

## Sequester threatens financial aid, work study

By **HIEN HONG**  
Staff Reporter

Highline students using Work Study or Financial Aid might be affected if cuts by the federal government take effect tomorrow.

The sequester, or automatic cuts on programs in the federal budget, will take effect unless Congress agrees on a budget deal by tomorrow.

“Sequestration will decrease

the amount of federal financial aid funding available for eligible students,” said Director of Financial Aid Lorraine Odom.

“We have approximately 4,000 students receiving federal, state, institutional and private funding,” Odom said.

The Federal Supplemental Educational Opportunity Grant and Federal Work-Study funding “are two grant programs that will be reduced by 8.2 percent,” said Odom.

The former “is specifically targeted to fund our lowest income students” and the latter “is a very successful program helping students earn a pay check while gaining employment skills,” Odom said.

Furthermore, the sequester “could affect the processing of the Free Applications for Federal Aid,” said Odom, which could delay “financial aid eligibility determinations.”

The TRiO program’s fund

will also get an 8.2 percent reduction, Odom said.

If the sequester happens, “the college will need to decide whether to terminate the Work Study positions or move students to general fund [which is campus funded],” said Diana Baker, student employment program specialist.

Work Study provides finan-

see Sequester, page A12

## Running Start works for some, but not others

By **THUNDERWORD STAFF**

The Running Start program is proving successful for some students and ineffective for others, students, faculty and staff say.

Running Start is a program that offers qualified high school students to take college level classes on campus, and in the 2011-2012 school year there were 1,064 Running Start of the 16,944 total students.

Representative Tina Orwall, D-Des Moines is currently doing work on a bill that will increase awareness of the program and make it accessible to more high school students.

“We have the third largest Running Start program in the state and the numbers are still climbing. It really shows what Highline does for the community,” said Ekkarath Sisavatdy, the program manager.

According to the Institutional Research Director of Running Start students had an average grade point average of 2.73 since Fall 2011.

Many observers say Running Start students receive the same treatment and opportunities to excel as all Highline students, but it remains up to them to do so.

“I love having Running Start students in class because, for the most part, they have a good energy. They are more willing to try new things and open to being in charge of their educations,” said English instructor Dr. Craig McKenney.

“It can be a little troublesome at first because they do not necessarily have a good handle on the freedoms that college affords, but I like helping them understand their role as a college student versus being a high school student.”

see Running Start, page A12

## Homeless to Highline

### Cynthia Boss finds her way to college and aims for a better future

By **ALEISHA ASHTON**  
Staff Reporter

Don’t let your circumstance affect your educational goals.

“I used to live in a shelter back in 2007 and my time was running out there and I didn’t know where I was going to go. I didn’t know what I wanted to do with my life or how I was going to do it. Now I have had my own apartment for the last two years,” said Boss.

Cynthia Boss, the TRiO student organization president, has been going to Highline for the last two years. Boss has been a part of the TRiO program for the last two years.

She is studying to get an AA in accounting with an empha-

sis in business.

Boss will be able to finish by spring 2013 and then transfer to a private college to get her bachelor degree.

Boss went to Highline 10 or 11 years ago. When she went to register, she found out that her GPA was low.

Boss felt down about herself, but TRiO staff were there for her, she said. They showed her better study habits and told her she could do it.

TRiO is a federally funded program that provides students with support and services that will assist in the student success and persistence towards graduation.

TRiO serves to motivate and help students accomplish



Donna Naumann/TRiO

Cynthia Boss says that TRiO has helped her get out of her shell and makes her feel like a part of the family.

their goals by offering comprehensive individual support.

Boss had to build a support system to help her get through college the last two years. Boss said that having a support sys-

tem will get you far. The TRiO program, friends and her aunt are her support system. They

see Homeless, page A12

### In this issue:

<b>Campus life</b>	<b>A2-3</b>
<b>Opinion</b>	<b>A4</b>
<b>Puzzles</b>	<b>A5</b>
<b>Health</b>	<b>B1-8</b>
<b>Arts</b>	<b>A7-9</b>
<b>Sports</b>	<b>A10-12</b>
<b>News</b>	<b>A13-16</b>



### Page A3

Change for Change helps fight child hunger in community



### Page A7

Gerald and Tanny Jackson release new gospel album



### Page A10

Lady T-Birds wrap up season with a win but miss playoffs





## Vehicles stolen during class from the South lot

Two vehicle thefts occurred on Feb. 25 in the South parking lot. One student had their Honda stolen during the morning between 9-11:30 a.m. while they were in class. Another student had their Acura stolen between 2-4 p.m. Neither car has been recovered.

## Wallet stolen from student this week

A wallet was stolen from a student's backpack that they left in Building 27 on Feb. 26.

While they were working out, an unknown individual searched through the backpack and stole the wallet.

The wallet hasn't been found and.

If you have any information, please report to the Security Office in Building 6.

## Cash stolen from vending machine

An unknown individual broke into the food machine on Saturday in Building 22.

The person took all the money in the machine and didn't take the food.

Highline Campus Security is checking the cameras on campus to see who did this theft.

## Campus building graffitied last week

Graffiti was found in two buildings on Feb. 21.

Campus Security found graffiti in Building 26 and Building 23. Security is looking for the individual that did the graffiti.

If you have any information please report to the Security Office in Building 6.

## Medics assist students

A special needs student had a panic attack on Feb. 25 in Building 19. Campus Security called South King Fire and Rescue. The medics transferred the student to the hospital. The student was alright after he calmed down.

A student was weight lifting in the gym in Building 21 and passed out on Feb. 25. Medics were called to Highline to make sure the student was OK. The student was fine and went home.

A student had a seizure in Building 30 on Feb. 20. Campus Security called South King Fire and Rescue. The medics arrived and assisted the student. The student was OK and went home.

-COMPILED BY ALEX CHEBOTAR

# Encouraging diversity in future teachers

By JUSTINE LEWIS  
Staff Reporter

Highline's education department hopes that the second annual Youth Summit will help create a more diverse group of future teachers.

The Youth Summit is a full-day event that will happen on March 15.

It is an event that brings high school students who want to become teachers to Highline.

Highline students pair up and take groups of the high school students, show them around campus, and play ice-breaking games with them.

"Highline students will partner up and be in charge of facilitating the group," said education professor Patricia McDonald.

Donald.

"I will use the Highline students like camp counselors," McDonald said.

In 2009 McDonald was granted money to help recruit a more diverse group of teachers.

This will be the fifth Teaching Equity Conference and the second Youth Summit.



The Teaching Equity conferences are to help students that want to become teachers, also to help teachers want to help be more effective teaching in diverse classrooms.

"It is helping to fight the battle when students look and see no teachers like them," McDonald said.

Washington state is 42nd in

the country in teachers matching their students' ethnicities.

The Teaching Equity initiatives are addressing what the research indicates, McDonald said.

Last year's Youth Summit attracted over 150 high school students to Highline.

March 1 is the first orientation for Highline students who are going into education, and who want to get involved in the Summit.

There is also a second orientation on March 8.

All you need to bring is a blank T-shirt to decorate on the March 8 orientation.

There is also another Teaching Equity coming up in May that will be an all day conference.



## Sharpen your pencils and be ready to rhyme

Highline is asking students to submit poems to a national contest by March 6.

The poems can be on any subject, but the length must be 20 lines or less. Participants are asked to type their poems and only submit unpublished work.

First place winner will receive \$100.

Second and third place winners will receive \$50, and \$25 respectively.

Highline winners will also have their poem exhibited in the library during April, in addition to having a reception at which they will read their work.

All submissions go to Sharon Hashimoto in Building 5, room 212.

For questions or submissions email Hashimoto at ahashimoto@highline.edu.

## Visiting professor speaks on diversity

Dr. Christine Clark from the University of Nevada and vice president for Diversity and Inclusion will talk on implicating a program versus changing the structure of an institution for social change.

The lecture and question and answer section will run from 12:10-1:30 p.m. on March 11 in the Student Union, in the Mt. Constance and Mt. Olympus rooms.

Later that day, Dr. Clark will explore current theoretical frameworks about diversity and equity in higher education.

This workshop will run from 2:30-4 p.m. in the Student Union, in the Mt. Constance and Mt. Olympus Room.

## Discuss traffic issues at Science Seminar

Rus Higley, environmental science instructor, will talk about the solutions, economic and environmental changes to our traffic issues in the Puget Sound area at Science Seminar this Friday.

Seventh worst in the nation for traffic, the Puget Sound area is only going to get worse with the expected population increase of one million people in the next 20 years.

Science Seminar is held in Building 3, room 102 from 2:20-3:23 p.m.

## Oceanographer speaks on Puget Sound waters

Dr. Christopher Krembs, senior oceanographer of Ecology's Marine Monitoring Program, will be talking about the monitoring program.

Dr. Krembs will share satellite images of Puget Sound as part of the program, March 2 from noon-12:45 p.m. at the MaST Center, 28203 Redondo Beach Dr. S. Des Moines.

## Embrace Your Genes project finishes up

The jeans drive on Tuesday that kicked off the first day of National Eating Disorders Awareness Week will continue through March 2.

Women's Programs began collecting old jeans at the Health Care Job Fair this week for its Embrace Your Genes project.

The project helps women deal with insecurities they might have regarding their bodies.

"We are trying to bring awareness to the community that not all of us are the same, we should accept and love ourselves and our bodies," said Jean Munro of Woman's Programs.

Donations are being accepted in the Women's Programs office on the lower level of Building 6.

## Highline women speak on reproductive rights

The evolution of abortions, contraception, and how to discuss the topic in classrooms is the topic of a bring your own lunch lecture on March 5.

The lecture is in recognition of National Women's History Month.

Writing Center Director Rosemary Adang and Jean Munro of Women's Programs will speak at the event at 12:15 p.m. in Building 2. Admission is free and open to the public.

## AMATYC test review finishes up today

The last review for the AMATYC test begins today at 3 p.m.

AMATYC stands for American Association of Two-Year

Colleges.

The review will be in the Math Resource Center, Building 26, room 319 led by Hyunwoo (Harry) Kim, Fall Quarter's top scoring student.

The AMATYC test will be given on March 7 in Building 7 from 2:30-4:30 p.m.

## Learn about leadership from developing nations

Jennifer Fricas from Seattle University's nursing program will be speaking on March 1 as part of the First Fridays series.

First Fridays is administered by the Center for Leadership and Service.

Fricas is also the coordinator chairwoman of Global Nursing Committee at Seattle University, she will speak on leadership perspectives from developing nations.

The discussion will go from 2-4 p.m. in the Student Union, Mt. Constance room.



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](mailto: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](mailto:mast@highline.edu)





# Students raise money for children in need

By **KRIS DONOHUE**  
Staff Reporter

Hunger is a growing problem affecting children living in Western Washington.

Seventy-one percent of students in the Highline school district are on a meal assistance program. Madrona Elementary School, located in SeaTac, has 552 out of 579 of its students on the program, roughly 95 percent of the school.

To combat this, federal meal programs have been established to offer free breakfast and lunch for students living in poverty.

The importance of fighting child hunger was talked about at Change for Change on Feb. 21.

Evalin Fiatoa, a political science student at Highline, said the free meal program is a great help for the kids but there is one downfall to it. The meal program isn't active during the weekends, and does not serve dinner, so some children only receive food through the program.

"I kept receiving calls from school nurses that were concerned because kids were not getting over their colds because



Jasmine Cawley/THUNDERWORD

Political science students Khamla Vandy, far left, and Michelle Johnson, middle, sell homemade goods in the Student Union to ESL Instructor Maurea Maya and another student for the Weekend Backpack program.

they weren't getting the necessary nutrition at home," said Barb Shimizu, assistant director of the Des Moines Food Bank.

To help fight this problem, the Des Moines Area Food Bank, located in the basement of Des Moines United Method-

ist Church, started the Weekend Backpack program in 2010 to give kids the food and nutrition they need over the weekend.

Children eligible for the program receive backpacks that contain six nutritious meals on Friday, and return the back-

packs to their school the following Monday.

When the program started, they were serving about 200 backpacks every weekend, now that number has increased to around 450 per weekend, and servicing six schools.

The Weekend Backpack program is a great help during the school year, but isn't active when school ends.

In summer 2010, a summer meals program was started that gives kids between the ages of 1-18 lunch in the summer months. The program has been very helpful to kids in the area, and has served 32,000 meals last summer at 19 locations.

The Food Bank relies on donations, to continue the programs. They need cash donations, food donations, and also volunteers.

Change for Change put on a bake sale to raise money for the food bank on Feb. 26 in the Student Union. The bake sale managed to raise more than \$1,000 that will be donated to the Weekend Backpack program.

"Anyone can volunteer at the food bank, but hours are during the early afternoon so it is hard for students to volunteer," said Shimizu.

The food bank is open at night on the third Tuesday of every month, and you can apply to work on Wednesday nights by contacting one of the directors of the food bank at 206-878 2660.

## Campus continues to improve sustainability, recycling efforts

By **VIRGINIA PARENTEAU**  
Staff Reporter

The Facilities Department at Highline has worked diligently to keep the campus sustainable, said Barry Holldorf, the director of facilities at Highline.

The college is working on reducing Highline's energy costs and waste through recycling paper, plastics and food waste, using energy efficient appliances, and landscaping techniques, plus using these reductions to get grants for Highline.

According to a report from the facilities department, the college has significantly reduced the amount of energy and waste used.

"The college has been really supportive," said Holldorf. "We're doing well."

The cost of Highline's energy bill has been reduced between the years 2009 and 2012, going from \$1,367,826 in 2009 to \$1,174,017 in 2012, which is a difference of \$193,811.

Food waste becomes heavy, and by having it turned into compost it reduces the weight of Highline's trash, which is charged for by the ton.

The food left over from the kitchens goes to Cedar Grove compost, and the grease is turned into fuel by Encore Oils.

Buildings use LED light packs on the outside instead of incandescent light bulbs. The

college encourages recycling more, to reduce the cost of trash collected from the college, as well as the carbon footprint.

Trash collected by Highline is put into a compactor, which condenses the trash so that facilities can track exactly what is going in and out of the college.

Which is more trash for the money. Over the last 3 years, the college has had a great reduction in trash, going from 162.32 tons to 139.51 in 2010-2011 and 134.56 in 2011-2012, a reduction of 27.76 tons by 2012. Overall the campus has 252.08 tons total in waste including all recycling. In total, Highline has had 242.52 tons of recycling leave the college from 2009 to 2013.

Helping to keep plastic bottles out of landfills is the water fountain in the Library on the second floor. This fountain has a water bottle station that calculates the amount of plastic water bottles saved from going into landfills, based on the amount of water used.

In the first floor bathrooms in Building 8 paper towels have been eliminated for Dyson Airblade hand dryers, which greatly reduces the overall cost compared to paper towels.

These air dryers lower the carbon footprint of the college by reducing the need for paper towels in Building 8.

Outside of Highline's buildings, the landscape is maintained to irrigate itself. Which saves money on watering the vegetation, says Holldorf.

"We get plenty of rain," he said.

In collaboration with the Des Moines police force, the college reviews the vegetation to make sure that it is not overgrown.

The college cuts back the foliage yearly around spring. Goats have also been used as vegetation control in and around the storm water pond facility as a fun and cost effective way to take care of the vegetation.

Healing Hooves brings about 200 goats to clean up the area.

"It's gentle, and saves the college money," said Holldorf.

Holldorf applied for the Resource Conservation Manager program in 2008 to get money for Highline's sustainability projects.

This program is a three-year contract to reduce energy use at the college. The program gives a \$43,000 grant to the college for reducing all utility resources used.

Though the contract is finished, Highline would like to re-apply for the Puget Sound Energy program, Holldorf says.

Holldorf would like to see a green team of students, staff, and faculty that will encourage the college to work towards sustainability.

"Any student involvement is great," said Holldorf. "Our job is to help the students."

## Kill two birds with one stone in 10-credit class

By **NICK MASON**  
Staff Reporter

A 10-credit, linked-class offers students a chance to fulfill two communication degree requirements at once.

Jennifer Heckler is currently teaching the dual class and will offer it again in spring.

"Historically, writing and speech were one discipline," said Heckler. She is trying to bring those two back together.

This 10-credit class is a combination of Communications 220 and English 101.

The class is five days a week and goes for two hours straight, with Heckler teaching the full two hours. This class is different because it not only brings writing and communications together, but also teaches how the two are interconnected, she said.

"The idea is that students will get a more holistic view on how to communicate in the classroom and in the workplace," said Heckler.

The students write an essay and turn it into a speech, as well as turning a speech into an essay.

"They'll be able to see the transformation that writing and speech undergoes," Heckler said.

This class also helps students learn the practical applications of communications in the workplace. That's a very real situation, said Heckler.

Takeema Whidbee is cur-



Jen Heckler

rently enrolled in the class.

"I thought it would be nice to take one teacher for both classes and get the requirements," said Whidbee.

Whidbee said this class really helped with the communication aspect of business.

"Taking them together allows you to see the process," said Whidbee. "They are very much related."

Furthermore, "everything we've done has been something that I can see myself doing in the future," said Whidbee. "She's taught about pro-email formatting and how to give speeches."

Whidbee plans to go into the logistic management side of nursing.

"I feel like this has given more tools for the real world," Whidbee said.

This combination class will be available in Spring Quarter 2013. Interested students should contact Jennifer Heckler at jheckler@highline.edu.



# Decrease poverty — invest in college funding

Poverty is a difficult issue to address, but education should be a key element in helping.

Education is an essential way to help decrease the poverty rate.

The federal poverty level defines poverty as having an income of approximately \$23,000 per year for a household of four.

However, poverty isn't always obvious around here.

King County is the state's wealthiest county and is in the top 100 highest income counties in the whole nation.

In addition, King County has 38.91 percent of the jobs in the whole state.

Despite this, 13.9 percent of the King County population is living in poverty.

Although the Department of Social and Health Services provides welfare and food stamps, it's only enough to help people sustain their lives in poverty.

For instance, food stamps only provide \$200 per month for an individual with a low income.

Furthermore, 60-70 percent of K-12 students are on free or reduced lunch in the South King County area.

The statistics are startling, but important to consider.

Forty-five percent of children who spend more than half of their childhood in poverty are still living in poverty by the age of 35.

On the other hand, only 8 percent are still living in poverty at 35 if they spend less than half of their childhood in poverty.

Education is a key element in helping people out of poverty, by increasing their likeliness of getting a well-paid job.

The unemployment rate for those with a bachelor's degree is 4.5 percent, compared to 12.4 percent for those without a high school diploma, according to the Bureau of Labor Statistics for 2012.

In King County, 45.2 percent of the residents have a bachelor's degree or higher, and the unemployment rate is 6.1 percent.

Meanwhile, 56 percent of the population has a bachelor's degree or higher in Loudoun County, Va., the county with the highest income in the nation.

Only 4.8 percent of the population is unemployed, and the poverty rate is a remarkable 3.5 percent.

It seems more education indicates less poverty in an area.

Poverty will always exist, but education is a key to addressing the issue.

Education is something that should be invested by both the federal and state levels of government.

Spending on education should never be cut, as long as there's poverty.

Tuition should not increase so that schools can admit all the students who want to attend. Otherwise, education becomes more difficult to access.

It's especially shocking that families and children in our area are living in poverty, and even more crucial that they receive the education they need to improve their standards of living.

## Have something to say?

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be about 200 words, columns should be no more than 600 words.

Send submissions to [thunderword@highline.edu](mailto:thunderword@highline.edu) by Monday for print on Thursday.

**Write to us!**

# US can help by not interfering with other countries' troubles

The United States would actually do more for struggling nations by doing less.

At the last World Voices for Liberation meeting in Highline's Inter-Cultural Center, the topic scheduled was the role of education in the Middle East.

However, the discussion shifted several times to the question of whether education can be used as a tool to help bring peace to the Middle East.

Several students at the meeting were from the Middle East themselves, and the issues they described all seemed to point back to the same root problem.

The people of the Middle East need to want peace before they will ever have it.

A student from Pakistan described the school systems in his country.

He said they were basically based on the British school system, but would be more effective if not for radical religious groups.

These radical groups living in the rural areas of Pakistan literally come into the cities to attack and destroy schools that are doing or teaching things their particular sects of Islam don't agree with (like teaching girls).

The rural areas where these radical groups reside are almost completely void of any education (other than the teachings of the Quran).

The people of Pakistan are responsible for policing their own people, and the people of Pakistan should be working to eradicate these radical groups.

Instead, the Pakistani government allows them to persist, and even arms them in some instances so they can cross the border into Afghanistan to fight Americans. I ran into almost the exact same issue in Iraq.

When my battalion was given the task of partnering with the Iraqi Army to build an elementary school in our area of operations, the local Sunni radicals gave us a handful of problems.

We could tell the locals with-in the city wanted the school by how excited they were when we handed out school supplies.



Commentary  
**Daniel Joyce**

Little Spiderman, Batman, and Superman backpacks with two notebooks and a pack of pens meant the world to each kid who got his or her hands on one and the parents all thanked us with smiles on their faces.

Then, Sunni insurgents blew up the first building we picked out to turn into a school when our Iraqi Army counterparts decided to take the night off from pulling security.

The project was eventually finished when we (the U.S. military) took a bigger role, but that did nothing for the postwar people of Iraq.

Forces from within Iraq want to prevent modernization and education for the youth just like forces from within Pakistan, Afghanistan, Iran, and Syria do.

By holding the hands of the Iraqis in dire times, the United States removed the Iraqi peoples' need to fix their own problems.

If the people of Iraq want schools for their youth, they should be the ones to repel domestic insurgencies, just like the people of Pakistan should be the ones to defeat radical religious groups within their borders and remove the corrupt government that oppresses them.

In 2011, we saw the people of Egypt successfully remove corrupt President Hosni Mubarak from power.

And sooner or later, although the fighting is fierce and the losses are great, the Syrian people will take down Bashar al-Assad's regime.

When Peter Gishuru, chair-

man of the African Chamber of Commerce of the Pacific Northwest, came to Highline he preached a message of "trade, not aid," as a means of helping struggling African nations.

Gishuru insisted that the United States was impeding crucial leadership development by stepping in and trying to solve African problems for the people of Africa.

So Americans end up essentially putting a band aid on an infection that resides beneath the skin.

The conflicts we see constantly arising in the Middle East are a result of the culture and need be resolved by the people of the Middle East, not by foreign forces.

In fact, foreign forces often make the problems worse.

We wouldn't watch our next-door-neighbors starve to death. By the same token, in today's global community, the United States should help foreign nations who suffer from severe poverty.

However, the age old Chinese proverb "give a man a fish and you feed him for a day, but teach a man to fish and you feed him for a lifetime," still holds water today.

As a global power, the United States too often tries to control what it doesn't have the right to, and tries to apply Western solutions to Middle Eastern problems.

Western school systems, governments, and societies were built for Western nations and work for Western nations.

By providing guidance from more of a distance and acting as a mediator between conflicting groups instead of participating in the conflicts, the United States could do more for these nations by forcing them to solve their own problems.

In the end, the United States will never be able to police the world, and nations of conflict need to learn how stop fighting and be responsible for themselves.

*Daniel Joyce is a Thunderword reporter and served in the U.S. Army in Iraq in 2008.*

# the Staff

I keep having phantom trash can.

E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

Editor-in-Chief  
Managing Editor  
News Editor  
Arts Editor  
Sports Editor  
Opinion Editor  
Graphics Editors  
Photo Editor

Erika Wigren  
Gabrielle Paulson  
Angela Stone  
Joseph Park  
Zach Stemm  
Hien Hong  
Krista Rhea, Luis Batlle  
Jasmine Cawley

## Reporters

Racquel Arceo, Emily Arnold, Steven Arvan, Karla Barajas, LaTonya Brisbane, Joey Castonguay, Eddie Cervantes, Alex Chebotar, Kiya Dameron, Marques Dinapoli, Kris Donohue, Marenn Guevara, Maggie Hale, Kimberly Ibarra, Daniel Joyce, Vivian Karanja, Justine Lewis, Milo Loving, Nick Mason, Logan Miller, Erica Moran, Kaylee Moran, Virginia Parenteau, Megan Porter, Julie Ramirez, Samantha Rost, Ipek Saday, Shelby Smout, Rebecca Starkey, Angela Sucher, Isaiah Weller, Joshua Wheeldon

## Photographers

Zach Nunberg

## Business Managers

Kaylee Moran  
Erica Moran

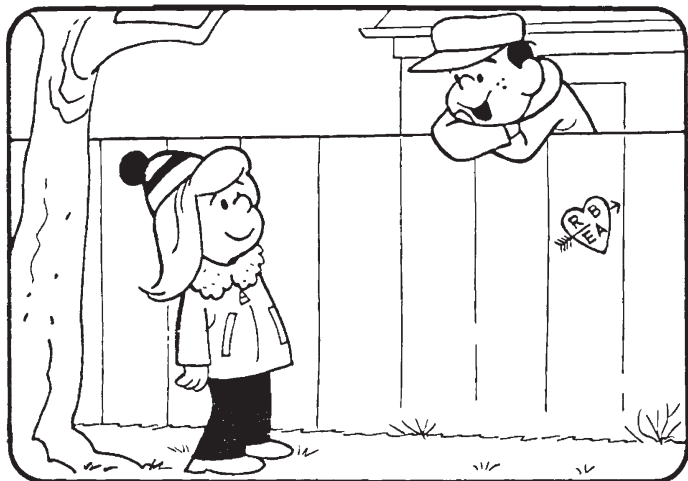
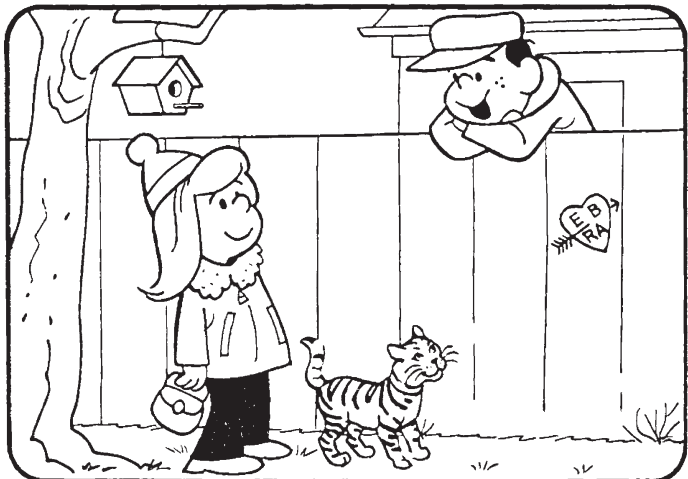
## Advisers

Dr. T.M. Sell  
Gene Achziger



**HOCUS-FOCUS**

BY  
HENRY BOLTINOFF



© 2013 King Features Synd., Inc. All rights reserved

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. Birdhouse is missing. 2. Hat is different. 3. Purse is missing. 4. Cat is missing. 5. Arms are switched. 6. Heart is different.

**Weekly SUDOKU**

by Linda Thistle

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

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!

© 2013 King Features Synd., Inc.



1. TELEVISION: What was the name of the estate in the gothic soap opera *Dark Shadows*?
2. ANIMAL KINGDOM: How many eyes does a bee have?
3. ENTERTAINMENT: Which actress was married to Mickey Rooney, Artie Shaw and Frank Sinatra?

4. INVENTIONS: When was the first coin-operated pinball machine invented?
5. U.S. PRESIDENTS: Who was the first president to be born an American citizen?
6. QUOTATIONS: Who said, "It's not that I'm afraid to die. I just don't want to be there when it happens."
7. U.S. STATES: What does the name of Hawaii's capital, Honolulu, mean?
8. LITERATURE: Which one of Shakespeare's plays contains the line, "The course of true love

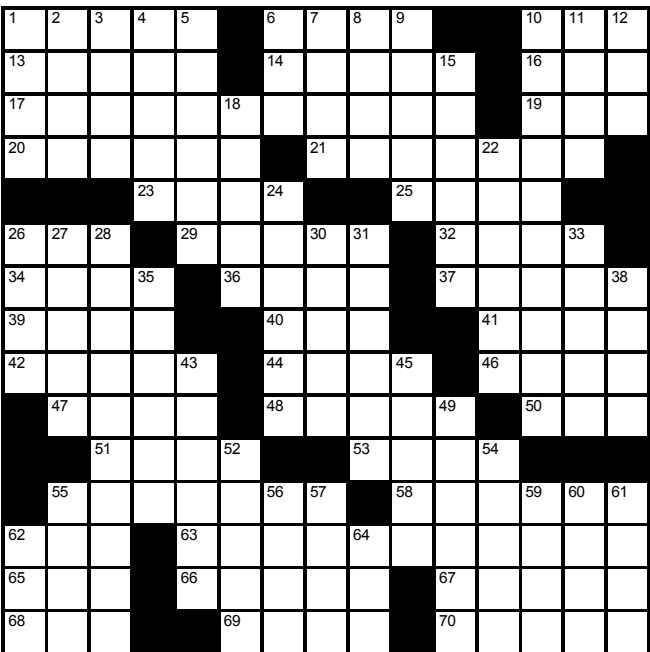
- never did run smooth."
9. GENERAL KNOWLEDGE: What was the name of cowboy actor Roy Rogers' dog?
10. FOOD & DRINK: What is a gherkin?

**Answers**

1. Collinwood  
2. Five -- two compound eyes and three simple eyes  
3. Ava Gardner  
4. 1931

**Crossword 101**

BY Ed Canty (Ed@gfrpuzzles.com)



**Air Gun Ammo**

**Across**

1. Neighbor of China  
6. Magazine contents  
10. No longer edible  
13. Game players take them  
14. Fish catcher  
16. Sleuth's cry  
17. Big name in video rentals  
19. Provincetown catch  
20. Sun Bowl site  
21. Hutch's partner  
23. Sty critters  
25. Dead center?  
26. City area, informally  
29. Line at the Dentist's office?  
32. Gehrig & Costello  
34. Stylish  
36. Onetime dagger  
37. Substitute for currency  
39. Bum around  
40. Possess  
41. Word before bend or brace  
42. Spontaneous remark  
44. \_\_\_ Woods, California  
46. Mailed  
47. Biblical victim  
48. "Not as lovely as a tree?"  
50. Charlotte or Norma  
51. "What are you, some kind of \_\_\_?"  
53. Greek letters  
55. Fertilixer ingredient  
58. Koreans, e.g.  
62. \_\_\_ Friday

63. Place for rolls  
65. Shepard's for one  
66. Fifth wheel?  
67. "\_\_\_ far far better thing..." : Dickens  
68. Cunning  
69. Personal ID's  
70. Noted Crossword Puzzler?

**Down**

1. Beatles' "Let \_\_\_"  
2. Partner of void  
3. Send by parachute  
4. Early Peruvians  
5. Requests?  
6. Pac-10 sch.  
7. Army meal  
8. Barack's challenger  
9. \_\_\_ a time  
10. Place for nonessentials?

11. Gob's greeting  
12. June Honoree  
15. Flynn & others  
18. New Year's Day events  
22. Lab wear  
24. California wine valley  
26. Where Lew Alcindor played  
27. Valerie Harper sitcom  
28. "Wont you come home" guy of song  
30. Close, as a deal  
31. Next year's alumnus  
33. Home of St. Catherine  
35. Lawyer's need  
38. Rose, for one  
43. Short newspaper items

45. Detox place  
49. Fancy floor, maybe  
52. Rainy day coverups  
54. Sibling in a rap song  
55. Polish locale  
56. Afternoon socials  
57. Be on the payroll  
59. Similar  
60. Wasp's home  
61. Command to Fido  
62. Navigational aid, for short  
64. \_\_\_ Moines, Iowa

**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. Mealtime prayer  
2. Cost  
3. Milk container  
4. Not rough  
5. Warn  
6. Movement  
7. Be frugal  
8. Give 10 percent  
9. English nobleman  
10. Gambler's bet

- \_\_\_ \_ \_ C \_ \_ Fruit of the vine  
\_\_\_ \_ \_ C \_ \_ Award  
\_\_\_ \_ \_ T \_ \_ Atomic Number 6  
\_\_\_ \_ \_ \_ T \_ Share a kiss  
\_ L \_ \_ \_ Turn away  
M \_ \_ \_ \_ Witch's brew  
\_ C \_ \_ \_ Prawn  
\_\_\_ \_ \_ H \_ Heading  
B \_ \_ \_ \_ Burr or Carter  
\_\_\_ \_ G \_ \_ Thin cookie

- \_\_\_ \_ \_ P \_  
\_\_\_ \_ \_ Z \_  
\_\_\_ \_ \_ B \_ \_  
\_\_\_ \_ \_ \_ C \_  
\_ V \_ \_ \_  
P \_ \_ \_ \_  
\_ H \_ \_ \_  
\_\_\_ \_ \_ L \_  
A \_ \_ \_ \_  
\_\_\_ \_ F \_ \_

© 2013 King Features Synd., Inc.

**top ten**

**ENDANGERED OCCUPATIONS**

1. Video-store clerk  
2. Switchboard operator  
3. Newspaper carrier  
4. Typist  
5. On-air DJ  
6. Supermarket cashier  
7. Postal worker  
8. Travel agent  
9. Family farmer  
10. Librarian

Source: Salary.com

© 2013 by King Features Syndicate, Inc. World rights reserved.

Got arts news?  
thunderword  
@highline.edu



# High school dropouts find gateway to success with college program

By **NICK MASON**  
Staff Reporter

Two years ago Mason Christensen was a high school drop out.

He attended multiple high schools. Christensen said he enjoyed high school, but circumstances led him to drop out and work on his own for one year.

Christensen was working jobs at McDonald's and K-mart while on his own. All the money went to his bills.

Christensen was then compelled to go back to school after working nothing but dead end jobs, he said.

"I knew I needed to take it seriously to make something out of my life," said Christensen. He has gone through a transformation, and says things are definitely much better.

Now he is majoring in physics at Highline and planning to go to graduate school. He wants to get into particle physics at a university.

Christensen is one example of a successful student who has benefited from Highline's Gateway to College program.

The Gateway to College program offers students a second chance at getting their high school diploma while earning college credits.

"Because of this program, I'm taking tough classes and getting a good GPA," said Christensen.

It took him one quarter to get used to college because he was still in the high school mindset.



Erika Wigren/THUNDERWORD

*Mason Christensen said he is benefiting greatly from the Gateway to College program.*

High school dropouts aren't always incapable, Christensen said.

He is currently in his fourth quarter in the Gateway to College program.

"It made me more focused and my goals are more clear," said Christensen.

Kao Saechao is the Gateway

to College coordinator.

"I just got back on track because of him school wise," said Christensen. Saechao has been a good influence, Christensen said.

Gateway to College is a dual-credit program that allows disengaged high school students to earn a high school diploma

while working toward a college degree or certificate.

"The focus is getting a high school diploma," said Saechao.

This program is largely based on the student's attitude, where attitude determines the number of college credits they take, Saechao said.

The students need to be committed to getting a high school diploma.

To be eligible for application, you must be between 16 and 21 years old, have dropped out of high school or be behind on credits for your grade level, and are committed to getting a high school diploma.

"There is an application process where students have to read articles and read a book," said Saechao. The students must also answer a 150 question quiz as well.

The time frame from first application to being accepted is about one month. The application process starts in the middle of the quarter before the intended start quarter.

The selection process is based on eligibility and readiness. Students also must have a strong desire to work in a group setting.

"We call it the foundation quarter," said Saechao. The first quarter is where students build structure and develop discipline skills. Once selected, students must attend college skills classes.

"Students must attend until

they can get a 3.0 average and 90 percent attendance," said Saechao. The students receive a distinguished scholar award after completing the program.

Another student to receive the distinguished scholar award is Leyla Ibrahim.

Ibrahim was among the first students to do this program last fall 2011. She has been taking the normal 15 credits per quarter.

Ibrahim is currently only working towards a Bachelor's degree, and is still undecided on a major.

Ibrahim will soon finish her two-year degree and plans to transfer to a four-year college.

Ibrahim was studying abroad in Yemen and had difficulties transferring credits. Because of the difficulties transferring credits, she came back from studying abroad.

Ibrahim also says that Saechao has been an influence on her.

"He literally pushes you and says you will do it," said Ibrahim. Kao pushes the students to do well. "He knows our ability, he knows we can do things."

"Just because something happens in your life doesn't mean it ruins your chances," said Ibrahim. "Now I'm more ambitious," she said.

After completing the program, many students go on to graduate work. Students interested in Gateway to College should contact Saechao at gtc@highline.edu.

## Car care is all about checking everything

By **ALEISHA ASHTON**  
Staff Reporter

Basic car care doesn't require any understanding of vehicles or their systems.

One of the most important things to do is read the owner's manual of your vehicle.

It will help you better understand the vehicle systems.

If you don't have the owner's manual, you can purchase it at an O'Reilly Auto Parts store, located at 31430 Pacific Highway, Federal Way.

"It is important to find a mechanic that you trust to work on your vehicle," said an O'Reilly Auto Parts store employee.

Timothy Gibson has owned one shop and has been a mechanic for 25 years.

Over those years he has worked on vehicles like Ford, Honda, Dodge and many more. He also has worked on big rig trucks for three of those years.

"Keep a [safety] kit in your vehicle. It should have water, a first aid kit, blankets, flares, three or four of them, the orange triangle, flash light, food, [a] set of clothes, rain coat and a tool kit. Keep a calling card or another cellphone and charger in your vehicle," said Gibson.

"Inside your tool kit you should have a screwdriver, jack, lug wrench, pliers, oil wrench and fuses," said the O'Reilly employee.

Look around the engine for loose electrical or tube connections, worn or exposed wires, and loose or warped belts, which should be replaced.

The most important things to check regularly include the following: engine oil, anti-freeze/coolant, brake and power steering fluid levels, transmission fluid, and belts.

"One of the biggest things people forget to do, is change the oil and oil filter. Make sure to

change the oil every 2,800-3,000 miles," said Gibson.

"Be sure to change the oil at least every 5,000 miles and change the filter," he said.

"Don't forget to check your oil level, and maintain it between the minimum and maximum fill lines," said an O'Reilly Employee.

Finding the oil cap or dipstick can be difficult, but you just have to look for the oil label.

When checking fluid levels, the engine usually has containers with fill-level lines.

Make sure the fluids are above the minimum line, and below the maximum line.

If you can't find any labels, go to any O'Reilly Auto Parts Store and they will show you where everything is located under the hood of your car.

If your vehicle tire is flat or anything might be wrong with it you can take your vehicle to Les Schwab, located at 25101 Pa-

cific Hwy S, in Kent, for a free tire check.

Check your tires at least every other week to make sure they are inflated properly.

"Use a tire pressure gauge or visual check to make sure the tires appear properly inflated. Keep a full size tire in the trunk of your car and a jack, lug wrench," said Gibson.

"Every day check all your vehicles lights make sure there are working. Make sure there are no cracks in your windshield," he said.

"If you need new windshield wipers, get them. Also look at the light over your licenses plate and make sure it's not out," said Gibson.

Make sure you have the right size battery for your vehicle.

You should check the vehicle's battery and look at the date. Batteries should be replaced every five years.

You can usually have your battery charged and engine light

checked for free at an O'Reilly auto parts store.

"Do not forget to check your vehicle's air filter, headlights, turn signals, brake lamps, spark plugs, cables, and engine timing belt," said Gibson.

"Most engine tune-ups are motor work, or electrical tune-ups consisting of spark plug, cable, and distributor cap replacement," he said.

Check your vehicles spark plugs every 60,000 miles and air filter every 25,000 miles.

"Remember to address issues promptly, including engine knocking or other noises, and visit the mechanic," said the O'Reilly's employee.

A few regular checks and addressing issues promptly can extend the life of your vehicle and make it more dependable.

For more information visit the O'Reilly Auto Parts store website, oreillyauto.com/site/c/home.oap.



# Divinely inspired album

## Gospel singers express their love and spirituality

By **LOGAN MILLER**  
Staff Reporter

**A**fter nearly 19 years of music and marriage, *Kingdom Love* has been reached.

Gerald Jackson and his wife Tanny have been married and making music together as GT Jackson since 1994. Their latest album is titled *Kingdom Love*.

GT Jackson's music is a blend of gospel and love songs.

GT Jackson's website describes the *Kingdom Love* album as "a CD of inspirational love songs designed to build, heal, encourage, and minister to couples."

"*Kingdom Love* is our pearl," Tanny Jackson said.

"*Kingdom Love* is covenant. Covenant is the highest form of relationship you can have with God," Gerald Jackson said. "Our heart's desire was to paint a portrait of marriage by God's design. That's kingdom. That's love. That's covenant."

Gerald and Tanny Jackson have written more than 2,500 songs together.

"You can say one word, and I can take that and write a song," Tanny Jackson said.

Tanny and Gerald Jackson both come from musical backgrounds.

Gerald Jackson sang in his church's choir as a child, but said he never did anything serious. Tanny grew up in a gospel family.

"You didn't have a choice," Tanny Jackson said. "You were going to sing the gospel."

Tanny Jackson also sang on her sister's album.

The Jacksons say their music is influenced by God and life experiences.

"You learn through trials



Joseph Park/THUNDERWORD

*Gerald and Tanny Jackson are the perfect duo for each other. They reach out to the community by holding free concerts that showcase their faith and affection for each other.*

and tribulations, if you choose to learn," Gerald Jackson said.

"We're sharing our experiences with people, the things we've gone through."

The Jacksons write love songs because "the institution of marriage is under such attack," Gerald Jackson said. "We're seeing the divorce rate rise when it should be down," Tanny Jackson said.

The goal of GT Jackson's music is to strengthen the family and strengthen relationships.

"A lot of people aren't getting married because of love," Gerald Jackson said. "A lot of people are struggling in their marriages and their relationships."

The Jacksons said the song they are most proud of is the title track from the new album.

"[*Kingdom Love*] is a song where we're giving honor to one another," Tanny Jackson said.

Gerald Jackson said there is always someone waiting to take your place.

"If you don't honor the one

you're with," Gerald Jackson explained, "someone else is going to come along and honor them."

GT Jackson has been playing live for 19 years. They play at churches, community outreaches, and concerts.

All of their performances are free to attend.

"I watched a lady get turned away and it broke my heart," Tanny Jackson said.

"The person who really needs to be in there might not be able to pay, so we never put a

price on what we do."

*Kingdom Love* is GT Jackson's third album. There will be another album this summer, entitled *Send the Praise Up*. Tanny Jackson has an upcoming solo album for women, entitled *Sister Sister*.

All three of GT Jackson's CDs can be found on their website, gtjackson.com.

Music videos and information on GT Jackson's upcoming tour can be found on their YouTube channel, gtjackson4.

## Burien Arts swings in with all that jazz March 9

By **REBECCA STARKEY**  
Staff Reporter

Burien Arts will gather music lovers of all kinds at its fifth annual Highline Jazz Festival on March 9 from 2:30 to 10 p.m. at the Landmark Event Center, located at S 240th and Marina views Dr.

"It's a one-day jazz festival featuring jazz from the first half of the 20th century," Festival Director Lance Hasland said.

"[The event is for] anybody who likes jazz of any kind, but particularly any people who have appreciation for swing jazz," Hasland said. Dancers are also encouraged to attend.

"There is lots of good dancing going on. All the bands are playing upbeat music that's great to dance to," Hasland said.

The night will kickoff with Highline and Aviation high schools' jazz bands at 3 p.m. and end with Casey MacGill's Orchestra at



10 p.m.

Jazz styles will include Dixieland, gypsy jazz, big band swing, Cajun music and many others.

Lively bands such as the Rhythm Bugs, Pearl Django and Swamp Soul will play in the auditorium and banquet hall.

More intimate jazz groups such as the Alex Guilbert Trio, Ranger and the "Re-Arrangers" and Leftover Dreams will play in

the smaller living room section. Many other jazz musicians will also perform throughout the night.

"We've got music on three stages; simultaneous music all around, everywhere," Hasland said.

The three-stage set-up allows people to drift from one style of jazz to the next seamlessly. Hasland said the Landmark Event Center is an ideal location for the festival.

"The Landmark Center and the jazz go together quite well," Hasland said. "It's a big, beautiful building built in 1926 so it's appropriate for the style of jazz."

In addition to listening to jazz and dancing, attendees will enjoy a five-course dinner provided by EJ's Catering at the extra cost of \$15.

Among the dishes, pot roast and tandoori chicken will be served. A dessert and coffee bar will also be open, as well as two, no-host

wine and beer bars.

Hasland said he hopes the event, "brings people to the Highline area from all over the city so they can see that good things are going on down here. We have great places to go out and dine, great entertainment, [and] great hotels."

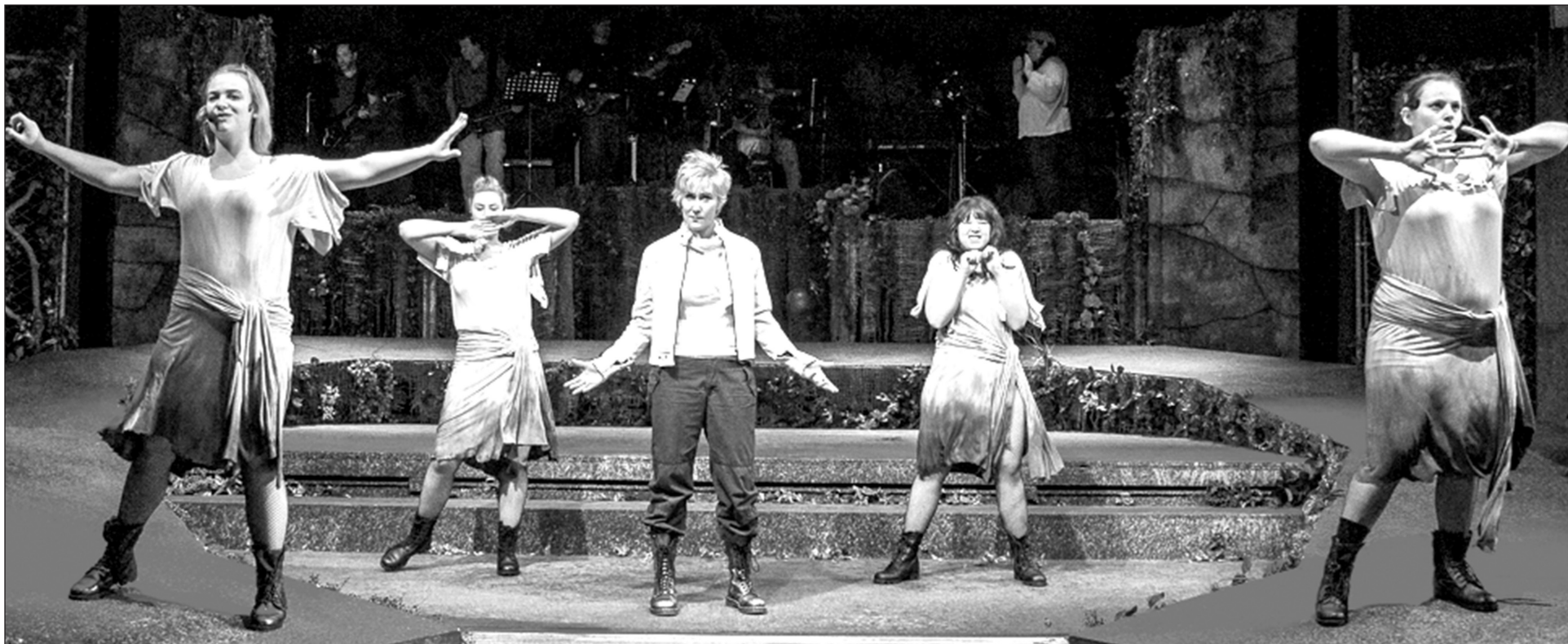
Tickets are \$40 for adults, \$35 for seniors (65 years and older) and free for people 18 years and younger.

"We encourage kids to come. You don't have to be accompanied by an adult," Hasland said. "Just show up if you're 18 and under and you're in free."

Tickets are available online at Brown Paper Tickets, at the 3 Wishes Boutique, or by contacting Burien Arts.

Burien Arts officials are expecting a large number of visitors. For more information, visit the Burien Arts website, or highlineclassicz.com.





BURIEN LITTLE THEATRE

Jesus Christ Superstar is a show originally played by both male and female actors, but the Burien Little Theatre chose an all-female cast to portray the last days of Jesus Christ.

## Hallelujah! Hallelujah!

### Jesus Christ returns onstage as superstar of musical

By **MEGAN PORTER**  
Staff Reporter

Burien Little Theater took a huge chance by taking on the musical *Jesus Christ Superstar* with an all female cast, but it was able to make the little production a positively thrilling show.

*Jesus Christ Superstar* has been done and redone many times, so it has a reputation to uphold.

So for Director Steven Cooper to try his version of the musical, with the fact that all the performers are female and that the story was set in a post-apocalypse time could have gone either way.

At first the play comes across as very unusual and foreign, but if you let it sink in, the production will literally give you goose bumps.

Cooper had a vision with Scenic Painter Nathan Rodda and Set Dresser Cyndi Baumgardner to make the stage as genuine as possible using authentic props

such as a wrecked car and hand-made bone weapons.

The stage was covered in military camouflage with a separate stage raised in the background for the band to perform.

The musical covers the last few days of Jesus and how he came to his end. The performance tells a story of love, betrayal and existentialism.

Burien's production remains true to Andrew Lloyd Weber and Tim Rice's original script, which paints Jesus as selfish and Judas as the martyr.

Adrienne Perry, costume designer, did a very good job on the costumes and make-up. It was strange to see Jesus wearing pants, a t-shirt and a biker jacket.

The apostles were dressed as impoverished commoners in army attire. By dressing the disciples in uniform, Cooper emphasized the idea that the followers were consumed by their desires to fight.

Dave Baldwin, lighting de-

signer, made sure the lighting reflected the mood of each scene.

Working with a live band couldn't have gone better for the show. Musical Directors Julie Parsons and Heather MacLaughlin Garbes made sure the music was as good as it could get.

The band played the music perfectly in sync with the actors; it was entertaining and exhilarating.

The band highlighted the actors' voices, which made each performance dynamic and dramatic.

With BLT being a community theater, the director had to work with the cards he was given: a compact theater, emerging actors, and a limited budget.

However, this year's production of *Jesus Christ Superstar* seems to have tucked all these obstacles away underneath the actors' well-rehearsed performance.

Michelle Flowers played the deceiving Judas. Her strong voice compelled spectators to

empathize for her.

Sophia Federighi who played Jesus, did such a convincing job of delivering raw emotions. She also responded willingly to other actor's energy.

Mary Magdalene, who was played by Ashley Coates, had one of the most soothing voices in the show – you could listen to it all day. Coates mesmerized the audience when she was singing to the sleeping Jesus.

Shaina Ward Siegel, as Caiaphas, had a thunderous and masculine voice, not to mention that her head was completely shaven. Her deep strong voice was perfect for the dark role.

There were a few times when the microphones were so loud it somewhat muffled the performers' words, making listening difficult.

The characters did not stand still for very long, and made full use of the stage and props.

Although there were a few times when the actors' backs

were facing the audience a little too long.

Choreographer, Melanie Sartin choreographed extravagant group numbers that synchronized really well with the music.

When watching the dance numbers, you could clearly tell that most of them did not have much dance experience.

However that did not stop them from performing their best.

Besides the minor defects, the show entertained to the amount of satisfaction.

The production is held at Burien Little Theater and will show every Friday and Saturday at 8 p.m. and Sunday at 2 p.m. until March 24.

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.

## Englishman finds home in unlikely place in America



Carpenter/BURIEN LITTLE THEATRE  
Actor Robert Alan Barnett as Charlie in *The Foreigner*.

By **SHELBY SMOUT**  
Staff Reporter

*The Foreigner* easily immigrates itself into the hearts of its audience with its comedic appeal.

Set in a small and secluded town in the south in Tilghman County, Georgia, *The Foreigner* is about a British gentleman, Charlie, who stays at a lodge searching for some peace and quiet.

Upon discovering that there's several people living in the lodge, Charlie's friend, Froggy, convinces the owner and guests that Charlie is a foreigner.

In Froggy's scheme, he says Charlie doesn't speak English and simply wants to be left alone.

Unfortunately, the plan backfires when everyone decides to bother Charlie instead. *The Foreigner* is about creating a new,

better life when everything is falling apart.

With an intricate set and props that portray the sleepy town, it immediately provides a comfortable atmosphere in the small theater.

It allowed the actors to maneuver on stage with ease.

*The Foreigner* was written by Larry Shue and this rendition by the Renton Civic Theatre is directed by Alan Wilkie.

For a small production, Wilkie stayed true to Shue's legacy.

For a play consisting of seven actors, the one who stood out was Robert Barnett.

Barnett played the "foreigner" or the main character Charlie Baker.

His portrayal of the tired Englishman was noteworthy ranging from the accents he had to develop to his overall demeanor.

The other actors of the *The Foreigner* supported Barnett well, acting off his en-

ergy – no one was bored with their part in the performance.

There were no technical difficulties; the set, sound, costumes, and lights provided the actors with a faultless routine.

Dan Reinking's set helped create the comfortable setting of the lodge Charlie is staying at, while Jay Biederman's sound, Rachel Wilkie's costumes, and Bill Huls' lighting pulled the show together.

*The Foreigner* is being showcased at Renton Civic Theatre at 507 S. 3rd St., Renton through March 2.

There will be performances on Thursday Feb. 28 at 7:30 p.m., Friday March 1 at 8 p.m., and Saturday March 2 at 8 p.m.

Tickets cost \$22 for adults and \$17 for students and seniors.

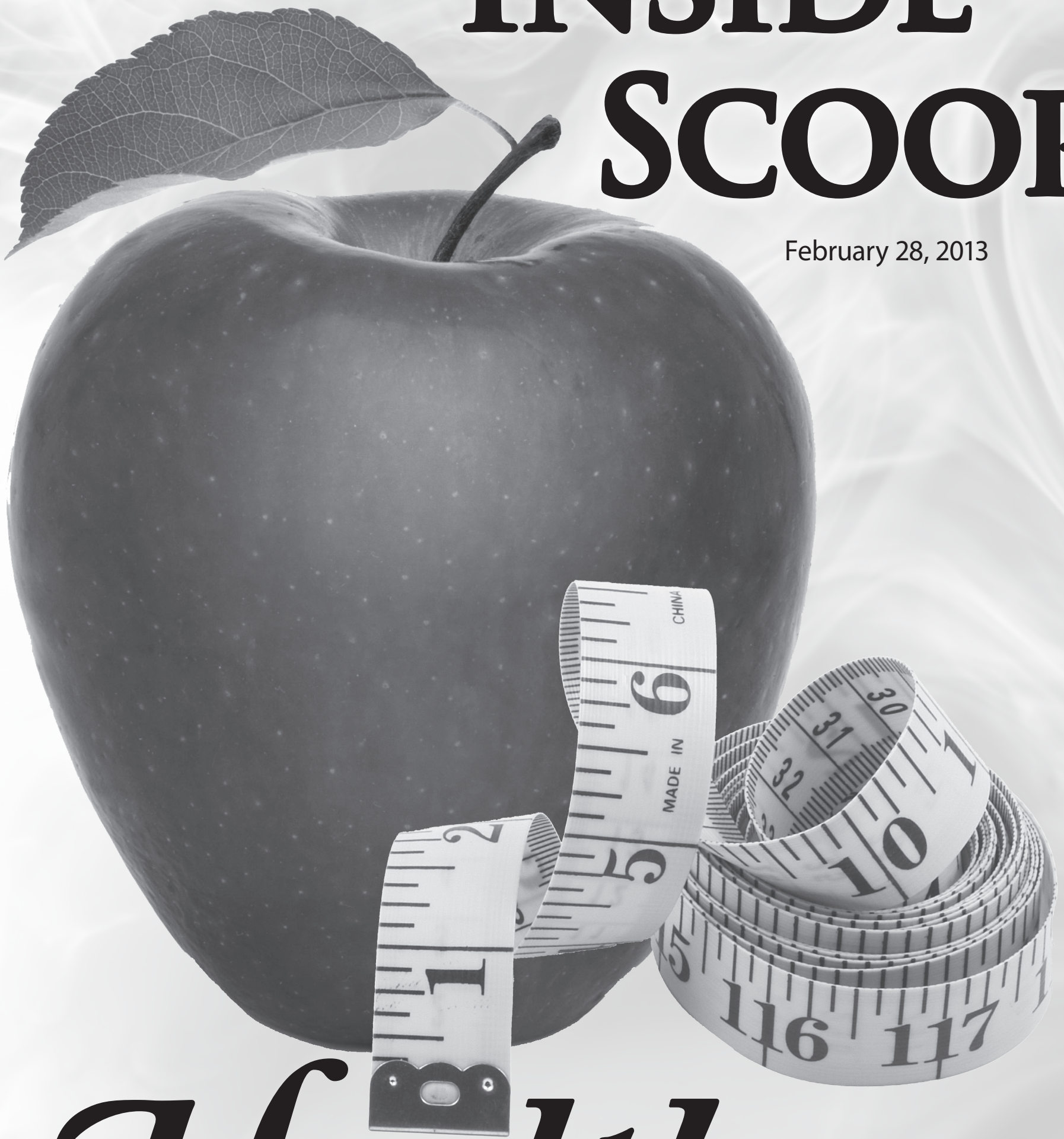
To purchase tickets or to receive more information about *The Foreigner*, visit [rentoncivictheatre.org](http://rentoncivictheatre.org).



THE THUNDERWORD MAGAZINE

# INSIDE SCOOP

February 28, 2013



# *Health*



and

# *Fitness*

Eat right • Sleep right  
Build yourself a better body





## Get FITT using frequency, intensity, time and type

By **DARIN SMITH**

Special to the Thunderword

**I**t is that time of year when many people decide to start up a new exercise program to get fit.

It is a great time to make these changes, but unfortunately many people don't know how to get started. Never fear, because the secret to setting up a good program is as simple as remembering the acronym "FITT".

FITT stands for Frequency, Intensity, Time, and Type; and it is the key to planning out your program.

Frequency refers to how often (days a week) a person exercises, intensity refers to how hard they work out, time refers to the duration of exercise (how long), and type refers to what method of exercise the person chooses to engage in.

Ideally, any exercise program should contain cardiovascular exercises, resistance training, and stretching. So here are a few FITT guidelines for each type of exercise to help you get started.

### • Cardiovascular Endurance Exercise.

**Frequency:** You should engage in cardiovascular exercise a minimum of three to five days a week. In addition, you should limit your sedentary (inactive) behavior by incorporating regular aerobic activity into your daily life.

This would include things like walking or riding your bike instead of driving whenever possible, playing outside with your pets and/or kids, pursuing active hobbies, and taking the stairs every chance you get.

**Sitting for long periods of time is dangerous.** If you have a sedentary job where you sit all day in a cubicle, you need to plan regular short breaks to get up and stretch or take short walks.

**Intensity:** Stay within a target heart rate zone of 55 percent to 85 percent of your maximum heart rate. You can determine this heart rate zone with the following formulas:

Moderate intensity (55 percent) =  $.55 \times (220 - \text{your age})$  and vigorous intensity (85 percent) =  $.85 \times (220 - \text{your age})$ .

You can then take your pulse or use a heart rate monitor to make sure your heart rate stays within these lower and upper heart rate limits.

An effective way of doing this is by engaging in interval training, which involves



*Darin Smith demonstrates a standing quadricep stretch.*

alternating intervals of one or two minutes of low-to-moderate intensity cardio followed by one-two minutes of high intensity cardio.

**Time (duration):** Your cardio workout should consist of about 20-60 minutes of continuous aerobic activity with an additional five-10 minutes of light cardio before and after the workout as a warm-up and cool-down.

The minimum amount recommended is 30 minutes per day of moderate activity 5 days per week or 20 minutes per day of vigorous activity three days per week. Notice that the higher the intensity of the activity, the lower the frequency and duration need to be.

Keep in mind that more than 20-30 minutes may be required if your goals include improved cardiorespiratory endurance or

weight loss. Lastly, if you don't have time for one continuous session, your cardio training time can be accumulated in shorter bouts of exercise of no less than 10 minutes throughout the day.

**Type:** Cardio exercise includes activities that involve continuous rhythmic activity of large muscle groups that elevate the heart rate and utilize aerobic energy systems (e.g., running, biking, and swimming).

There are lots of other fun and creative ways of getting cardio these days including Zumba, ultimate Frisbee, cardio kickboxing, and spinning classes. Choose activities that meet your goals, fit within your limitations, and keep you excited about exercising.

### • Resistance (weight) training.

**Frequency:** You should

get at least two-three nonconsecutive days a week of resistance training. Your muscles need about 24-48 hours to recuperate and rebuild, so it is important not to work the same muscle two days in a row.

**Intensity:** Your weights, repetitions, and sets are typically based on your training goals. For example:

**Muscular strength:**  $\geq 85$  percent of 1RM (1 repetition maximum) for six to eight reps for two to six sets.

**Hypertrophy (mass/size):** 65-85 percent of 1RM for six to twelve reps for three to six sets.

**Muscular endurance:**  $\leq 65$  percent of 1RM for  $\geq 12$  reps for two to three sets.

When choosing your starting weights, a good rule of thumb is to pick a number of repetitions based on your goal. For example, you might choose

15 reps if you are working on endurance. In that case you would choose a weight that allows you to complete 15 solid repetitions with the last rep feeling like a maximal effort. If you get to 15 and you still feel like you could do more reps, you are not lifting enough weight.

**Time (duration):** Time necessary to complete one or more sets (e.g. 8-12 repetitions) of 8-10 exercises that work all the major muscle groups.

**Type:** Exercises that work the muscles using forms of resistance including free weights (barbells, dumbbells), weight machines, body weight, resistance bands, kettlebells, and medicine balls.

If you are a novice, weight machines and body weight exercises are a great way to start. As you progress you can learn to incorporate more free weight exercises. A great resource for weight training is [exrx.net/Lists/Directory.html](http://exrx.net/Lists/Directory.html)

### • Stretching/Flexibility Training.

**Frequency:** You should stretch at least two-three days a week, preferably at the end of your workout.

**Intensity:** Go to the point of tension but not pain. Do not bounce or force the stretch excessively past your normal range of motion.

**Time (duration):** You should do about two-four repetitions of each stretch held for 15 to 30 seconds (for static stretches).

Always stretch after a warm-up or after a workout while the muscles are warm.

Avoid stretching first: stretching cold muscles before a warm-up may cause injuries.

In addition, static stretching before a weight training or cardio session may reduce your strength, speed, and endurance for up to two hours.

**Type:** You should select stretches for the major joints and muscle groups, especially areas that might be tight or inflexible. For some suggestions, see [exrx.net/ExInfo/Stretching.html](http://exrx.net/ExInfo/Stretching.html).

## Fitness Team

**Editor •** Angela Stone

**Design editor •**

Krista Rhea

**Graphics •** Luis Batlle

**Photos •** Jasmine

Cawley

**Reporters •** Joey

Castonguay, Kiya

Dameron, Marenn

Guevara, Logan Miller,

Kaylee Moran and

Samantha Rost





# Dream gym may be closer than you think

By **ANGELA STONE**  
Staff Reporter

**Y**our fit future might be a short drive away. • One such fitness center is on campus. Highline's Fitness Center is located in Building 21, room 103.

The majority of people who use the Fitness Center here are athletes and personal training students, said Darin Smith, Physical Education department coordinator.

However, "it's open to all Highline, CWU faculty and staff, and students," Smith said.

The Fitness Center is a classroom 8 a.m.-1 p.m., but is open to faculty, staff and students from 1-5 p.m. However staff and faculty are welcome to use the Fitness Center even during the class hours. Anytime from 8 a.m.-6 p.m. is open to staff and faculty.

To use the Fitness Center, everyone is required to fill out a form at [pe.highline.edu/pe/FCopenhoursregistration.php](http://pe.highline.edu/pe/FCopenhoursregistration.php).

"On average we might have 60 people a day," come through the Fitness Center, Smith said.

"During the open hours we have two experienced personal fitness students," Smith said. The personal fitness students can show people how to properly use the equipment in the center.

There are three main types of cardio equipment in the Fitness Center: elliptical trainers, stationary bikes and treadmills. There are five bikes, five ellipticals and five treadmills.

"We have stuff that covers the chest, back, arms, and legs," Smith said. "We have a selection of weight training machines."

"The one piece of equipment we don't have yet is a dual cable pulley machine," he said.

Smith has also ordered a dual cable pulley machine for the Fitness Center, but its arrival keeps being delayed. "It'll arrive during spring break," Smith said.

A dual cable pulley machine is a flexible machine; it can work on every muscle group in the body.

"I try to have a variety of exercise equipment available," Smith said. "I try to use the space as best as possible."

"We also have a stretching area," he said, with resistance bands, kettle bell weights, and medicine balls.

Dumbbells are available in various weights from three pounds to 90, in addition to barbells.

Benches and racks for weight-lifting purposes can also be found in the center, Smith said.

"We have a lot of different



Angela Stone/ THUNDERWORD

*Students exercise on the weight machines at Highline's Fitness Center*

types of bars," he said.

The busiest time in the Fitness Center is "typically between the 10-two o'clock hours," Smith said. "Friday afternoons are, kind of quiet time."

• If the Fitness Center times on campus doesn't work for you there are other gyms in the area that could, such as LA Fitness at 27417 Pacific Highway S. Federal Way.

"I think people come here because of the location. It's close to a lot of things," saleswoman Stephaine Gaines said.

LA Fitness has a variety of resources to choose from. A lap pool, basketball court, racquetball court, as well as stationary bikes, treadmills, and select rise machines are just some of their resources available.

Select rise machines adapt to help you exercise any part of your body you would like, Gaines said.

Some of the classes offered at LA Fitness are step aerobics, Zumba, yoga, cycling, and mat pilates.

Zumba is among the more popular classes offered, Gaines said.

"Anybody who hasn't been here before, we like to take them on a tour so they can see everything we have to offer," Gaines said.

LA Fitness hours are from 5 a.m.- 11 p.m. Monday through Thursday, Friday 5 a.m.-10 p.m. and from 8 a.m.- 8 p.m. on weekends.

"You're able to sign up online," Gaines said. Prices vary from person to person at LA



Angela Stone/ THUNDERWORD

*Students get a cardio workout at Highline's Fitness Center*

Fitness. Gaines said that the higher the start up fee the lower the monthly fee, the lower the startup fee the higher the monthly fee.

For example, if a single adult (without a discount) paid a start up fee of \$45 then, they would pay close to \$54 per month to use LA Fitness. In this scenario they wouldn't have access to any other LA Fitness either.

However, they do offer discounts for students, military and seniors. Though the discount is not a set percentage.

• If you would like a smaller, locally owned gym, Eagle Fitness of Kent might be for you.

Eagle Fitness of Kent is located at 23424 Pacific Highway S. in Kent is very near campus.

Eagle Fitness was started by Steven Yamak, owner of Eagle Fitness of Kent, in conjunction with a few friends.

One of the things that make Eagle Fitness unique is that

"we dabble in several new technologies," Yamak said, for example, "whole-body vibrations developed by NASA."

A lot of people do not work out because they don't like how much time it takes, Yamak said. "It's not necessarily true anymore."

He said that this machine works your body to the same degree in 10 minutes that lifting weights for over an hour would.

Yamak said that this was because the muscle are relaxing and contracting so rapidly.

"It's great for people who have [physical] limitations," Yamak said. Because you don't have to move your body, you just stand there, so "it cannot hurt you."

However there is a "nominal fee on the vibration machine," Yamak said. It depends on how long you use it but normally it's about \$2.50 a session.

Yamak also points to the

gym's ROM machine, which he said you can consume the same amount of oxygen in four minutes by using the ROM, as you would by running on a treadmill for 40 minutes at six miles per hour.

"Most health clubs, they're not interested in your health. They're interested in their bottom line," Yamak said.

"We want people to succeed," Yamak said. That is why they make an effort to "reduce time and effort it would take to get into shape."

Child care is available for \$2 per child per hour. At Eagle Fitness they have two TV sets to the child care facility so that parents can see their children while they are working out.

Lockers and showers are included with the price of membership.

Highline students and Mt. Rainier High School students get a student discount at \$29, and military get a discount at \$19 on the start up fee.

The regular start up fee is \$89. Monthly membership dues are \$19 a month.

The busiest time at Eagle Fitness is between 5-7 p.m. on a weekday, and a total of 86 people can use the center at one time.

• Fitness centers may not appeal to everyone. Another option is the Mt. Rainier Pool at 22722 19 Ave S Des Moines.

"The pool is owned by the city of Des Moines and Burien. So the taxpayers pay for the pool," said Christine Hurth, cashier, lifeguard and aerobics instructor at Mt. Rainier.

Mt. Rainier offers classes in lifeguarding, water aerobics, and lap swimming.

Some resources Mt. Rainier provides are kick boards, paddleboards, stationary bikes, and bleachers for parents to sit and watch.

Showers and lockers are available and don't cost extra, Hurth said. The handicap shower trees have curtains, but the regular ones don't.

The pool is 21 feet by 51 feet, "the deepest [part] is 12 feet deep," Hurth said. "We have a retractable bulkhead. So really we could have any dimension."

"The busiest time of day would be the evenings, probably from seven to eight, when we have our public swims," Hurth said.

However students and military do not get discounts at Mt. Rainier. They use punch cards, \$42.50 for 10 uses, and one drop in visits at \$ 4.50 for a single adult.

They do have prices for three-month use at \$175 and full-year use at \$430.





# Avoid the diet; embrace the lifestyle change

It's better to know your body rather than the latest weight-loss fad

By KAYLEE MORAN  
Staff Reporter

Dieting may work for some, but a lifestyle change is necessary for weight loss, nutrition experts say.

Popular diets such as the HCG hormone, raw food, and Slim Fast diets all have their costs and benefits.

Diets aren't always recommended. A healthy lifestyle change is more important.

"Personally, I don't recommend any diets. I work from a non-diet, intuitive-eating approach," said local nutritionist Danielle VenHuizen.

It's best to make small changes over time because they are most likely to stick and result in real lifestyle change, she said.

"It's hard to change someone's engrained habits and mentality about eating. Doing this gradually can help make the process easier and more sustainable. It's not about dieting, it's about lifestyle change," VenHuizen said.

Your body goes through a lot of changes when you're on a diet.

"During a diet you are typically taking in less calories than your body needs to maintain its current weight. When this happens, your body begins to burn fat, your body's main storage of calories," VenHuizen said.

Hormones are then released that signal hunger and satiety. The body loves to maintain internal stability (homeostasis), so naturally you feel hungrier if fewer calories are coming in. Normally during a diet you start this fat-burning process and gradually lose weight, she said.

Losing weight too rapidly can be dangerous and unhealthy.

"A safe recommendation for weight loss is one to two pounds per week. Any more than that is often not sustainable and usually results in regaining the weight," said VenHuizen.

"Radical diets can cause very fast weight loss but also cause losses in muscle and metabolism," she said.

When you get off a diet, you need to maintain the same healthy habits.

For a lot of people, being off a diet means returning to their regular habits with modest changes and the weight often comes back, VenHuizen said.

"Then they go on a diet again in a few months, resulting in yo-yo dieting or weight cycling. This can be extremely unhealthy and lead to problems with poor weight loss later on as their metabolism adjusts to these ever-fluctuating conditions," said VenHuizen.

Once you have reached your goal weight, don't stop there. Exercise is also an important part in weight loss.

"Once you reach your goal weight you need to be very careful to stick to the dietary changes that got you this far and include exercise," VenHuizen said.

Physical activity is extremely important in weight loss and weight stabilization. It helps boost metabolism to burn more calories throughout the day, VenHuizen said.

"Of course diet is important too and so you need to make sure you have a new way of eating in place that you enjoy and can stick with. Going back to old habits will only lead to weight gain," VenHuizen said.

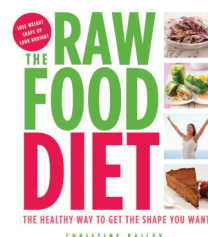


HCG stands for human chorionic gonadotropin, a hormone that appears

naturally during pregnancy.

The HCG diet is not advised because it is an extremely low calorie diet (500 kcal/day) combined with a HCG growth hormone injection to help spur fat loss, VenHuizen said.

"It's not natural and very hard to maintain when off the diet. You also don't get all the vitamins/minerals that you need because the diet is so restrictive," VenHuizen said.



The raw food diet consists of eating uncooked, unprocessed and often organic or wild foods.

"There's no clear evidence that a raw food diet is going to make you lose weight any more than a regular diet that includes cooked foods," VenHuizen said.

"In fact, if someone is doing it just for weight loss they are probably going to get bored with it over time and revert back to old habits," she said.

This diet requires an incredible amount of planning and preparation and is not for someone who is not committed to this lifestyle.



Another popular diet many people use today is Slim Fast, which comes with pre-packaged food and drinks that you can find in most grocery stores.

"This diet can work and has for many. However, like many diets, it is hard to

maintain in the real world when not on the Slim Fast plan. At some point people transition back to their regular diets and that is where often times the weight returns," said VenHuizen.

Those who learn to eat more healthfully, eat smaller portions, exercise daily and have a true lifestyle change are able to keep the weight off success-



fully, VenHuizen said.

Slim Fast is similar to other diets with pre-packaged meals such as Jenny Craig and Nutri-system. Although these diets can be convenient and may help you lose weight, it's often hard to keep the weight off once you're off them.

The Atkins diet restricts carbohydrates while emphasizing protein and fats.

"I don't recommend the Atkins diet because a high protein diet can have consequences," said Dr. Molly Brignall, who teaches nutrition at Highline.

Weight Watchers is another popular diet. Weight Watchers' Points Plus program assigns every food a points value, based on its protein, carbohydrate, fat, fiber, calories, and how hard your body has to work to burn it off.

Dieters are encouraged to maximize their Points Plus allowance by choosing more "Power Foods," such as whole grains, lean meats, low-fat dairy, and unlimited quantities of fresh fruit and nonstarchy vegetables.

"Weight Watchers is not bad. People have been pretty successful on it, but I don't like some of the food because it's highly processed," Dr. Brignall said.

into energy. The fat cells shrink, decreasing weight and body size.

Yuchi Yang, a registered dietician with a private practice in Issaquah, said it is not easy to change daily eating habits or lifestyles overnight.

However, a nutritionist or registered dietician can help people "find out what they're doing wrong, work with them to develop personal plans that suit their lifestyles, culture, and daily routines, and motivate them to adhere to the plans," Yang said.

Yang recommended a Mediterranean diet such as the South Beach Diet.

"The Mediterranean diet is a healthy diet for adults," she said.

"Studies have shown that the Mediterranean diet reduces the risk of many chronic illnesses such as heart problems and cancers."

Key components of the Mediterranean diet include eating a lot of fruits, vegetables and whole grains; drinking plenty of water, eating fish twice a week, using olive oil in place of butter, eating red meats only a few times per month, and exercising.

Certified Nutritionist Amy Hayes-Herb also spoke of the benefits of the Mediterranean diet.

"It is low in overall meat consumption, high in complex carbohydrates... high in monounsaturated fat, (a good fat), and high in heart-healthy fiber," said Hayes-Herb. Furthermore, "If you look at the Mediterranean diet and lifestyle food pyramid, you'll see that physical fitness is the largest portion of the pyramid," she said.



## weightwatchers

Weight Watchers is another popular weight-loss diet.

"Weight Watchers has many benefits, which include a good support system, the teaching of portion control (based on a point system), cooking more healthfully (often lower fat), what and how to eat while dining out, and, most importantly, they encourage physical fitness," Herb-Hayes said. "I don't really see many drawbacks... and have seen many people have long-term weight loss success with this program."

Another popular weight loss diet is the Atkins diet. However, this diet has been criticized by nutritionists.

"There are no



Popular dieting may actually result in an unintended weight gain, say local nutritionists

By LOGAN MILLER  
Staff Reporter

The Atkins, Mediterranean, and Weight Watchers diets are popular ways to lose weight, but nutritionists do not hold them all in high regard.

Many people attempt to lose weight by following a weight loss diet.

During weight loss, the body's fat stores are turned

**'As a nutritionist, I don't really recommend 'diets.' My approach with clients wanting to lose weight is to firstly find out how a client eats, what they eat, and why they eat the way they do.'**

- Certified nutritionist Amy Hayes-Herb

benefits to the Atkins diet beyond Dr. Atkins' recommendation to eat whole foods," said Hayes-Herb. "It is a diet high in fat and meat consumption and low in healthy complex carbohydrates and often fiber. More and more research shows that a plant-based diet is the healthier alternative to a meat-based diet."

Britta Leverkus, a registered dietician with a practice in Seattle, also criticized the Atkins diet.

"Any diet that demonizes a specific food group has negative effects," Leverkus said. "Carbohydrates are your body's primary source of energy and the only energy your brain can use. If you cut all that out, you won't be healthy."

Not all nutritionists and dietitians support using a weight loss diet.

"As a nutritionist, I don't really recommend 'diets,'" said Hayes-Herb. "My approach with clients wanting to lose weight is to firstly find out how a client eats, what they eat, and, why they eat the way they do. After this I offer them very personalized nutrition information based on the needs of their own body. Lastly, we create meaningful short and long term goals for weight loss and increased health and vitality."

Leverkuhn said that in the worst-case scenario, dieting can put your body in starvation mode.

"When there is not enough food coming in to match how much you need, your body goes into starvation mode. Your body is designed to survive. Starvation mode slows your metabolism way down in order to preserve as much energy as it can," said Leverkus.

Leverkuhn recommended listening to and trusting your own body to tell you when to eat, what to eat, and how much to eat.

"When someone is eating normally, that's when your metabolism speeds back up and you can come to a healthier weight at that point," she said. "When people go on a diet, they're trying to lose weight, but they actually slow their metabolism down, making it harder to lose weight."

Furthermore, "95 percent of people who lose weight while dieting will regain that weight plus more within one to five years," said Leverkus.

**'When people go on a diet, they're trying to lose weight, but they actually slow their metabolism down, making it harder to lose weight.'**

- Registered dietician Britta Leverkus

**'A safe recommendation for weight loss is one to two pounds per week.**

**Any more than that is often not sustainable and usually results in regaining the weight.'**

- Local nutritionist Danielle VenHuizen





# Using the clean squat will tone, strengthen

By **NATHANIEL GORDON**  
Special to the Thunderword

**T**he squat clean is ideal for the individuals who want to build explosive power and strength, or even tone up their bodies.

This fully functional lift targets a large majority of the body's prime movers such as the quadriceps, glutes, hamstrings, calves, lats, back muscles, and even the shoulders, triceps, and forearms. This is also a great lift for targeting core strength.

It is the norm for this lift to be completed with a standard 45lb barbell with appropriate weight on each side, but this can also be completed with other various weights, such as dumbbells, kettlebells, or even just the bar for beginners. It is highly advised to start with just the bar until your technique is perfect.

To perform this exercise, step up to the bar placed on the ground and align yourself to the middle of the bar. Place your feet approximately shoulder width apart with your toes pointing outward about 20 degrees. From that position, stand tall and keep your chest

up with your eyes forward. At no time during this lift should you ever look at the ground, except to maybe grab the bar.

Once in this position, simply squat down, keeping your back straight, pushing your hips back and bending at the knees to grab the bar. Grab the bar in such a way that your knuckles are pointing away from you or forward. This is called a pronated grip. Be sure your grip is even, and that your thumbs are completely wrapped around the bar.

Gripping the bar tightly, you are to simply stand up explosively with the bar. Explosively in this instance means move fast and powerfully. So, the first part of this lift is the same as a deadlift, but the movement doesn't stop there. The next part is the tricky part that also needs to be done perfectly.

After standing up with the bar, you are to pull up vertically on the bar bringing it up as high as you can. Now all at once, you are to drop under the bar into a butt-to-heel squat catching the bar on your shoulders. In order to do this, when exploding up with the bar, you must jump



Angela Stone/THUNDERWORD

*Nathaniel Gordon demonstrates how to safely do the squat clean.*

while lifting up. To catch the bar on your shoulders, you are to point your elbows straight forward after lifting up as high as you can while relaxing your grip allowing the bar to slide slightly out of your grip so that it rests on your shoulders right in the center of your deltoids.

You may spread your feet apart more with the jump, but if you spread them too far you will most likely injure yourself, and it will also not be an as effective lift.

Try to keep them close to shoulder width apart. You do

not necessarily have to catch the weight and squat all at once either. You could catch the weight, and then squat, but the heavier the weight, the easier it is to get under when you drop under at a lower position after exploding up with the weight.

Ideally, you do not stay in the squatted position for very long, you simply come back up with the weight after dropping into the full squat. Once that is completed, you have done a clean squat. This entire exercise is all done at once, all in one motion, except

for maybe the time elapsed between the catch of the weight and the squat, but for explanation purposes I have explained step by step.

There is just as much potential for injury getting the weight back to the ground as there is lifting it up. Many experienced weight lifters simply drop the weight at the end of the exercise. You can do this, but it is important to make sure that you won't be dropping the weight on anyone else.

Another way to lower the weight is to just reverse the movement, without the squat. It is essential that if you choose this method for lowering the weight that you do it the same way you lifted the weight up, all in one motion.

Once you become familiar with the squat clean, you can do numerous variations to this exercise. I recommend mastering the squat clean first, and then talking to an Highline personal fitness trainer to see what else you can do with the lift.

I do not recommend performing this exercise without an experienced weight lifter or preferably a personal trainer present to instruct and spot your lift.

# Push yourself when training, but only to a point

By **JOEY CASTONGUAY**  
Staff Reporter

**R**est and proper nutrition are the key elements to prevent overworking the body.

Darin Smith, Physical Education department coordinator and personal trainer, said overtraining works the body beyond its capabilities and can be very harmful.

"Overtraining refers to the point at which a person overworks the body beyond what it is physically capable of tolerating. It is a bad thing. One of the best definitions I've heard is that overtraining is when the stress of exercise training exceeds the body's ability to recover and adapt," said Smith.

However, Smith said, overworking in the gym can be a good thing, with moderation being a key factor.

"It is important to challenge your body during training to produce adaptations like greater strength and endurance. The overload principle is the idea that you have to train your body with a greater stress or demand than it is used to in order to have it adapt and improve. The overload principle is a good thing," said Smith.

Training is important to anyone going to the gym, but the real damage is done outside the weight room.

"Many athletes and exercisers



Angela Stone/THUNDERWORD  
*Masree Butler shows a dumbbell workout.*

train very hard, but they also should allow sufficient recovery time and proper nutritional intake to allow the body to recuperate from the training stress and adapt with physiological improvements," Smith said.

Gym-goers seem to be clouded with many misconceptions about lifting and strength training, while not knowing

**'Overtraining refers to the point at which a person overworks the body beyond what it is physically capable of tolerating.'**

- Darin Smith

how to properly take care of themselves at home, Smith said.

"This is something many people don't realize: You do not build muscle in the gym; you tear down the muscle. You build muscle when you are resting, eating, sleeping, etc," Smith said.

"Training causes microdamage to the muscle fibers, but when you rest and get the proper nutrition your muscle fibers rebuild and get thicker and stronger. If you don't allow proper recovery time, you are just constantly tearing the muscles down without allowing them to build back up again," Smith said.

If the care for the body is not done properly, overtraining can cause serious physical and psychological problems.

"As far as knowing if you have overtrained your body, the symptoms can be psychological or physical in nature. Generally the main indication that you have been overtraining is a

decline in physical performance despite continued training," said Smith.

While the symptoms can vary, Smith gave a list of some more common ones to look out for.

"Common symptoms of overtraining may include things like illness (colds, allergies, frequent infections), nausea, fatigue, frequent injuries, excessive muscle soreness that does not seem to go away, decreased appetite, weight loss, irritability, anxiety, feeling of depression, sleep disturbances, and a loss of motivation or interest in high-level training," said Smith.

With knowledge comes greater awareness, and Smith said rest, refuel, and quality are the best ways to prevent overtraining.

"The best way to prevent overtraining is to incorporate adequate rest periods in your training schedule, get proper nutritional intake and refueling (which often means to get plenty of carbs to replenish your depleted muscle glycogen), and always emphasize the quality of training over the quantity of training," Smith said.

"That last point means that you should be smart about how you train instead of spending hours and hours training wasting your time on unnecessary exercises that just use up your energy but give you little benefit in return," Smith said.





# Ergonomics helps students with posture

By **MARENNA GUEVARA**  
Staff Reporter

**S**itting in front of a computer doing homework for hours can be a pain both mentally and physically. Resolving the physical discomfort can be as simple as remembering what mom said.

Students have been reminded for years that posture is important, but inevitably they find themselves slouching down into chairs and no matter how much they fidget, they just can't find a comfortable position.

That's where ergonomic exercises may help.

Ergonomics is the science of fitting workplace conditions and job demands to the capabilities of the working population, according to the Occupational Safety and Health Administration of the federal government.

"Ergonomics are the proper way that you should actually perform any task that you are going to be doing repeatedly," said Marcia Welch, a BTECH Instructor at Highline.

"The ergonomics are there so that you do not injure yourself -- to prevent injury," Welch said. "One of the things we're finding as time goes by is more and more of us literally sit at a desk a good number of hours per day and so they have come up with different types of exercises you can do that will help alleviate some discomfort, it could be actually pain [or] it could just be some stiffness from sitting so long."

Ergonomics isn't just stretches and exercises. Welch says it can be anything from

the height of the chair to the height of the monitor. She suggests getting up and moving around or looking away from what you're doing every 20-60 minutes. One shouldn't be sitting in a single place more than 60 minutes.

Performing simple exercises at your desk or when you have a spare moment can help prevent injuries such as carpal tunnel syndrome.

Carpal tunnel syndrome is caused by pressure on the median nerve in the wrist that supplies feeling to parts of the hand. It can lead to numbness, tingling, weakness, or muscle damage in the hand and fingers.

Have eyestrain or trouble focusing? A good exercise is called Eyes Around the Clock. Look straight ahead and focus on the one o'clock position of an imaginary clock in front of you without straining your eyes. Then focus on the two, three, four, and so on until you get all the way around the clock. Once again do the same thing, only in the opposite direction. Another option is to close your eyes tightly for a second, then open them wide. Repeat several times. Third, you can simply re-focus your eyes on something at least 20 feet away.

To get the kinks out of your neck and shoulders, there are a few simple exercises that can be done.

Lift your shoulders up toward your head. Then pinch your shoulder blades to roll your shoulders back. Let your shoulders drop back into normal position and repeat. You should be moving your shoulders in a circular motion. Or you could



Jasmine Cawley/THUNDERWORD

*Students demonstrate good and bad posture.*

opt for shoulder shrugs or shoulder pinches. Just lift your shoulders toward your head for a few seconds and release. For shoulder pinches, pinch your shoulder blades together and hold for a few seconds before relaxing them again.

A stretch that specifically helps loosen your neck is to slowly turn your head to the side and hold for 10 seconds. Switch sides and repeat a few times.

With all of our essay writing, text messaging and face booking, we need to remember to take care of our hands too. Clench your fists slowly and hold for a few seconds. Slowly open your hand and spread your fingers.

Hold for a few seconds and repeat.

Another option is to raise your arms in front of you with palms facing down and fingers flat. Extend your wrists and fingers slowly until they point up.

Hold for a few seconds and then slowly lower wrists and fingers so that they point down this time. Once again, hold for a few seconds and relax.

To stretch your hands out, place them together with fingers spread apart and fingertips at chin level. Lower your hands slowly and peel them apart. Then reverse and repeat.

If practiced regularly, these

ergonomic exercises have been shown to reduce the risk of computer related injury and help to improve overall health. "Once you have problems you can do some exercises to stretch out your muscles and move around a little bit," said Welch who takes ergonomics very seriously.

Her students are even graded on their ergonomic exercises, with 40 percent of their grade being based on how their work station is set up.

Anytime you do anything repetitively or in one place for a long period of time your body's at risk for injury. These are just a few exercises available that can help people to keep healthy and feel better while working.

## Sleep quality and habits can determine your overall health



Angela Stone/THUNDERWORD

*A Highline Student takes an unhealthy nap between classes. When you sleep and where you sleep matters.*

By **SAMANTHA ROST**  
Staff Reporter

**O**ne's sleeping habits could be affecting how much they sleep every night and the way they feel in the morning.

For some people, a good night's sleep can be hard to get. Students who work and go to school full time could be finding it hard to fall asleep at a decent time every night and wake up feeling energized every morning.

The typical adult needs an average of eight hours of sleep every night, but it differs from person to person. They should also try to go to sleep at the same time every night.

Technology rules this generation, and a lot of people find it hard to shut down at night. Amy M., a registered sleep

technologist at the St. Francis Sleep Disorders Center in Federal Way, said that people should shut down all electronics at least one hour before bed.

"Turn off your TV, your laptop, your Nook, whatever it is -- turn it off," she said. These devices can be distracting and can keep your brain active, making it hard to relax and focus on sleeping.

Amy M. recommends keeping all pets off the bed as well, because they can become a distraction, and one should try and keep one's bed as clean and simple as possible.

"What your bed is used for is sleeping and sex. That's all," she said, adding: "A cool, dark room is the best environment for sleeping."

Besides sleeping habits, there are some sleep disorders that can inhibit a good night's sleep.

Obstructive sleep apnea and insomnia are two disorders that Amy works with on a daily basis.

Sleep apnea is when one's airway is narrowed or obstructed while they are sleeping, which stops or decreases airflow, making it hard to breathe.

"Think of it like sucking through a straw, then you put your finger in the other end of the straw, and it bends in the middle—that's similar to how your airway is acting," Amy said.

Insomnia is when one has difficulty falling asleep, or wakes up really early and often through the night.

"A lot of people think they have insomnia but it's really just their sleeping habits. After adjusting those, they find themselves getting solid sleep," Amy said.



## Better to feel good than look good, prof says

By **MARENNA GUEVARA**  
Staff Reporter

Students at Highline seem to be confident in their appearance.

Despite the popularity of skinny girls and muscular guys in the media, the majority of students at Highline think that healthy is better than skinny.

Apparently, being thin is “not as important as health and natural appearance,” said student Yarah Barbour.

Cynthia Nguyen agrees that physical appearance is “not important at all as long as you remain healthy...there isn’t a need to look a particular way.”

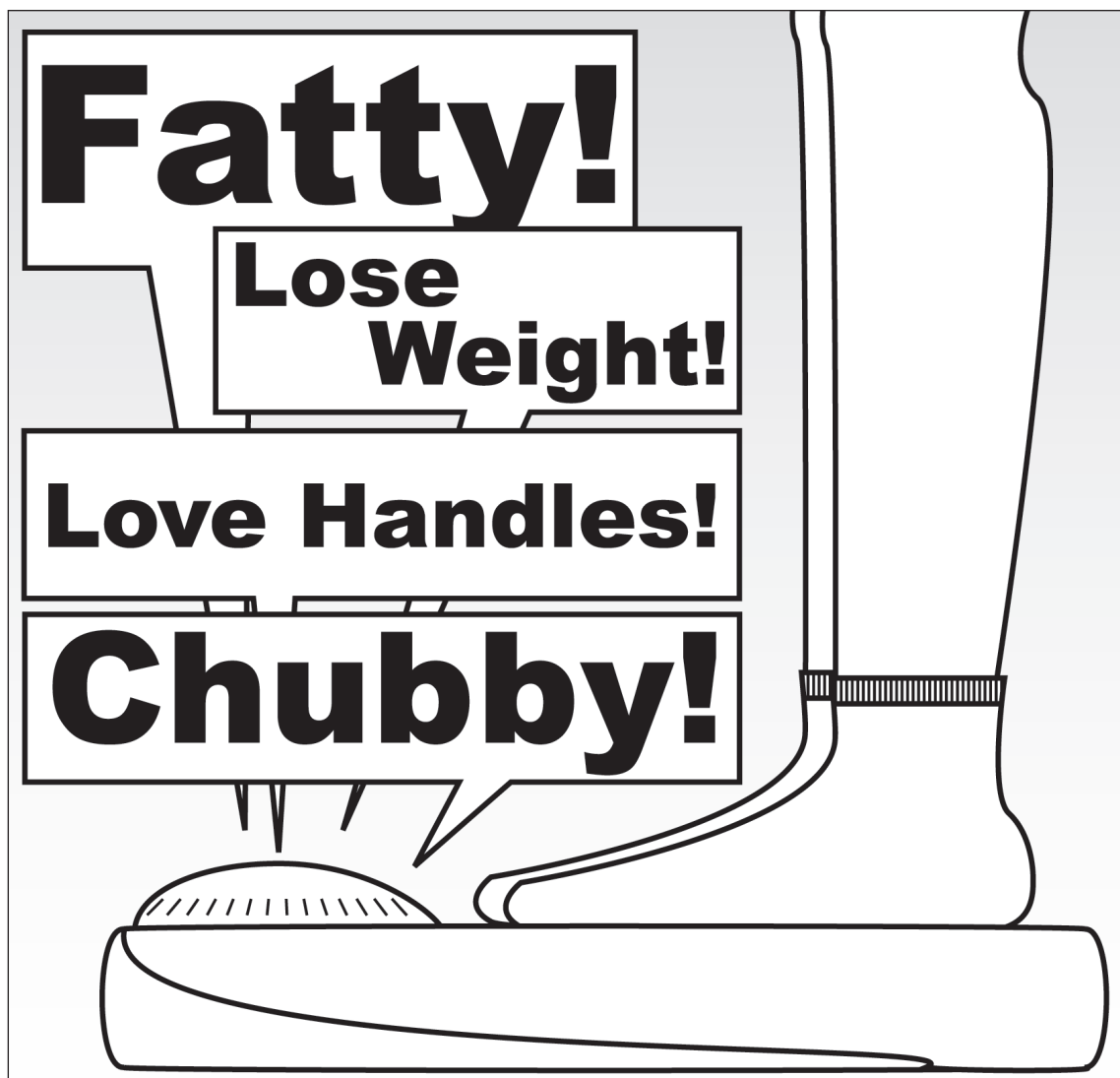
Most students agree that body image is how you view yourself.

“Body image is how people feel about their body and whether they think it’s good enough or attractive enough to go out in the world with,” said Dr. Gloria Koepping, a licensed psychologist and counselor at Highline.

Despite the fact that Highline students are confident in their body images, they are still aware of the stigma towards body image.

“I feel like everyone strives to look a certain way because of how society portrays they should look,” said student Ashley Moe.

The media “advertise[s] the



Luis Batlle/THUNDERWORD

‘skinny’ figure in actors, models, etc., constantly,” Nguyen said.

“We tend to look a lot in the magazines and on TV to see what we should look like, whether we’re too thin or too big or we’re not tall enough,”

Dr. Koepping said. “People have all sorts of ways to look at themselves in relation to those we admire.”

“Probably only 3 percent of people in our country can look like those people do in the magazines,” Dr. Koepping said.

“The rest of us are going to fall short of that and not going to be okay if that’s the standard, so we need to come up with a different standard of what is attractive or functional about our bodies so we don’t sit around and feel really bad [about ourselves].”

Students at Highline notice these trends of attempting to be like what they see in magazines and such.

“Girls want to be skinny and guys want to be big [muscular],” Nasteha Egal said.

“The media and peer pressure,” are the biggest contributors to how someone can view their body, said Sarah Perry.

Highline students believe that it is more important to focus on the inside of a person rather than just outside appearance.

“I’ve learned that outside appearance can be deceiving,” said Laura Coffin.

Personality is more important than a person’s appearance, said Egal.

Simple things can help improve someone’s confidence and body image. Taking care of your body is key.

“Be healthy with your body and exercise on a regular basis even when you’re young, not to lose weight but just to feel better,” Dr. Koepping said.

“The big thing is eating healthy, as healthy as you can as a student and doing some kind of exercise.”

Max Young encourages students to do whatever makes them happy and that doesn’t hurt them.

Eating healthy and exercising helps to improve body image, self-confidence and reduces stress.

## Weekly walk is many students’ fitness routine

By **KIYA DAMERON**  
Staff Reporter

Many Highline students say they try to exercise at least once a week.

Whether it’s working out at a gym or working out at home, students at Highline are feeling the changes in their health.

Some students say they work out five to seven times a week.

Vandra Szabo said she works out six times a week doing zumba and working out at Snap Fitness in West Seattle, doing abs and running.

“I notice when I work out I eat better,” said Szabo. She also said that she is not as tired and her day goes better.

Another student, Elizabeth Sanchez, said that she goes to the gym to run, lift weights and do aerobics at least five days a week. Saying that, she also felt more awake and had more energy.

Other students say that they work out a little bit everyday at home.

Kevin Ngo said that he works out for about 30 minutes everyday doing jumping jacks, sit-ups and jogging around.

Samantha Hill said she works out



Many Highline students like to get their exercise in by walking.

everyday either at the fitness center on campus for students in Building 21 or when doing school sports such as cheerleading and cross-country.

Both Ngo and Hill said they felt like they had more energy after working out.

While Peter Krueger said that his workout is doing at least 20 push-ups every day and when the weather is kind

getting out there and doing some sports.

“I lost a lot of weight this summer and haven’t been sick as much,” said Krueger.

The majority of students say that they work out between two to three times a week.

The students that said they go to the gym said that they usually do strength

training and cardio.

While Pauline Mann said that she “walks about four miles and then [uses] a DVD for kickboxing” about three to four times a week at home.

Mann also said that she has “dropped some pounds.”

Three times a week Tabitha Renwick said that she runs around her neighborhood or works out to a video at home.

“I’m a smoker so I breathe better,” said Renwick.

Few students admitted to not working out or to only working out only once a week.

Keo Mannisy said that he hasn’t gone to the gym in three to four years.

However students who work out occasionally usually go out walking around for a while.

KJ Dampier said that at least once a week he goes out walking around doing cardio and that he has lost weight, but believes it is “the change in diet not working out.”

Christian Rader might go out and walk around his neighborhood.

Rader said that it helps make “walking around campus easier.”



# Bands come together in symphonic harmony

By **EMILY ARNOLD**  
Staff Reporter

From high school seniors to senior citizens, musicians from around the community will perform a variety of songs at the Highline Performing Arts Center's Festival of Bands.

The performance is an annual tradition for the Highline Community Symphonic Band.

School bands are invited to join the Highline band and showcase their own ability.

This year's concert will be at 7:30 p.m. on March 4 and is free of charge.

Joining the Highline Community Symphonic Band will be Kennedy High School's symphonic band and Mt. Rainier High School's wind ensemble.

The Highline Community Symphonic Band will be performing a diverse set: *Deep River*, featuring Jeff Taylor on tuba, an African-American spiritual piece; and composer Alfred Reed's *Hounds of Spring*, a poem of tragic love inspired by Atalanta of Calydon.

*American Elegy*, by Frank Ticheli, was written for the Columbine High School band in honor of the victims of the fatal shooting in 1999.

The Highline Band director Daniel Kexel will conduct the piece as a tribute to Sandy Hook Elementary.

The Mt. Rainier band, under Mathew Montgomery's direction, will perform a piece from



**HIGHLINE BAND**  
*Highline Band director and conductor Daniel Kexel.*

the early 1900s and the finale of Igor Stravinsky's *Firebird Suite*.

The 1900s *Molly on the Shore*, was written by Percy Granger; it will feature several student solos.

Cameron Stedman and Kurt Antiporda will be playing B flat clarinet, Kerrie Heckle will play soprano saxophone, and Jonathan Gleeson will be playing the trumpet.

Stravinsky's *Firebird Suite*

will feature Jackie Beal on the bassoon, Jake Gardener on the tenor saxophone, Mikael Burgos on the oboe and Clara McMichael on the horn.

With the exception of Antiporda and Gardener, juniors, the soloists are all seniors.

The Mt. Rainier wind ensemble is an auditioned group. In the past, Mt. Rainier has won the national Heritage Festival

for schools and placed in the top three every year of attendance.

Highline band director Kexel came to know Mt. Rainier's Montgomery by use of their rehearsal room in the Highline Band's weekly rehearsals.

Montgomery said he's excited to hear the Kennedy Symphonic Band play.

The Kennedy Symphonic Band has been featured in the Festival of Bands in previous years.

Ron Hazenburg, the previous director of the Highline Band, knew Kennedy band's director Jim Paynton through his job as a teacher at Evergreen High School.

Kexel said that the Festival of Bands is an exciting tradition to carry on.

"It's nice to share the community band with the high school bands," Kexel said.

As the band teacher at Cedar Heights Middle School, Kexel said he hopes performing with community bands will encourage students to continue to pursue music even after graduation.

Kexel said instrumentalists at Highline could find this concert entertaining and inspiring.

While many band students stop playing once they graduate, the Highline Community Symphonic Band offers an opportunity to pick up their horns again and enjoy performing.

The Highline Performing Arts Center can be found at 225 S. 152nd St. in Burien. Highline Band website is [highlineband.org](http://highlineband.org).

## McCormack to portray 'Romeo Killer' in movie

By **Cindy Elavsky**

Q: One of my favorite actors is Eric McCormack. I loved him in *Will & Grace*, and I really love his new show, *Perception*. Can I see him in anything else while I wait for *Perception* to return? – Giovanni W., via e-mail

A: The multifaceted actor can next be seen on the Lifetime Original Movie *Romeo Killer: The Chris Porco Story*, which airs Saturday, March 23 at 8 p.m. ET/PT. It's inspired by the true story of a handsome young college student who became the prime suspect in the shocking murder of his father and disfigurement of his mother in a savage axe attack. McCormack portrays Det. Joe Sullivan, the lead investigator on the case, who goes on a mission to prove Porco's guilt.

In *Perception* news, Scott Wolf, of *Party of Five* and *V* fame, has signed on to be a recurring character as an assistant U.S. attorney. He has a hidden agenda that involves his soon-to-be ex-wife, Kate, played by Rachel Leigh Cook. Look for 13 new episodes of *Perception* to begin airing this summer.

Q: I am absolutely gutted by the ending of season three of *Downton Abbey*, and I can't wait

for season four. Can you recommend anything for me in the meantime? – Jen S. in California

A: Well, if you're looking for another high-quality period piece to take your mind of the heartbreaking fate of Matthew Crawley, then may I recommend another Masterpiece series? *Mr. Selfridge*, which premieres March 31, stars Jeremy Piven as a wheeling, dealing, womanizing American who teaches early-1900s Londoners

how to shop. The eight-part series centers on the real-life story of the flamboyant and visionary founder of the London department store Selfridge's.

Q: What has *Lost* star Josh Holloway been up to? Will he be on another series soon? – Nora S., Savannah, Ga.

A: Holloway was cast as the lead in a pilot for CBS called *Intelligence*. The action takes place at U.S. Cyber Command, and focuses on a unit that has

been created around one agent (Gabriel Black, played by Holloway) with a very special gift: A microchip has been implanted in his brain that allows him to access the entire electromagnetic spectrum.

Write to Elavsky at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at [letters@cindyelavsky.com](mailto:letters@cindyelavsky.com).

(c) 2013 King Features Synd., Inc.

### Puzzle answers

#### Airgun Ammo

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

### Even Exchange

answers

- |                   |                   |
|-------------------|-------------------|
| 1. Grace, Grape   | 6. Motion, Potion |
| 2. Price, Prize   | 7. Scrimp, Shrimp |
| 3. Carton, Carbon | 8. Tithe, Title   |
| 4. Smooth, Smooch | 9. Baron, Aaron   |
| 5. Alert, Avert   | 10. Wager, Wafer  |

#### Weekly SUDOKU

Answer

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



• **Movie Fridays.** This event meets every Friday at Highline 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, but attendees must sign in. Free popcorn is served at each film. Sit back, relax and enjoy. This Friday, Feb. 15, Movie Fridays International Student Programs will show *Resident Evil* at 12:30 p.m. at Building 29, room 104.

• **The Foreigner.** Renton Civic Theatre presents *The Foreigner*. A play about a man from Britain who travels to the American South, written by Larry Shue.

Admission tickets are \$22. Show runs on Feb. 28 at 7:30 p.m. and 8 p.m. on March 1 and 2. The address is 507 S. Third St. in Renton. For more information, visit [rentoncivictheatre.org](http://rentoncivictheatre.org) or call 425-226-5529.

• **Lend Me A Tenor.** Centre-stage Theatre presents Ken Ludwig's farce about an opera company.

The show runs from Friday March 1, to Sunday March 24, 8 p.m. evenings and 2 p.m. on Sunday, at the Knutzen Family Theatre, 3200 SW Dash Point Road, Federal Way.

Tickets are \$28 for adults, \$24 for seniors or military, and \$10 for youths 25 and under. For more information, call 253-661-1444 or visit the Centre-stage Theatre website: [centerstagetheatre.com](http://centerstagetheatre.com).

• **About Dis/orient/ed Comedy.** The Renton Civic Theatre presents *Dis/orient/ed Comedy*, a showcase of powerful and funny Asian American female comedians. Comedians include Yola Lu, Atsuko Okatsuka, and Jenny Yang.

Admission tickets are \$18. The performance will be held at the Renton Civic Theatre, Renton. Show opens on Saturday, March 16th, 8:00-9:45 p.m. The address is 507 S. Third St. in Renton. For more information, visit [rentoncivictheatre.org](http://rentoncivictheatre.org) or call 425-226-5529.

• **Comedy Show Fundraiser.** Renton Civic Theatre holds a fundraiser through comedic performances, featuring Joe Vespaziani.

Admission tickets are \$20. Show opens on March 23, at 7:30 p.m. The address is 507 S. Third St. in Renton. For more information, visit [rentoncivictheatre.org](http://rentoncivictheatre.org) or call 425-226-5529.

• **The Bill and Peggy Hunt Playwrights Festival.** The Burien Little Theatre will host a playwrights festival, featuring established and emerging playwrights. Expect the unexpected and the very best from Washington State playwrights' imaginations. All plays are world premieres.

All tickets are \$10. Show runs from May 3 to May 26, Fridays and Saturdays at 7:30 p.m., but 2 p.m. on Sundays. Burien Little Theatre is located in the Burien Community Center Annex, located at 14501 4th Ave. SW in Burien.

The Thunderword

Now with more B vitamins.

206-592-3292 ads.

206-592-3317 news.

Call today.



# The Snake ready to strike Des Moines

Cove2Clover expands south with three new run-related events

By **LATONYA BRISBANE**  
Staff Reporter

The Snake is slithering into Des Moines.

It may be coincidence that it is the Year of the Snake on the Chinese calendar, but this year the reptilian-themed road race series known as Cove2Clover that has been a fixture in Burien and Normandy Park for five years is expanding south to Des Moines.

Cove2Clover originally adopted the reptilian theme in recognition of the original race-course that snaked up the twisting roads from the Normandy Park Cove to an Irish Pub in the heart of downtown Burien.

Now the City of Des Moines has succumbed to the charms of the annual charity fund-raising series that takes place April 26, 27 and 28 and will host three new events.

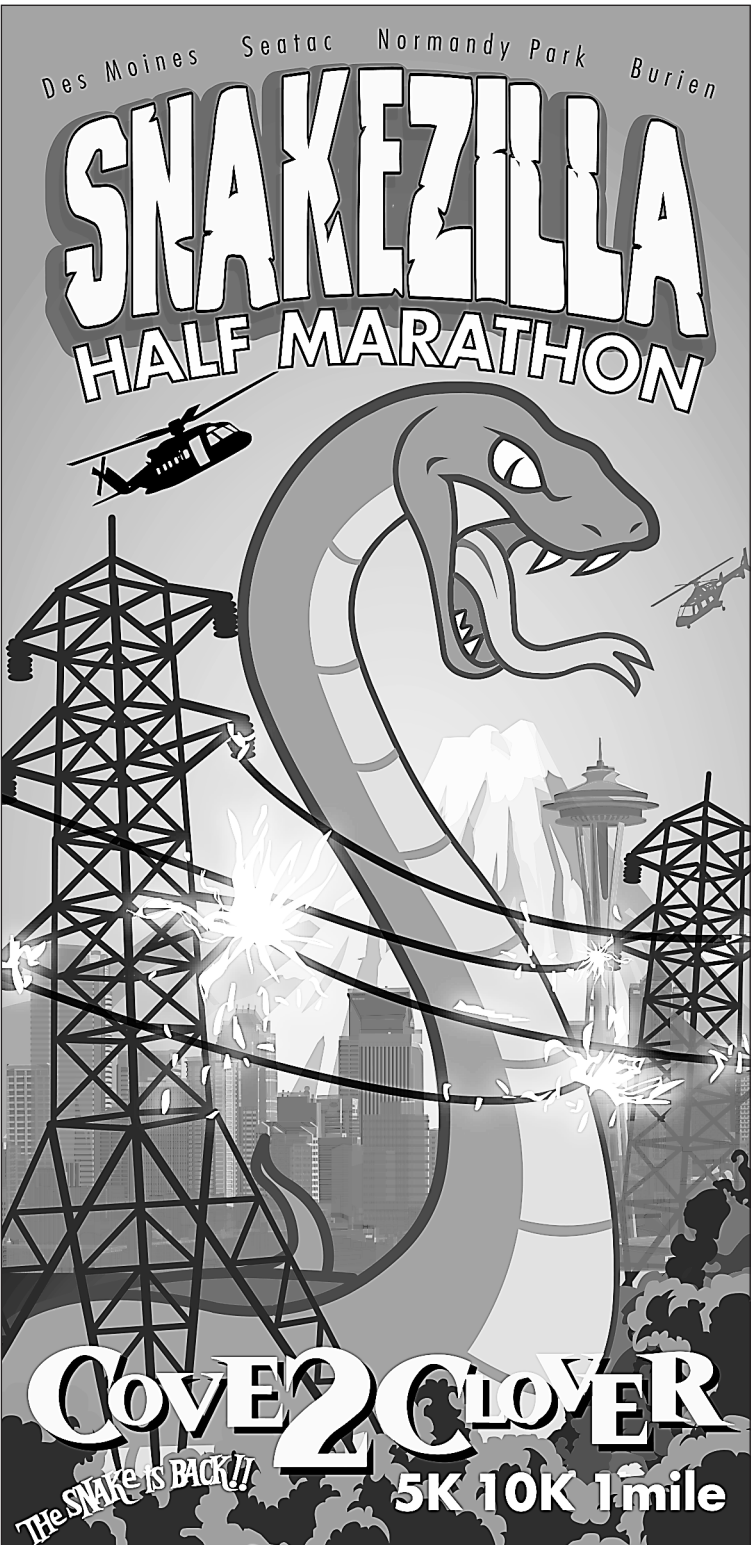
Among the new events are a Friday night (pub) Snake Crawl through the city’s Marina District, a Saturday night Snake Pit Carbo Dinner complete with a reptile exhibition, and Sunday’s Snakezilla Half Marathon Run.

Destination Des Moines is sponsoring Snake Crawl South (a version known as Snake Crawl North unwinds simultaneously in Burien) from 5 p.m. - 1 a.m. on April 26.

Registrants will be leading them to five stops throughout the Des Moines bar/restaurant community.

At each stop participants will experience a variety of music, drinks, food, entertainment and prizes.

Participants can pre-register



online for \$10. Registration will also be available the day of the event.

Des Moines Parks and Recreation will host the Snake Pit dinner events on April 27.

The homemade spaghetti dinner Snake Pit event brings together a group of volunteer

Italian mothers from the community who will prepare the carbohydrate-heavy dinner runners prefer prior to a big race.

Joey Jewell, with his Frank Sinatra styling’s, will provide entertainment. Downstairs, Burien’s A Place for Pets will

host a reptile petting zoo. Guests will have a chance to pose for pictures with a Burmese python.

The dinner will take place at Des Moines Field House, 1000 South 220th St. in Des Moines from 6 p.m. - 9 p.m.

Registration is available online and adult tickets are \$15 and \$5 for children 12 and younger. Dinner registration includes free admittance to the reptile show.

Carbo-loading is a great source of energy for runners, said Monique Ryan R.D. and author of Nutrition for Endurance Athletes.

“I’m amazed how many people haven’t carbo-loaded properly. Runners train so hard and then arrive with a huge handicap,” Ryan said.

Pasta is a good choice for carb-loading, Ryan said.

All proceeds from the dinner will be donated to Des Moines Parks and Recreations youth scholarship programs.

The Snakezilla half marathon begins on April 28 at the Des Moines Field House.

Runners will travel through four cities: Burien, SeaTac, Normandy Park and Des Moines. All races start at noon and runners can expect a course consisting of trails, industrial parks, and residential streets.

After snaking through the Des Moines Marina, Des Moines Beach Park and up the Des Moines Creek Trail, the half marathon course eventually feeds into the course of Cove2Clover’s 5k and 10k races.

“All races will finish with a mile-long hill known as the Snake Hill. This hill makes the Snakezillas course the hardest in the state,” Cove2Clover founder John Nelson said.

And as if the Snake Hill isn’t tough enough, participants will face the mysterious Uprising - a

Celtic battle re-enactment, the details of which are being kept secret until race day. Runners are encouraged to participate in the Uprising, but an alternate course will be available for those who aren’t up for battle.

To prepare youngsters for future Cove2Clover events, a mile-long Wee Race for children will begin and end at Burien Town Square. Free root beer, ice cream and hot dogs will be available at the finish line.

Working with Des Moines Parks and Recreation was a strategic move that “just made sense,” Nelson said.

Cove to Clover is a combined effort of volunteers, city officials, and local businesses whose overall mission is to generate funds to support local charities. Ninety-five percent of all funds generated from the program will go towards the local charities. The other five percent goes toward fees needed to put on the race.

Having more funds for more youth scholarships will be a great help, Des Moines Parks, Recreation and Senior Services Director Patrice Thorell said.

This is going to be a “fabulous community and regional event to draw more folks to our community,” said Thorell.

She said she is hoping for more than 200 people to attend the Snake Pit Dinner events and she intends to volunteer as part of the growing enthusiasm for Cove2Clover.

That spirit fits in with Nelson’s original vision for a grass-roots organization that could bring communities together through running.

“I want it [Cove2Clover] to be here when I am 80 years old,” he said.

To learn more about the Cove2Clover Charitable Running Races and/or to register, go online at covetoclover.com.

# Highline looks to raise funds in softball auction

By **JOEY CASTONGUAY**  
Staff Reporter

The Highline softball team is hosting its annual fundraising auction the night of March 9 in the bottom level of the student union.

The menu consists of many Mediterranean dishes, as the theme for the night is A Taste of Italy.

Head Coach Scott Dillinger said last year’s auction was very successful raising just under \$11,000. He said he and the team truly appreciated the support they received last year.

The profits from the auction help the softball team to limit costs and avoid going over their

budget.

“The money raised helps cover a number of needs beyond what our regular budget amount can support. The event attracted over 115 people last year, and we are hoping to see many new faces to help contribute to our girls having an enhanced experience as a student-athlete at Highline College,” Dillinger said.

Dillinger said he is extending a request for any items people may be able to donate to the live or silent portion of the night.

He said any help people may be able to give them, either through items or a cash donation, would be greatly appreciated.

“Silent auction begins at 5:30 and dinner at 6:30, and the live auction part beginning at some point during dinner. We also feature our popular Dessert Dash,” Dillinger said.

Tickets are \$35 and can be bought from Dillinger, Athletic Director John Dunn (Office hours 11:00-11:50, office number 15-207), or any of the players.

Last season the Lady T-Birds won the West Division of the NWAACC with a 18-6 league record and a 22-16 season record.

However, Highline fell short of winning the NWAACC championship.

Clackamas was ultimately



Head Coach Scott Dillinger and his grandsons.

crowned as champions, and Lower Columbia came in second.

Lower Columbia defeated the T-Birds 8-1 in the NWAACC playoffs.

Highline was then eliminated from the playoffs when they lost

to Pierce 9-3.

The Lady T-Birds have never won a NWAACC championship, but they did come in second in 1999. Lower Columbia won the championship that season.

The softball preseason begins for Highline on Saturday, March 16 against Boise State at home. They then face Boise State again the next day.

Highline’s short preseason ends the following weekend at home when they take on Eastern Washington on March 23 and March 24.

The softball team starts their division schedule on March 28 against Olympic College on the road.

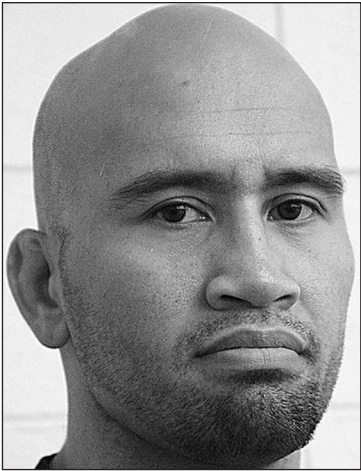


# Huyber is only wrestler to place for T-Birds at nationals

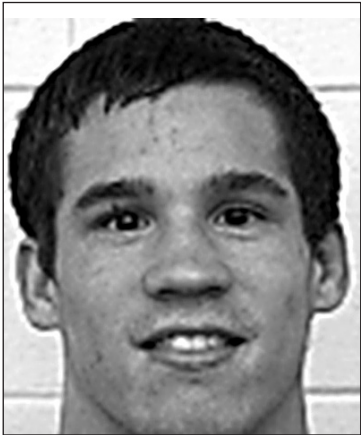
By **ISAIAH WELLER**  
Staff Reporter

The Thunderbirds came home with an All-American after Team Captain Lucas Huyber placed eighth in the national tournament this past weekend. North Idaho College and Labette Community College of Kansas, both tallied 120 team points to stake claim to the 2013 national title in NJCAA, National Junior College Athletic Association, National Wrestling Saturday in Des Moines, Iowa. Highline didn't place in the tournament. The Thunderbirds went into nationals with four wrestlers who qualified, Cole Schwartz 174, Lucas Huyber 184, Wayne Swartz, and Ben Tynan. Huyber was the only Highline wrestler to place. Huyber was having great success in the tournament having a bye for his first match and beating No. 7 ranked Collins Nitcheu, till he lost to Cody Johnson from Labette Community College of Kansas by a decision of 11-10. "There was some bad calls and when you got refs in there

you never know. I can't make any excuses, I just have to move on to another school," said Huyber, who is a sophomore. Johnson went on to place second in the tournament. "The referee waved off a take-down a minute into the match. The match was decided by the referee who gave two stalling warnings against Lucas awarding a point to his opponent," Head Coach Scott Norton wrote on Highline's wrestling page. "It's a shame the referee cost him an opportunity to wrestle for a national title." After battling his way back up the bracket, Huyber injured himself in the first round to Dylan Braun from Colby Community College of Kansas and lost by pin. "I tore cartilage in my rib during the first round, I tried to wrestle through it but it just got progressively worse to the point they wouldn't let me continue." Braun went on to place third later in the tournament. An injured Huyber was scheduled to face Archie Williams from Lincoln College of Illinois for the seventh place match.



Head Coach Scott Norton



Highline wrestler Lucas Huyber

However, Huyber had to forfeit. "It's hard to accept the loss and I can't be satisfied with eighth place. So I just have to move on and keep working

hard," said Huyber. None of Huyber's teammates placed in the tournament. "It was the second round of the whole tournament and I don't know what it was but I think that we just weren't focused that round," said Huyber. "We all had a bad round at times but when it comes to the future, we need to be warmed up and ready for every round no matter what." Huyber is already planning for the future not only for his education but wrestling as well. He still has his eyes on a national championship. "I have a couple colleges in mind, Oregon State and Boise State are my top ones. I believe that I am capable of being a division one wrestler," he said. "At that level, everyone's great. I already work hard but the coaches are going to be on me such as diet and everything's got to be perfect." Norton is still proud of his team even after the outcome at nationals. "The wrestlers that we had did a great job all year," Norton said. "I couldn't ask for a better group of kids to represent Washington."

## Men's Basketball

NORTH	League	Season
Edmonds	13-1	23-3
Whatcom	10-4	18-8
Peninsula	8-6	17-10
Everett	8-6	15-11
Shoreline	7-7	9-15
Bellevue	6-8	14-12
Skagit Valley	3-11	10-17
Olympic	1-13	2-21

EAST	League	Season
Big Bend	8-1	24-4
Yakima Valley	10-4	20-8
Spokane	9-5	18-9
Walla Walla	7-7	13-13
Blue Mountain	7-7	13-13
Treasure Valley	7-7	13-13
Wenatchee Valley	3-11	9-18
Columbia Basin	0-14	1-23

WEST	League	Season
Pierce	15-1	23-4
Tacoma	12-4	19-8
Centralia	12-4	18-9
Lower Columbia	11-5	13-12
Clark	7-9	14-11
Highline	6-10	11-15
Green River	5-11	13-14
Grays Harbor	3-13	5-20
S. Puget Sound	1-15	4-21

SOUTH	League	Season
Chemeketa	10-4	17-8
SW Oregon	9-5	14-12
Clackamas	8-6	16-12
Lane	8-6	21-8
Portland	8-6	12-15
Mt. Hood	7-7	11-15
Umpqua	4-10	7-18
Linn-Benton	2-12	6-18

## SPORTS QUIZ

By **CHRIS RICHCREEK**

1. Who holds the pitching record for most consecutive batters struck out?
2. Name the last major-league team before the 2011 Philadelphia Phillies to win more than 100 games in the regular season and not reach the World Series.
3. When was the last time before 2010-12 that Notre Dame won at least eight games for at least three consecutive seasons in football?
4. Who was the last NBA rookie before Detroit's Brandon Knight in 2012 to have at least 20 points and 10 assists with no turnovers in a game?
5. How many times has Pittsburgh's Evgeni Malkin been the runner-up for the Hart Memorial Trophy (NHL MVP)?
6. Who was the last NASCAR Cup season champion to drive a Dodge before Brad Keselowski in 2012?
7. Who was the last teen to win a singles title in a Grand Slam women's tennis event?

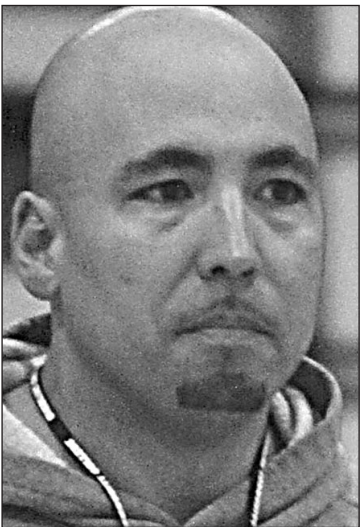
### Answers

1. The New York Mets' Tom Seaver struck out 10 San Diego batters in a row in 1970.
  2. The 2004 New York Yankees won 101 games.
  3. It was 1987-93.
  4. Houston's Steve Francis, in 1999.
  5. Twice (2008, 2009) before he won it after the 2011-12 season.
  6. Richard Petty, in 1974-75.
  7. Maria Sharapova won the U.S. Open in 2006 at the age of 19.
- (c) 2013 King Features Synd., Inc.

# Highline ends season on good note

By **ZACH STEMM**  
Staff Reporter

The T-Birds men's basketball team finished off a rocky season with a win against lowly South Puget Sound, 80-76, on Wednesday, Feb. 20. With a better shooting percentage and a balanced scoring effort, Highline overcame a 33-30 deficit at halftime. They outscored South Puget Sound 50-43 in the second half. Three players out of eight from South Puget Sound scored in double digits with a total of 62 points. They shot 37 percent from the field as a team. Highline had six players out of 11 scored over five points with a total of 68 points. They shot 50 percent from the field as a team. Abdi Mohamed led Highline with 18 points. ReDell Moore was the second leading scorer for the T-Birds with 17 points. Moore also led in assists with six. "I was just happy that we got the win for our last game and was able to contribute in a positive way to that victory," Moore said. Moore averaged 8.4 points and 1.8 assists per game in di-



Head Coach Ché Dawson

vision games. He had 134 total points and 29 assists. Terrick McGhee ended his last game as a T-Bird with a season-high eight points, shooting 75 percent from the field. "I have the ability to create this energy that everyone feeds off which evolves into success individually and collectively as a group," McGhee said. The victory against lowly South Puget Sound put Highline at 6-10 in division play and bumped them up to sixth in the West Division of the NWAACC.

South Puget Sound ended their season in last place with a 1-15 division record. The 16 schools moving forward to the NWAACC tournament, which takes place on Saturday, March 2 in Kennewick, are Edmonds, Whatcom, Peninsula, Everett, Big Bend, Yakima Valley, Spokane, Walla Walla, Pierce, Tacoma, Centralia, Lower Columbia, Chemeketa, SW Oregon, Clackamas, and Lane. This is the second straight season that Highline has fell short of making the NWAACC playoffs. They have a combined record of 12-20 in the last two seasons. The T-Birds did have success off the court however. "One of our major objectives was to change the culture of our team in terms of how our players conducted themselves off the court and their willingness and desire to be students and go to class," Head Coach Ché Dawson said. On the court, Highline struggled at times on defense. "We were not nearly as committed to the defensive end of the court as you have to be to

win," Dawson said. "Our commitment to winning and maximizing our potential has to be much higher, especially when things aren't coming easily." With the season over for the T-Birds, their off-season program starts very soon. "The players who want to be winners will start strength work next Monday through the spring and summer," Dawson said. "They will also do a lot of small group work to develop skill sets, and stay committed in the classroom, or they will not be here." The Highline coaching staff is constantly looking toward the future by continuing to recruit for the team. "We are always recruiting very hard. This program has a winning tradition and we are not living up to that tradition right now," Dawson said. "The culture of our players is better in terms of classroom and off-court expectations. "Now we have to make sure our players are as mentally tough and committed as the guys who have won NWAACC and Division championships in our system."





Zach Nunberg/THUNDERWORD

Highline sophomores, Nicole Smith, Christina Fields, Brit-Tani Terry, Brianna Votaw, Brianna Fiso, Keana Magalei and Grace Beardemphl are honored in their last home game as Thunderbirds. They finished the season in fifth place in the West Division of the NWAACC with a league record of 9-7 and season record of 15-12.

# Season ends sooner than expected for ‘Birds

Highline finishes season with a victory over the lowly Clippers

By **KIMBERLY IBARRA**  
Staff Reporter

The women’s basketball team ended their season with a 66-36 win over the South Puget Sound Clippers on Wednesday, Feb. 20.

The Lady T-Birds finished with a league record of 9-7 and a season record of 15-12.

They ended in fifth place in the NWAACC West Division.

South Puget Sound finished the season in last place of the West Division with a 1-15 league record and a 2-22 season record.

Centralia placed first, Clark second, Lower Columbia third, and Tacoma fourth place in the West Division of the NWAACC.

Sixteen teams make the NWAACC tournament with the top four teams coming from each of the four division.

The sixteen teams qualifying for the NWAACC postseason this season are Bellevue, Skagit Valley, Whatcom, Peninsula, Walla Walla, Columbia Basin, Yakima Valley, Spokane, Centralia, Clark, Lower Columbia, Tacoma, Clackamas, Lane, Chemeketa, and SW Oregon.

Bellevue won the North Division with a league record of 12-2.

Walla Walla won the East Division with a league record of 12-2.

Centralia won the West Division with a league record of 14-2.

Clackamas won the South Division with a league record of 13-1.

The NWAACC tournament takes place on Saturday, March 2 in Kennewick.

Columbia Basin plays Chemeketa at 8 a.m. in game one.

Bellevue plays Tacoma at 10 a.m. in game two.

Lane plays Yakima Valley at 12 p.m. in game three.

Centralia takes on Peninsula at 2 p.m. in game four.

Game five features Skagit Valley going against Lower Columbia at 4 p.m.

Walla Walla plays SW Oregon at 6 p.m. in game six.

Clackamas plays Spokane at 8 p.m. in game seven.

In the last game of the evening, Clark takes on Whatcom at 10 p.m. in game eight.

This is the second straight season that Highline has failed to make the NWAACC playoffs.

The Lady T-Birds have made the postseason four out of the past seven seasons.

In the game against South Puget Sound, the Thunderbirds led the first half, 21-15.

Highline was led by three of its graduating sophomores. Team captain Grace Beardemphl had 15 points, guard Keana Magalei had 14 points and 11 rebounds, and guard Nicole Smith had 12 points.

Beardemphl finished this season averaging 10.5 points per game in division play with a total of 168 points.

Magalei averaged 13.4 points per game with a total of 13.4 points.

Smith averaged 6.3 points per game with a total of 101 points.

The T-Birds had 22 points off of the Clippers 19 turnovers, 21 3-point shots, and 17 points off the bench. Whereas the Clippers only had four points off of the T-Birds’ 18 turnovers, six 3-point shots, and two points off the bench.

“The game was slow paced because their team was not very good. We got a lot of good last plays and excitement,” guard Victoria Elleby said.

Although the Thunderbirds won their last game, this season didn’t go as planned for some coaches and players.

“The season was disappointing for me. I truly expected us to make the playoffs. We never reached the potential we as a coaching staff had for us as a team,” Head Coach Amber Rowe Mosley said.

“I learned that it’s a long season and it’s good to pace yourself. But it’s nice to be able to work with a team,” Elleby said.

The game against the Clippers marked the last one for the graduating sophomores Beardemphl, Brianna Votaw, Magalei, Brianna Fiso, Christina Fields, Smith, and Brit-Tani Terry.

“This was a tough game to play only because we had to say goodbye to so many of the sophomores that played on the team,” Elleby said.

“I’m pleased that all seven sophomores will be graduating



Amber Rowe Mosley

in the spring with their AA degrees,” Mosley said.

After graduating from Highline, Beardemphl plans to go to dental school somewhere around Tacoma since that’s where she’s from. She doesn’t plan on playing basketball after this season.

“I loved playing for Coach Rowe and the rest of the coaches. Highline was a great place to be,” Beardemphl said.

Fields plans on going back to Alaska and finish school at the University of Alaska Anchorage without playing basketball.

“When tryouts come around, if I have the urge to try out or something, I might consider playing again,” Fields said.

Magalei plans to transfer to a university and will continue to play ball.

The team has already begun to prepare for next season.

“We have begun working with the returners so that we don’t miss the playoffs again,” Mosley said.

“We prepare with individual workouts and summer leagues. We don’t get much time off. We plan to just work with the new recruits and try to build chemistry,” Elleby said.

“Our main goal is the NWAACC and we will get there next year,” Elleby said.

NORTH		
Bellevue	12-2	19-8
Skagit Valley	11-3	19-8
Whatcom	11-3	18-8
Peninsula	9-5	14-10
Everett	7-7	13-13
Shoreline	3-11	10-15
Edmonds	3-11	7-18
Olympic	0-14	0-24
EAST		
Walla Walla	12-2	23-3
Columbia Basin	10-4	14-12
Yakima Valley	9-5	16-11
Spokane	8-6	15-11
Big Bend	6-8	16-12
Wenatchee Valley	6-8	15-12
Blue Mountain	5-9	10-16
Treasure Valley	0-14	1-25
WEST		
Centralia	14-2	21-5
Clark	13-3	15-11
Lower Columbia	11-5	18-10
Tacoma	11-5	15-9
Highline	9-7	15-12
Pierce	7-9	11-16
Grays Harbor	3-13	8-18
Green River	3-13	5-20
S. Puget Sound	1-15	2-22
SOUTH		
Clackamas	13-0	23-4
Lane	12-2	26-2
Chemeketa	9-5	16-11
SW Oregon	8-6	15-11
Umpqua	7-7	17-10
Linn-Benton	5-9	8-18
Portland	2-12	3-21
Mt. Hood	0-14	2-23



# Daughter's health problems inspire a grateful mom to study pre-nursing

By **ANGELA SUCHER**  
Staff Reporter

Lacey Swan never thought that she'd leave her job in real estate to attend college, but the premature birth of her daughter changed all of that.

She said her educational journey hasn't been easy with a daughter who requires 24-hour care, but she credits Highline and Woman's Programs for much of her success.

Swan is a pre-nursing major who maintains a 3.5 GPA and was recently nominated by the Board of Trustees for The Transforming Lives scholarship, a scholarship awarded to honor students who have overcome barriers on their educational journey in Washington.

Although Swan did not win one of the scholarships, she said her story proves that barriers and adversity can be overcome by students here at Highline.

Swan said that her daughter Makayla was born at 25 weeks weighing a mere 1 pound, 1 ounce and spent four months in the neonatal intensive care unit before coming home.

Makayla was given only a 20 percent chance of survival by doctors Swan said in a letter to the Trustees Association.

"Because of the amazing nurses and doctors at Tacoma General Hospital, Makayla is



Angela Stone/THUNDERWORD

*Swan says that the nurses and doctors at Tacoma General Hospital who helped her daughter are the reason she's studying pre-nursing.*

almost three years old and in good health. She is extremely delayed developmentally, yet, she is alive and healthy which is more than any parent can ask for," she said in her letter.

After spending numerous

hours caring for her daughter in the neonatal intensive care unit, Swan said she felt the strong calling to return to school and study pediatric nursing.

"I felt so lucky to bring my baby home, I wanted to go and

have a less selfish job so I could help other children go home to their families," she said.

"After pondering for several months and researching how I could successfully go to school and care for a special needs child, I received a letter from

Highline stating they would provide full financial aid to begin classes January 2012," she said in her letter.

Swan also credits Woman's Programs at Highline.

"Woman's programs played a fundamental role in my success by providing funding for program's financial aid does not cover, along with books and other school materials," she said.

By allowing her to stay close enough to home to care for her daughter and for about half the cost of a four-year university, Highline has made it possible for her to complete her pre-requisites and obtain an associates degree Swan said.

"The difference is that I'm closer to home, Highline allows me to be closer to home to provide that care that my daughter needs," said Swan.

"It hasn't been easy. I want to tell you it has but it hasn't. When I think about giving up I think about her."

Now set to graduate with her associates in applied science in pre-nursing this June, Swan said she will transfer to University of Washington to complete her Bachelors in science and nursing but that she couldn't have done it without Highline.

"Without the programs and services HCC offers, I am not sure I would be as far along as I am. I am proud to call HCC my school of choice."

## GOING VIRAL

### Flu season has hit Highline hard

By **EDDIE CERVANTES**  
Staff Reporter

You feel fine, and then you wake up.

Your throat is sore; your body aches. Your stomach may be twirling, and your head wants to leave for a better climate.

You have the flu.

You're not alone. The Centers for Disease Control is predicting about 49,000 people statewide, may get sick with the flu before this season is out, and local health officials say this could be the worst flu season since 2009.

The nation has been hit by two flu viruses this year, sending people home with a variety of unpleasant symptoms.

Highline doesn't keep track of how many students and employees have missed time for the flu this year, but everybody on

campus probably knows somebody who caught the bug, or caught it themselves.

"I did all that I could but I ended up getting sick anyways," said student Yomalli Contreras.

Katie Ross of King County Public Health said some of the symptoms you may experience while sick can include fever, cough, sore throat, runny or stuffy nose, fatigue, headache, nausea and/or vomiting and diarrhea in severe cases.

"I felt terrible; I had an upset stomach and headache all day," said Joshua Kalebu, a first-year student.

If you are experiencing any symptoms, the CDC suggests listening to your body. If you feel as if you're even approaching sickness, stay home and keep from getting worse.

But staying home does not sound like the best solution for

most students.

"I'm just worried about missing class mostly," said Irvan Lara, a first-year student.

With finals just a few weeks away, one week of absence may be crucial and that seems to be the case.

"I just don't want to fall behind in class," second-year student Geoffrey Espero said.

The best solution to stay healthy and in class is rather simple.

According to the CDC, if people want to keep themselves from getting sick, they should do many things on top of a flu vaccination.

One of them is washing your hands consistently with soap and water. If soap is not attainable, use hand sanitizer or some sort of alcohol-based hand rub.

Second, limit your contact with those infected with the virus.

Lastly, avoid from rubbing your eyes, nose, and mouth because those are the easiest access points for germs to enter the body.

But these actions may not always work.

King County Public Health also suggests that this increase in numbers of illnesses may be due to the norovirus.

The norovirus is also recognized as the stomach flu, but is in no way related to the seasonal flu. The only relation may be the runniness of bodily discharge.

The norovirus is a strand of RNA [Ribonucleic Acid], which has codes within it much like DNA [Deoxyribonucleic Acid] except these strands of RNA are coded to inflame your intestines.

The inflammation causes severe irritation, which is the reason many people experience vomiting and diarrhea.

Last year the strain was identified as the Sydney Strain because of its first case of discovery in Sydney, Australia.

Since September, the Sydney Strain has accounted for 60 percent of all norovirus illnesses.

The norovirus evolves every two to three years, the last was in 2009 according to King County Public Health.

Every year that the norovirus evolves, the number of reported flu victims spike.

Even if you plan to prepare for the flu and take precautions, they may not help you entirely.

"I make sure to take my annual flu shot," Geoffrey Espero said.

But the flu shot will not do you any good against the norovirus.

King County Public Health says there are no definite medicines to cure the norovirus, nor any vaccinations.

The flu kills 800 people a year in the U.S., according to the CDC.

But the victims are usually very young or the elderly whose immune systems were too weak to defend against the virus.

For most people, the virus will not be fatal.

Although there are no vaccinations or cures for the norovirus, the victim will only have to endure the symptoms for the day or two that they are present.



# New VP encourages participation

**By RACQUEL ARCEO**  
Staff Reporter

Jemimah Kamau came to Highline to follow her dreams and found more opportunities than expected.

“I came here as an international student and enrolled in the pre-law department,” said Kamau. “I’ve always wanted to be a lawyer, since I was 6 years old, I’m still following my dreams.”

Kamau has recently taken on the role of Student Government vice president, replacing Nimo Azeez who was elevated to president after Raphael Pierre was voted out of office earlier this quarter.

Kamau came to Highline in Fall Quarter 2012.

She decided to make the move from Kenya to Washington to see how the education system worked and what she could get from it.

“My sister helped me choose this college because she is a student here and I thought coming here and living with her would



Sherry Holt/THUNDERWORD  
*Jemimah Kamau is now vice president of Student Government.*

be better,” Kamau said. Before starting in Student Government, Kamau held a position in The Inter Cultural Center and in the Writing Center as a writing consultant. “From my experience I found that I like helping students and being in leadership roles,” Kamau said. “When in the ICC I

learned more about what Student Government did.”

Kamau found Student Government by chance when talking to Yoshiko Harden for her journalism class.

“I was introduced [to Student Government] by Yoshiko Harden who was the previous director for Multicultural Services,” said Kamau.

“She introduced me to leadership and really encouraged me to take leadership roles,” Kamau said.

Student Government is a lot of work but Kamau said there is a lot of support.

As vice president, Kamau has a lot of duties.

“I will be chairing council meetings, sitting in executive meetings, working with clubs, working with the Student Government president, and working with people who need support for their projects,” said Kamau.

Talking to students and finding out what they are doing is something Kamau said she always finds interesting. She said she found that she really enjoys

serving students.

“I’d like to create a community of leadership at Highline. I believe there are chances to be leaders, they [the students] just need the information,” said Kamau.

“Having this position I am able to encourage students to join leadership,” Kamau said.

The role is new for Kamau but she said she is excited to take it on.

“Due to the fact that everything is new it’s a challenge,” Kamau said. “It’s a learning experience. I’m still learning a lot.”

Kamau said working with Azeez and Annie Boyenneh, speaker of the caucuses, has been great. They are very supportive and helpful, she said.

“They’ve been in Student Government since last year. I’m the new one and they really support me,” said Kamau.

“I don’t hesitate to ask them anything.”

Next year Kamau hopes to transfer to a four-year university but says she plans to continue working in leadership.

# Key to a balanced life rests with planning and prioritization

**By LOGAN MILLER**  
Staff Reporter

Prioritize, plan and be reasonable, a Highline counselor said last week.

Dr. Sarah Determan hosted a workshop on finding a balance between work, school, and relationships.

Dr. Determan presented to an audience of about 25 Highline students.

As part of the workshop, Dr. Determan told the audience to assign percentages of importance to the areas of Work, School, Family, Leisure, Community, and Religion (spiritual).

Dr. Determan then told the audience to compare these percentages to how much time they put into these areas.

“There are many things that happen throughout your day, throughout your life, and sometimes they don’t all get the right attention,” Dr. Determan said.

Dr. Determan suggests using what she calls the four e’s (evaluate, envision, execute, and energize) to help balance your life.

“Evaluate,” Dr. Determan said. “Look at where you’re spending your time and where you need to be spending more time.”

Envision refers to time management. Dr. Determan strongly suggested investing in a planner.

One student asked, “How do you keep [the planner] from just



Virginia Parenteau/THUNDERWORD  
*Dr. Sarah Determan tells students how to balance their lives while attending school.*

being a routine?” Dr. Determan said she uses a planner with a week view.

“The great thing about having a calendar [or planner] that has a week view is that you can set deadlines,” Dr. Determan said.

In terms of execution, Dr. Determan suggested making to-do lists, but to “maybe cap your to-do list at 10 things and prioritize them.”

“If you can, find a job with flexible hours,” Dr. Determan said in regards to finding balance with work.

Dr. Determan also spoke about finding balance with home/relationships.

“Before you start a new quarter, talk to whoever you live with about it,” Dr. Determan said. “It’s not just your schedule that you have to wor-

ry about.” Dr. Determan also said to “keep your space neat” and “if you live with someone else, leave them thank-you notes.”

“Thank them,” Dr. Determan said. “If you’re still feeling imbalanced, maybe they’ll help you out.”

Dr. Determan also spent time talking about ways to balance school. “If school is an important part of your life,” she said, “try to balance that first.”

“Use your class time wisely,” Dr. Determan said.

Dr. Determan suggested doing as much homework at school as you can and using free time between classes productively.

You can also use the campus resources to help you problem-solve when you first notice a problem.

Dr. Determan also suggested looking to other students as role models.

“I think it’s important to remember that you can always ask your classmates,” Determan said.

The workshop ended with suggestions on finding balance with you.

“The No. 2 thing is to sleep,” Dr. Determan said. “Late night cram sessions at Taco Bell are

awesome ... but remember that sleep is your friend.”

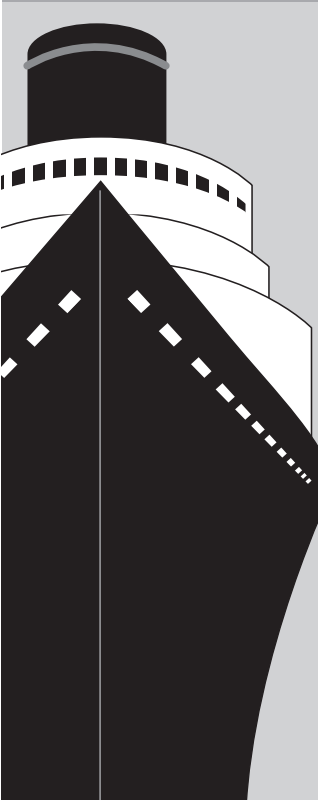
“Set reasonable goals, with reasonable timelines,” Dr. Determan said.

“Have realistic expectations, find ways to keep your stress level under control, and maintain your sense of humor,” Dr. Determan said.

“Ultimately, you’re the only one who really knows how you want to devote your time.”

## VANCOUVER TOUR AND CRUISE

on Holland America, May 3-5 from Vancouver to Seattle



### Details:

Per person double occupancy

Inside cabin:	\$329.00
Ocean View:	\$369.00
Balcony:	\$429.00

Tour price includes coach transportation both days, continental breakfast the first day, city tour of Vancouver, Sky Train, Room at the River Rock, overnight cruise including three meals, all tour guides and tips.

Amount due at booking in cash, check or Visa/Mastercard.

To book the cruise, contact Donna Longwell at donna2216@msn.com or 206-870-4366

### Want to go on the cruise AND get college-level credit?

There is also a 3-credit class available:

**CRUISE EXPERIENCE CLASS (HOST 215 item 2264).** This class is open to anyone wishing to learn more about an important industry in the Seattle area.

This 3-credit course will help you learn more about cruising first hand. The class will also meet once on the ship.

Dates: April 12, 26 and May 10, 2-5pm

Instructor: Liz Day



# Campus to replace Angel learning system

By **DANIEL JOYCE**  
Staff Reporter

An easier to use and more smartphone-friendly online learning system is set to replace Angel by Spring Quarter 2014.

Tacoma Community College, Bellevue College, Seattle University, and all University of Washington campuses have made the decision to adopt Canvas, and Highline has recently followed in step.

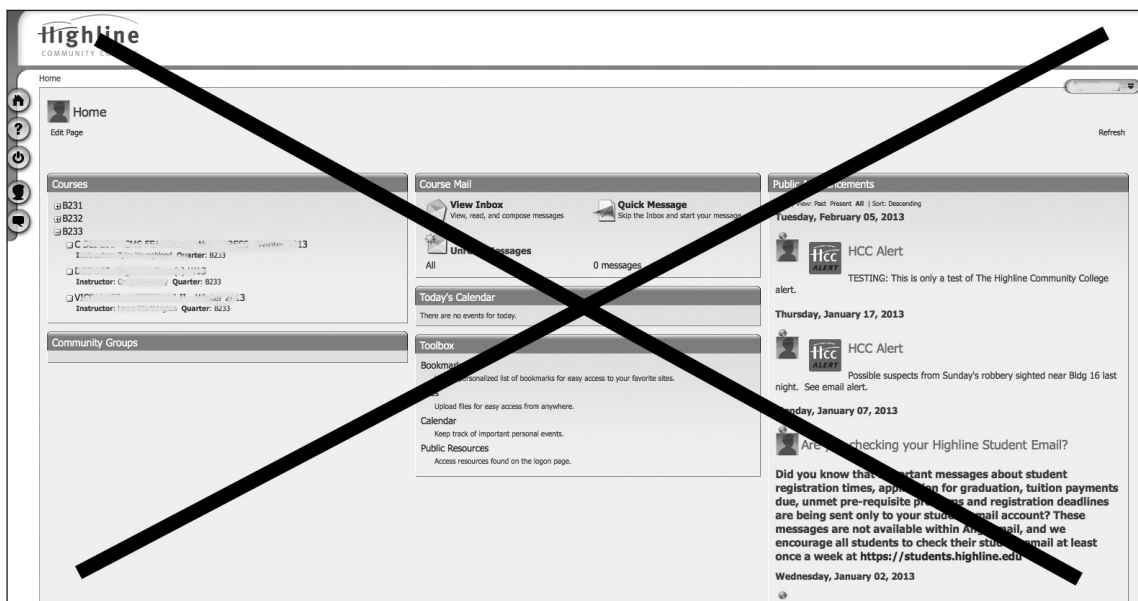
After the Blackboard Company bought Angel Learning Systems in 2009, little effort was invested into keeping Angel up to par. Blackboard finally announced that the 8.0 version of Angel released in 2011, the current online operating system at Highline, would be the last major update.

Blackboard will continue to provide maintenance on Angel, but Angel isn't going to get any better from here.

"There's always a certain amount of downtime with any kind of technology," said Marc Lentini, Highline's director of Instructional Design. "But instructors and students have been getting more and more frustrated [with Angel]."

The Washington State Board for Community and Technical Colleges spent months evaluating and searching for a successor to Angel. In March 2012, the board started negotiating a contract with Instructure to use their new online learning management system, Canvas.

The State Board does not choose online learning sys-



Krista Rhea/THUNDERWORD

*The current Angel learning system that Highline uses is less smartphone-friendly than Canvas.*

tems for Washington colleges, but many of the issues that led to the board's decision are the same ones affecting Highline.

Last year, Highline faculty looked at several platforms, with Canvas emerging as the favorite to replace Angel.

Canvas creators wanted to build a course management system that was easier for both students and instructors.

"I started working on Canvas back in 2008 because I was completely frustrated with the system I was using," said Devlin Daley, co-founder and chief technology officer of Instructure.

Daley was still a student at Brigham Young University when he decided he wanted to better educational technology. He spent months traveling to different colleges asking students and faculty what they

wanted to see in a learning management system.

"We've got contracts with over 300 schools in 36 different states now, and we're becoming an international company without even trying," said Daley.

Last month, Highline finally made the decision to switch from Angel to Canvas. Some instructors from Highline have already test-piloted Canvas, and Lentini said the responses have been very positive.

"A few instructors have been able to go in and actually create a course," said Lentini. "The feedback so far is that it's a lot easier to use than Angel."

Keeping pace with other area colleges will also make it easier on students who want to transfer and instructors working at multiple colleges.

Canvas is similar to other on-

line learning management systems. There are places for posting documents, having online discussions, and taking tests. Canvas, however, has done a better job at keeping up with the changes in software, and student and instructor needs.

Angel has a mobile application, but Lentini said Highline never adopted it because it was never good enough and wasn't worth the effort. On top of that, the regular Angel website has never been very compatible with Google Chrome or Google Safari, the website browsers used on android cell phones and iPhones.

Canvas has mobile applications for android phones, iPhones, iPads, and tablets.

"We wanted a system that incorporates tools that students already use and are already pro-

ductive with," said Daley.

Students will even have the option to link Canvas with their Twitter and Facebook accounts so they can get updates on assignments, grades, and everything else happening with their courses.

"My nieces and nephews don't even use e-mail. They use Facebook," said Daley. "The Facebook facet is nothing weird or public, but you will be able to get alerts on whatever you choose."

The tentative schedule for transition from Angel to Canvas will take a year.

In Summer 2013, system integrations will begin and initial transition testing will be conducted.

In Fall 2013, full systems integrations will take place, Highline faculty will train on Canvas, and the first transition courses will be available.

In Winter 2014, Canvas will be piloted in some courses and faculty will be able to start transitioning materials for their courses.

Some courses will be in Angel and some in Canvas by Spring 2014, depending on the progress of transition.

By Summer 2014 Highline will be completely transitioned to Canvas, with only faculty retaining access to Angel for backup purposes.

Faculty members can contact Lentini at MLentini@highline.edu if they would like their name on the pilot list. Lentini hopes to set up learning opportunities for students through other area colleges who are already using Canvas, but said that will come later.

## Honors program looking for new instructor for Fall 2013

By **GABRIELLE PAULSON**  
Staff Reporter

On a Thursday morning, Dr. Barbara Clinton's office computer displays an email from the president of a prestigious university, thanking her for the Honors students that have been sent their way.

"When I get an email from the president of an elite school, I need to answer [it]," said Dr. Clinton, director of the Honors Program.

"This morning I also needed to write a financial aid appeal for a student and seven letters of recommendation," said Dr. Clinton, "and so the email goes yet unanswered. And that is not a good spot to be in."

So a position has opened up for a new Honors instructor starting in fall of 2013, while Dr. Clinton remains the program director.

The new Honors instructor will, to name a few responsibilities, manage the classes—reading student work, meeting individually with every student, and writing letters of recommendation—and

work with the Honors Leadership Team, said Dr. Clinton.

"We're looking to bring in an additional person to cover the job," she said. "The [Honors] Program has grown and so I need help."

Both growth and changes have come to the Honors Program since its small beginnings.

"When it began it was 15 students," Dr. Clinton said. Now that number is in the range of 200 to 250, with an alum group numbering close to 600.

Every quarter, Dr. Clinton said, she reads and critiques more than 300 pieces of student work. So far this quarter, she has also written 69 letters of recommendation for students.

So this load, including other responsibilities as both Honors instructor and director of the Honors Program, has become extremely time-consuming, she said.

"We're at a critical point where I'm maxed out," said Dr. Clinton. "I don't have any more hours, but there are things that need to get done. If they do, it will create op-

portunities for students."

"What I've discovered is that I'm good at creating opportunities for students, opening doors for students," she said.

This is what Dr. Clinton intends to continue doing, with the aid of another person handling the majority of the students in the classes.

With the more go-getter sort of students, however, Dr. Clinton said she will be "carrying more of that burden," helping them.

"I will certainly be in the classroom a lot next year as the person's being mentored to take the spot," she said. "There will be collaboration with regard to the instruction in every class."

"There's at least some chance that the person who will be taking the position will have graduated from the program," said Dr. Clinton. "At least a half a dozen [former] students that are completing or have completed a master's degree are applying."

With the extra help, "the hope is that Honors will just be able to blossom," she said.

## Talk to advisers at Pathways to Careers and College Fair

By **JULIE RAMIREZ**  
Staff Reporter

Students who are looking for help to plan their educations should attend Pathways to Careers and College Fair.

This fair is an opportunity for students to make connections with faculty advisers.

The fair will take place on March 5 at three different times due to faculty schedules: 9 a.m., 11:30 a.m. and 2:30 p.m.

Faculty advisers will be promoting programs that help students navigate the college, help plan their education and provide support throughout students' experience.

"Highline offers many programs that help students get into the career they want," said English as a second language instructor Maurea Maya.

Highline offers many other services such as ways to pay

for school, academic success services and leadership opportunities.

"Students need to be aware of all that Highline offers to help in the success of their college experience," said Maya.

Students will get a chance to learn about different programs, different ways to pay for school and different student services.

The faculty promoting their programs, student services and people who can help with ways to pay for school will be in the student union building on the first floor, Mt. Constance, Mt. Olympus and Mt. Townsend stage areas.

"This will be a fun winter event for students to make connections and build relationships with faculty and staff that can help them navigate the college and its resources," said Maya.





Donna Naumann/TRiO  
Cynthia Boss helps another student in TRiO.

## Homeless

continued from page 1

give her advice and help her with anything that comes up she said.

“I feel like I have family here at TRiO, there always there for me,” said Boss.

“Being around people that just reach out to help you, has helped me come out my shell and get involved,” said Boss.

When Boss first came to Highline, she kept to herself and really didn’t socialize with anyone. Then she heard about the Highline TRiO program. After meeting the staff, she wanted to start helping others too.

“Someone told me I would make a great president and I believed them,” said Boss.

Boss decided that she was going to run for president of TRiO student organization, but she didn’t win. Instead, she got an opportunity to take notes at all the meetings of the student organization.

“After I ran, I learned how to put myself out there. Now I know so many people and feel like I can talk to anyone,” said Boss.

After taking notes for a while she was ask if she wanted to take a job as a secretary. After taking the job, Boss got her chance to become president of student organization because

the president at the time had to step down.

“I like to help others. I will go out my way to help anyone cause that’s what TRiO has [done for] me,” said Boss.

Boss took part in TRiO’s first-ever transfer portfolio day. Transfer portfolio review day is a way for TRiO and non-TRiO students to speak with an academic adviser on their personal statement or college essay, academic resume, letter of recommendation, college transcript, and relevant test scores.

TRiO students got to meet with 16 different colleges that came to give feedback on how to successfully get accepted to college.

Boss spoke individually in 15-minute-sessions with four-year college representatives. Boss got feedback to help make her portfolio more personal and feedback on their transfer application.

Boss felt that it really helped her understand what she needs to do to move forward with transferring to a four-year college.

“I was told to pay attention to my grammar, and to use the Writing Center as a tool to improve,” said Boss.

“I know there are students out there that could be a part of TRiO but don’t because they don’t think the services can help them,” she said.

## Running Start

continued from page 1

Dr. McKenney most often sees the difference between college-age students and Running Start students in their expectations of college life.

“Sometimes I can see a difference between my Running Start and older students. Running Start students tend to be a little more ‘deer in the headlights,’ while my older students have adjusted to life at HCC,” he said.

Dr. McKenney sees these variations as teaching moments to have conversations with the Running Start students on the expectations of college classes versus high school.

Other instructors have also noticed Running Start students struggling to adjust to college life.

“Running Start students, as a cultural group, tend to create distractions in class that interfere with teaching and learning, more than any other group I can think of. They groom themselves, chat during lecture, and text during class more than I’ve seen any other group of students do,” said English professor Lisa Bernhagen.

“Also, when there are large numbers of Running Start students in a literature class, I have had to reduce class discussion due to a lack of meaningful student contributions to the discussion,” Bernhagen said.

Some classes see a more profound presence of Running Start students than others because they meet high school graduation requirements.

“My History 146 and 147 classes tend to attract more Running Start students and sometimes all but one to two students are Running Start,” said history professor Dr. Tim McMannon.

“It’s because these classes fill the high school requirements. The graduation re-

quirement for most schools is a social science class with reference to the Constitution and those classes fulfill that,” Dr. McMannon said.

Dr. McMannon said that he doesn’t always see a difference between his classes filled with predominantly Running Start students and his other classes.

“Not really. When I do see a difference it’s in their work ethic or when students are more mature. Students who are working full-time and have families at home tend to always take their school work very seriously,” he said.

“They’re [Running Start students] high-energy people. Sometimes their high energy makes itself apparent in things like talking, but most take their class work seriously.”

Highline mathematics instructors said that Running Start students blend well into the college atmosphere.

“I think it is a blessing [to have Running Start students in the classroom]. They add excitement and energy and many are very good academically,” said Dusty Wilson, Highline mathematics professor. “I was a Running Start student for two years and it was a blessing to me and my family.”

Wilson also said that older, college-aged students help the Running Start students to focus and take their studies seriously.

Dr. Helen Burn of the Mathematics Department also said that her Running Start students “tend to blend in and in math classes have a very positive influence because they’re college-ready high school students.”

“I do see variations in college algebra and business calculus classes. Because they’re

a little bit younger they haven’t had as much life experiences, this makes it harder for them to handle applications such as unemployment rates, taxes ect.,” she said.

Dr. Burn said that oftentimes Running Start students aren’t even identified as high school students.

“I’m always surprised. We don’t know right away as instructors,” she said, and many of the other students are unaware as well.

“Especially with our diversity, I think they need to realize not everyone knows you’re Running Start, particularly our foreign students. They’re probably very surprised you can go to high school and college,” Dr. Burn said.

It seems that the real differences come into play in the classroom.

“It’s almost impossible to miss them in class. They’re the ones sitting in a large group in class and talking at all the wrong times,” said student Lyzanne Kinuthia.

The issues with Running Start students is more than just their ability to stay quiet in class, but also their ability to actually show up to class.

“At first it was really easy and it seemed like I would be able to get my associates degree in no time and then I could just relax; but I was wrong,” said Nina Jackson, a second-year Running Start student.

“I just got so caught up in all the freedom and I never went to class, like ever. So after I’ve dropped like one class per quarter, I’m still behind by about a year,” she said.

Staff reporters Angela Sucher, Justine Lewis and Vivian Karanja contributed to this story.



## Become a teacher by doing the job now.

At Heritage University you can earn a Bachelor of Education or a Master in Teaching degree while working alongside experienced district elementary teachers in the Heritage 105 program or through our traditional course-based programs. Learn more at an information meeting at **Highline Community College, Building 9, Room 109 on March 6 at 10:30 a.m. and 1:30 p.m.**



(206) 592-4243 or (509) 865-8644

heritage.edu

## Sequester

continued from page 1

cial aid for students by employing them to work at the college.

Approximately 130 Highline students were hired this year for work-study positions.

“If the campus is unable to fund those students, then we would be forced to terminate work-study positions early,” Baker said.

“At this time, Work Study is under a hiring freeze and will remain as such through Spring

Quarter,” said Baker.

Students may receive work-study eligibility if they sign up, “but eligibility does not equal a work-study award,” Baker said.

The Student Employment and Financial Aid programs “will be paying very close attention to any decisions made [due to sequestration],” said Baker.

According to a press release from the White House, approximately 440 fewer students in Washington will be able to receive financial aid.

Furthermore, approximately

180 fewer students will get a Work Study position to help them pay for college.

With the sequester in effect, the state could lose approximately \$11,606,000 for primary and secondary education funding, which means approximately 50 fewer schools will get funding.

Furthermore, 24,510 fewer people will be able to get job search assistance in the state.

The sequester will also affect at least 800 children in the state, who will lose access to child care.