

THE Highline Community College Thunderword

Furlough days anticipated but not welcomed

By **CAITLYN STARKEY**
Staff Reporter

Many Highline staff members could be facing days off without pay starting this summer and they are not happy about it.

Senate Bill 6503 proposes that all state employees be furloughed -- days off without pay -- for 16 days spread throughout the year.

In the case of higher education institutions, faculty, security and a few other select staff would be excluded, but the bill could affect as many as 558 people.

Sixteen days would be more



•Legislature taking steps toward tax increases. See story, page 15.

than a 5 percent decrease in pay. Staff members here say they are not too happy with the situation.

"I'm broke and don't want them to do it," said Marsa Mair, senior secretary for the social sciences

"Right now I live paycheck to paycheck; it's terrible. There are other ways to make a difference and because of all the cuts, I don't think there is any wasted space," she said.

Lauri Spivey, senior secretary for the art and humanities, agreed.

"A lot us live paycheck to paycheck. I'm a single mom and it would put a big dent in my paycheck," she said.

"It's frustrating, it's not out in the public yet and it will start this June," Spivey said.

Jeff Grogan, a job representative for the Washington Public Employees Association, the union that represent the staff at

Highline, and financial analyst at Highline, pointed out that work does not stop just because people are not being paid.

"Your email doesn't stop, your telephone doesn't stop, the postal service doesn't stop, your work doesn't stop," he said.

Because of Grogan's position at Highline and his connection to staff union, he can see both side of the debate, neither the union nor the staff like the idea.

"From a union perspective it stinks. As a staff member it would disrupt the flow of the organization. It would probably affect the students' services,"

Please see Furlough, page 16

Handicap permit not so handy

By **JEANETTE DIMOCK**
Staff Reporter

When it comes to disabled parking permits, only seeing red could give you the blues.

While Marsa Mair, a secretary in Building 11, was recovering from knee surgery, her doctor recommended she get a temporary parking pass to enable her to use wheelchair parking while her knee healed. Her doctor wrote her a letter explaining she would need the temporary pass for only about a month.

Mair took the letter to the Safety and Security office, who in turn issued her a red college disability permit, which she was told would allow her to use the handicap parking spaces.

On a routine patrol of the Highline parking lots on Jan. 28 to check for valid wheelchair permits or plates, a Des Moines Police officer noticed that Mair did not have a state permit in her car, only the red Highline permit. He issued a parking ticket for \$537.

Mair said she was stunned when she returned to her car after her lunch break and saw a ticket on her windshield. She checked to see what it was for and even verified the ticket was for her car.

She thought it had to be a mistake; Security had just given her the permit the previous week to use the handicap parking spaces for a month. She e-mailed Supervisor Richard Noyer at the Security office to let him know of the ticket so that the college could straighten out the mistake.

Noyer surprised her when he explained that it was now a Des Moines Police Department matter and he unfortunately



Cody Warf/THUNDERWORD

Building 11 secretary Marsa Mair holds up her temporary parking pass along with her \$537 ticket.

couldn't help her. Noyer recommended she take her letter from the doctor and anything else she had to the Des Moines Police Department to resolve it.

When Mair called the Des Moines Police Department and explained she had a temporary disabled parking permit issued through the college, she was advised that only a state-issued handicap placard or plate are

valid.

Noyer from Security explained the purpose of the red Highline permit on Feb. 8: "The red Highline DP permit is to show that you are a disabled student or staff member."

He explained that you will still need a valid, state-issued handicap placard or plate in order to park in the marked handicap parking spaces on campus.

He said that handicap spaces on campus are reserved for staff and students, due to the limited amount of parking available.

Mair was still trying to figure out why she was told she could park in the handicap space with the red Highline permit that was issued to her.

She continued to try to find someone who could help her figure out the handicap permit/placard situation.

Fortunately for Mair, once both the City of Des Moines and Highline realized that this was a case of miscommunication the city decided to dismiss the ticket.

"Prosecutor Tim George dismissed the ticket out of the interest of justice," said Sergeant Bob Collins, public information officer for the Des Moines Police Department.

The Des Moines Police routinely patrol both public and private parking lots to check for handicap parking violations.

The fine from the state is \$250, the city adds additional fees to the base fine, which means in the City of Des Moines you will pay \$537 for violating the handicap parking law.

The Revised Code of Washington outlines handicap parking limitations, violations and penalties in RCW46.16.381. Subsection (5) in part says, "a person who has a condition expected to improve within six months may be issued a temporary placard for a period not to exceed six months."

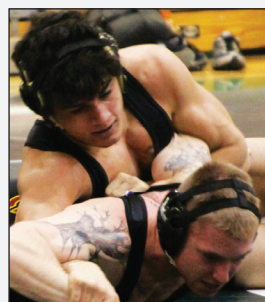
"Access Services said that Highline will no longer be issuing red disabled parking permits.

"Students and staff who need to be able to park in handicap parking need to get their permits through the state," Noyer said.

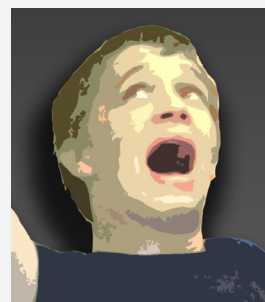
INSIDE

February 18, 2010
Volume 49, No. 15

Burien theater rocks n' rolls to Shakespeare /P7



Wrestlers qualify for nationals/P8-9



Students slammed with stress can get help/P13

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Weekend Weather



Mostly sunny on Friday and Saturday, partly cloudy on Sunday.

For full forecast, see page 16.



Car accident reported but no one found

On President's Day, security received a call reporting that the caller had just been involved in an accident in the north parking lot.

The caller said the accident happened near the bottom of the hill in the north parking lot.

When Security arrived at the North parking lot they were unable to locate the caller or the scene of any accident.

Security patrolled the entire parking lot and no recent accidents were observed.

Kaplan student stuck in the Library stairwell

A Kaplan College student became trapped in the stairwell of the library on President's Day.

The instructor reported that he found the student pounding on the glass door of the 2nd floor stairwell in an attempt to get help. Security was called to unlock the doors and let the student out of the stairwell.

The instructor did not know how the student had become trapped in the stairwell, although there had been meetings on the 5th floor earlier that day.

The student who had been trapped in the stairwell apparently activated the alarm and used the fire escape door to exit the building.

The student was no longer in the stairwell when security arrived.

Toilet catastrophe in the Pavilion

The men's restroom toilets in the Pavilion were found plugged on Monday, Feb. 15.

The officer who reported the incident said that they had been clogged from the day before.

Security then called maintenance and requested that they come and clean up the mess.

Lost and found

The following items have been found and are available at the security office in Building 6. To claim lost items, you must have identification and the location it was lost: cell phones; watches thumb drives; wallets; bracelets; keys; clothes and much more.

— Compiled by
Jeanette Dimock

Diamond Bash Auction at Highline

The annual Diamond Bash Auction is returning to Highline to help raise money for the woman's softball team in the Student Union on Friday, Feb. 26.

The cost is \$30 a person and includes beverages, appetizers and dinner. The silent auction is from 6:30 to 7:30 p.m. and the dinner and live auction starts at 7:30 p.m.

Auction items include a night's stay at the Marriot Hotel and a \$75 diner certificate; airline ticket vouchers; His and Hers Oakley Sunglasses worth \$350; foursome at the T-Bird Classic; a Nike specialty letterman's jacket worth \$499 and more than 30 other silent auction items.

Midge Raymond comes to Highline

Midge Raymond visits to read from her works at Highline Listens: Writers Read Their Works.

Raymond is an experienced writer and has written the book *Forgetting English*, and has done many other journals and magazines including *The Wanderlust Review* and *Bayou magazine*.

The reading will be Thursday Feb. 25, at noon in the Highline Student Union Building in the Mt. Constance room.

Writing Department reading returns

Come join Monica Lemoine, Sybil James, Susan Landgraf and Susan Rich for the Writing Department reading of poetry, fiction and non-fiction from



Cody Warf/THUNDERWORD

Des Moines Police officers interview persons of interest after responding to a break-in call.

some of Highline's own writers.

They will read from their published and yet to be published works at what Monica Lemoine calls a "grown-up version of storytelling time."

The reading will take place today, Feb. 18, at noon in the Student Union Building 8, in the Mt. Constance room.

Highline to host health care job fair

For students looking for a career in a health care related field, Highline will be hosting a health care job fair in the Student Union Building 8, on Wednesday March 3, at 9 a.m. to 1:30 p.m.

Puget Sound Employers will be present and will be recruiting for jobs in many of the health care fields including: nursing,

respiratory care, medical assisting, medical transcription, phlebotomy, polysomnographic technology, optician-licensed dispensing and chemical dependency.

The health care job fair will be held simultaneously with the Highline Health Informational Fair. Last year there were more than 60 booths with 250 student participants.

Calendar

•Joy Strohmaier will be presenting a Science Seminar on The Amazing World of Bacteria on Friday Feb. 19, at 2:30 to 3:10 p.m. in Building 3, room 102.

•This week, Movie Friday will be showing *Taken*. It will be in Building 29, room 105 at 12:30 p.m.

HOT JOBS

NEED A JOB? WE GOT JOBS!

Looking for a job? Student Employment will be hosting a job fair prep workshop on Wednesday February 24th from, 1pm-2pm in building 8, Mt Olympus. Learn what to expect, how to network, and what to do before, during, and after a job fair.

Highline will be hosting a Health Care Job Fair on Wednesday March 3rd from 9am-1pm in building 8, outside Mt. Skokomish Representatives will be recruiting for various positions within large and small health care facilities including all levels of patient care and administrative positions

**BOTH ARE FREE TO ATTEND
AND OPEN TO ALL.**

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

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Jessica Lovin/THUNDERWORD

HIGHLINE HEROES Ex-student now works for Highline

By **SAM REASH**
Staff Reporter

Former Highline student Lois Eriksson now provides support on campus in many ways.

Eriksson works on campus as an assistant, a travel coordinator and a notary public.

Eriksson attended Highline as a student in the early 1980s and completed her associate of applied science degree.

She later returned to Highline to begin working in 1991.

"I provide general administrative support to the president and vice president," Eriksson said.

Eriksson works on campus in Building 1 as a receptionist.

She helps with paperwork, organization of campus events, and assisting faculty.

Currently Eriksson is helping coordinate the Community College Survey of Student Engagement, or simply CC-SSE, making sure it runs smoothly.

As the travel coordinator, Eriksson also processes travel paperwork and clears students and faculty to travel away from Highline.

"I help anyone who wants to travel from the college," Eriksson said.

Eriksson also helps Highline athletes with their need to travel. Recently she helped students traveling to the Highline wrestling match.

As a notary public, Eriksson is also authorized by the state government to administer and witness the signing of important documents on campus.

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

If there is someone you would like to see here, send us an e-mail at tword@highline.edu. We'll try our best to get the scoop.



Eriksson

Computer defense starts with the user

By **DAVID LUGO**
Staff Reporter

The first line of defense in the battle to protect your information is you.

Users from inside the campus pose the biggest threat to the network and all users connected to it, said Administrative Technology Server Administrator Michael Bradley.

This means that users, such as students, faculty and staff, too often open spam e-mails containing viruses, which threatens the stability of Highline's entire network.

"Most of the time it isn't intentional," Bradley said.

Many users do not know that they should have complicated passwords, be careful of the e-mails they open, and be wary of where they enter personal information, Bradley said.

The internet is home to many bad people, such as information thieves and hackers, with even worse intentions. These people look for unsuspecting internet users with weak security.

Thieves are looking for information they can use for their purposes, such as credit card numbers to make fraudulent purchases and sticking you with the bill.

Hackers are usually looking to make your computer or network experience as difficult on you as possible, making your experience annoying and crippling your computer.

plunging your computer.

Highline uses many tools to deter external threats, such as segmented access to the wireless network, and an external firewall, Bradley said.

"We sometimes get an attack originating from another country, just people probing and trying to get access," Bradley said.

However, as safe as Highline makes the internal network from attacks originating from outside the college, the biggest threat to Highline's security originates internally.

Highline has storage and file systems that users cannot access without proper user privileges, said Bradley.

User privileges allow and disallow certain users from accessing different areas of the network, preventing students from viewing administrative files.

Students can put the college at risk by opening e-mails that look legitimate but can infect someone's mailbox which could spread to your contacts, or by loading a virus from flash drive.

The threats Highline encounters most often are spyware, malware, phishing scams and spam e-mails, said Bradley.

Malware, short for malicious software, is software that is designed to infiltrate a computer without the consent of the user. Malware is usually designed to be detrimental, invasive or annoying and can also be referred

to as viruses, Trojan horses or worms.

Spyware is defined as a specific type of malware designed to steal personal information without user knowledge.

Phishing scams are attempts at acquiring important personal information, such as passwords, usernames, and financial information. Phishing is usually done by a hacker disguising their web page as a legitimate site.

Many users do not know that they have been infected, how they were infected or that they could spread such software to others by connecting to the network.

Many of these issues could be addressed and solved by increasing user security awareness. Making users more knowledgeable on information security could help keep not only their information but other users' information safe as well.

"We haven't done well with educating users," said Bradley. "We have an acceptable use policy which outlines appropriate use, but we can do more to increase awareness."

One of the tools that helps familiarize users with the importance of proper information security practices is the level of difficulty needed to have your password accepted by the my-HCC program. User passwords need to be at least eight characters in length, uppercase and lowercase English characters, at least one base 10 digit, and a non-alphanumeric character such as #, @ or %.

"Mathematically, the more complex the password is the more difficult it is to crack," said Bradley. "The downside is

that people tend to forget those passwords. Practically, it can mess people up."

Incorporation of a pass phrase could be beneficial, said Bradley.

Pass phrases are similar to passwords but are usually longer which would help maintain complexity and security. However, unlike a password, the phrase is usually something that people are familiar with so they aren't likely to forget it, Bradley said.

"I'd like to see an investment in security awareness training," said Bradley.

Methods such as professional development to educate the staff and faculty, and tying in information security awareness to student orientation could be beneficial, said Bradley.

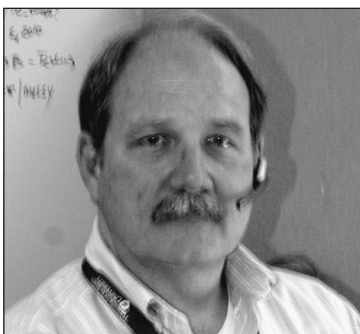
"If you ask anyone on campus if they think that computer security is important, almost everyone will say yes," Bradley said.

Prevention, such as educating all users, could help maintain information security for all users of the network.

"Overall, the best thing for campus information security would be increased user awareness," Bradley said.

Increased user awareness would help achieve Highline's goal for information security which is, "protection so users and students are able to carry out their duties without any interruption or disruption," said Bradley.

People can become complacent about the security practices they use, said Bradley. "Continued, maintained awareness is key."



Michael Bradley

Editorial comment

Avoiding disease is easy

In the Feb. 11 Thunderword, we reported on our non-scientific survey of students that found many of the students on campus don’t bother to use protection when they have sex.

In this day and age, there is no excuse for not using a condom every time.

The statistics alone should be convincing enough: There are 19 million new sexually transmitted infections each year, most of which occur in the 15- to 24-year-old age group – the age of most college students.

Washington ranks low enough in comparison to the rest of the United States at 33rd, with just over 20,000 cases in 2008, but that’s still a large number of avoidable diseases.

Many people believe that it won’t happen to them, but that’s just asking for trouble. That’s especially true considering that most sexually transmitted diseases are not noticeable unless complications occur.

Just because you can’t feel it doesn’t mean it’s not there. Being in a monogamous relationship isn’t a good excuse to start slacking when it comes to protection either. The only way to be sure you and the other person don’t have anything is to get tested.

Oftentimes, that’s not even enough, because if a person is constantly having unprotected sex, they can contract something that will not show up on tests until much later.

For instance, HIV has a “window period” of about three to six months where the disease lives in the body, but antibodies have not been developed, so they will not show up on a test, according to Planned Parenthood’s website.

Diseases are not the only reason to practice safe sex. Depending on the method, birth control can reduce the risk of pregnancy dramatically.

Condoms are the only method that protects from pregnancy and disease at the same time, assuming you are not abstinent, which always works without failure.

According to Planned Parenthood, 98 out of every 100 women whose partners use condoms correctly every time will avoid pregnancy. Combine that with another method of birth control, such as the pill, and the number that get pregnant gets even smaller.

These days, in our well-developed and educated country, avoiding sexually transmitted diseases and unwanted pregnancy is easy, as long as you pay attention and think before you act.

Staff

I will talk to you in English later.

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Americans should be happier

Having been many places around the world, I must reluctantly admit something I was unwilling to say until just recently: the U.S. might just be the best place in the world to live.

I grew up between Romania, where my mom is from, and the U.S., where I was born.

Maybe because I was young and naïve, or maybe because the grass is always greener on the other side of the fence, I had a romanticized notion that I wanted to live in Europe when I grew up.

Since then, I’ve been back many times, both to play soccer and just to get out and see more of the world.

Many Americans will be quick to judge our health care system, government and social behaviors unfavorably and say there has to be a better place to live. But there really isn’t.

On my last trip to Romania, we had to put my grandmother in the hospital, and based on visiting her and dealing with her doctors and nurses, I can say that it could be much worse than our world of privatized health care and expensive procedures.

The conditions were appalling – three beds in a room barely bigger than most walk-in closets and no real visible medical equipment besides an IV drip, let alone a phone, television, or other form of contact with the outside world.

Dealing with the people in the hospital was no better.

Suffice it to say when the doctors are telling you to bribe people to get things done, something is seriously wrong.

Romania is a former communist country and might not be a great yardstick for comparison when more technologically advanced nations are right next door, but much less advanced nations also exist.

As for our government, as



Commentary
Liviu Bird

much as people complain, it is relatively stable.

As the will of the people shifts, so does the will of Congress. They aren’t out to make citizens’ lives harder. If they tried to do that, it would be much harder to get re-elected.

It is designed to change laws slowly and almost unnoticeably to avoid tyranny.

Our Founding Fathers, fresh off their experiences with British trade embargoes and other economic sanctions on the colonies, are to blame (or thank) for that.

Racism seems to be rampant in the United States also. But compared to the rest of the world, the U.S. is far ahead of the curve in fixing that problem.

In my travels abroad, I have come across people who have, outright and with no shame, asked me, “How could you elect a black man president?”

Other groups of people face worse intolerance around the world than they do here also.

Homosexuality is still illegal in many countries, and even if it isn’t, it’s certainly not something one would be willing to exhibit in public like they would in Seattle.

When people from Europe tell me they want to move to America and I ask why, everybody says, correctly, that the way of life here is better.

American people should be happier with our situation. We live in a country that is based on freedom, just as the cliché goes.

Freedom of speech is often taken for granted in this country.

It’s why we always hear people complaining, publicly and privately, about various aspects of this country.

On my most recent trip, to Turkey, I discovered that it is illegal to criticize the founder of the Turkish republic, Mustafa Kemal Atatürk.

More vaguely, it is also illegal to criticize “Turkishness” in general.

This came to a head in March 2007 when a court in Istanbul banned access to the video sharing site YouTube throughout the country because of a feud between Greeks and Turks that got out of hand, eventually accusing Atatürk of being a homosexual.

So in Turkey, people don’t complain about their government because it’s literally illegal to do so.

Also on the entertainment front, the vast majority of films, television programs and many non-YouTube videos people watch come from here.

Although it doesn’t necessarily paint an accurate picture of American life (I’ve been asked if everybody here drives a fancy car and looks like a movie star), it does give the world a unifying, common source of entertainment.

Not to say the U.S. is a perfect place and cannot learn from other nations.

It is not statistically the happiest country in the world in any poll I’ve seen, and the recent national health care debate has shown how unhealthy we are as a nation compared to some – but definitely not all, or even most – others.

And yes, some policies our government has enacted in the past decade have been questionable, for sure.

However, I am hard pressed to find someplace I would rather live or be from.

Liviu just hopes we’ll let him stay.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Differences: 1. Mailbag is black. 2. Apron is different. 3. Door has small window. 4. Woman has headband. 5. House is missing. 6. Mailman's arm patch is gone.

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? Trivia test

by Fifi Rodriguez

1. LANGUAGE: In old England, what was the profession of someone known as a baxter?
2. TELEVISION: In what country was "Jeopardy!" host Alex Trebek born?
3. MEDICAL: What is the medical name for "the bends"?
4. ANIMAL KINGDOM: What kind of animal would be described as "lupine"?
5. MUSIC: How many members are in the Mormon Tabernacle Choir?
6. GEOGRAPHY: The Mystic River flows through which U.S. state?
7. GENERAL KNOWLEDGE: What would a vexillologist study?

8. COMICS: In the comic strip "Peanuts," where was Snoopy born?
9. MOVIES: What film's theme song was "Lose Yourself" by Eminem?
10. FAMOUS QUOTATIONS: Who once said, "Depend upon it, sir, when a man knows he is to be hanged in a fortnight, it concentrates his mind wonderfully"?

10. Samuel Johnson
9. "8 Mile"
8. Daisy Hill Puppy Farm
7. Flags
6. Massachusetts
5. 360
4. A wolf
3. Decompression sickness, often a diving hazard
2. Canada
1. A baker

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Arts Calendar

•Burien Little Theatre presents Arne Zaslove's 1950s rock 'n' roll version of *A Midsummer Night's Dream*, a comedy of mistaken identities set in 1957 on prom night at Athens High.

The performance will continue at The Burien Little Theater, Feb. 19, 20, 26, 27, Mar. 5, 6, 12, 13, 19, 20 at 8 p.m. Feb. 21, 28, Mar. 7, 14, 21 at 2 p.m.

Tickets are available online at burienlittletheatre.com, by calling 206-242-5180 or by email at tickets@burienlittletheatre.org.

Last week's
Weekly SUDOKU

Answer

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

Axel Awards

Across

1. Tale spinners

6. High school breakout

10. Haw's partner

13. By land ____

14. "How To ____ Book": Adler

16. Olympics chant

17. 2006 Olympic skater & award

19. Mail HG

20. Stuck at O'Hare, perhaps

21. Protracted

23. Portico

25. "You betcha!"

26. MA Senator's monogram

29. Certain rec. centers

32. Down ____ (Maine)

34. Statutes

36. WWII site

37. Some lumps

39. Mideast hot spot

40. CW network, previously

41. Pre-stereo

42. Nasal cavity

44. Melville captain

46. Aquatic plant

47. Help

48. Procrastinator's word

50. Slip into

51. Commuter line

53. Pulitzer winner James

55. Devouring, with "down"

58. Flighty sort?

62. Still-life subject

63. 1968 Olympic skater & award

65. Shriner's topper

66. It's a wrap

67. ____ Rae

68. A wee hour

69. Hoodwinks

70. Fajita filler

Down

1. Hubs

2. Sporty Camaro

3. New York stadium name

Crossword 101

By Bill Deasy (Bill@gfrpuzzles.com)

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15		16	
17				18						19	
20					21				22		
			23		24		25				
26	27	28		29		30	31		32		33
34			35		36				37		38
39					40				41		
42				43		44		45		46	
	47				48			49		50	
		51			52		53		54		
	55				56	57		58		59	60
62				63			64				
65				66					67		
68					69				70		

45. Started

49. Runs the show

52. Purple shade

54. Grain disease

55. St. Paul's architect

56. Roman fiddler

57. Fed

59. Seconds

60. ____ mater

61. Neighbor of Minn.

62. Pie in the sky?

64. Powers that be

Quotable Quote

A synonym is a word you use when you can't spell the word you first thought of.

... Burt Bacharach

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

Last week's crossword solution

TAILOR MADE

S	A	M	B	A		S	P	O	T		S	T	A	Y
A	L	O	E	S		K	I	W	I		O	H	I	O
L	O	N	G	S		U	I	T	E	D		U	R	D
	T	O	G	A	S		A	N	Y			L	E	E
			A	Y	E	S		S	U	L	F	A		
T	H	O	R		R	T	S		P	O	O	D	L	E
O	A	F			I	O	T	A		P	O	B	O	X
R	U	F	F		D	R	U	N	K		D	A	T	A
I	N	T	R	O		E	T	T	U			R	U	M
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The performance will take place at Centerstage Theater in Federal Way, 3200 SW Dash Point Road.

Tickets are available online at www.centerstagetheatre.com

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

Campus events get priority, but all events are wel-

Weekly SUDOKU

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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come. Please include time, date and location of the event, plus contact information.

The Thunderword / February 18, 2010

Music club adviser wanted

By **STEPHANIE KIM**
Staff Reporter

Highline students Jeremy Vajko and Ian Cawley hope to start a music club on campus to bring musicians together and create a haven for them.

Cawley's inspiration for wanting to start a club comes from an experience he had at Highline.

"There was this guy named Prince and he was playing the blues," said Cawley. "We just started talking and jamming."

As the two shared a special bond through music, they began to exchange their instruments and created harmonies.

"It was a phenomenal experience as a musician," he said.

As Cawley got his muse from a blues player on campus, Vajko found his encouragement from just simply observing students around campus.

"This is a huge music environment," he said. "I was shocked to find out there was no music club."

"There are a lot of advantages coming together," Vajko said. "So much learning, jamming and people you can get a band together with."

While Vajko considers Kurt Cobain and Beethoven as his "music idols," Cawley is inspired by Bob Dylan and the Barenaked Ladies when it



Cody Warf/THUNDERWORD

Jermy Vajko, center, and Ian Cawley, left, in the Student Union, Building 8, jamming during their free time.

comes to playing music.

"Dylan, I didn't really listen to it a lot until a couple of years ago. He changed folk and rock music for good. His poetry is phenomenal," Cawley said.

The Barenaked Ladies inspire Cawley because of the way they borrow from other songs and their musicianship being "hilarious."

Going for his associate of arts in music, Vajko hopes to one day be a performing artist or a composer. He plays piano, bass, drums and guitar, but made the guitar his prime instrument more than a year ago.

Cawley plays guitar, cello, piano, harmonica and started playing the violin at age 6.

Cawley decided music was

what he wanted to do "at birth, almost."

"When I was capable of deciding things. I grew up with my parents playing music," he said.

"To be honest, I can't remember, I just remember being in there," said Vajko.

With the music club, "we just want to create a haven for musicians to find each other," Cawley said.

"We just want to be able to bring musicians together. We have so many people that want to be a part of the club," said Vajko.

Although Vajko and Cawley are optimistic about contributing to the community through community service, Vajko doesn't want to set a specific goal for the club.

"If we had a goal, it would take away the creativity of the club," he said.

The only thing that's holding these two back from creating their haven is not having an adviser. They've already asked a few teachers to advise their music club, but all of them have declined.

If any teachers on campus are interested in advising Vajko and Cawley's music club, contact Vajko at j.vajko@live.de. Students who want to know more about the club, may contact Vajko.

From stage to silver screen

Every now and again movie makers decide to take the short road and make a movie out of a play or musical. There are two ways that this can turn out of course: very badly or better than what you actually see on stage.

Seeing a show that is on stage is an amazing experience. You get to suspend your belief and be transported to another place while the show is unfolding right in front of you.

This is particularly hard when you try to imitate or rec-



Holding Court

Courtney
Sankey

reate that same feeling through the lens of a camera.

One of the more recent attempts was with the stage musical *Rent*. Rent-heads, as the super fans of the musical are called, were very excited for the movie adaptation to grace the silver screen and so was I.

I was so excited that they were sticking with as many of the original cast as humanly possible, and ended up only having to replace two, Joann and Mimi.

Their voices were amazing and the songs all had the same sound and resilience that they originally had. They only thing is that the stage version unfortunately didn't transfer over to the film side very well.

Sets were great, costumes amazing, musical ability and acting were all there, but the energy that you get from the live performance was gone.

There was no life in the movie, and the show is all about living for the moment, doing what you want consequences be damned and overcoming the struggles of having relationships, being homeless and/or having AIDS.

One movie however that did make the smooth transition from stage to screen was *Chicago*.

This movie had the glitz and glamour of the screen while keeping the energy from the stage.

One of the big things that I think helped this movie be the success that it was, is that when they had the big dance numbers, they actually took place on an actual "stage" within the movie.

It was like the actors were performing for you not for the other people in the show.

It's the little subtleties like that which make a transition from stage to screen a great one.

Courtney is currently starring in her own musical.

Miming for hope



Cody Warf/THUNDERWORD

Sabian Pleasant performing a section from his miming routine from Wednesdays Arts and Lecture entitled A Mime and Praise Dance for Haiti.

Sirens hope to tempt with classical music

By **COURTNEY SANKEY**
Staff Reporter

The Waterland Music Series next installment will take place this Tuesday, Feb. 23 at 7 p.m. The group is Sirens Trio from Oregon.

The Waterland Music Series is a collection of various concerts that are hosted by the Des Moines Art Commission as well as Highline's Music Department.

The group was founded in 2005 and are a subgroup of the Oregon Chamber Players which was founded ten years earlier in 1995.

The trio is made up of Rebecca Olson, flute; Maria Manzo, piano; and Victoria Racz, oboe.

The start of Sirens Trio started when the three friends decided they loved what playing music and wanted to continue.

"[We are] three good friends who played together in professional ensembles and wanted to spend even more time together," Victoria Racz said.

Parkside Elementary School's orchestra will be opening for

the trio.

The show will take place in Building 7.

Tickets can be purchased at the door or in advance at the Des Moines Park and Recreation, 1000 220th St., or The Des Moines Florist, 721 S 219th.

Ticket prices are \$15 for general admission and \$5 for seniors or students, elementary through college.



Rebecca Olson, left, Maria Manzo, center, and Victoria Racz, right, make up the Sirens Trio, a group from Oregon.

Rock n' Roll puts spin on Shakespeare classic

Burien Little Theatre brings classic out of dark ages

By **STEPHANIE KIM**
Staff Reporter

A touch of rock n' roll can make Shakespeare easier to understand.

The Burien Little Theatre is currently featuring *A Midsummer Night's Dream* with a 1950s rock n' roll twist to it.

The production opened Friday, Feb. 12 and continues until Sunday, March 21.

Arne Zaslove originally directed this modern twist to the play and it made the old Shakespearean English easier to understand.

The production of *A Midsummer Night's Dream* features 32 recognizable rock songs from the 1950s and the 1960s.

However, because so many songs were used, the play seemed to drag at times. The production lasted almost three hours.

Although all performances were entertaining, the production would have been just as effective if they were to take out at least 10 songs.

A Midsummer Night's Dream is often considered the most accessible of all of Shakespeare's plays.

In *A Midsummer Night's Dream*, Hermia (Lynne Randall) and Lysander (Caleb Slavens) fall in love, but are unable to marry because of Hermia's father, Egeus' (Russ Kay) disapproval.

As Egeus wishes for Hermia to marry Demetrius (John Mallory), Demetrius is constantly fighting off the affection of Helena (Toni Guidry) and the chaos expands from there.

As love potions are created and spread, Lysander and De-



Adam Sander/BURIEN LITTLE THEATRE

Several cast members of *A Midsummer Night's Dream* rehearsing for the opening of the show. This version takes place the 1960s and has plenty of music to have you swaying in the audience. The show was directed by Maggie Larrick, with music direction by Ann Sager.

metrius both fall in love with Helena, adding to the chaos of the story.

The chemistry between Guidry and Mallory was evident and the two were able to feed off of each other's energies. The performances of both Guidry and Mallory were stronger when the two shared the stage.

Highlights include Don Speirs as Nick Bottom.

Speirs gives a hysterical, energetic and lively performance and knows when to draw the

line and stop himself from going overboard with his performance of "I'm a Little Teapot."

Everything was not flawless on the opening night of the production.

The production started five minutes late and faced minor sound issues in the beginning as the band overpowered the actors' voices, along with the feedback from the sound system.

However the directors were able to overcome these issues within 30 minutes.

Although the sound issues were eventually resolved, fixing them once the production began is a little too late.

These issues should have been resolved last week during rehearsals.

The band provided sound effects for the play, but the effects didn't work too well at times. They seemed out of place, awkward and distracting at times.

The production of *A Midsummer Night's Dream* will be available until Sunday, March 21.

Tickets for students will be \$10 until the end of this month and will be \$13 from March 5 to 7.

From March 12 through 14, prices will be \$14 and from March 19 till 21, prices will be \$15.

Tickets for general admission range from \$13 to \$15, as the weekends progress.

For information regarding ticket purchasing and show times, visit: www.burienlittletheatre.com or call 206-242-5180.

English faculty offers insights to life through words

By **COURTNEY SANKEY**
Staff Reporter

Four Highline English faculty members will be reading excerpts from their books today, Feb. 18 at noon in the Mt. Constance room in the Student Union, Building 8.

Susan Rich, Monica LeMoine, Sybil James and Susan Landgraf are all published or soon-to-be-published authors, all of whom wrote their books for a variety of reasons.

"I wrote this memoir

(*Knocked Up, Knocked Down*) as a way to help me heal from a four-month miscarriage and the subsequent stillbirth of my son, Zachary," LeMoine said. "It was a way for me to find humor, meaning and solace after a traumatic loss."

James will be reading from two different books both having to do with her travels.

China Beats, a collection of poetry that she wrote based on her travels throughout China, and *Pistols and Hearts*, another book of poetry that she wrote

after an adventure in Mexico.

"Much of my work is concerned with making other cultures more accessible to a U.S. audience," said James.

Students, staff and faculty are all welcome to sit in on the free event. There will be book signing at the very end of the presentation.

Susan Rich organized the event and has organized several others on campus for the last four years.

During past events they have had a great turnout and also

have had a fun time sharing what they love doing with others outside the classroom.

"We turn the tables and let the students listen to us," Rich said. "They (the students) see if we practice what we teach."

The authors are hoping that the audience will walk away from the reading inspired and have an understanding for the writing instructors themselves.

"I hope students, faculty, staff and community members will attend the reading," Susan James said. "Besides being en-

tertained by good writing, the audience will see a different side of the writing instructors."

"I hope they come away feeling inspired to use writing as a tool for self-expression," Monica LeMoine said. "Writing can be such a cathartic and enriching activity, especially when it's done by choice and not as part of requirement for school work or other areas of life."

"Also I hope audience members learn something new about life- perhaps a new way of looking at the world."

Highline wrestling will take six to nationals

By **JON BAKER**
Staff Reporter

Highline's wrestling team has qualified six wrestlers for the NJCAA National Tournament.

Highline placed third as a team in the Region 18 wrestling championships last weekend.

North Idaho, the perennial favorite, won the tournament for the 10th year in a row by a margin of 19.5 points with a total score of 94.5.

Clackamas was the runner up with 75 points, followed by Highline at 66.5, Southwest Oregon scored 60 points and Yakima finished with just 34 points.

The distribution of players from each team headed to nationals did not fall along the same line as the points standing.

Clackamas will take nine of their wrestlers, NIC will take eight, Southwest Oregon seven,

Highline six and Yakima five.

Wrestlers finishing in the top three in their bracket automatically qualify for nationals.

Justin Purves qualified in the 125 pound weight class. Purves placed second in the tournament to Kyle McCrite of NIC.

Aaron Smith (133) continued his domination of the region winning all of his matches on his way to a second berth into the national tournament.

Jason Gray, who was ranked second in the nation going into the tournament, won the 149 pound division, including one win by a score of 19-2.

Marshal Giovaninni (157) ranked No. 1 in the nation, took second in the tournament. Giovaninni lost in the championship round to No. 3 ranked Tarrence Williams of Clackamas. The match wound up in overtime and Williams scored the final point to win the match

2-1.

"Tarrence really wrestled a smart match," said Clackamas Head Coach Josh Rhoden. "We have seen Marshall wrestle quite a bit over the years and we knew this would be a tight match. As long as Tarrence wrestled tough he would stay in the match and give himself a chance to win."

Highline's Darren Faber (197) had a very good showing in the tournament placing second. Faber was sidelined for much of the year with an injury but has since recovered and wrestled strong.

Head coaches from around the region voted on five wild card selections that advance to nationals as well.

David Lopez (heavyweight) missed the first half of the season with a knee injury. After winning several matches he was among the wild card selections.



Nicholas Schmidt (left) uses his blood time. Aaron Smith (top) controlling George Mendez of Yakima Valley. Smith (bottom) drives Mendez to the mat for one of his takedowns in the match.



Cody Warf/THUNDERWORD
Top photo: Jason Gray works a pinning combination on Jack Calvert of Yakima Valley.

Far right: David Lopez against Matt Parsons of Southwest Oregon.

Bottom: Tate Collins controls his opponent with a cradle on the ground.

Center: Tyler Story continues to wrestle while his opponent is called for stalling.





Sara Rosario/THUNDERWORD



Norton wins coach of the year

By JON BAKER
Staff Reporter

Scott Norton was selected coach of the year for Region 18. Highline's wrestling coach was selected by his peers to receive the honor in the western region.

The award is traditionally given to the coach who has had the biggest impact on his team not necessarily the coach with the most wins.

"It means in some cases that you are turning a program around, that you had a great year and thus a great regional tournament," Clackamas coach Josh Rhoden said. "It also means that your staff and people associated with your program are doing a good job with the team."

Throughout the year Highline's team has been ranked in the top 10 in the nation. High-



Head Coach Scott Norton

line has also had three wrestlers ranked #1 in the nation in at least one poll this year.

Rhoden said that Norton is doing a great job at Highline.

"They are getting tougher kids and developing quality wrestlers. That is made even more evident by their representation in the coaches' poll," Rhoden said. "While I think

all of us (coaches) would agree rankings don't mean a whole lot, it does give you an idea of the quality of kids he is recruiting and retaining in his program. I think Coach Norton has done a really good job up there. It's good for him and great for the region."

Highline Athletic Director John Dunn said that it is about recognizing the time and energy Norton has put into his job.

"It's really a testament to the job that Scott has done," Dunn said. "I might help set the table initially sometimes, but they do all the work. The coaches are in the trenches and they're the ones that deserve the credit. It is a real credit to him."

Norton showed his humble side in being selected coach of the year.

"I am definitely happy about it," said Norton. "It's a good honor."

The Thunderword / February 18, 2010

Highline's shooting woes continue

By **CHRIS WELLS**
Staff Reporter

The T-Birds men's basketball team is now in fifth place after dropping both games this past week to Green River, 74-43, and Lower Columbia, 72-53.

Highline Head Coach Ché Dawson said the biggest problem has been something that can't be seen on the stat sheet.

"The biggest issue the last two games has been our lack of pride in the way we do things and an inability to trust each other when we hit adversity," Dawson said. "We need to forget about the last few games, stop wallowing in our shortcomings, realize we have a responsibility to play better and start being competitive again."

With just three games remaining, Highline must win at very least one game to still qualify for the NWAACC tournament on March 6-9 in Kennewick.

However they are more dependent on how Green River and Pierce do in their last three and four games.

Against the Green River Gators on Feb. 2, the T-Birds sported a lackluster offense all game, while the Gators were lights out.

The first-half was a nightmare for Highline as they only shot 19 percent from the field and were 0 of 8 from beyond the arc.

On the other end of the court, Green River was hitting on all-cylinders, shooting 62 percent from the floor and an amazing 83 percent from behind the three-point line.

Although the second-half was better, the T-Birds were still outscored 35-29 and finished the game shooting just 29 per-



Chris Wells/THUNDERWORD

Green River's Chris Plooy goes over Highline's Kyle Perry in an attempt to block a shot in the game on Feb. 10.

cent from the floor.

Freshman guard Wade Moyer led the way for the T-Birds with 15 points on 6 of 11 shooting from the field.

Against Lower Columbia this past Saturday, shooting remained a problem for the T-

Birds as they hit on just 33 percent from the field and 19 percent from beyond the arc.

Leading the way for Highline was freshman guard Garin Peyton, who had 11 points on 3 of 5 shooting from the floor.

Dawson said these two

games weren't at the level that he wants for Highline basketball.

"We need to understand that our performances the last few games are unacceptable and inexcusable by Highline basketball standards," he said.

"We - the coaches and players - have the responsibility to perform at a certain level for the players and coaches who have been here in the past and those who will come in the future."

On Feb. 17, Highline traveled south to face off against third-place Pierce. Score and stats were unavailable at press time.

Next up for Highline will be their fierce rivals Tacoma on Saturday. The game is at Highline at 3 p.m.

Tacoma, who is currently 10-2 in league and 18-3 overall, is in first place in the West Division.

Last time the two teams met on Jan. 20, Tacoma came out victorious by a score of 87-68 behind the strong play of star sophomore forward Darius Walker. He finished with 11 points on 5 of 9 shooting from the field, 7 rebounds and 4 steals.

Walker, a 6'5" forward from

Decatur, is averaging 14.81 points a game on a remarkable 64 percent shooting from the field. He is also pulling in 7.24 rebounds and 2 steals a game.

Following the Tacoma matchup, the T-Birds will face-off against Centralia at home on Feb. 24 at 8 p.m. Centralia is sporting a 4-9 record in league play and 4-16 overall record.

In the last game that these two teams met, Highline proved to be the superior team in Centralia, winning 79-58 on Jan. 23.

Darnell Williams led the way for Highline with 22 points on 10 of 17 shooting from the field. He also had 4 assists and 3 steals.

Freshman power forward Isaac Mosley-Bolds carried Centralia with 12 points on 6 of 14 shooting and 2 blocks.

Centralia's top scorer this season has been Craig Seller, a 6'6" sophomore power forward. He is averaging 12.75 points a game on 44 percent shooting. He is also averaging 5.05 boards.

After this game, Highline will return to the road for the last regular season game to face Grays Harbor on Feb. 27 at 7 p.m. The Chokers are currently 0-13 in league and 1-19 overall.



Chris Wells/THUNDERWORD

Highline's Maury Selvin wrestles away the rebound from Green River's Gralin Paul.

Highline women in pursuit of NWAACCs

By **BRIAN GROVE**
Staff Reporter

The Highline women's basketball team is going to have to step up their play if they want to make it farther than two and out in this season's NWAACC tournament.

Highline, 7-5, resides in the fourth and final playoff spot of the West Division behind Centralia, 12-1, Lower Columbia, 11-2 and Clark, 9-3, with South Puget Sound, 6-6, and Tacoma, 5-7, right on its heels. Lower Columbia has also clinched a playoff berth along with Centralia.

The NWAACC tournament, which takes place from March 6-9 in Kennewick, involves the top four teams from each division.

Highline Head Coach Amber Rowe said although the team isn't doing as well as they thought they would, the thought of South Puget Sound or Tacoma taking its playoff spot keeps Highline motivated.

"We are hanging in. We expected to win more games and be playing better, so frustration creeps in," she said.

"But we are in playoff contention and that keeps us moving forward."

The Lady T-Birds split their games last week with Green River and Lower Columbia, beating the Gators 71-61 at home, but getting scorched by the Red Devils, 77-56 in Longview.

Against Green River on Wednesday, Feb. 10, Heather Hitch, Tera McCann-Soushek and Ariassa Wilson were the top scorers for Highline with 15, 13



Brian Grove/THUNDERWORD

Highline's Lauren Hill hits a jumper from the free-throw line in the game against Green River.

and 12 points, respectively. As a team, the Lady T-Birds shot 52 percent from the field.

Unfortunately, they also had 29 turnovers.

In Highline's next game on Saturday, Feb. 13, Wilson was

the team's leading scorer with 12 points, but Lower Columbia's Mollee Schwegler went gang-busters on the Lady T-Birds scoring 33 points and leading all scorers.

Highline did implement

its new four-high set offense, which consists of a point guard at the top of the key along with a guard on each wing. The posts are both at the elbows of the key.

Advantages of this offense include creating space under the

basket and quick cuts to the rim for scoring by the point guard.

Rowe said the four-high set worked well, but Lower Columbia adapted quickly to the offensive change.

"It was effective until they promptly switched to a zone defense," she said.

In this game, Highline had 34 turnovers.

Turnovers have been the team's biggest issue this season.

"It isn't our ball handling, it is our passing," she said.

"[We've had] way too many bad passes in both games. That has been our downfall in all our games this year. We have lost many close games because of our turnovers."

Highline has the highest number of turnovers for a team with a winning record, 528 in 21 games, approximately 25 turnovers per game.

As far as improving these statistics, Rowe said the team needs to make better passing decisions and take its ball control more seriously.

"All we as coaches can do is keep practicing to get better. The players need to get mad and value each possession," Rowe said.

Highline played at Pierce, 4-8, Wednesday with results unavailable at press time.

The team's next two games are against Tacoma, Saturday, Feb. 20, at 1 p.m. at home and Centralia at home, Wednesday, Feb. 24, at 6 p.m.

Rowe said she feels comfortable the team will still clinch a playoff berth for Kennewick as long as they take one game at a time and continue to try to get better every day.

Table tennis tournament today

By **DANIEL HINKLE**
Staff Reporter

Highline's Table Tennis Club is holding a free tournament on Thursday, Feb. 18, open to anyone.

The tournament will be from 2-7 p.m. in the Student Union's Mt. Constance room.

"There will be a prize for the winner," said Table Tennis Club leader George Kimpel.

The Table Tennis Club meets every Friday from 2-7 p.m. on the second floor of the Student Union, Building 8, in the recreational room.

The Table Tennis Club currently consists of about 50 people. At the club meetings they have a trained professional, Sam Alkhalili, who trains the club members.

Alkhalili is the Table Tennis Club adviser and is a Business



Cody Warf/THUNDERWORD

Students play table tennis in the Student Union at Highline.

Information Technology professor at Highline.

Alkhalili has played table tennis since he was 15 years old and has won tournaments in Lebanon and a tournament in California.

After the training from Alkhalili there is usually a tournament for any of the club members.

All levels of table tennis players are welcome and can attend the meetings, the club is made up of mostly beginners and a few intermediate players.

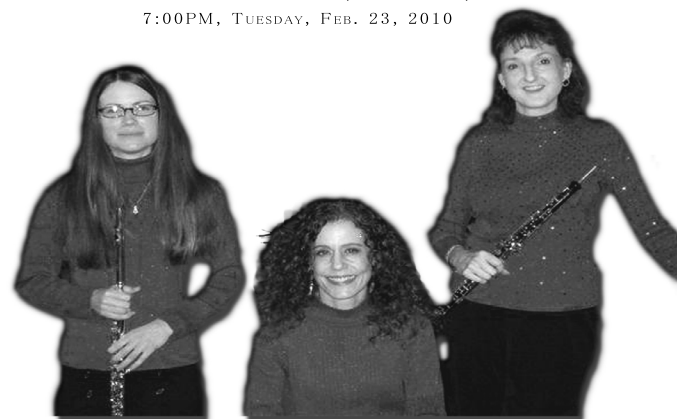
If students want to join the club, all they need to do is come to a meeting on Friday or e-mail the Table Tennis Club leader Kimpel at georgekimpel@yahoo.com.

Waterland Music Series

Sponsored by Des Moines Art Commission and the Highline Community College Music Department

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(cash or check)

For more information, call Des Moines Parks & Recreation - (206) 870 - 6527

Not at your best from stress mess?

Highline offers resources when you are hanging on by a thread

By **BRYANNA MALONE**
Staff Reporter

Highline student Samantha Guthrie works two jobs and takes three classes. She is always stressed.

“I am always either working or doing school work,” Guthrie said. “There is never any me time – it’s all work time.”

During the week she said she is either at work or at school. She said she has no time for homework and is constantly overwhelmed with her workload.

“I work six to seven days a week and do not have any time for homework. My jobs are too demanding,” Guthrie said. “I am always stressed out.”

The workload that Guthrie has taken on is what many college students attempt.

“When I get home at night, I am too tired to do my homework,” Guthrie said. “If I do have the energy to stay up and work on my school work, I do not get much sleep.”

Many college students have trouble balancing their lives and handling their stress. They are worried about homework, tests, jobs, tuition, family and friends.

However, they do not look at what is going wrong and how they can manage their stress, counselors say.

“Students tend to get scattered among competing desires and interests and stop taking care of themselves including: [getting] enough sleep; diet; spiritual connections; and exercise,” said Bill Kohlmeyer, a psychology professor.

Many of the stressors that college students endure have to do with poor time management. They also tend to alter their sleeping patterns, eating habits and exercise routines, Kohlmeyer said.

In order for students to manage their stress, they need to learn to balance their everyday

physiological needs. Without balancing these needs a person cannot relax and live their life properly, experts say.

“If it’s not working, you’re not being realistic,” said Dr. Gloria Koepping, a Highline counselor.

What Koepping has seen from students who come to the counseling center is that their standards are too high. Students expect a lot from themselves and feel that they need to live up to a certain expectation, which is usually unrealistic, she said.

These unrealistic expectations are what students tend to stress over. An average full-time student takes around three hours of classes each day. Professors expect students to spend an average of two hours per class on homework, she said.

If this is added to either a full-time or part-time job students would realize that there is not enough time in the day.

This is part of the reason why students are so stressed. Having too many things in one day is not the proper way to function, experts say.

“Time management would be a great first skill to organize these competing desires and activities for more balance,” said Kohlmeyer, a psychology instructor.

An efficient way for students to manage their time would be to use a planning device and create a schedule. By creating and sticking to a schedule students will be able to organize time and create more balance in their lives, said Koepping, a counselor.

Another way for students to manage their stress would be to give themselves more alone time. Take a few hours out of the day and spend it on themselves rather than homework and work, she said.

“Students might avail themselves to the terrific counseling resources at their college,”



Jessica Lovin/THUNDERWORD

Kohlmeyer said.

A great way to manage stress would be to use the counseling center at Highline. Whether it is going in for a one-time consultation or for regular meetings with a counselor, the counseling center is open for all students.

The counseling center is open Monday through Friday from 8 a.m. until 5 p.m. It is located in Building 6 on the top floor. Students can take advantage of this resource if they are experiencing any type of stress that they do not know how to

handle, counselors say.

Meanwhile, Guthrie said she has realized the source of her stress and has decided to do something about it.

“I am going to quit my second job so that I can focus more on school,” she said.

Changing sleep positions may help alleviate heart burn



by Paul G. Donohue, M.D.

DEAR DR. DONOHUE: I have had acid reflux for quite some time, and doctors have prescribed many different medications that did not help.

The best advice came from an online message board that said to “sleep on your left side.” So, I began sleeping on my left side. Once my body learned to stay in

that position, the pain does not bother me now at night. Why don’t doctors share such simple methods for relief rather than prescribing medications?

ANSWER: When it works, a change in sleeping position is a simple way to deal with a big problem. It doesn’t work for everyone. In fact, it works for

only a few, but it’s still valuable advice and is something that should be suggested more often.

Other self-help tips for heartburn or acid indigestion include staying away from foods that cause it. Onions; garlic; coffee; carbonated beverages; alcohol; chocolate; fried and fatty foods; citrus fruits and juices; tomato

saucers; peppermint; spearmint; and spicy foods are notorious troublemakers.

Sleeping with the head of the bed elevated is another way to keep stomach acid down. Prop 6- or 8-inch blocks under the posts at the head of the bed. In this position, gravity keeps stomach acid in the stomach.

The Thunderword / February 18, 2010

Archie's brings new flavors, familiar faces

By **AMBROSIO AGUSTIN**
Staff Reporter

For Argelia Sahagun, leaving the restaurant business was not the recipe for relaxation.

For 13 years, Sahagun owned Lago Azul, a Mexican restaurant in Des Moines. In 2008, Sahagun and her husband Armando sold the restaurant in hopes that leaving the life of a restaurateur behind would be less stressful.

"It wasn't," Sahagun said. "We wanted to try something different. My husband wanted to try working for other people, but there was a time when he had three or four jobs and it actually turned out to be more stressful."

After their brief hiatus from the restaurant business, they decided that it was time to start over in a new town with a new restaurant.

Sahagun said that they had looked for a new location in Burien and the surrounding area, but Normandy Park had a space open where Pumpnickel's used to be. They gave the space an overhaul, painting the walls of the dining room and bar in bright shades of orange and turquoise, decorating every few feet with large paintings created by her brother-in-law.

"I wanted the restaurant to be bright and cheery," she said. "I want to be happy when I come to work, and nobody wants to come to dinner in a place that will make you feel depressed."



Ambrosio Agustin/THUNDERWORD

Argelia "Archie" Sahagun, right, sits down with Romayne Potosky, a longtime customer.

The restaurant needed a name, so her husband scoured the internet to see what they should name the new venture.

"All of the names we wanted were taken," she said. "Then he told me, 'Why don't we just call it Archie's?'"

In her 13 years at her old restaurant, Sahagun earned a following of loyal clients who knew her by her preference to mingle with her guests and by her nickname, Archie. She said the name recognition has paid off.

Archie's Mexican Restaurant

has been open for less than a month but the lunch and dinner hours are often so busy that Archie herself darts between tables to keep up with the customers.

Sahagun said that she sees lots of people from her former restaurant, but new faces keep showing up, and that she can't help but treat them all like family, a trait that she said she inherited from her mother.

Even with strangers, Sahagun has a friendly, warm way of speaking that puts people at ease. It's not unlike talking with an aunt or a godmother.

"Customers from the old restaurant will see the name on the sign, and say, 'There can only be one Mexican Archie.' They recognize me from the old restaurant. Lots of people called it 'Archie's Place,'" Sahagun said.

She said that many people don't know that she isn't actually Mexican, but that she might as well be. Her family is from Nicaragua, but she's worked in Mexican restaurants since she turned 15.

Since Archie's opened its doors on Jan. 22, Sahagun said

that even in this short time they've been open, they've made new memories.

"A family came in for dinner one Saturday night, and I waited on them the whole time. They said that they felt so happy, really welcome, like they were family," she said. "The next morning, they brought their entire family out to breakfast here."

Sahagun said the customers have been good to her and her husband. She said she draws in customers from everywhere. Lots come from around the neighborhood, and others are parents she meets at her other job as a school bus driver for the Highline School District. The front greeting area is decorated with flowers from returning customers.

Sahagun said that she has only been back to Lago Azul once to take care of some paperwork but would find it hard to visit there again for fear that the memories would cause some heartache.

"I drive by sometimes, and out of habit, I would turn to look at the place," she said.

Sahagun and her husband wanted to keep everything that made Lago Azul a success. She said not much has changed, save her decision to leave her floral-patterned booths behind and the addition of a new menu item that, when translated, means "heaven, sea and earth."

"I like to help people, make them feel happy," Sahagun said. "I like to give them a good meal, a good time. It's the way I am."

You still have options when you can't pay your taxes

By **DAVID UFFINGTON**
King Features Syndicate

If you've already filed your tax forms for 2009, chances are you're due a refund. If not, you could be self-employed and wondering how to get your tax obligation paid.

One way to come up with the money you owe is to borrow it. Inquire about personal loans and check the interest rate. Determine the amount of your payments. Then calculate what your payments would be if you enter into an Installment Agreement with the Internal Revenue Service, where the interest will be 4 percent per year and the penalty for being late will be 5 percent per year.

If possible, borrow from relatives. Chances are they'll be more lenient about being paid back if they're sympathetic to your situation. Also look at the equity in your house and see if

there's enough to pay your tax bill.

If you can't come up with all the money you need, at least file your return and send in what you have. If you know you're

going to have the money soon, call the IRS at 1-800-829-1040 and arrange for a short-term extension.

If you want to put your tax bill on a credit card, call the IRS

at 888-872-9829. Make sure you're clear on the instructions it gives you to ensure that your money is credited correctly.

If you end up needing an Installment Agreement, you'll

need Form 9465 to make that request. Send the completed form in with your return and along with whatever money you can pay. Be careful when you calculate what you can pay.

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Legislature battling budget blues

The Washington Legislature is in the middle of a 60 day session, creating late night debates and many bills being voted upon.

•The Washington state deficit numbers have been moved from \$2.6 billion to \$2.8 billion by the state's Economic and Revenue Forecast Council; this means more budget cuts and tax increases than originally thought.

•The Senate Ways and Means Committee passed Senate Bill 6562 which will allow Washington State University, the University of Washington, and Western Washington University to set their own full-time resident tuition rates. The bill now goes to the Senate Rules committee and will wait until being pulled to the Senate floor for a vote.

•The Senate passed a bill that would allow the state to act as a temporary insurer for businesses in the Green River Valley. The possibility of severe flooding has threatened the Kent Valley's economy, said State Sen. Karen Keiser, D-Kent. In the House of Representatives, State Rep. Tina Orwall passed the companion bill. The two versions will need to be agreed upon, voted on by each house and then sent to the governor for her approval.

•State Rep. Orwall; State Rep. Dave Upthegrove, D-Des Moines; and State Sen. Keiser will be hosting a community jobs forum for all job seekers in the area. They will speak briefly about local job creation and the economy, after there will be an opportunity for citizens to talk with the legislators. The event will be held Saturday, Feb. 20 from 10 a.m. to noon at the Kent City Hall in the Council Chambers.

•House Bill 2921 is the first bill to be signed into law this legislative session. It is expected to save the state \$45 million through freezes concerning hiring, out-of-state traveling, personal service contracts and purchases of over \$5,000.

•The session will adjourn March 11

Tax increases could become a reality

By CAITLYN STARKEY
Staff Reporter

Tax increases loom even closer as the Senate passed a bill that would suspend Initiative 960 for two years.

Last Wednesday, the Senate voted on Senate Bill 6130 to suspend Initiative 960, 26-22 with one senator excused.

In 2008, Washington voters passed Initiative 960, which requires a two-thirds legislative vote to pass any tax increase legislation.

Now facing a \$2.6 billion deficit in the state budget, legislators are determined to suspend the initiative for at least the next two years.



Sen. McDermott

By suspending the initiative, the Legislature would only need a simple majority to pass tax-related legislation.

"It [SB 6130] defines 'tax increase' so broadly that it includes any elimination of tax exemptions or 'loopholes' that are no longer effective," said State Sen. Joe McDermott, D-Burien.

Due to the tension between the Republicans and the Demo-



crats, a two-thirds majority vote is impossible to achieve, said State Sen. Karen Keiser, D-Des Moines.

"The Republicans have vowed to oppose all tax increases, without exception. The Democrats do not have a two-thirds majority," she said.

But Democrats insist that I-960 must be suspended in order to balance the budget.

"Last year we cut \$3.3 billion from state spending, with large cuts in health care, higher education and human services. Those cuts were severe, but an additional round of more than \$2 billion more would be devastating," said State Sen. Keiser.

"In other words, another 'all cuts budget' is just not acceptable to the majority of Senators," she said.

Taking a more sarcastic tone, State Sen. McDermott agreed.

"We didn't have to pass it – we could have cut another \$2.6 billion from the budget on top of the \$4 billion we cut last year. That is untenable in my opinion," he said.

SB 6130 has already been

riddled with controversy. Each party is taking a corner, causing fingers to be pointed and blame to be placed.

During even-numbered years, the Legislature only meets for 60 days, creating many long nights on the floor. SB 6130 was one of the late-night debates.

This caused State Sen. Janea Holmquist, R-Moses Lake, to issue a press statement claiming that Democrats purposefully voted late at night so the public would not know about the vote.



Sen. Stevens

"Once again, the Legislature has seen it fit to ignore the will of the people," said State Sen. Val Stevens, R-Arlington, in a written statement.

"The vote occurred late (around 9 p.m.) because our colleagues on the other side of the aisle chose to obstruct the vote

with procedural motions and lengthy speeches by many of their members," said State Sen. Keiser.

"We must give the minority their right to object and speak, so they chose to use that right to delay the vote until later than usual," she said.

Not only was the vote late at night, but also a second vote was required on the correct version of the bill due to a paperwork error.

"As hard as it might be to believe, the Senate is a human institution and we made a mistake in drafting the first version," said State Sen. McDermott.

State Sen. Keiser took a bolder stance, claiming that the mistake was a deliberate stalling method by State Sen. Joe Zarelli, R-Clark County.

"The reason we had to vote twice is because of a paperwork mistake and some confusion about a proposed amendment

by Republican Sen. Joe Zarelli, which referenced just parts of I-960, and not the entire measure.



Sen. Keiser

I believe it was an intentional act to create confusion," said State Sen. Keiser.

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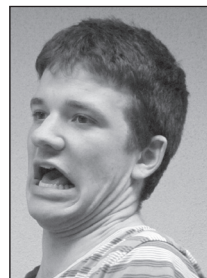
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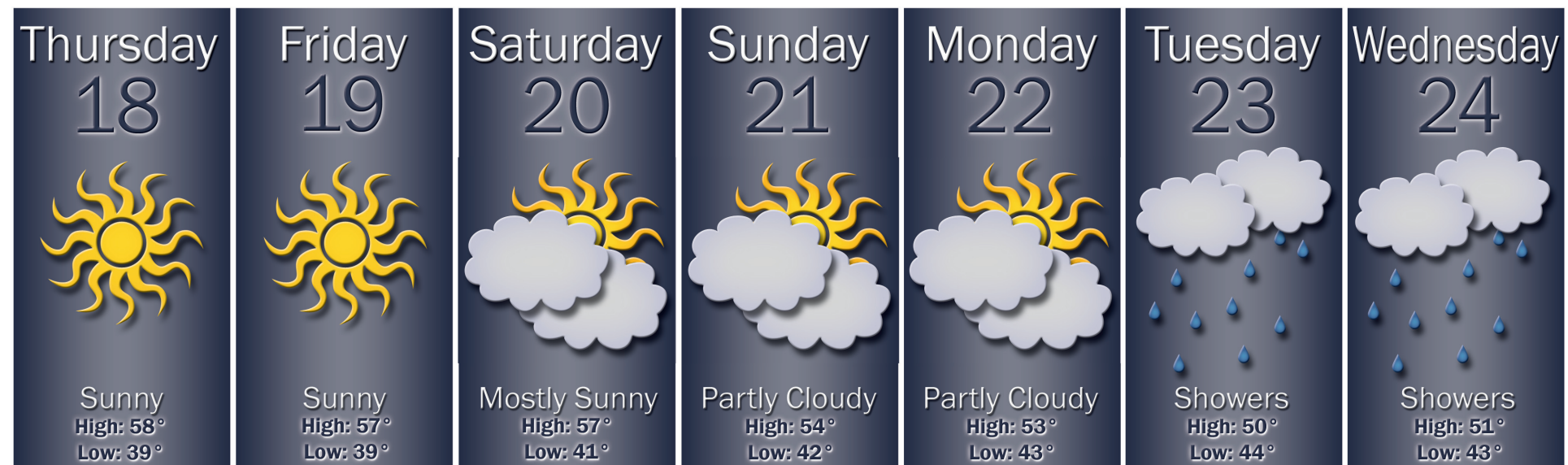
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Weekly weather forecast



Benefit concert at Highline Furlough

continued from page 1

Highline students will have an opportunity to be treated to one of the world's finest pianists.

On Saturday, Feb. 20, pianist Kim Hayashi will perform works from famous composers Scarlatti, Beethoven and Schubert in a benefit for Doctors Without Borders, an international independent organization which delivers humanitarian aid to people affected by "armed conflict, epidemics, healthcare

exclusion and natural or man-made disasters."

Hayashi was raised in Seattle, Washington and has been teaching private piano lessons for over 30 years. He has received multiple degrees in music from various universities.

The event will take place in Building 7 at 4 p.m. with admission by donation and anyone is welcome to attend. For more information, contact concert@dakotacom.net.

said Grogan.

Though staff would be hardest hit, students and faculty would also see the effects.

"It would complicate the life of the student and probably create more lines," Grogan said

Grogan wondered what it would be like to walk into Building 6 on a furlough day. Would it be deserted? Would students be able to register or pay tuition?

Faculty, though they would

not be furloughed, would certainly be affected by the days without staff.

"It's unfortunate. The staff is necessary for running the institution," said Sam Le, an economics instructor.

Yet another instructor thought that the school could manage for a short time without staff members on campus.

"I think we could make it for a few days. The person I rely on most is the building secretary and I could make my own copies," said an instructor who asked not to be named.

SB 6503 has already passed

through the Senate, 27-17. The bill has passed committee in the House and waits for the final vote on the House floor.

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