



Vinh Banh/THUNDERWORD

Year of Horse rides in Friday

By Ryan Johnston
Staff Reporter

Students are preparing for celebrations with the incoming Lunar New Year on Jan. 31, sometimes known as Chinese New Year.

"[I've celebrated] every year for as long as I can remember," said a student named Tess. "I'm partially Chinese, so I celebrate it with that side of the family."

She and her family celebrate by going to an Asian restaurant

for dinner and eating mango sticky rice, she said.

However, celebrations didn't include a history lesson.

"Despite the fact that I celebrate it, I don't really know its history," Tess said. "It's just something I've done since I was a child."

Lunar New Year varies each year based on changes to the lunar calendar.

"We have a different calendar between the U.S. and our country," said Ricky, a student

from Taiwan.

"[But] we celebrate it like New Year's in America," said Tien-Wei, another student from Taiwan. The New Year celebration is roughly a week long, he said.

"The day before New Year's, [families] will come together and eat together," Tien-Wei said.

"After dinner we'll play cards and gamble," Ricky said.

See New Year, page 12

Lowe's drives forward with towing plans

By Ryan Johnston
Staff Reporter

Management at the nearby Lowe's hardware store will start towing the cars of Highline students when they are given authorization, as soon as next week.

"We don't want to damage community relationships, and we don't want to tow, [but this] is a problem for our customers and quite frankly it's hurting our business," said Elton Roy, store manager.

Lowe's is expecting authorization within a week or two, and then they will start towing, Roy said.

"When we decide to tow, people are going to tow," he said.

Students parking at Lowe's has been a problem for the business for many years.

"[Highline and Lowe's] are working together," Roy said.

Last Spring Quarter, Vice President of Institutional Advancement Lisa Skari said that Highline was working with the store to come up with a solu-

tion, but so far, no solution has been found.

Before the Lowe's was built, Highline leased space at the Midway drive-in.

Highline has about 2,300 parking spaces available on campus. Over 2,000 students have bought full-time parking permits for this quarter, and 547 have bought part-time permits, said Richard Noyer, supervisor for Campus Security.

"Three hundred carpool passes have also been issued," Noyer added.

In total, that leaves more than 600 students without a place to park.

Campus parking tends to fill up around 9 a.m. daily, and stays full until about noon.

Lowe's does have signs that warn students not to park there. Roughly six to eight signs discourage students from taking parking spaces. Another will go up at the entrance to the store "within 48 hours" of Lowe's towing, and a towing

See Towing, page 12

Gateway opens door to success for students

By Josué Chavez
Staff Reporter

Highline's Gateway to College program is helping at-risk students overcome high school difficulties and succeed at the college level, its program director said.

Gateway to College is a free program designed to help high school dropouts or students at risk of dropping out.

The program has been run-

ning for three years now.

Program Director Kao Saechao said he is particularly proud of the accomplishments of two students who have earned higher than 3.5 GPAs for three consecutive quarters at Highline.

"I wasn't able to do well in school and I was able to find this program, which helped me out in school," said Dahlia Nguyen, a student in the program.

"When we first start out we are put in Foundation. Founda-

tion is the intro program that helps you get accustomed to college-style classes and prepares you for college," Nguyen said.

How you perform in Foundation will determine what classes you can take at Highline, she said.

"At first the college classes were difficult to keep up with but Gateway has helped me by working around my schedule," Nguyen said.

"Dahlia Nguyen came in with zero credits. She is highly motivated. She really gets to work," Saechao said.

She said Nguyen has improved tremendously.

Her current GPA is 3.6.

"If I wasn't in the program, I would be working overtime at my two jobs," she said.

If you aren't doing well in your classes, you are required

See Gateway, page 12



Dahlia Nguyen

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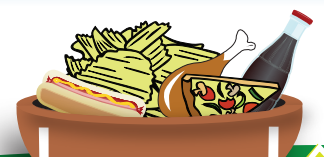
Highline professor Susan Rich publishes fourth book of poetry



Page 7

Sophomore Stroud values Highline basketball family

SUPER BOWL SNACKS



Page 9

Cook up some tasty game-day snacks for the Super Bowl



Sexual assault near campus

Kent Police are investigating a sexual assault that took place early Monday morning.

A man approached a woman with a knife on South 238th Street and 30th Avenue South and forced her to a secluded spot.

"We want to ensure that the public is aware of this occurrence and are asking the public to remain vigilant," said Melanie Frazier, public information officer for the Kent Police Department. "In addition, Kent patrol units will be doing their part by actively conducting extra patrols in this area."

The Kent Police Department is offering tips to help reduce the opportunity for crime to happen. Being aware of one's surroundings will make a person appear less vulnerable. Staying near lights and other people and away from dark areas will keep a person safer.

Safety tips for light rail riders

Highline Security has teamed up with King County Sheriff Metro Police to offer safe tips about traveling on the bus or Light Rail.

Security recommends not buying tickets from people on the street because the tickets could be counterfeit.

They advise people to wait for the train near others and not to sleep on the train to not appear vulnerable. Once someone has reached his or her destination, avoid sticking around.

Also, make sure any backpacks are secured. It is recommended that jewelry or all other valuables are put out of sight. Rings should be turned around to your palm side.

Marijuana toker on campus

A male suspect was reported smoking a marijuana joint at Highline on Monday between Buildings 21 and 22.

Suspicious car creeper spotted

A suspicious male was seen lurking through cars in the East Parking Lot on Monday.

The person was reported in the East Lot. He was seen looking through parked cars' windows. After a while, he was seen walking off campus towards Pacific Highway.

- Compiled by Brenda Carrillo

King week presenter urges careful thought before organizing for change

By Brenda Carrillo
Staff Reporter

Starting a new and strong organization is not about just finding people who agree but finding people to disagree with, said an activist last Thursday.

Andrea Smith is an activist and scholar. She primarily focuses on anti-violence and had been a Native American activist. She received her Ph.D. at University of California Santa Cruz in history of consciousness.

She spoke to a full house in Building 7 as part of the Martin Luther King Jr. week at Highline.

Starting a group to create possible change requires critical thinking to reach the correct solution, she said.

Dr. Smith shared potential ideas to help start up an organization.

She used humor to explain the change, saying that revolution has been nothing but trial error and people could admit that they honestly don't know what they are doing; people



Andrea Smith

need to rethink the approach they are taking.

"What works for some might not work for others and what never worked then could work now," Dr. Smith said.

Oppression began to show even more with the growing division of wealth within the United States, she said.

She drew a triangle showing that most wealth and power was owned by only 5 percent and the rest were the other 95 percent.

"The bad news is they own most of the wealth and guns. The good news is there are more us than them," Dr. Smith said.

She said that people might be oppressed at some common ground but people are oppressed in different ways. People can only overcome this by learning about each other, so they have the ability to create a successful organization or possible change.

"If we don't address the hierarchies that have been instilled by patriarchy within our movements, no one really wants to join them because we look as bad as the people we want to replace," she said.

Dr. Smith said that in Insight, a program she is involved in, they needed to end this "caucus" approach for organizations.

"How do we promote a place of conversation, debate and dis-

cussions, so there is a chance of transformation over the long turn and how do we develop a movement that does not presume a permanent enemy?" Dr. Smith asked.

Society comes to the conclusion that one group is being recognized and all others are considered in the way of their goal and ultimately an enemy, Dr. Smith said.

But if people begin to think to organize their thoughts as a group, oppression could possibly disappear over time.

Society needs to start thinking long term, what's workable, what's showing. People should want to build an organization or group that gives to them as much as they put into it, Dr. Smith said.

Dr. Smith left her audience with the idea to create a place where students can debate and communicate with each other. This could simply begin through a social media network like Facebook or Twitter, she said.



News Briefs

Rally for the Seahawks Friday

In support of the Seahawks, Highline will be having a rally on Friday, Jan. 31 at 11:30 a.m.

The rally will be sponsored by the Center for Leadership and Services.

You will have the opportunity to make signs and take group photos.

It will begin at the Totem Pole by Building 7.

The chair of the Board of Trustess, Bob Roegner will raise the 12th man flag, followed by free food and beverages.

Cement pouring closes the lot

Part of the parking lot behind Building 16 will be off limits to pour cement for the new smoking area on Friday.

Four parking spaces will be coned off to make room for the cement truck.

There will be a contractor pouring cement starting at 10 a.m.

The pour should last up to an hour and a half

Kayaking across the Puget Sound

Learn about the many reasons to go kayaking in the Puget Sound at the Highline MaST Center this Saturday.

The president of the Washington Kayak Club, Dave Ortland, will present "Kayaking

Puget Sound."

He will discuss the basics of the what, how, and where of kayaking.

Join Ortland on Saturday, Feb. 1, from noon to 12:45 p.m. for free.

The Highline MaST Center is located at 28203 Redondo Beach Dr. S. Des Moines, WA.

College Transfer Fair on Feb. 4

Meet with more than 40 colleges to learn more about what it takes to transfer to their college at the College Transfer fair.

Come to learn more about the options available to you including but not limited to, scholarships, financial aid, majors, admission requirements, and housing.

The College Transfer fair will be Feb. 4 in Building 8 on the first floor from 9:30 a.m. to 12:30 p.m.

For more information visit transfercenter.highline.edu/tranferfaircalendar.php

Portfolio review Day Feb. 4

Register to have your personal statement and other application material looked at by college officials at the second annual Portfolio Review Day.

You will get the opportunity to gain feedback when you have personal one on one time with a college representative.

If you plan on transferring to a four-year college or want to make your portfolio better then this is for you.

The last day to register for Portfolio Review Day is Friday, Jan. 31.

Portfolio Review Day will be Tuesday, Feb. 4 from 1:15 to 4 p.m. on the first floor of Building 8.

For more information contact Jacque Clinton at jclinton@highline.edu or Yuritzi Lozano at ylozano@highline.edu.

CWU bachelors in business workshop

Central Washington University is offering a Bachelors in Business Administration or Accounting.

Come learn about the programs available in the Highline CWU campus.

The workshop will go over transfer credits, program prerequisites, course loads, and more.

The session will take place

Feb. 25 at 2 p.m. in Building 29, room 109.

For more information about this event visit www.cwu.edu/desmoines or contact Cathy Anderson at canderson@cwu.edu.

CWU Transfer info session

If you plan on or want to transfer to Central Washington University you can get more information at their upcoming information session.

The Transfer Info Session will tell you more about how your credits transfer into the programs CWU offers.

The session will be in Building 29, room 109 at 1 p.m. on Feb. 25.

If you have questions or comments email Cathy Anderson at canderson@cwu.edu or visit www.cwu.edu/desmoines.

UW SEATTLE WORKSHOP!

Applying for admission to UW Seattle for fall 2013?

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

If no, attend this special workshop!

No need to sign up to attend. Just bring along an unofficial copy of your Highline transcript.

Thursday, February 6

12:15 -1:00 PM

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

MLK Week presenter discusses fighting segregation with non-violence

By James Ford
Staff Reporter

The sight of his grandmother tripping and falling as she rushed down the platform toward the back entrance of a train motivated a 7-year-old Bernard Lafayette Jr. to take up the cause for equal rights for African-Americans in this country.

African-Americans in those days were required to pay for their fare and enter only from the rear doors.

Lafayette's grandmother never made it and the train pulled out without them, leaving a distraught woman and a newly determined young boy.

From that point on he decided that he was going to do something about the segregation that was taking place in America pertaining to African-Americans.

Years later and now a preacher, Rev. Dr. Lafayette Jr. recounted the incident to a Highline audience last week as part of a presentation in observance of Martin Luther King Jr. Day.

The event of his grandmoth-



Sam Hong/THUNDERWORD

The Rev. Dr. Lafayette Jr. came to Highline last Wednesday to discuss his role in a non-violent movement in the '60s.

er falling sparked Lafayette to be a part of the movement of non-violence.

Lafayette and John Lewis formed the Students Nonviolent Coordinating Committee (SNCC) in the early '60s. Together the group would do sit-ins at lunch counters

that practiced segregation.

He and the other members of their group would get beat with billy clubs, sprayed with mace, and verbally assaulted for taking a stand against the injustice that was being done.

When one batch of students



was being taken away from the lunch counters, bloody and beaten, the next line of students would be waiting to come in and do the same demonstration as the ones before them, frustrating the powers that be as these young people were willing to take beatings without fighting back.

The sit-ins were a way to show the oppressor that the beatings these people were taking were not going to dissuade them from the non-violence theory they were living by.

The non-violence theory is a state of mind, Dr. Lafayette said.

Workshops teaching the art of non-violence were and are a vital part of the crusade to get this message across to everyone.

These workshops helped people learn and hone their skills in non-violence and were a huge part of the movement.

In addition to Dr. Lafayette's thoughts on non-violence he also talked about love and how love can provoke change in a person.

"You can't change another person if you act the same way they do," he said, recalling the last words Martin Luther King Jr. said to him. He wanted people to love each other not for their color but for whom they are as human beings.

Dr. Lafayette emphasized that people are all the same inside, so why hate what we see.

He said the United States has made progress in terms of race relations, but that more work can still be done.

"Look around you, Highline is living proof of change in America," said Dr. Lafayette while reflecting on the Highline audience.

"I don't know where I could go to get such a multicultural audience," he said of the capacity crowd in Building 7. "This looks like the United Nations."

Learn about other cultures at Students of Color Conference

By Michaela Vue
Staff Reporter

All expenses will be paid for 40 Highline students to attend the 24th annual Students of Color Conference.

The conference is held from April 17 to April 19 in Yakima.

Every year, about 500 students from all over Washington state come together to learn about who they are, said Sunny Ybarra, coordinator for Multicultural Affairs at Highline.

"You learn about your own identity," he said.

This conference is for students interested in multicultural issues and social justice, Ybarra said. Students of all ethnicities, genders and backgrounds are encouraged to go to the conference.

"There is something for everyone," he said.

Highline hopes that students who attend the conference will return with more insight and inspiration about the cultures around them.



Ybarra

"What we're looking for is personal growth," Ybarra said.

The conference will host three keynote speakers. The speakers will be:

Kip Fulbeck, an artist, spoken word performer and filmmaker.

Fulbeck's film *Banana Split* will be shown at the conference.

Erin Jones who has been a coach for 23 years as well as a teacher.

She recently was awarded as "Champion of Change" by the White House in 2013.

Michael Benitez, national social justice educator and activist.

He is also currently the dean of diversity and inclusion and chief diversity officer at the University of Puget Sound.

Throughout the conference, students will also choose from a variety of workshops to attend, Ybarra said.

The workshops will discuss topics ranging from ethnicity to sexual preference. Workshops about disabilities are newly added this year.

"We try to be as inclusive as possible," he said.

This conference is a great place to network, Ybarra said.

Students will ride a bus to

and from the conference, which provides time for people to get to know each other.

Attendees will also be randomly assigned a roommate for the three-day event.

Students who are interested in this conference must first meet several qualifications.

Students must have at least a GPA of 2.0, plan to apply for Spring Quarter and must turn in the application.

Applications are due Feb. 2 by 4 p.m. They need to be turned in to the Center of Leadership and Service on the 3rd floor in the Student Union, Building 8 or scanned and emailed to sybarra@highline.edu.

The application can be found at multiculturalaffairs.highline.edu/SOCC.php.

An essay is also required as part of the application.

About 40 students apply each year, therefore they have a good chance of being selected Ybarra said.

Highline is especially interested in students who are involved with the campus.

For more information about the Students of Color Conference visit depts.bellevuecollege.edu/socc/.

Nanoscience could improve cancer treatment, prof says

By Caitlin Berge
and Emma FitzPatrick
Staff Reporters



Tiny particles make a big impact in peoples' lives, a Highline chemistry professor said.

Highline chemistry professor Natalie Bjorge talked about nanoscience in last Friday's Science Seminar.

"Nanoscience is the study of materials that are really small, 1 to 100 nm (nanometers)," Bjorge said. One nanometer is equivalent to one billionth of a meter.

To compare sizes, if the diameter of the earth was a meter in length, a nanometer would be comparable to a marble's, she said.

These nanoparticles are not visible to the naked eye, even with the help of most microscopes. This is because the light that reflects from these particles is so small, people's eyes cannot register it, she said.

Many nanoparticles clump together to make unique colorations.

For example, the light emitted by various particles can be manipulated to show vast ranges of colors. Up close, gold can appear red or black, depending on how its electron clouds move.

Scientists believe this is how stained glass windows

were made hundreds of years ago, Bjorge said.

Despite their minuscule size, nanoparticles have use throughout all fields of science.

Nanoscience holds interest in chemistry, biology, engineering and physics, Bjorge said.

Nanoscience is testing and perfecting the use of nanoparticles in treatment for cancer.

"One of my favorite developments is the possible treatment of breast cancer that involves nanoparticles entering cells," Bjorge said.

"The particles only enter cancerous cells. After that, we could then shine IR light (think of night vision goggles, lower energy light), selectively killing cancerous cells. This has been shown to work in mice," she said.

Bjorge said there are many possible future applications including solar cells, electronics, toxins, and even in paint.

This week's Science Seminar will feature biology professor Evan Houston. He will be presenting "Birds: Fun, fascinating, and easy-to-observe wildlife."

Science Seminars are every Friday from 2:20 p.m. to 3:20 p.m. in Building 3, room 102.

College must get serious on parking

Jim Baylor, get out there and smell the exhaust. In a recent interview Baylor, the new director of Campus Security and Emergency Management, said that he hasn't "seen Highline's lots so full that there isn't room for parking." Many of us have been here long enough to know that trying to find parking is a competition – a survival of the quickest. If anyone wants a spot they have to sleep in their school clothes and put the coffee maker on a timer. But Baylor is new and has only been with Highline since late fall. He probably hasn't had time to visit the midmorning synchronized stop-and-go dance of students desperately seeking parking. And of course sucking in exhaust from the idling cars. But if he did have a chance, he'd see that there isn't enough parking available. The lack of parking is an eternal problem at Highline. Highline hasn't received funding to expand parking and administration doesn't have a magic wand that will suddenly fix this.

In the summer of 2013 they expanded a far corner in the north parking lot, but it had very little impact. However, we don't think that they should stop trying to find ways to help our students. There are really only two options here. Either administration partners with someone to build a parking garage, which students will have to pay for. If you want to fix the parking problem you have to be willing to pay for it. And it won't be cheap. Or they find a way to encourage students to get to Highline without driving, such as partnering with Metro and subsidizing more student bus passes at a higher rate than they do now. Meanwhile, students shouldn't try to take matters into their own hands by parking in nearby business and residential lots. Parking isn't free, anywhere. Lowe's Hardware is again going to start towing student cars left in their lot; they've done so before. In a recent interview (see story, page 1) they made it clear that this time they're taking action. Their management says that Higline students are interfering with their customers and they have a legal right to tow. The options available to demolish the parking issue will cost a lot of money, but much less than pretending that there isn't a problem.



College should look closer at parking

Dear Editor:
I just read the article in your Jan. 23 edition titled "Lowe's threatens to tow."
I was quite surprised when I read the direct quote by Jim Baylor and his claim that he has never seen the parking lot so full that there wasn't room to park. If he had gone out and looked at the parking situation on September 25 2013 at 10:15 a.m. he would have seen that there was absolutely no parking available in any of non-carpool student spots provided, and this includes the gravel lot they installed on the far west side of campus beyond the sports field. On that morning, there were students circling and lined up in hopes of getting a parking spot which slowly became available as students left. The situation was not much better in the weeks that followed. There is no way whatsoever that all the student's cars parked at Lowe's would have fit into the school parking lots throughout the entire fall quarter. Currently, my number one criterion when choosing classes is to not get one in the morning because of lack of parking. This is a serious issue and Highline officials, including Baylor, should, at the very least, acknowledge that this is an on going problem. I have noticed that there are many cars in the school parking lot without valid permits. This

has me wondering if Highline should do more to enforce the parking violators in our own lot. I have seen people park their cars and go straight to the bus, using the campus park and ride. In addition, the lack of parking is likely affecting the enrollment numbers at the Highline campus. If I had known about the issue before applying at CWU's Highline satellite campus, my choices to attend here would have been different.

— **Greg Stachowiak,**
CWU - Des Moines

Student finds calling in helping others

Dear Editor:
Through the years, when I was a Peer Navigator, I learned so many things about being a leader in a collective. This year, I had the experience of my life, reaching out of boundaries at Highline Community College. I now know a professional advocate from ARC of King County, a division of an international organization for people with disabilities. I am involved in a program called People First, where I serve as an advocate in the Pacific region. This is my calling, my profession. I know that I have a long road ahead of me. I'll need to know so many things. I want to use my experience to save other's lives. I see a future for Highline where people with disabilities

can come, learn, and be who they want to be. There are some great allies outside in the community. For example, Open Doors for Multicultural Families. This group-shelps families in Federal Way and King County by providing support groups for multicultural families with members who have disabilities. I am doing an internship there right now. I see partnerships: places where HCC can partner with these types of organizations. There is great satisfaction in knowing there is a community outside that I can relate to, connect to, fight for, and be an advocate for. I see my community coming out of the shadows. Highline has helped me find my passion. When I first came, I didn't know who I was. Here I found my passion. This passion, I now can provide back to a community that I have felt only in shadows. My hope for my work is to see a strong community, a real community – one that is very independent, where people with a disability get a real job, achieve educational goals and where people around them see them for who they really are. I see a community where all people with disabilities are able to go to school, lead their own community, and say "I have done it." I see a community where people with disabilities come out of the dark, and into the light and say, "I made it!"

— **Ros Damm,**
Highline student

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!

the Staff “

Whenever life gets hard, I give up.

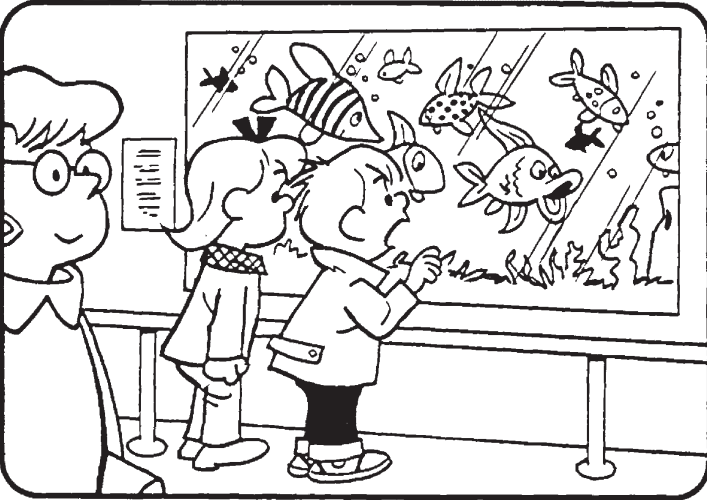
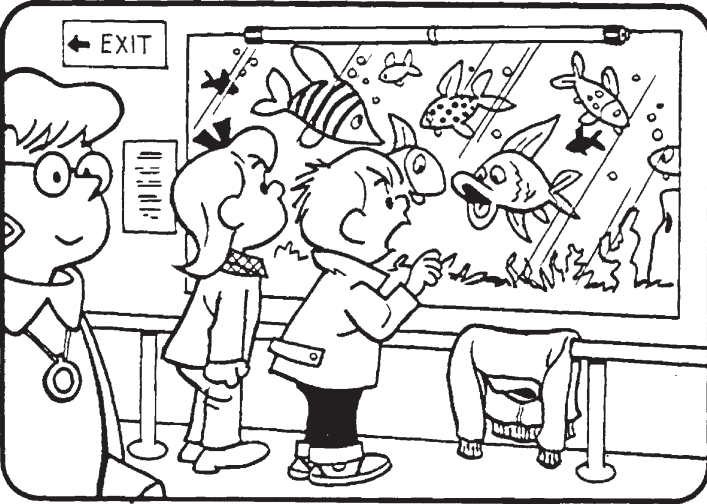
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CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Weekly SUDOKU

by Linda Thistle

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

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. LANGUAGE: What does the verb “bibble” mean?
- 2. FAMOUS QUOTES: Who once said, “Humor is just another defense against the universe.”
- 3. MOVIES: Which Charlton Heston movie used more than 1 million

- props?
- 4. GENERAL KNOWLEDGE: About how long is the Iditarod Trail sled dog race?
- 5. AD SLOGANS: What advertiser urged consumers to “Say it with flowers”?
- 6. ANATOMY: Of the 206 bones in the adult body, about one-fourth are located where?
- 7. LITERATURE: Which book written by Charles

King Crossword

ACROSS

- 1 Egyptian fertility goddess
- 5 Lingerie item
- 8 Go bankrupt
- 12 Less than bi-
- 13 Started
- 14 Discourteous
- 15 Many eBay sales
- 17 Geometry calculation
- 18 Speedometer stat
- 19 Father
- 20 Rascally sort
- 21 Lustrous black
- 22 Stick out
- 23 — New Guinea
- 26 Starbucks employee
- 30 Luke Wilson’s brother
- 31 Energy
- 32 Piece of work
- 33 Skirt slit
- 35 Pesky insects
- 36 Cowboy nickname
- 37 — de deux
- 38 Unadorned
- 41 Island neck-

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15					16				17			
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45					46				47			
48					49				50			
51					52				53			

- piece
- 42 Witness
- 45 Continental coin
- 46 Parts
- 48 “— go bragh!”
- 49 Khan title
- 50 YouTube offering
- 51 Cincinnati team
- 52 Triumphed
- 53 Vortex
- 5 Become swollen
- 6 Tear
- 7 Commercials
- 8 One-half and three-fourths
- 9 Emanation
- 10 The same
- 11 Jump
- 16 Thought
- 20 South (Sp.)
- 21 Meeting places
- 22 Toast topper
- 23 Burst
- 24 Piercing tool
- 25 Shell game item
- 26 Piece
- 27 Hot tub
- 28 Ancient boy king
- 29 Donkey
- 31 Irritate
- 34 Understanding
- 35 Pace
- 37 Pie nut
- 38 Juror, in theory
- 39 Enticement
- 40 Saharan
- 41 Toy block name
- 42 Hawked
- 43 Oklahoma city
- 44 Catch sight of
- 46 Carpentry tool
- 47 Hockey venue

DOWN

- 1 Mosque VIP
- 2 First course, maybe
- 3 Part of the foot?
- 4 Drunkard

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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. Singer Manilow | ___ A ___ | Halle or Chuck | ___ E ___ |
| 2. Route | ___ ___ U ___ | Bristly and grainy | ___ ___ A ___ |
| 3. Apportion | ___ ___ ___ T | Give permission | ___ ___ ___ W |
| 4. Cut the rug | D ___ | Bayonet | L ___ |
| 5. Economize | ___ C ___ | Prawn | ___ H ___ |
| 6. ___ Dixon Line | ___ ___ S ___ | Georgia city | ___ ___ C ___ |
| 7. Derrick | ___ ___ ___ N | Wooden box | ___ ___ T |
| 8. Closet accessory | ___ A ___ | Craving for food | ___ U ___ |
| 9. Largest deer | ___ ___ S | Demi or Mary Tyler | ___ ___ R |
| 10. Unreliable | F ___ | Dill or gherkin | P ___ |

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- Dickens features a young boy named Pip?
- 8. MUSIC: What was Paul Simon’s first solo to hit the Top 10?
- 9. MYTHOLOGY: Who was Hippolyta in Greek mythology?

- 10. FOOD & DRINK: What kind of fruit is the liqueur Chambord made from?
- Answers**
- 1. To drink often or much
- 2. Mel Brooks
- 3. Ben-Hur
- 4. More than 1,000 miles

- 5. FTD
- 6. In the feet
- 7. Great Expectations
- 8. Mother and Child Reunion
- 9. Queen of the Amazons
- 10. Raspberry

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Rich finds poetry in 'Cloud'

By Bailey Williams
Staff Reporter

Highline professor has turned discouragement into success.

Cloud Pharmacy is the fourth book of poetry written by Susan Rich, an English and film studies professor.

"The last book came out in 2010 so I've been working on *Cloud Pharmacy* for four years," said Rich.

Cloud Pharmacy is a collection of 53 poems, all written by Rich.

This book is more personal, said Rich.

"It [the book] has three themes going through it. A village I was in in Spain caught on fire so there are fire evacuation poems. Hannah Maynard also inspired me so there's a section inspired by her photography. And the third part is about the tension of being in love and discovering the complications of that," said Rich.

Writing has always been one of Rich's passions.

"I remember making books



Highline Professor and author Susan Rich has published her fourth book, *Cloud Pharmacy*.

with staples and colored pencils," Rich said. "I loved writing since I learned how to do it."

But with any dream, there are obstacles.

"I had teachers who were really discouraging," Rich said.

"But I didn't ask for their opinion."

Rich stopped writing for 10 years because of the negativity she got from some of her teachers.

Realizing she needed more

creativity in her life, she took a water coloring class.

"I was the worst painter in that class. But, it was freeing because I knew I'd never become a painter," said Rich.

Rich started to write poetry for herself, despite the discouraging comments, and said that it allowed her to grow.

A converted garage is the space in which Rich lets her creativity flow.

"It makes all the difference in the world that the only thing that happens there is poetry," she said. "I don't grade papers or pay bills. I just write."

A space for your writing is one of the most important things, said Rich.

Despite the early lack of encouragement, Rich has published four books of poetry and is currently working on a non-fiction book.

"If you want to be a writer, a talk show host, anything, believe in your dreams," she said.

"Growing up I never knew anyone who had written a book. I didn't think I could do it. But, I did. You can do anything."

Campus magazine looks for students' work

By Caitlin Berge
Staff Reporter

Highline's award winning magazine, *Arcturus*, wants to feature your work.

Arcturus is a collection of literature and artwork submitted by Highline students, staff, and faculty.

"In 2012 *Arcturus* won the Washington Community College Humanities Association literacy magazine award," *Arcturus* adviser Sharon Hashimoto said.

In hopes of winning again, the student editors have chosen a dark theme for this year's edition-suspense, mystery, shadows, and moon motif.

The editors will be lenient with this theme, and will be reviewing any submissions they receive.

Submissions are needed as soon as possible. Preferably before Feb. 3. You can submit your work by email to Hashimoto at shashimoto@highline.edu; or a hard copy can be delivered to her drop box in Building 5 in an envelope labeled *Arcturus* 2014.

Be sure to include contact information. Preferably telephone number and email address.

Editors will be contacting you if your work is featured, as they will ask you to read your work in a May/June reading. Accepted authors will also receive four copies of the magazine.

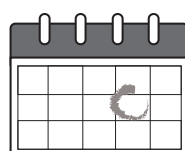
Any form of writing will be accepted-essays, poems, short stories, etc.

Arcturus staff is also looking for artwork to feature in the publication: photography, paintings, and sketches -- any form of visual art.

The Highline print shop will be printing the magazine.

The VICOM department provides the layout, design, and cover art for the magazine. Once approved by the editors, the publication is sent to the Printing Program for production.

Arcturus will be published at the end of Spring Quarter.



Arts
Calendar

- Free Movie Fridays presents *The Devil Wears Prada* on Jan. 31 at 12:30 p.m. in Building 29, room 104.

- An Amelia Earhart Exhibit is at the Museum of Flight, 9404 East Marginal Way S. Seattle, displaying the world's only 1935 Lockheed Electra airliner like Earhart's. "In Search of Amelia Earhart" will be on exhibit until April 28. The exhibit is free with purchase of museum tickets. Admission is \$18 for adults; \$15 for seniors (65 and up); \$10 for youths (5-17); children (4 and under) free, active military \$15, adult groups \$15, senior groups \$13 and youth groups \$8. Groups are 10 or more paid visitors in one transaction. For more information visit the Museum of Flight at museumofflight.org.

- 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 The-



Amelia Earhart displays a 1935 Lockheed Electra airliner. The Amelia Earhart exhibit will be on display until April 28.

atre 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. Tickets are \$22 for adults, \$17 for seniors and students, and \$15 for military. For more information or to purchase tickets visit rentoncivictheatre.org.

- A free showing of the 1993 film *Cool Runnings* will be playing at the Auburn Avenue Theater, 10 Auburn Avenue on Feb. 9 at 2 p.m. This movie is based on a true story of four Jamaican athletes who competed for the Olympic bobsled team. Free tickets are available at the door only.

- The Highline Writing Center presents the first Diverse Voices Open Mic of Winter Quarter on Thursday, Feb. 6 in Building 26, room 319. Everyone is welcome to participate or just be part of the audience. Come express yourself and celebrate diversity by sharing your poetry, fiction, essays, songs, spoken word, or personal narratives. This is an open, judgment-free forum designed to appreciate the written word in all of its forms.

- Guitarist Michael Powers will perform tomorrow at 7:30 p.m. on Friday at the Auburn Avenue Theater. His work covers a variety of musical styles, including jazz, pop, R&B, and blues. Tickets start at \$15 for students and

seniors and \$17 for regular admission. Tickets can be purchased over the phone at 253-931-3043 or for will-call online at <http://www.brownpapertickets.com/event/433706>

- Heartless, a tribute band that covers the work of '70s rock band Heart, brings back the classics to the Auburn Ave Theatre this Feb. 8 at 7:30 p.m. Come listen to hits such as *Barracuda*, *Magic Man*, *Never*, and *Crazy on You*.

Tickets for regular admission are \$20 and \$18 for students and seniors. Tickets can be purchased over the phone at 253-931-3043 or for will-call online at <http://www.brownpapertickets.com/event/433760>.

Highline feels like home for Joseph Stroud

Talented forward has hopes to eventually play in European league

By Ed Hones
Staff Reporter

Joseph Stroud sits quietly in the Highline Student Union grinning from ear to ear while watching his friends and teammates goof around.

"I like it here," Stroud said. "It's going to be hard to leave."

This is Stroud's final year playing forward for Highline.

He played at Central Arizona Community College as a freshman and redshirted for Highline last year.

Redshirting is when a player sits on the bench for a season to lengthen their period of eligibility as a college athlete. They practice but don't appear in any games.

In his time here he said he has grown very close with the other players and coaches on the team.

"It's a family," he said.

Stroud said he spends a lot of time with his basketball family.

"Basketball is our life," he said.

The Thunderbirds can be found in the Highline Student Union most days around noon.

"I get out of class and hang out with these guys. When I get out of practice I hang out with these guys. After games I hang out with these guys," Stroud said.

Even after games, Stroud can be found with his teammates at one of their families' houses.

Their close friendship can be seen on and off the court.

"Joe [Stroud] is a key factor to our success. He is nowhere

near his peak and if he continues to work hard he will see great results," said teammate Doug McDaniel.

"He is genetically gifted and very athletic," said former teammate Afari Stinson-Richardson.

Stroud's genetic gifts include being very tall. At 6' 5" his freshman year at Franklin High School in Seattle, Stroud received a lot of attention.

"A 6'5" freshman is promising to a lot of coaches," he said.

After two years playing at Franklin, Stroud decided to move to another elite basketball program at Seattle's Rainier Beach.

While playing at Rainier Beach Stroud said he grew stronger in his abilities as a basketball player.

"Junior year is when I figured out basketball was my life," he said.

Stroud said he has used basketball as a motivational tool in all aspects of his life.

"It motivated me to do better in school," he said.

Stroud said his grades improved and that was when he began to attract interest from several college recruiters.

"D-I's were lined up," he said, referring to the interest he was getting from Division I basketball programs. "I was talking to maybe five different recruiters at the time."

Just as life couldn't get any better for Stroud, injury struck.

"It was my right thumb. Torn ligament, AKA broken thumb," Stroud said. "You can't really play



Sam Hong/THUNDERWORD

Stroud gains opening possession for Highline on the opening tip-off.

basketball with a broken thumb so I sat out most of the year."

With a broken thumb and no way to keep playing, Stroud was forced to put his basketball life on hold.

"It was crushing," he said. "I got hurt and all the offers started drying up."

After thorough injury rehabilitation, Stroud moved to Arizona and took Central Arizona Community College up on an offer that was still on the table.

"They have a good basketball program," Stroud said.

He said he used this opportunity to build confidence in himself and his ability as a basketball player.

"That's where I realized with my skill set, athleticism and potential I could make things happen on the court that most players can't," he said.

Soon the interest from recruiters began to return.

Among the interested parties was Highline Men's Basketball Coach Che Dawson.

"That's when I started talking to Coach Dawson," Stroud said.

"He didn't mention one thing about basketball when we first talked," he said, smiling widely.

"We talked mostly about education. Education is of the utmost importance to me now."

"Coach Dawson is the reason I chose HCC," he said. "He cares a lot about the players, and that's important."

His teammates and coaches aren't the only family Stroud will be leaving when he departs Highline.

"My mom used to work here, and my brother works right up there," he said, pointing to the second story of the Student Union where the bookstore is located.

Stroud says he is finding this goodbye to be difficult.

Now 6'8", Stroud is third in the league for blocked shots and fifth in the league for field goals with 62 percent field goals made.

Next year Stroud says he will attend a four-year school but has not yet made a decision on which one.

After college, Stroud hopes to one day play in a European basketball league.

For now Stroud says he is focusing on improving his game and maintaining his grades.

As far as future schools go Stroud says he'll be making his final decision April.

Highline drops two for first time this season

By Mariah Campbell
Staff reporter

For the first time this season the Highline men's basketball has lost two games in a row.

Highline played a close game against Green River last Wednesday, losing 69-64. The Thunderbirds were only down by 2 points at halftime.

The game continued with no more than a 5-point difference.

Highline only made 26 percent of its field goals against Green River.

Highline is "not being patient on offense," said Jimmy Keum, freshman point guard.

Head Coach Che Dawson said, "Our offense was the primary issue. Some of it was just poor shooting."

The T-Birds' second loss this week was against Clark, who is first in the West Division with a division record of 8-0 and an overall record of 16-1. They also have a 14-game winning streak.

Highline hit only seven out of the 27 3-pointers attempted, ending the game with 26 percent made. Clark made 11 out of 26 3-pointers attempted, putting them at 42 percent.

"We are a good 3-point shooting team, but we have to have more balance in the event those shots aren't going in," Dawson said.

A win would have placed Highline one game away from first place in the West Division. This loss has dropped Highline men's basketball from second to third in the West Division.

"We need to attack the rim and get the ball into the post more," Dawson said.

Results from Wednesday's game against Pierce were unavailable at press time.

Highline next plays Lower Columbia at Mark Morris High School Feb. 1, at 3 p.m., and at home against Tacoma, Feb. 5, at 8 p.m.

Highline beat Lower Columbia and Tacoma earlier this season.

Lower Columbia is currently fifth in the West Division with a 4-4 record and an overall record of 6-11.

Tacoma is eighth in the West Division with a 2-6 record and a 7-11 overall. Highline has a 14-5 overall record.



Sam Hong/THUNDERWORD

Joseph Stroud saves the ball from going out of bounds.

38 35
45 4
Scoreboard

MEN'S BASKETBALL
West Division

Team	League	Season
	W-L	W-L
Clark	8-0	16-1
Pierce	6-2	13-5
Highline	5-3	14-5
Green River	4-4	7-10
Lower Columbia	4-4	6-11
Greys Harbor	3-5	6-12
Centralia	3-5	3-13
Tacoma	2-6	7-11
So. Puget Sound	1-7	1-15

North Division

Skagit Valley	7-0	14-6
Whatcom	6-1	13-4
Bellevue	5-2	11-9
Edmonds	4-3	12-8
Peninsula	3-4	9-7
Everett	2-5	11-10
Olympic	1-6	1-16
Shoreline	0-7	3-15

East Division

Columbia Basin	5-1	12-6
Treasure Valley	5-1	12-6
Big Bend	4-2	15-5
Spokane	3-3	13-7
Walla Walla	3-3	10-10
Yakima Valley	2-4	11-9
Wenatchee Valley	2-4	8-11
Blue Mountain	0-6	4-14

South Division

SW Oregon	5-2	16-5
Portland	5-2	14-7
Chemeketa	5-2	9-10
Mt. Hood	4-3	15-5
Lane	4-3	11-10
Clackamas	4-3	10-10
Umpqua	1-6	5-14
Linn-Benton	0-7	4-13

WOMEN'S BASKETBALL
West Division

Team	League	Season
	W-L	W-L
Clark	8-0	16-2
Lower Columbia	7-1	14-5
Highline	6-2	15-5
Centrailia	5-3	9-9
Pierce	4-4	7-11
Tacoma	3-5	9-9
So. Puget Sound	2-6	4-14
Greys Harbor	1-7	3-13
Green River	0-8	2-15

North Division

Bellevue	6-1	13-7
Whatcom	6-1	10-7
Skagit Valley	5-2	14-6
Peninsula	4-3	7-10
Everett	4-3	7-13
Olympic	2-5	5-12
Shoreline	1-6	3-12
Edmonds	0-7	1-16

East Division

Columbia Basin	6-0	16-3
Walla Walla	5-1	11-6
Blue Mountain	4-2	15-4
Big Bend	3-3	13-7
Yakima Valley	3-3	7-12
Spokane	2-4	10-9
Wenatchee Valley	1-5	9-12
Treasure Valley	0-6	2-17

South Division

Lane	5-1	18-4
Umpqua	5-1	15-5
Clackamas	4-2	15-4
Chemeketa	3-3	12-9
Portland	3-3	7-11
SW Oregon	1-5	12-10
Mt. Hood	0-6	2-17

Penguins push Thunderbirds down to third place in west

By Jimmy Keum
Staff Reporter

Highline women's basketball struggled mentally, suffering a 73-57 loss last Saturday at Clark.

"We got too into our heads," said Jordan Armstrong, a 5'3" freshmen guard for Highline.

The Lady T-Birds had 26 turnovers and allowed 25 points off turnovers.

Defensive lapses during key stretches of the game were an issue against No. 1-ranked Clark.

"We didn't get back on defense," said Armstrong.

"We have to find our spark and that usually starts with defensive intensity," said Kayla Ivy, a 5'5" freshmen point guard for Highline.

The 16-point loss was the team's largest margin of defeat this season.

"The heart and dedication wasn't there," said Ivy.

The Lady T-Birds allowed 16 offensive rebounds for Clark, which led to 9 second-chance points.

The team played without 5'10" freshmen guard Jada Piper, who leads the team in scoring at 13.78 points per game.

Victoria Elleby led the team with 19 points.

Lanae Adams and Allie Weathersby each chipped in 10 points.

The Lady T-Birds defeated



Sam Hong/THUNDERWORD

Highline forward Victoria Elleby drives to the basket while teammates watch from the bench.

Green River 80-52 at the Pavilion last Wednesday, Jan. 22.

The team shot 46.5 percent for the game.

Elleby led the team, scoring 26 points and grabbing 13 rebounds.

With the win against

Green River and loss to Clark, the team is now 15-5 overall.

Had the team won, they would have been tied for first with Clark and Lower Columbia.

The loss to Clark put the

Lady T-Birds third place in the league with a 6-2 record.

The Lady T-Birds will visit Lower Columbia this Saturday, Feb. 1, at 5 p.m.

Then the team will come back home Wednesday, Feb. 5 to take on Tacoma at 6 p.m.

T-Bird men come far since winter break

By Ryan Macri
Staff Reporter

Highline men's wrestling had respectable showings at the Clackamas Open and the Boxer Open over the last two weeks.

The T-Birds competed at the Clackamas Open, Jan. 19, in Oregon City, Ore. with four wrestlers placing.

The team was led by Andres Tereza making the finals at 125 pounds. He fell to Steven Knobloch from Clackamas, who is ranked No. 3 in the nation.

Josh Romero at 149 pounds made it to the semifinals and lost to North Idaho's Jeremy Golding, who is ranked No. 1 in the nation.

Tyler Cormier at 197 pounds and heavyweight Ben Tynan both placed fourth.

"Everybody wrestled far superior than they have been throughout the year," said Brad Luvaas, assistant coach of Highline's wrestling team.

"Since they have gotten back

from winter break they have wrestled much better," he said.

Highline also competed at the Boxer Open, Jan. 25, in Forest Grove, Ore. placing five wrestlers.

The Boxer Open is usually for the redshirt freshman and guys that haven't wrestled much this year to get some matches in, said Luvaas.

Cormier and Connor Hopkins at 141 pounds led the way for the T-Birds, making it to the finals.

Tereza and Josh Smith at 141 pounds finished third, and heavyweight Edwin Torres placed fourth.

Highline's next action will take place at the Region 18 Championships, in Rock Springs, Wyoming, on Feb. 15.

The T-Birds will have a couple weeks to prepare for the championships.

"We will train hard for the first two weeks, and then take it easy a couple days before the tournament," Luvaas said.

"I believe we have 10 All-Americans [on the team] if everyone shows up and wrestles and does their job," he said.

"All of our kids can wres-

tle with anyone in the country. They just have to believe in themselves," said Luvaas. "They just need to want to win."

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or advertising manager Erica Moran

at 206-592-3292

By Kaylee Moran
Staff Reporter

While watching the game, make sure your bowl is filled with tasty, healthy and satisfying snacks.

During the Super Bowl you will most likely be watching your favorite team play and odds are, win or loose, you will be filling yourself up with food that will leave you feeling down. Here are some recipes that will help you feel like a winner inside and out.

A great appetizer and easy snack to munch on is a homemade, layered dip.

This dip is healthier than your average store bought dip and includes all the flavors of a bean dip – guacamole, salsa, sour cream and cheese. You can even make it ahead of time and store in the fridge until ready to serve.

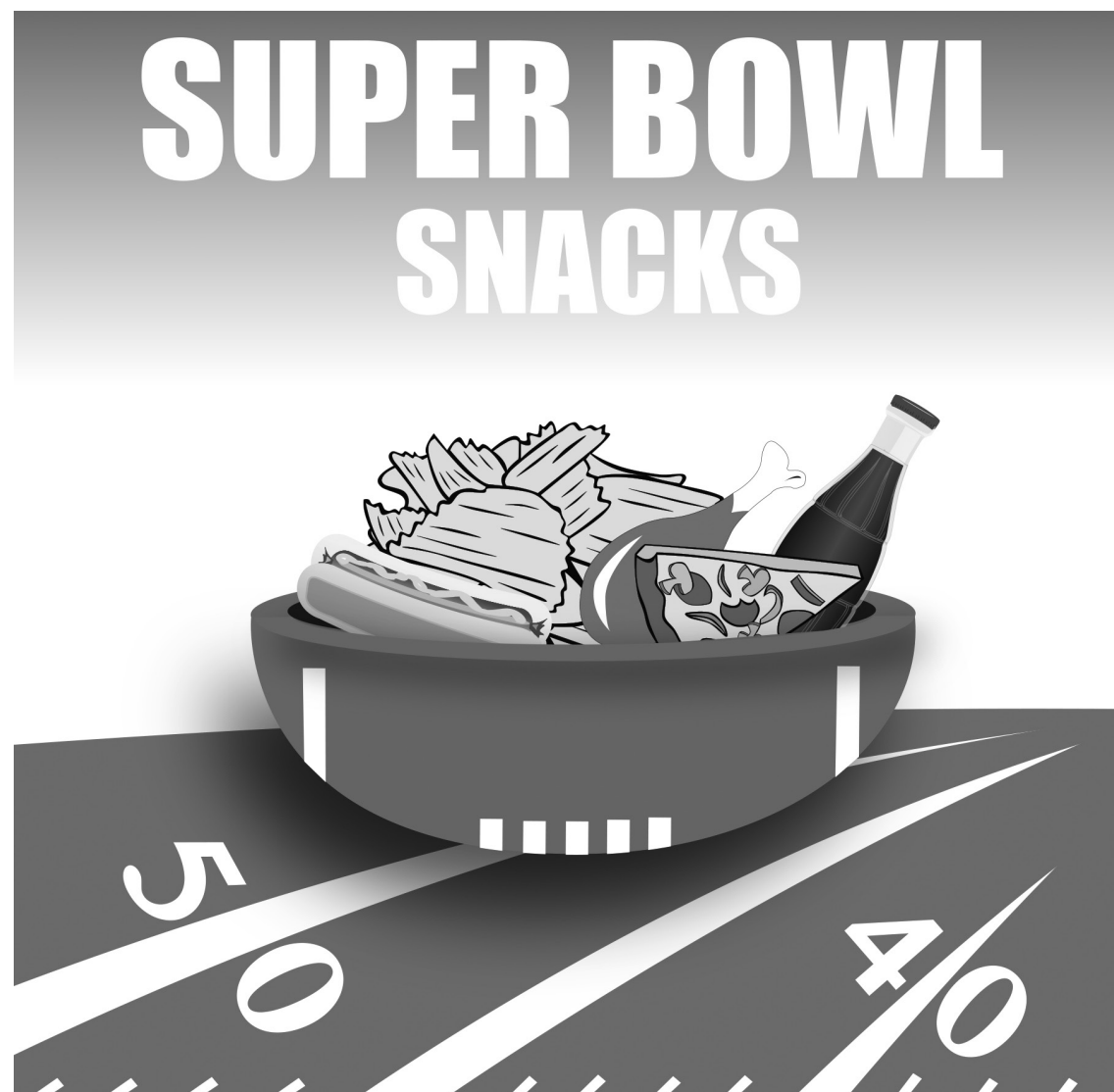
Ingredients:
1 15 oz. can of refried black beans
2 avocados
1 tbsp. lemon juice
1/2 tsp. salt
1/2 tsp. pepper
8 oz. of 0 percent Greek yogurt or fat-free sour cream
1 package of premade taco seasoning.
1/4 cup sliced green onions
1/4 cup diced tomatoes
1/4 cup diced red pepper
2 tbsp. sliced black olives.
3/4 cup chunky salsa
1/2 cup low fat Mexican cheese blend
Bag of tortilla chips

Directions:
Peel, pit and mash avocados in a small bowl. Add lemon juice, salt, pepper and stir to combine.

Combine yogurt and taco seasoning mix in another bowl.

Spread refried beans in a serving dish or bowl.

Spread avocado mixture over



Aaron Fields/THUNDERWORD

Score one for the home team with tasty, easy snack foods

beans.

Spread salsa over avocado mix.

Spread yogurt mixture over bean dip.

Sprinkle with vegetables.

Cover with grated low-fat Mexican cheese and serve with chips.

For a more filling entree, hot wings are a great grab-and-go finger food.

Skip the frying and make these healthier baked chicken wings with all the crispiness without the fat. Make them spicy or tangy, depending on

your preference. Making these before the game will allow your guests to consume them at their convenience.

Ingredients:
1/2 teaspoon cayenne pepper (optional for spiciness)
1/2 teaspoon garlic powder
1/2 teaspoon salt
20 chicken wings
1/2 cup hot pepper sauce (such as Frank's RedHot®) or BBQ if you prefer non-spicy.

Directions:

Preheat oven to 400 degrees F.

Line a baking sheet with aluminum foil, and lightly grease with cooking spray.

Season with cayenne pepper, garlic powder, salt and pepper.

Place the wings onto the prepared baking sheet and cook until chicken is no longer pink in the center and crispy on the outside for about 45 minutes, turning wings over halfway during cooking so they cook evenly.

Put hot sauce or BBQ sauce in

bowl. Dip wings until covered in sauce. Serve with ranch or bleu cheese for dipping (optional).

Another satisfying entree that is easy to eat during the game is a homemade pizza.

Making your own pizza at home is a healthier option than ordering pizza because they are made with fresh ingredients. Toppings are optional and can be adjusted to your preference.

Making these before the game starts will be a great time saver and will allow guest to grab pieces as they please.

Ingredients:
Ready made 12" pizza crust or pizza mix.
1 15 oz. can tomato sauce
1 6 oz. can tomato paste
1 tablespoon Italian seasoning (including oregano, marjoram, thyme, rosemary and sage)
1 1/2 teaspoons dried minced garlic
1/2 cup Mozzarella cheese
1/4 cup Parmesan Cheese
1/2 cup Pepperoni
1/4 cup Sliced Mushrooms
1/4 cup Diced or sliced Tomatoes
1/2 cup Black Olives
1/4 cup Peppers

Preheat oven to 450 degrees F.

Using ready-made dough saves a lot of time and still tastes great. If you have a premade crust, then you are ready to add your sauce. If you buy a ready-to-make pizza crust mix, follow the directions on the package.

To make the sauce, mix together tomato sauce, tomato paste, Italian seasoning and garlic in a bowl and spread across pizza crust.

Then add toppings of your choice by layering pepperoni, mushrooms, peppers, black olives, tomatoes and top with cheese. Bake until crust is golden and cheese is melted – about 10-15 minutes.

Plan perfect pot roast

By Healthy Exchanges

Just about perfect — that's the best way to describe this wonderful slow-cooker pot roast. See if you don't agree!

4 cups diced raw potatoes
3 cups sliced carrots
2 cups chopped celery
1 cup chopped onion
1 (2-pound) lean beef rump roast
1 (12-ounce) jar fat-free beef gravy
1 teaspoon dried parsley flakes
1/8 teaspoon black pepper

Spray a slow-cooker container with butter-flavored cooking spray. Evenly layer potatoes, carrots, celery and onion in prepared container. Arrange roast over vegetables.

In a small bowl, combine



by JoAnna M. Lund

gravy, parsley flakes and black pepper. Evenly spoon gravy mixture over top. Cover and cook on LOW for 8 to 10 hours. Just before serving, cut roast into 8 pieces. Makes 8 servings (1 piece roast and 1 cup vegetable mixture).

Each serving equals: 259 calories, 7g fat, 27g protein, 22g carb., 549mg sodium, 3mg fiber; Diabetic Exchanges: 3 Meat, 1 Starch, 1 Vegetable.

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Simple slaw can brighten winter days

This simple slaw is easy to throw together and highlights the hearty, crisp root vegetables of the season.

1/3 cup light mayonnaise
2 tablespoons fresh lemon juice
2 tablespoons extra virgin olive oil
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
6 cups shredded and peeled celery root
1 cup shredded carrots
1/4 cup sliced fresh flat-leaf parsley

Whisk, in large bowl, mayonnaise, lemon juice, olive oil, mustard, salt and black pepper.

Add celery root, carrots and parsley. Toss the celery root mixture in dressing until well-coated. Serves six.

For thousands of triple-tested recipes, visit our website at

www.goodhousekeeping.com/recipefinder/.

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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>

Variety can help you reach fitness goals

By **Darin Smith**

Special to the Thunderword

Starting a new exercise program is hard, but what seems to be even more difficult is sticking with the program over the long term.

Unfortunately, 50 percent of people that start an exercise program will quit within six months. The good news is that there are some easy ways to help improve your exercise adherence and keep your new piece of exercise equipment from becoming a coat rack.

Do something fun! Exercise doesn't have to be a pain. Whether it is kickboxing or pilates, boot camp or bellydancing: if it's something you enjoy doing, you are much more likely to keep at it.

Set it in your schedule. Too often we say, "I'll try to fit in a workout later if I have time". Unfortunately, when later does arrive, we are usually too busy or tired to exercise.

Make exercise an important part of your regular schedule, and don't make excuses. Even better, sign up for an exercise class with a set schedule.

Highline offers many activity classes including aerobics, boot camp, Zumba, weight training, martial arts, and a variety of sports.

Work out with a partner. Get some social support by finding a workout partner or group to exercise with. Friends, family, and co-workers can help keep exercise enjoyable, provide support, and hold you accountable if you try to wimp out of a session.

Another possibility would be to work with a personal trainer. Personal trainers provide valuable information on proper workout form and help motivate their clients to reach their fitness goals.

Highline's PFT program offers free personal training for Highline students and faculty. Contact Tim Vagen at tvagen@highline.edu; availability is limited.

Find a convenient place to exercise. Having access to fitness facilities that are convenient and close by makes it easier to stick with your exercise plan.

Highline has a Fitness Center in Building 21, room 103 that is open to all students, staff, and faculty from 1-5 p.m., Monday through Friday. Go to fitnesscenter.highline.edu to register.

Provide cues for exercise. Put up motivational signs, posters, or cartoons that remind you to work out. Place your running shoes in front of your door or put your workout bag in your car seat for further encouragement.



Sam Hong/THUNDERWORD

Darin Smith, who teaches physical education at Highline, demonstrates an exercise using a kettlebell.

Do it in short bouts. You don't need to exercise all day to see benefits. Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can help squeeze some exercise sessions into a busy schedule.

Take the dog for a walk in the morning, go for a stroll during your lunch break, and go for a scenic bike ride after work and you've accumulated enough cardio to gain some benefits.

Have meaningful, health-related goals. People who exercise to improve physical fitness and health tend to stick with exercise more than those who simply want to look good in a swimsuit over spring break.

Try to set SMART goals: Specific, Measureable, Action-oriented, Realistic, and Time-bound.

Write these short and long-term goals down so they are more concrete. "Ink it, don't just think it!"

Reward yourself. When you successfully reach your goals, reinforce that positive behavior by rewarding yourself with some meaningful, non-food rewards.

Download some new songs for your iPod, buy some new clothes, or do an activity that you enjoy to give yourself a little pat on the back.

Use positive self-talk. Instead of being down on yourself for not being as fit as you would like, take a more positive approach and give yourself a pep talk.

Have confidence that you will reach your goals and envision how good it will feel to achieve them.

Write inspirational slogans for yourself, keep a journal on your progress, and generally give yourself praise and recognition for trying to change.

Improve self-efficacy. Self-efficacy refers to "situation-specific self-confidence" or your belief in your ability to successfully perform a certain task. If you increase your self-

efficacy for exercise, you are much more likely to not only stick with it, but also get a great deal of satisfaction from your accomplishment.

You can improve your self-

efficacy for exercise by setting yourself up for positive, successful experiences. This means starting slow with a focus on doing the basic movements correctly instead of jumping into difficult, complex exercises that may leave you feeling overwhelmed or intimidated.

Personal trainers are experts in building their clients' confidence early on with encouragement and a safe, structured approach to increasing the training difficulty.

Alternate activities to prevent boredom. Some people don't stick with exercise because they say it is boring. The good news is that there are hundreds of different exercises and training techniques to choose from.

Try to incorporate more variety in your weekly workout plans. Instead of running all the time, take a dance class one day, go swimming the next, and then go biking the following day.

When you are weight training in the gym, try different combinations of free weights, weight machines, kettlebells, resistance bands, and body-weight exercises to keep things interesting and give your muscles a more complete workout.

Don't make excuses: Identify the barriers that have kept you from sticking with exercise in the past and try to have preemptive plans in place to deal with these potential obstacles. Lack of time, lack of motivation, lack of energy, injury, boredom, weather, etc.: whatever the excuse is, you need to adapt and overcome each potential setback.

Remember this quote: "The person who really wants to do something finds a way; the other person finds an excuse."

Darin Smith teaches health and physical education at Highline.

how to write a personal statement

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

Pressure cooker meal makes cold weather warmer

The recent cold weather sparked a yearning at my house for a nice pot of pinto beans with a side of spicy, jalapeno cornbread. The problem was that I hadn't pre-soaked my beans. The solution -- my new Fagor pressure cooker.

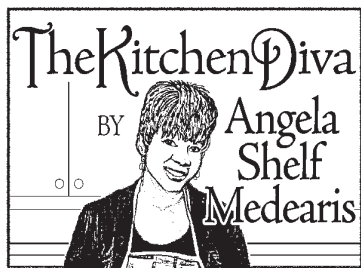
Previously, I had been afraid to use a pressure cooker, mainly because of the way the older models were designed. My mother's pressure cooker rattled, hummed and blew out fragrant puffs of hot steam like a metal dragon. I've heard numerous urban legends about pressure cooker explosions, food-splattered ceilings and ruined dinners. Fortunately, the newer models are virtually fool-proof, sleekly designed and easy to use.

The modern pressure cooker is a hermetically sealed pot that heats water or other liquids to a temperature of about 250 degrees F. This is a far higher temperature than you can reach by cooking in an ordinary pot, because the temperature of food is limited by the boiling point of water (212 F). A pressure cooker can reduce cooking time by a factor of three to four.

Here's how it works: The liquid starts boiling and some of it changes to steam, which causes a mixture of air and steam to be released via the safety valve. Once all the air is released, pressure builds up in the pot. When the desired pressure is reached, the heat is turned down to a level where it maintains the proper pressure, and no more steam will be released. If the pressure gets too high, the valve will release steam to prevent the pot from exploding. Modern pressure cookers have a back-up pressure release, which comes into action if the safety valve gets obstructed by the contents of the pot, such as soup or stew.

The secret of the modern pressure cooker is in the lid, which usually is fitted to the pot by a bayonet lock. It contains a rubber ring and at least one safety valve. The safety valve not only releases air and steam, but has an indicator that shows the built-up pressure. Usually, there are two pressure levels to choose from: the first mark for foods that don't need much pressure, such as vegetables and fish; the second, more commonly used, is for practically anything else, such as potatoes, curry or meat.

My recipe for Risotto with Mushrooms and Peas combines traditional risotto cooking techniques with the speed and efficiency of a pressure cooker. For more information about pressure cookers, go to www.fagor.com.

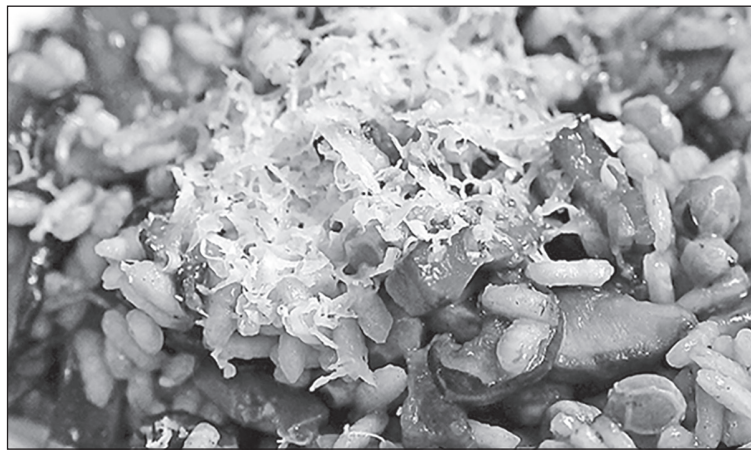


RISOTTO WITH MUSHROOMS AND PEAS

If you use one of the other types of Italian risotto rice -- Baldo, Violone Nano or Carnaroli -- instead of the traditional Arborio, you'll need to cook it for 5 to 6 minutes under pressure rather than 4 to 5 minutes.

1 tablespoon olive oil or butter
3 slices bacon, diced
1/2 cup finely chopped onions
1 teaspoon salt
1 teaspoon freshly ground black pepper
2 cloves garlic, diced
1 1/2 cups Arborio rice
1/2 cup dry white wine, sherry, dry vermouth or aged white balsamic vinegar
3 1/2 cups chicken or vegetable broth
8 ounces sliced portabella mushrooms
8 ounces white mushrooms
1 cup frozen sweet green peas
1/2 cup grated Parmesan, plus more to pass at the table
1/8 teaspoon ground nutmeg
2 tablespoons chopped parsley, for garnish

Heat oil or butter in a 2 1/2-quart or larger cooker. Add bacon and cook over high heat until bacon is crispy, about 3 to 4 minutes. Remove bacon to paper towels to drain. Add on-



Risotto with mushroom and peas is great for cold weather.

ions, salt and pepper to oil and cook over high heat for about a minute, stirring frequently. Stir in garlic and the rice, taking care to coat the rice with the oil. Cook for 30 seconds, stirring constantly.

Stir in wine or balsamic vinegar. Cook over high heat until rice has absorbed the liquid, about 30 seconds. Stir in 3 cups

of broth and the mushrooms, taking care to scrape up any rice that might be sticking to the bottom of the cooker. Lock the lid in place. Over high heat, bring to high pressure. Reduce heat just enough to maintain high pressure, and cook for 4 minutes.

Turn off the heat. Quick-release pressure by setting the cooker under cold running

water. Remove the lid, tilting it away from you to allow the steam to escape.

Set cooker over medium-high heat, and stir vigorously. The risotto will look fairly soupy at this point. Boil while stirring every minute or so, until the mixture thickens and the rice is tender but still chewy, 1 to 4 minutes. Stir in the peas when the rice is almost done. (If the mixture becomes dry before the rice is done, stir in the extra 1/2 cup of broth.) The finished risotto should be slightly runny; it will continue to thicken as it sits on the plate.

Turn off the heat. Stir in the bacon, Parmesan and nutmeg. Serve immediately, garnished with a little parsley, if desired. Pass extra Parmesan at the table.

(Additional pressure cooker information provided by the Encyclopedia Britannica, www.britannica.com.)

Looking for voice talent!

Script readers needed for video production.

Auditions will be held on
Monday, February 10th, 2:00 - 3:30pm
in Building 25 room 613

Contact Tamara Hilton at thilton@highline.edu with questions.

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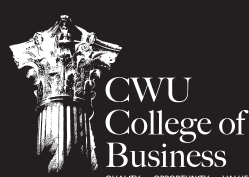
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New Year

continued from page 1

“We also receive money from our grandparents in a red envelope as a gift.”

“We wait until [midnight] for the gift,” Tien-Wei said.

“We’ll also set up some fireworks to scare away demons,” Tien-Wei said. Families will also pray to their ancestors.

Throughout the rest of the week-long celebration, people visit their relatives from both sides of the family, Ricky said.

Anyone looking to join the festivities can attend several nearby events:

Lunar New Year Festival: Hing Hay Park in the International Dis-

trict will be celebrating the new year with a children’s costume contest, a food walk and \$2 tasting menu, and martial arts demonstrations. The festival is on Feb. 1 from 11 a.m. to 4 p.m. Hing Hay Park is at 423 Maynard Ave S. in Seattle. For more information, visit wingluke.org/2014newyear.

Lunar New Year Celebration at Westfield Southcenter: This free event will feature multicultural entertainment, including folk theater, origami, and children’s arts and crafts. The event is on Feb. 1 from 10 a.m. to 4 p.m., and will be on the Macy’s Court Stage at Westfield Southcenter, 2800 Southcenter Mall.

Lunar New Year: Emerald Queen Casino will be hosting a free show, Giap Ngo, for people 21 or older. The show starts at 7 p.m. on Jan. 31. Emerald Queen Casino is at East 29th Street in Tacoma.



Sam Hong/THUNDERWORD

Despite Lowe’s posting several signs, students continue to park in the hardware giant’s lot.

Towing

continued from page 1

company sign will soon be put up, Roy said.

Students who are planning to shop at Lowe’s shouldn’t be concerned that they will be towed.

“It’s a big parking lot, but we see the same cars in our lot,” Roy said. “It’s pretty obvious who’s a student and who’s not.”

Gateway

continued from page 1

to take a motivational class with Saechao, where you read books about people who have had tough lives.

“This gets them to view their lives from different perspectives and think outside the box. It puts you in the character’s position,” she said.

“Saechao motivates you to not go down the wrong path,” she said.

Nguyen says she enjoys being around the other students in the program.

“We clicked right away. We get along very well,” she said.

After she earns her diploma through Gateway, she would like to attend the University of Washington.

In the future she hopes to pursue a career in ultrasound technology but she is also exploring her options, she said.

Another student in the program who is performing well is Jakob Twedt.

“I had problems in high school. I had issues assigning myself to six classes simultaneously. I’m geared more towards college-style classes,” Twedt said.

Gateway focuses on continuing education, Twedt said.

“I went from a 1.3 GPA to a 3.8 GPA by getting out of high school, entering the program and only focusing on two classes,” he said.

“The classroom etiquette students exhibit is much better in college,” he said.

Twedt plans on transferring to Green River and doing an information technology program because he has always been interested in computers.

In time, he eventually would like to land a career in that field.

“Jakob knows that there is staff here that care about him. They push him to achieve and push him to do more than what is required,” Saechao said.



Jakob Twedt

“Every day I am impressed by the student’s work ethic. Their ability to overcome struggles is something that amazes me because I’m not sure I would be able to do it,” he said.

Saechao said his office door is always open.

In the Gateway center there is a large board where the students post their test scores on which they have earned higher than 85 percent.

The student who earns the most high-test scores wins a medal.

“The message the program spreads is ‘I know you can do more or better.’ We continuously show interest in them. We in-

still a love of learning in them,” Saechao said.

Other help is available, too.

When the students need someone to help them with their schooling, they see the Resource Specialist Jennifer Charles.

Charles helps determine which classes they should take based on difficulty and what she thinks they would be able to

perform well in.

She plays a very important role in the students’ success, Saechao said.

“If I’m having difficulty with my work, Saechao and Jennifer are there to help,” Nguyen said.

The first time a student earns a 3.5 GPA for a quarter they receive a pin.

The second time they earn

a 3.5 GPA for a quarter they earn a medal and graduate from Saechao’s motivation class.

The third time they earn a 3.5 GPA for a quarter, Saechao said he would like for them to be recognized by Highline.

“If you earn a 3.5 GPA for a fourth time, you’ll be happy for the rest of your life,” Saechao said.



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