Campus safety isn’t a concern, students say

By THUNDERWORD STAFF

Highline students say they generally feel safe on campus but acknowledge the possibility that a shooting event could happen, as it has happened elsewhere.

Highline has not had a gun threat on campus since 2010, and most students said that though the thought has crossed their mind, they aren’t afraid a gunman on campus.

“I feel safe here. I didn’t even know there was a protocol,” said student Alex Merced.

Ian Gettis agreed that he too feels safe at Highline because he has lived in the area for a long time and doesn’t feel that it is an issue.

Student Ashia Rien said the thought has never even crossed her mind.

“I don’t really feel like there is anything to worry about. Highline is generally a very safe place,” said Rien.

Though some students don’t feel that an on-campus shooting is likely, some said that they believe there is always a possibility with such a large, diverse campus.

Jazmine Matthews said that while a shooting is “always a possibility,” she still feels safe at Highline.

“I feel like we’re in an environment where that’s not gonna happen,” Matthews said.

Bruce Smith agreed with Matthews and said he feels very safe at Highline.

Some students said that having such an active campus security makes them feel content.

A student who asked to remain anonymous said that she feels “pretty safe” at Highline. “I walk here during the night,” she said. “I think security does a good job.”

see Running Start, page 15

Not gun shy

College, local police have plans for gun violence on campus

By ERIKA WIGREN

Two men met on campus and had an argument that got completely out of hand. One man drew a gun and shot the other, hitting two bystanders in the process.

The incident, which happened Jan. 22 at Lone Star Community College in Texas, is the latest in a series of gun-related incidents that have happened in the United States, several of them at schools.

There were 42,890 reported crimes in 1995-2002, according to the U.S. Department of Justice’s statistics on Violent Victimization of College Students.

Highline has had only one gun-related incident in the last three years and has never had a murder.

Nonetheless, campus officials and the

see Safety, page 15

we installed a loud system speaker so that a voice announcement can be made to the campus,” Yok said.

In order to reach more students on campus, Yok said the computer systems and telephones are also designed to warn the campus community.

If an event occurred, “the system we have created would kick in, sending text messages, and the computer screens will seize up and will have a warning that informs anyone on a campus computer,” said Yok.
Crime and Punishment

A bag went missing

A student’s bag went missing in the gym on Jan. 23. The bag was not found.

Security helps stop an argument

Two students had an argument on Jan. 28. Highline Campus Security arrived at the scene and stopped both of the students from fighting.

Student had a seizure, but is doing better

A student had a seizure in the bookstore on Jan. 22. Highline Campus Security called 911, and EMS arrived to take the student to the hospital. The student is doing well now.

Security helps jump a car

There was a vehicle assist in the South parking lot on Jan. 23. The vehicle needed a jump start.

Two cellphones lost, one returned so far

A cellphone was found in Building 8 on Jan. 30, and an iPhone was found and returned to the owner on Jan. 24.

Two items have been turned in this week

A necklace was found in the East Lot, and a coat was found in the Student Union this week.

If you have lost either stop by Campus Security, located in the bottom of Building 6.

Help prevent tire theft

Campus security and Safety Supervisor Richard Noyer said only SUVs have been targeted in the three recent spare-tire thefts at Highline.

People can “get themselves a lock for their spare tire and that should prevent any kind of theft,” Noyer said.

-Compiled by Alex Chebortar

Highline Campus Security

More than 200 students have lost a spare tire from the East Lot.

Help prevent tire theft

Campus security and Safety Supervisor Richard Noyer said only SUVs have been targeted in the three recent spare-tire thefts at Highline.

People can “get themselves a lock for their spare tire and that should prevent any kind of theft,” Noyer said.

Personal statement workshop offered

Students are welcome and encouraged to attend a personal statement workshop on Feb. 6 at the Writing Center, in Building 26, 319.

The workshop will run from 1:30-2:25 p.m. and touch on outlining your goals, achievements, and how to organize a personal statement.

Students will work with fellow students and two consultants from the Writing Center.

Whales and poems at the MaST Center

Everyone is invited to come learn and write about whales on Feb. 2 at the MaST Center.

Susan Landgraf will be teaching about whales before having the group dive into writing poems about whales.

"Nobody’s bad [at writing poems], it’s just a question of doing it," Landgraf said.

The event begins at noon, and ends at 12:45 p.m. at the MaST Center, located at 28203 Redondo Beach Dr. South, Des Moines.

Transfer advising for future UW students

Students applying to the University of Washington are invited to come to a workshop designed specifically for their needs.

Bring a completed academic planning worksheet to the workshop.

Academic planning worksheets can be found at admit.washington.edu/Admission.

Transfer/APW

The workshop runs from 12:15-1 p.m. on Feb. 5 in the Student Union, in the Mt. Skokomish Room next to the Bookstore.

Academic Achievement Awards offered

Applications for Highline’s Academic Achievement Award for Spring Quarter 2013 are due on Feb. 6.

Full-time students who are Washington residents and not in Running Start with at least a 3.5 cumulative GPA are eligible to apply for one of 15 full-time tuition waivers.

To pick up an application, go to the second floor of Building 8. For more information, contact Rickita Reid at 206-592-3301 or email rreid@highline.edu.

Procrastination workshop today

Today Dr. Gloria Rose Koep will present a workshop on procrastination and time management from 1-2 p.m. in Building 8, room 214.

The Intercultural Center, is beginning a four part series of workshops for success, and the first one is today in the Intercultural Center, in the Student Union.

This first workshop is on how to break tasks up so that they are less daunting and more doable.

Got News? Email us at tword@highline.edu

-Compiled by Alex Chebortar

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

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

SCIENCE ON THE SOUND SPEAKER SERIES - Saturdays throughout the month. Local scientists and environmental educators discuss the health of Puget Sound.

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

WORK STUDY OR INTERN OPPORTUNITY - Work with the animals of Puget Sound while earning work study $$ or Intern credit! Contact mast@highline.edu

VOLUNTEER STEWARDS - Most of the work at the MaST Center is done by our team of volunteers. If you are interested in volunteering you can come and visit the Center, or email us at mast@highline.edu
Four-year programs to come in 2014

By JUSTINE LEWIS Staff Reporter

In the next couple years you will be able to get a four-year degree without leaving Highline.

Sometime in 2014 these programs will be accepting applications. The final date is still under discussion.

The four-year programs that are going to be available are information technology, specializing in cyber defense; respiratory therapy; social services, specializing in youth development; and international business, specializing in supply chain management.

“These are good programs because we have such a solid foundation in those areas,” said Alice Madsen, dean of instruction.

These programs can have a lot of benefit to students who are already enrolled and new students.

These programs would change the accreditation of Highline.

“We would go through the accreditation process necessary for offering bachelor’s level degrees,” Madsen said.

“It will allow students to complete four years at Highline and not have to transfer,” said Bob Bonner, respiratory care program coordinator.

“It benefits students feeling place bound,” Madsen said.

In the respiratory therapy program right now there are 22 students in first year, and 17 in second year.

“The BAS [bachelors of applied science] students will be a separate class. The BAS students will have already completed the two year program,” Bonner said.

“It appears that there is significant interest among our students and some interest among students in similar programs at neighboring colleges. Many of the students are interested in the proposed program’s focus and the opportunity to remain at HCC to earn a BAS degree,” said Dan Drisdell, human service coordinator.

A working committee is figuring out all the details involving these new programs so at this time there are still a lot of unanswered questions.

“Although the curriculum has not been developed, we expect increased content in areas related to end of life care, medical ethics, health care finance, statistics, physics, discharge planning and development of protocols,” Bonner said.

“As people to hang in there,” Madsen said. “It’s an exciting new opportunity to serve students and the community.”

By REBECCA STARKEY Staff Reporter

The 23rd Annual Students of Color Conference will be April 11-13 in Yakima this year. The event aims to personally empower students both academically and culturally.

“We’re hoping [students] will gain some knowledge about their own identities,” Sunny Ybarra, a multicultural staff member said. “Whether that’s in ethnicity or gender… or sexual orientation.”

He hopes students will become more comfortable handling topics of diversity.

“Identity is an important part of [students’] growth so we really want them to spend some time learning what it means to be Latino or African American, queer or gay or lesbian,” Ybarra said.

Approximately 600 students from various colleges across the state will attend; 40 students will be representing Highline.

Students interested in diversity and multiculturalism are encouraged to apply. This year’s theme is Awakening Your Inner Scholar and will focus on legacies, resilience, and action.

“I want [students] to have a better sense of themselves and I want them to leave the conference with some tools on how to work in such a diverse world and to be able to navigate and articulate diversity wherever they go,” Ybarra said.

Dr. Darryl Brice, a sociology professor from Highline, will be a primary keynote speaker this year. Past speakers include many other voices associated with Highline including Dr. Jeff Duncan-Andrade, an author and teacher who has spoken at Highline.

“We’ll have a different key-note speaker everyday, sometimes two,” Ybarra said. “We’ll also have different workshops the students can choose to go to.”

Students will be able to join caucus groups based on their interests or ethnicities. Ybarra says he hopes this will give students an opportunity to talk with people similar to them and discuss issues pertinent to only their population.

In addition to the keynote speakers and workshops, a dance and talent show will also be held.

The application for the conference can be found on the Multicultural Services page of Highline’s website under the Events section.

A 2.0 or higher cumulative GPA is required for your application to be considered. All expenses will be paid for by Highline.

“It’s absolutely free,” Ybarra said.

Finished applications can be submitted in person to the Center for Leadership and Service on the third floor of building eight, or alternatively can be scanned and emailed to sybarra@highline.edu.

All applications must be submitted by 4 p.m. on Monday, Feb. 11.

Learn about your culture

By REBECCA STARKEY Staff Reporter

Highline Professor Michael Girvin has been named Most Valuable Professional for 2013 by Microsoft for his extensive knowledge of Excel, a spreadsheet application developed by Microsoft.

“He is really great,” Girvin said.

“The criteria [for the award] is to know Excel and to help people learn for free… It’s nice to know I’ve fulfilled that.”

Girvin has authored four free textbooks for students as well as his book, Slaying Excel Dragons: How Bees can effectively master the program. His latest book, Ctrl + Shift + Enter: Mastering Excel Array Formulas, will be released this spring.

In total, his free textbooks save business and accounting students nearly $8,000 per quarter.

“I plan to continue to make free books for students,” Girvin said.

In addition to his printed works, Girvin has become quite successful online.

“Years ago I posted videos for students here [at Highline],” Girvin said.

Eventually, he branched out to Youtube where he frequently posts Excel tutorial videos to his channel, Excelsifun. The channel receives nearly 25,000 views every day.

“Microsoft has MVP’s for every one of [its] products,” said Girvin. “They act as tentacles of MS so at this time there are still a lot of unanswered questions.”

“At Microsoft has MVP’s feedback, Microsoft can quickly develop its products accordingly.”

Girvin intends to use his new title to amplify his students’ voices and provide valuable suggestions for Microsoft product development.

As for his teaching at Highline, little will change.

“My job is to make learning fun an interesting,” Girvin said. “That will not change.”

“When I think about [Girvin] and his achievements, I think it’s a big statement that we as faculty set for ourselves, to excel in whatever we do. To find a passion and act on it,” Meg Ryan, Business Department chairwoman said. “He is really a leader in terms of his own professional development.”

Ryan said Girvin’s award, “gives us a glimpse of technology as a tool for globalization,” that she says believes will have a far-reaching impact for many years to come.

“The award gives us this idea that the skills being taught at Highline are viable in business, out in industry,” Ryan said.

Girvin was also named 2011 Outstanding Faculty Member of the Year from Highline and was awarded the 2012 National Institute for Staff and Organizational Development Award for Excellence in Teaching.

By REBECCA STARKEY Staff Reporter

Respiratory students Anika Michel and Roman Dzhabolovskiy practiced nebulization of an asthma patient on a dummy.

Krista Rheo/THUNDERWORD

Sunny Ybarra
Keep up student protests for higher education

Student involvement in politics to stop tuition increase should be a continual goal for Highline’s Student Legislative Action Committee.

Students from Highline and around the state will rally in Olympia tomorrow to urge legislators to invest in higher education. The committee is going to the rally to rally the students. However, this should not be a one-time event; the effort should be ongoing.

Use diversity to learn more

People should take the time to learn and appreciate their differences because diversity is around them.

Highline is a place that succeeds in creating a culturally accepting environment. People from all walks of life attend Highline, and this fact is reflected in the various clubs and programs offered on campus, such as the Women’s Programs, the Veteran’s Programs, and T.R.O.I. Furthermore, diversity is celebrated on the campus.

Just last week, the Martin Luther King Jr. Week committee did a fine job at honoring Martin Luther King Jr.’s work and sharing the idea of diversity to students with lectures, discussion panels, and movie showings on campus.

It’s important to be aware of the diversity among us and to realize it wasn’t always like this. Through learning more about diversity, we should be able to branch out and appreciate our differences.

This then allows for people to come together, share their cultures, and appreciate each other. But outside of a classroom, people tend to only stick to those who share a similar background.

As human beings, it’s natural to associate with people who are like us. But it doesn’t have to be this way all the time. With the level of diversity around us, we should be able to do more than just let our differences co-exist. Being around more people who are different than us doesn’t mean we need to become more than just let our differences co-exist. Being around more people who are different than us doesn’t mean we need to become something else. Otherwise, what’s the point of encouraging diversity?

For instance, even though Rep. Larry Seaquest, D-Gig Harbor, will speak at the rally; other legislators need to be at the rally to receive the message.

Without the support for higher education, tuition will keep rising. This is where student involvement must continue. The mission should be to seek out legislators who don’t support higher education and convince them to start.

For this to work, students should organize a day and time to go to the legislators’ offices when they’re available.

Even if the unsupported legislators are reluctant to accept the idea of investing in higher education, they will see the students and their purpose for being there.

Although some legislators may be at the rally tomorrow, most of them will be in session. On the other hand, going directly to their offices will grab their attention.

At the very least, the Student Legislative Action Committee is making an effort to involve students with politics. However, this should not be a one-time event; the effort should be ongoing.

Learn for college, not targets

Even with good intentions, the delivery doesn’t always come through when it comes to using standards-based education.

I attended public schools in the Federal Way School District and it was only after my sophomore year that I came to go to Highline.

The Federal Way School District recently implemented standards-based education for all their schools, starting with the 2011-2012 school year.

Standards-based education is a system that expects students to meet power standards and learning targets.

In order to pass their classes, they must pass the standards and targets in their assessments. In addition, students are allowed to retake their assessments until they show their knowledge of a standard or target.

However, homework is not counted toward their grades.

I first learned about standards-based education during my sophomore year, when my principal asked me to be a student representative for two discussions with district officials about standards-based education.

At the first discussion, the district officials showed me and several other students their website and asked for feedback on how well it provided information on standards-based education.

At the second discussion, a district official came to hear feedback from students, including me, about what we thought. Although students from my school and I expressed our concerns at both discussions, the decision to implement it was already made.

According to some teachers and students from the Federal Way School District, standards-based education can be frustrating to work with.

Why should a teacher have to keep giving retakes to students? And for students, why can’t they receive any credit for their attempts to learn with homework?

Contrary to their intention to prepare all students for higher education, I feel that standards-based education is really not helping students be prepared for college.

I’m not against the idea of teaching with a more consistent curriculum, but I don’t think it’s helpful to make all teachers teach all students a certain way.

It’s really hindering the ability for students to adapt to different ways of learning and for teachers to adapt to how to teach a class.

In college, every instructor and course focuses on teaching students something to help him or her further their education. However, students will have to adapt to how each instructor and course works.

Some courses will have more assignments and homework; some instructors will only grade exams or essays. Furthermore, retakes aren’t an option with most instructors when it comes to assessments or assignments.

The same thing goes for bosses and workplaces. If you screw up a task, there’s no guarantee you’ll be able to redo your job.

Standards-based education was implemented to give as many students as possible the opportunities to learn and prove their learning.

However, it doesn’t help fully prepare them to actually succeed beyond high school.
HOCUS–FOCUS

BY
HENRY BOLTINOFF

DC Denizens
Across
1. Add to the pot
5. Go downhill fast
11. Small viper
14. Eject roughly
15. Like a Sunday hymn
16. Alumni news word
17. Dole
19. Form of Buddhism
20. Unsafe at ___ Speed (Nader book)
21. Bridle strap
22. Meet Joe Black actor
23. Mitt
27. Treat harshly
29. Carmen highlight
30. Bids one club, e.g.
31. Italian dialect
36. Garden buzzers
37. Growing pains?
38. Like a Sunday hymn
39. Small viper
40. Dole
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1. Dancing Queen group
2. It precedes one
3. Country singer Keith, for one
4. U.F.O. crew
5. Plot
6. IHOP or Borders
7. Singer Lena
8. Geller with a psychic act
9..coll, key, often
10. Kind of dog?
11. WWII beachhead
12. Must ___ (NBC slogan)
13. Board game with stones
14. In a nasty mood
15. Like a Sunday hymn
16. Meet Joe Black actor
17. Dole
18. Form of Buddhism
19. Unsafe at ___ Speed (Nader book)
20. Unsafe at ___ Speed (Nader book)
21. Bridle strap
22. Meet Joe Black actor
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A vegetarian diet may be healthier, but only if you do it right, nutrition experts say. “Vegetarians are healthier, help the planet out and respect other life,” said Tom Wells, who teaches nutrition at Highline.

“There can be health benefits to a vegetarian diet if they eat more whole foods and less refined foods. A vegetarian diet should be centered around beans, legumes, whole grains, fresh fruits, vegetables and less soy,” said local nutritionist Beve Kindblade.

Legumes come from plants whose seedpods split on two sides when they’re ripe. Beans, lentils, soybeans and peas are all legumes. Legumes are high in protein, iron, fiber and other vitamins and minerals and are usually a vegetarian’s main source of protein.

“I think there are a lot of benefits to a vegetarian diet. A plant-based diet provides a lot of great vitamins, minerals, antioxidants, fiber, etc. and generally includes a lot of healthy fats,” said local nutritionist Danielle VenHuizen.

There are several different kinds of vegetarian diets. Some choose to eat dairy, eggs, fish and chicken while others avoid all animal products entirely. A vegetarian diet can be very flexible according to your own dietary needs or preferences.

“Health benefits of being vegetarian are lower cholesterol, weight control, lower chance of heart disease and cancer which leads to a longer life,” said Wells.

While a vegetarian diet has many health benefits, it also has its deficiencies.

Vegetarian diets can lack some critical nutrients that are most abundant in animal products such as Vitamin B12, zinc, iron and protein. However they can still be obtained through beans, nuts/seeds and dairy products, said VenHuizen.

“Being vegetarian doesn’t always mean eating healthy. I’ve known many people who end up eating a lot of refined carbohydrates, sugars, etc. for convenience reasons. Eating a healthy, plant-based diet takes a lot of work in terms of planning and preparation and so some people end up turning to a lot of processed convenience foods,” said VenHuizen.

For young, growing people it’s especially important that you know how to eat the right foods to get the right nutrients. From absorption from animal foods is 20 percent or less and non-animal foods is only 10 percent. Protein can also be an issue for vegetarians, and omega 3 deficiency. Nuts and seeds contain omega 3s but have only 20 percent absorption compared to seafood’s omega 3 absorption, which is 100 percent,” said Kindblade.

A vegetarian diet is not always recommended because meat can be good for you.

“Meat is very rich in nutrients, a great source of protein, and can be a good source of healthy fats if choosing grass-fed, organic meats. Having a lot of protein in the diet (combined with a lower carb diet) can also help with weight loss and reducing the risk for diabetes,” said VenHuizen.

If you’re still a meat lover, try to get grass-fed meat, organic animal foods and buy local,” said Kindblade.

Although meat is tasty and a diet staple for many, you may want to consider its quality. "Animals raised on feedlots may have been subjected to antibiotics which can stay in the final meat product. Also they can have a very unhealthy fat profile which can lead to an increase in cholesterol and increased risk for heart disease," said VenHuizen.

“It’s easier to get protein from meat, but animal protein is less healthy because of high saturated fat content and toxins from factory farming systems,” said Wells.

Eating meat can also have negative effects on the environment.

“When you eat meat you’re spending more money and using more of the world’s resources. One half of greenhouse gas emissions are from factory farming,” said Wells.

For those of you considering becoming a vegetarian or just want a healthier diet, here are a few tips.

“Go into vegetarianism gradually, educate yourself on a different diet and the different types of vegetarians first,” said Wells.

“Variety is important for maintaining a healthy vegetarian diet, nutritionists say.

Easing into a vegetarian diet will make it an easier adjustment and allow you time to figure out what works best for you.

“Try meatless Mondays and try to get several servings of fruits and vegetables a day of different colors. Increase the amount of plant-based foods in your diet to replace animal foods," said Wells.

“You can be healthier by eating meat in moderation (not at every meal or even every day), choosing good quality meat products (organic, grass fed) and eating fruits and vegetables at every meal,” said VenHuizen.

You have to shop more often for fresh fruits and vegetables, but it’s not much more expensive if you’re smart about what you buy.

“Utilize seasonal, local and canned foods. There are plenty of cheap, healthy foods like potatoes, which are more nutrient dense than calorie dense. Four potatoes equals around the same price as one large French fry from McDonald’s,” said Wells.

If you are vegetarian, “re-fried beans, cottage cheese, and boiled eggs can be used to thicken recipes and add protein. Always have a protein source with fruit to slow down sugar absorption. Vegetarians should eat every three hours with a high protein and fat snack. Grains and raw nuts and seeds should be soaked in water overnight for better digestion,” said Kindblade.

“Being a vegetarian and getting enough protein and vitamins/minerals is totally doable, it just requires some education and a lot of planning/preparation,” said VenHuizen.
Curry will find favor with many palettes

By KAYLEE MORAN
Staff Reporter

On a cold winter day, this delicious vegetarian curry will warm you right up.

Curry is a spiced, sauce-based dish with vegetables and/or meat and usually contains curry powder with turmeric, cumin, cloves, garlic, ginger, red pepper, coriander, fennel, fenugreek and mustard seeds.

Although the concept of curry originated in India, curries exist throughout the world, and can be found in Japanese, Ethiopian, Thai, Caribbean, and German cuisines.

Different types of curries use different main ingredients, depending on the region of Asia or India.

Health experts say curry spices contain anti-inflammatory, antioxidant and anti-carcinogenic properties that can help prevent cancer, Alzheimer's, arthritis and heart disease.

Serve with your choice of vegetables and on top of rice, topped with cilantro and almonds.

Quick and Easy College Curry

1 tablespoon olive oil
1 ½ cup water
1 onion, chopped
2 cloves garlic, crushed
2 tablespoons curry powder
1 can diced tomatoes
2 bell peppers, chopped
cornhead cauliflower, broken into small florets
2 large carrots, sliced
1 zucchini or squash, chopped
Salt and pepper to taste
1 teaspoon red pepper flakes
1 can garbanzo beans, rinsed
2 tablespoons fresh cilantro, chopped
1 can coconut milk
1 handful of almonds

Quick and Easy College Curry with a variety of vegetables in a delightfully spicy sauce.

1. In a large saucepan over medium-high heat, add oil and sauté onion and garlic until golden brown.
2. Add the tomatoes, garbanzo beans, vegetables and water. Stir in curry powder and red pepper flakes until blended.
3. Add the coconut milk into the mixture. Stir and cook for just 3 minutes to prevent the milk from curdling or separating.
4. Remove from heat and serve over rice, sprinkled with fresh cilantro and almonds.

How to cook rice:
1 cup rice
2 cups water
Pinch of salt
Pre-cooking: Rinse your rice several times other animal products for most Highline students.

Vegetarian diet leaves Highline students hungry

Many T-Birds say they are meatatarians

By KAYLEE MORAN
Staff Reporter

On a campus full of carnivores, most Highline students say a vegetarian diet would be too challenging.

A vegetarian is a person who does not eat meat, and sometimes other animal products for moral, religious or health reasons.

Most Highline students view vegetarianism as an individual matter.

“I couldn’t do it because I love meat too much. But I guess it’s healthy if you make sure you’re consuming enough calories per day,” said Highline student Chris Bunn.

“I think it’s a great idea. I don’t like the extremists, the ones who have something against those who eat meat, but I think it’s a great idea in terms of health,” said Highline IT Specialist Peter Ferrell.

Everyone has different experiences while being vegetarian, but the reactions they get are usually the same.

“Initially when I tell people I’m a vegetarian, their first reaction is shock. Then they usually come to terms with it and accept it. Others’ reactions have been more negative, making rude comments and such,” said Estella Devereaux, a local vegetarian of five years.

“When people found out I was vegetarian they thought it was stupid and people always made jokes about it,” said Highline student Briana Hogue.

“For the majority of Highline students, meat is the standard diet they have grown up on and are comfortable with.

“People choose to be vegetarian for many reasons including a healthier lifestyle, religion, culture, animal cruelty, peer influence or simply because they don’t like the taste of meat. I chose to become a vegetarian because I watched a PETA video and it really grossed me out. I wanted to pay my dues to the animals for a few years, then go back to eating meat,” said Lord.

People for the Ethical Treatment of Animals (PETA) is the world’s largest animal rights organization and advocates vegetarianism and veganism.

However, some view the killing of animals as part of the life cycle.

“Killing animals is bad, but we aren’t supposed to have too many animals on this earth. If you don’t eat them, they will keep growing and there will be too much. It’s part of the circle of life,” said Highline student Ly Von.

Some people become vegetarians because of their connections with animals, others for the health benefits.

“I chose vegetarianism mainly for the health benefits, but also because I have never really been a big fan of meat,” said Devereaux.

“I’ve lost about 20 pounds, and continue to lose more as I put in exercise with my diet. Other differences have been my cholesterol levels, they’ve gone down a significant amount. I also noticed my senses have grown more keen, I smell things I haven’t smelled before,” she said.

Vegetarianism has costs and benefits like any other diet, but it does not come without its challenges.

“Thanksgiving dinner was the hardest part for me. I eventually got tired of being vegetarian because you are limited to what you can eat and it was hard to plan around,” said Lord.

“The hardest part is getting used to not eating what I used to eat. My family eats and cooks meat, so it would be way too hard to go vegetarian. I crave meat if I don’t eat it,” said Highline student Matt McClish.

“Vegetarianism is one possible diet choice that can be a healthy option, if you do it right. Cutting out fatty, artificial, or chemically altered foods is, in general, good for your health – I think it’s easy to do. When the temptation to eat meat is enough to drive them away from vegetarianism entirely.

“If I do become vegetarian, I think the hardest part would be planning and simple temptation to eat meat. Meat is everywhere. It’s familiar, it’s delicious, and it’s easy. Meanwhile, vegetarianism is a much harder, mostly because it requires control and sacrifice,” said Highline student Proteus Morrill, who is considering becoming a vegetarian.

Overall, vegetarianism is a personal choice, but most Highline students have mixed opinions on whether or not it is healthier.

“If I think being vegetarian can be healthier because it makes them really aware of what they’re eating and is a healthier mentality. But I also think there are lots of downsides because the foods they’re avoiding can be good for you,” said McClish.

“Vegetarianism is one possible diet choice that can be a healthy option, if you do it right. Cutting out fatty, artificial, or chemically altered foods is, in general, good for your health – I think it’s easy to do. When the temptation to eat meat is enough to drive them away from vegetarianism entirely.

“I was raised on a beef farm so it would be way too hard to go vegetarian. I crave meat if I don’t eat it,” said Highline student Briana Hogue.

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“I was raised on a beef farm so it would be way too hard to go vegetarian. I crave meat if I don’t eat it,” said Highline student Briana Hogue.
By EMILY ARNOLD  
Staff Reporter

Experience the fire of the Torch Quartet on Feb. 12, with classical music, post-rock, groove, and jazz. The Torch Quartet, a band composed of instrumentalists Dr. Ben Thomas, Erik Likkel, Brady Millard-Kish and Dr. Brian Chin will be performing a variety of musical styles in Building 7 from 12:10 to 1 p.m.

The Torch will not only perform covers of 20th century music by composers Igor Stravinsky and Erik Satie, but also original pieces by Dr. Thomas. Likkel will be playing the clarinet, Dr. Chin the trumpet, Millard-Kish the bass and Dr. Thomas percussion and the vibraphone – a relative of the xylophone.

“This is an unusual combination of instruments that’s fun to hear,” Dr. Thomas said.

Dr. Thomas graduated from the University of Michigan in 1994 with a master’s degree in music education. In 2007, he completed his doctorate in percussion performance at the University of Washington.

Dr. Thomas teaches a number of classes at Highline such as tango, guitar, piano, and even hip-hop.

Dr. Chin, the Torch’s trumpeter, teaches various music classes at Seattle Pacific University and performs orchestras throughout the Northwest region.

The Torch will perform at Seattle Pacific University on Feb. 5 for the First Free Methodist church in Seattle at 7 p.m. Dr. Thomas initiated the performance at Highline.

“I love bringing my professional projects to campus for my students,” he said.

Like Dr. Thomas, clarinetist Millard-Kish is very involved in various Seattle-area music groups and has performed at Highline before.

Some of his projects include Seattle’s Earshot Jazz Festival and solos in the Chamber Dance Company of the University of Washington and the Federal Way Symphony.

Millard-Kish, bassist, earned a bachelor’s degree in music in classical performance at Michigan State University and a master’s degree in jazz studies at the University of New Orleans.

Burien hopes woman nails role of Jesus

By MEGAN PORTER  
Staff Reporter

Some people think that God was a woman and at the Burien Little Theatre, she is. The Burien Little Theatre will present Jesus Christ Superstar with an all-female cast from Feb. 15 to March 24.

Doors will open on Friday and Saturday at 8 p.m. and Sunday at 2 p.m.

“This all-female version of the rock opera 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,” said artistic director Eric Dickman.

The essence of the Biblical story has not changed, but the setting takes place in the future or post-apocalypse era, so that the audience can sense a beginning of a new age, he said.

“When we discussed Jesus Christ Superstar we wanted to make it different and interesting. Most people know the story line,” said Dickman.

Director Steve Cooper along with music director Julie Parsons and Heather MacLaughlin Garbes put together the show. Parsons and Garbes are both very experienced music directors and Jesus Christ Superstar is their first directing gig at the Burien Little Theatre.

Andrew Lloyd Webber and Tim Rice originally wrote the musical in October 1973 using both male and female performers. It was their first musical to be produced for the professional stage.

“By casting Jesus Christ Superstar with all women, BLT could make these types of roles available to women,” said Dickman.

A live band will be accompanying songs to “I Don’t Know How To Love Him, What’s the Buzz, and the title song, Jesus Christ Superstar.”

Some of the cast members include: Ashley Coates as Mary and Herod, Sophia Federighi as Jesus, Michelle Flowers as Judas, Heather Ward as Pontius Pilate, etc.

The show will be approximately two hours long. General ticket prices are $20 at the door and $17 on Sunday matinees.

Burien Little Theatre is located in the Burien Community Center, in the northwest corner of the intersection of Fourth Avenue Southwest and Southwest 146th Street in Burien.

For more information visit burienlittle-theatre.org
T-Birds still fighting for a playoff berth

By ZACH STEMM
Staff Reporter

Highline’s 78-68 win over South Puget Sound on Wednesday, Jan. 23, helped the T-Birds remain in seventh place in the West Division of the NWAACC.

Highline moved up to 4-4 in division play with the win while South Puget Sound moved down to 1-7.

South Puget Sound fell to last place in the West following their loss to Highline.

The T-Birds outscored South Puget Sound 20-8 from the free-throw line.

Ira Haywood, Jaron Heck, ReDell Moore, and Abdi Mohamed all were perfect from the free-throw line, making a combined 10 attempts. As a team, they shot 71 percent going, 20-28.

South Puget Sound only had eight points from the free-throw line, making eight out of 18 attempts at 44 percent.

The victory over South Puget Sound showed the T-Birds their true potential, Haywood said.

“We can play with anyone,” Haywood said. “We just have to bring it consistently.”

Haywood led the T-Birds in scoring with 15 points and shot 40 percent from the field, making six out of 15 shots. He also went one for three from the three-point arc.

Haywood came away with six total rebounds with two on offense and four on defense, and dished out a team-leading four assists.

On the defensive side of the ball, Haywood racked up a block and three steals.

Moore led the T-Birds in scoring with 15 points and shot 3-4 from the field and was 70 percent at the free throw line. Guard Keana Magalei had nine points, 4-4 free throws, seven rebounds, four steals, and nine assists. Forward Brianna Votaw added another 10 points to the game.

The team focused on going after the ball, players said afterward. They ended the game against the Chokers with 35 points, 15 steals, 23 assists, and were 91 percent at the free throw line.

“We only lost by five points. It showed us how close we are to playing like a team on the court and how we should play to get to the NWAACC championships,” Jenkins said.

The women played on Wednesday, Jan. 23 against the South Puget Sound Clippers. Results were unavailable at presstime.

The Thunderbirds next play the Penguins on Feb. 2 at 3 p.m.

The Thunderbird men work on their pressure defense during practice.

Zach Nunberg/THUNDERWORD

The Thunderbird men work on their pressure defense during practice.

T-Birds blow out opponent

By KIMBERLY IBARRA
Staff Reporter

The Thunderbirds took one step forward and one step back in their quest to make the NWAACC championships.

The T-Birds have a league record of 3-4 overall. The team stands in fifth place for the NWAACC Division.

The ladies took on the Grays Harbor Chokers at Highline on Wednesday, Jan. 16. They beat the Chokers, 78-55. On Saturday, Jan. 19, the team took a trip to Centralia College to play against the team that stands in first place in the league, the Lady Trail Blazers. The T-Birds lost to the Trail Blazers, 58-53.

The team’s game plan against the Chokers was “Refuse to lose and leave everything on the court,” center Alexandria Jenkins said.

Point guard Grace Beastemphil was the leading scorer of the game against Grays Harbor.

She had 23 points, made seven out of 10 three-pointers, and was 70 percent at the free-throw line. Guard Keana Magalei had nine points, 4-4 free throws, seven rebounds, four steals, and nine assists. Forward Brianna Votaw added another 10 points to the game.

The team focused on going after the ball, players said afterward. They ended the game against the Chokers with 35 points, 15 steals, 23 assists, and were 91 percent at the free throw line.

“We only lost by five points. It showed us how close we are to playing like a team on the court and how we should play to get to the NWAACC championships,” Jenkins said.

The T-Birds “can improve by finishing out a close game. Focus, determination, guts, blood, or run through a wall is what it’ll take,” Assistant Coach Karen Nadeau said.

The women played on Wednesday, Jan. 23 against the South Puget Sound Clippers. Results were unavailable at presstime.

The Thunderbirds next play the Green River Gators on Jan. 30 at 6 p.m. at Highline. Then the ladies will take a trip to Clark College to play against the Penguins on Feb. 2 at 3 p.m.
## The Scoreboard

### Men's Basketball

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## News

### Thunderbirds take fifth in Boxer Open

Lucas Huyber practices against Head Coach Scott Norton.

**Highline wrestlers get warmed up for regionals**

By ISAIAH WELLER  Staff reporter

The Highline Thunderbirds tied three teams for fifth place in the Boxer Open tournament at Pacific University in Forest Grove, Ore. on Jan. 27. Southern Oregon University finished in first with 141 match points.

“We will be ready for the opposition. We’re confident and believe in our team,” said Assistant Coach Brad Luvaas.

Four Thunderbirds placed in the tournament with two of them winning their weight classes. The two who came home with first place were Micah Morrill at 165 and Krugba Mansir at 149.

By JOEY CASTONGUAY  Staff Reporter

Lucas Huyber said hard work and discipline has been the biggest part of his wrestling success at Highline.

Huyber, a redshirt sophomore and All-American, wrestled at 184 pounds but has had some mat time at 197 pounds. This season he has gone 12-4, and hasn’t finished lower than fourth at tournaments this season.

“Mostly listen to psych up music [before the match]. I like to take some deep breaths and be isolated. Just like to be in my own little world,” Huyber said.

Huyber credits wrestling with teaching him how to deal with the tough situations life throws at people.

“Wrestling is like life itself. When you’re wrestling you can’t give up and that’s just like life. Even though someone might be beating you, you have to push through and not back down. Any time you have a challenge in life you just have to push through,” said Huyber.

Highline wrestles at Clackamas Feb. 9 for the regional tournament.
Salon owner styles romance for DM Valentine’s dance

By MAGGIE HALE
Staff Reporter

When she’s not wrangling hair, she’s wrangling the details of producing Des Moines’ premiere Valentine’s Day event.

Michelle Fawcett, owner of Salon Michelle in the city’s Marina District, has spent four months coordinating the third annual Sweetheart Ball that unfolds Saturday, Feb. 9 from 6:30 to 11 p.m. at the Beach Park Auditorium on the waterfront.

The event is sponsored by Destination Des Moines, the city’s volunteer events coordinating committee.

Fawcett has a passion for the Valentine’s season event after she “basically inherited the Sweetheart Ball event. Now it’s me and two new board members,” she said.

Assisting Fawcett are Jill Prichard of the Scotch and Vine Restaurant and Lindsay Mora of the Marina District Key Bank branch. Together, they’ve lined up a buffet dinner by the staff of Scotch and Vine and live entertainment by Joey Jewell and his Swingin’ Sextettes Orchestra. Jewell is a local Frank Sinatra stylist.

For those hesitant to attend because of their dancing skills (or total lack there of), an added attraction this year will be lessons by dancers from the Federal Way Arthur Murray Dance Studio.

“Four amazing dancers will be there to show off their moves. You can also get a chance to dance with them throughout the night,” Fawcett said.

Pictures will also be available from local photographer Michelle Snyder.

For Fawcett, the event is an opportunity to bring a little romance and fun to the community.

“It’s a nice way to go out and dress up for dinner. Once you are out of high school when do you really get to dress up like that again?” Fawcett asked.

And while the Sweetheart Ball primarily attracts an older crowd, approximately “20 percent [is] under 35 years old. I would love to have a younger crowd there, too. They would enjoy it just as much,” Fawcett said.

Tickets are $50 and are available at Key bank, Salon Michelle, John L. Scott, Scotch and Vine and Des Moines Marina. You can also purchase a Sparkle Package for $30 extra; it includes chocolate-covered strawberries and champagne.

The Mosaic is printed at Highline’s Mt. Skokomish Room (next to the Bookstore) Tuesday, February 5 @ 12:45 pm

Did you know that the UW Seattle requires you to complete an Academic Planning Worksheet as part of your transfer application? Do you know how to list your HCC courses on this worksheet?

No need to sign up to attend. Just show up with a copy of your unofficial HCC transcript!

Tuesday, February 5 @ 12:45 pm
Mt. Skokomish Room (next to the Bookstore) Highline Student Union, Bldg 8, 2nd floor

ISP newspaper Mosaic reflects college’s diversity

By NICK MASON
Staff Reporter

The Mosaic, Highline’s international student newspaper, takes a cultural look at Highline’s community.

“Mainly we share about other people’s culture… and talk about life in America… and some life experiences, said Ka Wai Yam, editor of the Mosaic newsletter.

The mosaic is the go-to source for international students’ views on life in America, he said. But the Mosaic isn’t just for international students, Yam said; it’s for all students and advisors.

“It’s a good way to improve English skills … and also people will know more about you,” said Yam. Some international students are majoring in things like English and education, so writing for the Mosaic is a good resource for international students, he said.

Students contribute to the Mosaic in numerous ways, including writing articles, taking pictures, drawing cartoons and graphic designs, advertising, and promoting the Mosaic.

The Mosaic is printed at 500 copies, and about twice per quarter. Copies of the Mosaic can be found in numerous locations on campus: including the library; the International Student Programs office, Building 25, room 506; Kaplan office, Building 25, fifth floor; and the Tutoring Center, Building 26, Room 319.

The next publication dates are Feb. 4, and Mar. 8.

People interested in the Mosaic should email Yam at ilsc@highline.edu.

People submitting to the Mosaic should also email their material to Yam.
Great Barrier Reef suffering from heavy storms

By DANIEL JOYCE
Staff Reporter

The ocean’s coral reefs are being destroyed faster than they are being allowed to rebuild, Woody Moses, a Highline instructor, said last Friday at Science Seminar.

Science Seminar meets every Friday in Building 3, room 102 from 2:20 to 3:23 p.m.

Every week a different member of the Highline community gives a presentation on a topic relating to their field of expertise.

Moses, who earned a bachelor’s degree in biology at Vassar College and a master’s degree from Oregon State University, has been teaching at Highline since 2003.

At Science Seminar last Friday Moses discussed trips he took in 2012 to the Great Barrier Reef off the coast of Australia, and Apo Island in the Philippines.

In Australia, Moses worked with researchers from the Great Barrier Reef Long Term Monitoring Program, an organization created by the Australian Institute of Marine Science.

“Coral reefs are basically the rain forests of the sea,” Moses said. “Twenty-five percent of the ocean’s life resides in coral reefs.”

Coral reefs are living animals that grow like trees, but more outward than upward. Algae called zoanthellae live on the coral, and the two organisms act as partners.

Corals absorb some of the energy produced by the algae through photosynthesis, while the coral’s waste matter acts as fertilizer for the algae.

The Great Barrier Reef is the largest structure built by living organisms, and can even be seen from space, Moses said.

Unfortunately, half of the Great Barrier Reef has been lost in just the past 27 years.

Forty-eight percent of the damage was a result of storms. Normally coral reefs protect coastlines from storm damage. Over the past few decades, however, storms hitting the northeastern coast of Australia have been more intense, causing serious damage to the Great Barrier Reef.

Another 42 percent of the damage can be attributed to the population explosion of the crown-of-thorns starfish. One crown-of-thorns starfish can consume 65 square feet of coral reef every year.

Moses explained how fertilizer used by humans runs off into the sea, causing more sea plankton to grow.

Since starfish in their larval stage feed on this plankton, the over abundance has led to rapid reproduction. Now the crown-of-thorns starfish is threatening coral reefs all over the world.

A process called bleaching caused the other 10 percent of the damage. Rising ocean temperatures and acidification of the ocean waters are killing the zoanthellae living on the coral. When the algae dies, the symbiotic relationship between the two organisms is broken and the coral structures crumble.

“The corals can recover over a period of around 20 years,” Moses said. “But these disturbances are becoming too frequent and the corals aren’t getting their necessary recovery time.”

After working in Australia, Moses spent time on Apo Island in the Philippines. He was impressed by the locals who were making personal changes to help slow the human impact on ocean life.

“It was important to not seem like an outside force dictating what these people should do,” he said. “Playing politics helps increase the chance of people actually listening to what you have to say.”

Moses said the people of Apo Island still depend on the ocean for survival, and they understand that a threat to ocean life is a threat to their own community.

Muro-amis, a type of fishing that uses dynamite and decimates coral reefs, used to be popular around Apo Island. After learning about the destruction they were causing, locals put a stop to muro-amis.

When Moses hitched rides on the banca boats of local fishermen, he often noticed them catching and killing crown-of-thorns starfish.

Fishermen have also stopped using deep water Gill nets that were devastating large fish populations.

These small changes have led to increases in fishing yields for 20 straight years, and a steady increase in the overall standard of living for the people of Apo Island.

Despite the harmful impact humans are having on the ocean, the improvements on Apo Island are an indication that we can still make a difference.

Cain’s ‘Quiet’ suggests everyone doesn’t have to be Type A


Reviewed by Rose McAllister Croke

Now available in paperback, Quiet: The Power of Introverts in a World That Can’t Stop Talking by Susan Cain will once again spark a national conversation about the power of introversion in a world that reveres gregarious, loud-talking extroverts.

A self-acknowledged introvert, Cain argues that our culture holds a deliberate bias toward the Extrovert Ideal (the highly verbal alpha personality) while dramatically undervaluing the strengths of introverts (introspection, persistence and sensitivity). Yet many of the greatest achievers of the 20th century were introverts, including Eleanor Roosevelt, George Orwell, Rosa Parks, Marcel Proust, Warren Buffet, Dr. Seuss and Apple co-founder Steve Wozniak.

In Part One of Quiet, Cain charts the rise of the Extrovert Ideal and how its far-reaching effects permeate our culture. In Part Two, she explores the psychology of temperament and the roles of heredity and free will in personality. In Part Three, Cain compares the differences between Western culture, where the individual is deemed most important, and Eastern culture, where the success of the group is valued above that of the self.

In Part Four, she offers practical advice on everything from how to network if you dislike small talk and being a “pretend extrovert” when it is beneficial, to better negotiating introvert-extrovert relationships and helping an introverted child to navigate school and foster friendships.

Quiet commands attention by championing the power of silence and solitude in a world that often rewards attention-seeking behavior.

DANIEL JOYCE

The Thunderword / January 31, 2013

Woody Moses explains how the Great Barrier Reef, the largest structure built by living organisms, is being damaged by intense storms, fertilizer, bleaching and coral reef-eating starfish.

Sherry Holt/THUNDERWORD

Puget Sound Blood Center needs blood

By ANGELA SUCHER
Staff Reporter

If you happened to miss the last blood drive held here at Highline, the Puget Sound Blood Center still needs your help to fulfill the regional needs for donated blood.

The next blood drive will be held in Des Moines right up the road from Highline on Monday, Feb. 4 from 1 p.m-7 p.m at Grace Lutheran Church, located at 22975 24th Ave S.

The blood center has been the primary blood supply source for Western Washington for over 70 years and relies 100 percent on community support to fulfill the region’s needs.

David Larsen, the director of communications at the blood center, said that the non-profit organization serves 70 hospitals in Western Washington.

“We need 900 donations on an average week-day to fulfill the regional need. We are collecting all the time,” Larsen said.

It takes 840 professional employees to keep the PSBC up and running, but Larsen said that the 3,000 volunteers are the true backbone of the organization.

“We are completely volunteer based. There’s no synthetic substitute for blood - the only place to get it is from a human being so the need for volunteers is profound,” said Larsen.

Many people throughout the region need blood for a variety of different reasons.

Donated blood is used for transfusions for patients suffering from an array of ailments from cancer to trauma injuries.

The blood center provides donated blood to Western Washington hospitals for every kind of patient, “whether it’s surgery, cancer care, burn patients or transplant care,” Larsen said.

However, collecting donated blood is only one part of the organization’s involvement throughout the local community, said Larsen.

“Every vital organ in your body relies on blood for nutrients, so blood comes into play for many, many conditions. So, research is a big deal to PSBC and has always been a major factor in what we do. Finding the best ways to get blood, use blood and what to do with it,” said Larsen.

The blood center conducts research on an array of subjects from biology to thrombosis.

The blood center also has an umbilical cord collection program in partnership with eight or nine different hospitals that provide the cords for stem cell research.

The organization also has a lab services department that provides organ compatibility testing for the majority of the organ transplants throughout the region.

Treatment is another service provided by the organization at one of the 10 blood centers for patients suffering from blood disorders.

“The most visible part of PSBC throughout the community are the numerous blood centers,” Larsen said.

The efforts of the blood center and the volunteers who donate blood are critical for fulfilling our local hospital’s needs and giving blood is safe and easy.

The blood center has ten donation centers locally that accept walk in volunteers ready to donate. It also has numerous mobile drives held almost weekly.

For anybody wary of needles the organization also accepts financial contributions that largely go to research and supplies needed to maintain the blood center’s work.

“Financial contributions improve our ability to collect blood in the community and can be used for anything from helping to buy new mobile blood centers to research,” said Larsen.

“Almost anybody can make a difference and donate blood,” said Larsen.

The actual donation takes under an hour and the blood center provides all the necessary information for donating on their website www.psbc.org.

You can also find locations and times of upcoming blood drives on the website.

Boot camp helps students keep minds off books, have energy

By JOSHUA WHEELDON
Staff Reporter

Highline’s Personal Fitness Training Program may have just the way for students, faculty and staff to get out of bed, get their days started, and get into shape at the same time.

Plus, students can earn Physical Education credits.

“Boot Camp helps you get your mind off the books and gives you more energy for the day,” said Masree Butler, who has been instructing Boot Camp classes here at Highline since September 2012.

Butler said current sessions have eight to 10 highly motivated people, but participation usually increases as the quarter goes on and more students need PE credits.

Boot Camp sessions are designed to be a fun, but challenging, series of exercises including calisthenics, resistance training, functional movements and cardio that can be adapted to any fitness level, Butler said.

Butler said.

The program’s notoriety is gaining attention. “[Highline’s] Personal Fitness Training Program is nationally recognized by livestrong.com as one of the best programs in the area,” Tim Vogen, program manager, said.

Josh Baker, Highline’s former Personal Fitness Training Program manager, started Boot Camp four years ago.

Highline students who are pursuing Personal Fitness Training degrees instruct the Boot Camp sessions, Vogen said.

The Wednesday camps run from 7-7:45 a.m. in the Building 27 multi-purpose room. Participants can show up at any session.

“The Boot Camp program [also] promotes fat loss. Sixty-six percent of this country is overweight and 34 percent is obese so the Boot Camp program is a great way to have fun and lose weight and feel great,” Butler said.

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Love from the Stars

Compatability can be found, just look to the skies

By ERICA MORAN and HIEN HONG
Staff Reporters

“Without this pillar, there will be a lot of distress coming from the outside world and this would cause a lot of friction inside the relationship,” she said.

In addition, air signs and fire signs and earth signs and water signs are also compatible with each other, which means Libra and Leo or Taurus and Cancer may be compatible.

Other students are more open to the idea of using astrology as a tool to succeed in a relationship.

“Astrology does not influence my decisions because a person’s sign doesn’t define who they are and who they like to be around,” said James Collier.

If you’re a lion you may roar for a ram. But if you’re a fish you might flop for a crab.

“Astrological compatibility is so important in determining the success of a relationship that it may be a good idea to check our compatibility with our partners before taking the next step,” said Monica Monasterio, a local astrologer who runs lightsofastrology.com.

There are four pillars of compatibility that determines the success of a relationship, said Monasterio.

“You would actually have to take the ascendant, moon sign, and Venus [signs] into account,” she said. The sun sign is what most horoscopes in newspapers and magazines refer to and is determined by the month and day you were born.

“If the two suns are compatible, that means they feel a deeper spiritual soul connection with each other. It just feels right to them,” Monasterio said. It’s because “the sun represents our soul and deeper, spiritual selves,” said Monasterio.

However, “you can’t just say that two signs are always compatible, it doesn’t work like that,” said Monasterio.

In addition, the ascendant sign, moon sign, and Venus sign should be considered.

“The ascendant represents our outer personality and contribution in the public world,” said Monasterio.

If your ascendant sign is compatible with another person’s, you “will feel comfortable being seen together in public,” Monasterio said.

In addition, air signs and fire signs and earth signs and water signs are also compatible with each other, which means Libra and Leo or Taurus and Cancer may be compatible.

Most students don’t consider their astrological sign or advice when pursuing relationships, but some said they would if they knew more about it.

“If the two moons are not compatible, there may be a lot of emotional imbalances and bickering because the partners don’t see eye-to-eye on most subjects,” said Monasterio.

On the other hand, “if they are compatible, for instance if they have such good communication that they could spend hours and hours on the phone without getting bored,” she said.

Finally, the Venus sign is the pillar that stands as “the significator of relationships, love, desire, romance, and marriage,” Monasterio said.

“When it comes to compatibility, signs are also divided into four different elements: air, fire, water, and earth.

Air signs are Gemini, Libra, and Aquarius. Fire signs are Aries, Leo, and Sagittarius. Water signs are Cancer, Scorpio, and Pisces. Earth signs are Taurus, Virgo, and Capricorn.

Generally speaking, the signs that are most compatible tend to be of the same element. Furthermore, this would mean Virgo and Capricorn are compatible.

“Horoscopes are fake in my opinion,” said Justin McMullen, a Highline student.

“I hardly ever read horoscopes but on the few occasions they are read to me, they do not fit my personality,” McMullen said.

McMullen said he wouldn’t take astrological advice for a relationship, even if it is a warning because “horoscopes are on par with luck, superstition, and fairy tales.”

Most students who were interviewed said similar things about astrology and their horoscope.

Horoscopes are just for fun, kind of like reading a fortune cookie. Relationships should be based on what they feel is right, not what the stars say, Jaywren Crownover said.

“Astrology does not influence my decisions because a person’s sign doesn’t define who they are and who they like to be around,” said James Collier.
Safety
continued from page 1
pretty good job.”
Highline Security was a common source of assurance for many students. Rach Kamara said she
sometimes feels scared, but security is reassuring to her.
“I’m very safe. So safe. Security is all around the place,” she said.
Another anonymous student said that she feels safe because it seemed as though
security was everywhere.
Beverly, who preferred not to share her last name, said “I feel really comfortable. Our
security is very good about patrolling the area but they can’t be everywhere.”
“I feel safe at Highline,” said Sonya Arbleke, a sec-
don-year student. “I’m not really worried too much.”
Though most students said they feel safety on campus is not an issue, many students
said that in the event of an on campus shooter, they do not know what to do in response.
Student Silvia Lee said she wouldn’t know what to do in the event of a shooting occurring on campus.
“I would guess I would run. I don’t really know. I just
come to school to learn, not think about shootings,” she said.
A group of anonymous students agreed that they would
hide and call the police.
“If there were a shooting, I’d probably hide and not get
shot. That’d be my guess,” student Jordan Skaro said.
Staff reporters Julie Ramirez, Eddy Cervantes and Emily Arnold contrib-
uted to this story.

Running Start
continued from page 1
The second largest ethnicity of Running Start students are Asian, who make up 9 percent.
Instead, the demographics of students using Running Start should be similar to the demo-
graphics of students within a district, said Rep. Orwoll.
In order to make the program more accessible for students, the bill will ensure “more sup-
port for students,” she said.
This means community col-
leges will be asked to “work more closely with high schools and middle schools,” Rep. Or-
wall said.
At Highline, the Outreach Center frequently visits middle

First Fridays forum focuses on value
of community organizing techniques

By LATONYA BRISBANE
Staff Reporter

It worked for Barack Obama, arguably one of the
nation’s most famous community
organizers.
And Highline students will
have an opportunity to ex-
plore for themselves whether understanding community
organizing techniques can lead to significant leadership
roles.
The Center for Leadership and
Service will kick off its First Fridays Leadership
Institute for Winter Quarter on
Feb. 8 with a workshop fo-
cused on “Leadership from [the] Bottoms Up: What you
Learn from Community Organizing.”
The workshop will run from
2-4 p.m. in the Mt. Con-
stance Room of the Student
Union, Building 8.
Community organizing in-
volves people living in prox-
imity of each other coming to-
together to act on behalf of their
shared self-interests.
President Obama got his
start in public life at age 23 as a
community organizer in a Chi-
cago public housing project in
the mid-1980s.
His efforts to assist people in
defining their mutual in-
terests and working together
to improve their lives shaped
his view of the world, his
wife Michelle once told US
News.
The First Fridays work-
shop is designed to provide
students with practical skills,
knowledge and unity about
working together for a cause,
Highline’s Leadership Develop-
ment Coordinator Noory Kim said.
Students will not only learn leadership skills but how to
come together through their
eras as students, she said.
“It’s not only about learning leadership techniques, its about
building community,” Associ-
ate Dean for Student Programs
Jonathan Brown said.
Mijo Lee will present the
workshop.
She is identified by Social
Justice NW as a program direc-
tor who hails from Montana but
who has lived almost all of her
life in Seattle.
She has been an activist and organizer in a variety of
movements in the Seattle area,
including domestic violence
advocacy, fair trade, and po-
lace accountability movements.
Lee co-founded Sahngnaksoo,
reputedly the only politically
progressive Korean-American
organization in the Northwest.
According to its website, Social Justice Fund NW is a
member-funded foundation that
supports the creation of a just
society through fundraising,
grant-making and member in-
volvement.
The foundation provides es-
sential resources to organiza-
tions in Idaho, Montana, Ore-
gon, Washington and Wyoming
to strengthen grassroots efforts
in the broad-based movement
for progressive, systemic social
change.
The First Fridays Leadership
Institute, according to its web-
page, is a regular series of lead-
ship development workshops,
offered the first Friday of each month.
It’s hands-on, interactive ses-
sions are designed to build prac-
tical leadership skills, including
public speaking, interpersonal
communication, and conflict
resolution.
Students who attend five or
more sessions throughout the
year can receive a certificate of
completion at the end of the
academic year.
“I work with the leadership
advisers everyday, yet when I
attend First Fridays workshops,
I learn something from them I
can’t get every day,” Inter-Cul-
tural Center student leader De-
on Lewis said in anticipation of
the upcoming session.
“It really fun and interac-
tive, its not just a lecture,” stu-
dent Maylea Li said.

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Shootings
continued from page 1

Yok. “The telephones will also
have a voice broadcast.

In the event that a gunman
came on campus, Yok said that
Campus Security is prepared.

“We have had active shoot-
ing drills with the police depart-
ment, fire district, Medic One,

the King County SWAT and
South County dispatch. Richard
Noyer [Highline security direc-
tor] was a part of the training,”

Yok said.

Chief Noyer said that he and
his team went through a “shooter
on campus” scenario training
a few years ago to prepare for
situations like this.

“We have gone through the
shooter on campus scenario and

gained info on what we should
or shouldn’t be doing,” Noyer
said. “We would remain calm
and contain the area as best we
could and ensure the students
and staff are in a safe area.

Hopefully by the time the Des
Moines Police Department is

on the scene. Our goal will to make
sure the area is [as] safe as pos-
ible for others.”

Noyer also said that the situ-
ation and how students, staff
and faculty should react differs.

“It depends on the situation.

Each is a different scenario. If
you are close to the shooter,
get to a secure, protected area
and stay there so you’re not tar-
geted. If at a distance, remain
calm and stay safe until you
hear more about what’s going
on,” Noyer said.

In the event of an on campus
shooter, Noyer said that practic-
ning and preparing can be dif-
ficult because of the different
scenarios.

“Practice all you want,” said
Noyer. “But each scenario is
different. All cases are different
and have been different as we
have seen in past incidents. Best
we can do is remain calm and do
our job as quickly as possible.”

Yok also said that their main
advice, should this happen, is
that students evacuate.

“If there is a shooter on cam-
pus, leave if you can. The an-
nouncements we will send out
will state the shooter’s last loc-
ation, if a student isn’t near that
location, they should evacuate,”

Yok said. “If students are in the
area of a shooter, take cover,

conceal themselves and stay
still until the police come in

and neutralize the assailant.”

Des Moines Police Depart-
ment Cmdr. Kevin Tucker said
that the entire police department
is trained in the event of an ac-
tive shooter.

“We send someone right
away, period. We don’t wait for
the SWAT team, we just send a
trained team, small unit of three
or four, to go and sweep the
area. We don’t just sit back and
wait for the arsenal to fill up,”

Tucker said.

In the event of an active
shooter, Tucker said that not
only will the Des Moines Police
Department respond but all of
the surrounding departments as
well.

“There would be a lot of be-
hind-the-scenes activity as well
with the ambush team and fire
department,” said Tucker.

Tucker said that there are
many ways to respond in the
event of a shooter, but it de-
pends on the situation.

“An aggressive attack, flee-
ing from the shooter or attempt
to communicate are all options
but it depends on the situation at
hand,” said Tucker. “To escape
a threat, if unable to evacuate,

barricade yourself in a room.”

Tucker recommended that
students look at the Department
of Homeland Security’s pam-
phlet on responding to an active
shooter.

The top ways to respond to
an active shooter in the area is
to evacuate, followed by hiding
out in a secure building or room.

The last option would be to
take action against the shooter.

“Shooters do not expect
fighters or to be confronted,”

Tucker said. “Ninety-eight per-
cent of shooters act alone and
the pamphlet will help students
know what to do.

Yok said that he wants to en-
courage students to sign up for
HCC’s alert system online.

“Sign up for them now,” Yok
said. “It is a convenient way to
find out what is going on on cam-
pus, even if you are off campus.”

To sign up for HCC alerts
visit bob.highline.edu/hccalerts.

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