

the THUNDERWORD

Highline Community College

January 17, 2013

Volume 50, Issue 12

Campus hosts MLK week events

By **ANGELA STONE**
Staff Reporter

To kick off Martin Luther King Week Chuck D will be in the house.

Chuck D of Public Enemy will be speaking with his wife on Friday in Building 7 from 10-11:30 a.m. Their lecture is on King's relevance and social justice.

The Martin Luther King Jr. week, Jan 18-25 is a program put together to honor King and the civil rights movement.

Each year there are seven to 10 different events planned for Martin Luther King Jr. Week, said Natasha Burrowes, director of Multicultural Affairs and Leadership, who is also the committee chairwoman in charge of the Martin Luther King week.

Highline has been putting together a Martin Luther King Week with lectures and panel discussion for more than 15 years, Burrowes said.

"It's been around for a long time. It's definitely part of the culture and identity of the institution," Burrowes said.

The hope that Burrowes has for students and all those that attend, is that they learn about equity, social justice and social change.

"There were thousands of people with Dr. King in that movement," Burrowes said. "They were just regular people."

Burrowes said that she wants the attendees to realize that "they too can be part of change."

see MLK, page 15



Pierre out, Azeez in as president

By **RACQUEL ARCEO**
Staff Reporter

Nimotalai Azeez has been elevated to ASHCC president after the decision was made to recall the title from Raphael Pierre.

The decision to recall Pierre was announced Jan. 15 during the first ASHCC Council meeting of Winter Quarter.

Azeez, previously ASHCC vice-president, was promoted to

ASHCC president after Pierre was recalled by an executive council majority vote on Tuesday afternoon.

According to the executive council, Pierre was released for not satisfactorily meeting the expectations required for the position.

The executive council would not release any of the evidence that led to his recall.

"We have not disclosed any evidence in respect of personal



Azeez

they are asked what their expectation for success is, said Jonathan Brown, associate dean for

privacy," said Annie Boyenneh, ASHCC Speaker of the Caucus.

On the first day of any person's employment

the Center for Leadership and Service.

Some of the expectations are to communicate with peers and supervisors, coming to work on time and being academically successful. These expectations lay down a foundation for success, Brown said.

"We have to consider what is in the best interest for the

see Azeez, page 16



Jasmine Cawley/THUNDERWORD

Matt Wilson, an aquaculturist at the MaST Center, shows the recent damage done to the aquarium.

King tides damage MaST Center over break

By **HIEN HONG**
Staff Reporter

Highline staff and faculty were able to get the MaST Center ready for classes after a storm over winter break.

College officials are still debating on how to repair the ex-

terior damages.

"Mother nature decided there was going to be a big storm," said Dr. Kaddee Lawrence, executive director of the MaST Center.

King tides combined with strong winds broke shingles from the walls and protective

metal pieces around the building on the morning of Dec. 17. The storm also caused a temporary electrical failure.

Water submerged the top of the pier behind the MaST Center's building and seeped a few inches inside the aquarium, damaging the electrical oxygen

pump.

The damage of the oxygen pump caused an issue for the animals in the aquarium.

To survive, the "animals needed to have oxygen," said

see MaST, page 14

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Crime and Punishment

Assault and robbery at bus stop

A Highline student was robbed, and sustained injury while waiting for the bus.

Two males estimated between 17 and 21 years old approached two Highline students at approximately 6:21 p.m.

The robbery occurred at the bus passenger shelter near the Childcare Center, near South 240th Street on Jan. 13.

One of the men robbed the Highline student while the other assaulted the student. The student required medical attention from the South King County Fire Department aid unit, and was transferred to Harborview Medical Center.

The Des Moines Police Department responded and is continuing their investigation.

If you have any information about this incident, contact the Campus Safety Office in Building 6, or call 206-878-3710 ext. 3218.

Kaplan student robbed in North Parking Lot

A student was robbed in the North Parking Lot on Dec. 10.

An instructor reported to the Security office in Building 6 that a Kaplan student was getting beat up and robbed in the North parking lot.

The student didn't sustain any injuries. The "student claimed several students pushed him or said they would push him," said Campus Security Chief Richard Noyer.

The student gave the robbers his money.

Pills pilfered from student's purse

Medication was stolen from a student's purse during the morning of Jan. 7. The student was in Building 6.

Teenage boy missing

A 16-year-old boy, Nathan K. Duncan, has been missing since Nov. 20.

"Nathan Suffers from depression and anxiety," according to the Des Moines Police Department. He was last seen Dec. 30 at Safeway located on Military Road off of South 288th Street. If you have any additional information about his whereabouts contact the Des Moines Police Department

at 206-878-3301.

Parking lot collisions

Two collisions were reported on Jan. 8.

The first was a three car collision in the South parking lot. One car hit another car and that car hit another car.

The second collision was the same day but in the East parking lot. A car was backing out of a parking stall and was hit by another car passing by. No one got hurt during the collisions.

Backpack stolen from bookstore last week

During a bookstore visit on Jan. 8 to buy books a student got her backpack stolen. The backpack hasn't been found. Campus Security Chief Richard Noyer is working with the bookstore manager to figure out a better solution where to leave your backpack during a bookstore visit.

Two spare tires stolen

Two thefts happened in the North parking lot on Jan. 8. Two different students got their spare tires off of the back of their car stolen.

"This case is still under investigation," according to Campus Security Chief Richard Noyer.

Arson in rest room

A person was going to the Presbyterian Church and stopped by the men's restroom in Building 26, on Jan. 13.

The person noticed that someone lit some toilet paper on fire in the men's restroom. The person who noticed the burnt toilet paper contacted Highline Campus Security. The perpetrator was not found.

iPhone stolen

A person had their iPhone stolen on Jan. 13 in Building 25.

Faculty members lose keys on campus

Two faculty members lost their keys to the campus on Jan. 9. The keys haven't been found. If you have any information about the keys please report to the Security office in Building 6.

Beware, slippery ice

A Central Washington University faculty member got hurt from slipping on the ice in the South parking lot on Jan. 11.

-COMPILED BY ALEX CHEBOTAR

New series to speak globally

By **ERICA MORAN**
Staff Reporter

Highline students will get a chance to learn about the world without leaving campus in a series of events called the World Voices for Liberation.

The United Nations Affairs Club and the Inter-Cultural Center are working together to present topics about different parts of the world such as Africa, the Middle East, South America and Australia, said Ernest Hasha, the United Nations Affairs Club president.

The Inter-Cultural Center is place for students, staff and faculty to learn more about diversity and global concerns, our topic this quarter is about spreading knowledge on cur-

rent global issues around social justice, said Chayuda Overby the Inter-Cultural Center Coordinator.

"We want other students to learn about the world, social justice, peace and equality and these events will help educate and inspire students to get involved," said Hasha, who is from South Africa.

The series starts on Feb 6 about Africa from 1-2 p.m. at the new Inter-Cultural Center in Building 8, room 204 said Hasha.

The second event is about the Middle East on Feb. 13 from noon-1 p.m.

The third event is about South America on Feb. 27 from noon-1 p.m.

The final event is about Aus-

tralia on March 13 from noon-1 p.m. and everyone is welcome, said Hasha.

"Highline students need to get involved and together we can make an impact, everyone can cooperate and together we can make the world a better place," said Jemimah Kamau, a United Nations Affairs Club member.

The Highline United Nations Affairs club seeks to stress the importance of the United Nations and to help students learn more about other countries.

"It is a great platform for students to grow outside the class," said Hasha.

The club meets every Wednesday from 1-2 p.m. in Building 8, third floor conference room 302, said Hasha.



Fitness Center for all

All current Highline, Central Washington University, Heritage, and Kaplan students are eligible to use the Fitness Center in Building 21, 103.

Students enrolled in Weight training (PE 123), and Total Fitness (PE 186), have access to the Fitness Center from 8 a.m. to 6 p.m. Mondays through Friday. Staff and Faculty are also invited to use the Fitness Center Mondays-Fridays, 8 a.m.- 6 p.m.

Students not enrolled in PE 123, or PE 186 can use the Fitness Center during open hours are from 1-5 p.m. if they register at highline.edu/pe/FCinfo.php

Play intramurals here

Intramurals is open to all students, staff and faculty, no registration required.

Intramurals meet Tuesdays through Thursdays from 1-2 p.m. in the Pavilion Building 28.

Basketball takes place on Tuesdays, soccer on Wednesdays, and volleyball and badminton are both on Thursdays. For more information, contact Karen Nadeau at knadeau@highline.edu.

NOYCE program gives information today

The information session about the NOYCE Program is today from 2:30-3:30 p.m. in Building 29, room 109.

The session will cover the NOYCE Affiliate Internship Program and the NOYCE

Scholars Program; both programs are for students interested in teaching middle school or high school.

The NOYCE Affiliate Internship Program offers paid internships for students who are interested in exploring a teaching career in math or science.

The NOYCE Scholars Program offers internships and scholarships for transferring science and math majors.

To be eligible for the program, students must have at least a cumulative 3.0 GPA.

Science Seminar returns

Psychology faculty Sue Frantz, goes into the science of memory, thinking and learning during Friday's Science Seminar.

The presentation goes into how students can study more effectively and efficiently.

For those interested, go to

Building 3, room 102 from 2:30-3:23 p.m.

Go to Snoqualmie this weekend

International Student Programs is hosting a ski trip to Snoqualmie on Jan. 19.

Prices for the trip vary from \$10 to \$75 depending on whether skiers have a season pass or need equipment, lift ticket, and/or lesson.

The trip will depart from Highline at 8 a.m. at the front of Building 29.

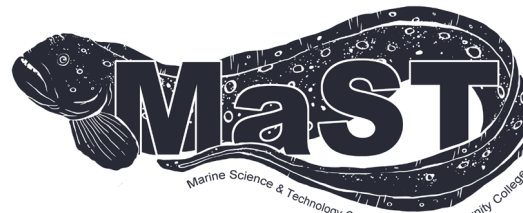
For those interested, pay and sign up on the fifth floor of the Library, Building 25.

Got News?

Email us.

tword

@highline.edu



**EXPERIENCE
PUGET
SOUND
AND
EARN
SCIENCE
CREDIT!**

Each quarter Highline's MaST Center offers hands-on marine science laboratory classes. Earn your science credits with first-hand experiences.

WE OFFER:

BIOL 103 - Marine Birds & Mammals (offered occasionally)

BIOL 110 - Marine Biology*

OCEA 101 - Introduction to Oceanography*

ENVS 101 - Introduction to Environmental Science: Marine Focus (spring & summer)

The MaST Center is located 4 miles south of the Highline Campus in Redondo. Our aquarium has 11 tanks with more than 100 local species on display.

*Many hybrid courses offered every quarter.



Students continue to enroll, pack parking lots

By THUNDERWORD STAFF

Enrollment is up this quarter as new and returning students alike are coming to school for another round of classes.

As of Jan. 16, the number of students enrolled for Winter Quarter 2013 is 8,735.

Tonya Benton, the director of Institutional Research, said that this number is up from last Winter Quarter's 8,133 by just over 600.

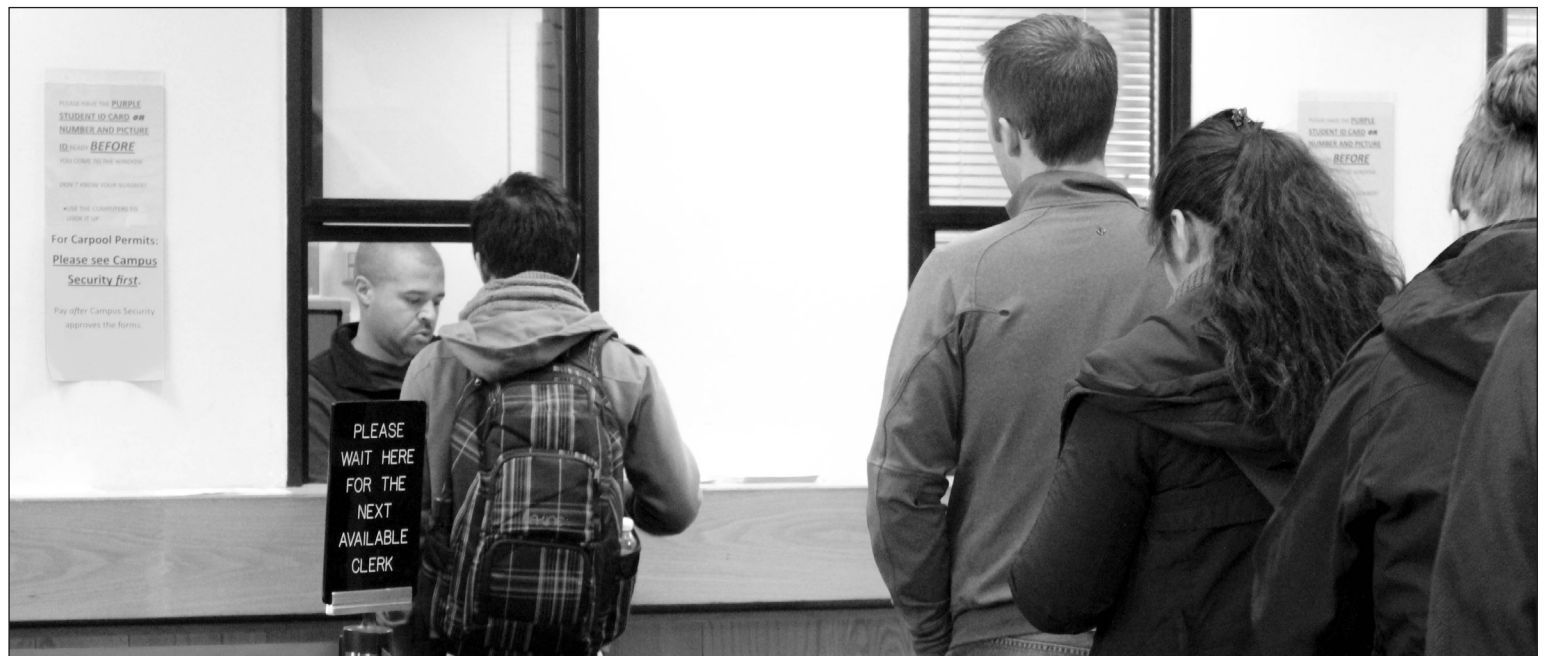
"We also expect an additional 1,300 students to be enrolled in ABE/ESL/GED classes," Benton said, to make a total of slightly more than 10,000 students by the end of winter quarter. This will be a similar number, if not slightly higher, to last Winter Quarter's enrollment, Benton said.

Although total state enrollment has been steadily decreasing recently, Running Start and international students enrollments are up by 20 percent and 6 percent, respectively, from 993 and 452 last Winter Quarter to 1,074 and 474 this quarter, Benton said.

Despite the high numbers, returning students are looking forward to this quarter.

"There's great teachers here and small [class sizes]," Lydia Smith, a nursing student, said. "I'd rather be here in a small class than with 400 students and no chance of talking to the teacher."

"It's way cheaper than a university too," she said. "I have very little school debt, but a friend of mine who goes [to a university], has almost \$40,000



Jasmine Cawley/THUNDERWORD

During the first week, students ended up spending time in long, slow lines to be able to park, buy books, and sign up for classes.

worth of debt for just a year and a half of school."

Running Start student Tyler Lorella said, "Highline is a lot friendlier than any [of the schools] I've been at. A lot of people actually want to be here, as opposed to my high school, because they're paying to be here."

New students are excited for this quarter as well.

"This is my first quarter here at Highline, and I am starting to get the hang of coming early to find parking and signing up for classes on time. Waiting lists suck though," said Highline student Victoria Srey.

Another new student, and veteran, Richard Rhoads, is coming back to college after almost 35 years.

"I was laid off some time ago, so I did some research

[about jobs and the economy] and decided that the best thing for me was to go back to school and re-educate myself," Rhoads said.

"I couldn't afford the tuition by myself though," he said. "But with some help from [the Department of Veterans Affairs] and a FAFSA loan I was able to return to school."

With all these people come fuller parking lots, and longer lines in Buildings 6 and 8. Once morning classes start to end and students begin to leave, however, the parking lots begin to open up.

"The parking lots are still a little full at around 1 pm, but it's better by far than in the morning," student Chris Fahlin said.

"The parking is terrible, it took me 15 minutes to find a parking spot," said Highline

student Kim Le.

Some time during their time in college students must decide what path they are going to take, whether to focus on a transfer degree, or an associate with an emphasis, or a number of other options.

"Probably the most popular program for Highline students is Registered Nursing," said Dr. Gwen Spencer, director of Educational Planning and High School Programs. "Business and Accounting are also very popular, [as well as] Human Services and Chemical Dependency."

These fields agree with the numbers for the past year here at Highline as well as nationally.

According to numbers provided by Tonya Benton, director of Institutional Research,

for the degrees and certificates awarded by Highline during 2011-12, some of the most popular included associates in business with 233 conferred, nursing with 116 conferred and computer science with 100 conferred.

Nationally, degrees in business were among the most conferred for both bachelor's degrees and master's degrees with 358,000 and 178,000 degrees conferred, respectively. Degrees in health professions were also among the most conferred in both bachelor's degrees and doctorates with 130,000 and 57,700 degrees conferred, respectively.

Reporters Marques DiNapoli, Emily Arnold and Julie Ramirez contributed to this story.

Students suggest solutions for first-week troubles

By ANGELA SUCHER
Staff Reporter

Early numbers show that enrollment is up this quarter compared to Winter Quarter 2012 and Highline students are feeling the difference in the forms of lines, waitlists and parking.

"I feel like there are a lot more Running Start students this quarter, so many more than last year," said Harkamal Sidhu, a second year pre-med student. Sidhu also noticed fuller classes and longer waitlists this quarter.

"A lot of students were turned away from my Chem121 class because it was full; core classes always have the longest waitlists because everybody needs them," she said.

The increase in enrollment contributes to fuller classes and many of Highline's students are no strangers to waitlists this quarter. Many students, such as Sidhu, report science and math

courses as having the longest waitlists, as well as English 101.

"There's always a waitlist for science classes, my microbiology class had a waitlist of 18," said Chris Harrington, a first year nursing major.

Lines are another issue that Highline students face during the first week of the quarter and the issue was a hot topic for many students. Diljot Kaur, nursing major, said it took her an hour to get through the cashier's line on Tuesday morning and she said that she bought her books online to avoid the "crazy line in the bookstore."

Sidhu also had a bad experience at the bookstore.

"My backpack got stolen from the pile outside while I was buying my books on Tuesday," she said. "I lost all of my notes and my calculator but thank God I hadn't bought any of my books yet."

She said that she and her

friends sometimes have one person stand in line while the other goes and gets all of their books, this helps cut down on line time.

Apart from the cashier and bookstore lines, purchasing parking permits through security can also be a very time consuming task.

"Parking is the worst experience by far of the first week of Winter Quarter. You literally have to stalk students leaving class to find a spot and this is after you've paid \$46 for a parking permit," said Highline transfer student Mychal McNamee. McNamee said he waited 20 minutes in the security line and searched for a parking spot for even longer than that.

Sidhu also agreed about the parking situation and suggests that the school hold off on requiring parking permits at the very beginning of the quarter.

"Parking is the last thing

on our minds the first week of school," she said.

Film studies student Tyler Hendericks didn't have to wait in line.

"I was pretty on top of paying tuition; I paid it the week before so I didn't have to wait in line but parking is a nightmare. My first class is at 11 a.m., I come 20 minutes early and it takes that long to park," he said.

Despite the long lines and parking woes, some students feel that these issues are always to be expected the first week of the quarter.

Student Chris Harrington said that enrollment often "depends on the quarter. Fall is always the busiest. The lines always look long the first week but they move swiftly and the workers are always helpful."

Niki Rogers, a transfer student and bookstore employee, had some tips for purchasing textbooks the first week of the

quarter.

"If you can help it don't come in Monday or Tuesday. If you do, come after 3 p.m., our hours are extended the first week. And avoid between 10 a.m.-1 p.m. It's a play by ear every year but eventually you figure out what you're doing."

Other tips from Highline students included registering early to avoid waitlist, trying to get parking before 7 a.m. and waiting until after the first week or purchasing books online. Harrington also said that he wished the bookstore would be open the week before school starts and classes could be available on Angel sooner so students could better prepare.

"It'll die down eventually," said McNamee. "The first week is always crazy because everyone waits until the last minute to get everything done, but eventually it'll all calm down and the quarter goes on."

State needs to invest in higher education now

The state Legislature has been cutting funds for higher education in the last few years.

The Legislature does this in order to balance the budget between spending and revenue.

The state budget is divided into three parts: operating, capital, and transportation.

Higher education falls under the operating category, which also includes funding for K-12 grades, health care, social welfare services, and prison services.

Compared to the other programs that fall under the operating category, higher education is easier to cut because laws do not protect it nor does it impose a danger to society.

Additionally, it's different than funding for capital or transportation, since such projects could be delayed.

However, the trend of cutting higher education should not continue because of the economic necessity of higher education.

By cutting higher education, college tuition becomes harder to afford, making college less accessible.

The accessibility of college is necessary for the economic growth of the state because college graduates have a better chance of being employed.

Nowadays, decent jobs require getting a degree in something.

According to the Bureau of Labor Statistics, as of 2011, the unemployment rate for those with a high school diploma was 9.4 percent compared to 6.8 percent for graduates with an associate degree and 4.9 percent for graduates with a bachelor's degree.

If more cuts to higher education are made, it can result in fewer of the population going to college and a higher unemployment rate.

This scenario would not serve well for the state. But on the other hand, if higher education funding is no longer cut, and remains as accessible as it can be, the state can benefit economically.

For instance, if the state has a higher rate of employment, it means more people have wealth.

If more people have wealth and are able to pay for themselves, it could mean less demand for government services and the state could save on spending.

In addition, more people with wealth will be able to spend even more money and the state could gain revenue from sales tax.

Generally, more people with wealth will mean more investments in up-and-coming businesses.

Although the government can't create businesses such as Microsoft or Starbucks by itself, it can help its people do so by creating the conditions for their success.

And the conditions for people being employed and accumulating wealth starts with higher education being accessible to them.

For these reasons, the Legislature should invest in colleges and universities, not treat them like a dead piggybank.

Don't waste your education

If you are in college, you need to act like a college student.

It doesn't matter how old you are or where you've been, if you're privileged enough to be here, you need to take it seriously.

A big part of being a college student is using your common sense.

Go to the classes you signed up for, do the assignments professors assign, and ask for help when you need it.

Highline even has a free Tutoring Center in Building 26, room 319.

The resources to succeed are right in front of you, so don't waste this opportunity.

College isn't meant to be easy or stress-free. If you're not willing to put in the effort, you're wasting your time, your money, and a seat in the class someone else more deserving could have.



When stressed inhale, exhale

Congratulations. You made it through the apocalypse of 2012.

Now you're back in school, perhaps also working and carrying on your daily responsibilities. After a couple weeks of spending time with family and friends, you're back on your feet and ready to conquer the quarter.

Or maybe you're not.

Understandably, the beginning of the quarter is a stressful time for most people. You're being challenged with new instructors, new schedules, and an overall new experience.

So how can you smoothly manage the stress of adjusting to the next step in your education/career?

I believe one of the simplest and effective ways of managing stress is through the practice of meditation.

Meditation is an ancient practice that originates in Hinduism dating back to 1500 BCE. Buddhists also practice meditation.

However, you don't have to be Hindu or Buddhist to practice meditation.

Besides stress reduction, meditation is also known for various health benefits including lowering blood pressure, relaxing muscle tensions, and increasing immunity.

Neuroscience has also proved the effectiveness of meditation. A study done by Dr. Jon Kabat-Zinn of the Uni-



Commentary Hien Hong

versity of Massachusetts Medical School showed that meditation allows for a shift in brain activity, from the stress-inducing right frontal cortex to the more relaxed left frontal cortex.

The study had two groups of stressed-out employees from the same firm. One group learned meditation for eight weeks, the other didn't. Through brain wave scans, it was discovered that those who were in the meditating group had a shift in brain activity to the calmer left frontal cortex.

In addition, activity in the amygdala, where fear is processed, also decreased. As a result, the meditating group reported they were calmer before they started meditating.

In essence, the practice of meditation is being aware of your breath in a physical and mental state of stillness.

To meditate, all you have to do is sit still with your eyes closed, clear all of your

thoughts, and concentrate on breathing.

Naturally, your mind will start to wander, but your goal is to notice that and consciously make the effort to stop it and observe your breathing.

Furthermore, the duration of your meditation doesn't have to be long. Start with just five minutes a day and gradually see if you can go longer every day.

For some, it might seem paradoxical that staying still and emptying your mind would help your stress. Normally, when people are stressed it's because they have things to do. So it may seem wrong that not being physically and mentally active, when you have many things to do, is helpful.

Nevertheless, I'm convinced meditation helps. I find meditation helpful for managing my stress because it trains my mind to stop stressing out, even for just a brief time.

Before I was introduced to meditation, I didn't know of a healthy way to manage my stress. I managed my stress by doing unproductive activities that merely distracted me from my responsibilities.

Calmness is the result of meditation. However, since the practice requires conscious effort, I stay committed to my responsibilities.

All in all, I find that short periods of consciously giving your mind a break from stress could potentially boost your focus.

The Staff“

I'm going home now to beat my cats

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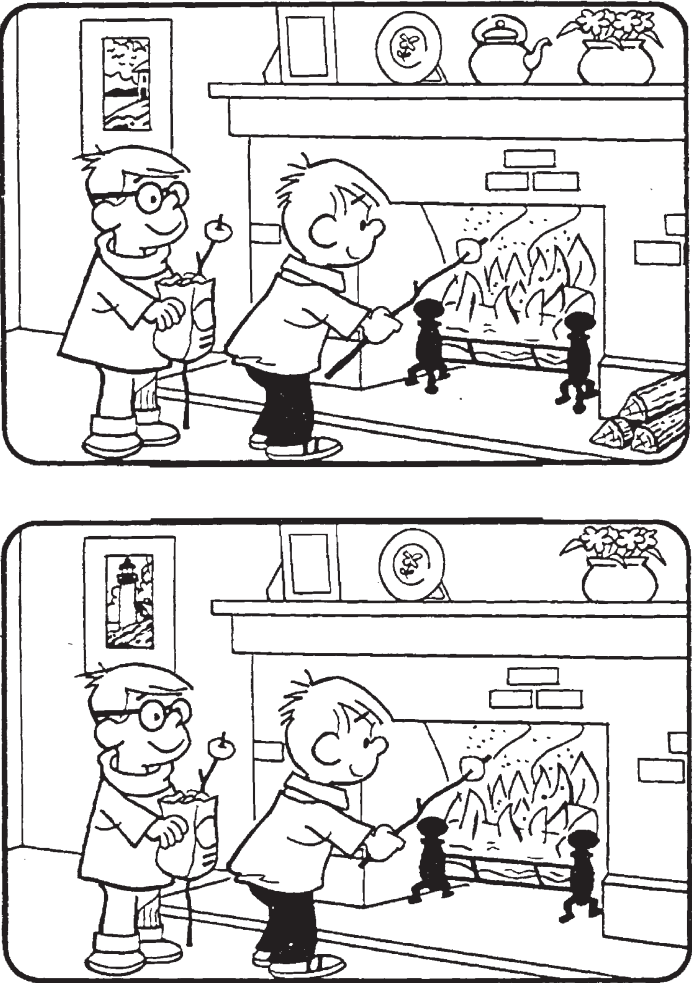
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Picture is different. 2. Shirt is shorter. 4. Kettle is missing. 5. Andirons are different. 6. Wood is missing.

Weekly SUDOKU

by Linda Thistle

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

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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?

Trivia test

by Fifi Rodriguez

1. PERSONALITIES: Who wrote the 1960s book *Unsafe at Any Speed*, which detailed safety shortcomings in the auto industry?

2. GENERAL KNOWLEDGE: What color is lapis lazuli?

3. GEOGRAPHY: The Falk-

land Islands lie off the coast of which continent?

4. HOBBIES: What does a spelunker do?

5. U.S. STATES: What is the official nickname of the state of Illinois?

6. LANGUAGE: What does the Latin term “ipso facto” mean?

7. ART: What is chiaroscuro?

8. CARTOONS: What is the name of Porky Pig’s girlfriend?

9. SCIENCE: What kind of gases are neon and helium?

10. MOVIES: Which three co-

King Crossword

ACROSS

1 Cambridge sch.

4 Tweak the Constitution

9 Letterman’s network

12 Fuss

13 Alamo hero with a knife named for him

14 Feedbag morsel

15 Part

17 Biz deg.

18 Commer-cials

19 Quartz variety

21 Baked potato’s skin

24 Liniment target

25 Swelled head

26 Stitch

28 Esteem

31 Simple arithmetic

33 Sinbad’s bird

35 — St. Vincent Millay

36 Come to a point

38 Bankroll

40 Charged bit

41 Brewery products

43 New Jersey airport

45 OK for

DOWN

1 Buddy

2 Altar affirmative

3 Cruise or Selleck

4 Homes

5 Dr. Franken-stein’s creation

6 Female sheep

7 Martial arts mercenary

8 Remove (from)

9 Digests of a sort

10 Movie pig

11 Celebrity

16 Neighbor of Afgh.

20 Oxford, e.g.

21 Make jokes

22 Water (Sp.)

23 Chum

27 “Holy moley!”

29 — about (approxi-mately)

30 Hierarchy level

32 Narcissist’s love

34 Finger food

37 Does a double-take

39 Coy

42 Emporium

44 Humor

45 Apprehends

46 Hodgepodge

50 60 sec.

51 Sprite

52 “Catcher in the —”

53 Witness

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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. Vigorous

2. Food server

3. Sleep vision

4. Loft

5. Regional

6. Tassel

7. Climb on a horse

8. Four-leaf _____

9. _____ and tumble

10. Church official

_____ S _____

_____ I _____

_____ M _____

_____ R _____

L _____

F _____

_____ T _____

_____ V _____

_____ H _____

_____ D _____

The very edge

Actor Matthau

Not look forward to

Crimson gem

Verbal

Flinch

Knoll

Nearer

Baton _____

Mr. Fudd of cartoons

_____ N _____

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medians starred in the film comedy *Three Amigos!*

Answers

1. Ralph Nader

2. Blue

3. South America

4. Explore caves

5. Land of Lincoln

6. By the fact itself

7. Use of light and shadow in artwork

8. Petunia

9. Noble gases

10. Steve Martin, Chevy Chase and Martin Short

Are organic foods really better? Maybe

Organics don't necessarily have better nutrition or more safety for consumers



trast, higher pesticide levels in conventional foods do not impact nutritional levels either.

Even so, the amount of man-made pesticide residues found in conventional foods is still well below the level that the Environmental Protection Agency has deemed unsafe. The real issue is whether these small doses, multiplied over years and decades, might eventually add up to an increased health risk.

Dr. Mehmet Oz, a heart surgeon and television host, wrote about the subject in a recent Time magazine article entitled "What to Eat Now, The Anti-Food-Snob Diet."

Dr. Oz stated that "nutritionally speaking, there is little difference between the farmer's market bounty and the humble brick (of frozen food) from the freezer case. It's true for many other supermarket foods, too."

Advances in the frozen-food industry -- from packaging to techniques like high-pressure flash-freezing and freezing peeled, blanched and steamed foods -- has improved the quality of frozen produce and products, and improved the retention of their vitamin content.

Some food manufacturers freeze and package the harvested produce immediately and on-site, thereby increasing both quality and preservation of nutrients.

Many consumers are confused about the nutritional quality of organics versus conventionally grown foods.

The American Academy of Pediatrics recently weighed in on the importance of organic food for children, setting off a firestorm.

The AAP released a report in October stating that: "Current evidence does not support any meaningful nutritional benefits or deficits from eating organic compared with conventionally grown foods, and there are no well-powered human studies that directly demonstrate health benefits or disease protection as a result of consuming an organic diet."

It appears that the confusion in the minds of many consumers about the nutritional benefits of organics is linked to the use, or lack thereof, of pesticides.

Conventional food producers argue that pesticide residue is reduced substantially by routine and safe food handling practices such as washing, peeling and cooking, and that there is no significant difference in the nutritional quality of organic and conventionally grown foods.

The lower pesticide levels in organic foods do not impact the foods' nutritional levels. In con-



dairyspot.com photo

Easy spinach quiche is a great way to enjoy a healthy meal.

In a study published in the Journal of the Science of Food and Agriculture in 2007, University of California-Davis researchers reviewed the variable nutrient content of fresh, frozen and canned vegetables and fruits.

Frozen spinach goes through a flash-freezing process that preserves it within hours after it leaves the soil, so it retains more of its vitamin C content than fresh spinach. Both forms of spinach (fresh and frozen) retain their high vitamin A content as well.

The nutritional superiority of organic versus conventionally produced meats is another misconception. Researchers have found that there is not much difference in nutrient quality between grass-fed or cage-free animals and animals that are raised in feedlots or cages.

The quality and nutrient levels in modern canned vegetables and fruits and conventionally raised animals have improved over time and are a good choice

for consumers.

Best of all, conventional foods are far lower in price than organic products, making them affordable for most shoppers.

Good food is available for consumers of all economic levels. Shop smart and try both organic and conventional canned and frozen products.

This recipe for Easy Spinach Quiche is a delicious way to use frozen spinach.

Easy spinach quiche

1/4 cup all-purpose flour
1/2 teaspoon baking powder
1 teaspoon poultry seasoning
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon nutmeg
6 large eggs
1/2 (8-ounce) package shredded Colby-Monterey Jack cheese
1 cup small curd cottage cheese
1/2 (10-ounce) package frozen chopped spinach, thawed

and drained

1 (4-ounce) can chopped green chiles
1/4 cup melted butter

1. Preheat oven to 400 degrees F. Whisk flour, baking powder, poultry seasoning, salt, pepper and nutmeg together in a small bowl and set aside.

2. Beat eggs in a mixing bowl until smooth. Stir flour mixture into the eggs until no lumps remain. Stir in Colby-Monterey Jack cheese, cottage cheese, spinach, green chiles and melted butter until evenly blended.

3. Spray a 9-inch pie pan with non-stick cooking spray. Spread the quiche mixture evenly into pan. Bake quiche in preheated oven for 15 minutes at 400 F, then reduce temperature to 350 F. Continue baking until the quiche is lightly browned and a knife inserted into the center comes out clean, 35 to 40 minutes. Makes one (nine-inch) quiche.

Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is The Kitchen Diva's Diabetic Cookbook.

Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com.

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Comfort showdown: creamed celery vs. peanut butter and bacon

Creamed celery and peas

If your family usually gives vegetable dishes no respect, give this ultra-easy side dish a try.

You will need:

1 1/2 cups finely chopped celery
1 (2-ounce) jar chopped pimiento, undrained
2 cups frozen peas, thawed
1/3 cup fat-free sour cream
1 teaspoon dried parsley flakes
1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery for 6 to 8 minutes or just until tender. Stir in undrained pimiento and peas. Continue cooking for 3 to 4 minutes, stirring often. Add sour cream and parsley flakes.



by JoAnna M. Lund

Mix well to combine.

2. Lower heat and simmer for 3 to 4 minutes or until mixture is heated through, stirring often. Makes 4 (3/4 cup each) servings.

• Each serving equals: 80 calories, 0 g fat, 5 g protein, 15 g carb., 148 mg sodium, 4 g fiber; Diabetic Exchanges: 1 Starch, 1/2 Vegetable.

Hot chocolate pudding

Kids and adults will savor every spoonful of this orange-

accented chocolate dream from our sister publication Redbook.

Orange Whipped Cream
1/4 cup heavy cream
1 1/2 teaspoons sugar
1/8 teaspoon grated orange zest

Pudding
1/2 cup sugar
1 1/2 tablespoons cornstarch
3/4 cup milk
1/2 cup heavy cream
1 pinch salt
9 ounces bittersweet chocolate, chopped
2 tablespoons unsalted butter
1 teaspoon vanilla extract

1. In a small bowl, with a handheld electric mixer on medium-high speed, beat cream, sugar and orange zest until soft peaks form. Refrigerate while making pudding.

2. In a medium saucepan, combine sugar and cornstarch; whisk in milk, cream and salt until blended. Cook over medium heat, whisking gently, just until mixture thickens and comes to a boil. Remove pan from heat; stir in chocolate, butter and vanilla until smooth. With a handheld electric mixer on medium-high speed, beat until light and fluffy.

3. Divide pudding into 4 (6-ounce) ramekins; top each with a dollop of Orange Whipped Cream. Serve immediately. Serves 4.

Peanut butter baconwich

Update the lunchbox classic with this quick and simple recipe, and your kid's lunch will be anything but boring!

1/2 cup peanut butter

6 slices (crisp cooked) bacon, crumbled

8 slices white bread, toasted
1 large red apple, cored and thinly sliced
1 tablespoon lemon juice

1. In small bowl, combine peanut butter and bacon; spread mixture on all bread slices. In a separate small bowl, toss apple slices with lemon juice. Top half the bread slices with apple slices; cover with remaining bread slices. Cut in half, if desired. (Alternatively, put some apple slices on all bread slices and serve sandwiches open-faced.) Serves 4.

• Each serving: About 405 calories, 15g total fat (5g saturated), 8mg cholesterol, 573mg sodium, 38g carbohydrate, 4g fiber, 15g protein.

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Drama Department will serve comedy in One-Act Plays

By **MEGAN PORTER**
Staff Reporter

Comedy will be on the menu at the One-Act Plays during Winter Quarter.

The Drama Department held auditions in Building 7 during the first week of school and announced its program on the morning of Jan. 14.

The plays for this quarter are *Class Conflict* by Craig Pospisil, *Pitching to the Star* by Donald Margulies, two plays by Shel Silverstein: *Blind Willie and the Talking Dog* and *Have a Nice Day*; and two other plays by David Ives: *Sure Thing* and *Captive Audience*.

The production will be on March 6, 7, 8, and 9 in Building 7.

There will be a preview of the production on March 5.

This year the student directors are Amanda Rae and Steven Davis.

Also directing will be drama instructor Rick Lorig.

The One-Act plays will consist of six plays with the show running about 70-90 minutes.

Lorig said that each show will have something for everyone, and will offer different slices of life.

Rae has been a student at Highline for three years while working in the Drama Department.

During last Fall Quarter she assisted with the department's production of *The Odyssey*.

For the Winter Quarter she will be directing *Sure Thing* and *Pitching to the Star*.

Sure Thing is a comedy/ro-



Sherry Holt/THUNDERWORD

Directors Amanda Rae and Rick Lorig discuss auditions while actors practice their lines in Building 7.

mance about two people that meet in a coffee shop and end up talking.

Throughout the conversation a bell is sounded and every time the bell sounds their conversation starts over.

Ruslan Sufarov and Stephanie Mock are the main characters of *Sure Thing*.

Pitching to the Star is about a writer from New York wanting to do a television series.

He pitches his ideas to the star and instead of going with his ideas Hollywood turns his world upside down.

"I sort of wanted to challenge my actors and this seemed like a good fit," said Rae.

It is a comedy with Micah Vichitnand playing the writer and Sai Wilcken playing the star.

Davis is also a third-year Highline student who will be directing for the first time.

He will be directing *Captive Audience* and *Have a Nice Day*.

Davis said *Captive Audience* is a play that will bring laughter to everyone through the unexpected experience of Robin and Laura.

"On a Friday night Robin and Laura are deciding what to do, and the TV comes alive [and] makes the choice for them," said Davis.

"I read most of his stuff and it's pretty funny. It's a comedy and everyone like to laugh—that's why I chose it."

Simone Elbrecht will be playing Laura and Ada Litterer will be playing Robin.

Madison Fortney will be playing TV woman and Joe is playing TV man.

"[Rehearsing] was very much a moving process [last

quarter]; all the actors were good at adapting. We will be rehearsing at the Turtle Building," said Davis.

Have a Nice Day is a genre bender that incorporates both drama and comedy said Davis.

"It's about three business people working together on a project. It's about their trials and tribulations. There is a little bit of singing, laughter [and] clashing of the head," he said.

Katie Howland will play Benny, Amanda Enrico will be playing Cyrus and Joe Meeker will be playing Al.

Award-winning magazine calls for student submissions now

By **DANIEL JOYCE**
Staff Reporter

Editors of the *Arcturus* are looking for submissions for the spring 2013 issue.

The deadline for literary submissions is Monday, Jan. 28.

The theme is virtual reality, and *Arcturus* editors would like to publish articles and artwork that match the theme.

Still, anyone associated with Highline who would like to see his or her work published is encouraged to contribute.

"We would rather bend the theme to fit a good article than the other way around," said Adam Thatcher, *Arcturus* editor.

Editors are seeking literary works in all forms including short stories, poems, essays, and memoirs.

The Jan. 28 deadline for literary submissions is quickly approaching, but visual artwork can be turned in as late as Mar. 4.

"We also publish paintings,

drawings, and even photographs," Thatcher said.

"If you think something you have done jumps out and you would like to see it published, submit it and we will sort through."

2012 was a successful year for the *Arcturus*, as nearly 400 Highline community members submitted work.

The *Arcturus* also received a first place award from the Washington Community College Humanities Association.

Literary works can be printed off with the author's name and contact information.

Artists and photographers seeking to contribute must turn in a printed copy of their artwork for the editors to review.

Editors are asking those interested to submit a hard copy of their writing or artwork along with a self-addressed, stamped envelope to the secretary in Building 5.

Submissions can also be mailed to *Arcturus* editors at

Highline Community College, Attention: Sharon Hashimoto MS 5-1, P.O. Box 98000, Des Moines WA, 98198-9800.

The self-addressed, stamped

envelope will be used to notify people whether their submissions will be used, and to return those not chosen for the magazine.

Editors emphasized that having one's work published is an achievement in itself, which will stand out on resumes and college applications.

Puzzle answers

— King Crossword — Answers

Solution time: 21 mins.

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

Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. Brisk, Brink | 6. Fringe, Cringe |
| 2. Waiter, Walter | 7. Mount, Mound |
| 3. Dream, Dread | 8. Clover, Closer |
| 4. Garret, Garnet | 9. Rough, Rouge |
| 5. Local, Vocal | 10. Elder, Elmer |

— Weekly SUDOKU — Answer

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



• **Jesus Christ Superstar.** “Jesus Christ Superstar” is a rock opera written by Tim Rice and Andrew Lloyd Webber. An all-female version of the revolutionary rock opera that traces the final days of Jesus Christ - his arrival in Jerusalem, his betrayal, Passion and crucifixion - as well as his relationship with Judas Iscariot and Mary Magdalene. Featuring hits like “I Don’t Know How to Love Him,” “What’s the Buzz,” and the title song “Jesus Christ Superstar.” We moved the show into the future.

• **9 to 5: The Musical.** A hilarious story of friendship and revenge in the Rolodex era. 9 to 5: The Musical tells the story of three unlikely friends who conspire ...Read More A hilarious story of friendship and revenge in the Rolodex era. 9 to 5: The Musical tells the story of three unlikely friends who conspire to take control of their company and learn there’s nothing they can’t do, even in a man’s world. Outrageous, thought-provoking and even a little romantic, 9 to 5 is about teaming up and taking care of business; about getting credit and getting even.

Des Moines Playhouse, 831 42nd Street. Website: <http://www.dmpplayhouse.com>. Date: Friday Mar 22, 2013 - Sunday Apr 21, 2013. Time: Wed - Sat 7:30 p.m.; Sun 2 p.m.; no shows March 29 & 31

Admission: See website - varies

• **Believe in Yourself: The Lena Horne Songbook.** Alluring, elegant and devastatingly beautiful, Lena Horne was more than just a pin-up girl of WWII. She used her magnificent voice to change America’s perceptions of our African-American and female citizens. Spanning the breadth of a 60-year career, her songbook speaks to humankind’s potential to live in a loving all-inclusive society. Songs in this uplifting tribute concert include Stormy Weather, Watch What Happens, Bewitched, Being Green, Honeysuckle Rose, Believe In Yourself and more.

Performed by gifted vocalists who are not impersonators, each Seattle-based performer is uniquely suited to share the songs performed and made famous by these iconic stars. All tributes are performed with a full compliment of live musicians, creating the feel of the Las Vegas and television shows from which we remember them.

Tickets: \$19.50 General and \$10 Youth (25 & under) February 16 at 8 p.m. One night only.

• **Lend Me A Tenor.** Audiences have been laughing themselves silly at Lend Me A Tenor since the 1989 Broadway premiere - where it received nine Tony nominations.

Lend Me A Tenor is a madcap comedy that takes place when Tito Merelli, the fiery-tempered and world-famous Italian superstar, arrives in Cleveland, Ohio, to make his debut with the local opera and then promptly goes missing. As Saunders, the show’s presenter, conspires to cover for Tito’s absence, placate his hot-blooded wife, and distract his most passionate fans, chaos on a truly operatic level ensues.

Regular Ticket Prices: Adult \$28, Senior/Military \$24, Youth (25 & under), \$10.

• **The Tortoise and the Hare.** Mis-soula Children’s Theatre returns with two professional actors and up to 60 local kids to perform their rendition of The Tortoise and the Hare. Fun for all ages. Camp starts at 3:30 p.m. Kids learn their songs, lines and moves in one week and perform on Friday and Saturday at 7 p.m. Call for more info! 263-661-1444. Tickets: General: \$10, Kids (18 & under) \$7.

Young photographer captures candid images

By **SHELBY SMOUT**
Staff Reporter

Linnaea Franks’ photography is one of many treats found within the confines of the Highline Library.

The 17-year-old senior from Mount Rainier High School has been taking photographs for four years.

Prior to her first exhibit, she has already been hired for a wedding, birthday parties, senior portraits, and a whole lot more.

Her mother is currently a reference librarian at Highline and, through some other connections at the college, Franks was able put her photography on display for her senior project.

“I have synesthesia, which is a condition where my brain associates colors with the sounds I hear,” she said.

“A lot of my inspiration comes from the music I listen to and the general sounds I hear throughout a day.”

“Someone taught me that it’s the little things that count, and I try to carry that into my artistic perceptions,” said Franks.

This concept is apparent in her exhibit with pictures of a peacock, a baby, a sandcastle, and more.

Franks also wants people to



Photo by Linnaea Franks

Linnaea Franks’ photograph of an infant smiling.

feel her emotions in her photographs. Despite not utilizing a lot of Photoshop, many of her self-portraits are still powerful.

In one of the photos, one can see Franks crouching with her

hands tangled in her hair, revealing notches of her spine to convey a raw, intense feeling.

Franks is fond of skin. Another portrait has her exposing her shoulder with a quote by

Jack Kerouac pasted on it – “vulnerable and visceral”.

There is a photograph of the artist holding a guitar while appearing topless. Franks is not shy about showing her fascination towards the human body.

“I love nude photography. It helps people loosen up. Whether you’re the photographer, model, or observer, nude photography lets you embrace who you are in your own skin,” said Franks.

“My fault, my failure, is not in the passion I have, but in my lack of control of them.”

There are many pictures of people smiling and laughing, including a bright-eyed baby innocently gazing at the camera lens.

They represent the lighter side of Franks’ collection.

Franks’ favorite in her collection is a black-and-white photo of a soccer player because of its imperfections – it is more next to normal beside all the close-ups and senior portraits.

The exhibit is a collage of her love of photography with the variety it provides to the public.

Franks will be having another exhibit this Friday at 5 p.m. on the fourth floor of the library.

She said that she might be the photographer for Highline’s “Pink Prom” in spring.

Fashion takes off at Wing this Saturday

By **JOSEPH PARK**
Staff reporter

The Wing Luke Museum will celebrate the opening of its newest exhibition, Fashion: Workroom to Runway, with lively music, refreshments, and a plethora of strutting.

Over 50 models will walk down the 8-foot wide by 28-foot long runway at the Wing wearing garments crafted by Seattle designers. The event will showcase both ready-to-wear and made-to-measure garments.

“[Fashion: Workroom to Runway is] a night to showcase local Asian-American fashion designers and our exhibit. [It will be a] really fun night out at the museum with drinks, treats, DJ and fashion,” said Community Programs Manager Vivian Chan.

Chan is the organizer of the fashion show.

“All our exhibits are developed by community members who are disciplined or have a specific interest in the exhibit theme or subject matter,” she said.

“In this case, the volunteer community advisory committee thought it was a must to have a fashion runway show to connect with our exhibit, Fashion:



Zolotova bridal dress

Workroom to Runway.”

Some of the featured artists and their brands include: Luly Yang of Luly Yang Couture, Chrissy Wai-Ching of Wai-Ching, and Malia Peoples of Lady Konnyaku, and more.

“We are leaving it up to each designer to decide what they would like to show. Some will be new; some will be from their past lines; but all will be fantastic,” said Chan.

Eight out of the total 57 looks

will be from Lady Konnyaku, a local boutique that specializes in Japanese streetwear, mixed prints, and disco style.

“I am presenting Pop Soda: Spring/Summer 2013 from Lady Konnyaku,” said Peoples.

“I’m also showing a preview of two looks from my new line, Other Peoples Polyester, a collection of classically styled handmade t-shirts for men.”

This Hawaiian-born designer attended and is now teaching, at the New York Fashion Academy in Seattle.

“My mission is to contribute to our small Seattle fashion scene in a positive way that encourages others to participate. I am very grateful for this opportunity to present at the Wing,” she said.

“The things found in counterfeit goods markets in China and the sky-high night malls in Seoul are an inspiration. Even when I returned home and worked as a cashier at Uwajimaya, the colorful packaging in the candy and snack aisle would serve as an inspiration.”

Tickets for the fashion show have not sold out yet; general admission costs \$60 for non-members. The exhibit will run until April 21 of this year.

Lady 'Birds are stuck in a shooting slump

By **KIMBERLY IBARRA**
Staff Reporter

The women's basketball team needs to work on rebounding and putting the ball in the hoop, players and coaches say.

The Lady T-Birds have a league record of 2-3 overall.

With the season just beginning, they are "still on the stage of getting to work with the new ladies on the team," forward Christina Fields said.

When the team plays smart, good things happen on the floor. But in order for this to happen they need to work on rebounding.

"We just box out instead of going for the ball. We need to have the sense of urgency of having to score and not play at their pace," Fields said.

The ladies also need to improve on the need of putting the ball in the hoop.

"They are getting good shots, high percentage shots. We need to make those. Defensively, we need to work on rotation. If everyone is on the same page defensively, we will get plenty of stops," Assistant Coach Karen Nadeau said.

The T-Birds played in two tournaments over break.

Their first tournament was at Highline. They faced the Portland Panthers, winning 77-49.

Their next game they lost to the Blue Mountain Timberwolves, 72-59, and also to the Everett Trojans, 80-49.

In the second tournament, the Thunderbirds took a trip to



Jasmine Cawley/THUNDERWORD

Highline's Kiana Magalei drives to the hoop in action against Tacoma this week. The Lady T-Birds are working hard but still need to make progress.

Chemeketa Community College. They ended the tournament with two wins and one loss.

The ladies won against Treasure Valley, 89-53, and another win against the Oregon Roadrunners, 68-65.

The T-Birds lost to the Wenatchee Valley Lady Knights, 69-57.

Fields expected better during the tournaments.

"We should've won more games during the tournaments. But the second tournament in Chemeketa was the best played out of both," Fields said.

The Thunderbirds move into the season with five games played so far. The Lady T-Birds won their first game against

Green River on Jan. 2, winning 86-49.

The T-Birds faced two losses right after. They lost to the Clark Penguins, 79-58, and to the Lower Columbia Red Devils, 64-59.

With the start of Winter Quarter, the team won their second game of the season versus the Pierce Raiders 59-49.

This past Saturday on Jan. 12 the women took another loss against Tacoma, 61-52.

The women played on Wednesday. Results were unavailable at presstime.

Highline next plays Centralia Trailblazers on Jan. 19 at 5 p.m., followed by a home game against the South Puget Sound Clippers on Jan. 23 at 6 p.m.

Highline wrestlers show spirit amid tough season

By **ISAIAH WELLER**
Staff Reporter

Midway through the wrestling season the Thunderbirds are doing the best they can with what they have.

The Highline wrestling team has suffered from injuries and defections. Nonetheless, they have become increasingly competitive as younger wrestlers have stepped up to fill the gaps.

"What makes our team different is the fact that we improve while everyone else stays stagnant," said Lucas Huyber, team captain at 184 pounds.

Jake Portis, at 133 pounds, suffered a season-ending knee injury and is facing surgery. A number of wrestlers quit the team, but the remaining wrestlers are picking up the slack.

Highline ended 2012 with a 29-18 loss to Southwestern Oregon on Dec. 9. The Thunderbirds got two wins by forfeit

and a pin from Ben Tynan in the heavyweight class, as Tynan moved up from 197 pounds for the match.

The T-Birds got a better result with a 20-17 win over Pacific on Jan. 5.

"Our second string guys really stepped up for us," said Huyber, mentioning Max Walsh and Ben Tynan.

Walsh, at 149, earned a major decision, 14-6, over Pacific's Will Patrick.

"He was a true inspiration to the team and got us real pumped," said Jake Portis.

Then, with Highline still trailing in the meet at 17-10, Highline got wins from Cole Schwartz at 174, Huyber at 184, Wayne Swartz at 197, and Tynan at heavyweight. Tynan's 9-0 major decision over Evan Schruers gave Highline the meet victory.

The biggest standout of the team was Max Walsh who bumped up to the 149-pound



Angela Stone/THUNDERWORD

Highline's Kruba Mansaray looks for confirmation from the official in the Clackamas Dual.

weight class to face Will Patrick and win by majority decision with a score of 10-7. Max Walsh

also came through to benefit the team off the mat. This took the attention away from the crip-

pled line up and gave the team a different mindset to get the win.

The team's most recent match was a hard-fought loss 24-18 against the No.3 ranked team in the nation, Clackamas, on Jan. 11.

Highline's wrestlers themselves as four to one underdogs in this match considering they are only ranked No. 19 in the country.

"What makes them so great is the fact that they have not only tons of money to recruit top talent but they also have no holes in their line up," Huyber said.

Highline got wins from Brandon Leach at 125, Huyber with a pin at 184; Swartz at 197 by forfeit; and Tynan at heavyweight.

Highline's last home match is tonight, Jan. 17, at 7 p.m. against North Idaho in the Pavilion. North Idaho is the No. 1 ranked team in the country.

Highline travels to the Clackamas Open on Jan. 20.

The Scoreboard

T-Birds off to rocky start at 1-4

Men's Basketball		
NORTH	League	Season
Edmonds	3-0	13-2
Everett	3-0	10-5
Peninsula	2-1	11-5
Bellevue	2-1	10-5
Whatcom	1-2	9-6
Shoreline	1-2	2-10
Skagit Valley	0-3	7-9
Olympic	0-3	1-11
EAST		
Big Bend	2-1	13-4
Yakima Valley	2-1	12-5
Spokane	2-1	11-5
Treasure Valley	2-1	8-6
Blue Mountain	2-1	8-7
Walla Walla	2-1	8-7
Wenatchee Valley	0-3	6-10
Columbia Basin	0-3	1-12
WEST		
Pierce	4-1	12-4
Green River	3-1	11-4
Tacoma	3-1	10-5
Centralia	3-2	9-7
Lower Columbia	3-2	5-9
Clark	2-2	9-4
Grays Harbor	1-3	3-10
Highline	1-4	6-9
S. Puget Sound	0-4	3-10
SOUTH		
Chemeketa	3-0	10-4
Lane	2-1	14-3
SW Oregon	2-1	7-8
Mt. Hood	2-1	6-9
Portland	2-1	6-9
Linn-Benton	1-2	5-8
Clackamas	0-3	8-9
Umpqua	0-3	3-11
Women's Basketball		
NORTH		
Whatcom	3-0	10-5
Bellevue	3-0	10-6
Peninsula	2-1	7-6
Everett	2-1	8-7
Skagit Valley	1-2	9-7
Shoreline	1-2	7-6
Edmonds	0-3	4-10
Olympic	0-3	0-13
EAST		
Walla Walla	3-0	14-1
Big Bend	2-1	12-5
Spokane	2-1	9-6
Yakima Valley	2-1	9-7
Columbia Basin	2-1	6-9
Blue Mountain	1-2	6-9
Wenatchee Valley	0-3	9-7
Treasure Valley	0-3	1-13
WEST		
Centralia	5-0	12-3
Lower Columbia	4-1	11-6
Tacoma	3-1	7-5
Clark	3-1	5-9
Highline	2-3	8-8
Pierce	2-3	6-10
Green River	1-3	3-10
Grays Harbor	0-4	5-9
S. Puget Sound	0-4	1-11
SOUTH		
Lane	3-0	17-0
Clackamas	3-0	13-3
Umpqua	2-1	12-4
SW Oregon	1-2	8-7
Chemeketa	1-2	8-8
Linn-Benton	1-2	4-11

By ZACH STEMM
Staff Reporter

After the rough beginning of division play for the T-Bird men's basketball team, they seem to be heading in the right direction.

The T-Bird men lost the first four out of five games on their division schedule falling to Green River 61-46, Clark 62-60, Lower Columbia 82-77, and Pierce 70-59.

The losses to Clark and Lower Columbia both came in overtime.

"We don't live in the past," Head Coach Ché Dawson said. "We learn from it."

"The days in front of us will define us, not the days behind us if we choose for it to be that way," Dawson said. "We have to have that mental discipline."

In the loss to Green River, Highline was out-shot from three-point range.

Highline made 25 percent of its shots from the three-point arc, while Green River made 50 percent.

Highline improved their shooting percentage from the three-point range to 38.5 percent in their overtime loss to Clark. However, the T-Bird men turned the ball over 22 times compared to Clark's 11 turnovers.

The overtime loss to Lower Columbia was a tight contest throughout. Neither team had a clear advantage.

Highline's 6-foot-3 guard Jerron Smith led the T-Bird men in scoring with 33 points. Even though Smith was not a starter, he played more minutes than any other T-Bird with 36.

Smith started several pre-division games but has not started any division games yet.

After losing the first four division games, the T-Bird men fought off Tacoma to get their first division win under their belts.

The T-Bird men took a six-point lead into halftime and matched the Titans scoring output in the second half, which secured Highline's upset victory over Tacoma.

The 6-foot-1 guard ReDell Moore and Jerron Smith led Highline in scoring with 12 points each. Smith notched



Zach Nunberg/ THUNDERWORD

Freshmen forward Zeb Glissmeyer goes up for the shot.

his first double-double with 12 points and 17 rebounds.

Over the break, the T-Bird men competed in the Umpqua Crossover tournament.

The T-Bird men lost their first game of the tournament to Peninsula 81-56 and won their next game against Linn-Benton 75-67. That victory put Highline in the consolation game in which they lost a closely fought battle to Clark in overtime 83-79.

After the Umpqua Crossover, Highline came away with a three point victory against Olympic at the Showare Center 72-69.

The 6-foot-10 center Abdi Mohamed had a double-double

in that game with 13 points and 14 rebounds. Jerron Smith finished with a double-double as well with 20 points and 14 rebounds.

The T-Bird men then closed their pre-division schedule with a loss to Bellevue 68-46.

Highline took on Grays Harbor on Wednesday. The results were unavailable at presstime.

In preparing for the game against Grays Harbor, they prepared for Grays Harbor as any other opponent.

"We are preparing the same as for any other game," Dawson said. "Grays Harbor is a very capable team. We need to bring increased focus, intensity, and discipline to have success."

The T-Bird men travel to Centralia for a road game against Centralia on Jan. 19 at 7 p.m. Highline then comes back home to take on South Puget Sound on Jan. 23 at 8 p.m.

Dawson likes the players he has this year.

"We have a great group of kids this year. Their collective character and commitment to the classroom is as high as we have had in a few years," he said. "They are a very cohesive group."

Their strength is also their weakness.

"We are too nice. We need to be more aggressive and physically and mentally tough on the court," Dawson said.

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Changes come to Highline campus

By **RACQUEL ARCEO**
and **KIYA DAMERON**
Staff Reporters

The Inter Cultural Center has moved its digs to a bigger and better location.

Along with the ICC there are other changes around the campus this quarter.

The ICC had its first big move over winter break to room 204 on the second floor of the Student Union.

"It was a student effort," said DeLon Lewis, one of the ICC student leaders.

Along with their move, the ICC has added 10 new programs to their already existing schedule including an open house.

"We have a lot more events this quarter," said Jemmy Kamau, ICC Student Leader.

The open house will be on Jan. 22 from 1:30-2:30 p.m. and students are welcome to stop by anytime that day.

The ICC has computers open for student use and a TV with Netflix.

"It's not a club, it's a program that is open to all students and supports all students," said KJ Dampier, ICC Student Leader.

Besides the ICC, other changes and events are coming up on campus this quarter.

- The Counseling Center will be holding a Success Workshop Series on Thursdays from 1-2 p.m. in Building 8, room 204 this quarter.

Located in Building 6 on the second floor in the Student Development Center, the cen-



Zach Nunberg/THUNDERWORD

The popular Inter Cultural Center invites all students to come enjoy their new location.

ter is open from 8 a.m.-5 p.m. on Mondays to Thursdays and from 9 a.m.-5 p.m. on Fridays.

The Counseling Center's mission is to support and advocate Highline students to reach their personal and academic goals.

Counselors are available for walk-ins until 4 p.m. or available by appointment. Students can make an appointment at the front desk or by phone at 206-592-3353.

- Financial aid is introducing a procedural change in the beginning of this month "requiring all financial aid appointments to be scheduled through our website," said Lorraine Odom, director of financial aid services.

"This will decrease the number of students who have multiple appointments due to scheduling through the different options we currently offer," she said.

Also, the "Spring Quarter deadline for applying for next quarter is Feb. 14, students who are planning to begin spring must have all documents turned into our office by this date," said Odom.

Financial aid is located on the second floor of Building 6. The front counter is open from 8 a.m.-6:30 p.m. on Mondays and Tuesdays and from 8 a.m.-5 p.m. Wednesdays and Thursdays.

"We typically take student appointments between 8 a.m.-

4:30 p.m. Monday through Thursday," she said.

- This quarter the two cafés and Bistro will be trying to communicate to students better through Twitter and Facebook. They will also have more promos, combos and specials.

The Union Café will be open from 7 a.m.-1:30 p.m. Monday to Friday, the Bistro will be open from 7 a.m.-4 p.m. and Café in Building 29 is open from 7 a.m.-8:30 p.m. Monday through Thursday.

- The Transfer Center is planning a portfolio review day on Jan. 29 in the Student Union in the Mount Olympus and Mount Constance room from 1:30 to 3:30 p.m. and you must sign up for this event.

The Transfer Center is located on the second floor of Building 6.

- This quarter the Instructional Computing Center plans to continue working on expansion of and performance improvements in our Virtual Desktop Infrastructure system.

It's located in Building 30, hours are 6:45 a.m.-10:15 p.m. Monday through Thursday, 6:45 a.m.-4:45 p.m. Friday, 7:45 a.m.-3:45 p.m. Saturday and 2:45 p.m.-10 p.m. Sunday.

- The library has added two group stations in the Information Commons on the Plaza level.

"At each station we put a computer on a larger table with multiple chairs so that we could accommodate groups wanting to work together," said Fran Clark, director of circulation services.

The library is open Monday through Friday 7 a.m.-9 p.m., Saturday 10 a.m.-5 p.m., and Sunday 2-9 p.m.

- The Bookstore has integrated a price comparison tool on their website which enables students to compare Highline prices with online sources such as Amazon and half.com.

Also this quarter the bookstore has continued to rent iPads and Netbooks for each quarter.

The Bookstore is located on the second floor of the Student Union and is open Monday and Tuesday 8 a.m.-6:30 p.m., Wednesday and Thursday 8 a.m.-5 p.m., and Friday, 8 a.m.-4 p.m.

TRiO now helps a wider range of students

By **ALEISHA ASHTON**
Staff Reporter

Highline's TRiO program has expanded their services to provide help to veterans and non-documented students starting winter quarter.

This quarter, TRiO will be coordinating a new program with the Writing Center called Co-Mentoring Groups. Meanwhile, TRiO's book exchange allows students to save money, and help fellow students.

TRiO is a federally funded program that serves to motivate and help students accomplish their goals by offering comprehensive individual support.

Over the last two years, TRiO has grown and developed its program to better serve the students that attend Highline. TRiO focuses on Academic Preparedness, Financial Literacy, Transfer Readiness and Community Engagement.

TRiO is located in Building 6, room 156. TRiO has a webpage at www.trio.highline.edu, where you can email TRiO staff and set up appointments and ask questions via their web page. You can apply to the TRiO program in person or online.

Eligible students are low-income, first generation college students, students with disabilities, veterans and college bound program students. Unsure if you qualify? Contact Ay Saechao, student services academic adviser/program manager via email: asaechao@highline.edu, or call him at 206-592-3303 to find out if you qualify for TRiO. If you're a veteran, contact the Josh Penner, the veterans program manager at jpenner@highline.edu or call him at 206-878-3710, ext. 3635.

Even if you're not eligible for the program, TRiO will try to point you toward a program that can help you. Also, undocu-

mented students are encouraged to apply. Unsure if you qualify for the TRiO program? Come down to TRiO and talk to Cesar Rangel, the adviser and retention coordinator to find out your eligible and any other resources available to you. Students can contact him at crangel@highline.edu or call him at 206-878-3710, ext. 4672.

The Highline Writing Center has partner up with TRiO to provide the Writing Center Co-Mentoring groups. TRiO students meet with peer consultants to work on college writing process and much more. Co-Mentoring Groups will be starting on Tuesday, Jan. 22. The groups will meet once weekly for 50 minutes at TRiO in Building 6, room 156.

The student book exchange is a program that TRiO offers to all Highline students to help ease the cost of books. Highline students can come down to

TRiO and bring a book to exchange or donate.

When you exchange a book for another, you can choose from a list of books. Please keep in mind that if you no longer need your schoolbooks, you can donate them to TRiO and help future students be successful.

TRiO students can meet with Rachel Sanders, the academic coach. She works one-on-one to help them with advising, academic success plan, time management and many other things. Sanders said she personalizes her coaching to each student to better fit the student's needs.

If you want to learn new ways to succeed, make an appointment with Rachel, contact her at sanders.youcanbook.me to book online or call her at 206-592-3499.

Upcoming for TRiO this January is a Financial Resource Roundtable Thursday, Jan. 24 at 1:30-2:30 p.m. located in Build-

ing 6, room 151. TRiO students meet with Chris Panganiban, the financial aid adviser, for an information session about financial resources in the local community. Students can bring any financial resources they know to share with the groups. Contact Chris at capanganiban@highline.edu or call him at 206-592-3413.

February events for TRiO are Student Power Hour and Progress Reception Wednesday, Feb. 13 at noon-1:00 p.m. located in Building 6, TRiO foyer. The Evergreen Campus Visit Friday, Feb. 15 at 9 a.m.-2:30 p.m. located in Building 6. If you want to go the campus visit email Ay Saechao at asechao@highline.edu to reservation your spot.

On March 7th, TRiO will host a Civic Leadership Conference at 8 a.m.-5 p.m. in Building 6. Email Ay Saechao to reserve a spot.

Colds and flu are here: Treat the symptoms

By **REBECCA STARKEY**
Staff Reporter

Wash your hands. Often.

That is the best way to ward off infection, said Dr. Linda Petter, a Tacoma-based family physician, as the flu and colds are taking a toll on the nation.

The rapidly rising number of flu cases has led the Centers for Disease Control and Prevention to declare this year an epidemic. The flu and similar viruses are now widespread in 47 states according to a report from the CDC.

"In the United States, 36,000 people every year die of the flu," Petter said. "This is not uncommon."

This year, six people have already died in Washington alone.

The most common means by which the flu spreads is by people coming in contact with the virus with their hands and then touching their eyes, nose or mouth. The most effective remedy is to stick with old-fashioned soap and warm water.

The flu shot is one of the top ways students can protect themselves this winter. Although the vaccine is effective, the time between exposure to the virus and appearance of symptoms can be as short as one to two days.

"The sooner you get the flu shot the better," Petter said. "It takes about two weeks for your



Graphic by Yosuke Narita/THUNDERWORD

body to develop the antibodies [that fight the flu.]"

Although the flu shot is in high demand this year – major distributors such as Walgreens have announced brief shortages throughout the country – there are still vaccines available.

However, the vaccine is not guaranteed to ensure health. If the flu is contracted, the best way to recover is to stay home, drink fluids and take medications that address the symp-

toms.

Colds are a different matter.

"The cold is really a very mild virus," Petter said. "[It] goes away on [it's] own."

However, it is suggested that symptoms still be addressed and that one should rest when needed.

Keep anti-inflammatory products like acetaminophen or ibuprofen on hand, as well as cough medicine.

The major difference be-

tween a cold and the flu is the severity of the symptoms. Colds have more symptoms like runny nose and congestion, while the flu exhibits more distinct symptoms like high fever, dry coughing, and in some cases vomiting.

"If you get beyond 24 to 48 hours and you're having a lot of nausea, vomiting, you're throwing up, you can't keep anything down, you're getting dehydrated, then you can bet you need to

see a doctor," Petter said.

For the majority of people, the flu rarely leads to hospitalization.

The CDC has reported that this year's number of flu-related hospitalizations is much lower than the 63,000 hospitalized in April of 2009 with the H1N1 (Swine Flu) virus.

One of the simplest ways to avoid sickness of any kind is to practice basic hygiene.

"Viruses can actually stay alive on surfaces such as door-knobs and countertops for up to 72 hours... If we touch our face, our mouth, our nose, or our eyes we can certainly infect ourselves," Petter said. "Just keep your hands away from your face."

It is equally as important to keep your immune system strong.

"Decrease your stress," Petter said. "Stress can really tax your immune system."

She also recommends strengthening your immune system by exercising regularly, eating well, and getting 8-10 hours of sleep every night.

According to the Seattle-King County Department of Health website, flu shots are available for \$29.99 at the local pharmacies. Department officials urge that you call ahead to confirm a particular location has the vaccine on hand.

Highline's bad weather policy is real simple

By **VIRGINIA PARENTEAU**
Staff Reporter

It's snowing, it's below freezing, and the roads are impassable. Getting to the college in these conditions is impossible.

Highline's bad weather policy is simply if you can get there, then the college will be open. It is up to the individual instructors to decide if there will be class that day based on people's ability to get to campus.

"If you're sitting in four feet of snow and can't get out of your driveway, you need to contact your instructor," said Larry

Yok, Vice President of Administrative Services.

As long as the roads are clear, and the college is able to clear the pathways, the campus will be open to anyone who can make it, but, because people from a wide range of areas attend the college, it's impossible to tell who will be able to attend classes because of the weather, he said.

The only time the college is closed is if there is a power outage, no water, or they are unable to heat the buildings.

"As long as we have these comforts, the college will be

open," said Yok.

The last time Highline was closed was on a Friday in December 2006, due to a power outage. Power was restored the following Monday.

Last year, for example, when the area was covered in ice and snow, power lines had frozen and snapped, causing cities to lose power.

"It was just after break, luckily, the campus was closed for three days," said Yok as he recalled the snowstorm last year.

It's the responsibility of both the vice president of administration and the president to decide if Highline is to be closed or has a late start.

Luckily for students, there are quite a few ways to find out the campus status, and not for just weather. The HCC Alerts texting system alerts subscribers of any time the college closes, or of any emergency on campus. You can visit the website at bob.highline.edu/hccalerts/ or go from Highline's emergency information page. The link is at the bottom of the main page under Emergency Alert Messages.

Larry Yok suggests if students haven't signed up for the

alerts, to do so as soon as possible.

Students can also follow Highline's alerts on Twitter, @HCC_Alerts, and Facebook on the Highline Community College page.

Websites such as SchoolRe-

port.org, komonews.com, or king5.com, will also notify students of Highline's status.

Radio stations that report on Highline include KIRO 97.3 FM, KOMO 97.7, KING, KMPS, KIXI, KLSY, KSTW, and KJR.



Graphic by Luis Batlle/THUNDERWORD

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Whales still face challenges from people

Review your transfer docs

By **VIRGINIA PARENTEAU**
Staff Reporter

It is not a fluke that whales and humans have a long history together.

Whales have been a part of human history for a long time. They were used for oil and baleen in the 19th century. Women used the baleen as corset ribs, and the bristles for brushes. Whale oil was used in lamps, margarine, and soap.

Humans hunted whales almost to extinction. Since then, it has been largely outlawed and whales have made a comeback. They are almost to the point of being taken off the list.

However, whales are still dying. Such as the one hanging in the MaST center. Because of the plastics in the whale's stomach, the whale starved. Water pollution is affecting them, raising water acidity, and killing their food source. Entanglement in fishing nets causes them to starve. Ironically, some whales depend on fishing boats for food, as the fish that fall out of the nets swim away.

Others have been killed because they could not move out of the way of an oncoming ship.

Uko Gorter, president of the American Cetacean Society Puget Sound Chapter, spoke to an audience amounting to about 40 people on the classification of cetaceans.

"It's not uncommon to see a whale caught on the front of a boat," said Gorter.

"There are close to 90 species," said Gorter.

Cetacean is an order of scientific classification having to do with carnivorous marine mammals such as whales, dolphins, and porpoises.



Jasmine Cawley/THUNDERWORD
The whale hanging in the MaST center truly shows how large this mammal is.

Gorter started out as a scientific illustrator, originally from the Netherlands, and marine mammals has become his passion. He has been with the American Cetacean Society for about 10 years, moving to America for the job.

"Do whales have hair?" asked Gorter.

Yes, actually, they do, such as on the humpback whale. The golf ball sized bumps seen on their heads, known as tubercles, contain a hair follicle. The hair

develops on the whale fetuses and falls out as they become adults.

There are two classifications of whales, mysticeti and opontoceti. Mysticeti are the baleen whales, which use bristles to filter their food. Opontoceti are toothed whales, such as the killer whale, and eat smaller marine mammals.

The mysticeti whales have three methods of gathering food. They skim the sea floor, suck up their pray, or gulp in

large amounts of water and filter it out.

Skimmers eat copepods, suckers eat ghost shrimp and gulpers eat sand lance, krill, and salmon. Once they have taken in the water, the whales use their tongues to push the water through their bristles.

It is a "genius, wonderful, way of filter feeding," said Gorter. Because their bristles are so densely packed, the food gets caught within them and swallowed.

Opontoceti whales are also split into two groups based on their diet: resident and transient, or rather, fish and mammal eating.

The resident whales focus on eating schools of fish, while the transient diet consists smaller whales, and seals.

In 1976, a research group began photo-identification of whales. They discovered that pods are usually maternal, following a female matriarch. The other pod members are usually her children, and they follow her around. A clan of whales, which is larger than a pod, is like their own culture.

"They use unique vocalization to each clan," said Gorter.

There are also harbor and Dall's porpoises. In both, there is a difference in size between male and female. In Dall's porpoises, the males are larger, and have a longer dorsal fin. The females are smaller with a much smaller dorsal fin.

Harbor porpoises are more common. There are a lot more males of the species than females.

"Quite randy little animals," said Gorter. If there is a lack of females, a harbor porpoise might mate with a Dall's porpoise.

By **EDDIE CERVANTES**
Staff Reporter

Highline is hosting its first Transfer Portfolio Review Day on Tuesday, Jan. 29.

Students will have the opportunity to talk one-on-one with college representatives and get feedback on college essays and statements.

The Transfer Portfolio Review Day will be from 1:30 - 3:30 p.m. in the Transfer Center Building 6.

"This could be the difference of being declined admissions or an acceptance letter from the college," Ay Saechao said, director of the Transfer Center.

"With college representatives giving you feedback, it makes it entirely easy to learn what exactly colleges are looking for in your portfolio," said Saechao.

Your portfolio should consist of your personal statement, academic resume, and letter of recommendation, relevant test scores, and also your college transcript.

Not only do you get feedback from college representatives, but you get a chance to talk about yourself and let the representative get to know you, Saechao said.

"It's not what you know or who you know, but rather who knows you," said Saechao. "We are trying to promote transferring into a four-year college or university here at Highline."

In the past, events have been completely booked with every spot filled. With only a limited amount of time to register, it is recommended to sign up as soon as possible.

Saechao suggests that everyone attend the event.

Legislature to wrestle with school funding, tax levels

By **LOGAN MILLER**
and **HIEN HONG**
Staff Reporters

The Washington Legislature must balance competing demands on the state budget during the 2013 legislative session.

"It is imperative that we pass a balanced budget," said state Sen. Tracey Eide, D-Federal Way before the Legislature convened Monday in Olympia.

During this session, the Legislature will come up with a budget for the next two years.

The state budget includes three different parts that must be funded and balanced: operating, transportation, and capital.

One of the issues under the operating part of the budget is education.

For this session, there is going to be a "strong focus on education," said state Rep. Tina Orwall, D-Des Moines.

Washington's Constitution mandates that basic education must be fully funded, so it's "a paramount duty," said Rep. Orwall.

Rep. Orwall is working on a bill to make the Running Start program more accessible for students.

The bill will hopefully allow students to be more aware of the program and receive more support from community colleges, she said.

Rep. Orwall isn't the only legislator planning to focus on education.

"My goal is to provide students with the best resources

they deserve by fully funding K-12 education. Our children must be given the tools necessary to succeed so that they can enter the competitive global workforce," said Sen. Eide.

"In addition, I will continue to work hard to increase access to community colleges and universities while searching for ways to make it more affordable," Sen. Eide said.

"I am looking forward to working with Highline Community College President Jack Bermingham. Together, we will work hard to make Highline Community College an elite gateway to the high-demand jobs of Washington state," she said.

Transportation is another part of the budget that must be

considered.

"We also have some real needs for transportation," said state Rep. Joe Fitzgibbon, D-Burien.

King County Metro and other transit agencies are looking to cut their routes because of "big financial problems," he said.

However, transportation is "a challenge that also requires new revenue," Rep. Fitzgibbon said.

Furthermore, Sen. Eide said the new transportation budget can help the state's economy.

"My goal is to strengthen our state's transportation system while creating new projects that lead to new jobs," she said.

"Last year's transportation package created over 43,000 jobs," Sen. Eide said.

"I expect there will be a variety of different proposals regarding taxes and the budget," Sen. Eide said.

"Washington state is finally recovering from the recession. I don't want to do anything to hurt small businesses or job creation," she said.

"[It's] unlikely to see any changes in the sales tax," said Rep. Fitzgibbon. However, he added, "I'd like to see less of a reliance [on sales tax]."

Instead, Rep. Fitzgibbon said he would like to see fewer tax loopholes.

The Washington state sales tax is "close to 10 percent in King County, and that's extremely high," said Rep. Orwall.

"Don't anticipate change on sales tax," she said.

MaST

continued from page 1

Dr. Lawrence. So the MaST Center's electric generator had to be started.

It wasn't until a couple hours after the electrical failure that the generator started working and the animals were safe.

"[It was started] with the help of a lot of very good volunteers and staff," Dr. Lawrence said.

Highline's Facilities and Operations department was also called in to check out the MaST Center.

The MaST Center was "yellow tagged" by the city of Des Moines, said Facilities and Operations Director Barry Holldorf.

A yellow tag on a building means people can only enter to inspect and do repairs.

Facilities had to try to get the yellow tag lifted before school started, he said.

Furthermore, "anything that was touched by salt water needed to be replaced," said Holldorf.

During the remaining winter break, Facilities spent \$7,000 repairing the electricity, said Holldorf.

Black tarpaper was added to areas where the shingles broke; those areas still haven't been repaired.

The building is "not as waterproof as we want," said Holldorf.

In November 2010, another



Jasmine Cawley/THUNDERWORD

Due to king tides, the MaST Center's aquarium was damaged over winter break.

storm caused similar damage to the MaST Center, he said.

As a result of that storm, along the bottom of the building "we added some steel," Holldorf said.

But when the last storm came, "waves ripped the steel," he said.

So far, there are three options to choose from on how the MaST Center will be repaired: the "best case, the middle case, and the minimum [repair case]," he said.

The best case would be the most expensive; but it would serve the MaST Center the best in the future, Holldorf said.

Despite the possibilities, none of the cases suggest raising the MaST Center.

The pier on which the MaST Center sits actually belongs to the Department of Natural Resources.

Furthermore, raising the MaST Center would mean adding too much weight on the existing pilings, he said.

As of now, Facilities has talked to their architect, McGranaham, and has picked a contractor.

The name of the contractor has not been released.

However, no decision has been made on what exactly will be done to the MaST Center as part of the repair, said Holldorf.

In addition, the state has agreed to provide \$62,323.

However, this is after spending three quarters' worth of Facilities' budget, he said.

Currently, "the extent of the damage in regards to cost is unknown," Holldorf said.

It is unclear when the MaST Center will be completely repaired and Facilities is hoping to get the scooping budget with their contractor "by the end of the month," he said.

The MaST Center is open for Winter Quarter classes and Water Weekends, a free session for the public to see and interact with animals from 10 a.m.-2 p.m. on Saturdays.

King tides wreak havoc at marina, can damage be stopped?

By **STEVEN ARVAN**
Staff Reporter

The high tides pushed by high winds that provided high drama for local boaters and Des Moines waterfront dwellers on Dec. 17 may have been just a taste of what's to come.

The Des Moines community was hit with high water levels known as king tides while enduring a powerful windstorm.

The combination caused property damage and flooding at the Des Moines Marina but most of the damage was to the Redondo Waterfront Park facilities.

Violent waves and wind dislodged boarding floats at the boat ramp, snapped heavy planking along the half-mile long boardwalk, flooded electrical conduits and wiped out electricity to some bathrooms.

As of Jan. 11, most of the repairs had been made, however the electrical conduits that power the bathrooms and lighting in the adjoining parking lot are still out and a sinkhole at the public fishing pier awaits repair.

"What we had was a fairly



Jasmine Cawley/THUNDERWORD

The Des Moines Marina was hit by high tides and this caused problems for local boaters.

unusual event," said Harbor-master Joe Dusenbury.

He is preparing similar or more substantial events that may be coming.

According to the state Department of Ecology website, king tides are the highest tides of the year and a natural part of the tidal cycle.

Though they are not a result of climate change, their impact is greater as sea levels rise due to the effects of climate change.

Higher king tides can threaten structures, roads and utilities, and increase erosion in waterfront areas.

While king tides are predictable, weather is not, the king

tide that occurred on Dec. 17 was approximately 13 ft., just as it was yesterday.

What made the Dec. 17 tide so destructive was that it was accompanied by high winds and a 1.5-foot storm surge.

Yesterday's tide did not have the added wind impact.

Long-term calculations by

the Department of Ecology and the Washington Climate Impacts Group estimate a six-inch rise of water levels in the central Puget Sound area by 2050.

Between the king tides, high winds and the overall increase in water level since the construction of the bulkhead, the potential for future damage is significant.

At Des Moines, Dusenbury said long-term preparations include adding eight to 10 inches in height to the bulkhead and making more secure boat launches.

In the short term, electrical conduits are getting increased weather protection which should decrease the chance of power outages in marina facilities, Dusenbury said.

Even as the public facilities at the Des Moines Marina and the Redondo Waterfront incurred damages, one local business, Salty's Restaurant, escaped with minimal impact this time.

"Nothing we couldn't mop up," said Jessica Moss, a hostess at Salty's, about the impact of the Dec. 17 incident.

MLK

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The goal is “to inspire them [attendees] to action in their own lives.”

Attendance is fluid. “People can come in or out,” Burrowes said.

“It’s open, it’s free. You don’t have to register. I would advise people to come early to get a seat.”

Burrowes expects the Chuck D and Doctor Gaye Theresa Johnson lecture to be crowded.

Over flow seating will be provided in the Mt. Constance and Mt. Olympus room in the Student Union with a live feed to the lecture in Building 7.

Chuck D is an activist and a well-known hip-hop artist; he is the founder of Public Enemy.

His wife, Johnson, is an associate professor of Black Studies at the University of California at Santa Barbara.

Chuck D and Johnson will kick off the week with a lecture and question and answer session on Friday at 10-11:30 a.m.

“All the speakers that we are going to have are very charismatic,” Burrowes said.

“They are not going to be boring, I guarantee that. They are going to be engaging, inspiring and thought provoking.”

There will also be a reception on Friday from noon till 1 p.m. in the Inter-Cultural Center, located in the Student Union, room 204.

There is no school in honor of Martin Luther King Jr. Day on Jan. 21.

The festivities continue with a panel discussion in Building 7 from 11 a.m. - 12:03 p.m. on Jan. 22.

The topic is on the current movements for justice and human rights in the African Diaspora.

The panel will be made up of four panelists and one facilitator.

One of the panelists is a Highline alumnus.

This alumnus is involved in the human right issues of his homeland in the Congo.

Two of the other three are current Highline students from South Africa.

They are involved in a movement to make education more accessible to the people in their country.

The fourth member of the group is a local activist in the African American community in this area, and has been for more than 20 years.

The facilitator is a woman who is working on her Ph.D. in geography and anthropology.

Later that day the Inter-Cultural Center has its grand opening celebration from 1:30- 2:30 p.m. in the Student Union, room 204.



Burrowes

“more people would hear about it.”

The Center is a “place to talk about issues of diversity.”

The Center invites people to be part of that discussion.

On Jan. 23 the film *Precious Knowledge* will be shown in the Student Union, first floor in Mt. Constance.

The showing begins at 11 a.m.-12:03 p.m.

Burrowes said that the film showcases the impact of what learning about your history can really do.

That afternoon, a panel discussion on the history of ethnic studies will run from 12:10- 1:13 p.m. in the Student Union, Mt. Constance room.

Panelists include faculty members Allison Green and Mira Shimabukuro, and Highline students.

Un poquito de Tanta Verdad (A Little Bit of So Much Truth) will be the second film of the day.

With a showing and discussion with the film director, Jill Freidberg at 5:15-7:15 p.m.

The film is about the 2006 uprising in southern Mexican state of Oaxaca.

Doctor Mark Bolden from Trinity University will speak on social psychology and oppression on Jan. 24 in the Student Union, Mt. Constance Room at 12:10-1:13 p.m.

The lecture is on living in social systems that create inequities and oppressive conditions.

A student discussion on King’s vision and our mission will be held in the Inter-Cultural Center located in the Student Union, room 204, Burrowes said.

The discussion will be held from 1:30-2:30 p.m.

MLK week ends on Jan. 25 with Roy Willis, who was the first African American to graduate from the University of Virginia, College of Arts and Sciences.

Willis graduated with a degree in chemistry and will speak at 10 a.m. in Building 7.

A reception will follow in the Inter-Cultural Center, located in the Student Union, room 204 from noon- 1 p.m.

Anyone is welcome to attend the reception.

All MLK events are open to Highline students, staff and faculty.

“We thought it would be a great way to show-case the center,” Burrowes said, because

Highline looks to Dr. Martin Luther King Jr. for inspiration, hope

By LATONYA BRISBANE
Staff Reporter

At a time when black citizens were denied fundamental rights, not only did he persevere despite the limitations imposed by society, he succeeded by extraordinary measures.

Beginning tomorrow and through Jan. 25, Highline’s Inter-Cultural Center and the Center for Leadership and Service is sponsoring activities to honor Dr. Martin Luther King Jr. for his vision, mission and perseverance.

The celebration coincides with the MLK Jr. federal holiday next Monday, Jan. 21. There will be no school on that day.

King graduated from high school at age 15, earned his doctorate of Philosophy in Systematic Theology.

By age 26, his revolutionary leadership using non-violent demonstration to achieve social change led to the passage of the Civil Rights Act of 1964.

That was also the year Dr. King was named recipient of both the Nobel Peace Prize and Time Magazine’s Man of the Year Award.

Dr. King was “radical and never afraid to challenge the status quo.” He is “too large to be ignored,” said Dr. Darryl Brice, professor of sociology at Highline.

“I feel it is important to remember his whole body of work and not to reduce him to a few I Have a Dream sound bites. It is important to remember that at the time of his assassination he was very vocal about his opposition to the Vietnam War and he was also working on the Poor People’s Campaign to combat poverty.”

“In addition, Dr. King understood that we needed structural and institutional changes if all races were going to live equitably amongst each other,” Dr. Brice said.

King did not singlehandedly accomplish the societal changes; that was the result of a movement, Dr. Brice said.

But Dr. King was the inspiration and the leader.

It was his ability to motivate and mobilize people that made him such an effective leader, Natasha Burrowes, director of Student Services said.

Dr. King’s “greatest achievement was his ability to mobilize people into action to fulfill their



Dr. Martin Luther King Jr.’s leadership led to the Civil Rights Act of 1964.

[own] greatness,” Burrowes said.

Although the nation honors Dr. King for his individual influence, we must remember he was “part of a movement,” she said.

Here at Highline, the Center for Leadership and Service program looks to Dr. King for his inspirational efforts involved in

the non-violent movement of his time, for his goals for a “beloved community,” and for his faith in love for all, Burrowes said.

According to Burrowes, Dr. King said: “Nonviolence is a powerful and just weapon which cuts without wounding and ennobles the man who wields it. It is a sword that heals.”

Got news? Email thunderword@ highline.edu

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1:30 - 3:30 PM

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Contact Siew at ext. 3936 or email: transfer@highline.edu

Azeez

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rest of the year that will keep things moving efficiently," said Brown.

After relieving Pierre from his paid position, Brown went to the executive council stating his case to recall Pierre as president.

"The fact that he has been recalled from office was a decision of the executive council," said Brown. "There were some activities that happened in the course of his employment in the Center of Leadership and Service that led to terminating him from his paid position."

Once the decision was made to recall a position, according to the ASHCC By-Laws, the executive council vice president is moved to president.

"I would say Raphael's issue was not ideological as much as procedural," said Brown.

With the loss of employment Pierre no longer has office hours in the office of Leadership Service. Though Raphael will no longer be employed Brown said he will continue to be invited to take part in activities around campus.

"Our care for Raphael Pierre as a student is paramount," said Brown.

Azeez said, when it comes to student government things will continue running smoothly.

"I think the responsibilities are the same. I will continue keeping the same communication as I did in my vice-president position," Azeez said.

Campus welcomes new housing and internship coordinator for ISP

By **NICK MASON**
Staff reporter

Because she knows something about housing, Charis Hnin has found a home here at Highline.

Highline's ISP (International Student Programs) recently welcomed Hnin as the new housing and internship coordinator for ISP.

As the housing and internship coordinator for ISP, Hnin had many roles.

Hnin, who just started her new job, has a background that fits in perfectly for Highline's diverse campus.

She is from Burma (Myanmar).

She came to the United States during a time of political instability in her native Burma.

Hnin said that "the United States has [the] best education," and that is what drew her here.

During the time of her departure from Burma, the country was in political instability and many colleges were closed.

Hnin came to the United States the age of fifteen.

She initially went to school in Portland, but later came to Seattle her senior year.

Hnin attended numerous west Seattle high schools, and later took running start classes at South Seattle Community College, all the while working at her family's business.

Hnin also attended Seattle

Central Community College and got her bachelor's degree from Seattle Pacific in international affairs.

Already Hnin was starting to be the right person for her current job.

"I was always interested in working in a job connected to the international community," said Hnin.

She previously worked for the largest property manager in Seattle, and then discovered this new job as housing and internship coordinator for Highline's International Student Programs.

As the housing and internship coordinator, Hnin's duties consist of networking within the community, and present Highline with housing options, to set up internships which draw people to highline.

"It's not just for international students... just the rental market in general is always tight," said Hnin.

Hnin also said that "the program is booming, and they are still being housed."

Hnin said that it can be chal-



Luis Battle/THUNDERWORD

Charis Hnin is the new housing and internship coordinator for International Student Programs.

lenging at times, but she is international community and hopeful when it comes to the what she can accomplish.

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Para mayores informes de esta certificación y como registrarse favor de contactar a :

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