

Campus plans to go green

By **DAN JURPIK**
Staff Reporter

Highline is in the midst of a green revolution.

Different groups at the school are in the process of making the campus more environmentally friendly. Some of the departments involved include the Environmental Club, the Sustainability Task Force, the Facilities Department and the student Bookstore.

All groups have the difficult work of changing the way people act and think in terms of how an individual can impact the surroundings they work and live in.

"The challenge is what each separate department can do to help," said Barry Holldorf, Highline's facilities manager.

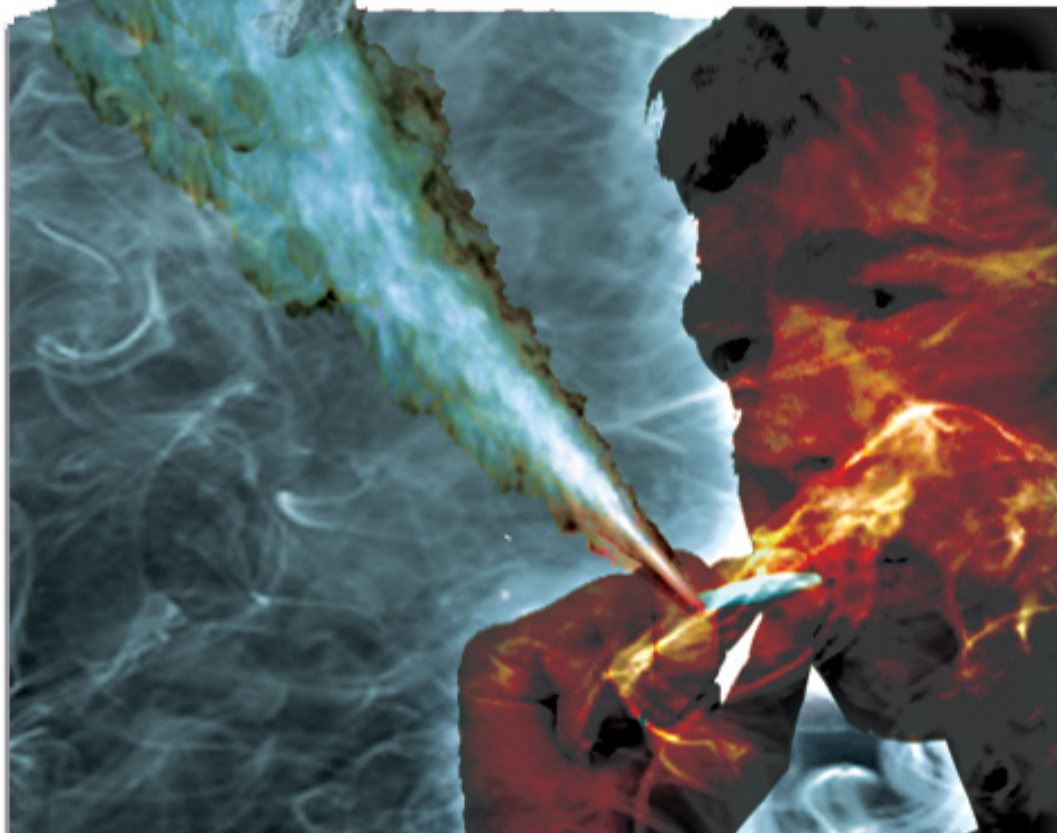
Four months ago, Highline instituted a new recycling program.

Facilities also has plans to create a composting program for the groundskeepers, and have entered a three-year contract with Puget Sound Energy to lower the campus's energy usage.

The Resource Conservation Management Program requires Highline to reduce its usage of gas and electricity, or "load shedding," which will mean students and faculty will have to change the way they use and think about energy.

Highline's Facilities Department is working on implementing some other goals to make the school greener, such as the use of more environmentally friendly cleaners by the custo-

Please see Green, page 19



Marcus Daniels/THUNDERWORD

Drugs a part of student life

BY THUNDERWORD
STAFF

Many Highline students say they have come to class high and experimented with many illegal drugs including cocaine, marijuana and heroin.

A non-scientific survey of students found that 72 percent (80 out of 110) students have tried illegal drugs at least once.

Also in the survey, 53 percent of students still smoke, snort, swallow or inject illegal drugs.

"I mostly have smoked weed and done ecstasy every once in a blue moon. I still smoke weed but not as much as my high school days," said an anonymous student.

"I only smoke weed. Although I have tried cocaine, shrooms [mushrooms], Ecstasy and excessive amounts of cough medicine. Today I only smoke weed," another anonymous student said.

dent said.

"I smoke weed and only weed. I believe if it grows out of God's green earth than it was meant for us to consume," said Highline student Greg Wilson.

Some students say that they smoke or have smoked for religious or cultural reasons.

"I used to smoke a natural herb you could relate to marijuana in Vietnam," said a student who identified himself as Nguyen.

"But not in the United States because I don't trust the people who sell it and it's not natural, it's mixed with chemicals," he said.

Another student used it for cultural social gatherings.

"An herbal Indian plant like hashish is smoked at casual gatherings and weddings," said Kunal, another student at Highline.

"I used to smoke it quite of-

ten. Now only during weddings or Hindu celebrations."

Some students began using prescription medicine legally but then abused it and began purchasing it illegally.

"I used to get a lot of prescription drugs from my friend," said a student who identified himself as Guido.

"I got into an accident a year ago and the doctor prescribed some Vicodin. After I got better I kept taking Vicodin to get that high. Soon it took more and more pills to get that high so I switched to Percocet and eventually Oxycodone," said another anonymous student.

Many students say that they have gone to class high or under the influence of illegal drugs.

"I stopped doing drugs as soon as my wife became pregnant. I used to go to class blazed

Please see Drugs, page 20

Wagnitz makes pitch for permanent VP job

By **NICHOLAS McCOY**
Staff Reporter

Jeff Wagnitz wants to remain vice president of Academic Affairs at Highline because it is a great place to work.

"Highline has to be the coolest place to work. The community is very diverse, very vibrant," he said.

Wagnitz spoke at a faculty forum on Wednesday as a part of the candidate review process

for becoming the permanent vice president of Academic Affairs. During the forum he addressed questions from both the committee overseeing the application process and Highline's faculty.

He has held the position of interim vice president for Aca-



Wagnitz

demetic Affairs for two years, since 2008. Before that, Wagnitz was the dean of instruction for the college for eight years.

The vice president for Academic Affairs is responsible for overseeing the college's instructional program.

"I would like to think that I have ultimate responsibility for maintaining the quality of programs for students, so the curriculum is relevant; I try to make sure the curriculum works

for them," he said.

Wagnitz is the short list for the position of vice president for Academic Affairs. He was the only candidate.

"I don't feel any sense of entitlement for the job. What's really important is Highline gets what's right for it," he said.

"If I hadn't worked here for 10 years, would I apply? The answer is yes," Wagnitz said.

Please see Wagnitz, page 19

INSIDE

March 4, 2010
Volume 49, No. 19



Vibrant art
on display
in Library/P6



Wrestlers
take ninth
at nationals
/P10-12



Find the chef
within you
/P14

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Weekend Weather



Mostly cloudy
Friday, sun on
Saturday and partly
cloudy on Sunday.
**For full forecast, see
page 19.**

Crime and Punishment



News Briefs

Thieves take two cars for the price of none

A Honda Civic was stolen from the lower South Parking lot on Feb. 23.

The student discovered his car missing at 3 p.m. Security assisted him in searching all of the parking lots on campus for his car. Security then contacted the Des Moines Police to report the theft.

A 1994 dark blue Nissan pick-up truck was stolen out of the East Parking Lot on Feb. 23.

The man, who was not a student at Highline, discovered his truck was missing at 7:54 p.m. The theft was reported to the Kent Police.

Student's eating habits annoy staff

A Highline staff member contacted security after a student was disruptive in the computer lab on Feb. 25 at 9:30 a.m.

The student had been eating in the computer lab on the first floor of Building 29 and had refused to stop when asked by a staff member.

Security arrived at the scene and interviewed the student. She was asked to leave the area and complied without further incident.

Student studies much too loud

Highline staff contacted security regarding a Highline student who was very loud and couldn't be contained in Building 30 on March 1 at 6 p.m.

Security interviewed the woman and found she was feeling overwhelmed with homework. She was advised that she needed to be a little quieter.

Crazed runner almost runs over a grandma

A Highline student flagged down security at 12:20 p.m. on March 2 telling them that a woman had been running up the hill towards the East Parking Lot and almost ran over her grandmother.

When the student asked the woman for an apology the other woman responded with profanities. Security advised the student to notify them if she saw the individual again.

— Compiled by
Jeanette Dimock

Investment Club to host blood drive

Highline's Small Capital Investment Club will be hosting a sign up table if students want to reserve a spot to donate blood for a blood drive on Tuesday March 9 which is from 9 a.m. to 2 p.m. in the Student Union Building.

The Small Capital Investment Club will also be hosting the Cascade Regional Blood Services for a blood drive on Wednesday March 10 from 9 a.m. to 2 p.m. The Drive will be in a Blood Mobile on the west side of the Student Union.

For more information on Cascade Regional Blood Centers, contact Community Relations Specialist, Robin Lulich at robinl@crbs.net.

Still Water spreads the word of God

The message of God will be vocalized through song by Michelle Lang at Highline.

Michelle Lang will be performing her contemporary blend of R&B, Hip-Hop and soul wrapped around the sound of the gospel on Wednesday, March 10 for Highline's Blend concert. The performance will take place in The Fire Side Bistro on the second floor of the Student Union.

Michelle Lang's group, Still Water, performs nationwide, spreading the word of God through song and dance. They have released four CDs since 2003, two of those being released in 2009.

Entertainment source and magazine Inside The Music named Michelle Lang the best urban gospel female vocalist of 2009.



Cody Warf/THUNDERWORD

Students playing rock frisbee outside the Student Union Building on a sunny afternoon.

Parking lot entrance closed for renovation

The east parking lot entrance at 236th street will be closed for repair starting Friday, March 5, at 1 p.m.

A contractor will be coming to remove and replace all the old asphalt in and around the metal teeth at the entrance.

The entrance will be closed for two to three hours in order to complete the construction.

School officials ask students to use the other entrances and apologize for the inconvenience.

Calendar

•Movie Fridays will be hosting the critically acclaimed romantic comedy *(500) Days of Summer* this week.

The movie will be on Friday, March 5, at 12:30 p.m. in Building 29, room 105.

•Eric Baer will be presenting this week's Science Seminar,

which is titled The Great Chilean Quake of 2010.

The seminar will be on Friday, March 5, in Building 3 room, 102, from 2:30 to 3:10 p.m.

•First Fridays Leadership institute will be hosting Back to the Roots: Leadership through African Drumming. Jah Breeze, a international musician from Guyana will be presenting.

Jah Breeze founded Breeze Rhythms, an organization that aspires to enhance cultural diversity and community building through ethnomusicology. The event will be on Friday, March

5, from 2 to 4 p.m.

•Captain Chesley B. Sullenberger III, the pilot who landed the US Airways Flight 1549 in the Hudson River and saved the lives of 155 people will be speaking at the Museum of Flight. He will be speaking on Monday, March 8 at 7 p.m.

The event is free with museum admission.

Correction

In the Feb. 25 issue of the Thunderword, Dylan Feeley's name was misspelled.

HOT JOBS

NEED A JOB? WE GOT JOBS! Woodland Park Zoo~Full/ Part time

temporary, summer employment

Wage is \$10-13 per hour.

Job titles include: Ticket & Membership, Events Production Asst., Grounds, Camp Instructors, Visitor Programs, and more.

Go online to www.zoo.org for full job descriptions or log onto Interfase, keyword search Woodland.

Office Assistant ~ 5889 ~ Full time

Perform basic front office and reception duties including filing, copying, multi-tasking, prioritizing, etc.

Location: Auburn Hours: 40 Wage: \$1600/mo

www.myinterfase.com/highline/student

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

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Cody Warf /THUNDERWORD

Students Alex Brenner and David Delorenzo discuss vehicle designs with instructor Richard Bankhead

Paper chase

Highline students hammering out sturdy vehicles from flimsy materials

By **BILL SCHLEPP**
Staff Reporter

A group of Highline students are doing something with paper you might not have thought possible.

The Human Powered Paper Vehicle Class is a group of students that meet every Monday and Wednesday to build vehicles that can support the weight of a human.

The vehicle can only weigh 75 pounds and is built out of 90 percent paper with only 10 percent other materials allowed. The vehicles are all wheeled, and range from tricycles to recumbent bikes to huge wheels. Highline has two teams that make vehicles separately.

But the Human Powered Paper Vehicle Class is much more than building- it's about teamwork.

Alex Brenner, a student in the class said, "You learn how to build relationships through

teamwork, and you get to hang out with people doing what you love."

"You learn teamwork, and how to apply the skills you learn in other classes," said Ryan Helgason, who is taking the class for the second time.

Every year Highline enters its vehicles in the Human Powered Paper Vehicle Competition, which takes place at Eastern Washington University. There they compete to win awards in speed, presentation, design and team spirit.

Colleges from Washington, Idaho and Oregon participate in the competition.

Last year Highline took second and fifth in the speed test, first and third in presentation, and one of the teams won the most innovative design award.

David Lorenzo, another member of the class/club, said they learn "how to work as a team, how to problem solve, how to make an idea into something solid, and have fun work-

ing."

"I hang out with these guys outside of class. People who take this class usually take the same classes I do," he said.

Student Michael Howey, said that in the class they "learn how to work together, you learn how to combine concepts for one working concept, and how to work on a deadline."

Many of the members say that the class doesn't feel that much like a normal class.

"I would consider it [the class] more of a club. We don't really get taught anything," Lorenzo said. It is not a lecture based class; the students are assigned to teams and work together to build a vehicle.

Building a paper vehicle "starts with a vague sketch and continues by throwing in actual measurements, and then after going through the problem solving with your teammates, you usually come up with a sink or swim design," Brenner said.

"We learn we can make

something pretty strong out of paper. And learn to work to make a design that doesn't fail," said Derek Thompson, a class member.

The paper vehicle class often faces many challenges when building the vehicles.

"Not having a good enough axle, your wheel can fall off; testing is a big part of it because you don't want it to fall apart on the track," Helgason said.

A main problem with making the vehicle is "the strength of the vehicle and building it so it doesn't buckle," Howey said.

"I would say [a problem that arises is] checking your arithmetic, you have to figure out how big it is going to be, you also have to do a lot of guesstimation," Brenner said.

"If people have an interest of doing meticulous drawings or math in general, they would probably like doing a class like this. Because not only does it involve their interests, it involves teamwork," Brenner said.

HIGHLINE HEROES Lilley eases transfer transitions

By **SAM REASH**
Staff Reporter

Siew Lai Lilley helps to make a transition to a four-year university a smooth and successful one for Highline students.

Lilley came to work at Highline after seeing an ad in the Seattle Times a little over 20 years ago. She has since become one of the school's most valuable assets for prospective transfer students, and now works as the director of the Transfer Center in Building 6.

As the director of the Transfer Center, Lilley works with students on an individual basis to help them plan out successful transfers. Twice a year Lilley also organizes college transfer fairs on campus. Lilley also helps to sponsor workshops on campus such as the Meet the UW Day.

"I do my best to help students prepare for a smooth and successful transition to a four-year college," Lilley said.

She also works with a diverse group of students who have questions about completing their associate degrees. Many students come to her office simply wanting to make sure they are on track to graduate, said Lilley.

"I love working at the community college since I get to meet such a diverse group of students," Lilley said.

When Lilley isn't working with students or organizing campus events, she also updates the Educational Planning and Transfer websites and works to keep all the transfer materials up-to-date.

Lilley recommends that students don't hesitate to come into the transfer office. Lilley said she loves to help students with planning their education.

"It helps if they can see the 'big picture' so they know where they are on the educational journey," Lilley said.



Lilley

Editorial comment

We need a budget now

Washington’s state Legislature has been deliberating the new budget since the legislative session began back in January.

In the midst of all the debate about what to cut and what to spare, the representatives and senators have done a lot of talking and seemingly little actual work.

However, people need to keep in mind that the American republican – small ‘r,’ not to be confused with the Republican Party – system of government is designed to change slowly, to prevent radical changes.

Many people don’t understand the system, and that is why they get annoyed so easily.

It’s just how politics work.

Besides, the legislators have been waiting for certain things to fall into place before they can make any important budgeting decisions, such as waiting for the revenue forecast to come through.

On top of the budget, they have to make sure other legislation also gets taken care of, which is time-consuming and important, just as the budget is.

Nevertheless, despite the mitigating circumstances surrounding the budget debate, the time for work has finally come.

Deliberations are still moving slowly, but expect that to change quickly because out of the 60-day session, there is only one week left now.

When there is pressure, like at the end of a Legislative session, or just before a big project is due in school or at work, it is easier to buckle down and make things happen.

It’s human nature.

The governor, House and Senate have all proposed their solutions finally; now they need to compromise and agree on one final budget.

There is a lot of talk in this process and some conflict between members of different parties.

Everybody is looking for their perfect solution and has so far been willing to compromise only grudgingly, when it is absolutely necessary.

The problem with this is that there is no such thing as a perfect solution. There is no perfect budget.

The best the legislators can hope for is for everybody to be angry, because spreading the pain is the only way to make a budget like this one fair.

Staff

That’s not very Christian.

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Iditarod is about more than sport

Dog mushing is a quintessential Alaskan sport, and its crowning event is the Iditarod.

The Iditarod Trail had humble beginnings as a mail, supply and gold delivery route between south-central Alaska and small villages in rural areas of the largest state.

A race that covers 1,150 miles of extreme Alaskan terrain, the Iditarod commemorates one of the most miraculous occurrences in Alaskan history that also happened along this trail, known to longtime residents of the state simply as the Serum Run.

In 1925, diphtheria struck the town of Nome in western Alaska. The medicine, or serum, was in short supply and doctors were soon overwhelmed with requests for the cure.

Transportation to rural Alaska is limited, but even the smallest village has an airport.

In the middle of the unforgiving Alaskan winter, with the mercury hovering lower than many Washington thermometers dare to measure, airplanes were grounded.

The train tracks only went so far. Snow machines (or snowmobiles to those born in the Lower 48) hadn’t been modernized to the point where they could travel hundreds of miles.

The only viable option for transporting the serum to Nome was by dog team.

Trains carried the supply from south-centrally located Anchorage, Alaska’s largest city, to Nenana, a native Alaskan settlement about 50 miles outside of my hometown of Fairbanks, the second-largest city in the state.

From there, mushers assembled relay teams that carried the serum non-stop the rest of the way to Nome.

The Iditarod Trail commemorates the route these men and their dogs took to save the lives of many people, most of whom



Commentary
Liviu Bird

were children, in Nome.

The race has a ceremonial start in Anchorage, which is this Friday, March 5, and an actual start in Wasilla, about 45 miles up the road from Anchorage, the next day.

As the teams wind their way through the route this year, they will encounter not only strange town names, such as Galena, Nulato, Kaltag, Unalakleet and Shaktoolik, but also weather conditions not found in any sporting event in the world, with the possible exception of Barrow High School’s football team, whose home field is on the coast of the Arctic Ocean.

Temperatures drop below -20 degrees, winds blow snow across the terrain and severely limit visibility. Sunlight is sparse in Alaskan winters, and the climbs up the icy tundra are long and dangerous.

Despite these conditions, many mushers come back year after year.

Every one of them has a different strategy for winning – for example, some run during the day and some at night.

However, the one thing that is similar across the field of mushers every year is the level of care and love they have for their athletes – the dogs. All the mushers know that the dogs are the true heroes of the race and the musher is just along for the ride and to coach.

Despite claims throughout the years that dog mushing is a brutal sport and is torture for the animals, it couldn’t be farther from the truth.

That’s my favorite part of the

race – the dogs.

As they are tied together to the sled at the start of the race, their breath forming clouds in the cold Alaskan air, they jump up and down, excitedly yapping and barking, ready to take off.

And when they get the command from the musher, they explode out of the start and don’t think about stopping until their day is over.

At each stop in the Iditarod, there are volunteer veterinarians who examine each animal for signs of overexertion and any common trail injuries – cuts from running on the ice and frostbite, primarily.

To help combat exhaustion, teams are required to take one 24-hour stop at any time during the race and two 8-hour stops at certain checkpoints along the way. No two mandatory stops may be combined.

On the rare occasion there are serious injuries to any of the dogs, they are immediately replaced with reserve dogs each musher has waiting.

When they have to drop a dog from the rest of the race, the musher always does it with a heavy sigh, and the look in the dog’s eyes is always sad.

In my admittedly fairly short lifetime, I can count on one hand the number of times a dog has died as a result of the race.

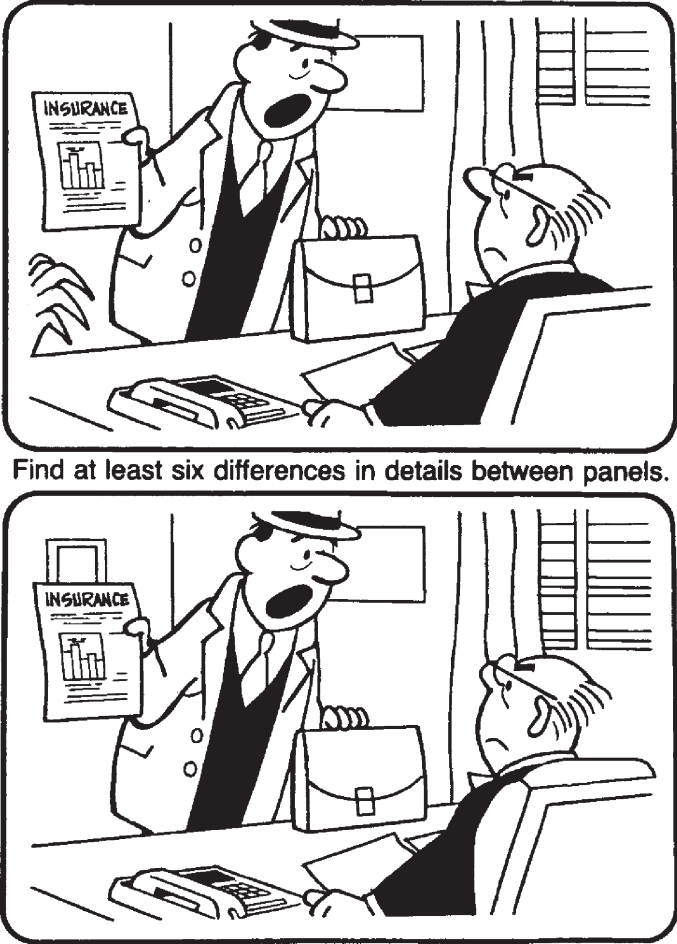
From what I can tell, with no experience in the sport, horse racing is much more brutal than dog mushing. The idea of a musher whipping his dogs to make them run faster is enough to make any Alaskan look at you like you’re crazy – and it takes a lot to look crazy in the wilderness that is Alaska.

Besides, take one look at the way a musher interacts with his dogs at the start, finish or during the time of the race and it’s obvious – the dogs are worshipped, not tortured.

Liviu responds well to mushing.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Plant is missing. 2. Man's nose is smaller. 3. Briefcase is different. 4. Chair has a cushioned back. 5. Picture has been added. 6. Picture has been added.

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?

Trivia

test

by Fifi Rodriguez

1. TELEVISION: What was the title of the theme song to the sitcom *Cheers*?

2. U.S. STATES: What state's motto is "North to the Future"?

3. MATH: Who is known as the father of geometry?

4. ASTRONOMY: What are Saturn's giant rings made of?

5. MOVIES: What was the first Pixar film to receive a PG rating?

6. GEOGRAPHY: Where is the Isle of Wight in relation to England?

7. MEDICINE: What is the more common name for the ailment officially known as tinea pedis?

8. AD SLOGANS: What 1960s and '70s product warned consumers to "be careful how you use it"?

9. ANIMAL KINGDOM: What is the fastest known bird in the world?

10. GENERAL KNOWLEDGE: What is the birthstone for April?

11. DIAMOND: What is the record for speeds of 200 mph?

12. PEGGY LEE: What is the record for after-shave?

13. ATHLETE'S FOOT: What is the record for southern coast?

14. IT LIES OFF ENGLAND'S COAST: What is the record for southern coast?

15. THE INCREDIBLES: What is the record for dust and ice?

16. ALASKA: What is the record for the Greek mathematician?

17. KNOWS YOUR NAME: What is the record for the Greek mathematician?

18. WHERE EVERYBODY KNOWS YOUR NAME: What is the record for the Greek mathematician?

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Arts Calendar

Last week's Weekly SUDOKU Answer

•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, March 5, 6, 12, 13, 19, 20 at 8 p.m. March 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.

•Highline's Drama Department presents *Antigone*. This adaptaion of the Greek tragedy, by Jean Anouilh, takes place in 1962.

The performance will be

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

Lincoln Tribute

Across

1. Title holder

6. Trade

10. Heaters

14. Bob's companion

15. Walking stick

16. "Go ahead!"

17. Overhangs

18. Aware of

19. Creative

20. Go downhill fast?

21. A Lincoln

24. Assess

26. Cuckoo

27. Wall Street figure

29. Stream

31. Minute amount

32. "I" problem

34. Hospital unit

37. Supermodel Campbell

39. Gallery display

40. W.W. II conference site

42. Flub

43. Fridge accessory

46. Almanac tidbit

47. The Beatles' road?

48. Army helicopter

50. SWAT team member

53. Court employee

54. Lincoln's Birthday event

57. Good humor man?

60. Polo grounds?

61. Place for a lecture

62. Sierra

64. Cherished

65. Homecoming participant

66. Lose ground?

67. Turning point

68. Ryan and Tilly

69. Household hazard

Down

1. Is short

2. Watered-down

3. A Lincoln

4. Cain raiser

5. Bail out

6. Bakery treat

7. Covet

8. Debate side

9. Showy blooms

10. Birthplace of Solidarity

11. Main line

12. Tennessee footballer

13. Flair

22. Shrek, for one

23. Kind of fire

25. Funnyman Sandler

27. Food sticker

28. Din

29. Hokey

30. Baptism or bris

33. Revolutionary general

34. A Lincoln

35. Leave one's mark on

36. Go out after a pass?

38. Fix firmly

41. Many miles off

44. A Lincoln

45. One way to stand

47. Place that's abuzz?

49. Kitchen gadget

50. Color variation

51. Beat (out)

52. Old war story

53. Settles

55. Benjamin Spock's alma mater

56. Wallop

58. Prefix with China

59. Freshman, probably

63. C.C. Sabathia stat.

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

Last week's crossword solution

B PLUS

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

held in Highline's Little Theatre in Building 4.

The performance will take place on March 4, 5, 6, 11, 12, and 13 at 8 p.m.

Tickets are available at the door for \$8, \$7 for students.

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

Weekly SUDOKU

by Linda Thistle

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

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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The Thunderword / March 4, 2010

Vivid color paints Highline

By **STEPHANIE KIM**
Staff Reporter

The nature-inspired artwork of Annette Proctor is currently featured at Highline's art gallery and will be up through the end of this month.

The gallery is located on the fourth floor of the library and its hours are Sunday from 2 p.m. to 9 p.m., Monday through Friday from 7 a.m. to 9 p.m. and Saturday from 10 a.m. to 5 p.m.

Annette Proctor's daughter Shannon Proctor is a speech teacher here at Highline.

A reception will be held for Annette Proctor on Thursday, March 11 from 3:30 to 5:30 p.m. Everyone is invited to come and enjoy her artwork.

The Proctors' home in Normandy Park by family members, including Annette.

Proctor has been teaching art for 22 years and before retiring, she taught at Seattle Christian for more than 11 years. During her career, she had students tell her they were only taking her class because they "just needed the credit."

"A book could be written about the students who came to class thinking and expressing to me that they had no creative ability or artistic sense," said Proctor, which is why many of her students were surprised when they discovered their inner artistic ability.

She would encourage her students to use their imagination and creativity by quoting poet Maya Angelou, saying, "You can't use up creativity. The more you use the more you get."

Quoting Albert Einstein, she added, "Imagination is more important than knowledge."

Proctor's passion wasn't always art. When she first began attending the University of Washington, her major was



Cody Warf/THUNDERWORD

Annette Proctor's work *Tropical Bouquet*. This is just one the many colorful works of art that are on display in the Library's Art and Exhibit Gallery.

music. However, it wasn't long before she realized art was her passion.

"I found myself in art classes more than the music rooms," Proctor said.

Proctor didn't think she would make a career by teaching art; she thought she would make a living by being an artist.

When her husband became ill, she needed to work to support her family.

Teaching started as a necessity, but over time, she began to enjoy it.

"I don't think anybody learns as much as the teacher," she said.

When Proctor saw her students using their imagination and creativity in her classroom, she became inspired.

"It would get my imagination going," she said.

"Seeing their imagination working would spur mine."

"Everyone is given a unique imagination," Proctor said. "But when you get older, you tend to put your imagination aside. What is more fun than investigating your own imagination?"

Proctor's inspiration comes from both her imagination and the works of artists Marc Chagall and Wolf Kahn.

Proctor is inspired by Russian-French artist Chagall because "his paintings are almost 'dream-like.' He puts different elements from [his] childhood and the village he grew up in and puts them all together," Proctor said.

Proctor also considers German-born American artist Wolf Kahn as a major influence.

"He interprets nature in his own way and uses his imagination," she said.

Currently, Proctor's paintings are of bouquets and abstract nature-themed bouquets. "I'm not copying nature particularly; it's my imagination," she said.

Seeing a group of colorful parrots was Proctor's inspiration in painting *Tropical Bouquet*. This was Proctor's first painting of bouquets.

Many artists try to stay away from bright colors because it's not considered "sophisticated" art, especially bright colors, she said. But, "I love [bright] colors so much."

Bureaucracy and Small Business turns away from Proctor's nature-themed works and shows more of Proctor's views on society, while keeping her bouquet theme.

In *Bureaucracy and Small Business*, Proctor painted city-like buildings in the background, turning away from her use of bright colors.

On the bouquet itself, she had people hang off the branches. Proctor's explanation for this painting is that so many "little people" try to reach the top of a business, but by the time they reach the top, only few are left.

Tropical Bouquet and *Bureaucracy and Small Business* are among many of Proctor's circular-shaped paintings, but she's trying to turn away from the theme.

"I'm trying to stay away from circular shapes now before people start thinking I'm schizophrenic," she said.

Proctor's philosophy in art is that "people can learn to draw. What you can do is what others can't."

Books to movies can be done

I am a nerd, a big one at that. I love to read and love it even more when some of my favorite books make it to the big screen. Well at least, I usually do.

There have been numerous cases that turning a book into a movie is an amazing thing, but with the good also comes the bad.

I just finished reading the wonderful book, *Tarzan of the Apes*, by Edgar Rice Burroughs. I started reading the book after I saw the Johnny Weissmuller-Maureen O'Sullivan version



Holding Court

Courtney
Sankey

made in 1932.

True the version was made 78 years ago, but it was still made within the 18 years that the book was written in 1914.

One would think that the movie version would follow closely to the book. However, it did not.

The book follows the trails of a young boy whose parents were marooned on an African island. After his parents die at the hand of an ape another adopts him as her own. He grows up knowing nothing else until a village springs up around him and one of the villagers kills his "mother."

Tarzan avenges his mother and takes to learning more about these beings that look like him. As years pass he finds the old cabin his father had built and teaches himself to read, though not speak, English.

A few short years later he finds that new inhabitants are being marooned right at his little cabin. Among them is Jane Porter, who is the first woman he has ever encountered, and he falls instantly for her. Mayhem and adventure follow the group through the jungle.

The movie on the other hand is quite different. It is still full of adventure, but a different kind. The main characters are hunting for ivory and are trying to find an elephant graveyard to harvest it instead of killing more elephants.

Tarzan [Weissmuller] tries to stop them, but falls for the lovely Jane [O'Sullivan]. She manages to talk him into taking them to the graveyard but promises that they will not take anything.

Tarzan and Jane wake the next morning to most of the ivory gone and he is furious. A



Cody Warf/THUNDERWORD

Bureaucracy and Small Business, another of Proctor's works.

Please see Books, page 7

Winter Chorale concert takes center stage

By **STEPHANIE KIM**
Staff Reporter

Highline's Concert Chorale will perform pieces from the Romantic Era in its winter concert on Thursday, March 11.

The concert will be held in Building 7 at 7:30 p.m. and is free. The public is welcome to attend.

The performance will showcase Dr. Glover's interest in avant-garde music, along with jazz and contemporary 20th century music.

Dr. Glover has a particular interest in the Romantic Era during the 20th Century and is an admirer of avant-garde com-



Dr. Sandra Glover

posers.

Avant-garde refers to music that is considered experimental or innovative.

The music the Chorale will perform comes from Cuba, Ecuador, England and France, among others.

Among the pieces, the chorale will perform is *Pavane* by French composer Gabriel Fauré.

A typical *Pavane* performance includes strings, flutes, oboes, clarinets, bassoons and horns.

Highline's Chorale performance will vary from the traditional instruments. They will feature live flute, string and piano players.

"Piano plays the part of the orchestra and flute and strings play the solo lines," Dr. Glover said.

The entire Chorale will perform six pieces and soloists will perform as well.

The Chorale will not only be performing for an audience, but also for a grade, said Dr. Glover.

Students performing in the concert will receive a grade for their performance as their final exam.

They will be graded based on their deportment, tone quality,

vocal technique, diction, musicianship, period style and interpretation.

"These students don't just sit in a classroom and take a test on a Scantron," Dr. Glover said.

Students need to prove their performance abilities in front of a live audience, she said.

Highline's Chorale may perform for a bigger audience in May at the Kennedy Center.

After the Chorale's performance at Carnegie Hall in April 2007, the Chorale was invited to perform at the Kennedy Center in Washington, D.C. over Memorial Day weekend this spring.

However, Dr. Glover has yet to accepted the invitation.

Dr. Glover said she is hesitant to accept for a few reasons.

Although the chorale has been fundraising for the group to make the trip to Washington, D.C., they haven't raised enough money yet.

She also believes the group she has now is not prepared to perform at such a large venue.

"I will not let them represent the college unless they're outstanding," said Dr. Glover.

One of the many challenges when working with her students has been the lack of outside commitment.

Many of her students don't practice enough to represent Highline, she said.

If Dr. Glover's students are able to prepare themselves by May and raise enough money,



Sara Rosario/THUNDERWORD

Chorale members in rehearsal for their concerts.

she said she would perform with them on stage, if given the opportunity.

Dr. Glover is always looking for students to join Highline's

Chorale.

If interested, contact Dr. Glover at 206-878-3710, ext. 6311, or by e-mail at sglover@highline.edu.

Books

continued from page 6

chase ensues and a fight to the death occurs. I'll let you guess who wins.

You have two different media giving you two completely different stories with only the characters in common.

I understand that directors tend to take artistic leeway but with a book such as this that is full of adventure, action and even romance I think that you should stick with the actual story line.

I hate it when directors take too much artistic freedom with a book. I like seeing one of my favorite books come to life in film form.

Now here is where my nerdy-ness really comes into play.

I am in love with Harry Potter and I don't care who knows it. I got addicted to the books when I was in middle school.

When the first movie came out I was a little wary, because they are characters that I have come to know and love. It didn't take long for me to realize though that there was nothing to worry about.

Chris Columbus, director of the first two films, managed to bring Hogwarts to life and work with kids who all had very limited acting experience.

At times you could tell how green they were but the scenery,

costumes and story all remained intact.

The fact that Columbus had managed to stay so close to the story was the main reason that the movie worked so well.

Being able to know what the books would be like if you have never read them is what I appreciated most.

As the books, movies and actors continued to grow so did the fan base and the artistic freedom.

The reason though is that the books got thicker and the movie lengths unfortunately had to stay the same. Things had to get cut and so the directors had to figure out a way to let the audience know what was going on, without going into huge detail.

But the directors managed to do it with added flashbacks and never losing the momentum that they had built up.

Another thing that they have going for them is that they have kept the same actors for the entire series of movies, save one, Richard Harris, who unfortunately died shortly after the second movie was in the can.

This is what makes movies work when they decide to turn books into movies. Keep the story, cast of characters and feeling the same, and don't go too far over the line of artistic expression.

Courtney wears glasses and is nerding her way through The Lord of the Rings.

Voice-over artist turned teacher

By **CHUCK KIBBIE**
Staff Reporter

Jay Hopper has been many different people. He has been a Japanese grandfather, an admiral, a truck driver and a wolf.

Hopper, a Highline professor, is also a voice artist.

Voice artists themselves are not widely known, but the voices they portray are heard every day and by many people.

You heard them when you were a child as the voices of Bugs Bunny or Yosemite Sam.

You hear them in the cheap English translated kung-fu movies, where the voices don't match the mouths.

You hear them every day on the radio and in TV commercials.

"I have over 20 years of experience as a voice artist," said Hopper, who is a business technology instructor at Highline.

Over the years Hopper has done more than 100 different commercials, trailers, promos and public service announcements for organizations such as Microsoft, Hyundai, Kodak, American Red Cross and many



Jay Hopper

others.

The longest ongoing voice-over role Hopper had was in a Japanese anime called *Tenchi Muyo*. Hopper voiced a couple different characters in the show, a main one being Katsuhito, the grandfather of the main character, Tenchi Masaki.

Voice-over wasn't what Hopper envisioned himself doing when he was younger.

"I got into it as a dare," said Hopper after a friend had told him to go to a voice-over lesson in Los Angeles, his hometown.

Hopper then moved to Seattle, where the majority of his work in voice-over was in com-

mercials.

When doing any voice-over for a commercial, TV show or promo "you need to get 110 percent into your character, and you need to be able to act," Hopper said.

"It's what you're selling is your voice," said Hopper. "When you're auditioning you need to understand your character and be able to act the role while you speak."

"It might be just a nervous tick," said Hopper about what decides whether you get a role. "Because it will affect the quality of your voice."

Voice-over takes a lot of dedication and when your agent calls you for an audition you need to be ready to go, said Hopper. "It's difficult to do other things. You need to be very flexible."

Being an instructor at Highline may have caused him to cut back on voice-over but it has not forced him to stop.

While Hopper teaches he will use some of his characters voices to make an important point.

"I like to teach with humor."

The Thunderword / March 4, 2010

Lady T-Birds flying east to Kennewick

By **BRIAN GROVE**
Staff Reporter

While schools from the East and South are considered favorites in this weekend's NWAACC tournament, the Highline Thunderbirds don't want to be counted out.

Highline landed a playoff spot when the team won its last game of league play, slamming the Grays Harbor Chokers, 71-36 on Saturday, Feb. 27.

In the prior game on Wednesday, Feb. 24, Highline was burned by the Centralia Trailblazers, 55-40.

Even though the Lady T-Birds were tied for fourth in the West with South Puget Sound, both at 9-7 in divisional play, Highline was the victor in both head-to-head games which allowed them to advance to the playoffs.

Highline Head Coach Amber Rowe said it was good to play a hard team like Centralia right before the tournament.

"It is definitely better to play tough competition at any time before the NWAACC tournament. We felt good about our first-half performance against Centralia," she said.

"We still have work to do this week before the tournament, but I hope we can go over there and compete."

Rowe said the team has a positive atmosphere regarding the tournament.

"I think we have high hopes. We have a great draw and we are excited to get back to the playoffs."

Highline plays Skagit Valley in the opening round Saturday, March 6 at 8 p.m.

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

The tournament format is double elimination, so each team will get to play at least two games.

If a team loses once, they drop into the loser's bracket. If a team loses twice, they're eliminated.

In this tournament if a team loses once, the highest they can finish is fifth.

Rowe did not make a speculation as to where her team



Cody Warf/THUNDERWORD

Highline's Lauren Hill is defended by teammate Jessica Morgan during a recent practice before the NWAACC tournament.

would finish. She said, "At this point, I'm just happy to be going."

The favorites heading into the tournament include Lane, Walla Walla, Yakima Valley, Umpqua and Clackamas, coaches say.

"Walla Walla, Lane, Yakima, Clackamas, Umpqua probably have the best chance, in that order," Centralia Head Coach Garry Viggers said.

"There's an awful lot of good teams. Lane's pretty good, Walla Walla and Eastern teams are pretty good," said Skagit Valley Head Coach Steve Epperson.

Walla Walla, 13-1, and Yakima Valley, 13-1, were the top teams among the East Division this year.

Umpqua, 11-3, finished tied for second place in the South Division with Lane, 11-3, and behind Clackamas, 12-2.

In the most recent Horizon Air Coaches Poll, Lane ranked first, followed by Walla Walla, Clackamas, Yakima Valley,

Centralia, Umpqua and Spokane.

Lane, 22-4 overall was defeated only by teams within its division, Mt. Hood, 56-48; Clackamas, 77-71; and Umpqua, 85-69, aside from a non-league game against athletic juggernaut North Idaho, 83-68. North Idaho does not play in the NWAACC league. Out of the four games lost, three were during the latter portion of the season.

Lane Head Coach Greg Sheley said the team has to turn it around if it wants to play up to its potential at the tournament.

"We have to play much better than we have been playing lately, and get a little luck too," he said.

Lane's top players include Sarah Brolsma-Whitfield, Theresa Brown and Tiffany Rich.

Brolsma-Whitfield and Brown were named to the '09-'10 NWAACC Women's Bas-

ketball All-Stars First Team for the South Division, while Rich was named to the Second Team.

During the season, Brolsma-Whitfield shot 44 percent from beyond the arc and Brown averaged nearly 15 points per game.

Rich may not have scored as many point as her teammates, but shot 55 percent from the field, one of the highest in the NWAACCs.

Steve Epperson is the head coach of Skagit Valley, 19-4, and Garry Viggers is the head coach of Centralia, 22-3. Although both their teams clinched the No. 1 seed for their divisions and dominated league play, the North and West are considered the perennial weaker divisions in women's basketball.

However, that hasn't stopped either coach from being confident in their team.

"We're a good defensive team, we're pretty good shooters, pretty good rebounding. This is our 23rd trip to the tour-

namment," Epperson said.

"Our strength is our ball control and execution," Viggers said.

"We have a good group that plays hard and plays together. We have outrebounded most everyone we have played, which also helps with our success."

But when it comes to winning the tournament, both coaches said the situation was up in the air.

"Who knows?" Epperson said.

"You got to get a little luck with the refs and you just don't know."

Sheley also said he didn't know how his team would finish last Friday.

"That is hard to tell without the brackets being completed, but I am hoping that we make it to the final day of the tourney," he said.

The first game takes place on March 6, at 8 a.m. when Umpqua takes on Walla Walla.



Amber Rowe

Softball comes back to Highline

By **BRIAN GROVE**
Staff Reporter

The Highline women’s softball team has a common goal for the season: getting better and creating enough of a foundation to have something to work with next year.

“Our main focus is to learn as much about softball as we can,” Highline Head Coach Gary Graf said.

Graf is in his first full season of coaching for the Lady T-birds after former Head Coach Anne Schmidt resigned following the ‘08 campaign.

After a disappointing ‘09 season where Graf was unable to field enough players for a team, he hit hard on recruiting a new team. His roster is now 13 deep.

Graf has coached on and off for the past 13 years and consistently for the past eight.

The players are Kayla Carlisle, Chau Vo, Ami Gran, Josey Roy, Amanda Charron, Evan Tullis, Angelique Major, Sarah Ferrin, Faith Baldwin, Dominique Major, Jory Fueston, Lisa Sykes, and Sable Moton.

The new softball team consists of a mix of players. Some who have played high levels of softball and others who have never played before.

Graf said the team’s biggest problems are its lack of high-



Cody Warf/THUNDERWORD

Highline’s Sarah Ferrin catches the ball at second base during a defensive drill at a recent practice.

level softball experience and pitching depth, but he did mention some players he figured would be bright spots.

“Ami Gran, she’s our short-stop. She’s played a lot of high-end ball,” Graf said.

Gran played last season for Dowling College in Long Island, NY.

“Kayla Carlisle, first base

and Evan Tullis and Sarah Ferrin are our two team captains,” he said.

Faith Baldwin is the team’s pitcher.

We are one deep with the pitcher, but she’s going to fight the good fight and give us a good performance. She’s a tough competitor.”

The two other pitchers Graf

signed letters for are no longer with the team, one due to academic purposes and the other left.

Graf said that although the team is new and inexperienced, the players have great attitudes.

“They’re hungry to learn. I love being around athletes that are trying to make themselves better,” he said.

“They come to practice, they work hard, and I work them hard.”

Because most of the team has not played a lot of college ball, Graf said the adjustment to a higher level of play will be a big one.

“To a certain extent, I expect a bit of sock from some of them. Some of the girls at the other schools will take it pretty seriously. We’ve got some girls who’ve never played before,” he said.

To raise additional funds, the team hosted the ninth annual Highline College Diamond Bash softball auction last Friday, Feb. 26.

“We had a good turnout and a lot of community support,” Graf said.

Graf also said he was not sure how much money was raised, but he hopes it is enough to buy some team cleats and sweats.

Highline played its first pre-season game against the Shoreline Dolphins on Wednesday, March 3, at 1 p.m. on the road with results unavailable at press time.

The team’s next game is against the Green River Gators on Wednesday, March 10, at 2 p.m. at home.

League play begins for the Lady T-Birds April 6, at 2 p.m. when they take on the Centralia Trailblazers at home.

Men’s basketball ends the season with two wins

By **CHRIS WELLS**
Staff Reporter

The T-Birds men’s basketball team finished out the season with two wins despite not advancing to the NWAACC tournament.

The tournament will start this weekend in Kennewick and it will be the first time that the T-Birds haven’t gone since 2005.

In the last home game of the season, Highline squared off with the eighth-place Centralia Trailblazers on Feb. 24. The T-Birds won 74-64.

Although they won the game, Highline Head Coach Ché Dawson said that they didn’t play very well.

“We didn’t play particularly well, but we got them to turn it

over enough to get some easy buckets,” Dawson said.

Leading the way for Highline was sophomore guard Julian Fernandez, who had 19 points on 7 of 11 shooting from the floor. He also had 2 steals.

Freshman point guard Darnell Williams also had a solid game with 17 points on 7 of 14 shooting.

As a team, the T-Birds shot 43 percent from the field and 22 percent from beyond the three-point arc.

On the other end of the court, the Trailblazers were led by the strong play of star sophomore power forward Craig Seller. He finished with 20 points on 7 of 15 shooting, but only had 2 rebounds.

Freshman power forward

Isaac Mosley-Bolds filled up the stat sheet with 19 points on 8 of 17 shooting from the field, 13 rebounds, 7 assists and 2 steals.

Next up for Highline was the last-place Grays Harbor Chokers on Feb. 27. Although they won 78-77, it was a game that the T-Birds nearly lost.

Dawson said the Chokers had nearly won the game, but fell short after being given a technical foul at the end of the game.

“We were ahead by one with 6.6 seconds left,” Dawson said. “Grays Harbor had the ball out of bounds under their own basket.

“They inbounded to the top of the key. A player shot a three that grazed the rim. The ball fell to the floor along the baseline;

a Grays Harbor player picked it up and shot it from almost behind the backboard. It went in with .7 seconds left.

“They were ahead one, but some of their bench players ran onto the court. The officials gave them a technical foul. Julian Fernandez made two free throws to win the game.”

Finishing with 19 points on 7 of 14 shooting, freshman guard Wade Moyer led the way in the win. He was also named to the first team for the West Region all-stars on March 2.

Sophomore center Dan Young also had a good game with 12 points on 5 of 12 shooting. He also had 10 rebounds, 2 block and 2 steals.

Although they won the game, Highline only shot 32 percent

from the floor. They did however have 10 steals as a team.

For the Chokers, sophomore forward Larry Green led the way with 28 points despite just 9 of 21 shooting. He also had an impressive 13 rebounds.

As a whole, Grays Harbor finished shooting 35 percent from the field and had 59 total rebounds. They also turned the ball over 20 times.

Even though the team isn’t going to the tournament, Young said he is happy the team went out on the winning side.

“I’m really glad that we were able to end the season with a couple wins,” Young said. “I think it gives the sophomores a better feeling knowing we didn’t just give up after not making the tournament.”

Scoreboard



Men’s Basketball
standings
East Division
League

Walla Walla	11-3
Big Bend	11-3
Spokane	11-3
Yakima Valley	9-5
Treasure Valley	6-8
Columbia Basin	5-9
Wenatchee Valley	2-12
Blue Mountain	1-13
West Division	League

Tacoma	14-2
Lower Columbia	13-3
Pierce	11-5
Green River	10-6
Highline	9-7
S. Puget Sound	5-11
Clark	5-11
Centralia	5-11
Grays Harbor	0-16
Everett	4-12

Olympic	2-14
League	League
Yakima Valley	13-1
Walla Walla	13-1
Spokane	8-6
Columbia Basin	8-6

West Division	League
Centralia	15-1
Lower Columbia	12-2
Clark	11-5
Highline	9-7
S. Puget Sound	9-7
Pierce	7-9
Tacoma	5-11
Green River	2-14

Four wrestlers return as all-Americans

By JON BAKER
Staff Reporter

DES MOINES, Iowa — Highline wrestling placed ninth at the NJCAA National Wrestling Tournament here last weekend.

Aaron Smith (133) and Marshall Giovannini (157) achieved all-American status with their fourth place finishes, while Justin Purves (125) and Jason Gray (149) received the honor with their seventh place finishes.

Harper College (Ill.) placed first in the final team standings. Harper accomplished the feat as a non-scholarship awarding program.

Iowa Central increased their winning streak to five straight national championships among scholarship awarding schools.

Justin Purves started the tournament off with a win in the first round of wrestling.

In his second bout, Purves was pinned by Joe Colon of Iowa Central with 48 seconds left in the third round.

Purves won several matches in the consolation bracket including a fall over Robert Herrera of Ellsworth College, located in Iowa Falls, Iowa, in just 34 seconds.

"He wrestled really well throughout the tournament," Highline Head Coach Scott Norton said. "After the first loss he got into a zone and was

focused on winning."

In the sixth bout of the tournament, Purves faced his rival from North Idaho, Kyle McCrite.

McCrite won the match by a 9-2 decision, sending Purves to the seventh place match.

In his final bout of the tournament, Purves defeated Jesse Barber of Pratt by a 7-0 margin to earn seventh place and all-American status.

Smith had a great run deep into the tournament in the 133 pound weight class.

Smith won all of his matches on the first day of wrestling by decision and looked strong entering the second day.

Facing Omi Acosta of Waubonsee in the first match of the second day, Smith wrestled very strong before being caught in a pinning combination. Acosta moved on and eventually won the tournament.

Smith wrestled back through the consolation bracket and placed fourth after losing 13-6 in the third place match to Tim Thurston of Iowa Lakes.

Gray wrestled well, winning his first bouts of the tournament including a 25-12 major decision in his second match.

In his third match of the tournament Gray ran into the eventual 149 pound champion, Victor DeJesus of Iowa Lakes. DeJesus eked out a narrow victory with a 3-0 decision.

Gray showed resilience and heart, bouncing back from the loss and pinning his next opponent in 1:44.

In the seventh place match, Gray took on Nicholas Clark of Waubonsee and handed him a loss via a 10-5 decision.

Giovannini, a runner-up two years ago, came into the tournament as one of the favorites to win it.

Giovannini started the tournament out strong, wrestling well and wearing out all of his opponents in decision victories.

In the fourth match of his tournament Giovannini faced Luke Roth of Harper. Harper won the match after in a controversial 5-4 decision. At several points in the match Giovannini appeared to earn points including two takedowns, which the referee refused to award. Despite challenges and video evidence favoring Giovannini, the decision of the referee was upheld and Roth advanced.

Giovannini moved on through the consolation bracket and placed fourth. Giovannini lost to Quentin Haynes of Mera-mec by a 12-4 decision in the third place match.

After losing his first match, Highline's Daren Faber wrestled in the longest match of the tournament.

Faber and Justin Leonard of Muskegon took their match to seven overtimes before a win-



Pictures clock-wise from top. Coaches Scott Norton (l) and Brad Luvass (r) Gray. Smith works to fight off a single-leg takedown. Giovannini upends his opponent over.

ner was decided.

At the end of regulation the score was tied at 2-2. After a one-round wrestle-off ended with no points scored, the wrestlers began alternating through the neutral, top and bottom starting positions.

After one round of alternating overtimes each wrestler had scored one point resulting in a 3-3 tie. In the second round of alternating overtimes, Faber was able to gain an escape and deny his opponent any scoring

opportunities, earning himself the 4-3 victory.

Faber went up against Devin Clark of Rochester in his third match. Faber aggravated a previous shoulder injury that sidelined him for a portion of the regular season during the match. After resetting his shoulder Faber continued to wrestle, however he could not overcome Clark and lost in an 8-2 decision.

David Lopez lost his first two matches leading to an early exit.



photos by Chris Wells/THUNDERWORD



with wrestlers Aaron Smith, Marshall Giovannini, Justin Purves and Jason Gray. Purves uses the chicken wing move



Wrestlers look at the positives from nationals

By JON BAKER
Staff Reporter

DES MOINES, Iowa — Highline didn't finish their season as planned, but after a ninth place finish at nationals and four all-Americans, they aren't hanging their heads.

Going into the tournament Highline was expected to place in the top six as a team and crown two national champions.

Assistant Wrestling Coach Brad Luvass said, "I don't think we did as well as we could have, but we did well. It probably was the best showing Highline has had in a longtime. I just think we are capable of doing better."

Head Coach Scott Norton said that when you set expectations in the fall to finish first anything below that is definitely not good.

"We definitely fell really short the second day," Norton said. "For the most part, with our kids it just didn't work their way and they have to be proud of what they have done."

Norton also said that some things outside of Highline's wrestlers control affected the matches.

"There are a lot of things going on — Marshall's match in particular — where a referee impacts an outcome."

Norton was referencing Giovannini's fourth match where despite protests, the referee several times refused to award points in Giovannini's favor, eventually granting the win to Luke Roth of Harper.



Luvass agreed with Norton's analysis of the match.

"I'm really disappointed with Marshall's match in the semis because he had a chance to be in the national title match and had it taken from him by a referee's bad, bad, bad call," he said.

Despite some of the wrestlers not performing as well as expected, both coaches found positives in the way the season

ended.

"I liked the way all our guys wrestled through adversity," Luvass said. "Everybody wrestled hard and everyone wrestled well. They all left it on the mat. No one quit."

Norton focused on more than just wrestling in his assessment of the team.

"It's pretty tough to get here and be an all-American and for

them to do that I think they have represented Highline really well on the mat and off. We had nine academic all-Americans as well, so it was pretty good."

For some of the wrestlers, this was their last year competing for Highline.

Despite shortcomings by both himself and the team, Aaron Smith said he was still proud.

"I think I could have performed a lot better, but I'm proud of what I did. I feel we could have done

better, but we did our best," he said.

Marshall Giovannini said that he felt the emotional ups and downs of competing on such a big stage.

"I was definitely thinking that I was in the hunt and I was on the good side of the bracket to make it out into the finals and to have a good shot at winning it," he said.

"I feel kind of like the ref kind of screwed me over. I know I just had to come back and basically do as well as I wanted to do. I really wanted to win the fourth match of the day, just because that kid had beaten me earlier in the year and it was kind of revenge."

All of the wrestlers at nationals said that they were grateful for the opportunity Coach Norton gave them this year.

"Without him, definitely I would not even be in this sport anymore," said Smith. "I definitely appreciate him a lot. He means a lot to me and to the team. He is keeping wrestling alive in Washington."

"Being in the practice room at Highline was pretty much the highlight of being there," Giovannini said. "We have a really good coach in Scott Norton and he pushed me to where I am now and made me who I am. As far as wrestling goes, he showed me a lot of good technique and wrestling moves. He motivated me and he is everything for my wrestling career."

Norton said this week was important for the younger guys on the team to see what it takes to win and where they want to be next year.

"I think first of all, we are going to have to go out and rebuild our team a little bit. We have some good leaders in Daren Faber and Jason Gray that really set a tone for the rest of the kids that are there on what it takes to be good and what they need to do."

The Thunderword / March 4, 2010

Coach Kaz manages to earn promotion

By **TORY GORANSON**
Staff Reporter

Toyoshima “Kaz” Kazuaki was reunited with his love of basketball five years ago when he volunteered to be the Highline basketball team manager.

Kazuaki was promoted this season from manager to assistant coach.

Arriving from Japan, Kazuaki was not unfamiliar with the game of basketball.

“I started playing basketball when I was in sixth grade. When I was a junior high school student our team went to the All-Japan National Tournament. I played for my high school but I focused more on my academics since I knew I was not going to compete in the pro-level,” Kazuaki said.

After arriving the United States, Kazuaki attended Highline for two years. Here, he said he longed to be connected to basketball once more.

“It was my dream to be an assistant,” Kazuaki said. “I think I am the only Japanese-born assistant coach in the college level in the United States.”

Kazuaki has a significant impact on the Highline men’s basketball team, members close to the team said.

“Kaz has always added a sense of unity and togetherness to our squad. He is incredibly unselfish and a tireless worker,” said Head Coach Ché Dawson.

Kazuaki said that he still recognizes the struggles he faces on a daily basis.

“I was born in Japan, and had not spoken English prior to coming to the United States five years ago. Therefore, communicating with players in English has been a big challenge.

“I am a very talkative person when I am speaking Japanese, so I want to talk to the players



Chris Wells/THUNDERWORD

Toyoshima “Kaz” Kazuaki helps the Highline men’s basketball team in many ways on gameday.

more, but it is frustrating when I cannot talk well in English. But, I think I tried to talk to the players more this year.

“Even though I could not sometimes say what I wanted to say to the players, the players were very kind to try to understand my poor English,” Kazuaki said.

Dawson added that Kazuaki has exceeded all expectations as both manager and assistant coach. With his new role as assistant coach, however, Dawson said that Kazuaki has a much more personal role that impacts Highline’s future.

“Kaz has allowed our program to be at a lot more high school games during the season and has made invaluable connections with recruits,” Dawson said.

Kazuaki’s dedication to the program sometimes even inter-

feres with life outside of basketball.

“One time, when I was an undergraduate student at Seattle University, I left a 3:45-6 p.m. class early at 5 p.m. so that I could go down to Clackamas Community College in Oregon to scout the 8 p.m. game,” Kazuaki said.

He said that he started as a manager who merely “gave water to the players at games and set up the gym so that the players could practice.”

Through his five seasons with the team, Kazuaki’s responsibilities have been greatly heightened from supplying water to watching film, scouting teams, recruiting players and providing transportation.

Athletic Director John Dunn praises Kazuaki’s efforts for the team.

“He gets little compensation

in comparison to what he does. He loves the college. He loves the basketball program. He has been perfect since the day he has been here. There’s not many better than him,” Dunn said.

Despite the praise, Kazuaki is not satisfied. He said that he still has room to grow as an assistant.

“I can still be better. I want to win every basketball game. So, I try to do everything I can to help the team win the basketball games. I still think I can do more though,” Kazuaki said.

Through hard work and countless hours with the men’s basketball team, Kazuaki said that his chemistry with the players and staff is very strong.

“I feel really comfortable being with the players and coaches. I don’t know why but I feel like I am in Japan when I am with them. It is that comfort-

able,” he said.

Of course, basketball is not the entirety of his life. Kazuaki earned his bachelor’s degree in accounting and remains enrolled at Seattle University where he is working on earning a master’s degree. He credits Highline for his accounting passion.

“Before I met the accounting professors at Highline, I did not know anything about accounting. They taught me accounting really well and made it interesting. If I had not met them, I do not think I would have chosen to major in accounting,” Kazuaki said.

Despite his aspirations in college, Kazuaki said that it may be inevitable for him to return to Japan to pursue politics.

“One of my dreams since I was childhood is to be a politician in Japan. I have a relative who is a city council member who I really look up to. I hope one day that I would be able to be his successor,” he said.

Even if he does leave America, however, he will not surrender is passion for basketball.

“I think that it is a very good idea for me to be an assistant at a high school in Japan because a big reason why they are not as good at basketball in Japan is the lack of the improvement of the players during their high school years. I hope to be able to help them develop their skills,” Kazuaki said.

Kazuaki said it is not his hard work that led to the promotion; rather he credited the people around him.

“I believe that working hard is what people should always do, so I do not think that being a hard worker got me promoted. I think support from the many people that have been helping me got me promoted. I would like to thank everyone for a lot of support.”

Highline completely cuts T-Bird track program

By **TORY GORANSON**
Staff Reporter

The track program has finally reached its end – for now.

“From my understanding it was cut for a variety of reasons,” Cross Country Coach Taryn Plypick said. “However, I would really like to establish a track club for this year.”

Although Plypick sounded very optimistic about plans for a future track team, Athletic Director John Dunn said that it will be a continuous struggle.

“We [the school] are trying to form a track club for the spring, but that is not official yet. We are still cutting more this year so it’s hard to foresee something



Taryn Plypick

like this coming back,” he said.

After a struggle for the school to keep it around, the track program finally came to its seemingly inevitable cancellation. Dunn struggled with the final decision to cut track, but said he was forced into a financial bind.

“We [the school] started to

cancel track about four years ago because we had multiple issues. Then we brought it back as distance track only,” Dunn said.

“We initially scaled back because of gender equity. Then we couldn’t afford to pay a full staff of coaches. Then scholarship amounts were increased so we had to scale back to help the costs. Finally, we had this last round of budget cuts.”

Looking back on the decision, Dunn said that it had little benefit for the school financially.

“In retrospect it didn’t help as much as I thought it would to cut a sport, but we needed to cut some finances and that’s what

we chose,” Dunn said.

The track program was quite prestigious in the recent past. Highline’s very own Taryn Plypick still holds records from five years ago in the high jump, triple jump and heptathlon.

“I love the track program. When I was here the men won a championship. It was a really big part of my life. That’s what got me to Western Oregon University and it really inspired me to do the things I’ve done and get me into the field I’m in,” Plypick said.

Aside from personal goals to one day become the track coach, Plypick also understands the effects this cut has on other fields at Highline.

“I think it has a huge negative impact when other schools are competing in the spring and we’re not,” she said.

“I think once we get a track club it will help tremendously with recruiting. Hopefully that will snow ball and get us back on track.”

Plypick is not the only person currently involved in cross country who desires a track club.

“Do you think we could get a track club going?” Plypick quoted runner Paul Hyuhn saying. “When I told him that we would need to get all the paper work together, he told me that [he] already has the paper work in his backpack.”

Student’s dreams come true after diagnosis

By **JEANETTE DIMOCK**
Staff Reporter

Highline student Heather Sims used to have trouble sleeping except for when she needed to be awake.

Sims works full-time, is married, has two kids and is a full-time student. She is in currently enrolled in the Paralegal Program.

Sims lives in Puyallup, near Graham, and everywhere she drives is a trip. Her commute to school is an hour long. Her commute to work is between one-and-one-half to two hours.

“When I would get home from work, if I sat down I was a goner,” Sims said. “I would immediately go to sleep. I was falling asleep anytime I had to sit still, and I was starting to have trouble staying awake on my drive home from work.”

Then the sleep paralysis started and things turned scary.

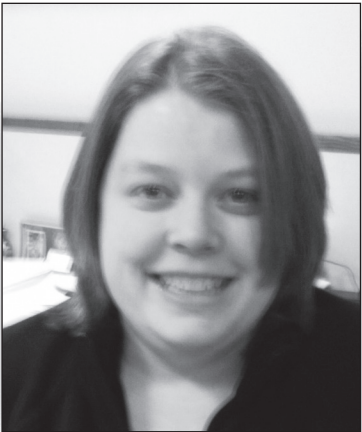
“On bad nights just as I was falling asleep, I would still be awake but unable to move for a few minutes,” she said.

The first episodes left Sims terrified and unsure of what was happening to her.

Vivid dreams and waking up in the middle of the night became almost nightly events.

Drop attacks began to happen during the day. A drop attack is when there is a sudden loss of control of voluntary muscles.

When she was laughing or anxious Sims would have her leg buckle or she would lose



Heather Sims

the ability to hold up her upper body.

It was time to find out what was going on.

Sims began researching her symptoms online. She found that sleep paralysis, drop attacks and vivid dreams were all sleep disorder symptoms.

Sims is not alone. More than 40 million people suffer from sleeping disorders in the United States, said the National Commission of Sleep Disorders.

Two of the more commonly diagnosed sleep disorders are narcolepsy and sleep apnea.

Narcolepsy is characterized by excessive daytime sleepiness combined with sudden muscle weakness. Episodes of narcolepsy are sometimes called “sleep attacks” and may occur in unusual circumstances, states the Center for Disease Control.

Sleep apnea is when a person experiences interrupted sleep caused by momentarily stopping breathing or periodic gasping or “snorting” noises. This

can be a very dangerous condition, linked with obesity, high blood pressure and heart attack.

Diagnosing a sleep disorder is difficult.

A polysomnography, which is an overnight sleep study conducted at a sleep center, is generally the first step.

The sleep study measures brain and muscle activity. Additionally, facial and eye movements are tracked. During the test oxygen and blood pressure levels are also measured.

All of this data is then analyzed by a doctor. The doctor will look for periods of time when the individual stops breathing while they are sleeping. The data also shows the cycles of sleep an individual goes through during the night.

With the information from this study, many sleep disorders can be diagnosed.

The first few doctors Sims went to told her she was having panic attacks. Sims was positive that this was not what was happening to her. She kept going to doctors looking for a diagnosis that made sense.

Sims was referred to a neurologist specializing in sleep disorders. On their first meeting the doctor felt it was likely that she suffered from narcolepsy. Her drop attacks, vivid dreams and sleep paralysis were all classic symptoms of narcolepsy.

Sims doctor ordered a series of tests to confirm the diagnosis.

“The sleep study was an interesting experience,” Sims

said.

Once they hook you up to all of the monitors, “you are supposed to sleep like normal while they watch you on a video camera,” she said.

One of the weirdest things Sims experienced from her sleep study was feeling that she had not slept at all after waking up in the morning at the sleep center, she said.

Later the report showed she had slept 89 percent of the time.

“I’m not sure why your perception is so off,” Sims said. “I thought it took me at least 30 minutes to fall asleep when in reality I was asleep in three minutes.”

The report showed that Sims had quit breathing, for 10 seconds or more, 46 times an hour during her sleep study.

This means that Sims has moderate sleep apnea.

The result is that Sims can’t get the four to five sleep cycles she needs each night to give her body a chance to rest.

Consequently, Sims constantly experienced a heavy lethargic feeling, as if she hadn’t slept, even though she thought she had slept all night.

Sims received her sleep apnea diagnosis in Nov. 2009.

The most common treatment for sleep apnea is the continuous positive airway pressure (CPAP) machine.

A CPAP machine forces air into the respiratory tract via a mask worn at night.

Sims husband and kids call it

her “Darth Vader” mask.

It takes time to adjust to the CPAP machine. Currently Sims uses it a couple of hours at a time before she wakes up. When she wakes up she is refreshed, as if she had slept for days.

“If only I could stay asleep on it,” she said.

Sims has modified her habits to help her sleep, and now practices good sleep hygiene: going to bed at the same time each night, no television in bed and no caffeine after noon.

“Being in bed means you should be sleeping,” she said.

In addition to getting treatment for her sleep apnea, Sims had continued her research into narcolepsy. She and her doctor both believed that narcolepsy was part of her initial diagnosis.

In her research she found a link between gluten intolerance and narcolepsy. Gluten is a protein in wheat, rye and barley.

Sims started a gluten-free diet at the beginning of the year and her symptoms have pretty much disappeared.

With persistence, a doctor who listened, her trusty “Darth Vader” mask and without gluten, Sims is able to stay awake when she arrives home after her 10-hour day and spend time with her kids.

“I believe my children are my greatest accomplishments. I have two creative and intelligent kids,” Sims said.

Now with her improved health she is able to enjoy them again.



Jessica Lovin/THUNDERWORD

Winterize skin with moisturizer

To Your Good Health

by Paul G. Donohue, M.D.

DEAR DR. DONOHUE: I suffer every winter from painful cracks in my fingertips and the soles of my feet. – R.V.

ANSWER: The cracking indicates your skin is drying out.

You can restore moisture to your fingertips with a light coat – just a dab will do you – of petroleum jelly (Vaseline or

another moisturizer) before going to bed. Put Band-Aids over your fingertips, and leave them on all night. You can do the same during the day, but it’s a bit inconvenient. In about three days, the cracks should be filling in. Continue this treatment every third or fourth night.

The same thing works for the

feet. You don’t use Band-Aids, but you do cover your feet with socks before going to sleep.

Don’t apply petroleum jelly during the daytime. It might make you somewhat unsteady. It takes longer for feet to heal.

Readers may write to Dr. Donohue at P.O. Box 536475, Orlando, FL 32853-6475.

By **KANDI CARLSON**
Staff Reporter

Two fundamental things will allow you to become a great cook: a cookbook that compliments your abilities and a simple notebook.

Finding the right cookbook is very important. For instance, I would not recommend starting out with one such as *The Joy of Cooking*. This can be a bit advanced for the beginning cook. You may feel overwhelmed by its content. There is often heavy terminology and there are tools that a beginner does not usually have when they are starting out.

You want to feel comfortable with all of the terminology in your cookbook. A classic that is great for beginners is the *Betty Crocker* cookbook. There are clear explanations regarding the terminology used in cooking. The terminology is considered “simple terminology.” Having a foundation in the language of cooking is important to being successful and remaining confident through the growing process.

Regardless of which cookbook you decide to get, keep it simple. I do not recommend purchasing a cookbook that you can’t open in the store. You need to know what is in there.

Ask yourself if the recipes are of interest to you and can you do it. A cookbook should be somewhat challenging. You want to learn from the recipes that are inside and add to your skill set.

Adults do not need to buy a children’s cookbook; give yourself more credit than that.

Now that you have your cookbook, you will need to know what to do with it. The obvious thing to do is start following the recipes and get cooking. There is more.

Cookbooks have margins for a reason — to write in. As you venture through your cookbook you should be making notes about each recipe you use. We all have different tastes, and recipes are meant to guide you in the cooking process.

The most common note I make is regarding temperature and cook time. There are differences between ovens and this will affect your dish. If you are in doubt you can find a reasonably priced oven thermometer at the local kitchenware store.

In addition, there may be ingredients you prefer to omit or add once you have successfully executed the dish. You should always attempt a recipe without altering it the first time for two reasons: it is an insult to the creator of a dish to alter it without tasting it first. This is a culinary rule among chefs and with that you are already behaving like a chef.

The second reason is without having tasted the dish as it was originally written; you do not know what it tastes like.

Change it if you don’t like it or experiment by adding flavors you like.

Make sure that you note any changes or opinion you have about the recipe.

Keeping track of all the changes, results in your being able to reproduce your success.

Through my own experience with chefs in both the culinary and baking industry, I came to the conclusion that a recipe is the author’s vision. However, when you add your own twist to a recipe you are now a part of that vision.

Taking notes is just as important as being able to understand them. Your comments should be clear and concise. Notes can also be about the things that did not work.

It is a good idea to keep track of flavor combinations that you tried and did not work out. Having an understanding of flavor and the way different combinations react with one another, is a part of what makes a chef a chef and not just a cook.

You will become comfortable making changes the more you do it. Own the changes you make. The recipe you began with can be looked at as a base.

When you make changes to a recipe it becomes a new one. It is yours and you are now the creator of something you like to eat and are proud to serve.

Build on this as you work through your cookbook. Working through your cookbook is important. It helps to build your confidence and you will gain experience with each page.

If you are thoughtful in the recipes you choose, you will want to keep cooking. I recommend that you dedicate a couple days a week to trying a new recipe. You will find that you have all sorts of new cooking skills in no time at all.

Once you have mastered your cookbook, you can start looking for recipes

and they are everywhere. One of the best recipes I found was on a can of evaporated milk. The catch here was it was on the inside of the label.

Evaporated milk is not the only product that hides their recipes on the inside of the label.

So, always check. Something you can look for on cans is a dotted line running down the label with a small pair of scissors. There is something there.

Recipes are all over your local grocery store. What I do or have done in the past is decide what ingredients I am interested in working and go down that aisle.

For example, let’s say you would like to make a Spanish dish. Go down the ethnic food aisle and start checking products. Recipes are often located on the back of the package, but sometimes they are found on the sides of the box.

Never think that because a recipe has only a few ingredients that it is not complicated. Check the cooking instructions and be sure you are able to complete the recipe as instructed. This is often especially true in baking and with ethnic foods.

There are recipes to be found in the produce aisle too. In recent years grocery stores have started placing small recipe cards near product they are trying to “up sell.” This means the ingredients are often on sale — this is a definite bonus.

Check everything and check often. Just because there wasn’t anything there one day, does not mean there won’t be the next time you are in the store.

Then there are magazines and the internet. Both are great resources. I check the tabloid magazines on a regular basis. There are new recipes in these all the time and they usually come with a photograph.

Photographs can be helpful but understand that things happen. A photo can be a good guideline but that is all.

I do not personally recommend culinary magazines until you are comfortable with the terminology that is often used. There are sometimes tools that are needed that you may not yet be familiar with. You will get there. It is important to stay true to your skill set.

As I mentioned this is a process. Once you feel comfortable enough you will find that you have started collecting recipes. Your interest level will naturally increase. You will need somewhere to keep them — a notebook.

I recommend a spiral notebook of good quality. This is not a dollar store item because you want it to last. Having a spiral metal spine allows the pages to turn easily and it helps to keep the pages together with age.

The purpose of your notebook is to have a place to organize the recipes you discovered and that you liked. In order to determine whether or not you like something you must have tried it first. Therefore, you should only place recipes that you have successfully completed and want to make again in your notebook.

A good rule of thumb that I follow is try it out, and if I cannot replicate the dish without having it handy then and only then, do I add it to my notebook. Your notebook should be for special things you truly enjoyed and are not found in your regular cookbook or online.

You want to be selective because if you aren’t, you will have an overwhelming amount of information that serves no purpose. Adding information to your notebook is easy. Cut it out and glue it in. Once I discovered the glue stick, the days of rewriting were over. This also allows room for plenty of note taking. You will be able to place information above, below or beside of what you have pasted.

Only paste or write one recipe per page. This means that there may be up to three-quarters of a page that is left blank. Look at this as an opportunity to do something extra special with that recipe.

If you choose to handwrite recipes in your notebook, I have found that black ink doesn’t seem to fade as quickly as blue. Another handy trick to protect from fading is scotch tape. After you write it up, cover with strips of tape.

You will discover that in no time at all you will be adding recipes to your notebook that are all yours.

Be sure and sign and date that first recipe because you will want to remember the day that you found your inner chef.

Tip of the Week: Slicing meat while it is still partially frozen makes it easier to cut into thin slices. Be careful, it may be slippery.



BECOME A PROFESSIONAL IN THE KITCHEN: WRITE YOUR OWN COOKBOOK

Highline offers tax filing help free of charge

By **AMBROSIO AGUSTIN**
Staff Reporter

Highline is offering free tax help to students and community members who need to file simple income tax returns this year.

The sessions take place Fridays in Building 29, room 308 from 1-7 p.m. The last session is on April 9.

Geoff Turck, an accounting professor at Highline, leads the annual program. His volunteers electronically filed 11 tax returns for their clients on Feb. 19, the first day that the sessions were available this year.

This year is different from last year, or even in years before. Turck said that the training in order to become a certified tax volunteer has become more complicated.

"Currently we have six volunteers that have been certified, but we've only been able to field four at any one time," Turck said. He said that in past years, he's had at least 10 certified volunteers.

Completing the 30-hour certification course and volunteering this tax season gives a boost to the volunteers' résumés as well as giving them accounting experience. That means fewer volunteers working harder to



Ambrosio Agustin/THUNDERWORD

Volunteer Tuyen Nguyen helps Highline student council President Christopher Pennington file his tax return.

earn those rewards.

"I believe two more [volunteers] completed their exams over the weekend," Turck said.

He said that tax filing situations vary widely from person to person, but students in particular should bring a copy of their 1098-T form, available through the Financial Aid office.

The form details how much money was spent toward tuition and fees at Highline. Some of that information may provide a tax benefit to either the student or the parent.

Turck said that clients should bring a copy of last year's tax return, their W-2 and any 1099-series forms, which are

used to report additional income or assets.

"Students should look at box 2 [on their W-2]," he said. That's the federal tax withheld. If there's a dollar amount in that box, it is probably to their benefit, he said.

Turck said that if taxpayers think they will be getting money

back in their return it is best to file online. Refunds filed online typically arrive sooner than their pen-and-paper counterparts.

At the end of the first session, the online tax returns generated \$26,520 in total refunds.

Not everyone who files their tax return gets money back. Some owe money to the federal government when all is said and filed.

"We also served one couple who after working their figures ended up owing the U.S. Treasury \$1,495," Turck said.

Finding out whether you owe money or will be getting any back is one of the reasons that people drop by to take advantage of the free service.

Skyler Nichols, a Highline student on leave, will be returning to college this spring. He knew about the service from his experience last year.

"I got \$330 back last year," he said. "I didn't make a whole lot, so I might as well [file my return.]"

He said he was happy that Highline offered the popular service, and even happier that it was offered free of charge.

"I waited [for a volunteer] for the better part of an hour, but the wait was well worth it," Nichols said.

Federal Way fosters big dreams for small business

By **TYLER SEDLACEK**
Staff Reporter

Business may be heating up in Federal Way this year as the chamber of commerce unveils their new South Sound Regional Business Incubator.

"We are putting a lot of time in to our business incubator," said Tom Pierson, chief executive officer for the Federal Way Chamber of Commerce.

A business incubator is a tool that helps new business owners by giving them a space to run their operations.

Tenants of the incubator also have access to experts in various fields who can help them with the day to day problems they may face.

Pierson said he is convinced that business incubators are one of the best ways to generate new jobs.

"For every \$10,000 you put into a business incubator you get 50 jobs back," Pierson said.

The South Sound Regional Business Incubator located at 402 S 333rd St in Federal Way will have capacity for 37 businesses.

Owners will pay monthly rent and the chamber will give them access to office space and a team of experts who have ex-



Tom Pierson

perience with startup companies.

After improvements the space will have meeting rooms for training and small group seminars.

The incubator's relative closeness to city hall and the community center also give them space to hold larger meetings.

Pierson said he understands that problems can come up at anytime, not just during the normal work day, so tenants will have 24-hour access to resources at the incubator.

"We want to make sure we are there for our clients at all times," Pierson said.

The business incubator is

open to anyone who wants to apply and an advisory group will go over their application before they are admitted.

Owners who are not ready to make the financial commitment to moving into the incubator can also have access to virtual help available on computer.

"I think you will get a wide variety of people moving in," Pierson said.

Pierson also said that any type of business can have access to the incubator, it doesn't have to be just high tech companies. It could be something like a landscape company.

One of Pierson's biggest goals is making sure the business incubator can be self sufficient.

In 2009 the chamber raised \$425,000 and Pierson's goal is to get \$1.2 million total raised.

Part of achieving this independence will be finding businesses to move in.

"We want to make this self sufficient and getting clients is part of making it self sufficient," Pierson said.

For Pierson, two main obstacles confront the business incubator.

One is getting a team in who will be able to manage and help the people who move in.

The other is getting the word out.

Part of attracting clients is making a space that is attractive to prospective tenants for the incubator and in the coming months this will become a big focus.

The chamber has just taken over the master lease of the building and is planning on making major improvements.

Some of the upgrades to the building will include knocking out walls to increase office size, adding new windows to make the building more aesthetically pleasing and adding more natural light.

Free tax help for new and small business owners available March 17 in Renton

The Washington Department of Revenue is hosting a free workshop for new and small business owners.

Participants will learn about Washington excise taxes, reporting classifications, deductions, tax incentives, sales tax collection, and record-keeping requirements.

All receive a workbook and helpful reference guide to Department of Revenue rules and regulations.

A big feature of the building will be the fact that it is going to be energy efficient.

The roof will be redone and will have solar panels.

The building will also feature energy efficient heating systems.

Completing the much needed upgrades will put the incubator into full swing and Pierson said that he expects most of the repairs on the building to be completed in April.

Pierson has also set up a website for the business incubator where more information can be found for owners interested in its services at <http://ssrbi.com>.

The workshop will take place at on Wednesday, March 17, from 1-4 p.m. at Fairwood Library, 17009 – 140th SE, in Renton.

Interested business owners can register for the workshop at the Department of Revenue Web site: <http://dor.wa.gov/> or call 253-437-3440. A complete schedule of workshops and a short video version of the workshop in English and Spanish are available on the Web site.

The Thunderword / March 4, 2010

Legislature attempts to pass state budget

By **CAITLYN STARKEY**
Staff Reporter

The Legislature has only one more week to pass the 2010-2011 supplemental budget.

Currently the Legislature is set to adjourn March 11, however the budget is still not passed and has only recently been introduced to the floor.

On odd numbered years the Washington state Legislature passes a two-year budget during a 120-day session. But in even numbered years like this one, they pass a supplemental budget to balance the budget. This occurs in a 60-day session.

But local legislators say that a special session is unlikely.

"With one party controlling the governor, the House and the Senate, it's kind of hard to imagine we would not adjourn on time," said State Rep. Skip Priest, R-Federal Way.

But to accomplish this goal, the legislators are working long hours and through the week-ends.

"We will try to take up the budget on the floor this afternoon [Saturday], but I doubt that we will get it passed this



afternoon, and take it up Monday. I have been told that tomorrow will be our last day off until March 11," said State Sen. Karen Keiser, D-Kent.

The biggest focuses of the debate centers around education and new taxes. It looks like cuts to higher education are guaranteed.

The Senate proposal would cut \$118 million from higher education, specifically \$46 million from the community and technical colleges.

The House plans on cutting less from higher education, only \$80.7 million, but more overall reductions, \$3.8 million, which equal to about 44 percent of the total operating budget.

This stems from the fact that higher education is one of the few areas that can be cut, other large sections of the budget, such as K-12 education, are ei-

ther constitutionally protected or receive federal matching funds

"I am disappointed they have not fully funded education. I believe education is the foundation of our state moving forward. If we don't fund education we will never balance the budget," said State Rep. Priest.

Priest sees education as a means to prevent a large deficit such as this year in later years.

"I go back to old cliché 'An ounce of prevention is worth a pound of cure,'" he said.

As for new taxes, parties are split on the issue. The majority Democrats maintain that they cannot balance the budget without revenue increase.

The minority Republicans have opposed all tax legislation that has been brought to the floor.

"The Senate budget proposes new revenues and there will be vigorous debate and opposition to many of the proposed increased revenue.

"But I cannot accept another all-cuts budget. We already cut \$3.6 billion last year in the first year of our biennial budget. This supplemental budget also contains several hundred million dollars in cuts, but we are working to balance those additional cuts with new revenue," said State Sen. Keiser.

On the other hand, the minority opposes the revenue increase.

"I see no justification for raising taxes with people struggling," said State Rep. Priest.

In other legislative news:

- A bill addressing the possible flooding in the Green River Valley, House Bill 2560, has passed the House and Senate and is waiting on the Governor's signature.



"I cannot accept another all-cuts budget. We already cut \$3.6 billion last year in the first year of our biennial budget."

— **State Sen. Karen Keiser, D-Kent**

nors' signature.

State Rep. Tina Orwall, D-Des Moines, proposed that the state provide insurance for those in the Green River Valley who are at risk of flooding.

"How do these businesses continue in this tough economic time when they have so much uncertainty?" said State Rep. Orwall, in a written statement.

- The Legislature has passed Engrossed Senate Bill 5516 that would protect those reporting drug overdoses from prosecution and now awaits the governor's signature.

"Many of these people could be saved, but their friends are scared of prosecution and gamble that their friends will make it through without medical help," said State Sen. Rosa Franklin, D-Lakewood, in a written statement.

Legislators are hoping that this new legislation will encourage people to report overdoses. However the immunity from legal prosecution does not apply to those who gave or sold drugs.

The bill would also allow an untrained person to administer the drug Naloxone. Naloxone

is a common drug to stop overdoses.

State Rep. Bill Hinkle, a former paramedic, objects to the use of Naloxone.

People should call 911 instead of trying to administer Naloxone themselves.

- The Legislature has passed Engrossed House Bill 2519 that would extend death related benefits to families of fallen law enforcement officers.

Widows and widowers of fallen police officers, firefighters and state patrol officers want to keep their benefits even if they chose to remarry.

Currently, the state offers lifelong benefits to the surviving family of fallen police officers, firefighters, and state patrol officers, but if the spouse chooses to remarry the benefits are lost.

These benefits include the state paying for child support and college education.

This change in policy, as stated in the Engrossed House Bill 2519, is regarded as a reaction to the shooting of the Lakewood Police officers in Nov.

- The Washington state Legislature adjourns March 11.

"With one party controlling the governor, the House and the Senate, it's kind of hard to imagine we would not adjourn on time."

— **State Rep. Skip Priest, R-Federal Way.**



Rec room could be turned into a business center

By **TAYLOR JOAQUIN**
Staff Reporter

Students will soon no longer be able to play drop-in games of table tennis in the recreation room at the Highline Student Union, said Jonathan Brown, Student Programs associate dean.

Brown said that after "observing a higher level of physical damage to the building in that room, compared to all other spaces in the HSU, I have determined that the college can make better use of this space."

Brown said that the recreation room will be transformed into a student business center where students will have access to much needed copying, printing and faxing services. The equipment for the room will be

provided from the business offices of the recently closed Early Childhood Learning Center.

In the meantime it will be reopened as a temporary meeting space for some of the campus' clubs, including the Tennis Table Club. Of course, after the room's renovation that will no longer be possible.

"Eventually our campus Club Consultants in the Center for Leadership and Service will work with the Table-Tennis Club to schedule meetings in available places on campus," Brown said.

The recreation room is technically already closed, however until locks can be put on the doors there is nothing stopping students from using the facility.

Some students are passionately against the recreation

room's closure.

"We're pissed," said Highline student Oksan Bondar. "We need somewhere to chill."

Issah Agyeman, another Highline student, said that leav-

ing the recreation room open to drop-in games would continue to benefit students.

He said that stopping by and smacking the ball around with friends provides him with a con-

venient way to reduce stress.

"I can focus better on schoolwork after playing, taking this away from us would be like taking a playground away from elementary kids," he said.

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Item No. 4178



Everyone has a part in energy conservation

By **DAN JURPIK**
Staff Reporter

Citizens can make a difference in energy conservation and its impact in the environment said Puget Sound Energy's spokesman.

Andy Wappler, a former local weatherman, and vice president of corporate affairs at Puget Sound Energy, was the guest speaker at Highline's Marine and Science Technology Center.

As part of the Science on the Sound Speaker Series, Wappler talked about how the Northwest region is meeting its energy needs as well as how energy users' choices affect the environment.

The Puget Sound area faces many challenges on its energy as the population expands, such as increasing environmental regulation, the pressure on cost and a rising demand, Wappler said.

He also talked about the Northwest's reliance on hydroelectric dams.

"Our history is hydro electric power," said Wappler. But the

dams that were built in the last two centuries have had a negative effect on our local salmon populations, he said. "The way we use energy really has a big impact on our waters."

In an effort to maintain salmon runs, Puget Sound Energy has scaled back the amount of water that flows through its dams. Alternatives are being sought to replace the reliance on hydroelectric dams as a main source of the Northwest region's electricity.

"We need something else to step in to replace the hydropower," said Wappler. He talked about the most recent developments in wind power and solar energy.

The Wild Horse Wind and Solar Facility in Eastern Washington, one of the largest examples of alternative energy sources in the Northwest, were built by Puget Sound Energy over three years ago.

Wappler also talked of the expansion of bio mass power or "dairy digesters," producing energy from methane gas in dairy farms of Washington's Skagit



Dan Jurpik/ THUNDERWORD

Former weatherman Andy Wappler speaks about energy conservation at Highline's MaST center.

County.

Alternative energy is just one piece of energy conservation.

"If you care about Northwest waters, there are things you can do without leaving the house. As simple as flipping a switch on or off," Wappler said. "There are simple steps we can all take to use less energy, protecting our waters."

Developing better habits such as lowering a room's thermostat, turning off appliances and lights when not in use, and installing water efficient show-

erheads were just some of the things mentioned by Wappler.

Replacing a home's current light bulbs with compact fluorescent bulbs is "the most effective part of energy efficiency, and use a quarter of the energy," Wappler said.

Another step people can take to save energy is to completely turn off televisions and home electronics, and unplugging cell phone and battery chargers, when not in use.

"Ten percent of the average energy use is from a 'phantom load,'" Wappler said.

This is where power is still being drawn by an electrical device even when it on standby mode or has no switch to turn it off such as adapters and chargers.

Wappler talked about some common misconceptions associated with electrical devices. Newer appliances are not more energy efficient and neither is turning electronics off when not in use.

"Being smart about energy means lowering our environmental impact on land, and in this region, water," he said.

Last-minute studying doesn't make the grade, prof says

By **BRYANNA MALONE**
Staff Reporter

Finals are right around the corner and now is the time to start studying.

Many students start studying about three to five days before their finals. This form of studying is not very beneficial.

"The more review we do, the easier it is [each time] to put into memory," said Garth Neufeld, psychology professor.

By beginning to study earlier in the quarter you will be able to retain more of the information and understand the concepts better.

Students should begin studying at least a few weeks before finals to ensure that they understand the information, experts said.

"A week or two after I take my mid-terms I begin to review for finals," said Alejandro Vilalón, Highline student.

This form of studying is beneficial to students because it allows them to take in a smaller amount of information each day rather than trying to cram it all in at the end of the quarter Neufeld said.



Garth Neufeld

Some other things that students can do to prepare for finals is to teach others the concepts that they have studied.

By teaching other people the concepts that students have

"If you can explain it you've

mastered it," Neufeld said.

Working in groups is also another great way to study.

Many students that study in groups begin to understand what they have learned more clearly.

By studying in groups students also begin teaching the concepts to their peers experts said.

"I've noticed when you do not understand something someone else does," Highline student Linh Ngo said.

By talking concepts through with a study partner or a group, students begin to take ownership of the concept, said Neufeld.

Something else that students can do to study is to put them-

selves in a relaxing environment.

Many students study with the television going or music playing. By studying with these things going on it can take away from what they are trying to comprehend.

"Music helps me focus to an extent, then a good song comes on and it distracts me," said Ryan Holtz, a Highline student.

Many students think that listening to music while studying is not a distraction and that it does not take away from their study time.

Many students also think that music helps them to relax. By playing music students can get distracted and stop focusing on their work.

"I have trouble thinking that the noise of TV/music is better than a quiet environment without distractions," Neufeld said.

Proper study habits are good for students to form early on in the quarter.

By studying in groups, teaching the information to other people and begin studying early on in the quarter finals will be successful.

Nominations being accepted for award

Nominations for the Distinguished Alumni Award are now being accepted.

Each year Highline honors a former student who has made contributions to their community or profession.

These contributions are made through community service, and profession or leadership achievement.

The student must have attended Highline before the 2005-2006 school year

Currently, anyone may name someone for the award. The deadline is April 16.

The award will be presented to the recipient during commencement on June 10.

Email your nominations to foundation@highline.edu

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Poverty Bay Festival has riches for all

By **MASAB EL-HIMRI**
Staff Reporter

Enjoy a plethora of wines, foods, art and live jazz music at The Poverty Bay Wine Festival this weekend.

The festival will be March 5-7 at the Landmark on the Sound, 23660 Marine View Dr. S. in Des Moines.

The opening night's theme is "Night in the Vineyard." The opening night gala will feature hors d'oeuvres and dessert buffet by Anthony's Homeport and music by Ed Taylor, Taylor-Made and the Steve Ryals Trio.

Admission is \$75 in advance and \$85 at the door and includes valet parking and transportation to and from the south side of the Des Moines Marina.

Saturday and Sunday will be the sixth Annual Poverty Bay Wine Festival, featuring live jazz music, an assortment of the finest wines from 25 Northwest wineries, including samplings of Northwest cuisine.

Admission is \$25 at the door or \$20 in advance. Each ticket includes 10 tasting tokens.

Darren Motamedy Duo will be performing on Saturday, March 6 from 12:30 to 3 p.m. and 4th Degree will be performing from 3:30 to 6:30 p.m.

On Sunday, March 7, Rouge will perform from 12:30 to 2:30 p.m. and Billet-Deux will be performing from 3 to 5 p.m.

Gourmet food will be provided from a variety of northwest restaurants.

Wineries from all around the northwest will also be offering samples of their finest wines.

Highline's Graphic Design Club will have a booth featuring artwork from both students and faculty.

Previous year's attendees spoke highly of the festival and the organization hosting it.

"It's similar to the Taste of Washington but on a much smaller scale. I feel it's much cozier," said Sherrill Miller, owner of E.B. Foote Winery, which will be at the festival.

"I loved running into customers on a personal level and interacting with people from the community," said Lisa Malmo, a manager at Des Moines Drugs, one of the sponsors of the festival.

All proceeds will go to Rotary charities such as educational projects, scholarships, community projects and international projects

For more information or to purchase tickets, please visit www.DMRotary.org or call CorkyCellars at 206-824-9462.

Road work part of larger plan

By **CHUCK KIBBIE**
Staff reporter

Recent construction on South 240th Street may have seemed to slow traffic more than usual for drivers coming to Highline.

Up and down 240th, bordering the south side of campus, construction is being done to lower the water pressure in the water mains underneath the streets.

Highline Water District is a local government agency who contracted Buno Construction to oversee the job that has required construction in more places than just 240th.

Just before the work on 240th, the contractor finished the work they were doing on Pacific Highway.

The local project has spanned over a year and will cost \$3.4 million.

The work being done on 240th "will be about a couple hundred thousand dollars of the total project cost," said Jeremy Del Mar, the engineering manager at Highline Water District.

The construction on 240th is part of the last phase of the local project.

Over the course of the contract, Highline Water District has replaced 20,000 feet of water main along with installing pressuring reducing valves around the Highline area.

The portion of the project dealing with 240th involves the installation of two pressure reducing valves to reduce the water pressure by 50 pounds per square inch, to more sustainable levels of pressure.

"Because of the topography of the area, we are reducing the pressure to reduce the stress on the water mains," Del Mar said.



Cody Warf/THUNDERWORD

Pedestrians are finding disruptions south of campus this month.

Due to the fairly nice weather during the second half of February and now the beginning of March, it has allowed the contractor to work most days of the week without chance of rain to slow their progress.

The almost constant construction over the past couple weeks may be an inconvenience for drivers because of the traffic caused due to the construction.

The contractor is forced to make 240th into a one-lane street in order to install the pressure reducing valves.

"We figure it would be better to inconvenience people for

only a short time than to have the project drag on," said Del Mar.

"They are working as quickly as they can to complete the project," he said.

They hope to be finished installing the pressure-reducing valves by next Wednesday, March 10 and to be done on 240th by the end of next week.

After finishing on 240th and other job sites in Des Moines, SeaTac and Normandy Park, Highline Water District plans to be completely finished with the year-long project by the end of March.

Team raises cash for Climb

By **DANIEL HINKLE**
Staff Reporter

A group of Highline students is joining the fight against leukemia and they want your help.

The Thunder Toes are Highline's team in the Big Climb event, a fund raiser for the Leukemia and Lymphoma Society.

The Big Climb is a charity event that will be held on March 21. Participants will attempt to climb up the 69 flights of steps in the Columbia Center building in Seattle.

The Thunder Toes are looking for more members and donations before the climb.

Only four people have registered for the team so far.

"Many Highline students have expressed interest without making any commitment," said Austin Hackett, the captain of the Thunder Toes team.

Registration costs \$40 per person plus a \$50 donation fee until March 15 and will go up to \$60 per person plus the donation fee after that.

"I set our goal conservatively at \$1,000," Hackett said.

Donations can be made on the team's website, with a minimum amount of \$5. The team has raised about \$518 so far.

The overall fundraising goal of the Big Climb is \$1.4 million. The event raised \$1.3 million last year.

The team website and donation form can be found at http://www.11swa.org/site/TR/Events/BigClimb?team_id=27020&pg=team&fr_id=1110.

For more information on joining the team, contact the team captain, Hackett at ahackett@my.devry.edu.

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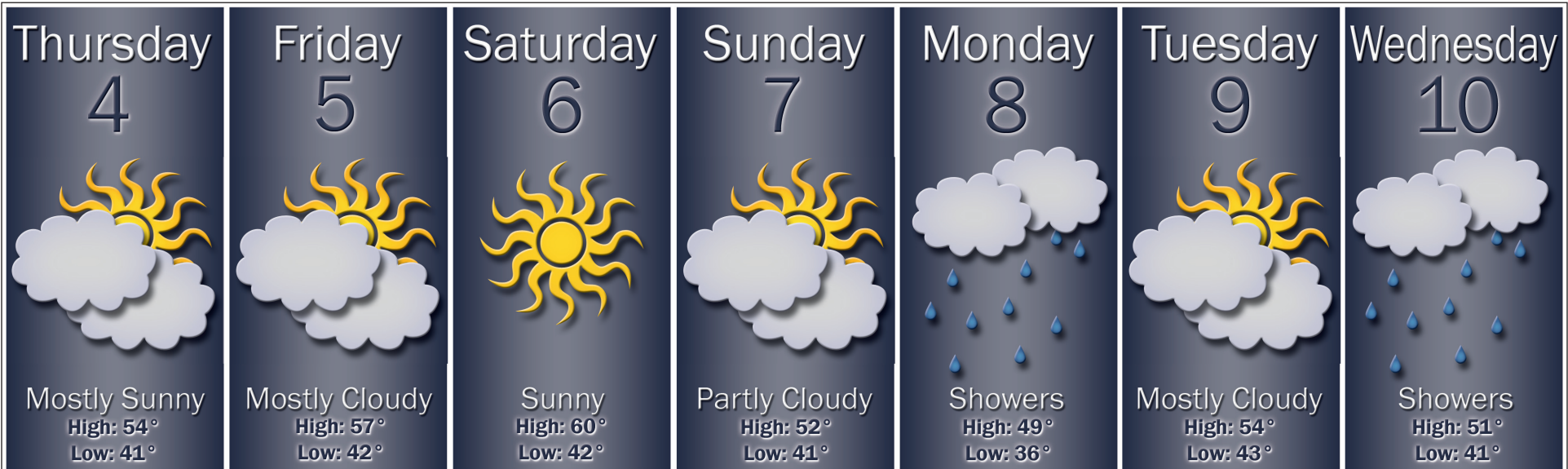
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Weekly weather forecast



Green

continued from page 1

dial staff and having the campus stores purchase items that have less of an impact on the environment.

The Environmental Club is another entity working on creating a greener campus.

The group comprises of “like-minded people working to achieve sustainability,” said Chrissy Dawson, the club’s president.

The club is working closely with Highline’s Facilities Department on the new comingling recycle program. Also, the club

has plans to help the grounds-keepers in the elimination of the invasive ivy growing throughout the college grounds.

Another organization at Highline working on green solutions is the Sustainability Task Force.

The task force includes Highline faculty, staff and students, and is currently in the process of making sustainability a part of the school curriculum.

“Most people think sustainability is about the environment only,” said Woody Moses, the task force’s chairman.

Sustainability is more than just recycling and using green products, it’s also a change in

human behavior, he said.

As a definition of sustainability, Moses quoted former Norwegian Prime Minister Gro Harlem Brundtland, “Sustainability meets the needs of the present without compromising the ability of future generations to meet their own needs.”

In partnership with one of its vendors, Highline’s bookstore has also begun a recycling program in which students bring in used electronics for store credit if the items are considered functional.

The bookstore just started “receiving old electronics under our new recycling program,” said Nick Dalton, an employee

at the bookstore. The program was begun as a way of “helping keep the planet green and as a benefit to the student community.”

Some electronic items the bookstore is accepting are: Cell phones, MP3 players, laptops, digital cameras, and game systems.

Electronics that are not currently being accepted are: Flash drives, desktop computers, household appliances and automotive electronics.

For a more complete list of electronics accepted under the new program, visit the bookstore’s website at, [http://high-](http://highlinebookstore.com)

[linebookstore.com](http://highlinebookstore.com).

Hours for Highline bookstore’s recycling program are: 9 a.m. to 2:30 p.m., Monday through Thursday, and store gift cards can take sometimes up to a month to be processed.

Highline students can also have a direct impact on all aspects of keeping the school green.

“A plea for help,” Holldorf said. “The students can help by recycling and putting their trash into containers.”

This will keep costs down, and help in keeping the campus grounds and parking lots clean, he said.

Wagnitz

continued from page 1

The faculty and staff of the school work well together, particularly at the executive level,

he said.

“The relationships here really are phenomenally positive,” he said.

He also likes Highline for what it gets done.

“It’s not just that people are happy here, we’re not afraid to move forward. It’s known as a place where things get done,” Wagnitz said.

“It’s critical, keeping myself aware of the good work people do,” he said.

In his role overseeing the academic program at Highline, Wagnitz said that maintaining quality is a big focus of his.

“I think it’s the primary job of the academic vice president to maintain quality. It starts with hiring. There is no more important decision you make,” he said.

He said that recognizing and encouraging the work people do is very important.

“It tends to maintain an environment where people strive to be excellent,” he said.

More important than any one person’s vision for the future of Highline, Wagnitz said, are the needs of the community.

“It’s really important to me, the community in community college. If there’s one thing that stands out it’s Highline’s district,” he said.

“We encompass several little communities, very diverse neighborhoods, very diverse schools. It’s [the surrounding area] certainly marked by poverty,” he said.

The composition of the col-

lege is also very important. The students that feed into Highline are often working adults.

“If I really think about our population everyone is a working adult; taking on that challenge is important,” he said.

The design of the course system is one area influenced by that aspect of the population.

It’s important to think about what working adult students need from the school when deciding on what courses will be scheduled in person, as hybrid courses or online, Wagnitz said.

Understanding who is taking particular courses is important, he said.

“The data is overwhelmingly that most online [students] are nearby. You kind of have to wonder what the attraction is,” he said.

The appeal of online classes can be anything from it matching the student’s schedule to the student liking the format better.

The school has to make sure that students aren’t inadvertently being forced to take a class online because of the way the classes are scheduled, Wagnitz said.

“There’s an opportunity to be deliberate in how we schedule online classes,” he said.

Responding to a question from a faculty member, Wagnitz said gender equality also is im-

portant.

“I think we’re doing pretty well [at Highline], I don’t think it’s over. There still is a glass ceiling,” he said.

The library plays an important role academically at the college too, he said, answering another question.

“Library engagement is very high. As time goes by, the need for information literacy is more and more important,” he said.

“I would like to think we have a strong library program. We don’t want to undermine that,” Wagnitz said.

The most difficult thing about his job as interim vice president, he said, has been his role in “column advancement,” the process by which faculty apply for increases in salary.

“Personally, it’s difficult to find myself making decisions about people’s work. I think the criteria are clear but they translate differently. Sometimes my definition doesn’t match theirs,” Wagnitz said.

“I’ve tried to be sincere in asking people to talk to me about the outcome. It’s not in my interest to make it mysterious,” he said.

The interview process for the vice president for Academic Affairs was held Wednesday.

A decision is expected by the end of the month.



Cody Warf/THUNDERWORD
Jeff Wagnitz answers opening questions during the forum.

Drugs

continued from page 1

and filled my Fanta bottle with vodka,” said another student who only identified himself as Jared.

Another student used drugs before a high school basketball game.

“I used to play basketball in high school. Me and a couple of girls would show up to the games high,” said Lacey Rodriguez, a student at Highline.

“I have smoked weed in the past but I mostly use steroids to help me perform better. I used to take steroids before football games, wrestling matches and weight training class. I usually spend well over \$250 a month on steroids and performance enhancement supplements,” said another anonymous student.

Many students said they only spend roughly \$20 to \$50 a month on drugs because they pitch money in with friends to buy a larger quantity.

Students say they began doing drugs because of their peers.

“I have smoked weed and PCP before, but stopped after I had my daughter. I started smoking weed because my boyfriend in high school and his

friends used to do it, I guess I just got caught in the moment,” said Hillary, another student at Highline.

Another student was influenced by his own family.

“My older brother and his friends used to do it. I guess I looked up to them and thought it was the thing to do,” said an anonymous student.

Some students said they needed a drastic event to occur in order for them to realize the harm and risk consuming drugs would have on their lives.

“I started smoking weed because all my friends and boyfriend were doing it. I had to break up with my boyfriend because he was abusing it. He got a DUI; he would get into fights and show up to my parent’s house trashed,” said Tracey, a Highline student.

Some events were more drastic than others.

“I used to smoke, snort and sniff everything. I didn’t care about life and so I didn’t care what I put in my body, until my friend over dosed in high school and I saw the effect it had on his family. I have been clean since then,” said an anonymous student.

Reporters Alida Linavat, Taylor Joaquin and Masab El-Himri contributed to this story.

Campus creatures



Cody Warf /THUNDERWORD

A humming bird sucks the nectar from a flowering bush north of the drainage pond on campus.

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