancient Roman name for square foot? many square inches are in a name? is Tiger Woods’ real first “?” The Lord is my shepherd ... verse begins with the words: presented in “hippophobia”? is the excessive fear repre 1. PSYCHOLOGY: What is the excessive fear repre 2. BIBLE: What Bible 3. Eldrick 4. 144 5. Hibernia 6. Hundred Years War 7. George Crum 8. Pigs 9. Exposure to cold caus...
**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 it 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-...
**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.

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 smooth so far, club leaders say. A lot of people have volunteered to perform and help out.

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

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 turnout 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.

**Blend returns next Wednesday**

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 next Wednesday, Jan 27.

**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 extravagent, 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 marchinghammers that were a staple of Pink Floyd concerts.

“They play all of Pink Floyd’s biggest 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 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.

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

**COLLEGE TRANSFER FAIR**

Wednesday, February 3 10 AM-1 PM

Hightline Student Union Cafeteria, Building B, 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.hightline.edu/students/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 16 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’re not 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 powerhouse Lower Columbia, who going into the game was ranked third 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 play, they are 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. in Centralia.

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.
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 set to host 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. Last weekend 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. Sopho-

more 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-
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. High-

line 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 com-

placent.”

On Monday, Jan. 18, High-

line played the near-cellar-
dwelling 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 Dani Curlman and Patrice McKimmon, both taking medical redshirts this season, Rowe said that while these players are missed, other play-

ers 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 improv-

ing on some things. We still are turning the ball over 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.

Runners are now on track to show progress in their respective division.

By CHRIS WELLS
Staff Reporter

The Highline cross country team will have a new leader next week 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 assis-
tant 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-

tman runner from Stadium High School, said that Coach Baker made a big impact on her run-
 ning ability this year.

“Coach Baker has helped me find a good pace in practice that helped me to perform well dur-
 ing 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,” Rain-
 water said. “I understand the situation and support the deci-
 sion 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 wom-

en’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 al-
ready started here and continue to build a successful program,” Plypick said.

“As a student at Highline from 2003-2005, Plypick was an ath-
 lete 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 Or-

gon, 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 assis-
tant coach and also taught PE.

In July, she received her mas-

ter’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 Na-
tional Strength and Condition-

ing Association and is a certi-
fied 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 ath-

letes.”

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 develop-

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

Marshall Giovanni (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 Giovanni.

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 for 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.

“Highline will host Simon Fraser 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 Che Dawson said.

Through three regular season games the 6’1” freshman is leading the team with 12 points 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 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.

While at Sunset he also wrestled, he took his career north to 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.

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 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.

If she does crave something sweet, she tries to find a healthy alternative, such as 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,” he said.

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 routine and packing my lunch.”

Packing your own food can be a great way to ensure healthful 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 important 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 sleep every night, 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 headaches,” she said.

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 feeling you get, 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 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 chemicals and results in increased serotonin, good moods and energy, while it lowers curb 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 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 ultraviolet 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 personal 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.”

Strengthening 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 your ability to move through your 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.

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 efficiently 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 movements and is not a recommend method. 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 then 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 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 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 Neuro-muscular 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 process. 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 push your quadriceps (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

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 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 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.

Italian heretic was outspoken, right until death, presenter says

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 behavior 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 on 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.
Puget Sound area activists test the waters

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

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.”

--Shannon Serrano, Washington Field Coordinator, Surfrider Foundation

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 awareness about 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.

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 services 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 residents 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.
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 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.


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

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 epicenter of the earthquake, which 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 appeared 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,” 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.

“So, Port-au-Prince is the only 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.


Do you want to get a “green card” so you can stay in the U.S. legally? We have helped many legalize!

Quality immigration services without attorney fees!

Over 20 years experience.

D.C. WILLIAMS & ASSOCIATES, INC.
206-325-9400
1-888-888-6489

Sponsorship of husband, wife, fiancé, fiancée, mother, father, brother, sister, visitor visas, green cards, and many other related services.

Chúng tôi biết tiếng Việt!
Weekly weather forecast

Thursday 21
Few Showers
High 50° Low 21°

Friday 22
Mostly Cloudy
High 48° Low 21°

Saturday 23
Few Showers
High 59° Low 37°

Sunday 24
Cloudy
High 50° Low 42°

Monday 25
Showers
High 50° Low 43°

Tuesday 26
Showers
High 49° Low 27°

Wednesday 27
Showers
High 48° Low 29°

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 physical 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 others, 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.