

the THUNDERWORD

Highline Community College | January 23, 2014 | Volume 51, Issue 13

Improved revenue may help college budgets

By Ed Hones
Staff Reporter

Due to an improving economy, state legislators will not be forced to make higher education cuts in 2014, a local state representative said last week.

Rep. Tina Orwall, D-Des Moines, said that the recently convened legislative session for the first time in years has begun with a budget that's not shrinking. This allows state legislators to focus on other important matters such as education and health, among other things.

"Education is always in the forefront," Rep. Orwall said.

Another local state representative apparently shares Orwall's optimism for the higher education budget this year.

"We're working hard to make no reductions to higher education," said Joseph Atkinson, a legislative aide for Rep. Linda Kochmar, R-Federal Way.

The good news on the budget is allowing legislators to

See Budget, page 12



Sam Hong/THUNDERWORD

Students parking at Lowe's have created friction with the management of the hardware store near campus.

Lowe's threatens to tow

By Cristina Acuna
Staff Reporter

Management at the nearby Lowe's store said they will soon start towing the cars of Highline students who use their parking lot.

Store officials contacted college administrators last week in an attempt to warn students of the policy.

A large number of student motorists park at the nearby business, either because they

can't find a space on campus or don't have a parking permit.

"[As of 2:40 p.m.], there are about 30 cars, and there were double this morning," said Jim Baylor, director of Campus Security and Emergency Management.

"We see them [students] get out of their car and walk to the college," said Jim, assistant manager at Lowe's, who did not give his last name. "Our parking lot is for customers only."

Despite past complaints and

warnings, this is a recurring problem.

"They've always said that they will [tow]," Baylor said.

"It's frustrating every quarter to deal with this because we get customer complaints that there is no parking in our parking lot," Jim said. "What we prefer is that out of respect for our business that Highline request that their students do not park out here and that the students obey that request."

Last spring, Vice President

of Institutional Advancement Lisa Skari said that Highline was attempting to work with the management of the hardware giant on the issue, but a solution has not yet been found.

"There's really nothing we can do," Baylor said. "We can't enforce parking laws on private property."

"We have tried to work with them in the past but it was abused," Jim said. "We said we

See Lowe's, page 12



Kaylee Moran/THUNDERWORD

Natural supplements may help to guard against cold and flu.

Treat cold and flu naturally

By Kaylee Moran
Staff Reporter

Some health experts say nature's medicine may be the best way to treat and prevent a cold or flu this season.

The cold and flu are alike in their symptoms, but should not be confused with each other because different viruses cause them.

Both can cause cough, sore throat, sneezing, fever, runny or stuffy nose, body aches, chills,

tiredness, diarrhea, and vomiting.

The common cold is usually a milder illness, often develops over a few days, symptoms are less extreme and people are more likely to have a runny or stuffy nose.

The flu is usually more intense, develops suddenly and quickly grows worse and can result in serious health problems such as pneumonia, bacterial infection or hospitalization, according to King County Public Health.

The common cold and flu are

running rampant this season, but there may be more ways to protect yourself than you expect.

"It's important that you eat healthy, exercise, have good hygiene, reduce stress in your life, have a good mental health, drink an adequate amount of water and have a healthy living environment," said herbalist and naturopathic student Vicki Winston, owner of Cascadia

See Colds, page 11

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Spokane artist Glenn Brewer showcased in Library Gallery



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Lady T-Birds come back to clobber Clippers



You auto be careful with your ride

The Highline Security team wants to give you some advice on how to avoid being a victim of grand theft auto this quarter.

Security urges students to hide their valuables and lock their cars as well as keeping a close eye on their keys.

They advise to always have your keys with you, even when you are filling your tank up at the gas station, unless you are giving them to a parking attendant.

When parking your car, make sure it is in a well-lit or heavily trafficked area.

For obvious reasons never leave your car running unattended and security suggests installing an anti-theft system in your car.

Student followed by suspicious car

A car was reported following a Highline student home.

The student reported last Tuesday a car following her back to her residence later in the evening.

The student said a late model four door silver Toyota followed her home and was advised to call 911 immediately.

She was also given phone numbers for courtesy escorts from Campus Security for her safety.

Disturbance in Student Union

Suspicious acts were reported at the Student Union.

Early last Thursday, Campus Security received a call from Chartwells Services staff about suspicious acts by an individual in the Student Union. They believed he was under the influences of a controlled substance.

Security conducted a field interview and asked the subject to leave.

Thief makes off with bag in Library

A student's bag was taken in the Library near the computer area.

A Highline student reported the theft of his black messenger bag last Tuesday in the afternoon at the Library.

- Compiled by
Brenda Carrillo

College revamping marketing

By Ryan Johnston
Staff Reporter

Highline wants to have a new plan prepared for the Communications and Marketing Department by February.

The department handles three main priorities: advertising off campus, research proj-



Prenovost

ects such as surveys, and designs for campus events, said Lisa Skari, vice president for Institutional Advancement.

With the recent departure of former mar-

keting director Jason Prenovost, Highline needs to debate the priorities of marketing the college and who will do what, she said.

"As far as Highline is concerned, Jason Prenovost has been with the institution for over 20 years, and there's going to be an obvious loss and hole that needs to be filled," Skari said.

"[Jason] was basically a one-man show," she said.

Others will pick up his work over time, she added.

"[For example], we are currently in the process of reconstructing the campus website," Skari said. "There's also been an interest in reaching out to the Latino population."

AAUW invites students to Olympia

By Brenda Valenzuela
Staff Reporter

Highline students interested in voicing their opinions are invited to join the American Association of University Women-UW's Lobby Day.

The Monday, Jan. 27 event is a chance for interested students to get together and learn how to become involved in influencing

their state lawmakers.

The participants will start out by getting introductions and expert briefings on multiple issues such as such as paying equity and family sick leave.

They will also receive information on how to be successful in life.

There will also be an advocacy training followed by boxed lunches. Afterwards there will

be time to head to the capital to meet with state lawmakers.

All Highline students have the opportunity to apply for a free E-student affiliate membership to AAUW, which is sponsoring the event.

Not only will Highline students be able to assist this event for free but will also be eligible to receive scholarships, research and access to resources.

To become a member, visit the AAUW website to register.

The Registration deadline for Lobby Day is today, Thursday, Jan. 23.

The cost of the event is \$20, and Lobby Day begins at 8 a.m. in Olympia.

To register please visit; https://svc.aauw.org/RECore/wMembership/join_esaf_member.asp



News Briefs



Adams

Former Highline professor dies

Former Highline geology professor, Robert "Rocky" Adams, died Jan. 6 at the age of 81.

Dr. Adams studied at the State University of New York, and received his Ph.D. degree in geology at the University of Washington.

He had many jobs during his career including a geologic consultant on the Columbia River dams, a field researcher for the Bureau of Mines, and a geologic engineer for the Metropolitan Engineers of Seattle for the West Point Sewer Project.

Dr. Adams taught at Highline for 30 years from 1966 to 1996.

He is survived by his wife, Marilyn, and his son Thomas.

Lady T-Birds play for a pink cause

Come watch the lady T-Birds play against Tacoma to raise

money for breast cancer.

All proceeds from the charity event will go towards Breast Cancer Prevention and Education and Highline student scholarships.

There will be a raffle, free popcorn, and free kids coloring books.

Receive a free t-shirt when you make a donation as well

The event will be on Feb. 5 at 6 p.m. in building 28.

For more information contact Jean Munro at jmunro@highline.edu.

Empowerment is workshop topic

Learn more about politics by signing up for the Political Empowerment workshop.

This free workshop will be lead by former State Rep. Velma Veloria as well as educator and activist Alice Tang Coil.

Through this workshop you will learn how to advocate change and be heard through the local, state, and national levels of government.

These workshops will take place on Tuesdays, Feb. 18, 15, March 4, and 11 from 6 p.m to 8 p.m. in Building 7, room 101.

For more information peifacilitators@gmail.com or call Velma Veloria at 206-683-8700

Astronaut attracts kids to science

Astronaut and former NFL football player, Leland Melvin, will be at the Museum of Flight this month.

Leland will be delivering a family-friendly presentation during the annual Michael P. Anderson Memorial Aerospace

program.

The program aims to bring Washington state middle school students together to be mentored by aerospace professionals.

The event will be on Feb. 1 at 2:30 p.m. at the Museum of Flight.

For more information call 206-764-5720.

Profs practice what they teach

Highline Listens presents "Writing Teachers Actually Write!"

Come learn about Highline teachers who are actually published.

The instructors who will present are Susan Rich, Laura Neuman and Allison Green.

Rich is author of four collections of poetry such as *Cloud Pharmacy* and has been writing poetry since she was 6 years old.

Neuman has published two

books and won the Gazing Grain Feminist Poetry Prize in 2011.

Green, a writing teacher in Seattle and a Highline instructor, has had poems, essays and stories published by notable names such as *Yes! Magazine*, and *Raven Chronicles*.

Any English-related course instructor is invited to come listen about their poetry and prose.

The event, sponsored by Student Programs and the Highline English Department, will be Wednesday, Jan. 29 at 10 a.m. in Building 2.

For more information contact Rich at srich@highline.edu.

Got an opinion?

Got a gripe?

Write to us, we love getting letters.

Transfer Students!

"COMMON APPLICATION" Workshop!

Did you know that over 500 four-year colleges utilize the Common Application ("Common App") system for admission--including eight in Washington state?

Will you know how to complete the Common App when you apply to your transfer college? Find out how to apply to several colleges at the same time by utilizing one common app!

Note: This session is for transfer students only and NOT for freshmen applicants (such as Running Start students). No need to pre-register to attend.

Thursday, January 30

12:00-12:45 PM

Transfer Center, Building 6, 1st floor (Room 164)

Changing communities starts with love

Reverend preaches 'radical' approach

By Michaela Vue
Staff Reporter

Radical love is what people use in service to help our communities, said the Rev. Harriet Walden in her lecture, "Radical Love: Love as Action and Sacred Activism" last Tuesday on campus.

"That kind of love speaks truth to power," she said.

Walden spoke at Highline's annual Rev. Dr. Martin Luther King Jr. Week in memory of his legacy.

Radical love is a way of service that comes from deep within.

She explained that people have stored a reservoir of love that has entered their lives and that can spread that same love to others.

"It [radical love] brought out what was good about people," Walden said.

Although service is what people do for others, it has to start from within us, Walden said.

Her service comes from her spirituality. She said she often looks inside and uses meditation to stop and think.

"If I bring my best self, I



Sam Hong/THUNDERWORD

Geo Quibuyen, better known as Prometheus Brown from the hip-hop duo Blue Scholars, talks to students after hosting his workshop, "Empire Way: Refashioning Resistance," one of this week's Martin Luther King Jr. Week events.

get the best result," Walden said.

People are often discour-

nessed segregation firsthand.

"I came out of segrega-

tion, I drank out of the colored fountains," she said.

Though Walden said there is still work to do, she said the country is on the right road.

She referenced people who came before such as Harriet Tubman, Booker T. Washington and of course

Dr. King.

"He [Martin Luther King Jr.] challenged the status quo," she said.

All the great people throughout history recognized that people were born to serve, Walden said.

"All of you have fire, it



Rev. Harriet Walden

aged when it comes to improving equality and often think: "Nothing has changed anyway," but Walden challenged that belief.

"Let us focus on what has changed," she said.

Walden was born in Sandalfoot, Florida and wit-



comes in different times in different places," she said.

If you are feeling lost about how you can help your community, Walden said you can start small by waving to people.

"They don't even realize that they don't know you until after they wave back," she said.

Rev. Walden asks students to believe in themselves.

"When you believe in yourself, you believe in others," she said.

The last note Walden gave to students is to love.

"We are holding the light

for others so when they wake up, they can see the light," she said.

MLK Week will continue with presentations and workshops until Friday, Jan. 24.

The other events will be:

Critical Connections: The Role of Love in Social Change is from 9 to 9:50 a.m. today, Jan. 23, in the Mt. Constance room in Building 8. It is being hosted by Christine Cruz Guiao and April Nishimura.

Roots of "isms": Rethinking Racial and Gender Justice will be from 11 a.m. to 12:30 p.m. today, Jan. 23, in Building 7. Dr. Andrea Smith will present.

The Growing Divide is from 10 to 11:50 a.m. on Jan. 24 in Building 8's Mt. Constance room.

Closing the Racial Wealth Divide will be from 1:20 to 3 p.m. on Jan. 24 and will be in the Mt. Constance Room in Building 8.

New smoking shelter to clear the cloud away from Building 17

By Ty Zumwalt
Staff Reporter

Smokers at the north end of campus will be told, shortly, to move their butts – to a new designated smoking area.

The pile of dirt to the north of Building 17 is set to be the pad for a new smoking shelter.

There is no timetable for this project and it will likely drag on, but it will get started this quarter.

"Students are currently smoking on the north end of Building 17," said Barry Holldorf, director of Facilities and Operations at Highline.

"The smoke drifts around

the building into the classrooms."

"This is a problem that needs to get fixed sooner than later," he said.

"The challenges are weather and being able to coordinate getting and placing the shelter," he said.

In total, there are six designated smoking areas on campus.

The amount of foot traffic walking by the current smoking areas, on the gravel portion out-



Sam Hong/THUNDERWORD

The dirt pile near Building 17 will eventually be a smoking shelter.

side of Building 5, is about as high as any other place on campus.

The other smoking areas so

far on campus are on the north side of Building 8, the west side of Building 25, outside of Building 28, and south of Building 10, near the administration parking lot.

Building 30 is also right around the corner and is a hotspot for students.

It hosts the Instructional Computing department as well as many computer science classes for students.

Student Hannah Agostino has math class in Building 17 and said she notices the smoke.

"I don't mind if people smoke but if it interferes with learning that is a problem," Agostino said.

"I'm glad they [facilities] are doing something to get that away from class," she added.

Other projects going on this quarter include evaluating underground storm systems, along with other routine maintenance.

"Recent storms have caused some problems," Holldorf said.

"Some flooding on campus will need to be looked at," he said.

Student Cadets may curb crimes

The Security Cadet Program may be the kind of security upgrade Highline needs.

It will allow more eyes and ears throughout campus and provide coverage in areas that may be otherwise not patrolled.

Throughout this past quarter, Highline’s occupant’s safety was in jeopardy.

Last quarter Highline suffered a wave of assaults, many of which involved weapons, and numerous thefts that took place in broad daylight.

Without additional funds from the state, Highline has been unable to increase the number of patrolmen.

However, this program may be able to do just that, increasing the number of people who are prepared to call in criminal activity.

Not only will it give students the opportunity to have hands on experience within their field, but it will also allow them to participate in the protection of Highline and their classmates.

However, these student cadets should keep in mind that they may witness dangerous situations and that they need to take precautions.

Perpetrators may single them out due to their age and experience, so it is vital that these cadets take the necessary training seriously.

If enough students enroll, perhaps there could be some sort of buddy system where students are stationed at different points throughout campus with a fellow cadet if necessary.

We need to keep these cadets safe.

Although it is possible for these students to receive credit for enrolling in this program, this should not be their essential goal.

Students need to realize that by enrolling, their full participation and cooperation is required.

On top of it all there is a GPA requirement. If students feel that they will be unable to handle the combination of academics and the program then they should reconsider.

The requirement for now is between a 2.0 and 2.5, understandably the program is still in the works but it might suit the goals of the program considerably if this requirement was raised.

The Security Cadet program has potential, we may not be able to hire more patrolmen but at least we will be able to train our students to assist.

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.

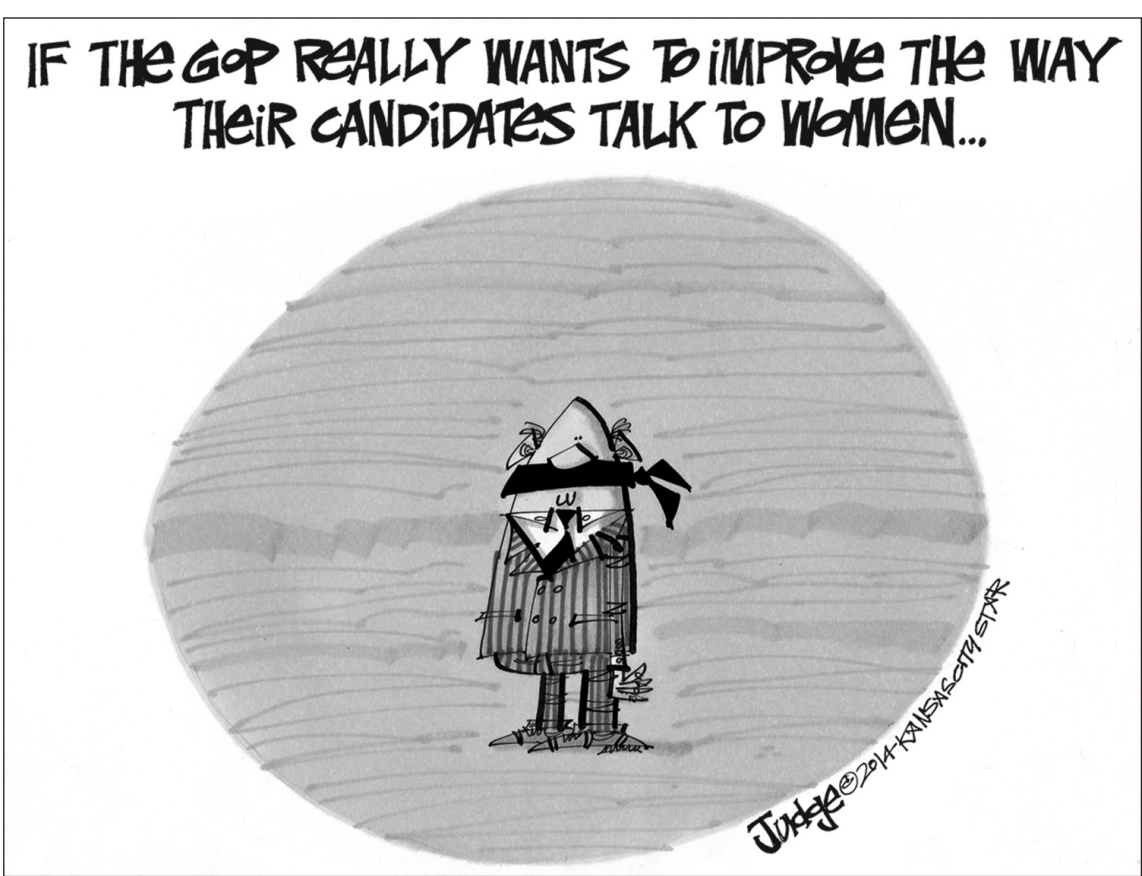
Students may submit thoughts, comments, concerns and complaints on what’s happening on campus to articles written by the Thunderword staff reporters.

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

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

Submissions will be published in the next issue of the paper.

Write to us!



Green future is still hazy

When my father posted an advertisement on Craigslist putting my beat-up Ford Escort for sale, we expected a share of the usual bartering items and bargaining chips to accompany the request for a substantial price cut.

Someone once offered us an old lawn mower and a Beatles poster in exchange for a barely used washing machine we sold two years ago.

However, this time around we got an offer of a much more organic kind--two trees of cannabis sativa.

In late 2012, our state passed Initiative 502 to decriminalize the recreational use of marijuana. Without catastrophes to report, the heavy cloud of controversy surrounding the issue has since started to clear.

But it’s still pretty hazy how this change will affect the workings of our society in the long run. However, I can already whiff out a major social shift lingering in the air of our online communities.

Apart from reading Facebook statuses boldly posted on my newsfeed with phrases, often used ironically, like “420 blaze it,” I have stumbled onto other interesting scenarios involving the famous herb.

The response to my ad on Craigslist is not an isolated incident.

“Delivery Green Sticky,” reads another ad posted on Craigslist’s For Sale/Wanted forum for the Seattle-Tacoma area, offering a detailed description of the marijuana along with a phone number for orders and inquiries.

“Described as a dense sticky bud with gold trichomes throughout with a scent of sweet pine and citrus, it can taste of eucalyptus with a cerebral high that comes on quick,” the ad promises.

It seems that, as many expected, the legalization of weed has made its acquisition more accessible. But how accessible is too accessible?



Commentary
Christina Acuna

According to PewResearch.org, 93 percent of minors (ages 12-17) go online.

And, unlike the case for porn sites, there is no disclaimer page discouraging minors from surfing through Craigslist ads that offer marijuana for sale.

Though it is technically still illegal to sell pot through unauthorized vendors, there is nothing really discouraging people from doing it.

This brings to mind another change that I have noticed even before marijuana became legal statewide. More people seem to view marijuana less and less as a street drug and more like an equivalent to alcohol.

If you’re like me, you grew up watching “Above the Influence” commercials with the concerned talking dog reprimanding the stoned teenager, you can recognize this is a drastic social change.

Five years from now, will parents roll blunts for their kids on their 21st birthday? Will nervous flyers be allowed to smoke a doobie at the airport before boarding their flight? Will commercials feature half-naked women taking fat rips off their bongos with the caption “blaze responsibly?”

Regardless of your political position on the matter, the legal introduction of pot into our community is making social change imminent.

Because it is being seen and treated like alcohol, we can expect a similar batch of consequences that come with the abuse of alcoholic substances.

Who hasn’t seen middle school kids standing outside 7-Eleven begging for adults to buy them a case of beer? I certainly have, and I can picture a similar story developing outside marijuana dispensaries if they are not monitored correctly.

In case it matters, I am all for the recreational use of weed. Like alcohol consumption, I think moderation is the key to having a good time.

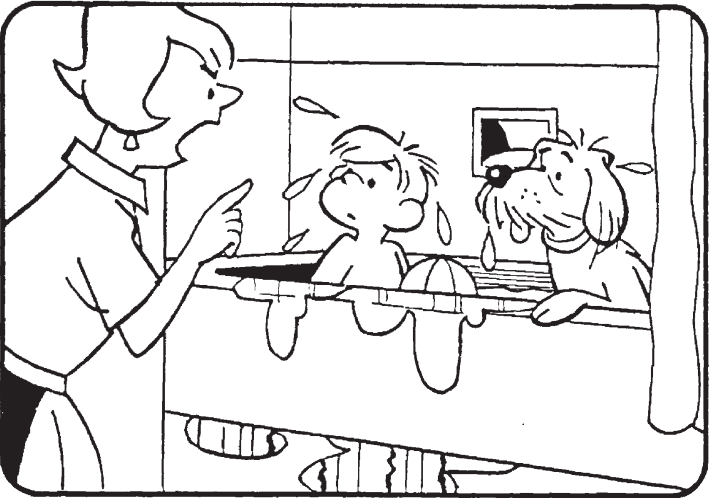
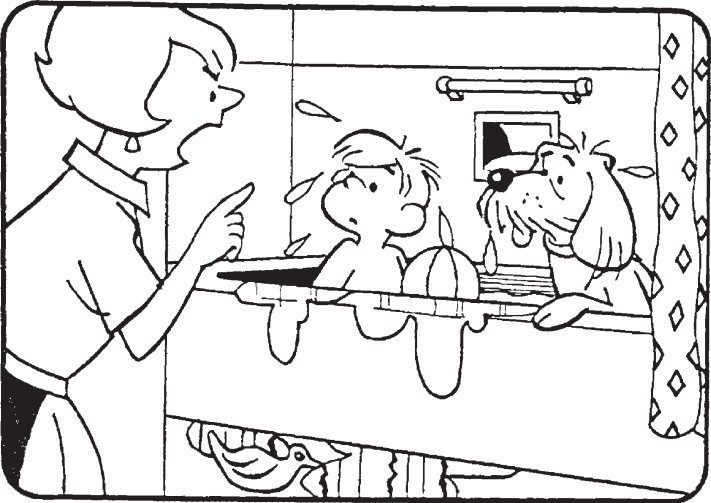
But I can’t help feeling that we may be going into this with our eyes closed (or slightly squinted). Monitoring and additional education on the topic may be the only way of avoiding trouble.

So put that in your pipe and smoke it.

the Staff “

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HOCUS-FOCUS BY HENRY BOLTINOFF



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

Differences: 1. Hair is different. 2. Bird is missing. 3. Ball is missing. 4. Towel bar is missing. 5. Dog's ear is smaller. 6. Shower curtain is different.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★ ★ ★
★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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1. HISTORY: What was the name of the treaty that ended the American Revolutionary War?

2. TELEVISION: What was the name of the prison in *Hogan's Heroes*?

3. THEATER: Which U.S. president was featured in the musical *Annie*?
4. AD SLOGANS: Which car company is part of the advertising slogan "Baseball, Hot Dogs, Apple Pie and ..."?

5. ENTERTAINMENT: When did the Miss America pageant begin?

6. GEOGRAPHY: What was the former name of the African nation Burkina Faso?

7. LITERATURE: What was the name of the monster in *Beowulf*?

King Crossword

ACROSS
1 Category
4 Automobile
7 Wield a cleaver
11 Carry on
13 One's years
14 Carry on
15 Eastern potentate
16 Scrooge's cry
17 Open slightly
18 Beelzebub
20 Grate
22 Tiny veggie
24 Cafe
28 Frisbee material
32 Trembled
33 Apiece
34 One of the Seven Dwarfs
36 Smell
37 Group character
39 Missile launcher
41 Mexican cactus
43 Humor
44 Newcomer
46 Indiana's state flower
50 Not working
53 The 50 States (Abbr.)
55 Perlman of "Cheers"
56 Layer

DOWN
1 Angers
2 Dalai —
3 Make with yarn
4 Taxi
5 Culture medium
6 Detox location
7 Some casino patrons
8 Muslim pilgrimage (Var.)
9 Eggs
10 Apiece
12 They use clay pigeons
19 Trawler need
21 Bro's counterpart
23 Help
25 Agenda heading
26 Chess piece
27 Gumbo ingredient
28 Sound from a chick
29 Tardy
30 Sore
31 Corn on the —
35 Crow's call
38 Pigpen
40 Goose egg
42 Burst, volcano-style
45 Norway's capital
47 Columbus' home
48 Tide type
49 Sweet potatoes' kin
50 "— only a paper moon, ..."
51 Chips' go-with
52 Meadow
54 Sailor's assent

1	2	3		4	5	6		7	8	9	10	
11			12		13				14			
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56					57				58			
59					60					61		

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Even Exchange

by Donna Pettman

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

1. J.K. Rowling character _ _ _ T _ _ _ Wanted sign _ _ _ S _ _ _

2. Game of chance B _ _ _ _ _ Jargon L _ _ _ _ _

3. Legal document part _ _ _ _ _ S _ Composer Debussy _ _ _ _ _ D _

4. Minnesota team player V _ _ _ _ _ Using a two-wheeler B _ _ _ _ _

5. Becomes a member _ _ _ _ _ S Knee or elbow _ _ _ _ _ T

6. Egypt's capital _ _ _ _ _ O Terrier type _ _ _ _ _ N

7. Financial expert _ _ _ N _ _ _ Carnival hawkers _ _ _ R _ _ _

8. Beehive treat H _ _ _ _ _ Moolah M _ _ _ _ _

9. Hardy's pal _ _ _ _ _ L Actress Bacall _ _ _ _ _ N

10. Daily news source _ _ _ P _ _ _ More ashen _ _ _ L _ _ _

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8. GENERAL KNOWLEDGE: What are the names of the stone lions at the entrance of the New York Public Library?

9. ANIMAL KINGDOM: What type of creature belongs to the order Siphonaptera?

10. MATH: In geometry, what is the shape of a torus?

5. 1921

6. Upper Volta

7. Grendel

8. Patience and Fortitude

9. Fleas

10. A doughnut

Answers

1. Treaty of Paris

2. Stalag 13

3. Franklin D. Roosevelt

4. Chevrolet

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Late artist's work lights up gallery

Splashes of watercolor make Brewer's art alive

By Marcy Daniels
Staff Reporter

Glenn Brewer's life lives on in some of his watercolor work displayed on the fourth floor of the library throughout the month of January.

His wife, Virginia "Ginger" Brewer, provided the work for the library Gallery exhibit.

Brewer was born in Spokane on Sept 25, 1929 and died on March 27, 2013.

He was a member of the Northwest Watercolor Society and the Puget Sound Group of Northwest Painters.

With a bachelor's degree in teaching and architecture he owned his own architectural practice and designed buildings



Artist Glenn Brewer's *Your Place or Mine* is one of the works showcased in this month's library gallery exhibit.

and projects for 42 years.

He served two years active duty in the United States Marines Corps during the Korean War as a second lieutenant.

After retiring Brewer continued his hobby of sketching people and objects and painting watercolors regularly.

His work consists of abstract



Glenn Brewer

to semi— abstract portraits with a range of flowing colors that bring out the vividness in ordinary things.

The exhibit will be open until the end of January during library hours, Monday-Friday, 7 a.m.-9 p.m., Saturday, 10 a.m.-5 p.m., and Sunday, 2-9 p.m.

The Library Gallery is free to the public.



California Guitar Trio will be performing in Kent on Jan. 24.

Trios come together

By James Ford
Staff Reporter

California Guitar Trio and Montreal Guitar Trio will rock Kent's Spotlight Series, with their unique blend of European classical music, rock, blues, jazz, world music and surf music.

CGT is a steel-stringed guitar band that was founded in 1991. Their music is distinct than as they combine various styles to make a technically virtuos sound aided with a humorous tone, original compositions and new arrangements of progressive rock.

MG3's style of guitar play is different than CGT's. MG3 uses nylon-stringed guitars; this band has been praised for its ability to engage audiences with their exciting stage presence.

These two bands have preformed all over the world dazzling crowds with humor wit and charismatic personality threw their music.

"This show is definitely [a] don't-miss for fans of guitar

music, and will be enjoyable for anyone," said Ronda Billerbeck, culture programs manager. CGT music was featured during the 2000 Olympic games and MG3 performances have been billed as amazing.

CBC described the band as being the most inferno guitar ensemble in all of Canada.

There will also be an educational outreach activity at Kent Meridian High School the same day as the event they will preform a little bit of their magical music style as well as a lecture for the students that attend.

"We often try to incorporate this type of educational, community outreach as part of our Spotlight Series performances," said Billerbeck.

Tickets for the event are \$25 for adults, \$15 for seniors and youths tickets for this event are available online at www.kentarts.com.

The two trios will perform on Jan. 24 at 7:30 p.m. at Kent-Meridian Performing Arts Center, 10020 SE 256th St.

Bands bring the noise to the Museum of Flight

By James Ford
Staff Reporter

One thing the aviation industry knows about is loud.

Seattle's Museum of Flight is using the pumped up volume of folk, rock, alt-country, punk, and jazz concerts to too spark interest in aviation among young people.

The museum's second event in its Speed of Sound Concert Series blasts off Jan. 31 featuring Mark Pickerel and His Praying Hands, Star Anna, and Day Laborers and Petty Intellectuals.

The concert venue is amid a bevy of restored aircraft in the museum's main level.

"You can see a concert 100 times a week," said Cale Wilcox public programs coordinator. "Our setting is most

unique."

The doors at the event will open at 7:30 p.m. Food and drinks will be available at this 21-and-over event.

Tickets for general admission are \$20, \$25 at the door, and \$15 for museum members.

The fun and music will begin at 8 p.m.

The Museum of Flight is one of the biggest air and space museums in the world. The museum brings in 500,000 visitors a year, has 160 historical air and spacecraft, the original manufacturing facility of The Boeing Co.

The museum also provides space library archives.

The Museum of Flight is at 9404 E. Marginal Way Seattle, Exit 158 off Interstate 5 on Boeing Field.



Day Laborers and Petty Intellectuals are part of the Speed of Sound Concert Series that soars to the Museum of Flight Jan. 31.



• Movie Fridays presents a free showing of *The Butler on Friday*, in Building 29 room 104 at 12:30 p.m.

• *King Kong* is coming to the Auburn Avenue Theatre on January 24 at 8 p.m. The 1933 film follows a film crew to a tropical island for an exotic location shoot and discovers a giant gorilla that falls for their female star. Free tickets are available at the door. The doors open one hour prior to showtime.

• Six guitarists will perform together as part of Kent's Spotlight Series on Friday, January 24. California Guitar Trio and Montreal Guitar Trio perform at 7:30 p.m. at Kent-Meridian Performing Arts Center, 10020 SE 256th St. The concert will be featuring guitarists from four countries such as Japan, Canada, Belgium and the United States. Tickets are \$25 for adults, \$22 for seniors and \$15 for youth. Tickets are available online at kentarts.com.

• Cirque Ziva Chinese acrobats will be performing on Feb. 1 at 7:30 p.m. The show includes both traditional and modern Chinese acrobatics, dance, aerial stunts, and contortion. Tickets are \$20 for adults and \$18 for students and seniors. To purchase tickets visit www.brownpapertickets.com/event/433708.

• The Renton Civic Theatre presents *Boeing Boeing* directed by Curt Hetherington. The show opens Feb. 14 and runs through March 1. Showtimes are Thursdays at 7:30 p.m. Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$22 for adults, \$17 for seniors and students, and \$15 for military. For more information or to purchase tickets visit rentoncivictheatre.org.

• An Amelia Earhart Exhibit is at the Museum of Flight, 9404 East Marginal Way S. Seattle. "In Search of Amelia Earhart" will be on exhibit until April 28, 2014 with free admission to the Museum. Admission is adults \$18, seniors (65+) \$15, youths (5-17) \$10, children (4 and under) free, active military \$15. For more information visit the Museum of Flight at museumofflight.org.

Got arts news?
Contact Bailey Williams
bwilliams@highline.edu

Lady Thunderbirds win again

Highline hammers South Puget in second half

By Jimmy Keum
Staff Reporter

Highline women's basketball overcame a sluggish first half to beat South Puget Sound by a score of 67-53 last Saturday.

"We need to focus on warm ups more to get ready," said Victoria Elleby, sophomore guard.

The Lady T-Birds trailed 30-24 at halftime and shot only 28 percent from the field.

"We got yelled at in the locker room at halftime by Coach Rowe," said Kayla Ivy, a 5'5" freshmen point guard for Highline.

The Thunderbirds had a strong second half performance, shooting 45.9 percent and outscoring the South Puget Sound Clippers by 20 points.

Highline ended the game with a 29-10 run in the final 12 minutes to seal the victory.

Ionna Price led Highline in scoring with 17 points.

Jordan Armstrong chipped in 10 points, including clutch back-to-back three pointers in the second half that helped spark the T-Bird's comeback.

Armstrong did not play in Highline's previous game due to injury.

Highline is currently second place in the West Division with 5-1 division and 14-4 overall re-



Sam Hong/THUNDERWORD

Freshman point guard Jordan Armstrong drives past South Puget Sound player Sofia Guerra on Saturday.

cord this season.

The Lady T-Birds will be without Freshman guard Jada Piper when they visit Clark this Saturday, Jan. 25, at 3 p.m.

Piper broke her right pinky

finger in last Saturday's game against South Puget Sound.

Piper is leading the team in scoring at 13.78 points per game and her teammates know they will have to fill this void Saturday.

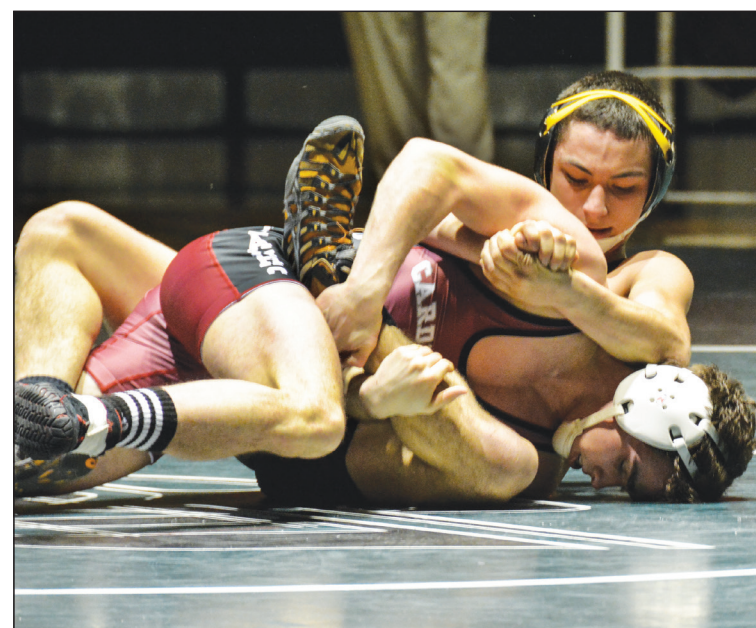
"Everybody else will have to step up," said Ivy.

Clark is currently ranked third in the Women's Basketball Coaches Poll and Highline is ranked seventh.

The team will then take on Pierce at home next Wednesday, Jan. 29, at 6 p.m.

Highline took on Green River at home last night, with results unavailable at press time.

T-Birds show improvement vs. No. 1 North Idaho



Sam Hong/THUNDERWORD

Highline freshman Alex Herrera wrestles against a North Idaho College opponent during a meet last Thursday.

By Ryan Macri
Staff Reporter

Highline wrestled much better against North Idaho College last Thursday than they did at the previous meeting on Nov. 23.

Even though the team scores didn't show it, the match scores were much closer.

Highline lost by a team score of 30-9 on Thursday. On Nov. 23, the T-Birds lost by a score of 41-4.

"I think we were as prepared as we could have been to wrestle the No. 1 team in the country," said Brad Luvaas, assistant coach of the wrestling team.

"All of our kids wrestled much better then they have been. They all wrestled hard for seven minutes," said Luvaas.

The difference between this match and the previous match against NIC was the team knew what to expect, Luvaas said.

"I was surprised at how well we wrestled. We really wrestled hard for seven minutes, and it was a whole different match [than the previous dual against NIC]," said Tyler Cormier, 197-pound wrestler for Highline.

"It's been a year of hills and valleys, and we are coming up from a valley and building momentum," Cormier said.

The first time Highline wrestled NIC, Cormier lost to NIC's Vincent Giulio by major decision 10-1. On Thursday, Cormier lost by decision 8-5, making the match much closer.

"My goal was to close the

gap," said Cormier. "I needed to prepare myself better mentally before matches by drilling with my coaches, going over strategies, and gaining a little more confidence," he said.

"I was having problems with my legs and I cut 10 pounds last night. Hopefully I'll feel better Sunday at the Clackamas Open and beat [Giulio]," said Cormier.

Sunday, Jan. 19, the T-Birds competed in the Clackamas Open in Oregon City, Ore.

Results were not available at press time.

Highline's dual meet on Jan. 23 against Clackamas Community College has been canceled.

The T-Birds' next action will take place Jan. 25, at the Boxer Open at Pacific University.

3835
74514
214
Scoreboard

MEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Clark	6-0	14-1
Highline	5-1	14-3
Pierce	4-2	11-5
Green River	3-3	6-9
Lower Columbia	3-3	5-10
Grays Harbor	2-4	5-11
Centralia	2-4	2-12
Tacoma	2-5	7-10
So. Puget Sound	1-6	1-14
North Division		
Skagit Valley	5-0	11-6
Whatcom	4-1	11-4
Bellevue	4-1	10-8
Everett	2-3	11-8
Peninsula	2-3	8-6
Edmonds	2-3	10-8
Olympic	1-4	1-14
Shoreline	0-5	3-13
East Division		
Treasure Valley	4-0	11-5
Big Bend	3-1	14-4
Spokane	3-1	13-5
Columbia Basin	3-1	10-6
Walla Walla	2-2	9-9
Yakima Valley	1-3	10-8
Wenatchee Valley	0-4	6-11
Blue Mountain	0-4	4-12
South Division		
Chemeketa	5-0	9-8
SW Oregon	4-1	15-4
Mt. Hood	3-2	14-4
Portland	3-2	12-7
Lane	3-2	10-9
Clackamas	2-3	8-10
Linn-Benton	0-5	4-11
Umpqua	0-5	4-13
WOMEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
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Wenatchee Valley	0-4	8-11
Treasure Valley	0-4	2-15
South Division		
Umpqua	4-1	13-5
Lane	3-1	16-4
Clackamas	3-2	14-4
Chemeketa	2-2	11-8
Portland	2-2	6-10
SW Oregon	1-3	12-8
Mt. Hood	0-4	2-15

Thunderbird men push their win streak to five after beating South Puget Sound

By Mariah Campbell
Staff Reporter

A strong second half carried the Highline Men's Basketball team to an outstanding, 88-55 win against South Puget Sound. The Thunderbirds played against South Puget Sound last Saturday and brought home another win. Highline now has a 5 game-winning streak placing them second in the NWAACC West Division, with a 5-1 division record and 14-3 overall record this season. South Puget Sound is currently ninth in the West Division with a 1-6 division record and 1-14 overall record this season.

Highline was only up 6 points at half time and came back with a 33-point lead. "We came out soft," said Xavier Johnson, freshman guard. Johnson said that in the first half they weren't playing as aggressively as they should have been. "We picked up our defense intensity in the second half," said Jimmy Keum, freshman point guard.

Keum scored 7 points in total this game. Freshman guard, Doug McDaniel was the leading scorer with 24 points and Joseph Stroud followed with 18 points.

"I thought we started out ready to play and we did not do a very good job of dealing with adversity late in the first half. We got our heads on straight the second half and played much more like a team," said Head Coach Che Dawson.

When the team came back from halftime they were "really aggressive on offense and defense," Johnson said.

Highline scored 51 points in the second half and South Puget Sound only scored 24.

"Everyone was positive. Everyone was accountable," Dawson said. Results from Wednesday's game against Green River were unavailable at press time.



Sam Hong/THUNDERWORD
Joseph Stroud goes to the basketball for a layup in the game against South Puget Sound last Saturday. The T-Birds upcoming game is next Wednesday at 8 against Pierce at home.

Highline plays Clark on Jan. 25 at 5 p.m. Clark is currently first in the West Division and has a 12 game winning streak. Clark has a 6-0 record in the

West Division and a 14-1 record overall this season. Next Wednesday the Thunderbirds play Pierce at Highline at 8 p.m. Pierce is currently

third in the West division with an overall record of 11-5 this season. Highline has played Pierce twice this season and has lost both times.

Even Exchange

- answers
1. Potter, Poster

2. Bingo, Lingo

3. Clause, Claude

4. Viking, Biking

5. Joins, Joint

6. Cairo, Cairn

7. Banker, Barker

8. Honey, Money

9. Laurel, Lauren

10. Paper, Paler

Weekly SUDOKU

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

King Crossword

Answers												
Solution time: 21 mins.												
I	L	K		C	A	R		C	H	O	P	
R	A	N	T		A	G	E		R	A	V	E
E	M	I	R		B	A	H		A	J	A	R
S	A	T	A	N		R	A	S		P		
			P	E	A		B	I	S	T	R	O
P	L	A	S	T	I	C		S	H	O	O	K
E	A	C	H		D	O	C		O	D	O	R
E	T	H	O	S		B	A	Z	O	O	K	A
P	E	Y	O	T	E		W	I	T			
		T	Y	R	O		P	E	O	N	Y	
I	D	L	E		U	S	A		R	H	E	A
T	I	E		P	L	Y		S	I	A	M	
S	P	A	S		T	O	E			O	P	S

COLLEGE TRANSFER FAIR!

Tuesday, February 4

9:30 am-12:30 pm (stop by anytime)

Highline Student Union, Building 8, first floor

START YOUR TRANSFER PLANNING TODAY!

The Transfer Fair is YOUR opportunity to meet with admissions representatives from 35 four-year colleges and universities.

Find out what you need to transfer successfully! Meet with admissions reps, pick up transfer materials & have your questions answered! This is a GREAT place to explore your transfer options!

For a list of schools in attendance go to:
<http://transfercenter.highline.edu/transferfaircalendar.php>



Sam Hong/THUNDERWORD

Freedom Snacks owner Veronica Cockerham greets customers at her store in downtown Des Moines.

Hot buttered business

Highline alum finds success with gourmet popcorn line

By Amy Sato
Staff Reporter

One never knows what is going to pop up at Freedom Snacks in Des Moines.

The local gourmet popcorn business burst onto the scene in the spring of 2011 and has been increasing in popularity ever since.

Veronica Cockerham, one of the founders and business owner of the company, received her associate of arts degree from Highline and is an alumna from City University with a bachelor's in business management and advertising.

"The name Freedom Snacks was chosen because I had the freedom to own my own business and it seemed fitting," said Veronica Cockerham.

Freedom Snacks is a family owned business and the popcorn is handmade fresh daily. The store makes 69 different flavors, which include individual flavors and gourmet mixed flavors.

"Many of these flavors have been created by most of the customers' suggestions and from just experimenting in the kitchen," said Cockerham.

She decided to start up the



The mother of the owner, Lisa Adsero, makes special popcorn sauce.

company with her mother, Lisa Adsero, while Cockerham was pregnant with her daughter, Scarlett.

"We decided to make popcorn because it sounded fun and it was different from what a lot of other stores were doing," Cockerham said. "In the beginning it was a lot of work. We were selling from our home

and at farmer's markets before we opened up our store in Des Moines."

Freedom Snacks does fundraising events for companies and sports teams and the beneficiary earns 50 percent of the profit.

"It is also great for party favors, business promotions, and corporate gifts, since popcorn is

different and the customer can customize their own logo and flavors for the bags," Cockerham said.

"The target market for the retail storefront is just for peo-

ple who like popcorn, which is a lot of people. But wholesale is our main focus for the company and we sell in over 100 locations around the area," Cockerham said.

The owners are already thinking about expanding.

"The future goals for the company is to continue to grow and getting into more locations and maybe opening up a new store," said Cockerham.

For Seahawks fans, Freedom Snacks will be selling blue and green popcorn for the upcoming Super Bowl. A typical bag of popcorn costs from \$5 to \$32, depending on the size and the flavor.

You can order online at www.freedomsnacks.com or find them in Bartell Drugs, SeaTac Airport, Haggen grocery stores, and in independent gift and candy shops.

The address for the Freedom Snacks home store is, 709 S 219th St., Des Moines, by the old QFC and the hours are Tuesday-Saturday 11 a.m. to 5 p.m.



Employee Kerry Hudson prepares freshly made popcorn to sell.

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Students

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

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There is no need to sign up.

Tuesday, February 4th
1:30-2:30pm
Writing Center, Building 26, Room 319i



Spinach is packed with vitamins, yet low in calories.

Eat healthy all day

The basis for a healthy eating plan should be fruits and vegetables; whole grains; low-fat or fat-free milk products; lean meats, poultry, fish; and beans, lentils and other legumes.

Some foods stand out as superstars with many nutrients to enhance health and prevent disease. Here are some smart food choices to make every day.

•Oats: A bowl of oatmeal is a great start to the day.

Oatmeal provides soluble fiber, which can help lower blood cholesterol. This whole grain provides protein for muscle recovery and repair, and contains some antioxidants, which may have cardiovascular benefits.

Try adding oats to some of your recipes including casseroles, meatloaf, muffins, breads and cookies.

•Blueberries: This tasty fruit contains fiber and vitamin C, which is an antioxidant that aids in disease prevention, helps maintain bones and teeth, and helps the body absorb iron.

Blueberries contain antioxidants called anthocyanidins, which give them their blue-red color. These antioxidants appear to help neutralize damage to cells that can lead to many negative health conditions and diseases.

Blueberries also may play a role in brain health. Buy frozen blueberries when they are not in season and add them to cereal, desserts or oatmeal.

•Yogurt: Low-fat or fat-free yogurt can serve as a snack or even as part of dessert.

Yogurt has live cultures and good bacteria that may promote health, boost immunity and increase bone health. Some of the nutrients in yogurt include calcium and potassium, which are important for good bone health.



Plus, yogurt contains protein, which helps you stay full longer.

Top yogurt with blueberries and walnuts for a nutritious snack or breakfast. Yogurt also can serve as the base for creamy dips or dressings.

•Black beans: All beans can promote health, but black beans contain anthocyanidins, the same antioxidant in blueberries.

Black beans contain soluble fiber, which can help lower cholesterol. Beans contain protein as well, making them a good substitute for other protein foods that may be high in fat. Beans also are low in calories, low in fat and inexpensive.

•Walnuts: These nuts contain the most omega-3 fatty acids of all the tree nuts and peanuts. Omega-3 fatty acids help boost cardiovascular health, help decrease inflammation related to diseases and might improve cognitive function.

Walnuts also have monounsaturated fat, a heart-healthy fat that can help lower cholesterol.

•Tomatoes: Fresh tomatoes may not be available year-round, but processed tomato products such as stewed tomatoes, tomato sauce and tomato juice can be found any time of year.

The red color of tomatoes comes from lycopene, a phytochemical that the body absorbs better from processed tomato products. Lycopene can help prevent prostate cancer and might improve bone health.

Tomatoes also contain vitamins A and C, both of which are antioxidants.

•Carrots: Bugs Bunny probably has great eyesight, thanks to the beta carotene that gives carrots their orange color.

Beta carotene helps protect against some cancers and cardiovascular (heart) disease. This compound also can help protect your lungs, especially if you smoke. In addition, carrots contain vitamin C, vitamin K, fiber and potassium.

•Spinach: We all know that spinach makes Popeye stronger, probably because this dark green veggie is full of vital nutrients.

Spinach provides us with vitamin K to help with blood clotting. It also contains vitamin A for healthy skin and vision, folate for red blood cell formation and proper cell division, and iron for oxygen transport within the body.

Spinach also contains some calcium, potassium (which can help lower blood pressure) and fiber.

It's easy to add all of these

foods to your daily diet by having oatmeal topped with blueberries for breakfast, and my recipe for Power-Packed Spinach Salad with Greek Yogurt Dressing for lunch or dinner.

The black beans act as a protein in this delicious salad. You also can top the salad with an additional protein such as lean chicken or beef, turkey, fish or tofu, for a heartier meal.

Add these foods to your menu and enjoy the many health benefits from these nutritional all-stars.

POWER-PACKED SPINACH SALAD

- 4 ounces (2/3 of 6 ounce carton) plain Greek yogurt
- 1 1/2 teaspoons lemon juice
- 1 1/2 teaspoons fresh or dried chopped mint, basil or parsley
- 3/4 teaspoons honey or agave syrup
- 1 teaspoon salt
- 1 teaspoon black pepper
- 5 cups baby spinach
- 1 (15-ounce) can black

- beans, drained and rinsed
- 4 ounces feta cheese, crumbled
- 12 grape or cherry tomatoes, halved
- 1/4 small red onion, thinly sliced
- 1/2 cup shredded carrots
- 10 walnut halves, toasted

In a small bowl combine yogurt, lemon juice, herbs, honey or agave syrup, salt and pepper and mix well. In a large bowl, combine spinach, black beans, cheese, tomatoes, onions, carrots and walnuts. Pour desired amount of dressing over salad and toss until well-combined. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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FEB 14TH

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DROPBOX AT

CUSTOMER

SERVICE DESK

Those shoes weren't made for walking

By Caitlin Berge
Staff Reporter

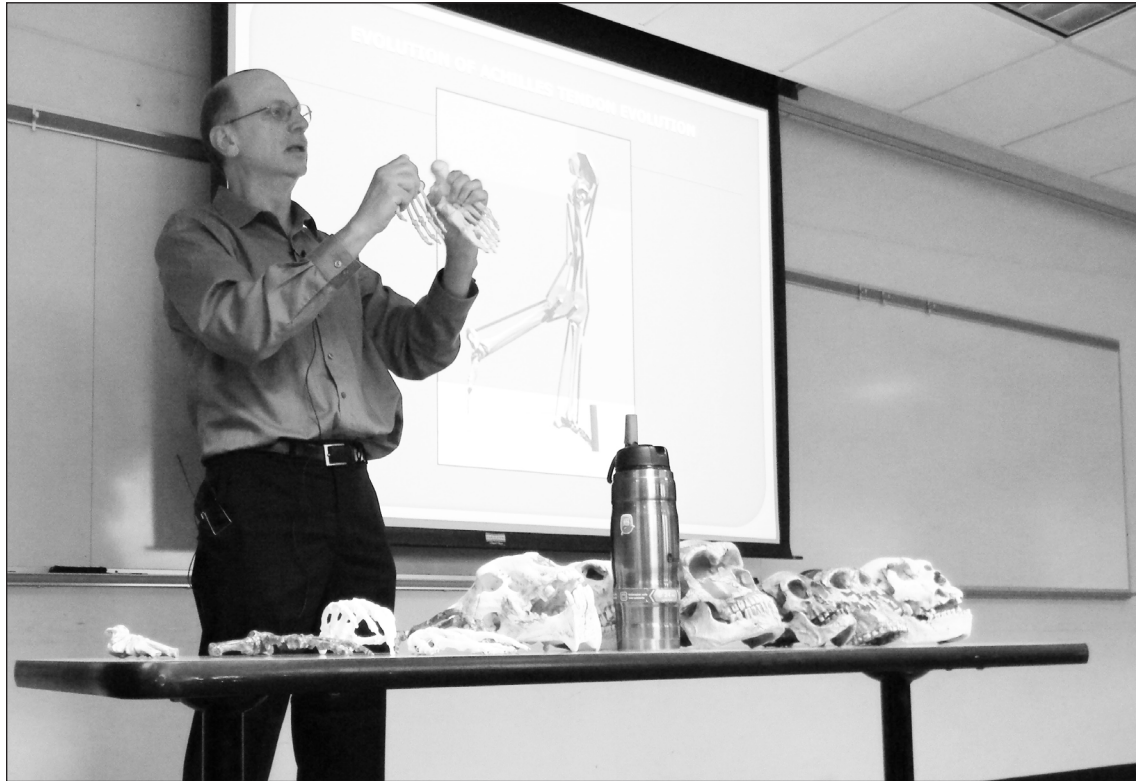
People tend to enjoy wearing shoes – high heels, flip-flops, sneakers, and Doc Martens.

Anthropology professor Dr. Lonnie Somer said that by wearing shoes, people are killing their feet.

“Basic knowledge of anthropology helps anyone understand the proper use of our anatomy,” Dr. Somer said.

Humans walk in a relatively new way known as bipedalism. Walking this way is energy efficient, but is harmful to human feet.

For a long time, people didn't wear shoes, allowing feet to move freely and naturally. The shoes people wear today constrict movement, causing them pain.



Emma FitzPatrick/ THUNDERWORD

Highline anthropology professor Dr. Lonnie Somer explains how humans have evolved.

The whole body is affected, not just feet. Many neck, back, and knee problems can be blamed on shoes.

Dr. Somer suggests transitioning to five fingers, also known as Vibram shoes. They provide protection for the sensitive bottoms of people's feet,

while allowing them to move naturally, as if they were not wearing shoes.

Another topic discussed was overhand throwing. Dr. Somer said if you play catch with a chimp, no matter how hard you try, you will never get it to throw over hand like we can.

In the past, humans were most likely unable to throw over hand. Their shoulders wouldn't have had as much movement.

As humans transitioned from climbing trees to walking upright, shoulders lowered down, gaining mobility, eventually enough to move their arms back to throw

and pull like people can now.

If avid texters and their thumbs tend to hurt, have no fear. Dr. Somer said, “We are in a holding pattern” and shouldn't expect any more drastic changes in anatomy anytime soon.

Dr. Somer also addressed a recently disproven theory. The French have previously spoken of mysterious prints discovered in the Tuc D'Audoubert caves.

The French claimed it was a group of hundreds of people dancing, most likely celebrating, like a prehistoric rave.

Recently, Namibia trackers reviewed this theory and had a look for themselves. They concluded it was just two people. They were most likely a father and a son, knelt over collecting clay for pottery, the opposite of what the French had suggested.

Anthropology is an ever-changing field. Dr. Somer said he hopes to do a part two of this presentation in the near future.

The next Science Seminar will be Friday, Jan. 24 from 2:20 p.m. to 3:23 p.m., in Building 3, room 102. Chemistry professor Natalie Borge will be presenting “Nano, Nano! Why should we care about nanoscience!?”



Colds

Continued from Page 1

Herb'n Tea shop in Burien.

“Stress compromises your immune system so you should identify the stressors in your life and choose how to deal with them. Some good ways to cope with stress are yoga and meditation for your mind, body and spiritual health,” said Winston.

Some ways to stay healthy are by “getting seven to nine hours of sleep on a regular schedule, eating five or more servings of veggies/fruits per day, getting some type of exercise at least three days per week and caution with alcohol, sugar, excessive caffeine or recreational drugs,” said naturopathic Dr. Beth DiDomenico at Federal Way Naturopathy.

“In addition, frequent hand washing in warm water is essential, especially before putting anything on your face or in your mouth,” Dr. DiDomenico said.

If you are already sick, you should focus on taking care of yourself first, health experts say.

“Rest and allow yourself to recover. Don't return to work or school for over 24 hours after a fever,” Dr. DiDomenico said.

To help boost your immune system when you are sick, “keep concentrated ginger tea handy and drink it at the first sign of a cold and throughout the cold season. Ginger helps increase circulation and killer T cells that kill viruses and cancer cells,” said Winston.

Taking over the counter cold/flu medicine may get rid of your symptoms, however they do not help your body fight off the virus.

“If an [over the counter] cold medicine is helping one get a good night's sleep, I think it's of value. I'm not a fan of using a cough suppressant so someone can go to school/work, as they should be resting,” Dr. DiDomenico said.

“Fever is our bodies' way of killing an invading virus. To take a medication to lower a fever may prolong the illness. But again, to take it so that one can get some temporary relief, or lower a fever that is too high (above 103) is reasonable,” said Dr. DiDomenico.

“I think illness is information and if you are frequently getting ill or are slow to recover, it's a heads up that something is amiss in your immune system or you aren't taking good care of yourself,” she said.

“In natural medicine we try to facilitate a safe fever with things like ginger tea because it kills the virus faster and slows down replication,” Winston said.

There are many other ways to help reduce, prevent or shorten your cold by using natural remedies.

“Most of us are [vitamin D] deficient in the winter months, and it is actually not a vitamin, but a hormone that is very important in regulating the immune system,” said Dr. DiDomenico.

“Young people do well with around 2000 IU/day, but it can be taken in higher doses less often as it is fat soluble and adsorbed well either way. When coming down with a cold, I often have people take 20,000 IU for a day or two to boost immune function. It's also inexpensive and easy to find at the health food store,” Dr. DiDomenico said.

Echinacea is another com-

mon form of cold prevention.

“I also like echinacea purpurea in capsule or tincture form for prevention. Once you are full into a cold/flu, it's too late for echinacea to be effective,” she said.

“Taking vitamin C, Echinacea and zinc in capsule form in the beginning of a cold can be very helpful for preventing a cold or shortening it,” Winston said.

“The same goes for my favorite flu prevention remedy Oscillococcinum. It's a homeopathic flu remedy that is gentle, inexpensive, has no side effects or interactions with meds. I have patients use a fraction of what is says on the box, so a box should last a family all season. One uses it if they've had a flu exposure or feel like they are coming down with it,” said Dr. DiDomenico.

Zinc is another common cold treatment that you can find at most health/food stores.

“My other favorite treatment/prevention is zinc [which is] also important for immune function. The majority of the patients in my practice are deficient in zinc when I test them. Most people can deplete their zinc with 15-30 mg per day with food for a month,” Dr. DiDomenico said.

“If one is already ill, zinc will still help, but I specifically like zinc gluconate for sore throats,” said Dr. DiDomenico.

For more severe cases of the cold or flu, there are some natural remedies to kick your body's immune system into gear to get rid of the bug.

“I recommend astragalus and reishi mushroom, which boost your immune system. I advise people to start taking astragalus

at the beginning and throughout the cold/flu season to keep your immune system strong, preventing you from getting sick. You can get astragalus in pill form and it is inexpensive and found in most health supplement stores,” said Winston.

“For people with severe cases of the flu I recommend an antiviral elderberry syrup or tea,” she said.

Winston often makes an elderberry and lomatium tincture for severe cases of the flu. Both are very powerful and targeted for your respiratory system, she said.

For the common respiratory discomfort caused by colds and flu, such as congestion and runny/stuffy nose, there are a few safe tricks to get rid of them.

“Cold wet socks are my favorite trick for congestion. Put a pair of cotton socks under very cold water, then put them on your feet and cover them with a pair of dry wool socks before bed. It will support circulation and pull congestion out of the head. In the morning, your feet will be dry and warm and your nasal passages much more clear,” Dr. DiDomenico said.

“Putting a few drops of eucalyptus essential oil on the floor of your shower farthest away from the water can help clear congestion. Also, neti pots, a nasal irrigation system that flushes out excess mucus and debris from the nose, can help kill bacteria and clear sinuses,” Winston said.

Vitamin C may be advertised as the golden cure for a cold, however it may not be as great as you think.

“I think having normal levels of Vitamin C is important for good health, but I haven't found

it as helpful for cold/flu [as the others I've] mentioned, which are very effective. It just so happens that we are more likely to be deficient in Vitamin D and C in the winter when we have less sun and tend to eat less fresh fruits and veggies,” said Dr. DiDomenico.

Whether you should get a flu shot depends on your circumstances, natural health experts say.

“I do recommend the flu shot for some individuals, especially for those caretakers of immune compromised individuals. Also, for those that get the flu every year, or if someone is really stressed and can't afford time off work, etc. I do not believe everyone should have to or needs to get the vaccine,” Dr. DiDomenico said.

“It's a personal choice. My [naturopath] colleagues and I don't get the shot unless we'll be working with a special population,” she said.

“If they predict it right and the vaccine matches the virus strain that's currently going around fairly closely, then it may be effective. I personally don't get flu shots because I believe that if you stay healthy and keep your immune system boosted you wouldn't need the flu shot. I recommend using natural medicine first and if that doesn't work, then move on to conventional/western medicine,” Winston said.

Overall, keeping yourself healthy and your immune system strong is the best way for your body to fight off infections, some health experts say.

“Maybe if we all took better care of ourselves and our diets, we wouldn't have a cold season,” DiDomenico said.

Budget

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focus on education improvements. Rep. Orwall has been working on a scholarship program called College Bound. The program encourages low-income middle school students to choose a path that will lead to educational success after high school by offering financial aid to cover college tuition. “It helps a lot of kids going to college that normally wouldn’t have that opportunity in their lives,” Rep. Orwall said. She said she hopes the College Bound Scholarship will be getting a \$12 million increase to “keep our promise.” Having been enacted in 2007,



‘It helps a lot of kids going to college that normally wouldn’t have that opportunity in their lives.’

- Rep. Tina Orwall
D-Des Moines

“the College Bound Scholarship has already positively affected two graduating classes,” Rep Orwall said. The third will be the high school graduating class of 2014.

In addition to education, Rep.

Orwall is also using this opportunity to work on health issues affecting young adults. Her main concern lies in suicide prevention and she said the best way to move forward is through education.

Her plan includes enacting several bills. The first of which, House Bill 1376, passed into law in 2013, which clarified the requirement that certain health professionals complete training in suicide assessment, treatment and management. The second is HB 2315, currently scheduled for a public hearing, which goes into greater detail regarding requirements for health professionals. Rep. Orwall’s concern for the well-being of the state’s youth does not end there. She is currently the prime sponsor of House Bill 2164, which will require evidence and research-based interventions for juvenile firearm offenders. “I want to make sure we’re intervening as early as we can on these young offenders. There is a percentage that will continue to reoffend and with more serious crimes. Let’s ensure we intervene at an earlier point,” Rep. Orwall said. Her hope is to keep youth from carrying firearms by getting them involved in programs following their first offense, instead of waiting until they reoffend several times. “Part of their disposition would be treatment, and in this state we’re really fortunate because we have some of the most outstanding evidence-based treatment options in the country,” Rep. Orwall said. HB 2164 was scheduled for executive session in the House Judiciary Committee on Tuesday, Jan. 21 at 1:30 p.m. HB 2315 was scheduled for public hearing in the House Committee on Health Care & Wellness on Wednesday, Jan. 22 at 8 a.m.



Jim Baylor

Lowe’s

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didn’t mind if a few [students] were here, and then it filled up. So our stance is no parking in our parking lot.” Store officials didn’t say when towing would begin. “If needed, we have been given permission to take action,” Jim said. “It depends on how many complaints we get from our customers.” Since it costs almost \$300 for a vehicle to be towed, Highline officials say that buying a college parking permit could potentially save a student \$254. The easiest way to avoid trouble and a fine is to buy a parking permit, Baylor said. “It’s unfortunate that Highline does not provide enough parking for their students,” Jim said. “And it is unfortunate that Highline doesn’t step up considering that this has been going on since the day we opened seven years ago.” However, Baylor said that there is sufficient parking. “So far, I haven’t seen these lots so full that there isn’t room for parking,” he said. “We’ve kind of got it made here.” Baylor said that Lowe’s should put up signs that make it clear that student parking is not allowed. “We’re on [the campus] side,” he said.

Veterans Affairs appeals are piling up

What makes the news is how quickly the Department of Veterans is paring down (or not paring down) its pile of disability claims, and those past the 125-day mark. We’ve heard about the mandatory overtime for VA claims personnel, and VA chief Eric Shinseki’s often-repeated desire to get those claims under control by 2015. All well and good. But there’s one part of the process we don’t hear much about: the backlog of appeals. Those numbers are growing at an astronomical rate, and it’s believed they will double over the next four years. At this point, the number stands at more than a quarter-million appeals. Allsup, the group that provides compliance and appeal services to those on VA and Social Security disability, ran the numbers. Appeals claims have shot up 78 percent since 2008. The top three cities for backlog of appeals claims are St. Petersburg, Fla. (22,581), Houston (16,725) and Atlanta (14,334). Taking it by state, the top three are Texas (30,993), Florida (22,581) and California (17,134). Your best bet: Do your part, when you file a claim, make it complete the first time out. Don’t make processors ask for

VETERANS POST
by Freddy Groves

anything that you haven’t provided. Be sure to submit what they call a Fully Developed Claim, one that certifies you have no further evidence. Veteran Service Organizations have sent members out to be trained in working with the FDCs. Make use of their services to ensure that your claim is as solid as possible. Open your claim online at eBenefits.va.gov (the VSO can help if you don’t have a computer). If you have an existing claim, and if they ask for more information, get it to them quickly. Do everything you can to see that the VA has no excuse to shove your claim off to the appeals pile, where you could have a very long wait. *** The U.S. Code is specific about what constitutes military sexual trauma (MST). It covers physical assault of a sexual nature, battery of a sexual nature or sexual harassment. The harassment can be verbal or physical. Those who experience it can be either male or female. The number of reported cases has risen dramatically, and the powers-that-be say it’s because more incidents are being reported. Or could it be that the actual number of assaults has gone up? The answer remains to be seen. The bottom line is this: If you were subjected to sexual assault while on active duty, get help. You owe it to yourself, and whether or not you have another claim with the Department of Veterans Affairs, your treatment and services will be free. Left unaddressed, the past assault can result in future mental-health issues, including PTSD. Go online to www.mental-health.va.gov/msthome.asp and click on VA Programs & Services tab. You’ll find information on outpatient care, inpatient care and screening. Look also for the link to benefits related to military sexual

trauma. If you didn’t report the assault at the time and wonder how you’ll prove it, get treatment and file anyway. The VA has learned how to spot the “markers” for assault. Maybe you put in for a transfer, or maybe you sought tests for sexually transmitted diseases. That’s evidence. Maybe you talked to the chaplain or a friend. Even if your only sign is panic attacks that appeared for no apparent reason, that’s still a marker that the VA will pay attention to. Every regional office has MST specialists. Women Veterans Coordinators are available to help file claims as well. To find your regional office, call 1-800-827-1000. If you know someone who experienced military sexual assault, give him or her this information. Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to column-reply2@gmail.com. (c) 2014 King Features Synd., Inc.

ers physical assault of a sexual nature, battery of a sexual nature or sexual harassment. The harassment can be verbal or physical. Those who experience it can be either male or female. The number of reported cases has risen dramatically, and the powers-that-be say it’s because more incidents are being reported. Or could it be that the actual number of assaults has gone up? The answer remains to be seen. The bottom line is this: If you were subjected to sexual assault while on active duty, get help. You owe it to yourself, and whether or not you have another claim with the Department of Veterans Affairs, your treatment and services will be free. Left unaddressed, the past assault can result in future mental-health issues, including PTSD. Go online to www.mental-health.va.gov/msthome.asp and click on VA Programs & Services tab. You’ll find information on outpatient care, inpatient care and screening. Look also for the link to benefits related to military sexual

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