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

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 exterior 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 MoST, page 14

By ANGELA STONE
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 privacy,” said Annie Boyenneh, ASHCC Speaker of the Caucus.

see Azeez, page 16

By RACQUEL ARCEO
Staff Reporter

Jasmine Cawley/THUNDERWORD

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

see Azeez, page 16
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 Er- nest 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 current 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 Australia 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 form 8 a.m. to 6 p.m. Mondays through Friday.

Students 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/PCinfo.php

Science Seminar returns

Psychology faculty Sue Franz, 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.

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.

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 Cherobtur
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 expect an additional 1,300 students to be enrolled in ABE/ESL/GE 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 1,184 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’ll 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 a very little school debt, but a friend of mine who goes to a university, has almost $40,000 worth of debt for just a year and a half of school.”

Running Start student Tyler Loretta 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], a FAFSA loan I was able to return to school.”

With all these people coming 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 empty.

“The parking lots are still a little full at around 1 p.m., but it’s better by far then in the morning,” student Chris Fahlsten 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 355,000 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, respectively.

Reporters Marques Di-Napoli, Emily Arnold and Julia Ramirez contributed to this story.
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 dollars 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. 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.

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.

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When stressed inhale, exhale

Congratulations. You made it through the apocalypse of 2012. Now you’re back in school, perhaps also working and caring 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 a new quarter is 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 effects of meditation. A study done by Dr. Jon Kabat-Zinn of the University 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 breathing 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 you 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.
**HOCUS-FOCUS**

**BY HENRY BOLTONOFF**

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**King Crossword**

**ACROSS**

1. Cambridge sch.  
4. Tweak the Constitution.  
9. Letterman’s network.  
12. Fuss  
15. Part  
17. Biz deg.  
18. Commercials.  
19. Quartz variety.  
24. Limenit head.  
25. Swelled head.  
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.  
3. Cruize or Selleck.  
4. Boxer.  
5. Muhammad.  
6. ENIAC and its successors.  
7. Life story for short.  
8. Judge, at times.  
10. Male offspring.  
11. Logic.  
12. Doctor’s due.  
13. Point.  
15. Neighbor of Afgh.  
16. Beautiful.  
17. Knoll.  
18. Water (Sp.).  
19. Doctor’s due.  
20. Oxford, e.g.  
22. Water (Sp.).  
23. affirmative  
24. Dieters  
25. Persian pal.  
27. Dr. Frankenstein’s creation.  
29. Martyr arts mercenary.  
30. Remove (from).  
31. Digests of a sort.  
32. Sheep.  
33. Mantle.  
34. Keep watch.  
35. Add…  
36. Subtract…  
37. Word for a head.  
38. Risk taker.  
40. Imagination.  
41. Keepsake.  
42. Memory.  
43. Lion.  
44. Myth.  
45. Vessel.  
46. Invention.  
47. Item.  
48. Gilbert.  
49. Yellow.  
50. Flute.  
51. Plume.  
52. Joke.  
53. Caracter in the —

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**Even Exchange** by Donna Pettman

Each numbered row contains two clues and two 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 L, 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

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**Weekly SUDOKU**

by Linda Thistle

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: *** HOO BOY!**

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**Trivia test** by Hé Rodriguez

1. PERSONALITIES: Who wrote the 1960’s book Unsafe at Any Speed, which detailed safety shortcomings in the auto industry?  
2. GENERAL KNOWLEDGE: What color is lapis lazuli?  
3. GEOGRAPHY: The Falkland Islands lie off the coast of which continent?  
4. HOBBIES: What does spelunkers 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 Porky Pig’s girlfriend?  
9. SCIENCE: What kind of gases are neon and helium?  
10. MOVIES: Which three comedians 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

Many consumers are confused about the nutritional quality of organic 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 organics do not impact the foods’ nutritional levels. In contrast, 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 beauty and the humble brick of (frozen food) from the freezer case. It’s true for many other supermarket foods, too.”

Advocates of the fast-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.

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 cup all-purpose flour
1/2 teaspoon baking powder
1 teaspoon salt
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 HUDs.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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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
(2-ounce) jar chopped pimientos, undrained
2 cups frozen peas, thawed
1/3 cup fat-free sour cream
1 teaspoon dryd markdowns
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 pimientos and peas. Continue cooking for 3 to 4 minutes, stirring often. Add sour cream and markdowns.

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.

Peanut butter baconwich

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 a 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.

2. Mix well to combine.
2. Lower heat and simmer for 2 to 3 minutes 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 carbohydrates, 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 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. Mix together in a mixing bowl.
3. In a small saucepan, 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.

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
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 Pope, Pitching to the Star by Donald Margulies, two plays by Shol 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 one-act 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/romance 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 Safarov 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 Elbrecth will be playing Laura and Ada Litterer will be playing Robin.

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

[“Rehearsal 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.

Sherry Holt/THUNDERWORD

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

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 matches 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 it.”

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.

Sherry Holt/THUNDERWORD

Editors at Arcturus mailed to: 5000 South 320th Street, Des Moines WA, 98198-9800. Attention: Sharon Hashimoto. Highline Community College, 15800 South 280th Place, Federal Way, WA.

Puzzle answers

—— King Crossword ——

Answers

Solution time: 21 mins.

King Crossword Answers

Puzzle answers

Even Exchange answers

—— Weekly SUDOKU ——

Answer

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

1. Brisk, Brink
2. Walter, Walter
3. Dream, Dread
4. Garret, Garret
5. Local, Vocal
6. Fringe, Cringe
7. Mount, Mound
8. Clover, Closor
9. Rough, Rouge
10. Elmer, Elmer
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 to 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.”

“One thing taught me 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 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 the camera lens.

Franks’ ‘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 runway for 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 legendary fashion 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 exhibitions are developed by our exhibit partners who are disciplined or have a specific interest in the exhibit, topic 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: Lily Yang of Lily Yang Couture, Chrissy Wax-Ching of Wai-Ching, and Malia Peoples of Lady Konnyaku, and more.

“Workroom to Runway is an evening that specializes in Japanese streetwear, mixed prints, and disco style. "I am presenting Pop Soda Spring/Summer 2013 from Lady Konnyaku," said Peoples.

"I am 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 but influential 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 the counterfeit goods markets in China are an inspiration. Even the counterfeit goods markets in China are an inspiration."

The museum also offers a variety of classes and workshops throughout the year. For more information on the museum's events and other programs, visit www.wingluke.org or call 206-622-7787.

Tickets for the fashion show will be available at the museum's website or by calling 206-622-7787. Tickets are $10 in advance and $15 at the door.

The museum is located at 719 First Ave. S. in Seattle. For more information, visit www.wingluke.org or call 206-622-7787.

By Linnaea Franks

Photo by Linnaea Franks

Linnaea Franks’ photograph of an infant smiling.
**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 know 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 toscore 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 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 and a pin from Ben Tynan in the heavyweight class to face Will Patrick. This past Saturday on Jan. 12 the women took another loss against Tacoma, 61-52.

The women played on Wednesday. Results were unavailable at press time.

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.

“More of our wrestlers are giving 100 percent,” said Lucas Huyber, team captain at 184 pounds.

Jake Portis, at 133 pounds, suffered a season-ending knee injury and is facing surgery.

The T-Birds have stepped up to fill the gaps.

“Out 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.

“Walsh, a junior, is only ranks No. 19 in the country. He was a true inspiration to the team and got us real pumped,” said Jake Portis.

“Trailing in the match 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 the Lady T-Birds the meet victory.

The biggest standout of the season was Max Walsh who pumped up the to 149-pound weight class to face Will Patrick and win by majority decision with a score of 10-7. Max Walsh

**Highline’s Kiama Mapalei drives to the hoop in action against Tacoma this week. The Lady T-Birds are working hard but still need to make progress.**

Jasmine Cowley/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.**

Jasmine Cowley/THUNDERWORD

Angela Stone/THUNDERWORD

Highline’s Krabe Mansuary looks for confirmation from the official in the Clackamas Dual.

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.

Angela Stone/THUNDERWORD

Highline’s Krabe Mansuary looks for confirmation from the official in the Clackamas Dual.

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Highline’s Krabe Mansuary looks for confirmation from the official in the Clackamas Dual.
By ZACH STEMM
Staff Reporter

The T-Birds off to rocky start at 1-4

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 T-Bird men then closed out the Crossover tournament 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.

Over the break, the T-Bird men competed in the Unqqua 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 Unqqua Crossover, Highline came away with a three point victory over 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 press time.

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-Birds 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.
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 it’s 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 Jimmy 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 Dumpter, 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,” said Lorraine Odom, director of financial aid services.

Located in Building 6 on the second floor, the Student Development Center, the center is open from 8 a.m.–5 p.m. on Mondays to Tuesdays 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 206-592-3335.

“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.

“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,” said Odom.

This quarter the two cafes 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 Cafe 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 Cafe 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 popular Inter Cultural Center invites all students to come enjoy their new location.

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 web page 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. Ensure if you qualify? Contact Ay Sacca- lao, student services academic adviser/program manager via email: asaccaalo@highline.edu, or call him at 206-592-3335 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. 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 Building 6, room 151. TRiO students meet with Chris Punganiban, 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 cpanuganib- an@highline.edu or call him at 206-592-3413.

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

On March 7th, TRiO will host a Civic Leadership Conference at 8 a.m.-5 p.m. in Build- ing 6. Email Ay Saccaalo 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 three things we need to do,” Petter said. “The sooner you get the flu shot, the better,” Petter said. “It takes about two weeks for your 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 symptoms.

Colds are a different matter. “The cold is really a very mild virus,” Petter said. “[It] goes away on its own.”

However, it is suggested that symptoms still be addressed. Keep anti-inflammatory products like acetaminophen or ibuprofen on hand, as well as cough medicine.

The major difference between 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 doorknobs 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.

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, however, is simple 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, its 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 hcc.highline.edu/alerts 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_Alerets, and Facebook on the Highline Community College page.

Websites such as SchoolReport.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.
Wolves still face challenges from people

**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 bile in the 19th century. Women used the bileen as corset ribs, and the bladders for a thing called whale oil. 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. Ulko 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.

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 oponctoceti. Mysticeti are the baleen whales, which use bristles to filter their food. Oponcotoci 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, squids 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, water filter feeding," said Gorter. Because their bristles are so densely packed, the food gets caught within them and swallowed.

Oponoctoci 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 then a pod, is like their own culture. "They use unique vocalization to each clan," said Gorter. If there is a lack of males of the species than females, 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 females of the species than males. "Quite randy little animals," said Gorter. If you know who you know, but rather who you know," said Saechao. "We are trying to promote transferring into a four-year college or university here at Highline." Saechao added that some of the past events have been completely booked with every spot filled. With only a limited amount of time to register, it is important to sign up as soon as possible.

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 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," said Sen. Eide.

"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 into cutting 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 dollars can help the state's economy.

"My goal is to strengthen our state's transportation system and create 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.

Hollidorf’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 Hollidorf.

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 Hollidorf.

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

Black tarppaper was added to areas where the shingles broke; those areas still haven’t been repaired.
The building is “not as water-tight as we want,” said Hollidorf.

In November 2010, another 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,” Hollidorf 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 would be the most expensive, but it would serve the MaST Center the best in the future, Hollidorf 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.

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 Hollidorf.

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,” Hollidorf 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 unusual event,” said Harbormaster 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.

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.

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

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

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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.

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MLK
continued from page 1

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. “We have to over flow seating will be available,” Burrowes said.

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 alumna 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.

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 in philosophy from 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 among each other,” Dr. Brice said.

King did not single-handedly 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 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 enables the man who wields it. It is a sword that heals.”

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

Latonya Brisbane
Staff Reporter

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Azeez

continued from page 1

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

Campus welcomes new housing and internship coordinator for ISP

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

Certificado de Introducción a los Negocios y Tecnología de la Información

Highline Community College.

Adquiere las habilidades técnicas que buscan los empleadores

Highline se enorgullece en ofrecer un certificado en un solo trimestre de Introducción a los Negocios y Tecnología de la Información. Las clases inician el trimestre de invierno 2013 y se impartirán las siguientes asignaturas:

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<th>Clase</th>
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<tr>
<td>Window 7</td>
<td>BTECH 100</td>
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<td>Uso del teclado</td>
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<td>Intro a Microsoft Office 2010</td>
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<td>BTECH 112</td>
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Estos son cursos de colegio y contarán como parte del programa de 2 años de Highline Community College.

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

Alma Maza a amaza@highline.edu  – 206.592.4317

El Centro Latino al 206.592.3484 o en el Edificio 19, Salón 103 (para ayuda financiera y registración)

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