

Obama proposes \$8 billion fund for community colleges

By **ALISA GRAMANN**
Staff Reporter

President Obama wants to help community college's give students practical training with an \$8 billion fund.

Recently, President Barak Obama unveiled the Community College to Career Fund to help give employees the skills they need to succeed. The fund will allow community colleges to work with local businesses to ensure that students and workers are getting the practical skills that employers seek.

However, some observers, including members of Congress, are skeptical that any part of the president's budget, including this program, will be funded by Congress in the near future.



President Barack Obama

Secretary of Education Arne Duncan, Secretary of Labor Hilda Solis and White House Domestic Policy Council Director Cecilia Munoz discussed the proposal in a teleconference on Monday.

Munoz said that security for workers comes with being equipped with 21st century skills — something that should be available to all Americans.

Duncan said that President Obama and the administration is committed to creating an America that will last — a goal that starts with changes to the K-12 system, and stretches through the higher education system. The first step is making sure that a high-quality education is available to Americans.

Solis said that in addition to

See President, page 15



Alisa Gramann/THUNDERWORD

Volunteers have been piecing together a gray whale under the supervision of Rus Higley. A ceremony to unveil the completed whale will take place on March 3 at the MaST Center.

The whale puzzle comes together

MaST Center works to finish exhibit

By **BRIAN MAHAR**
Staff Reporter

After nearly two years of preparation, the Marine Science and Technology center will be moving one whale of an exhibit

to Redondo.

Highline's whale bones will make their final migration from Tacoma to the Marine Science and Technology Center at the end of this month. Marine biology instructor and Marine Science and Technology Center Manager Rus Higley will describe "The Whale of a Tale" in an upcoming Science Seminar on Feb. 24.

The project began in April 2010 when Higley received the call that the body of a gray whale had been found on Arroyo Beach in West Seattle.

According to federal officials, the gray whale had died of natural causes during its migration to the Bering Sea.

See MaST, page 16

The recipe for success calls for action — and a bit of faith



Erika Wigren/THUNDERWORD

Junki Yoshida encourages students to chase their dreams.

By **YURI NISHIZAKI**
Staff Reporter

If you want to realize your dream and succeed, you have to believe your dream and take an action, Highline alumni Junki Yoshida said here on Feb. 9.

Yoshida spoke about the secret of success as part of the Highline Alumni Speaker Series on Feb. 9.

Yoshida, creator of Mr. Yoshida's Gourmet Sauce, a teriyaki-based sauce, is the founder and CEO of the Yoshida Group.

He was born in Kyoto, Japan,

the youngest of seven children in his family. He came to America with only \$500. He sold his return ticket to Japan for \$750 to buy a car to sleep in.

"When I came to America, I was an illegal immigrant. I was running all over being chased by immigration officers," Yoshida said.

At that time, Highline was looking for some karate instructors. Yoshida started taking classes in return for teaching karate. He attended Highline from 1970-1973.

After graduating from High-

line, he started teaching karate at several places including the Washington Police Academy and Oregon Police Academy.

He gave away his "mother's secret teriyaki sauce" for Christmas presents to his students, he said. His students came back to him saying they wanted to buy his sauce, which was the beginning of his business.

"Jump on it, if you believe in it," Yoshida said. "I believed in my dream. I listened to my

See Yoshida, page 15

INSIDE THIS ISSUE



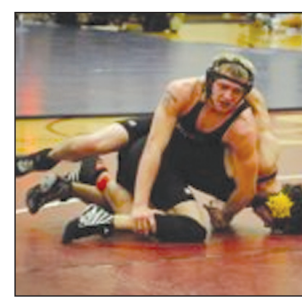
P6

Reptile man brings friends to Des Moines



P9

Lady T-Birds shoot for spot in the playoffs



P10

Wrestlers have the moves for nationals



Crime and Punishment

Man found loitering

Campus Security received a call from a Highline student concerned about a man loitering inside Building 29 on Feb. 10.

Campus Security contacted the individual and he said he was waiting for the Metro bus and would be leaving shortly.

Medical emergency reported on campus

Campus Security was called to the multi-purpose room in Building 27 in regard to an injury on Feb. 13.

Upon arrival, a student was found conscious lying on his left side. The individual was using suspension equipment on the wall for strength exercises when it gave way, causing him fall back and hit his head on the ground.

South King County Fire and Rescue arrived and transported the student to Highline Medical Center.

Suspicious man found in bathroom

An intoxicated man was found in one of the men's restroom stalls in Building 29 on Feb. 14.

The man had a hard time walking, so Campus Security assisted him to the South Parking Lot to wait for one of the buses.

Student reported causing disturbance in library

One of Highline's librarians reported that a female student was causing a disturbance because she had lost her work on one of the computers on Feb. 14.

Campus Security stayed close to the area, but did not confront the woman while the Instructional Computer staff assisted her. The woman left the library without incident.

Students walking along ledge of building

Campus Security was called to Building 10 regarding some Highline students opening the second floor windows and walking along the ledge of the building on Feb. 11.

The students complied with Campus Security's request to get off the ledge.

-Compiled by Katie LaBorde



News Briefs

Faculty to be on hand to advise students

Meet faculty advisors at faculty advising tables to get help to select courses for Spring Quarter.

Faculty advising table will be set up on Tuesdays and Wednesdays, Feb. 21, 22, 28 and 29, on the first floor of Building 8 from 10 a.m. – 1 p.m., and on the plaza level of the library, Building 25, from 4:30 – 7:30 p.m.

Library recommends international literature

The library is introducing international literature as February's recommended reading to honor the richness of Highline's diversity.

The selection includes books from India, Algeria, Germany, Japan, Somalia, France, Brazil, Iran, Ethiopia, Argentina, Nigeria, Ireland, and Colombia. The recommended reading section is located on the plaza level in the library, which is located in Building 25.

For more information, visit Highline Library Blog at highlinelibrary.wordpress.com/2012/02/01/world-class-international-fiction-recommended-reading-february-2012/.

Global Tuesday back from a week break

Eric Schinfeld, president of the Washington Center on International Trade and federal policy director for the Greater Seattle Chamber of Commerce, will speak on Trade Policy at the next Global Tuesday presentation.



Schinfeld

Schinfeld's talk will be at 10 a.m., Tuesday, Feb. 21, in Building 7. The presentation is free and open to the public.

Global Tuesdays is a weekly series of forums on international issues.

Learn how to build with sustainable stuff

Science on the Sound presents Elliott Ridgeway with a talk on Integral Design with Natural Materials on Saturday, Feb. 18 from noon – 12:45 p.m. at the Highline Marine Science

Walstrand killer to get at least 30 years

By BEN FRIEDLAND
Staff Reporter

Daniel Threadgill faces a minimum of 30 years in prison after being convicted of first degree murder in the death of Jennifer Walstrand, a Highline student.

Threadgill, 24, was found guilty on Feb. 8 for killing Walstrand, 28. Walstrand was killed on Aug. 31.

Threadgill's sentencing trial will be held on March 23.

Araya McMillon was

charged along with Threadgill on June 24, 2011. McMillon agreed to a plea deal, pleading guilty to conspiracy to the murder while testifying against Threadgill.

According to King County prosecutors, Threadgill killed Walstrand at McMillon's urging.

McMillon can be formally charged with conspiracy to commit murder now that she has finished testifying against Threadgill. Prosecutors will ask for McMillon to serve eight

years in prison.

Des Moines Police arrested Threadgill and McMillon after an anonymous tip came through the citizen support program CrimeStoppers on March 17. The tip led police to at least two witnesses, who agreed to help in the investigation.

Senior King County Prosecutors Carla Carlstrom and Amy Montgomery were able to prove that Threadgill committed the murder with deliberate cruelty, which will increase the length of his sentence.

and Technologies center in Redondo.

The lecture will first cover the general overview of sustainable designs integrating ecology, human health, and economics, and move on to how to build wood-fired oven.

Admission is free. For more information and directions, visit mast.highline.edu/.

Let your voice be heard on bus route change

King County Metro's representatives will be on campus to hear public opinion on their proposed route changes on Feb. 23 from 10 a.m. to noon in Building 8.

Metro proposed route changes over several of their routes, including some routes traveling to campus (routes 131/132, 166, and 156) and is in the process of developing the changes. Metro plans on implementing the proposed changes in September 2012.

For more information about the proposed changes, visit metro.kingcounty.gov/have-a-say/projects/restructuring-system.html.

Campus closed on President's Day holiday

Campus will be closed on Monday, Feb. 20 due to the President's Day holiday.

No class will be held and all offices will be closed.

Eena Hibbs Scholarship available for pre-college

The Eena Hibbs Scholarship is accepting application for Spring Quarter classes through March 1 at 4 p.m.

This scholarship is for Highline students who were previously enrolled in ABE, ESL, GED or under 100 level reading/ writing courses.

The application and materials are turned into the financial aid office located on the second floor in Building 6.

For more information about

the eligibility and downloading the application, visit hibbsscholarship.highline.edu/default.html.

For application inquiries, contact Jean Munro at jmunro@highline.edu.

Winter Dance tickets once again available

The Enchanted Winter Dance will take place on Feb. 25 from 7-11 p.m. in Building 8.

This is an annual semi-formal party organized by the International Student Programs. This year's theme is "Burlesque."

Tickets sold out once, but the International Leadership Student Council decided to print out more tickets since the demand for the tickets have been high.

Tickets are on sale for \$10 from International Leadership

Student Council members, or from Student Programs on the third floor in the Student Union.

For more information, contact Yuki Hayashi at yhayashi@highline.edu.


Join Movie Friday to witness a love story

Movie Friday will show *Gnomeo & Juliet* on Friday, Feb. 17 at 12:30 p.m. in Building 29, room 104.

This computer-animated comedy movie is based on William Shakespeare's play, *Romeo and Juliet*, and is about love between two gnomes, Gnomeo and Juliet, in the war between the neighborhood gardens.

Movie Fridays are organized by the International Leadership Student Council and the Highline Film Studies Program.

Free popcorn will be provided. Admission is free.



**WHAT'S
NEW
AT THE
MAST
CENTER?**

MaST

Marine Science & Technology Center

Highline's MaST Center, located in Redondo, has lots going on if you are interested in your local environment.

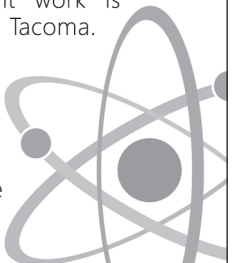
WATER WEEKEND – Every Saturday from 10am to 2pm. We are open FREE OF CHARGE to the public to view more than 100 local species in our aquarium

SCIENCE ON THE SOUND SPEAKER SERIES – 1st and 3rd Saturdays of every month. Local scientists and environmental educators discuss the health of Puget Sound.

LIVE DIVER – 2nd Saturday of every month. Shows at 11 and noon.

THE WHALE PROJECT – The MaST Center is rebuilding the skeleton of a grey whale that died in Puget Sound to be displayed in the MaST Center. Current work is happening at Foss Waterway Seaport in Tacoma. Come and see the progress.

VOLUNTEER STEWARDS – Most of the work at the MaST Center is done by our team of volunteers. If you are interested in volunteering you can come and visit the Center, or e-mail us at mast@highline.edu



Evening revolves around food and new friends

By JEMIMAH KAMAU
Staff Reporter

If you have never been to a Mongolian Barbecue, the International Leadership Student Council is inviting you and your friends to discover one.

The event will take place today, Feb. 16, at Jasmine Mongolian Grill in Federal Way and this will be the last Rotating Restaurant event sponsored by the International Student Program this quarter.

"Rotating Restaurant is a group of friends having dinner together with a barbeque in the middle and talking about personal, school and fun stuff," said Thein Thein Myint, who is commonly known as Vivian.

The previous Rotating Restaurant took place at Kum Kang San, a Korean restaurant in Federal Way, and students reported that they enjoyed it.

"It was a great relaxing time after school. We talked with friends and had a good time together," said Vu Dao, the Conversational Pal coordinator, who is commonly known as Chris.

Others seemed to have enjoyed grilling and sharing food with other students.

"We spent quality of time together and we dared people to eat random things. It was so fun. Everybody was really full and when April was taking pictures, guys pretended to be asleep," said Elizabeth Kim, the secretary of the Welcome Team.

"The food was awesome



International Student Programs Photo

Students say that the food at the restaurants chosen for the Rotating Restaurant event are usually tasty.

and it was cool to be with other people. I liked the Korean barbeque because I grilled it. In fact we all grilled it," said Chun Hei Cheng.

Some students described their preferences and compared tastes.

"Compared to European food, Asian food is tastier because it's spicier and sweeter. Anyway, I like Asian food compared to European food," said Atis Pasura Phun.

"Kimchi is a very famous spicy and marinated cabbage. I really like it," added Hsiang-Chung Cheng who is commonly known as Nick.

Going to the Kum Kang San was also a good opportunity for students to learn Korean cultural practices.

"In Korean tradition, you take rice and meat which has already been dipped in sesame oil, and then you place them on a sliced vegetable leaf. After that, you add some Korean sauce and roll it. Then you eat it or feed it to your friend. According to Korean traditions, you only feed it to a close friend," said Thein Thein Myint.

"I learned this from the Korean waitress. She came and taught me how to eat in the Korean traditional style," she

added.

Other students were busy comparing their eating habits with those of their comrades.

"I was sitting with an American friend at the same table and I learned that American people eat less meat than Asians," Myint said.

By attending the Rotating Restaurant event, some students had a chance to improve their communication skills. New students discovered the area they are now living in and they met new faces.

"I just came here at the beginning of this quarter and food here is different from that of my

country. When I went to the restaurant, I enjoyed eating a lot of food and I also met new friends. I came here weeks ago and I don't want to be bored. That's why I get involved in activities. I also want to have more experience and improve my English," said Kathy Dao.

To enhance socialization, students are grouped with other students from different parts of the world.

"We don't want them to just sit with students from their country. We mix them which make it easy for them to make friends in this event. Any student who wants to know international students should join this event and share their culture and experience," said Kuan-tin Chen, the Mosaic editor for the international student newspaper.

At Kum Kang San restaurant, everything was not perfect for some students.

"The fish was very salty. Don't eat fish from there," said Chun Hei Cheng.

For the next Rotating Restaurant at Jasmine Grill, each student will pay \$13.99.

Those who are interested should sign up at the International Student Program office on the fifth floor of Building 25.

Students who want to ride the bus with the group should meet at Building 2 at 5:30 p.m.

For those who prefer to drive, they can meet with the group at Jasmine Grill restaurant, 1948 S. 320th St., Federal Way at 6:15 p.m.

Program scores points with high school students

By JEMIMAH KAMAU
Staff Reporter

Highline will be helping high school students of color to discover opportunities available after high school.

A group of these students will meet at Highline on Feb. 29 from 8 a.m. to 1 p.m. at the Student Union and Building 10, for the 10th annual SCORE or the Students of Color Opting to Reach Excellence.

Yoshiko Harden, the director of Multicultural Services and Student Development, said that SCORE targets high school students of color and helps them to explore options available after high school and encourages them to higher education.

"SCORE is a one-day high school conference for the students of color and I have around 100 students who will attend the event," said Harden.

"Students register for this event through their high school. It happens once a year, usually



Yoshiko Harden

by the end of February beginning March," Harden added.

The students are expected to arrive by 8 a.m. and after 8:30 a.m.; Harden will make the opening remarks.

The key speaker of the day will be Dr. Derek Greenfield, currently serving as the director of Diversity and Equity Engagement at Alcorn State University.

Dr. Greenfield, a former Highline instructor, is a speak-

er and a professor who travels around the country delivering workshops and presentations. He has been featured in events such as the International Conference on Cultural Diversity, Black Issues in Higher Education Conference, and National Youth Professionals Institute, among others.

Due to his talent as an educator and his dedication to students, Greenfield has been named six times to the list of Who's Who Among America's Teachers and received Faculty of the Year honors at Shaw University.

His innovative course, the "Hip-Hop and American Society" has been featured twice in Source magazine.

Greenfield is also an author. He has written a book entitled *The Answer is in Your Hands* and has also published several academic papers.

In this event, eight different high schools from our local area will be represented and more

than 22 Highline students have volunteered to mentor the visitors.

"We recruit students to volunteer and they go for training to know what to do for the activities," Harden said.

The mentors will also share their experience being college students.

"It is important because these students might have come from high school last year and here they are as college students and in a leadership position," she added.

The mentors will take the visitors through team-building activities, a campus tour, and will escort the high school students to the immersion sessions which will take place in different buildings.

In the immersion sessions, the high school students will be divided into four groups and attend classes where they will learn about education, diversity, sociology and communication. The classes will be

conducted by Dr. Darryl Brice and Patrick McDonald, who are Highline instructors, and Dr. Rolita Ezeona, the dean of transfer programs at Highline and Greenfield.

Even though SCORE attendees aren't in Highline's system, some of them end up becoming Highline students.

"We know some students have attended SCORE and then enrolled at Highline. Over years, I've met many students who attended SCORE and became students at Highline," Harden said.

During the event, students will be provided with lunch and a bus will be hired to take them to and from their schools.

Harden said that students who are interested in volunteering should contact her via e-mail at yharden@highline.edu.

To register or for transportation information, visit multiculturalservices.highline.edu/score.php.

Editorial comment**Congrats to the wrestlers**

The Thunderword would like to congratulate the Highline wrestling team for their success at the Regional 18 Championships.

Due to their success, Highline will be sending six different wrestlers to the NJCAA National Championships in Minnesota, where they will compete on Feb. 24.

We hope that while the wrestlers are away they will continue to represent Highline with professionalism and dedication that we have come to expect from our Athletics department.

We also would like to encourage the other sports programs to learn from the examples set by the wrestlers this year. Focus, determination, teamwork, and fortitude are clearly the keys to achieving and maintaining a successful season.

By following the model set by the wrestling team, it may increase Highline's chances of becoming a dominate power in the athletics division.

We wish Micah Morrill, Steven Romero, Nick Schmidt, Lucas Huyber, Josh Romero, and Anthony Whitmarsh the best of luck next week. Hopefully these gentlemen continue to perform at the peak of their ability and come back to us in one piece.

Letter to the editor**Student's death should provoke more outcry**

Dear editor:

A 28-year-old woman was killed ... a premeditated murder motivated by jealous hatred. Just a college student, yet beaten in her own apartment until her teeth were jarred loose. She was stabbed by a man – a brute goaded on by the rage of a rival. What malice! What wickedness! Wasn't once enough? Only walking distance from my home, she was stabbed over 60 times, leaving instigator and adversary stained with blood.

Where is the public outcry? Where are the neighborhood watches and community groups? Even the news story is languishing on the back pages of the local section of a dying paper. Wasn't Jennifer endowed by her Creator with unalienable rights, the first and foremost being a right to life?

I am reminded of the self-justification of Raskolnikov in *Crime and Punishment*. Yet even Dostoevsky's caricature of a fictional unscrupulous pawn-

broker had value! How much more a woman from our own community – a former Highline student?

There is some consolation that justice is served. Raskolnikov suffered the punishment of mental torture for his crime. His final sentence to servitude in Siberia was almost a relief. I wonder if the perpetrators of this all-to-real vileness suffered more though the hunt or in their respective thirty and eight year sentences? Yet while I am thankful that the bad guys are in jail, I can't help wonder why such tragedy elicits such a tepid response in the community?

Even a prostitute has value. Jennifer Walstrand – the hooker known as "Face" – was formed an image bearer of God. Her path may have dulled the reflection, but she still reflected Imago Dei. Her life and her story is significant because Jennifer was far more than a "Face." Truly, her Father will mourn the prodigal daughter who never came home.

— **Dusty Wilson,**
Highline professor

Got something to say? Write to us

Do you have something you want to say to the student body? Or would you like to respond to something you read in the paper?

Send submissions to jnelson@highline.edu by Monday for print on Thursday. Letters to the editor should be about 200 words, columns should be no more than 600 words.

I'm a legend in my own mind

I can be described with many different titles.

A cross country runner, a basketball referee for elementary kids, a fast food employee for an Arby's that happens to be ESL, and even an amateur ballroom dancer. I am a man fit for no single title, unless that title is The Most Interesting Man on Campus.

At the age of 16 I scored a modeling gig as a 21st century Hercules. I fooled a kid into thinking I was time travelling as the future him. I once dressed up as a human sheep for Halloween. I'm also single, ladies.

You may have never met me. According to statistics, 99 percent of the country has yet to encounter me, which is honestly a catastrophe by itself.

In this case, I am sympathetic towards you. As a token of my sympathy, I've decided to give you a rundown into the average day in the life of Trae.

I wake up at 6 a.m. to 800 volts of electric shock. Coffee is for the weak.

After this I drive to school. I always leave 10 minutes early, giving me extra time just in case I get pulled over.

I try to get pulled over at least once a week. This way I can both visit with an officer of whom I've likely already befriended and maintain my bad-boy status at the same time. Reputation is everything, my friends.

I like to skip my first class, but not to waste time with my peers in the Student Union. Instead I simply stand outside the building, staring at my instructor through the glass window with a maniacal face.

If you can successfully confuse your instructor into believing you might belong in a mental institution, you can gain his or her respect.

Once this has been done, I then stop by the break-dancers at the Student Union to practice my competitive planking. If there's no chance of injury, you aren't doing it right.

Lunch follows this ordeal.

I like to sit with random families at the Olive Garden in hopes of free breadsticks. I also like to dress up as a giant duck and walk around the



Total Traagedy
Trae Harrison

Des' Moines Marina in hopes of more free bread. I really like bread.

Once I am completely full, I like to take my moped through a public carwash. Personal hygiene is just as important as a clean vehicle. Achieving both at the same time is the ultimate time saver.

I then drive back to my humble home in Honolulu.

With my spare time I like to take my pet raccoon on walks. Do not be alarmed, for my pet is properly trained. It is unfortunate that you can't train a raccoon to not have rabies.

While we're out of the house my raccoon and I also like to rob banks, but not for money. We rob blood banks. My raccoon is secretly a vampire.

I then go to practice with my A Capella band. We happen to specialize in Dub Step and lawn mower noises.

I'm also as mischievous as I am interesting. I like to hide Easter eggs in the neighbor's hen house.

While he searches for the eggs, I take the opportunity to

sneak into his house and draw faces on the kitchen silverware. It drives him crazy.

I do not watch television. For relaxation, I film my own commercials for Spanish fruit cake. It's yet to catch on in America, but I'm blowing the ratings up in Algeria.

As the day comes to a close, I like to set up surveillance cameras around my house just in case I happen to be the unknowing main character in the fourth installment of *Paranormal Activity*.

I have yet to find any demons on tape, but I did discover a homeless man who had been living off of fruit cake in my basement for the past six months.

I don't always brush my teeth before bed. But when I do, I prefer using a hair brush and battery acid.

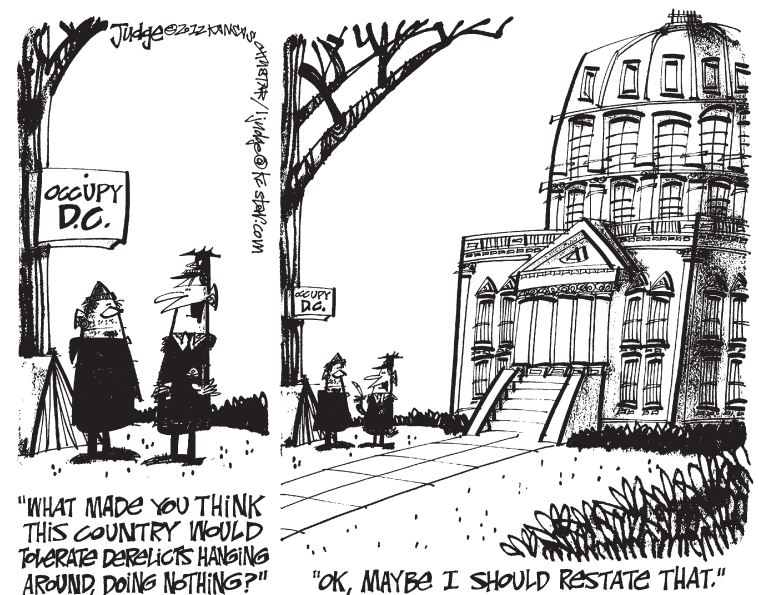
According to the internet, the average person sleeps eight hours a night. I do not sleep at all. At least I'm publishing it this way so my enemies don't try to approach me at night.

The next day I may or may not repeat the same routine, but no matter what I will be speaking a different language.

I am the hero Highline deserves, but not the one it needs right now.

So you will hunt me because I can take it, because I am not your hero. I'm a silent guardian, a watchful protector. The Most Interesting Man on Campus. Happy President's Day.

The Most Interesting Man on campus was alone on Valentine's Day. Just sayin'.

**The Staff**

People make mistakes because they're distracted by my beauty.

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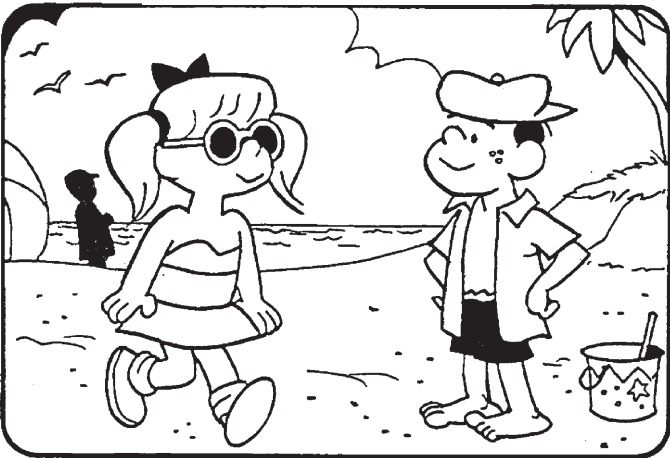
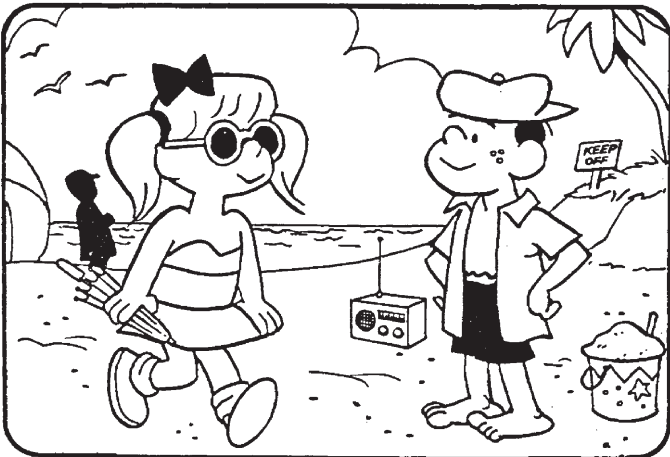
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BY
HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How

Weekly SUDOKU

by Linda Thistle

7			2					8
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Double Time

Across

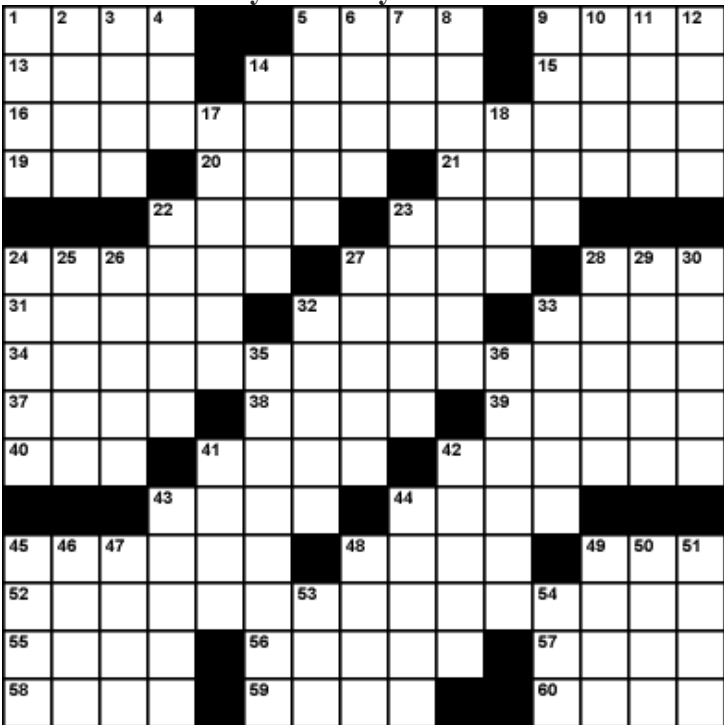
- Milky white gem
- Freeway exit
- Frame part
- NBC's peacock, e.g.
- Errand runner
- Bright thought
- Gambler's option
- Cow, for one
- Data
- Gap
- Camp beds
- Opinion
- Illegal firings
- Newborn
- Mrs. in Madrid
- Lasso loop
- Delhi wrap
- Smelting waste
- Crossing this is a no-no
- Minuscule
- Memo
- Pageant winner
- CBS symbol
- Inflatable things
- Tank top
- Parade spoiler
- Meadow sounds
- Natural
- Berle to friends
- World Series mo.
- London transport
- Actual being
- Borders
- Greek letter
- Adjusts, as a clock
- Take in
- Miller, for one

Down

- Auto pioneer
- Milne's bear
- Chills and fever
- Court ploy
- Mouth tops
- 60's hairdo
- Chess pieces

Crossword 101

By Ed Canty



- Not allow
- Islamic holy war
- Mine entrance
- Computer list
- Captures
- Rest room sign
- Model train maker
- Fork part
- He played Dr Huxtable on TV
- One of the Osmonds
- Actress MacDowell
- Like soil around trees
- Lush
- Money of Thailand
- More cunning
- Hindu queen
- Bond, for one
- Pass out
- Speaks indistinctly
- Casey Jones, for one
- Consider the same
- ___ of Sandwich
- Squeals
- Court wear
- Arm muscle
- Bad day for Caesar
- Bridge site
- Narc's arrest
- Start of something big?
- Double-reed woodwind
- Baby-faced
- Ivan the Terrible, e.g.
- H.S.T.'s successor
- Poke fun at

Quotable Quote

The safest way to double your money is to fold it over and put it in your pocket.

... Kin Hubbard

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

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-----------|---------------------|-----------|
| 1. Marsh | ___ W ___ | Postage sticker | ___ T ___ |
| 2. Dill or gherkin | P ___ | Capricious | F ___ |
| 3. Subject | ___ P ___ | Quinine water, e.g. | ___ N ___ |
| 4. Kidnapper's fee | ___ S ___ | Haphazard | ___ D ___ |
| 5. Financier | ___ N ___ | Carnival windbag | ___ R ___ |
| 6. Artist's garb | ___ M ___ | Electrical jolt | ___ H ___ |
| 7. Mississippi, e.g. | ___ R ___ | Metal pin | ___ T ___ |
| 8. Deep-red gem | ___ N ___ | Attic | ___ R ___ |
| 9. Huckle___ Hound | ___ E ___ | Mr. Manilow | ___ A ___ |
| 10. Long for | Y ___ | Become educated | L ___ |

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- ANCIENT WORLD: Where was the first Roman aqueduct, the Aqua Appia, built?
- MYTHOLOGY: What kind of creature was the Scylla?

3. THEATER: Thornton Wilder's play, *The Matchmaker*, was later made into what famous musical?

4. LANGUAGE: The present, past and past participle of draw, drew and drawn are examples of what kind of verb?

5. MUSIC: Which musical artist had a single hit with *Rebel*?

el Rebel?

6. HISTORY: Where was American outlaw Billy the Kid born?

7. MOVIES: What movie featured the fictional land of Florin?

8. GEOGRAPHY: Where are the Comoros Islands?

9. GENERAL KNOWL-

EDGE: What kind of animal was said to have raised the infants Romulus and Remus, twin founders of Rome?

10. RELIGION: How are members of The Religious Society of Friends more popularly known?

Answers

1. Rome

- A six-headed sea monster
- Hello, Dolly!*
- Irregular
- David Bowie
- New York City
- The Princess Bride*
- Off the east coast of Mozambique, Africa
- A female wolf
- Quakers

SCALE MODELS

Reptile Man slithers into Des Moines

By **ABIGAIL DAMBACHER**
Staff Reporter

Washington's Reptile Man Scott Petersen is coming to Des Moines for a show on Saturday, Feb. 18 at the Des Moines Activity Center, and he won't be coming alone.

The event will feature 10-



Scott Petersen

15 reptiles, including a cobra, a rattlesnake, and an alligator. Petersen said he presents his animals, shares what he knows about them, and allows some to be held by audience members.

A biology teacher, Petersen said he was fascinated by animals at an early age.

"My Mom said I would go outside and come back with garter snakes and frogs," said Petersen. "I wanted to have my own zoo as a kid."

While a love for animals and nature remained with him throughout the years, Petersen was originally on a course for pre-med in college.

It wasn't until he took a teaching practicum that he "fell in love with teaching," and decided it was something he'd like to do for a living.

He now tours schools across the Northwest—with a track re-



Scott Petersen, right, travels across the Northwest teaching students about the importance of animals in nature and life.

cord of 20 years and more than 800 schools.

Though some people aren't entirely comfortable with reptiles, Petersen encourages people to get to know them. He said he teaches the importance of animals in the balance of nature.

But while still having fun, Petersen practices extreme caution with certain snakes, such as anacondas—who—when you open their cage, "think that it's feeding time." He said that his team uses special tactics

for dealing with these bigger snakes.

In addition, all poisonous snakes have been de venomized and are locked safely in their containers.

Petersen's childhood dream of owning a zoo actually came true: he owns The Serpentarium, located in Monroe, an hour away from Highline. Open 365 days a year, it holds one of the most inclusive collections of reptiles on the West Coast, as well as the world's largest spiders and centipedes.

If Monroe is too far out for you, you can see the Reptile Man show on Saturday, Feb. 18. The event starts at 10:30 a.m., at the Des Moines Activity Center, located at 2045 S. 216 St.

Tickets are \$3 in advance, \$5 at the door, and \$10-15 for families.

To purchase tickets beforehand, call the Des Moines Parks & Recreation Department at 206-870-6527.

To learn more about Reptile Man and The Serpentarium, visit www.reptileman.com.

Local artists tour Washington Auburn Symphony soon to romance audiences

By **SHAIMA SHAMDEEN**
Staff Reporter

Local Seattle artists are putting their talent together and hitting the road.

JPinder, DymeDef, Eighty4Fly, Royce the Choice, and GMK, along with DJ Vega the Virgo are on the road for a seven-city tour across Washington, entitled, The Posses off Broadway.

The Posses off Broadway has already performed in Pullman, Yakima, and Bellingham. There are four remaining shows left in Olympia on Feb. 19, Ellensburg on Feb. 23, and Marysville on Feb. 24. They will be ending the show back home in Seattle on Feb. 25 at The Crocodile.

Tickets can be purchased online at www.thecrocodile.com at \$10 per person.

"We had an idea that all of these artists are doing something really good for the city, so why not put this all together and make it one big event?" Vega the Virgo said.

Vega is the house DJ for the tour. While the performers are all rappers, each has his own in-



Eighty4Fly, right, performing with his hypeman at a show in Pullman in February.

dividual style.

JPinder's music comes with thought-provoking messages. Listeners are sure to learn something from his songs.

Royce the Choice's verses are filled with hard hitting punch lines.

GMK's music is eccentric, filled with up tempo beats. Vega the Virgo compares him to a young Prince.

"He would be the one to do something different," Vega said, calling GMK the "alternative hip hop."

"Eighty4Fly talks about weed, weed, and a lot more weed. He's that type of rapper, but he's good," Vega said.

DymeDef is a group comprising members of Brainstorm, Sev, and Fearce. The group has been involved in the local music scene for a couple of years and has the biggest following.

"We want to achieve greatness and be a staple in the music of Seattle," Vega said.

The Crocodile, located at 220 2nd Ave., and is 21 and over event.

By **ABIGAIL DAMBACHER**
Staff Reporter

The Auburn Symphony Orchestra will present "Great Romantics" this weekend, featuring three classical pieces and soloist Craig Sheppard on the piano.

Sheppard is a graduate of the School of Juilliard with an international concert career of more than 40 years.

He has toured throughout Europe, Asia, South America and New Zealand; he said "the scenery there is beyond wonderful."

Sheppard performed and taught music after college, living in London for 20 years before returning to America in 1993.

"I decided to live in Seattle because I was offered a position at the University of Washington. That was an offer I couldn't refuse. And I really lucked out, coming to such a beautiful part of the world," said Sheppard, who is the professor of piano at the U.W. School of Music.

In his fourth appearance

with the Auburn Symphony, Sheppard will perform *Piano Concerto No. 2* by the 19th century Hungarian composer Franz Liszt.

"I have loved the second piano concerto of Liszt since I was a kid," said Sheppard, who began piano lessons when he was five. "These concerts in Auburn are a chance to reconnect with this wonderful piece of music."

"Great Romantics" will take place at the Auburn Performing Arts Center, located at 700 E. Main St. Auburn, 98002, on Saturday Feb. 18 at 7:30 p.m. and Sunday Feb. 19 at 2:30 p.m.

Free parking is available, as well as free preconcert lectures by long-time conductor Stewart Kershaw, co-founder of the Auburn Symphony and recently retired music director of the Pacific Northwest Ballet. The lectures begin 45 minutes prior to the start of each concert.

Tickets cost \$35 for adults, \$27 for seniors, and \$10 for students. For more information on tickets and showtimes visit www.auburnsymphony.org or call 253-887-7777.

Anyone welcome to join jam sessions

By ZACH GINTHER-HUTT
Staff Reporter

Whether inexperienced with an instrument or an aspiring rock star, Jamspace is a club that wants to be a resource for the Highline musician.

Jamspace meets in the Student Union, Wednesdays and Fridays. The club President Ian Cawley said that Jamspace is a place to practice, perform, learn or as the club name implies, have a musical jam session with fellow highline students.

“We’re more free-form than other clubs,” Cawley said. “I’m down with any kind of music.”



Ian Cawley

Cawley said the club’s expertise focuses on all music ranging from classical cello concertos to modern indie guitar songs.

The experience levels of members of the club, Cawley said, range from playing many instruments for many years to the novice.

“No experience is needed, only the desire to do something and the work ethic to make it happen,” Cawley said.

Besides being a club that plays music, Cawley said he wants the club to be a place for musicians to meet, create bands, and host concerts or musical seminars.

“I want this club to be a resource for people who have musical aspiration,” he said. “I want people to have concerts and music seminars here.”

Cawley also said that, as for teaching and learning music, Jamspace is a good place to seek musical help or find musical pupils.

“If you’re looking for a cello teacher you can get one; if you

want to teach guitar you can find students,” he said. Currently Cawley teaches guitar and cello, and another student teaches bass to novice members of the club.

For Highline sophomore Christina Pom, Jamspace is a way to take a break from academics and enjoy music.

Pom said she likes playing the guitar, however, when she’s at home her parents would rather see her hit the books than play an instrument.

“I would play [the guitar] more often but I can’t practice at home because my parents want me to study,” she said. “Jam-space is a place where I can escape and play music.”

According to Cawley, the idea for a music club like Jam-space has been in the works for a few years.

“The idea came a couple of years ago, but it never came off the ground. This quarter we finally had the time and the gumption to do it,” Cawley said.

Cawley said he has future

Instructors present works



Erika Wigren/THUNDERWORD
Highline writing instructors Jennifer M. Bryant (above), Allison Green, Susan Rich, and Mira Shimabukuro read their own creative works to students yesterday, Feb. 15.

aspirations to expand the club’s instrument repertoire as a resource to teach.

“A lot of the members play guitar, but I bring my cello, Christina sometimes brings a bass. We’d love to get a keyboard or drum set in here,” he said.

Cawley plans to have the members of Jamspace put on a concert next month. “We’re gonna have a public show in early March,” he said. “We’ll post flyers.”

Jamspace meets 11:30 a.m.-1:30 p.m. Wednesdays and 1:30 p.m.-3:30 p.m. Fridays in Building 8, room 204 behind the Fire-side Bistro. For more informa-

tion you can find their Facebook group by typing HCC Jamspace in the Facebook search bar.

Writing Center invites students to open-mic event

By BARBARA CAWLEY
Staff Reporter

The Writing Center wants to hear your voice.

There will be an open-mic reading of any kind of written work in the Writing Center this Wednesday, Feb. 22 from 1:30 to 3:30 p.m.

“We’re having students come to the Writing Center and read their work,” said James Kelley, a Highline student and the organizer of the event.

“We’re trying to get a community of writers,” he said.

He said anyone who wants to share their writing or anyone who wants to listen to gain inspiration should come.

“We’re eager to hear what other students are working on and to get to know each other and make friends,” said Kelley.

“We hope that having people come to the open-mic will get them talking about writing and coming to the Writing Center,” he said.

The Writing Center holds an open-mic reading every quarter, said Kelley.

“If you want to involve yourself in a community and be supportive of your peers you should come,” said Kelley.



•Today, Feb. 16, travel to Africa with Sybil James. James will be reading her newest book, *The Last Woro Woro to Triechville: A West African Memoir*, at 7 p.m. The reading takes place at Third Place Books in Raven-na, located at 6504 20th Ave. NE, in Seattle. The book details James’ life working in Cote d’Ivoire. The event is free and anyone is welcome to attend.

•Molière’s play, *Tartuffe*, will be at Taproot Theatre, 204 N. 85th St. in Seattle. The production will continue almost every weekend until March 3. The shows will begin at 7:30 p.m. on Wedndes-days and Thursdays, 8 p.m. on Fridays and Saturdays. Tickets range from \$22-\$37. Students will receive \$5 off regular ticket prices. For more information on ticket prices and showtimes call 206-781-9709 or visit www.taproottheatre.org.

•5th Avenue Theatre’s production of *Oklahoma!* began on Feb. 3 and will continue until March 4. The shows will be at 8 p.m. and 2 p.m. for matinee. The show will be held every day except Monday’s and tickets will cost \$29-\$49. For students tickets are \$19. Valid student I.D. is required. For more information on the shows and ticket prices call 206-625-1900 or e-mail info@5thavenue.org.

•Washington’s only Reptile Man, Scott Peterson will slither into Des Moines on Saturday, Feb. 18 at the Des Moines Activity Center, 2045 S. 216th St. The program will start at 10:30 a.m. and tickets are \$3 in advance, \$5 at the door. For families, tickets will cost \$10-\$15. For more information on tickets call 206-870-6527 or visit Brownpapertickets.com. For more information, visit www.reptileman.com/home.html.

• Seattle Women’s Chorus performs “Shot Through the Heart,” at Benaroya Hall, 200 University St. in Seattle. The show will be held on Feb. 18 and Feb. 19 at 2 p.m. Favorites like Christina Aguilera’s *Candyman* and Holly Near’s *Simply Love* will be performed. For a tax deductible donation of \$300, an audience member can dedicate one song from the Saturday or Sunday performance to a special someone. Tickets are \$20-\$60 and are available at SeattleWomensChorus.org or over the phone at 206-388-1400.

Puzzle answers:

DOUBLE TIME

OPAL		RAMP		JAMB
LOGO		GOFER		IDEA
DOUBLE	OR	NOTHING		
SHE		INFO		HIATUS
	COTS		MIND	
ARSONS		BABE		SRA
NOOSE		SARI		SLAG
DOUBLE		WHITE		LINE
ITSY		NOTE		QUEEN
EYE		EGOS		TURRET
	RAIN		BAAS	
INBORN		MILT		OCT
DOUBLE		DECKER		BUS
ESSE		EDGES		IOTA
SETS		REAP		BEER

Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. Swamp, Stamp | 6. Smock, Shock |
| 2. Pickle, Fickle | 7. River, Rivet |
| 3. Topic, Tonic | 8. Garnet, Garret |
| 4. Ransom, Random | 9. Berry, Barry |
| 5. Banker, Barker | 10. Yearn, Learn |

Weekly SUDOKU

Answer

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

Vote now for your favorite 50th anniversary poster

By **COREY SUN**
Staff reporter

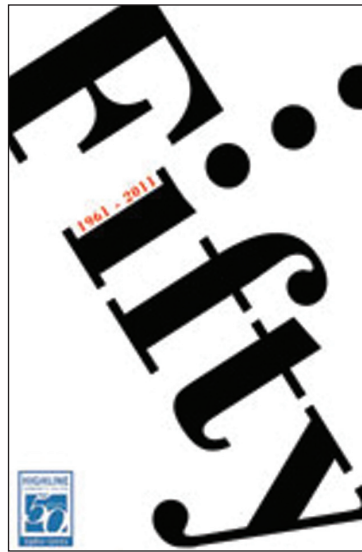
Students can vote to decide the \$500 scholarship winner of a poster competition for Highline's 50th anniversary from Feb. 16 to Feb. 21.

A committee selected the final three posters, and students can find the original copies at the display window at the bookstore in Building 8.

Gary Nelson, who is the Visual Communication program coordinator, is also a committee member of the poster competition.

"In the Highline bookstore's display window, the original posters along with information how to vote," Nelson said.

Students can vote on their favorite poster, and the winner



Each poster had to include the official 50th anniversary logo. The posters, from left to right, were painted by Highline students Paige Kwon, Rachel Binford, and Stephanie Sheridan Draper.

will get a scholarship from the Highline Foundation. The winner will be announced on Feb. 22.

All three posters have the official 50th anniversary logo, and the winning poster will be used in multiple ways.

"The poster will be reproduced, and it will be hanging all over the campus, as a part of awareness raising," Nelson

said. "It will be nice to distribute them to the library and local area."

According to Nelson, there were a total of five faculty committee members, and each made their selections independently.

Also, this is the first time Highline has held a graphic competition with big scholarship.

"This particular competition is brand new to Highline. We have never had done this before," Nelson said.

"Internally, Highline has an annual Portfolio review. But it's more like display students' work than an actual competition," said Nelson.

Students can go on 50th. highline.edu to view and vote for the poster they would like to win.

Artistic foursome takes over Highline gallery

By **COREY SUN**
Staff Reporter

Only a few artists could make a living out of their art. Roxanne Fawcett is on the edge of being able to do that.

Fawcett is a local residential designer and painter. She – and other three artists from Roving Gallery – Janet Crawley, Keli Sim DeRitis, and DesNise Chandler Smith are having an exhibition at Highline Library gallery from Feb. 1 to Feb. 31.

The gallery show has different types of art, such as painting, ceramics, and graphic design. Fawcett has six acrylic paintings hanging in the library gallery, which is a type of painting by using acrylic polymer emulsion pigment.

Fawcett was born in Davis, California, and lived in San Francisco for many years. She moved to the Seattle area about 20 years ago, and settled down with her daughter and husband.

She wanted to be an artist since she was little. Her determination led her to a professional career.

Fawcett studied architec-



Fawcett's painting, On the Palouse, is one of the works in the Highline Library Gallery's current exhibit.

ture at University of California Berkeley, and graduated from University of California Davis in physical education.

"My whole family is creative, and I have always painted, so I am taking it from hobby level to actually doing something," Fawcett said.

Fawcett said she had tried other types of art forms such as architecture, graphic design, and commercial art. However,

painting means something special to her, she said.

"Painting is the thing that is most personal to me. It's not like doing design for clients," Fawcett said. "I will say my style is representative, and it's the way I interpret the world."

"I am not a particularly abstract painter or figure painter. Mostly, my works are more graphic," Fawcett said.

On the other hand, Fawcett

has been doing professional residential designs for more than 15 years. This is "something more professional," she said, adding that she likes both painting and design.

"They both satisfied something really, something that I need. Painting is probably more recreation, architecture is a career that I like," Fawcett said. "There is not only black and white in the world, and I need them both."

In last three years, she got a chance to work with the other three local artists, and located their gallery in one of the historical buildings in Georgetown. She said she enjoys working with Crawley, DeRitis, and Smith.

"We have shows in the front, and we work at the studio space in the back. This is a new adventure for us," Fawcett said. "It's fabulous to work with a group, with artists. It's always good to bounce ideas to each other, brain storm. It works really well."

Even though they are doing different types of art, and everybody interprets the world differently, however, there is a common theme in their work, because they have common life experiences.

"It's hard to make a living as an artist. Money is a necessary evil. A few people make a wonderful living, they work very hard," Fawcett said.

"It's not as romantic as people see it. The artist really makes living out of it. They go to their studio, they paint all day, and they look it as a job. Most people don't have the abil-

ity to do that, so they have to support themselves in another way," she said.

It took Fawcett 10 years to finally work as an artist full time. She did all kinds of jobs in order to make a living and buy art supplies. In the meantime, she kept taking architecture and painting classes, and got better, finally working as a professional.

"We had our day job and we have our night job; you need money to live and buy art supply. It's the reality," she said. "We need to balance the family and job with the time you steal to do art."

She encourages students who have passion in art to follow their desires. If necessary, students could study a secondary major which could satisfy their creativities.

"If there is a desire, it should be followed, but it's hard to make living [as an artist]. You never get to do full time. If you have something, hopefully that is related, it's creative," Fawcett said. "If art is your goal, look for something creative. Even civil engineering is very creative. It could satisfy the desires. If you don't do something you like, it won't be very fun."

You can find Fawcett and the other three artists' work on the fourth floor of the library. The gallery is open Monday through Friday 7 a.m. to 9 p.m., Saturday 10 a.m. to 5 p.m., and Sunday 2 p.m. to 9 p.m.

Also, there is more art in the Roving Gallery. The gallery is located at 5628 Airport Way South, Suite 250 in Georgetown.



Roxanne Fawcett

Thunderbirds face battle for playoff berth

By **ANTHONY BERTOLUCCI**
Staff Reporter

The Lady T-Birds are fighting to clinch a playoff spot out of the West Division with three games left.

The women's basketball team is still currently fourth in the West Division with a 7-6 record in league play and a 10-13 overall record.

Highline played the Lower Columbia Red Devils on Wednesday, Feb. 8, defeating them 60-57. Highline was on the road on Saturday, Feb. 11 against the Pierce Raiders and lost 77-62. The Lady T-Birds returned to the Pavilion on Monday, Feb. 13 against the Tacoma Titans and lost 56-51.

Highline defeated Lower Columbia despite a late rally by the Red Devils.

"We shot the ball much better and limited our turnovers to five in the second half. We also executed offensively down the stretch. A couple of our makes were perfect," said Head Coach Amber Mosley.

"Turnovers now are the big focus for us. If they aren't careful, I'm going to have them start carrying a ball around with them everywhere they go," Mosley said.

Freshman guard Grace Beardemphl led Highline in the scoring statistical category with 16 points, shooting 56 percent from the field. Nichole Smith had 16 points, shooting 64 percent from the field. Brianna Votaw was a force on the boards with 12 rebounds.

"Beardemphl and Smith played some big minutes and really contributed to the win," Mosley said.

In the game against Pierce, Highline made a late rally in the second half but it wasn't enough after falling behind by 15 points in the first half.

"The comeback in the second half was some phenomenal basketball but weren't able to sustain that level of execution and intensity for very long," Mosley said.

"We need to take care of the basketball- 28 turnovers resulting in 31 points make it very hard to win a basketball game," Mosley said.

Freshman guard Keana Magalei led Highline in scoring with 20 points and five assists. Beardemphl had 17 points, shooting 50 percent from the field.

"Alexis Cole was a big part of the comeback in the second half," Mosley said.

In the game against Tacoma, Highline overcame a 15- point deficit late in the second half to tie the game with three minutes



Corey Sun/THUNDERWORD

Head Coach Amber Rowe Mosley stresses a point with her team during Monday's loss to Tacoma.

left, but it wasn't enough.

"I really wasn't pleased with much against Tacoma," Mosley said.

After the game Tacoma Head Coach Heidi Collier said "the adjustment we made was we stayed true to the game plan that they were doing, despite shooting 18 percent from the field in the second half."

"We knew they were going to make a run. They're a good team and they were playing on their home court," Collier said.

"The key to winning the game was our rebounding efforts," Collier said.

Freshman guard Beardemphl led Highline in scoring with 15 points. Brianna Fiso led Highline in rebounding with 15, and

Magalei had 10 rebounds.

"We need to stop and breathe before doing anything. We rushed through free throws and possessions that cost us the game," Mosley said.

Highline had an away game against the Grays Harbor Chokers on Wednesday, Feb. 15 with results unavailable at press time.

Earlier in the season the Lady T-Birds defeated the Chokers, 64-58.

If Highline goes 3-0 in their final games they will punch their ticket to the playoffs and be the fourth seed out of the West Division. The Lady T-Birds can make the playoffs by going 2-1 in their final games but would need Lower Columbia to go 1-2 and Tacoma to go 2-2 in their

final games.

Nevertheless, the Lady T-Birds hopes to play better basketball defensively, with minimizing their turnovers in their final three games.

"We need to clean up the turnovers, play better defense, and shoot the ball more efficiently if we want to clinch a playoff spot in the tournament," Mosley said.

Highline's team leaders in statistics through Feb. 13 include: Keanna Magalei, 342 points, 14.25 per game; Magalei, 154 rebounds, 6.42 per game; Grace Beardemphl 89 assists, 4.05 per game; Beardemphl 65 steals, 2.95 per game; Brianna Fiso 16 blocks, 0.70 per game.

The next women's basket-



Keana Magalei

ball game will be on the road on Saturday, Feb. 18 against the Centralia Trailblazers at 5 p.m. Then the Lady T-Birds returns home on Wednesday, Feb. 22 against the South Puget Sound Clippers finishing up the regular season.



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Three champions rise at NWAACC Regionals

By **TRAE HARRISON**
Staff Reporter

With three individual champions, the Highline wrestling team finished second at the NWAACC Regionals, with six athletes qualifying for the NJCAA National Tournament on Feb. 24 in Rochester, Minn.

"I was excessively proud," said Assistant Coach Brad Luvaas.

Steven Romero (125 pounds), Micah Morrill (165), and Lucas Huyber (174) all won their brackets last weekend.

Josh Romero (141 pounds), Nicholas Schmidt (157), and Anthony Whitmarsh (197) also qualified for nationals.

Steven Romero won regionals last year.

"Steven did what he was expected to do," said Brad Luvaas. "But he'll have to stop coasting once he gets to nationals."

This was Morrill and Huyber's first season competing in regionals.

"[Morrill and Huyber] were guys that worked hard and got better," said Steven Romero. "I didn't expect them to do this well."

Morrill defeated his opponent in the finals 9-1.

"Morrill's match in the finals was the most dominant ass-kicking I've seen in years," said Luvaas. "And Huyber's gas tank was great in the tournament, he didn't make bad decisions."

Huyber defeated nationally ranked wrestlers from both Southwestern Oregon and Clackamas.



Highline's Nicholas Schmidt battles against an opponent at regionals, on his way to a second-place finish and a trip to the national championships.

Photo by Nick Schmidt

Trent Noon, from Clackamas, had beaten Huyber in both of their previous matches this season.

But this time it was midnight for Noon, as Huyber beat him 6-4 on a match-winning take-down with four seconds left.

"Honestly, if Huyber wrestles like he did at regionals he could win nationals," said Luvaas.

Despite a third-place finish, Luvaas was optimistic for Josh Romero in nationals.

"We just didn't scout the North Idaho wrestler well

enough," said Luvaas. "Josh's loss was on me, and he still has a shot at making finals in nationals."

Anthony Whitmarsh, also finished in third place at regionals, and beat the returning regional champion in his bracket.

"Anthony's a competitor," said Luvaas. "He just needs to get better offensively."

Nicolas Schmidt exceeded expectations at regionals with a second-place finish.

"I'm really proud of him," said Luvaas. "He's gotten a lot stronger. He should finish All-

American."

"Honestly, we could have six All-Americans," said Luvaas. "This would beat the school record four."

Out of the six eligible wrestlers, only Steven Romero competed in nationals last season. He ended up finishing All-American at third place.

"Last year at nationals I wasn't too familiar with how college wrestling worked at that level," said Romero. "Plus the guys I faced this year at regionals weren't as tough."

In his second trip to nation-

als, Romero is going in with far greater expectations.

"I want to close out with winning the national title," said Romero.

Only one Highline wrestler has ever won a national title, and Romero can become the second ever to earn that title.

"I want to be that second guy with the national title," said Romero.

"I want to be notified as a wrestler who had a good heart and put all his effort in everything he did."

Romero will have to beat out Jeff Vesta from Neosho Community College for that national title. Vesta finished fourth last year at Nationals.

"There's just that one guy that I'm kind of worried about, but this is my year," said Romero. "I have to end it off with a national title."

Romero has noticeably improved from his third place finish last year.

He's only lost one match all season.

"Coach Norton has been a good coach for me and has helped get a lot better with my moves," said Romero.

Romero also gives some credit to Brandon Leach and Drew Dacey, the teammates he often wrestles with at practice.

"My wrestling partners have also been giving me their 110 percent, which has been helping me a lot," said Romero. "[Leach] and I have been helping each other a lot. I've given him advice and tips, and he's come a long way."

Team effort paved road to regional tournament

YAKIMA – The drive from Highline to this year's regional tournament may have only taken two and a half hours, but the journey there began long before with nearly five months of preparation.

These months of hard work, blood, sweat, and quite possibly a few tears paid off last weekend at the regional tournament.

We advanced six wrestlers to the national tournament Feb. 24 and 25 in Rochester, Minn.

Third place or better qualified for nationals. The team had four finalists, three of them taking first in their weights, and two other guys who placed third.

The other four wrestlers who didn't quite make it wrestled with courage, putting it all out on the line in their matches. Each of these men took fourth and missed qualifying by a mere matter of points.

Regionals was gut-check



Commentary
Micah Morrill

time. Even though we had plenty of matches and tournaments during the regular season, none of that really matters when it comes down to it. What matters is what you do in the post season.

Leading up to the regionals weekend, coaches Scott Norton and Brad Luvass reiterated over and over how we were all 0-0 going into the tournament.

From the first day of school I and the rest of the Highline wrestling team have survived draining practices including

buddy carries up Building 23's six flights of stairs, hill runs, team runs, stop sign runs, sprints, conditioning circuits, and hours upon hours of live wrestling.

At the beginning of the season the mat room was filled with more than 45 wrestlers. There were so many people that we had to split practices so that we had enough mat space for everyone.

As the season wore on, fewer and fewer returned to wrestle another day. Now, on any given day there are no more than 20 men in the room.

This is the closest team I have ever had the privilege of being a part of.

The remaining few who battle beside me day in and day out are all my friends.

I respect every one of them for not packing up and giving in like the rest of our supposed teammates.

I hold nothing against those who did, the season is long and definitely not easy.

Most people aren't cut out for a college wrestling room and only the strongest of wills can and will endure.

Some of the wrestlers who deserve the most respect are the behind the scenes second and third string warriors who go without much recognition.

These guys work just as hard as anyone else and help to prepare the varsity squad for competition. People such as Keith Dale, Craig Dyess, and Jacob Young stand out in my mind.

They may not be the very best competitors in the room, but they have improved by leaps and bounds over the season and are well on their way to a taste of success if they continue to work as they have.

Wrestling is not only an extremely physically demanding sport, it is also a constant men-

tal game. Strength is important, but not nearly as much as knowledge of technique and the power of one's mind. Wrestlers have to worry about making weight, a far from easy task, along with competing at their highest potential.

One of the amazing things about wrestling is that anyone can succeed if they put in the work. There is no magic body-type that is best fit for the sport. It's all about developing technique that works for your particular strengths and weaknesses.

In six days I along with the rest of our national team will board a plane headed for Minnesota. Eight days from today, the competition begins.

Each of us has goals we've been working towards since the first day of the season or earlier. Soon these dreams will either come to fruition or be dashed upon the rocks. Wish us luck.

T-Bird season on the line after close loss

By **ADRIAN SCOTT**
Staff Reporter

The sixth- place T-Bird Men still have a chance to make the playoffs this season, after losing a heart-wrenching 61-60 game to their arch rival the Tacoma Titans.

The men faced the Titans on Monday after a 62-59 win over the Pierce Raiders on Saturday, Feb. 11.

Against the Raiders the T-Birds took advantage of Pierce's negligent ball handling, scoring 23 points off the Raiders' turn-overs.

Center Nkosi Ali took advantage of his 6'10" size and stomped on the Raiders, ending the game with 21 points, 17 blocks, and three blocks.

"Winning that game put a lot of confidence in the team going into the big game against Tacoma," forward Robert Christopher said.

Despite that momentum, the T-Birds couldn't hold off Tacoma, as Titan guard Dominique Williams hit a buzzer-beating 3-pointer to win the game.

The T-Birds had control of the first half leading the Titans by three at the end of the first half 32-29.

After coming out of the locker room before the start of the second half, the T-Birds as a team had their warrior faces on, and it was time for business.

But it was without Ali, who had suffered a left ankle injury earlier in the first half.

"I just went down a little wrong on my ankle," Ali said.

Center Juwan Harris came off the bench and replaced Ali while he was sidelined.

Within 10 minutes into the second half the Titans took the lead, with much help from starting guard Mark McLaughlin.

"We feel we held him



Corey Sun/ THUNDERWORD

Forward Robert Christopher makes a second chance bucket over Tacoma's Mark McLaughlin and Josh Lord in the 61-60 loss.

[McLaughlin] well with only scoring 20 points. Last game he scored over 30," said freshman guard Issac Winston.

Winston had one of his top performances this season with 12 points, seven assists, four rebounds, and two steals.

The T-Birds trailed the Titans by as much as 12 points in the second half, but came all the way back to take a 60-58 lead with three seconds left in regulation.

Christopher hit one of two free throws to give Highline the lead, but his miss gave Tacoma a chance to win.

"He [Williams] said he was going to make that shot," Christopher said.

And that's what he did.

"That was what you call a once in a lifetime shot he made," Ali said.

"I feel even though we did lose, us as a team got something out of this game," Wintson said.

The T-Birds as a team admit that they struggle at the free-throw line in clutch situations.

They've been hitting only 63 percent of their free throws.

"We have to make our free-throws if we want to win," Ali said. "We put ourselves out of the game when we miss points that the other team are giving

us."

The T-Birds faced the Grays Harbor Choker Wednesday, and the result of the game was not available at press time.

Following the Choker game the T-Birds will face the 4-9 Centralia Trailblazers on Saturday, Feb. 18, and will have their last home game of the season on Wednesday, Feb. 22 against the 5-7 South Puget Sound Clippers.

If the T-Birds can win their final three games of the season they can possibility make this year's playoffs, which has been their season goal.

"We set a goal this season to make playoffs, we aren't getting there the way we planned, but the main thing is we win our last games, and we have that chance," Winston said.

"I feel that our hardest game for the rest of the season will be against Centralia, they beat us earlier in the season, and we both have similar playing styles," Christopher said.



Corey Sun/ THUNDERWORD

Freshman guard Issac Winston dribbles the ball up court. Winston ended the game with 12 points and 7 assists.

The Scoreboard

Men's Basketball

NORTH League	PCT	Season
Whatcom	11-1 .917	19-3
Peninsula	9-3 .750	19-4
Bellevue	8-3 .727	18-3
Shoreline	8-4 .667	14-9
Seattle	7-5 .583	12-10
Olympic	3-8 .273	6-15
Skagit Valley	3-9 .250	7-13
Edmonds	2-9 .182	2-17
Everertt	1-10 .091	4-17

EAST

Spokane	8-1 .889	19-3
Big Bend	8-3 .727	18-4
Walla Walla	7-3 .700	16-7
Yakima Valley	7-3 .700	14-8
Blue Mt.	3-7 .300	7-13
Columbia Basin	3-7 .300	7-14
Tr. Valley	2-8 .200	3-18
Wenatchee	2-8 .200	6-13

WEST

Clark	11-1 .917	21-2
Tacoma	11-1 .917	19-4
Lower Columbia	9-4 .692	15-8
Pierce	7-6 .538	15-9
S. Puget Sound	5-7 .417	9-13
Highline	5-8 .385	6-16
Green River	4-8 .333	10-13
Centralia	4-9 .308	6-18
Grays Harbor	0-12 .000	1-19

SOUTH

Mt. Hood	9-1 .900	18-6
Chemeketa	8-2 .800	16-6
Clackamas	6-4 .600	12-10
Linn-Benton	6-4 .600	10-11
SW Oregon	5-5 .500	13-10
Lane	4-6 .400	10-12
Umqpua	2-8 .200	7-14
Portland	0-10 .000	0-20

Women's Basketball

NORTH

Skagit Valley	11-1 .917	16-6
Bellevue	10-1 .909	18-4
Whatcom	9-3 .750	14-8
Peninsula	8-4 .667	14-8
Everett	5-6 .455	6-13
Seattle	5-7 .417	7-13
Olympic	2-9 .182	2-16
Shoreline	2-10 .167	8-13
Edmonds	0-11 .000	0-19

EAST

Col. Basin	9-1 .900	21-2
Walla Walla	7-3 .700	16-6
Yakima Valley	7-3 .700	17-6
Blue Mt.	6-4 .600	14-7
Big Bend	4-7 .364	14-7
Treasure Valley	3-7 .300	5-16
Wenatchee	3-7 .300	8-14
Spokane	1-8 .111	6-15

WEST

Clark	12-0 1.000	19-3
Centralia	11-2 .846	16-8
Pierce	9-4 .692	15-8
Highline	7-6 .538	10-13
Tacoma	6-6 .500	9-12
Lower Columbia	6-7 .462	7-15
Green River	3-9 .250	4-16
Grays Harbor	1-11 .083	4-17
S. Puget Sound	1-11 .083	4-17

SOUTH

Lane	9-1 .900	19-4
Clackamas	8-2 .800	19-3
Chemeketa	7-3 .700	15-6
Umqpua	5-5 .500	12-11
Mt. Hood	4-6 .400	8-13
SW Oregon	4-6 .400	8-13
Linn-Benton	3-7 .300	10-13
Portland	0-10 .000	4-17

Soccer coach searches for new talent

By JUSTIN SOLOMON
Staff Reporter

Jason Prenovost has been at the helm for the Highline's men's soccer team for 18 years and he knows how crucial recruiting is to winning.

A lot of the recruiting starts by selling all the positives that a student-athlete could benefit from by going to Highline.

"We win consistently (14-2-3 season record), you know you can come here and have success and compete." Head Coach Prenovost said. "We move a lot of players on to four year schools. I've been here for 18 years and I have a lot of alumni out there and it's a known quality when you come here."

Prenovost said he isn't worried about missing out on recruits when there is such a hotbed of players in the local area.

"What's nice about here is that you're right in the hub of soccer. A lot of times we're not their first choice," Prenovost said.

"I go for the players who are trying to go to Seattle U, Oregon State, UW, Seattle Pacific and that's where they're looking to go and then they start looking at Pacific Lutheran, University of Puget Sound and then I come in a little later, and have them look at the options and if I can get them here, I can get them excited."

Coach Prenovost also gets a lot of help with recruiting through his connections such as Darren Sawatzky who is the director of youth development for the Seattle Sounders and Bernie James, who is the director at Crossfire Soccer. He also acknowledged his connection with Jamie Clark, who is the head coach at UW where recent Highline star Darwin Jones will soon be attending.

"One of the things I try and do here is highlight players and maximize talent," Prenovost said. "You're going to get recognized here. For me I think I can always send a player to at least D3. This is a great place."

Coach Prenovost also doesn't mind if a recruit is only available for a year.

"A lot of times when recruits come here, their best interests may be to be here for two years," Prenovost said.

"For a guy like Darwin (Jones), he only needed to be here for a year, and he helped us. It's not critical for a player to come here for two years. I hate losing players unless it's to a better opportunity. If they're moving on for the right reasons, it's a win-win."

When looking for a recruit, Prenovost knows exactly what he's looking for. "We want them



Corey Sun/ THUNDERWORD
Head Coach Jason Prenovost has a 233-74-56 record as head coach, and in 2004 his team won the NWAACC Championship.

to be able to play ball," Prenovost said. "For me I try and go out and find guys that can play soccer. I don't have a lot of guys locked in right now because they're trying to go to a four year school and we're trying to talk to them about the benefits of a CC."

In his pitch it's easy for him to include all the qualities that Highline has to offer.

"The support of the school is great, great fitness program and great academics. We have some pretty cool facilities and I talk to them about all of that," Prenovost said.

Prenovost said he finds himself all around the community going to local clubs' training sessions, as well as the state cup for Washington clubs and talking to his connections. "I'll go out to Starfire and watch sessions, I usually know who I'm looking at or looking for. I'll talk to someone like Bernie James, and they'll say 'this kid and this kid.'"

Winning is a tradition here at Highline and Coach Prenovost said he understands that to keep that going, recruiting will have a lot to do with it. "I'm trying to bring in 15-20 soccer players and work with them" Prenovost said. "If I can stick with that, we can have good success."

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Flu bugs pose health, ethical dilemmas

By JORDAN TASCA
Staff Reporter

More people died from the Spanish flu of 1918 than were killed during every world war combined, a Highline professor said here last Friday. More than a half of a million people died in the U.S. alone while 50 to 100 million lives were lost worldwide.

Recently, a debate in science has emerged as to whether or not experimental data related to the influenza virus should be released to the public.

Dr. Mira Beins, a microbiology and cell biology professor at Highline, talked about epidemic and pandemic influenza in front of 40 students, faculty, and staff at last week's Science Seminar, a weekly series of forums on scientific topics.

Influenza, also known as the flu, is constantly circulating, which means that outbreaks occur seasonally as early as October and as late as May. The peak months at which the highest amount of people become ill in the U.S. are January and February.

"Thirty-six thousand people die each year from the flu, or secondary infections caused by the flu," Dr. Bains said.

"A virus at the bare minimum is made up of two things: nucleic acid, DNA or RNA but never both, and a coat of protein to protect it from the environment," she explained. "A virus also cannot live on its own, they need to get into living cells; your cells, plant cells, or animal cells in order to replicate themselves."

There are three different types of viruses: acute, chronic, and latent. Influenza is an example of an acute virus because it is associated with a period



Corey Sun/THUNDERWORD

Dr. Mira Beins explains the flu at Science Seminar.

of about one to three weeks of rapid replication and illness before it is totally eradicated by the body's immune system. In contrast, a chronic virus, such as hepatitis c, has a coat of receptors that continuously shed proteins, allowing it to slowly replicate itself for months and sometimes years within the body before it is completely eliminated.

"Some viruses hibernate in cells and hide out there for the entire life time of the host," Dr. Bains said. These are called latent viruses and one example of this is the herpes virus.

"Because of antigenic drift, the influenza virus goes through mutations while it is passed from person to person, such that the strain of influenza that came in at the beginning of the season might not necessarily be the same as the strain circulating by the end of the season," Dr. Bains said. "This is why it is important to get a new flu vaccination each year."

"Antigenic shift is responsible for causing pandemic influenza; there is a reassortment of the eight nucleic segments of the genome while replicating inside the host, which causes the entering virus to come out as a whole new virus," she said.

In contrast to seasonal influenza outbreaks, which predominantly affect juvenile and elderly citizens, most victims of the pandemic H1N1 in 1918, and most recently 2009, were healthy young adults.

"Scientists have since been able to sequence the entire 1918 H1N1 virus and, for lack of a better term, stitch these segments together in order to recreate the exact 1918 flu virus," she explained.

"They found that it was the most pathogenic virus they had ever encountered... It killed mice faster than any other flu virus they had every worked with," Dr. Bains said.

Scientists also concluded that some sort of reassortment oc-

curred where avian genes ended up inside the virus, a result of antigenic shifts taking place in the cells of birds.

Over the past six months scientists have been able to juice up an already highly pathogenic Asian bird flu, or H5N1, in order to find out what mutations are required to allow the virus to become transferable from human to human.

In doing so they were successful at creating a new H5N1 that is extremely transmissible among mammals, unlike the first known cases of the 2003 avian flu that could only pass on to humans from handling infected poultry. A huge debate has arisen recently over this data.

"The national science advisory board is trying to stop these experiments from being published with a materials and methods section," Dr. Beins said. "Their concern is for global wide safety; they believe that malevolent individuals could take this knowledge and create the virus as well as release it to the general population."

"On the other side of the argument are the scientists and people against censorship, they do want all of the information published," she said.

If more people have access to these records then we will have more people working on ways to counteract and prepare for an outbreak that could possibly occur naturally in the future.

"You don't want a pandemic happening, but we also have to understand the need for more research," Dr. Mira Beins concluded.

Science Seminar will return this Friday in its usual location, Building 3, room 102. Dr. Lonnie Somer will speak about how race does not exist, at 2:20 p.m.



Tim Vagen

Fitness bootcamp returns on Fridays

BY JORDAN TASCA
Staff Reporter

Highline's student-led personal fitness boot camp returns this Friday in Building 27 at 7 a.m.

Tim Vagen, manager of Highline's personal fitness program, will tutor his students as they run the boot camp. Vagen was elected manager after teaching in the program for four years prior to promotion that took place in January.

"It's a great service offered by the school, it directly showcases the personal training program," Vagen said.

"Students, staff, and everyone on campus," are welcome to attend the weekly workouts, Vagen said. They will last about 50 minutes and will be mainly indoors in the multipurpose room, also known as the wrestling room, adjoined to the locker rooms.

Vagen will be present to oversee his students as they take turns each week organizing and directing the fitness boot camp.

This is helpful in preparing students in Highline's personal training program for future work with patients and athletes. This Friday, Justin Hart will be in charge of the workout routines.

"Athletes can expect to work on strength and cardio circuits," he said.

Circuits usually consist of five to 10 different exercises that are completed in succession with little or no rest, thus increasing strength and cardiovascular health at the same time. The boot camp rarely focuses on powerful bodybuilding exercises.

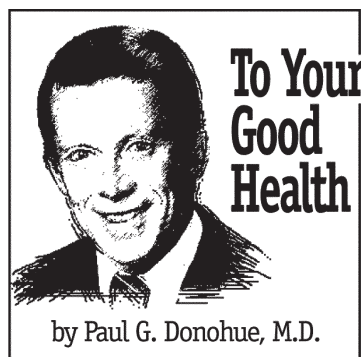
"Depending on the student instructor, some weeks are better than others," Vagen said. "Eight to 25 people are expected to participate."

Treatments do exist for Hepatitis C

DEAR DR. DONOHUE: I believe I read in your column about something that can be given for hepatitis C. My doctor says there isn't any treatment. Will you please advise me? -- Anon.

ANSWER: Chronic infection (lifetime infection) happens to about 80 percent of those infected with the hepatitis C virus. Worldwide, the virus infects 170 million people. In the United States, 3.2 million are infected. Of the chronically infected, close to 20 percent will develop either liver cirrhosis or liver cancer. It takes 20 to 30 years before signs of such complications become apparent.

Predicting who benefits from treatment, therefore, is not an



by Paul G. Donohue, M.D.

easy task. Perhaps your doctor said you would not benefit from treatment now. Indications favoring treatment are finding hepatitis C virus RNA (ribonucleic acid) in the blood and documenting liver changes suggesting cirrhosis is beginning to take place. As I said, only 20 percent of those infected with

this virus are at risk for these complications.

Treatment isn't 100 percent effective for all. Success depends on which strain of virus infects a person. Strains 1 and 4 are less susceptible to treatment.

Standard treatment is ribavirin and peginterferon. New treatments are about to become available, and they show great promise in improving treatment success. Boceprevir and telaprevir are going to be launched for general use later this year. They will establish a new era for treatment.

The booklet on hepatitis A, B and C details these illnesses, how they are acquired and how they are treated. Readers

can obtain a copy by writing: Dr. Donohue -- No. 503W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Is it possible for a man with prostate cancer, before it is treated, to pass the cancer to his wife through intercourse? This subject came up during lunch with friends. Some said it was possible. -- C.N.

ANSWER: Prostate cancer is not passed from a man to his wife through intercourse or in any other way.

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Be careful in contradicting, be open in listening, prof says

By **JASLEEN KAUR**
Staff Reporter

The use of the word “but” can be very tricky, said a Highline professor recently.

Carel Neffenger is a communication studies instructor at Highline as well as at other colleges. He said that “but” creates dialogue and creates discussion, but it can contradict, as well.

First Fridays are workshops held the first Friday of every month by the Center for Leadership and Service. Every workshop has a different topic related to leadership.

“It discounts what the other person says by implying that my side is better, more important or more correct,” said Neffenger.

Neffenger added that using “but” in almost every conversation is not a bad thing if used at the right time and situation.

“Having different sides or viewpoints to an argument is the basis of our democracy,” he said.



Corey Sun/THUNDERWORD

Carel Neffenger explains that holding onto specific views may damage relationships with others.

“We often stick to our viewpoints at the expense of damaging the relationship in order to be right about an issue that

usually doesn’t have a right and wrong. Being aware of the time and place to pick battles, offer opinions, and have debate

is something that we can and should improve upon,” he said.

Neffenger also stated that presence is immediacy, appre-

ciation, and creation.

Neffenger describes presence as “being with another person – being open to possibilities of inclusion with the other person.”

“We’ve all had the experience in a conversation in which we’re talking with another person, but we’re concentrating more on what we want to say than listening to the other person,” he said.

“Creating presence with another person is keeping an open mind, open heart, and open ears to appreciate that all sides of the discussion are valid,” Neffenger said.

Neffenger says that “but” is a part of our lives; and there is a time and a place to contradict another person.

The next First Friday’s workshop, “The dynamics between us: what you bring to the game of life” is on March 2nd. For more information contact the Center for Leadership and Service.

Relationships are like onions — layered

Advocate gives students tips on how to find lasting love

By **ZACH GINTHER-HUTT**
Staff Reporter

Really finding love and making it last takes time and intimacy a speaker said last Tuesday.

Carrie Abbott founder of The Legacy Institute spoke in Building 7 on behalf of Highline club Cru, a Christian club, who coordinated the event.

With 20 years of love and relationship teaching experience, Abbott said she has spoken to tens of thousands of people across the nation. As president of The Legacy Institute, she hosts a weekly radio talk show at KGNW 820AM giving listeners marriage and relationship counseling.

Abbott began the presentation by addressing the subject of intimacy.

“Intimacy is being known deeply,” she said. Abbott presented a chart with five columns representing levels of intimacy. Abbott said these levels classify all kinds of connections with a partner.

Level one was what she called “Superficial Reports.” “It’s the gal at Starbucks,” she said. “Sure is a nice day... there’s no risk to what you say to that person, they are just an

acquaintance,” she said.

Level two is “Third Party Perceptions or Beliefs.” Abbott said that this is when you share information that you heard, starting a conversation.

“Starting a conversation saying ‘yesterday the president said,’ or, ‘my teacher said,’ are third level.” She said, “It’s their beliefs, not your own.”

She also said that this is the beginning stage for trust. “Some people aren’t ready for a relationship if they can’t trust them,” she said.

Level three is what Abbott labeled it as “My Own Perceptions,” the time when you express your own personal beliefs.

“I think this is wrong or I don’t think you should steal opens you up,” she said.

She said there are challenges of level, three because unlike level one and two, “someone can talk you out of it” she said.

Level three is where respect is implemented as well. “Respect is important,” she said, “we have to have respect for men and women.”

The fourth level is reserved for “Personal History.”

“Saying something like ‘I love my childhood’ is something someone can’t talk you out of or argue with you about,” she said.

“Saying something like ‘My parents’ divorce hurt me’ is dangerous to say to a stranger,” Abbott said. “You are telling them high level information.”

Level four is also when honor is implemented in a relationship.



Chiara Burt/THUNDERWORD

Carrie Abbott explains relationships using an analogy of a cake. A relationship, she says, has various layers.

“The people you meet should honor where you came from,” Abbott said. “We’re supposed to honor other people.”

Ultimately, level five is the epitome of the intimacy chart. Titled “My feelings and Emotions,” Abbott said this level is the one that you disclose the most important and vulnerable information to a partner.

“‘I really love you,’ ‘I’m really hurt by what you said,’ are the highest level info to tell someone,” she said.

Love also enters into the top tier of intimacy.

“Love is what we all long for.” Abbott said, “We all want

to be loved unconditionally.”

Abbott likened these five levels to a cake, adding one crucial ingredient, time.

“There’s no way to know who that person truly is without time,” she said.

“It’s like baking a cake,” she said. “You might have the right ingredients, but if you don’t keep the cake in the oven long enough it’s not going to turn out right.”

Abbott said she had concerns for achieving the top tier of intimacy and relationships. “Disclosing high level information too soon may repel people away,” she said.

“Their natural tendency is to pull away,” Abbott added.

“If you introduce higher tiers too early it camouflages the true feelings you understand as a couple,” she said. As a result, “The biggest marriage problems are because they are not loved for who they are.”

“Guys, if you’re a real man, don’t call her baby or honey until you’re ready to back up the commitment,” she said. Abbott said that moving too fast confuses sides in a relationship.

Abbott had some advice with online dating, which she said was a resource that many singles seeking a relationship use.

If you were to join an online dating service, meet them online, then get together in person, Abbott said.

“You cannot be truly connected with someone via online communication,” she said. “To keep a relationship healthy you need to meet face to face, you cannot know a person by words.”

“In a relationship, your words matter but your behavior matters most,” she added. “If they live in Connecticut, forget about it unless you really want to travel.”

Abbott acknowledged that not all relationships work out, and gave some advice on break-ups.

“Try to respectfully end it as kind and thoughtful as possible in person, like a real man or wonder woman would,” she said. “Don’t take on the blame, breaking up is hard enough, but with cruelty it is even worse.”

President

continued from page 1

education, proper training is crucial to a long-lasting America.

"Creating jobs is only a part of the problem," she said.

Despite the number of Americans out of work, some companies are having trouble filling jobs, simply because qualified employees are scarce.

"Today, we simply lack the training," Duncan said.

Thus, Solis said, it is important for workers to continue their training and education.

"Never in our nation's history has it been so important," she said. "Investing in their education is the right [choice]."

"I know there's so much talent in our community college system," Solis said.

To make it in the 21st century, Solis said, "We need to foster new skills."

The money will provide community colleges with the ability to become career centers, Duncan said.

Additionally, by turning out qualified workers, the fund will help keep businesses in the country, Solis said. Businesses seek areas that have plenty of qualified workers.

Officials participating in the teleconference said that allocation details regarding the fund are still being discussed. Possibilities include an allocation to community colleges that have a high student success rate and opportunities for states to compete for a portion of the funds.

U.S. Rep. Jay Inslee, D-Bainbridge Island, said that it is unlikely that the proposal will be approved by Congress.

"However, I agree with the president that community colleges can be engines of job creation and are well-suited to help train students to meet the workforce needs of our high-growth industries," Congressman Inslee said.

"Here in Washington state, we have a number of industries that are creating good-paying jobs, but are having trouble finding qualified high-skill employees," Rep. Inslee said. "Community colleges can be a vital link in an educational pipeline toward jobs in industries like aerospace, biotech, advanced manufacturing, healthcare and clean energy."

Rep. Inslee, who is also running for the position of governor, represents the 1st District.

Rep. Inslee said that the problem arises from funding issues — community colleges may have trouble finding the money to develop the needed programs. He said that other potential ways of gaining revenue for community colleges is through federal grants to finance

the training of workers in a specific field.

Rep. Inslee said that there has been success in this regard. He said that last year he was involved in helping to win a \$20 million Department of Labor grant to train workers for the aerospace industry.

"This is one example of how federal government investments can help community colleges create targeted training programs that will meet the needs of our local industries," Rep. Inslee said. "We need to build on these successes and continue to find ways to connect community colleges with industries to create jobs and spur economic development."

"I think the President has put forth a series of thoughtful policy proposals to address these tough economic times and put us on a long-term road to recovery," Rep. Inslee said. "People may disagree with his ideas and strategies, but I know that the president is focused on making our country better and getting our economy back on track."

U.S. Rep. Adam Smith, D-Tacoma, said that it is too early to tell if the proposal will be approved.

"Because this proposal is likely to evolve during the legislative process, it is difficult to say whether the president's plan, as he laid out, will become law," Rep. Smith said. "I do support the president in his effort to make higher education more accessible to all."

"Investing in community colleges is one of the most important things we can do to help spur economic growth and prepare our workforce for 21st century jobs and the professional skills taught by community colleges like Highline are in demand by local businesses and industries across the nation," he said.

Work hard to be who you want to be

By **JASLEEN KAUR**
Staff Reporter

Hard work is the key, said an engineer recently here at Highline.

Kate Matsudaira is currently the vice president engineering for Decide.com. Matsudaira has knowledge and experience with building large scale distributed web systems, cloud computing, big data, and technical leadership.

The Women in Science and Engineering dinner aims to bring together women interested in pursuing degrees in the engineering, physical and life sciences, math and technology fields with women already

working in those fields.

Matsudaira said that to be successful in life, it's not just about being smart; you can learn to be smart. You have to work really hard. Work hard at everything you do. Hard work is the key, she said.

"You can be the person you want to be," Matsudaira said.

In order to be a better you, just recognize these three steps. Be positive, find others fascinating, and believe in yourself, she said.

Matsudaira also said that six steps can help you succeed.

First, make a plan. Know the path you are going to take and how.

Second, give it your all.

Work very hard and give it your 110 percent.

Third, be open to change.

Fourth, be positive. Thinking negative isn't going to get you anywhere, think and act positive.



Matsudaira

Fifth, believe in yourself. Confidence is the key.

And lastly, never give up. Give more than you take and work twice as hard.

"Celebrate along the way by recognizing your progress, big or small," Matsudaira said.

Yoshida

continued from page 1

heart." He said he believed with "100 percent" of his passion that he would make the sauce which people would love.

"What's the difference between 100 percent of passion and 99 percent of passion? 100 percent is 100 percent. 99 percent is zero chance," he said. "How bad do you want your dream to come true?"

If you have the passion, stop thinking too much, he said.

"When I decide to do something, usually within 10 seconds my body [starts] moving," he said.

"If you really believe in your dream, move your bus," he said, which is to take an action.

You don't figure out how much gas the bus has, how much money you have for the gas, and where the next gas station is, he

said. If the bus runs out of gas, you get off the bus and push it.

People "want to know all the answers before they make any decisions. You just ask your heart," he said. Digging around too much doesn't move the bus.

When people see you get off the bus and start pushing the bus, they say you are crazy. This craziness and desire pushes the bus forward, he said.

"The American dream is, if you have such desire, passion, people are going to be there with you. They like to push it [the bus] with you," he said. "You suck those people into your world. Reason you couldn't do is because you didn't have a 100 percent of passion."

Yoshida had not only a passion to realize his own dream, but had a desire of a "positive revenge," he said.

When he was selling his product at Costco, he wore several different costumes to promote it, by making noise and attracting customers, he said. The

Japanese community said he was embarrassing and laughed at him.

They kindled Yoshida's "positive revenge," he said. He sold his sauce crazily, and he got a name, "Crazy Yoshida."

He has his positive revenge toward the world, too.

When his daughter Kristina got sick, she was hospitalized for five days. Yoshida didn't have insurance, but the hospital only charged him \$250. A nurse explained to him that the hospital was raising money to help people like Yoshida.

He got a desire for a positive revenge on the world from this experience. He decided to pay the money back to people, which still allows him to support charitable organizations.

"The more positive revenge you have to this world, you are going to succeed more," he said. "If you are capable of pushing a bus for somebody, somebody's going to push the bus for you. This is the life."

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Volunteers and Highline faculty work to perfect the curve of the whale's spine (left). The whale is suspended from a frame that is the same dimensions as the hallway in the MaST Center where the whale will hang. Former Highline student Dan Jurpik (right photo, red shirt) adjusts the straps suspending the whale, as directed by Rus Higley.

Whale

continued from page 1

Once the cause of death was determined, federal officials turned the carcass over to Higley under one condition.

"They said if you can tow it, you can have it," Higley said.

Higley went to work trying to find people to help with the whale.

"I am looking for some people to help cut up a whale. At the end of the day, you'll be throwing your clothes away," Higley said in an email to the campus.

A team of more than 50 students and community volunteers responded to the email from Higley.

"We were turning people away initially," Higley said.

"This started out as a pipe dream for me," he said. "The project has been embraced by so many of the students and staff."

"It has been a lot of work and a lot of fun," Higley said. "We

have spent more than 1,000 hours on this project. This has been a total community effort."

"Everyone is excited to have the whale as a part of Highline," he said.

The Arroyo gray whale will be moving Highline's Marine Science and Technology Center at the end of this month.

The whale bones will be suspended in the main foyer of the Marine Science and Technology Center.

"Can you imagine walking in and seeing that huge skeleton hanging above your head," Higley said.

"It gives you an idea for just how massive these animals are," Higley said. "The bones alone weigh about 1,400 pounds and are just under 40 feet long."

"We will have simulations to help people answer questions such as how heavy was the blubber, and how bad did the dead whale smell," Higley said.

He said that these are the two most commonly asked questions regarding the whale.

To help with simulating the weight, volunteers sewed to-

gether fake blubber out of vinyl and filled it with sand to weigh between 75 and 100 pounds.

"The fake blubber is going to mimic how heavy it [the whale] was," Higley said.

"We will also have a separate tank with the items found in the whale's stomach," Higley said.

Finally, Higley said that there will be a life-size whale toy to play in.

Highline's Marine Science and Technology center is open two Saturdays each month to the public.

"We teach about making the right choices; that red tides are caused by humans," Higley said. "We need to be more aware of our footprint."

Public exhibits are held two Saturdays each month.

The Arroyo Whale exhibit will begin on Saturday, March 3.

For more information on future exhibits or for volunteer opportunities, email mast@highline.edu or visit the Marine Science and Technology Center online at www.facebook.com/HCCMAST.

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