

Bill in place to expand Running Start Prog.

By **HIEN HONG**
Staff Reporter

High school juniors and seniors might be more likely to attend Highline if a House bill on Running Start becomes law.

Rep. Tina Orwall, D-Des Moines, is working on a bill to expand the Running Start program.

The Running Start program has provided an opportunity for high school juniors and seniors to go to community college and finish



Orwall

their high school credits while receiving college credits since 1990.

The bill is supposed to increase awareness of the program so that “all students have access to the program,” said Rep. Orwall.

Currently, there are 1,111 Running Start students enrolled for Winter Quarter at Highline alone.

During the 2011-2012 school year, there were 17,505 Running Start students statewide.

The demographics show that very few students of color and from low-income families participate in Running Start, Rep. Orwall said.

According to a report from the State Superintendent of Public Instruction, white students make up 74.8 percent of Running Start students.

see Running Start, page 15

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

see Safety, page 15

Not gun shy

College, local police have plans for gun violence on campus

By **ERIKA WIGREN**
Staff Reporter

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 involving shooters on school campuses in the years 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



Graphic by Luis Battle

Des Moines Police Department said that they are prepared in the event that something should happen at Highline.

“We are principally focused on having the ability to alert faculty, staff and students and on advising them how to escape the risk,” said Larry Yok, the vice president of administrative services.

Yok said that campus officials are mainly focused on campus safety, emergency awareness and mechanisms to warn and inform people if an event like this were to occur.

“We encourage people to sign up for HCC Alert messages, and over the summer

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

see Shootings, page 16

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Prof's band to heat up Highline campus



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T-Birds work to move up in ranks



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

Chess Club welcomes players of all levels

By **MILO LOVING**
Staff Reporter

Members of the Chess Club hope you will check them out.

Currently in its second year of operation, the Chess Club has grown to more than 20 members since last year. They are "always looking for more, the more the better," said Chess Club President Henry Aller.

The Chess Club meets every Wednesday, in the club conference room on the third floor of the Student Union from 1:30 -4 p.m. The club is open to anyone.

It is a very beginner-friendly environment, but Aller also teaches advanced classes for those who are looking to sharpen their skills.

The club's goal "is really to have fun and get better," Aller said.



Daisy Manzo/THUNDERWORD

Eric Elijah moves a pawn forward in a game with fellow club member Gursimranjot Singh.

The club is focused on learning the strategies and conflict of chess.

There is a possibility that

there will be competitions with other schools.

Aller said that "we are working hard to get it going."

Some candidates for schools to compete with would be Green River, Bellevue, and South Seattle.



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, 319i.

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. Skomish 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 9. For more information, contact Rickita Reid at 206-592-3301 or email rreid@highline.edu.

Procrastination workshop today

Today Dr. Gloria Rose Koeping 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

Don't Miss Out!

TRANSFER STUDENTS!

How to Write a Winning Personal Statement

Attend this session and you will learn how to submit a great personal essay with your future transfer admission application!

Learn how to make your application come "ALIVE" with some excellent writing and content tips!

No need to sign up.

Location:
Highline Writing Center
Building 26, Room 319

Wednesday,
February 6
from 1:30-2:25PM



WHAT'S
NEW
AT THE
MAST
CENTER?

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

WATER WEEKEND - Every Saturday from 10am to 2pm. 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 e-mail us at mast@highline.edu





Krista Rhea/THUNDERWORD
Respiratory students Anikka Michel and Roman Dzhalovskyy practiced nebulization of an asthma patient on a dummy.

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 current 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 Drischel, 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 ethnics, health care finance, statistics, physics, discharge planning and development of protocols," Bonner said.

"Ask people to hang in there," Madsen said. "It's an exciting new opportunity to serve students and the community."

Learn about your culture

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, or white 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 legacy, resilience, and action.

"I want [students] to have a



Sunny Ybarra

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 keynote 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.

Prof gives freely, receives award

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.

"It feels 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 which details how beginners 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



Michael Girvin

to Youtube where he frequently posts Excel tutorial videos to his channel, Excelisfun. 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 input to Microsoft."

Based off of the appointed MVP's feedback, Microsoft can 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 out in business; out in industry," Ryan said.

"He inspires me because I can get so much more done more efficiently using tools in ways that I thought I couldn't," Ryan said. "I have so much admiration and respect for him."

Girvin was also named the 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.

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 with the noble intention of protesting the lack of support for higher education.

Without a doubt, legislators should invest in higher education and stop raising tuition to ensure the accessibility of higher education to as many people as possible. But after the rally, more must be done to ensure the legislators' support for higher education.

Although there are legislators who support investing in higher education, the goal should be to urge those who don't already to begin supporting higher education.

For instance, even though Rep. Larry Seaquist, 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 unsupportive 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.

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 TRiO. 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 like them, or agree with them on everything. However, it allows us to broaden our perspective and appreciate what else is out there. Otherwise, what's the point of encouraging diversity?

So befriend someone you normally wouldn't today.



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



Commentary
Hien Hong

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.

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E-Mail tword@highline.edu”

Will work for baby

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HOCUS-FOCUS BY HENRY BOLTINOFF



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

DIFFERENCES: 1. Tree is missing. 2. T-shirt is missing. 3. Shovel is smaller. 4. Sail is different. 5. Hat is different. 6. Camera is missing.

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. GEOGRAPHY: The island state of Bahrain lies in what body of water?
2. HISTORY: In what year did Germany invade Poland?
3. CARTOONS: What is the name of Donald Duck's girl-

friend?

4. NATURAL WORLD: What part of the cotton plant is known as the "boll"?
5. MOVIES: Which actor produced and starred in *Bonnie and Clyde*?
6. MYTHOLOGY: In Greek mythology, which god is associated with winged sandals?
7. MILITARY: In Great Britain, what is the Victoria Cross awarded for?
8. ANIMAL KINGDOM:

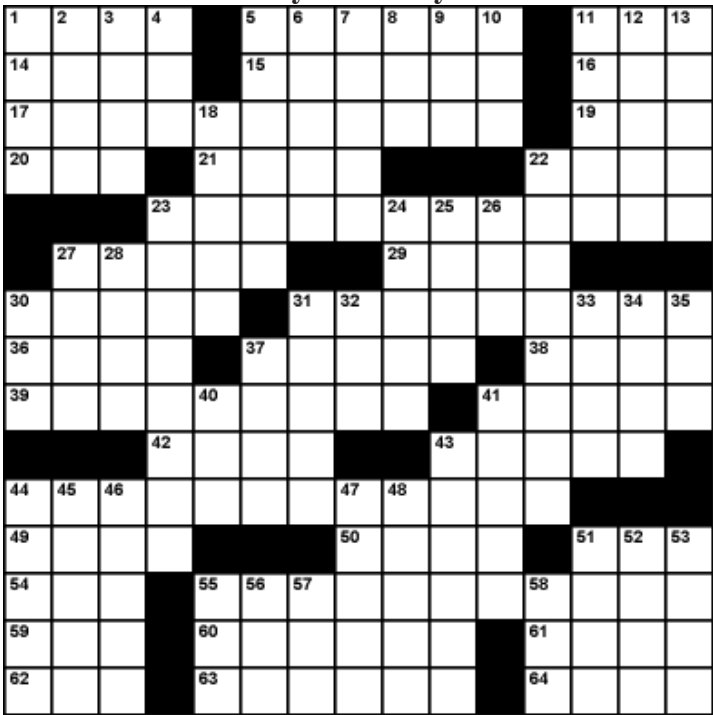
DC Denizens

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. King before David
 39. First woman to be named Dr. of the Catholic Church
 41. PBS pledge premiums
 42. *Grapes of Wrath* type
 43. *The Lorax* author
 44. Bush
 49. Go ___ some length
 50. Air attack
 51. "Humbug!"
 54. Mormon inits.
 55. Tip
 59. Cause for a citation
 60. Witnessed attending
 61. Bit to be split
 62. Tests for college credit, for short
 63. Terrible time?
 64. Navy commando
- Down
1. *Dancing Queen* group
 2. It precedes one
 3. Country singer Keith, for one
 4. U.F.O. crew
 5. Plot

Crossword 101

By Bill Deasy



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
18. In a nasty mood
22. Formulates a strategy
23. Suffer depletion
24. Conference site 1945
25. Signs of hits?
26. Band's booking
27. Adopt-___
28. Borscht bit
30. Baby docs
31. Saints' quarterback Drew
32. Defense gp. since 1948
33. Attacks a sub?
34. Hauls to court
35. Above-ground trains
37. Cheese on crackers
40. Doc's ticker test
41. Has an inclination (to)
43. Reach by vessel
44. Meir of Israel
45. Become, finally
46. Camel lot?
47. Make the morning paper?
48. NBC legal drama (1986-94)
51. Fall for the scam
52. Celebes ox
53. WWW code
55. She-bear, in Spain
56. Reverse pic
57. Big foot
58. "Rumor ___ it..."

Quotable Quote

Son, always tell the truth. Then you'll never have to remember what you said the last time.

... Sam Rayburn

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

Even Exchange by Donna Pettman

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

1. Eat just a bit _ _ _ B _ _ _ Spry _ _ _ M _ _ _
2. Pivotal bar or handle _ _ _ _ _ R Flat and even _ _ _ _ _ L
3. Tent dweller C _ _ _ _ _ Interfere T _ _ _ _ _
4. Proportion _ _ _ T _ _ _ Wireless _ _ _ D _ _ _
5. Falsify a signature _ _ _ _ G _ _ Energy _ _ _ _ C _ _
6. Bean Town _ _ _ S _ _ _ Singer Michael _ _ _ _ _ _ L _ _ _
7. Fruit of the vine _ _ _ _ P _ _ Report card entry _ _ _ _ D _ _
8. Tine _ _ _ _ _ G Lying face down _ _ _ _ _ E
9. _ _ _ _ one's feathers _ _ U _ _ _ _ Lottery _ _ A _ _ _ _
10. Baby bird _ _ H _ _ _ _ Use a computer mouse _ _ L _ _ _ _

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What is a group of porcupines called?

9. ENTERTAINERS: What famous singer/songwriter was born with the name Stevland Judkins?

10. MUSIC: According to the song, where does Johnny B.

Goode live?

Answers

1. Persian Gulf
2. 1939
3. Daisy
4. Seed pod
5. Warren Beatty
6. Hermes, messenger of the

gods

7. Valor in the face of the enemy

8. A prickle
9. Stevie Wonder
10. Louisiana

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Veggie tales

Health experts say a vegetarian diet can be fine, as long as you're careful

By **KAYLEE MORAN**
Staff Reporter

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.



Danielle VenHuizen

"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.

"Iron 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 in-



foodsense.net photo

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

creased 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 gases 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 vegetarian diet and the different types of vegetarians first," said Wells.

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 to get five 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, "refried 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 vegetarian and getting enough protein and vitamins/minerals is totally doable, it just requires some education and a lot of planning/preparation," said VenHuizen.

"There can be health benefits to a vegetarian diet if they eat more whole foods and less refined foods. [It] should be centered around beans, legumes, whole grains, fresh fruits, vegetables and less soy."

— **Beve Kindblade,**
local nutritionist



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, among others.

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
¼ cup water



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

1 onion, chopped
2 cloves garlic, crushed
2 tablespoons curry powder
1 can diced tomatoes
2 bell peppers, chopped
1 head 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
Handful of almonds
1. In a large saucepan over medium-high, heat oil and saute onion and garlic until golden (5-7 minutes).
2. Add the tomatoes, gar-

banzo beans, vegetables and water. Stir in curry powder and red pepper flakes until blended. Season with salt and pepper to taste.
3. Turn the heat to high and cook the vegetables 5 to 10 minutes, stirring occasionally. Lower the heat to medium and cook another 7 minutes.
4. Pour the coconut milk into

the vegetable mixture. Stir and cook for just 3 minutes to prevent the milk from curdling or separating.

5. Remove from heat and serve over rice and sprinkle with fresh cilantro and almonds.

How to cook rice:
1 cup rice
2 cups water
Pinch of salt
Pre-cooking: Rinse your rice in a strainer before cooking.

1. Measure the rice and water: For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person.

2. Boil water: Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

3. Add rice: When the water has come to a boil, stir in the rice and salt and bring it back to a gentle simmer.

4. Cover and cook: cover the pot and turn the heat down to low. Don’t take off the lid while the rice is cooking — this lets the steam out and affects the cooking time. Approximate cooking times: white rice: 18-25 minutes, brown rice: 30-40 minutes.

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 Brianna Lord, who was a vegetarian for four years.

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

“I eat meat because it’s easier to make, buy and it tastes good. It’s simple and you don’t have to worry about meat interacting with your food,” said Highline student Sarah Bjornstedt.

Most people eat meat because they haven’t considered alternatives to the standard western diet.

“I never viewed it as a choice to eat meat, only as a choice not to eat it,” said Highline student Mat McClish.

People choose to be vegetar-

ian for many reasons including a healthier lifestyle, religion, culture, animal cruelty, peer influences 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 veganism and vegetarianism.

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 Yon.

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 tons of meat, so resisting the urge to eat it is the hardest,” said Devereaux.

For most, 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.

“If I do become vegetarian, I think the hardest part would be plain and simple, the temptation to eat meat. Meat is everywhere. It’s familiar, it’s delicious, and it’s easy. Meanwhile, vegetarianism is comparably 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.

“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 downfalls 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 – factory farm produced meat is often all three. And most of the time, you can’t go wrong by including more fruits and vegetables in your diet,” said Morrill.



• **Movie Fridays.** This event meets almost every Friday for a low-key non-credit class through Extended Learning. The International Student Programs tries to select films that are both entertaining and good for discussion afterwards. They hope students will join them and hang around when the reel stops spinning.

There is no fee to participate in Movie Fridays, we ask only that everyone present sign in. Free popcorn is served at each film. Sit back, relax and enjoy.

This Friday, Feb 1, Movie Fridays International Student Programs will show *Big Fish*.

• **9 to 5: The Musical.** A hilarious story of friendship and revenge in the Rolodex era.

The Musical tells the story of three unlikely friends who conspire to take control of their company and learn there's nothing they can't do, even in a man's world.

Outrageous, thought-provoking and even a little romantic, 9 to 5 is about teaming up and taking care of business; about getting credit and getting even.

Des Moines Playhouse, 831 42nd Street. Website: dmplayhouse.com. Date: Friday, March 22, 2013 - Sunday, April 21, 2013. Time: Wednesday - Saturday 7:30 p.m.; Sun 2 p.m.; no shows March 29 & 31. Admission: See website - varies

• **Believe in Yourself: The Lena Horne Songbook.** Alluring, elegant and devastatingly beautiful, Lena Horne was more than just a pin-up girl of WWII.

She used her magnificent voice to change America's perceptions of our African-American and female citizens. Spanning the breadth of a 60-year career, her songbook speaks to humankind's potential to live in a loving all-inclusive society.

Songs in this uplifting tribute concert include *Stormy Weather*, *Watch What Happens*, *Bewitched*, *Being Green*, *Honeysuckle Rose*, *Believe In Yourself* and more. Performed by gifted vocalists who are not impersonators, each Seattle-based performer is uniquely suited to share the songs performed and made famous by these iconic stars.

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

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

Lend Me A Tenor is a madcap comedy that takes place when Tito Merelli, the fiery-tempered and world-famous Italian superstar, arrives in Cleveland, Ohio, to make his debut with the local opera and then promptly goes missing.

As Saunders, the show's presenter, conspires to cover for Tito's absence, placate his hot-blooded wife, and distract his most passionate fans, chaos on a truly operatic level ensues.

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

• **The Tortoise and the Hare.** Missoula Children's Theatre returns with two professional actors and up to 60 local kids to perform their rendition of *The Tortoise and the Hare*.

Fun for all ages. Camp starts at 3:30 p.m. Kids learn their songs, lines and moves in one week and perform on Friday and Saturday at 7 p.m.

Call 263-661-1444 for more information. Tickets: General: \$10, Kids (18 & under) \$7.

A band on fire

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.

In 2007, he completed his doctorate in percussion performance at the University of Washington.

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

Dr. Chin, the Torch’s trumpeter, teaches various music



Dr. Ben Thomas and friends will play at Highline Feb. 12.

classes at Seattle Pacific University and plays for orchestras throughout the Seattle-Tacoma 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 Likkel is very involved in vari-

ous 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.

BEN THOMAS’ BAND ‘TORCH’ WILL LIGHT UP THE TURTLE

He has performed with big-name local musicians from the South to the Puget Sound.

The Torch Quartet is only the latest of Dr. Thomas’ projects to premiere at Highline.

In the past, he’s put on a number of concerts and releases.

One memorable performance, he said, was a trio with award winning Joe Lock, mallet player, and Jovino Santos Neto, internationally known Brazilian-American musician.

Santos has worked with Dr. Thomas a number of times in the past and the two are currently in some of the same Seattle-area tango groups.

Another event Dr. Thomas said he enjoyed was a CD release concert for his band QED.

QED is made up of Thomas, trombonist and musical theorist Chris Stover, and jazz instrumentalist Alex Chadsey.

The Torch Quartet is so named for a quote by German novelist Thomas Mann: “Art is the sacred torch that must shed its merciful light into all of life’s terrible depths.”

Dr. Thomas said he hopes that students and faculty will come, relax and enjoy the Torch Quartet’s artistry.

Dr. Thomas organizes numerous live musical performances for Highline.

Through his connections, he was able to invite Human Spirit, a nationally-recognized jazz group to Highline.

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.

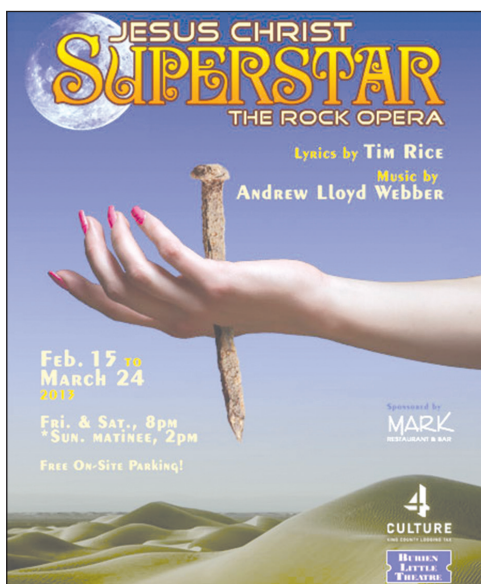
Doors will open on Friday and Saturday at 8 p.m. and Sunday at 2 p.m.

“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 musi-



Art Mike Wilson

cal directors 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 1971 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 typical male roles available to women,” said Dickman.

A live band will be accompany 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 burienlittletheatre.org

T-Birds still fighting for a playoff berth

By **ZACH STEM**
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 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.



Zach Nunberg/THUNDERWORD

The Thunderbird men work on their pressure defense during practice.

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

Moore scored in double-digits as well with 11 points. He shot 3-4 from the field and made his only three-point attempt.

"We all played together as a

unit and worked collectively to get the win," Moore said.

Moore grabbed five out of the T-Bird's 34 rebounds. Four of his five came on defense with one coming on offense.

The T-Bird men's basketball team is currently four games behind the West Division leader

Pierce, and only two games behind Lower Columbia, who resides in fourth place.

To make the NWAACC basketball playoffs, Highline must be in at least fourth place. Sixteen teams qualify for the NWAACC tournament in total with four teams coming from

each division.

The T-Birds could gain some ground on Pierce for first place with their next two games.

Pierce's opponents in their next two games have a combined division record of 12-4 while Highline's next two opponents have a record of 8-8.

"We have to take care of our business," Head Coach Ché Dawson said.

"If we do that, we don't have to worry about getting help from other teams by winning or losing."

Highline travels to play Clark on Saturday, Feb. 2 at 5 p.m. They then come back home to take on Lower Columbia on Wednesday, Feb. 6 at 8 p.m.

The T-Birds have already faced both Clark and Lower Columbia once in division play. They lost both match-ups in overtime.

In the first loss to Clark, the T-Birds had a balanced effort with scoring and rebounding but committed 22 turnovers compared to Clark's 11 turnovers. Twenty of Clark's 62 total points came off of Highline's 22 turnovers.

The T-Birds only lost by five points in the first game against Lower Columbia.

Lower Columbia finished the game with 10 more free throw points than Highline.

The T-Birds are looking for different outcomes in facing these teams a second time.

Last night, Highline took on Green River. The results were unavailable at presstime.

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 Beardemphl 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 rebounds, 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 acting like a team on the court and how we should play to get to the NWAACC championships," Jenkins said.

The women had 29 rebounds, 12 assists, and 14 turnovers.

Magalei and Votaw led the team with the most points and rebounds. Magalei had 16 points, seven rebounds, three steals, and was 75 percent at the

free throw line. Votaw had 10 points, five rebounds, and made 4-4 free throws.

The ladies need to focus on blocking out after every shot and getting the rebounds, the players said.

"Running up and down for every missed rebound and block adds up. Twenty-nine rebounds is good, but we can do better," 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.

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at Highline

Greater success is closer than you think.

The
Scoreboard

Men's Basketball

NORTH	League	Season
Edmonds	7-0	17-2
Peninsula	5-2	14-6
Whatcom	5-2	13-6
Bellevue	4-3	12-7
Everett	4-3	11-8
Skagit Valley	2-5	9-11
Shoreline	1-6	2-14
Olympic	0-7	1-15

EAST

Big Bend	6-1	17-4
Spokane	5-2	14-6
Yakima Valley	4-3	14-7
Treasure Valley	4-3	10-8
Blue Mountain	4-3	10-9
Walla Walla	3-4	9-10
Wenatchee Valley	2-5	8-12
Columbia Basin	0-7	1-16

WEST

Pierce	7-1	15-4
Tacoma	6-2	13-6
Centralia	6-2	12-7
Lower Columbia	5-3	7-10
Green River	4-4	12-7
Clark	3-5	10-7
Highline	3-5	8-10
S. Puget Sound	1-7	4-13
Grays Harbor	1-7	3-14

SOUTH

Lane	5-2	17-4
Chemeketa	5-2	12-6
SW Oregon	5-2	10-9
Mt. Hood	3-4	7-12
Portland	3-4	7-12
Umpqua	3-4	6-12
Clackamas	2-5	10-11
Linn-Benton	2-5	6-11

Women's Basketball

NORTH	League	Season
Whatcom	6-1	13-6
Skagit Valley	5-2	13-7
Bellevue	5-2	12-8
Peninsula	5-2	10-7
Everett	4-3	10-9
Shoreline	2-5	8-9
Edmonds	1-6	4-12
Olympic	0-7	0-17

EAST

Walla Walla	6-1	17-2
Columbia Basin	6-1	10-9
Big Bend	4-3	14-7
Spokane	4-3	11-8
Yakima Valley	3-4	10-10
Blue Mountain	3-4	8-11
Wenatchee Valley	2-5	11-9
Treasure Valley	0-7	1-17

WEST

Centralia	8-0	15-3
Lower Columbia	6-2	13-7
Clark	6-2	8-10
Tacoma	5-3	9-7
Highline	4-4	10-9
Pierce	4-4	8-11
Grays Harbor	1-7	6-12
Green River	1-7	3-14
S. Puget Sound	1-7	2-14

SOUTH

Clackamas	7-0	17-3
Lane	6-1	20-1
Chemeketa	5-2	12-8
Umpqua	4-3	14-6
SW Oregon	3-4	10-9
Linn-Benton	2-5	5-14
Portland	1-6	2-15
Mt. Hood	0-7	2-16

Huyber takes aim at nationals

T-Bird
wrestler
is ranked
fourth
in the nationBy 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, wrestles at 184 pounds but has had some mat time at 197 pounds.

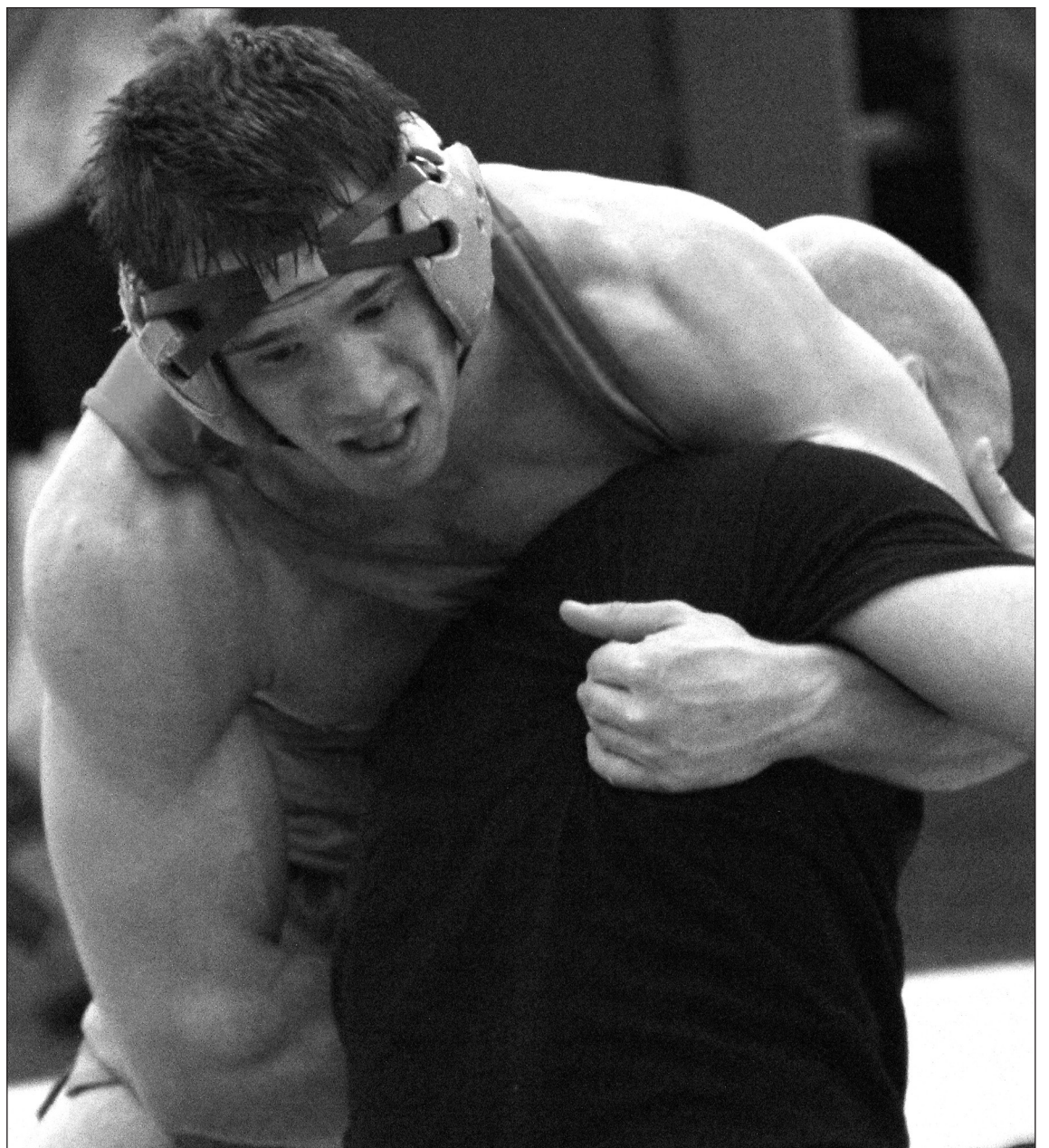
This season he has gone 12-4, and hasn't finished lower than fourth at tournaments this season.

He is ranked fourth in the nation.

Huyber started wrestling in the seventh grade at his middle school, Sequoya, in Federal Way.

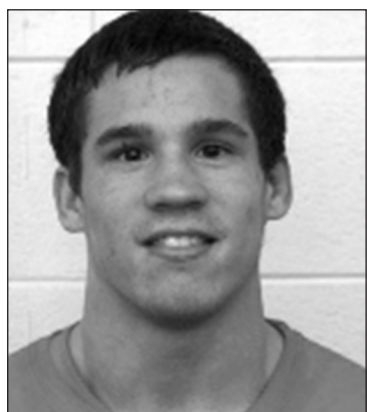
He said his older brother's involvement in the sport proved to be the spark that ignited the passion he has for the sport today.

"My brother was in wres-



Sherry Holt/THUNDERWORD

Lucas Huyber practices against Head Coach Scott Norton.



Lucas Huyber

ting and it seemed interesting so I tried it out and I have been in the sport ever since," Huyber said.

Huyber said his daily lifting workouts and rigorous practice regiment has helped him to become a better wrestler.

"I put in a lot of hard work. The more time on the mat the better you're going to be. And the work I have done has helped me to be on a team like Highline with some great coaches.

Diet and lifting have helped me a lot," Huyber said.

Before a match Huyber goes through a personal ritual to make sure he is well prepared for the opposition.

"I mostly listen to psych up music [before the match]. I like to take some deep breaths and be isolated. I 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.

Thunderbirds take fifth in Boxer Open

Highline wrestlers
get warmed up
for regionalsBy 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.

Southwestern Oregon Community College took second with 112 points, and Simon Fra-

sier University finished in third with 110 points.

Members of the team are using what they learned for their final tune-ups for the regional tournament next weekend.

"It was not a big tournament and not against the greatest competition. Plus nobody even really brought their starters," 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 Man-sarray at 149.



Brad Luvaas.

The other two Thunderbirds who placed in the tournament were Brandon Leach, fourth, at 125 and Evan Dorsey at 184.

Morrill won the tournament with a pin over Stephen Harvey

from Western Washington University. Krugba also won by pin over Steve Spearman, who was wrestling unattached.

Teams choosing not to use their starters is not a surprise, considering regionals and nationals are just around the corner.

"This week we just need hard work, get these guys healthy and taper down for Regionals," said Brad Luvaas.

The regionals will be held at Clackamas in Oregon City, Ore. on Saturday, Feb. 9 at 10 a.m. and the nationals will be held in at Wells Fargo Arena, Des Moines, Iowa on Friday, Feb. 22 at 10 a.m.



Salon Michelle owner Michelle Fawcett heads up the committee producing Des Moines' Sweetheart Ball.

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

Pritchard 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' Sixties Orchestra. Jewell is a local Frank Sinatra stylist.

For those hesitant to attend because of their dancing skills (or total lack thereof), 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 proceeds go towards the city's annual Fourth of July Celebration, Fireworks Over Des Moines.

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 advisers.

"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 Mo-
osaic should email Yam at [ilsc@](mailto:ilsc@highline.edu)
highline.edu.

People submitting to the Mosaic should also email their material to Yam.

An upgraded form is now available online for students preparing for graduation this June.

Registration and Records began work last August to upgrade the form and reduce the confusion some students experienced when filling it out.

Some students, however, continue to submit the old

form and those applications cannot be processed, Rachael Anderson and Mandy Mineard of the Registration Office said. They have appealed to faculty and staff to help make sure the proper form is now being used.

The form is available at the Graduation Information page on the Registration website.

D.C. DENIZENS

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Even Exchange

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|-------------------|-------------------|
| 1. Nibble, Nimble | 6. Boston, Bolton |
| 2. Lever, Level | 7. Grape, Grade |
| 3. Camper, Tamper | 8. Prong, Prone |
| 4. Ratio, Radio | 9. Ruffle, Raffle |
| 5. Forge, Force | 10. Chick, Click |

Weekly SUDOKU

Answer

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1	6	2	3	7	9	8	5	4

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?

If no, attend this special workshop!

**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

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."

Corals are living animals that grow like trees, but more outward than upward. Algae called zooxanthellae 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



Sherry Holt/THUNDERWORD

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.

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 zooxanthellae 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 lo-

cals 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-ami, 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-ami.

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

Quiet: The Power of Introverts in a World That Can't Stop Talking, By Susan Cain. Broadway Books, \$16.

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 psy-

chology of temperament and the roles of hereditary 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.

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.

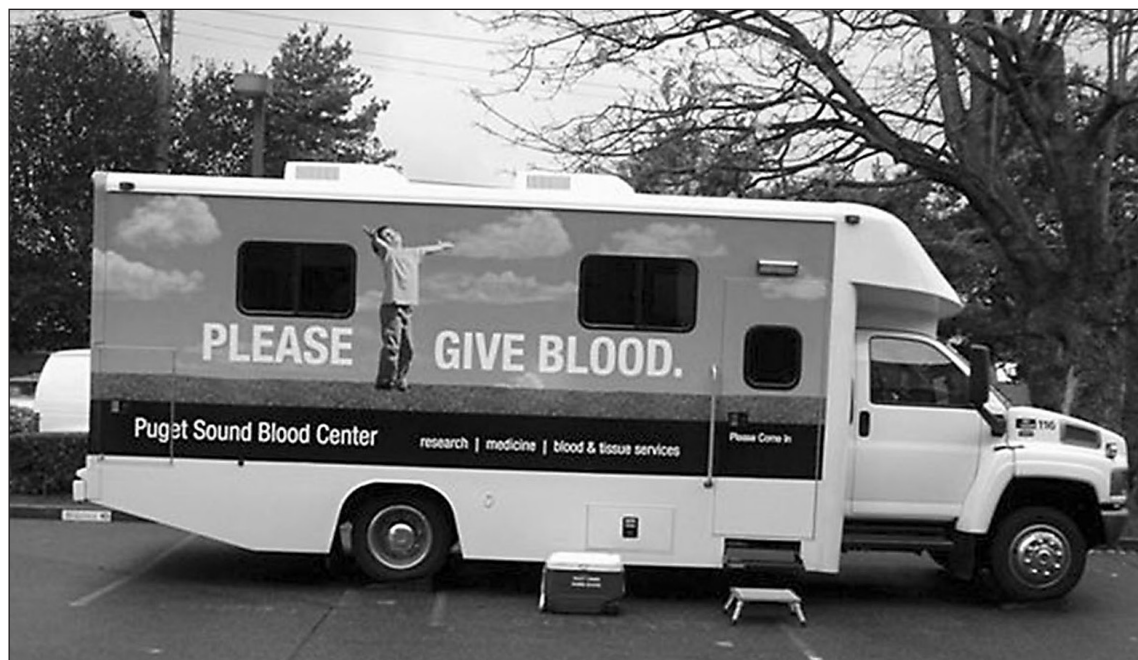
The blood center has been the primary blood supply source for Western Washington for over 70 years and relies 100 percent on community support to fulfill the region's needs.

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



Josh Nelson/THUNDERWORD

Puget Sound Blood Center's Mobil Blood Center.

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 do-

nated 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 blood biology to thrombo-

sis.

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.psbcc.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 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.



Vagen

He said students will benefit from the Boot Camp program for many reasons:

"First off, it gets you moving. Students are sitting all day and are sedentary, so they need to exercise so it gives them energy for the rest of the day," Butler said.

"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.

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 Vagen, 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, Vagen 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.

Preview Day

Join us 5:30 p.m. Thur., February 7

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vancouver.wsu.edu/preview



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Love from the Stars

Compatibility can be found, just look to the skies

By **ERICA MORAN**
and **HIEN HONG**
Staff Reporters

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 ligh-tofastrology.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, sun, 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," Monasterio said.

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.

"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.

Furthermore, the moon sign is the pillar that "represents our emotions and habitual way of thinking," Monasterio said.

"The moon [sign] is very important because it determines if we can connect mentally and emotionally with our partners."

"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, then they would 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 signifier 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. For instance, this would mean Virgo and Capricorn are compatible.

"You can't just say that two signs are always compatible, it doesn't work like that."

- Monica Monasterio

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.

"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, Jawny 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.

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

"If someone told me a specific sign is good for a relationship, I guess it wouldn't hurt to try," said Collin Nisco.

"I haven't done much into looking at other signs and compatibility but all I can say is most of my horoscopes are spot on," Rachel Colman said.

"I think that some people tend to get along better because they have certain characteristics that may correlate with their respective horoscopes," said Sydney Miyahara.

So "I would take that into account and [look more] at the characteristics that define the sign and look for those instead

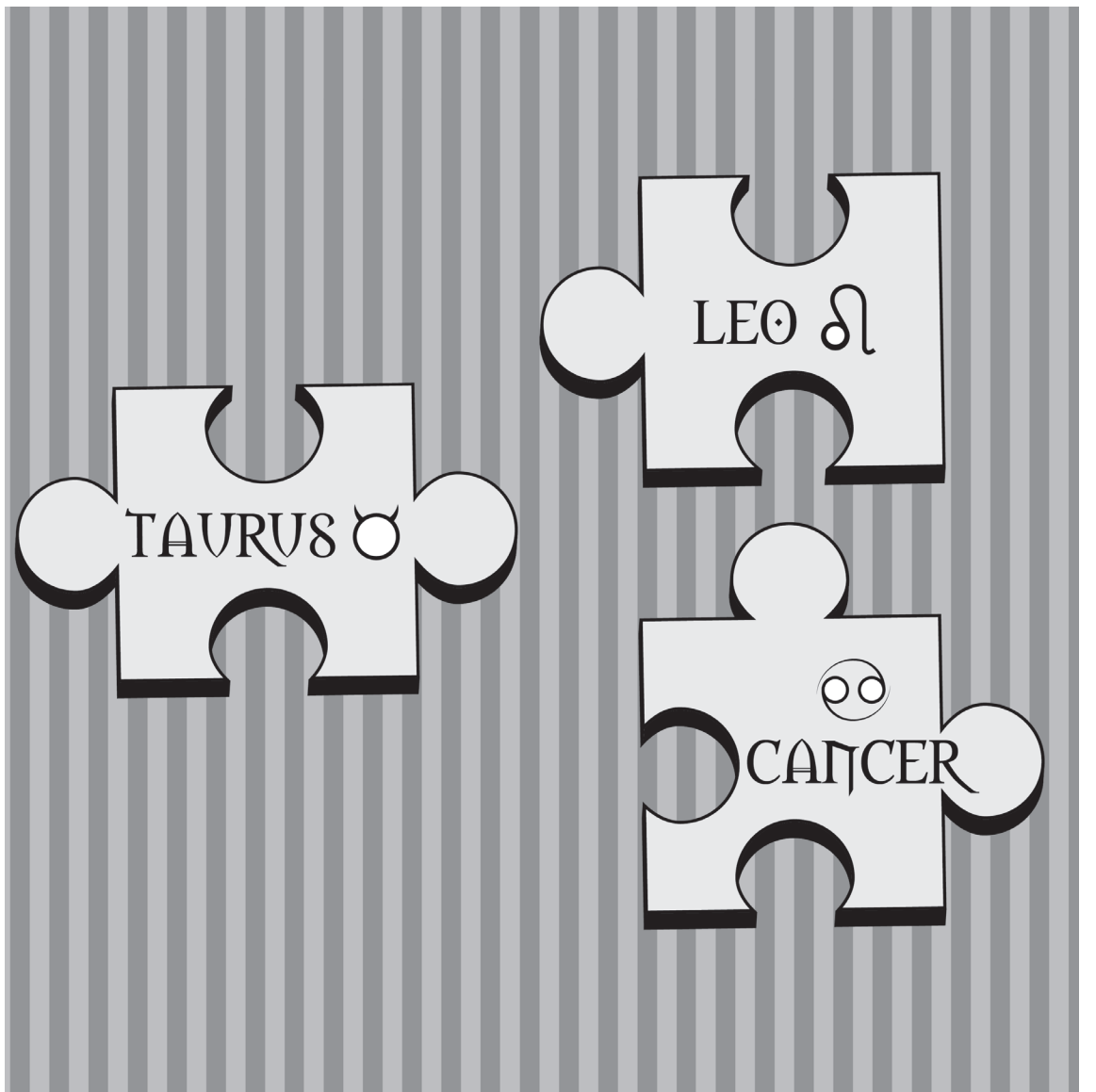
of the specific sign," Miyahara said.

"If I got involved with someone of [a sign that isn't compatible with mine] I wouldn't change my mind or stop seeing them but I might tread more carefully," Abby Gregory said.

One student in particular definitely uses astrology as a guide in her love life.

"[Astrology] influences my relationship decisions," said Cicely Baker.

"As an Aries I don't want to engage with another wild card—it wouldn't work well—I wouldn't date someone who was not an Aquarius, Sagittarius, or Gemini. I need someone who will let me take the reins," Baker said.



Luis Batlle /THUNDERWORD

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Bring your questions!

Thursday, February 21

12:15-1:00 PM
Mt. Skokomish Room-next to the HCC Bookstore
Highline Student Union, Building 8, 2nd floor

Safety

continued from page 1

pretty good job.”

Highline Security was a common source of assurance for many students.

Ruch 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 Arbuckle, a second-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 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, Eddie Cervantes and Emily Arnold contributed to this story.

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 explore 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 focused on “Leadership from [the] Bottoms Up: What you can Learn from Community Organizing.”

The workshop will run from 2-4 p.m. in the Mt. Constance Room of the Student Union, Building 8.

Community organizing involves people living in proximity of each other coming 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 Chicago public housing project in the mid-1980s.

His efforts to assist people in defining their mutual interests and working together to improve their lives shaped his view of the world, his wife Michelle once told *US-News*.

The First Fridays workshop is designed to provide students with practical skills, knowledge and unity about



Caina del Rosario
Mijo Lee

working together for a cause, Highline’s Leadership Development Coordinator Noory Kim said.

Students will not only learn leadership skills but how to come together through their roles 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 director 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 police accountability movements. Lee co-founded Sahngnoksoo, 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 involvement.

The foundation provides essential resources to organizations in Idaho, Montana, Oregon, 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 webpage, is a regular series of leadership development workshops, offered the first Friday of each month.

Its hands-on, interactive sessions are designed to build practical 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-Cultural Center student leader Delon Lewis said in anticipation of the upcoming event.

“Its really fun and interactive, its not just a lecture,” student Maylea Li said.

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 demographics of students within a district, said Rep. Orwall.

In order to make the program more accessible for students, the bill will ensure “more support for students,” she said.

This means community colleges will be asked to “work more closely with high schools and middle schools,” Rep. Orwall said.

At Highline, the Outreach Center frequently visits middle

schools and high schools to encourage students to go to college.

Furthermore, “we might increase coordination between [programs like the Advancement Via Individual Determination] and Running Start,” Rep. Orwall said.

Advancement Via Individual Determination is a program that prepares students for college in middle schools and high schools.

By getting high school programs and the Running Start program to coordinate together, students will then be able to get the support needed for a smooth transition from high school to college, said Rep. Orwall.

Furthermore, the bill should help “remove any barriers that exist” in preventing students to access the program, Rep. Orwall said.

The bill will go through “a hearing in a few weeks,” Rep. Orwall said.

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Shootings

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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 shooting drills with the police department, fire district, Medic One, the King County SWAT and South County dispatch. Richard Noyer [Highline security director] 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 possible for others.”

Noyer also said that the situation 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 shooting, get to a secure, protected area and stay there so you’re not targeted. 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 practicing and preparing can be difficult 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 campus, leave if you can. The announcements we will send out will state the shooter’s last location, 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 Department Cmdr. Kevin Tucker said that the entire police department is trained in the event of an active 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 behind-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 depends on the situation.

“An aggressive attack, fleeing 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 pamphlet 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 encourage 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 campus, even if you are off campus.”

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

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