

# Body Image



Aaron Fields/THUNDERWORD

## Hip-hop weighs in on women's body image

By **Cristina Acuna**  
Staff Reporter

As male artists use a slew of new adjectives to describe the women in their lyrics, "thick" is being added to the list of requirements for a woman to be considered attractive.

"I like my girl thick, not just kinda fine," raps Lil Wayne in the popular single *She Will* featuring Drake.

In this and many other songs, the singer uses the term in reference to a woman's physical appearance —

equating "thick" to attractive and alluring.

If he were to call a woman "thick" in other Anglophone nations, such as the UK, he would actually be insulting her intelligence.

But in America — where women's magazines dish out recipes to cut down on the thickness of the thighs and bum, and females have starved themselves for decades to achieve that elusive size two — can being "thick" actually be considered a compliment?

According to Hip-hop culture,

the answer is yes.

"They [thick ladies] got something to grab," said Hip-hop Club President Donovan Smolich. "That's my definition."

"Thick means that you're big, but you're not sloppy," said Highline student KJ Dampier, as he explained that thick women have "really nice thighs and a big butt."

However, Lil Wayne was not the first to make note of the allure of thickness.

See Body Image, page 12

## Republicans wake up to Dream Act

By **April Pacheco**  
Staff Reporter

The state Senate has passed a version of the Dream Act, which would allow some undocumented college students to apply for state financial aid.

The state House of Representatives passed its version of the measure last year, but Senate Republicans had kept the bill bottled up in committee until apparently changing its mind last week.

Senate Bill 6523, now being referred to as the Real Hope Act, would allow undocumented students brought here in childhood to compete for state-based need grants, just like the Democrat version of the measure.

The Real Hope adds \$5 million to the aid program.

See Dream, page 12

## Lowe's lags on towing

By **Ryan Johnston**  
Staff Reporter

Highline students are still parking at Lowe's, and Lowe's is still waiting on authorization to tow them.

Management at the Lowe's hardware store across Pacific Highway South is expecting authorization to tow students parking in their lot very soon.

"We don't like doing this, [and] we like to help the community, but we [are getting] taken advantage of," said an assistant manager named Jim.

Lowe's expects authorization, "within a week or two," Jim said.

As of 11:30 a.m. on Wednesday, "close to 120 cars that are students'" are parked in Lowe's parking lot, he said.

"Some days it's worse than others," he added.

Students parking at Lowe's has been a prob-

See Lowe's, page 12

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Campus copes with winter depression in different ways



### Page 6

Highline professor Tommy Kim offers class on movie musicals



### Page 7

Students and staff gather for 12th Man Seahawks rally





## Tips for safely strolling campus

Highline's security wants to let you know how to be safe while walking around campus.

Security recommends you plan ahead what route you're taking to your destination when exiting a building, especially at night.

It also recommends to have your keys in hand when walking to your car to avoid fumbling for them at your door.

Avoid carrying too many bags, laptops or backpacks.

Security urges students to walk with a friend to your destination when possible and to avoid unlighted, bushy and overgrown walkways.

As always report suspicious activity to security at 206-592-3218 or in case of an emergency, call 911.

## Ski mask creep in the east lot

A suspicious person wearing a ski mask was reported walking around the east lot.

Several calls were made around noon on Jan. 28 to campus security, which responded but the suspect had already left campus.

## Student items go missing in library

A student reported items missing in the Library on Jan. 29.

He was in the Library around 7 p.m. and went to use the print station for a few minutes. He returned to find personal items missing.

## Stubborn woman in Building 0

A female became agitated with staff members last Thursday.

Staff members contacted Campus Security around noon after a suspicious female entered the Child Care Center. Staff members tried to explain that it was a private facility. She became irritated and exited the building soon after.

## Favor asker snatches phone

A disabled student had their cellphone snatched on Jan. 29. An Access Service student was near Building 6 when the suspect approached around 5 p.m. and asked to borrow the phone. He grabbed the phone and ran off.

**Compiled By**  
**-Brenda Carrillo**

# Forgotten book donation club ready to be remembered and start again

**By Michaela Vue**  
Staff Reporter

A Highline staff member is looking for a couple of students interested in giving some of their time to restart a book donation program.

"I'd love to have the club start up again, we just need a strong leader," Employment specialist Chris Panganiban said.

The Fund Raising to Make a Difference Club, also known as "Friends of Cambodia," started the book donation to Better World Books about three years ago, said Panganiban. The club is no longer active on campus, but the donation effort continues.

The goal is to keep books in circulation, Panganiban said.

"I like books, I like to read and I like to donate, not shred them," she said.

Better world Books is an online site that

connects people buying, selling and donating books around the world. It was created by former college students trying to get rid of books they no longer needed. Better World Books has donated more than 11 million books.

Highline students currently donate about 30 to 40 books in the donation box per quarter to contribute Panganiban said.

As part of the Fund Raising to Make a Difference club's mission, they requested that most of the books be donated to Room to Read, a smaller organization within Better World Books. Room to Read focuses on gender equality in education around the world.

"If it's no longer a value to them (students), it might be for someone else," Panganiban said.

Without an active club to advertise the book donation, the number of books being

donated on campus has significantly dropped.

The club would have to meet the Center of Leadership and Service requirements.

Students can fill out a form with the information needed to start a club in the Center of Leadership and Service in the Student Union on the third floor. A total of five people are needed.

Students will then be contacted to schedule a training, which takes about an hour.

The Center of Leadership and Service is open Monday through Thursday at 8 a.m. to 5 p.m. On Friday it opens 9 a.m. to 5 p.m.

Students can easily clean up their cluttered room by donating their unwanted books, Panganiban said.

"All you have to do is walk up to Building 6 and drop it [your books] in," she said.

The Better World Books box is located on the first floor in Building 6 under the stairs.

For more information about restarting the club on campus and donating books, email Panganiban at cpangan@highline.edu.



## News Briefs

### Leaders within leaders workshop

The Center for Leadership and Service is sponsoring "First Fridays," a leadership development series every first Friday of the month.

Students who attend five or more workshops will receive a certificate of completion at the end of the academic year.

This Friday Adam-Jon Aparicio, a community counselor who graduated from Seattle University, will be presenting "How You Doin' Understanding the Leaders Within Leaders."

The event will be in Building 8 at the Mt. Constance room

from 2 to 4 p.m.

For more information email [cls@highline.edu](mailto:cls@highline.edu) or call 206-592-3536.

### Farewell event for Prenevost

Highline will be having a farewell event for Jason Prenevost this Friday.

Prenevost has been at Highline for 20 years as the head coach for men's soccer and was Highline's marketing director as well.

The event will be in Building 2 from 2 to 4 p.m.

### UW Tacoma scholarship open

The application for a \$12,000 scholarship from the University of Washington Tacoma is now

available online.

The Next Step Scholarship was created to motivate students attending certain community colleges to attend UW Tacoma.

The deadline to submit the application to the Highline Foundation is no later than April 3, 4 p.m.

For more information visit [www.tacoma.uw.edu/nextstep](http://www.tacoma.uw.edu/nextstep).

### Internet offline Friday morning

All of Highline's Internet and VPN connections will be down early in the morning on Friday.

The back-up power units of the network routers will be having maintenance done on them.

It will be unavailable between 4 to 4:30 p.m.

For information contact the help desk at [helpdesk@highline.edu](mailto:helpdesk@highline.edu).

### Read your writing at open mic

The Writing Center will be hosting an open mic reading this Thursday.

Students, staff, and faculty are welcomed to come read their writing and listen to other's writing.

The event will be from 1:30 to 2:30 p.m. in Building 26.

### Correction

The application due date for the annual Students of Color Conference should have said Feb. 24 in last week's issue.

The application is available online at [multiculturalaffairs.highline.edu/SOCC.php](http://multiculturalaffairs.highline.edu/SOCC.php).

For more information visit [depts.bellevuecollege.edu/socc/online](http://depts.bellevuecollege.edu/socc/online).

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# A season to scream for

Winter gets some students down, but others find ways to fight back

By Josué Chavez  
and Ed Hones  
Staff Reporters

**T**ee James is usually a jolly student.

Now that winter's gloomy days are upon us, he said, "It makes me very depressed. It makes me want to isolate myself."

He is not alone. Other Highline students are affected negatively by the often gray winter weather.

"I become more lazy, more stressed and a bit depressed. I become less social and I just want to watch TV," said Sahar Mohammad.

For Ayat Murad, the gloomy weather makes her just want to go to bed.

"It makes me want to sleep all day," she said.

"I'm more depressed during the winter because the skies are gray and a lot of the plants die and there are no leaves on the trees. I feel like I don't hang out with my friends as much because there is not much to do outside during the winter," said Alex Jones.

"I don't like all the clouds and gloom. My social life worsens simply because it's cold outside and there is less to do so I focus more on my schoolwork," said Valerie Valez.

Christian Alindayu said it makes him feel lethargic.

"I feel like it kills my energy. I become less social when I'm feeling down," he said.

"It makes me feel so cold and I just want to stay inside all day," said student Amanda Nguyen.

"Winter weather makes me kind of sad. It causes me to eat more," said Ricardo De Dios.

**H**owever, Highline students have many ways of overcoming the winter blues, and not every single student is affected in a negative manner.

"Walking the dog helps me feel better," said Samantha Vangeel.



Photo Illustration by Vinh Banh/THUNDERWORD

Vangeel said going outside and moving around brightens her mood.

"When I'm sad I'm usually stuck inside. By taking my dog for a walk I'm forced to go outdoors and move," Vangeel said.

She said that getting outside wasn't the only benefit of walking her dog.

"Seeing the dogs' positivity makes me happy," Vangeel said.

Dogs are positive creatures and according to Vangeel the positivity can be addictive.

Other students said they find relief from winter gloominess in music.

"Winter quarter is really difficult because the gloominess outside is demotivating," said Highline student Susanna Kind.

"To counter the effects of the gloominess I blast upbeat music," she said.

Kind also said creating and playing music is also helpful.

"I play piano when I'm feeling down. It helps me focus and it usually makes me feel good," she said.

Highline student Joe Pumbo said he finds happiness in his studies.

"Sometimes I do get under the weather," Pumbo said. "When I'm already a little sad

and I look outside and see that it's raining, the rain enhances my sadness."

When Pumbo starts to dip into sadness, he tries to get lost in studying, he said.

"When I'm in this deep sadness I try to stay positive with things that make me feel good. For me that includes studying," he added.

Pumbo said doing well in school makes him feel better all around.

"I know studying and learning has a positive effect on my life and doing positive acts helps a lot with my sadness," Pumbo said.

He said he also finds relief from sadness in reading, particularly in fiction.

"Getting really deep into a story can take my mind off anything that is bothering me, including sadness," Pumbo said.

Other strategies Highline students use include focusing on the sadness.

"If I'm feeling sad I focus on the sadness," said Rand Hashem.

Hashem said instead of taking her mind off whatever is making her sad she puts all her mental energy and focus on the actual emotion.

"I honor my emotions," Hashem said.

By focusing on the emotion she is not passing any judgment on whether it is good or bad for her to feel this way, but merely observing her emotions, she said.

**S**ome students at Highline find happiness in the consumption and burning of calories.

"Ice cream doesn't judge me," said Mariah Heflin.

Heflin said that the act of eating ice cream always seems to lift her spirits.

"When I'm feeling sad or down I grab some mint chocolate chip ice cream. It's so good," she said.

Heflin said that the amazing taste of her favorite ice cream, mint chocolate chip, will blast any sadness and negativity away.

"I stay emotionally stable throughout the whole year. I just do things that I enjoy doing like playing soccer. That keeps me happy," said Miguel Flores.

"Winter weather ain't got nothing on me. I'm too hot for that. Be cute and you win," said Michael King.

"I don't feel affected by seasonal disorder. I just do more things indoors but remain very social," said Micah Vichitnand.

"I like winter weather be-

cause I have a bad temper and the sound of the rain calms me down," said Yonus Amini.

"It does not affect my emotions. I love winter weather. I just hang out with people who I enjoy being with," said Ethel Gumin.

"I don't get the winter blues because it's almost always cloudy and rainy here," said Kwol Bior.

Highline students whose emotions are altered due to unfavorable weather conditions said they have ways of dealing with it until the spring.

Sleeping and eating pizza make him feel better, said Sahar Mohammad.

Ayat Murad watches Korean dramas to change her mood.

Tee James said he tries to surround himself with positive people so that their positivity can rub off on him.

"My dogs keep me company and entertain me to keep me happy. After a while I adapt to the weather changes," said Ricardo De Dios.

Valerie Velez drinks warm drinks, watches Netflix, and listens to upbeat music to feel good.

"I go shopping and buy cute clothes to wear so that it puts me in a better mood," said Alex Jones.



# Highline programs focus on success

Highline is not just a diverse campus, but an accommodating one.

Offering a variety of programs that strive to assist students in need towards their educational and personal goals is part of what makes Highline a great institution.

They enrich student’s lives both within Highline and by preparing them for what lies ahead.

One of these programs is Highline’s TRiO Student Support and Retention Services.

Simply known as TRiO, the program offers services to help students with disabilities, a low income, or who are first-generation college students and veterans. It helps these students graduate from Highline with the hopes of transferring to a four-year institution.

TRiO also provides tutoring on subjects ranging from math to time management and creating effective study habits.

Students may also find people within TRiO who will offer advice on financial or personal and academic issues.

In order to be eligible to enroll in the program, students must be a U.S. citizen, a full-time student planning on transferring to a four-year college, and enrolled in a two-year degree program.

Students must also meet one or more of TRiO’s criteria, such as being a first-generation college student, diagnosed with a documented disability, or low income.

Once enrolled in the program, these students have the opportunity to attend transferring workshops where they’ll learn about the numerous four-year colleges that they may apply to.

TRiO also offers their students the chance to visit the campuses of four-year institutions.

This is just one of the programs Highline offers on campus.

Another is the Access Services, where Highline provides campus and classroom accommodations for students with disabilities.

They provide equal employment opportunities for these students, and they offer adjustments within their applications that give those students an equal chance to be considered for the position.

Access Services allows students with disabilities to not only attend Highline as a college student, but to receive an income as well, giving them a chance to receive professional experiences to add onto their resumes.

Students whose first language isn’t English may enroll in English as a Second Language (ESL) classes at Highline.

These classes are for immigrants or refugees, permanent residents and U.S. citizens who are at least 16 years old.

And older students who have a gap in their educational records may attend Adult Basic Education (ABE) courses.

Some classes revolve around grasping basic reading, writing, math and even technology skills, while others explore career and education pathways. There are even more specific classes for students who are parents of young children.

Yet another program Highline offers is Gateway to College.

It focuses on students from 16 to 21 years old who may have dropped out of school or are behind in credits and may be at risk of not graduating.

Gateway is a dual-credit program where these students are able to earn not only a college degree but a high school diploma as well. It offers students a second chance, and if they qualify for the program their tuition and books are free.

The bottom line is Highline does not give up on students.

The college takes the first step to help students become successful, but it is up to the student to make the next move.

If they are truly serious and willing to make a commitment to their education, then Highline’s students, our students, can do anything.



# From a sports novice: Three cheers for Sea-who?

I wouldn’t be able to tell you the difference between a goal and a touchdown if my life depended on it.

All that running around on the field and throwing a ball around is so foreign to me, I don’t understand why they do it. And I doubt I ever will.

I grew up in Southern California, where artists and wannabe actors were crawling the smog ridden streets. So few of them ever talked about sports, except for maybe the Lakers, but even then I only heard Kobe Bryant’s name.

I was surrounded by people who loved the performing arts and the only Sunday event they were dangerously excited about was the 2 p.m. matinee of *Cabaret*.

Home was where the music and dancing was.

So when I moved to Seattle, I was unprepared to say the least.

I was swallowed up by a wave of Seahawk jerseys and Mariners caps.

On my first day of school the prime question my peers had for me was what sports I played.

Their faces were filled with disappointment when I told them none.

I thought that Seattle was once the music capital of the ‘90s, where were all the musicians?

Where were the Kurt Cobain



Commentary  
**Ipek Saday**

worshippers and grunge wannabes?

I felt lost, like I was the lone musical wolf among the crazed green and blue fans.

Last Thursday a girl asked me if I was excited for Sunday.

“What’s on Sunday?” I asked. Fears of an online test I was just now finding out about washed over me.

When she gave me a look it clicked, the Super Bowl – right.

People with their faces painted and driving on the highway with their windows rolled down, screaming at the top of their lungs.

It’s a ritual that I had never seen up-close, until this past weekend.

When it was all over and the Seahawks were announced as champions I saw their coach, Pete Carroll, get drenched in

Gatorade.

I’m not going to lie - I thought they only did that in the movies.

The following Monday I expected a recovery period where the excitement would die down and everything would go back to normal.

But as usual I was wrong, just as I am about everything sports related.

There were a sea of Highline students sporting jerseys. I’m pretty sure I even saw a few instructors with green and blue peaking out from underneath their button downs.

It was as if they were waiting for the game to start all over again and I was having a serious case of déjà vu.

Since I’m feeling left out, with my lack of sports knowledge and all, I have decided to hold my very own Super Bowl.

That’s right kids, I will be playing *The Sound of Music* and *Chicago* simultaneously for a fight to the death.

Catherine Zeta Jones may have the strut, but Julie Andrews has an English accent.

There’s really no competition there.

— Ipek Saday was once the sugar bowl in the Beauty and the Beast and nowadays spends her time as the sassy and wannabe British opinions editor of the Thunderword.

# the Staff “

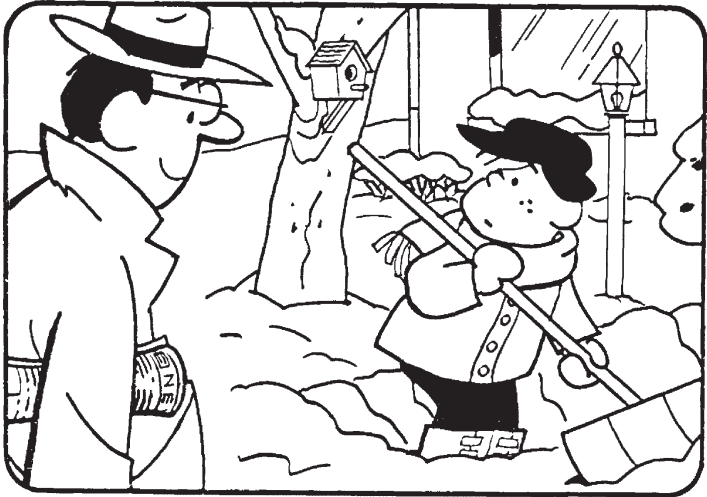
Do slugs turn into butterflies?

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**HOCUS -FOCUS** BY  
HENRY BOLTIHOFF



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. Hat is different. 2. Newspaper is missing. 3. Birdhouse is missing. 4. Handle is shorter. 5. Buttons are missing. 6. Lamp post is missing.

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**Weekly SUDOKU**

by Linda Thistle

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

**DIFFICULTY THIS WEEK: ★ ★ ★**

★ Moderate   ★ ★ Challenging  
★ ★ ★ HOO BOY!

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**1. GEOGRAPHY:**

Which two South American countries do not border with Brazil?

**2. LANGUAGE:**

What does the word "Volkswagen" mean in German?

**3. LITERATURE:**

What is believed to

be Shakespeare's first play, chronologically speaking?

**4. TELEVISION:**

What city was the setting in the TV comedy *Eight is Enough*?

**5. U.S. PRESIDENTS:**

How many presidents were born as British subjects?

**6. FAMOUS QUOTES:**

Who said, "The only way to have a friend is to be one"?

**King Crossword**

**ACROSS**

- 1 Houston acronym  
5 Chic, 1960s-style  
8 Greenish-blue  
12 "Zounds!"  
13 Bobby of hockey  
14 Robust  
15 Clothing  
17 Vicinity  
18 Son of Poseidon  
19 Muffet's bugaboo  
21 Umenyiora of the NFL  
22 Back talk  
23 Doo follower  
26 Conclusion  
28 Sordid  
31 "Sad to say, ..."  
33 Workout site  
35 — gin fizz  
36 Canoe material  
38 Listener  
40 Chow down  
41 Conked out  
43 Tit for —  
45 Ball  
47 One  
51 Verve  
52 Twenty-one, for one  
54 Campus mil. grp.

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57					58				59			

- 55 Gorilla  
56 Ms. Brockovich  
57 Church section  
58 CDs' forerunners  
59 Deteriorates

- 6 Eye, poetically  
7 Frock  
8 Long recliners  
9 "Get rid of junk" event  
10 Sheltered  
11 Approach  
16 Got up  
20 Faux —  
23 Slight touch  
24 Foreman foe  
25 Construction protections  
27 Coloring agent  
29 Extinct bird  
30 Nevertheless

- 32 "Nothing but perception," said Plato  
34 Ripens  
37 That woman  
39 McNally partner  
42 Transfer  
44 "Crouching —, Hidden Dragon"  
45 Antitoxins  
46 Drop heavily  
48 Poi base  
49 Send forth  
50 Lairs  
53 iPhone download

**DOWN**

- 1 Mr. Gingrich  
2 Gel in a Petri dish  
3 Ganges garment  
4 Supplement  
5 Lost in thought, maybe

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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. Affix              | — — — — — H | Raid by surprise | — — — — — K |
| 2. Grid               | — — — — — T | Bracelet bauble  | — — — — — M |
| 3. Scandinavian       | — — — — — R | Clamor           | — — — — — I |
| 4. Arthurian magician | M — — — — — | Composer Irving  | B — — — — — |
| 5. Building level     | — — — — — R | Deluge           | — — — — — D |
| 6. Astonishment       | — O — — — — | Meander          | — A — — — — |
| 7. Take small bites   | — — — — — B | Agile            | — — — — — M |
| 8. Coat fold          | — — — — — P | Tag              | — — — — — B |
| 9. Animal             | — — — — — E | Brag             | — — — — — O |
| 10. Fully fledged     | — — — — — W | Grumble          | — — — — — A |

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**7. PSYCHOLOGY:**

What is venustraphobia?

**8. MOVIES:**

What was the name of the caretaker's cat in the Harry Potter movies?

**9. AD SLOGANS:**

What product's advertising slogan is: "Betcha can't eat just one"?

**10. BIBLE:**

How long did Methuselah live, according to the Bible?

**ANSWERS**

1. Ecuador and Chile  
2. People's car  
3. The Two Gentlemen of Verona  
4. Sacramento  
5. Eight -- Washington, J.

Adams, Jefferson, Madison, Monroe, J.Q. Adams, Jackson and William Henry Harrison.

6. Ralph Waldo Emerson  
7. A fear of beautiful women  
8. Mrs. Norris  
9. Lay's potato chips  
10. 969 years

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Prof offers five weeks of film, fun

By Rebecca Starkey  
Staff Reporter

A new two-credit class studying movie musicals will begin this Monday, Feb. 10. The class, offered by film studies instructor Dr. Tommy Kim, will detail the evolution of the movie musical and is offered every Monday from 1:20 p.m. to 5 p.m. in Building 29, room 101. To be enrolled in the class, simply show up the first day. “I half-jokingly tell the students this is the easiest class in the world,” Dr. Kim said. “There are no textbooks or homework.” Dr. Kim said the class consists of listening to a lecture and watching a selected movie musical, then taking an online quiz. “As long as you were awake during the lecture and the film, it shouldn’t be too hard to get at least an 80 on the quizzes,” Dr. Kim said. However, Dr. Kim warns that attendance is one of the most important aspects when it

comes to grading. “Missing one class, excused or not, will result in a very big penalty,” Dr. Kim said. Because the class only meets once a week, for five weeks, Dr. Kim said missing one class is

the equivalent to missing two weeks of a daily class. Musicals covered in the class include *She Done Him Wrong*, the *Marx Brother’s Duck Soup*, *Gold Diggers of 1933*, *Singin’ in the Rain*, *Cabaret*, *Pink Floyd’s*

*The Wall*, and *Moulin Rouge*. Dr. Kim said he hopes students will take away “a broadened appreciation of films in general and musicals in particular” and also historical knowledge.



- 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, 2014 with free admission to the Museum. Admission for adults is \$18, seniors (65+) \$15, youths (5-17) \$10, 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](http://museumofflight.org).
- Jet Cities Chorus will host their 10th annual Valentine-themed Sweetie Pie Social on Sunday, Feb. 9. Jet Cities is an all-women ensemble which performs four part harmony, in an a cappella style. Tickets for the social are \$12 for general admission and \$10 for students, seniors and military. The price includes a slice of pie and a beverage. The show will be held at Todd Beamer High School, 35999 16th Ave. S., Federal Way. The doors open at 2 p.m. and the show begins at 2:30 p.m.
- Renton Civic Theatre will be presenting *Boeing, Boeing* directed by Curt Hetherington, the next three weekends. *Boeing, Boeing* features local aspiring actors of all ages. The play describes the complicated love life of a man named Bernard, an architect who travels frequently. He struggles to juggle his three flight attendant fiancées. With the help of his housekeeper, Bernard seems to be in control keeping his German, Italian, and American fiancées separate and in the dark about his multiple relationships. When an unexpected schedule change brings all three women to Bernard’s home, all hell breaks loose. The play runs on Thursdays, Fridays, Saturdays and Sundays; starting Feb. 14 through March 1. Thursdays at 7:30 p.m.; Friday and Saturday at 8 p.m., and Sundays at 2 p.m. Tickets are \$22 for adults and \$17 for students and seniors. For tickets, call the box office at 425-226- 5529. Renton Civic Theatre is located on 507 S. 3rd St.

Don’t be dissin’ country music, y’all

I woke up late, spilled coffee on my brand new shirt, tripped down the stairs, and to top it all off, my car doors were completely frozen shut. I didn’t think that my day could get any worse, but it could. In a rush I ran into a curb and next thing I knew my tire was flat. Only having my license for a year, I was frantic when my car started to create a smoke cloud. I sat in a parking lot for two and a half hours waiting for AAA to come save me. The only thing that got me through that horrible morning was the radio station I stumbled upon. The country station blasted through my speakers and I felt my troubles start to slip away. Songs like *Toes* by Zac Brown Band with lyrics like “I got my toes in the water, ass in the sand, not a worry in the



The Bailey Update  
**Bailey Williams**



Photo illustration by Aaron Fields/THUNDERWORD  
*Hunter Hayes and Bailey ride off into the sunset together in their custom grocery cart.*

world, a cold beer in my hand. Life is good today, life is good today,” took me to a different world. Like most of you, I was initially against country music. Banjos and *Cotton Eyed Joe* just weren’t my thing.

But as I listened to more songs I realized my judgments were wrong. Songs with melodies like *Helluva Life* by Frankie Ballard and *Whatever She’s Got* by David Nail get me in the best moods.

There are so many stressful things to deal with while being a college student, so listening to music that is upbeat and positive are the best ways to combat negative feelings. I recommend country music to everyone because there’s nothing better than songs with lyrics such as, “As good as you make me feel, I wanna make you feel better. Better than your fairy tales, better than your best dreams. You’re more than everything I need, you’re all I ever wanted. All I ever wanted.” Every time I listen to *Wanted* by Hunter Hayes it puts the biggest smile on my face. When I listen to country music I pretend that the artist is singing to me. And lyrics such as, “your beauty’s deeper than the make-up,” are definitely the type of thing you need to hear when you’re having a bad day. So next time I wake up late or spill coffee on my shirt, I’ll be fine, as long as I’ve got my country music. Arts Editor Bailey Williams will steal your truck and break your heart, but she doesn’t mean to. And she looks good doing it.



## Sports can bring folks together

By Ryan Johnston  
Staff Reporter

As I watched the game clock during the Super Bowl countdown to zero, I cheered and saw my friends around me celebrate. I heard fireworks going off outside and saw my neighbor light up a sparkler in the middle of the street.

I looked at my phone, and saw literally hundreds of pictures on Twitter of the crowds in Seattle and the Space Needle shooting fireworks, bathed in blue and green lights. A slow feeling of pride washed over me as I thought to myself, “We’ve finally done it. We won a Super Bowl.”

Then I found the hate parade. And no, it wasn’t full of angry Broncos fans.

Instead, I saw snide comments and indifferent people.

“Why does this even matter? Who actually watches football? Who cares?”

And I got angry.

Now, to be fair, I don’t really care all that much about sports as a whole. I don’t agonize over player statistics, I don’t pay attention to win-loss records, and I don’t fawn over every quarterback that’s thrown x number of yards in their career. In fact, I wasn’t even aware that the Seahawks had even made it to the playoffs until the NFC Championship.

So, I wasn’t upset about people’s indifference to the sport. What irritated me was the indifference to the effect it had on people.

Sports do strange things to people. Dedicated fans will spend thousands of dollars to watch their favorite teams play. Blood is sometimes literally shed in arena stands. People become superstitious, guaranteeing that their team lost because they looked away from the TV screen for one second. Bud Light poked fun at the depths of fandom with the statement, “It’s only weird if it doesn’t work.”

The weirdness of fandom was elevated throughout the state. The Friday before the game, several people came to Highline wearing various Seahawks jerseys, and hundreds attended the tailgate. A 12th man flag was raised atop the Space Needle. The mayor of Issaquah went so far as to name the city “12ssaquah.”

And when the Seahawks won with a crushing 43-8 victory over the Broncos, the energy was volatile. People came together and celebrated to a degree that I haven’t ever seen before.

It was refreshing and exciting to see people just be happy, pure and simple. A sport had connected a city, perhaps even an entire state, for a whole night. It didn’t end there either, with the parade in Seattle on Wednesday that continued the celebration.

Diminishing that galvanization undermines the underlying importance of the game. Sure, Seattle would’ve been the same city regardless of who won, and eventually, things would go back to normal. But the fact that a singular event created so much positivity isn’t just impressive, it’s commendable.

When is the last time something other than a tragic event connected so many people?

And who cares if it’s just a sport? What’s important is that people were happy.



Photos by Sam Hong



## 12th student rallies for Seattle Seahawks

More than 100 students, faculty and staff gathered last Friday at Highline to rally for the Seahawks. Board of Trustees President Bob Roegner raised the 12th Man flag at the pole near Building 1. Prizes were given away by drawing and free food was offered to those who came out for the rally. The team’s many supporters were rewarded with a 43-8 win over the Denver Broncos last Sunday, allowing the Seahawks to bring their first NFL championship trophy back home to Seattle. Many students asked if they could miss class on Wednesday for the victory parade, which probably didn’t score many points with their professors. Police estimated about 700,000 people were at the parade, which is more than the city’s population. It may have been the largest gathering in Seattle history.

## Don’t forget about the ladies

By Bailey Williams  
Staff Reporter

After watching the Super bowl, I could feel the pride running through me.

Being born and raised in Seattle, I’ve watched the Seahawks play my whole life.

It was a tremendous moment for everyone who calls this city home.

But as I listened to the post-game interviews all I kept hearing was that this was “Seattle’s first major sports championship since the SuperSonics beat the Washington Bullets to win the NBA title in 1979.”

Suddenly, the pride I felt moments ago left.

The Seattle Storm won the WNBA championship in 2004 and 2010.

In 2010 the Storm went 21-0 at home in the regular season and were the first team to go 7-0 in the WNBA finals and sweep every sin-

gle team.

Lauren Jackson, a 6’5” center, received the WNBA’s regular-season and Finals MVP. Sue Bird, a 5’9” point-guard, earned All-WNBA second team honors and Swin Cash, a 6’1” forward, was an All-Star.

The Storm (28-6, .824) surpassed the 2005 Seahawks (13-3, .813) for the best single-season win percentage in Seattle pro sports history.

In 2010 Seattle had the best women’s basketball team in the country, but all that gets mentioned is the Seahawks.

It is a fact that women’s sports aren’t viewed as much as men’s sports.

“Women get 500,000 viewers while the NBA get 1.5 million. Three times as much. Women aren’t as appreciated as athletes,” said Victoria Elleby, a 5’10 sophomore guard/forward for Highline women’s basketball team.

When the 2009 five-game championship series between Phoenix and Indiana aired on ESPN2 it had

548,000 viewers. By comparison, Game 5 of the NBA Finals drew 18.2 million viewers.

“We aren’t as fast or big or as strong. The game is more fundamental for women. There’s no flashy dunks and stuff,” Elleby said.

Just because women are smaller it doesn’t mean their championships are less important.

Seattle has had two championships since the 1979 SuperSonics and they matter just as much.

These women compete every game, and just because they aren’t as big, fast, or strong, doesn’t mean they are any less of athletes than men.

The last thing I want to do is take any shine away from the Seahawks winning the Super Bowl.

I’m just as proud as any Seattlelite that our team won on the biggest stage.

But let’s not forget this important part of our Seattle sports history.



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Scoreboard

MEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Clark	9-0	17-2
Pierce	8-2	15-5
Highline	6-4	15-6
Green River	5-5	8-11
Lower Columbia	5-5	7-12
Grays Harbor	4-5	7-12
Tacoma	3-7	8-12
Centralia	3-7	3-15
So. Puget Sound	1-9	1-17
North Division		
Skagit Valley	7-1	14-7
Whatcom	6-2	13-5
Bellevue	6-2	12-9
Edmonds	5-3	13-8
Peninsula	4-4	10-7
Everett	3-5	12-10
Olympic	1-7	1-17
Shoreline	0-8	4-16
East Division		
Columbia Basin	7-1	5-0
Treasure Valley	7-1	4-0
Big Bend	4-4	4-1
Spokane	4-4	2-2
Yakima Valley	4-4	2-3
Walla Walla	3-5	2-4
Wenatchee Valley	3-5	1-2
Blue Mountain	0-8	0-6
South Division		
Portland	6-2	15-7
Chemeketa	6-2	10-10
Mount Hood	5-3	16-5
SW Oregon	5-3	16-6
Clackamas	5-3	11-10
Lane	4-4	11-11
Umpqua	1-7	5-15
Linn- Benton	0-8	4-14

WOMEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Clark	9-0	17-2
Lower Columbia	9-1	16-5
Highline	7-3	16-6
Centralia	6-4	10-10
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Pierce	4-6	7-13
S.Puget Sound	3-7	5-15
Grays Harbor	1-8	3-15
Green River	0-10	2-17
North Division		
Bellevue	8-0	14-7
Whatcom	6-2	11-7
Skagit Valley	5-3	15-6
Peninsula	4-4	7-11
Everett	4-4	7-14
Olympic	2-6	5-13
Shoreline	2-6	4-13
Edmonds	0-8	1-17
East Division		
Columbia Basin	8-0	18-3
Walla Walla	6-2	12-7
Blue Mountain	5-3	16-5
Big Bend	4-4	14-8
Spokane	3-5	11-10
Wenatchee	3-5	11-12
Yakima Valley	3-5	7-14
Treasure Valley	0-8	2-19
South Division		
Lane	6-1	19-4
Umpqua	6-1	17-5
Clackamas	4-3	15-5
Chemeketa	3-3	12-9
Portland	3-4	7-12
SW Oregon	2-5	13-10
Mount Hood	0-7	2-18

# Thunderbird men bounce back

By Mariah Campbell  
Staff Reporter

After a three-game losing streak, the Highline men's basketball team came back with a 77-63 win against Lower Columbia last Saturday.

"We all are getting better as a group and a family," freshman guard Madison McCaffrey said.

This win keeps them third in the West Division with a 6-4 record.

The Thunderbirds 3-point field goal percentage increased by 30 percent from their Saturday game against Pierce. Their field goals made also increased by 17 percent.

McCaffrey improved his individual performance this last game against Lower Columbia. The last few games against Clark and Pierce his offensive percentages have been in the low 30s and high 20s.

Against Lower Columbia McCaffrey made 100 percent of all his field goals, 3-pointers, and free throws attempted. He scored a total of 12 points.

"The past couple games I've been taking some bad shots and I just came into the game with the mindset of taking good shots," McCaffrey said.



Sam Hong/THUNDERWORD  
*Jimmy Keum brings the ball up the court past Pierce's defense.*

Freshman guard Doug McDaniel led the team with a total of 21 points with help from freshman point guard Jimmy Keum, who added 18.

Highline's bench outscored Lower Columbia's bench, 40-20.

"I just wanted to come off the bench and be aggressive," Keum

said.

"Our bench is definitely strong. Every drill in practice is competitive because of our depth in the bench," McCaffrey said.

Freshman forward Ben Tuckovic was the leading rebounder with a total of 10 and scored 12 points for the T-Birds.

The Pierce game last Wednesday was another loss for Highline, 81-55. Highline has lost to Pierce three times this season.

Harold Lee was the leading scorer for Highline with 11 points. Close behind were freshman guards Xavier Johnson and Doug McDaniel with eight points each.

The leading scorers for Pierce were sophomore forward David Baze with 17 points and sophomore guards Gary Jacobs and Devin Mathews, both with 11.

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

Highline next plays Grays Harbor at Highline on Feb. 8 at 3 p.m. Highline beat Grays Harbor early this season, 84-63. Grays Harbor is currently sixth in the West Division and has an overall record of 7-12.

Feb. 10 at 8 p.m. the T-Birds are playing at Centralia. Centralia has an overall record of 3-15 and a divisional record of 3-7. They are currently eighth in the West Division. Highline is third in the division and has a 15-6 overall record.

"We have the talent to beat anyone. We just have to keep coming together as a team," McCaffrey said.

# Women battle injuries and fatigue

By Jimmy Keum  
Staff Reporter

The Highline women's basketball team was unable to get it going offensively, suffering a 77-66 loss last Saturday at Lower Columbia.

The Lady T-Birds were without 5'10" freshmen guard Jada Piper for their fourth straight

game due to injury.

"It's frustrating that I can't be on the court to help my team," Piper said.

The team definitely missed her offensive presence against No. 6 ranked Lower Columbia this past Saturday.

"Jada is the type of player who can go get baskets when we need one," said Head Coach

Amber Mosley.

Piper is Highline's second leading scorer at 13.78 points per game with a team best 54% field goal shooting.

Coach Mosley said the team needs to both work doing small parts to fill Piper's absence and avoid doing too much.

"When we all try to do too much it backfires and we end

up playing worse," Mosley said.

Highline struggled shooting the ball at only 32 percent from the field.

"We're working on implementing different offenses," said Victoria Elleby, a 5'10" sophomore guard/forward for

See Lady T-Birds, page 9

## Fall 2014 Provost Transfer Scholarship

Your academic achievement at Highline can make PLU's private university education cost the same as a public university.

- \$18,000 per year
- 3.5+ GPA
- March 1, 2014 Deadline

Visit [www.choose.plu.edu/transfer](http://www.choose.plu.edu/transfer) to apply

To learn more, contact Anna Pacheco, Transfer Admission Counselor

[anna.pacheco@plu.edu](mailto:anna.pacheco@plu.edu)

PLU Your private college option.



# Ski resorts still optimistic despite lack of snow

By Derek Bird  
Staff Reporter

A lack of snow at the Snoqualmie ski areas delayed the normal late November openings, and things haven't gotten much better.

But more snow is expected this weekend according to the University of Washington meteorologist Cliff Mass' Weather Blog.

Despite an encouraging dump of snow early in January, significant snowfall since has been scarce. The snowpack is running at about 60 percent of normal, according the National Resources Conservation Service.

But several ski area operators remain optimistic.

Operators at The Summit at Snoqualmie still plan to make it all the way to Cinco de Mayo.

The Summit is now open seven days a week from 9 a.m. to 10 p.m. with night skiing starting at 4 p.m.

Summit Central and Alpental are in full operation includ-



Snoqualmie Summitt shared a picture of their snow situation on Feb. 5. The Summit is still open 7 days a week from 9 a.m. to 10 p.m. and operators plan to remain open through May 5.

ing night skiing for \$40.

Although "Alpental had one of its best opening days," Summit West and East have been having

trouble maintaining snow, fluctuating between open and closed this season, a spokesman said.

Season passes are available

today for \$599 plus tax and full day tickets for \$62.

Visit [www.summitatsnoqualmie.com](http://www.summitatsnoqualmie.com) for more information, including Summit East and West hours of operations.

Stevens Pass Resort had its third earliest season in history opening on Nov. 16, with a current base of 64" and a total season so far of 184."

Stevens Pass offers Washington's largest snow park with 66 features and continuing to add more. Stevens Pass came out with a new snow park, Tyee Creek, which is aimed at intermediate and advanced skiers, offering 21 moderate-sized obstacles.

The new Jupiter Express lift now cuts lift time in half when skiing into Mill Valley.

More information about the two new features can be found on [www.stevenspass.com](http://www.stevenspass.com).

Night operations at Stevens Pass are open for season; night skiing is from 4 p.m. to 10 p.m. for \$40.

Stevens Pass offers a College

Pass for enrolled students. Season passes are \$329 plus tax or full day passes are \$67.

Visit [www.stevenspass.com](http://www.stevenspass.com) for additional information about the mountain.

Crystal Mountain operators have been praying for more snow this season, according to the website.

Ski school instructor and Highline student John Geiselman said "the amount of people is less than it's been in probably 10 years, but there is still a crowd every weekend."

Crystal Mountain offers the largest resort and highest restaurant in the state of Washington.

Summit House restaurant is at the top of the Mt. Rainier Gondola at 6,872 feet.

Visitors can also enjoy scenic views of the state's volcanic peaks.

Season passes are available for \$899/\$999 plus tax, Full-day tickets are available for \$66.

Visit [www.crystallmountain-resort.com](http://www.crystallmountain-resort.com) for all additional information.

## Lady T-Birds

continued from page 8

Highline.

The Lady T-Birds were led by Elleby with 19 points and 8 rebounds. No other player scored in double figures for Highline.

"We need to work on executing our plays," Elleby said.

The Lady T-Birds were outscored at the free throw line 28-18.

The team only shot 5 free throws in the first half compared to 20 in the second half.

The loss to Lower Columbia put Highline third in the West Region with a 7-3 league record and an overall record of 16-6.

Had the team won, they would have been tied for second with Lower Columbia.

The Lady T-Birds have hit a tough mid-season stretch due to

injuries and fatigue.

"I think we have lost our fire. This is a long season, especially on a freshmen-heavy roster," Mosley said.

"Intensity and fire can come from getting defensive stops and playing harder," Elleby said.

Highline managed to defeat Pierce last Wednesday by a score of 61-57.

The team was again without Piper but also Elleby, who did not play due to a hip injury she suffered in practice.

"We have players who can and have stepped up in her absence," Mosley said.

Sienna Pollard led the Lady T-Birds in scoring with 18 points.

Calli Remitz recorded her first double-double of the season with 10 points and 11 rebounds.

"The reality is that if every-

one does one small part, her absence is not as big," Mosley said.

The team used a concerted effort on the glass, outrebounding Pierce 49-40 and scoring 19 second chance points.

The team hopes to rebound and reclaim their winning ways for the remainder of the season.

"I hope in this last 3 weeks we can rekindle that fire and begin to get back to our better self," Mosley said.

The team will take on Grays Harbor at home this Saturday, Feb. 8, at 1 p.m.

The T-Birds will then visit Centralia Monday, Feb. 10, at 6 p.m.

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

## TRANSFER 101 Workshop!

Learn the BASICS of what you need in order to transfer to a four-year college!

- What GPA do I need?
- Do I need to finish my AA to transfer?
- When should I start applying?
- Do I need to pick a major now?

Bring your questions!

No need to sign up to attend!

**Thursday, February 13**  
12:00-12:45 PM  
Transfer Center, Building 6, 1st floor (Room 164)

## Even Exchange

answers

- |                   |                   |
|-------------------|-------------------|
| 1. Attach, Attack | 6. Wonder, Wander |
| 2. Chart, Charm   | 7. Nibble, Nimble |
| 3. Norse, Noise   | 8. Lapel, Label   |
| 4. Merlin, Berlin | 9. Beast, Boast   |
| 5. Floor, Flood   | 10. Grown, Groan  |

### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 25 mins.

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

## 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](mailto:thilton@highline.edu) with questions.



# Canvas continues to take over campus

**By Marcy Daniels**  
Staff Reporter



Highline has been transitioning from the Angel Learning Management System to Instructure's Canvas during academic year 2013-2014.

While many teachers are still using Angel as a learning website tool, classes began using Canvas this quarter and will use Canvas starting Summer Quarter, when Highline's license with Angel expires, said Marc Lentini, director of in-

structional design.

The State Board for Community and Technical Colleges decided to adopt Canvas and many other community colleges are using the website as well, Lentini said.

"I'd say about 40 teachers at Highline are using Canvas right now," Lentini said.

Canvas has new features in-

cluding an improved tablet and smartphone mobile app. Angel had a very poor mobile set up, Lentini said.

Canvas will be a good replacement and it will have a better future than Angel, Lentini said.

While there is still a lot of work to be done, Canvas will be worth the wait, he said, "We're still learning the new system," he said. "Reviews have been good."

"As with any new software, it takes some time to learn," said Sue Frantz, a Highline psychol-

ogy professor and member of a group helping other teachers learn how to use Canvas.

"I feel like I'm fully transitioned to Canvas now. Like everyone else, though, I learn something new about Canvas every week," Frantz said.

"As our pilot group of Canvas users – both faculty and the students in their courses – spend more time with Canvas, they are asking questions that had not occurred to me. We research the answers, and now we know more than we did before," she said.

"For years I had my own website, and that worked much better for me than Angel. There are some features in Canvas that won me over, though," Frantz said.

Along with several other nifty features, it has better settings for how the user wants to handle communication, more options and methods for turning in assignments, and is linked with other websites, such as Facebook, Twitter, and Dropbox.com, Frantz explained.

"I think Canvas is very good," Frantz said.

## Students to bridge engineering gap

**By Rebecca Starkey**  
Staff Reporter

To lick this engineering problem you will need pop-sicles— lots of them.

The Museum of Flight will host the 19th annual Popsicle Stick Bridge Contest and Engineering Fair on Saturday, Feb. 8.

Both events are free.

The popsicle stick bridge contest begins at 9 a.m. and judging starts at 9:45 a.m. Winners will be announced at noon.

Miniature bridges made by local high school students with only wooden popsicle sticks and white glue will be judged and tested on aesthetics, strength and efficiency. The bridges will be tested for strength using a hydraulic press— squeezed until they break.

"Some of these kids get really creative," said Mike Bush, the Museum of Flight director of marketing and public relations.

Bush said that one year, a high school student ground the wooden popsicle sticks up and formed a cement mixture with the white glue to bind his bridge together.

"It's really amazing," Bush said. "This event in general kind of symbolizes what the museum does overall."

Bush said although the museum is mostly known for housing planes, their primary goal is education.

"We're trying to inspire the next generation of astronauts, explorers and, in this case, engineers," Bush said.

The engineering fair begins at 10 a.m. and continues until 4 p.m.

The museum and the Puget Sound Engineering Council organized the fair to celebrate National Engineers Week, which begins on Feb. 16.

Bush said he estimates that about 30 different programs and organizations will be represented at the fair, showing how they participate in the world of engineering. Among these groups are NASA and Boeing.

"It shows the diversity of engineering jobs out there," Bush said. "By the name of it, it sounds really boring, but it's amazing."

The museum is also hosting several other events this month.

From Saturday, Feb. 8, through Sunday is the 2014 Northwest Scale Modelers Show, featuring miniature scale models and workshops for children.

Next Saturday, Feb. 15, the museum will showcase the Bank of America Weekend Family Workshop on Boomerangs, beginning at 11 a.m. and continuing until 1 p.m.

At the end of the month, Women Fly! 2014 will be visiting the museum. It is an annual special event for young women interested in aviation and aerospace careers, featuring female aerospace professional speakers. Currently, Aomawa Shields, a Ph.D. student at University of Washington, will discuss climate extremes on Earth and other planets.

## Bird watching takes flight on campus, prof says

**By Caitlin Berge**  
Staff Reporter

Highline bird watchers need to look no further than the nearest bush, tree, or telephone pole—they're everywhere, right here.

Forty-six of Washington's 500 native species call the Highline campus home, a science professor told a Science Seminar audience last week.

"Watching birds in the warmer months can be very entertaining. Especially in the breeding season when they do things they normally wouldn't do," said Evan Houston.

Houston teaches life, ocean, and general science courses at Highline.

In the upcoming months, people can see male Anna's Hummingbirds showing off their bright red feathers, showing off for the female hummingbirds. Male crows mobbing larger birds, showing the female crows how brave they are.

You may also hear the woodpeckers drumming on houses and metal objects.

Houston said he first became interested in birds in May of 2006. He attended a bird walk with a local bird expert in Discovery Park; where they counted more than 40 species in just a few hours.

People can observe birds finding food, singing and calling to each other, and raising their young.

Houston reports seeing hummingbirds, woodpeckers, eagles, owls and finches all on Highline's campus.

One species he has never seen is the Seahawk. The football teams mascot is actually an Auger Buzzard, native to Africa.

If you are hoping to see birds in your own yard, Houston recommends setting up a bird feeder. The birds will flock, especially during winter months when there are no more insects to snack on.

If you don't want the birds

coming to you, go to them. Seattle has some great locations for bird watching.

Houston's favorites include: Redondo Beach pier, Boeing ponds, Discovery Park, and Union Bay natural areas.

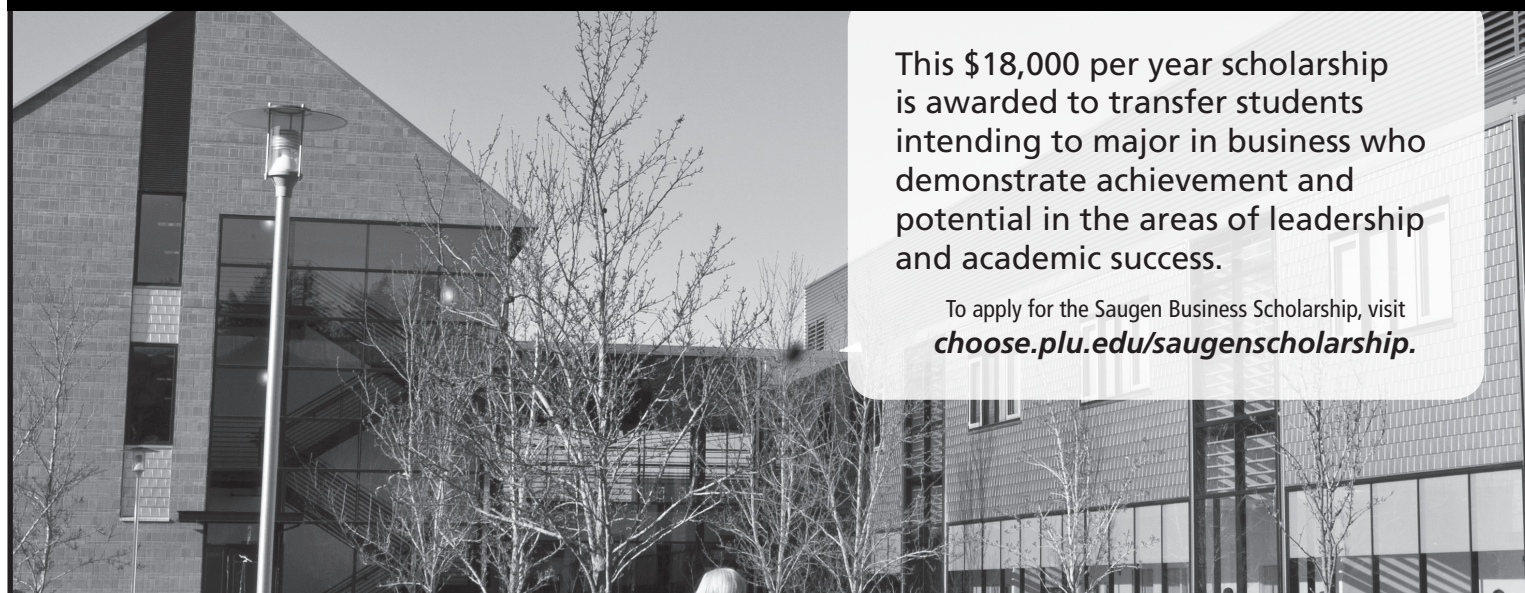
Houston also suggests bringing along a beginner field guide to help you identify the species you see. "Birdweb.org is the best for beginners. It includes pictures and is printable," Houston said.

If you would rather have an expert birdwatcher show you the ropes, look into the Audubon Society in Seattle. They regularly lead field trips and neighborhood walks to share their love of birding.

Houston says the most important aspect to birding is to "keep your eyes and ears open."

This week's Science Seminar will feature, former mayor of Burien Arun Jhaveri who will be presenting "Carbon Reduction" on Friday, Feb. 7 at 2:20-3:20 p.m. in Building 3, room 102.

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# Midday meal important for health

By **Kaylee Moran**  
Staff Reporter

Eating a nutritional and tasty lunch can have a great impact on your health. With busy lives, a proper lunch may often be skipped or skimped on, but a midday meal may be more important than you think.

“A midday meal is very important for balancing blood sugar. If you allow your blood sugar to get too low it can be hard to concentrate at school,” said Danielle VenHuizen, a local dietitian.

“Something healthy for lunch can ensure that your blood sugar stays balanced and you are at your best for learning,” VenHuizen said.

Balanced blood sugar not only helps your brain, but it also helps with weight.

“If we eat something midday we are more likely to make healthier choices throughout the day and can avoid overeating at home later,” VenHuizen said.

“Eating also boosts our metabolism and helps us better utilize the calories that we do eat. Not eating can lower your metabolism and increase the chance that your body will want to store more calories as fat.”

Nutritionist Yuchi Yang adds “People should be eating every 3 to 4 hours.”

If you’re usually eating out for lunch or buying to-go, you may want to reconsider by bringing a lunch from home.

“Packing a lunch from home is usually the most economical option and is also the healthiest,” VenHuizen said.

“A simple sandwich with milk is easy to pack, or you can bring leftovers, or even a random assortment of things such as string cheese, nuts, whole grain crackers, fruit, and vegetables,” she said.

Packing from home may not be the quickest since you have to take the time to put something together, but it is the healthiest and cheapest option, she said.

For example, buying the ingredients for a pb&j sandwich with string cheese and fruit cups costs less money than eating out everyday because the ingredients will last you a lot longer.

A loaf of whole grain/wheat bread costs around \$3, a jar of jelly and peanut butter cost around \$2.50 each, a package of string cheese costs around \$3, and a package of fresh fruit cups cost around \$3. If you buy these groceries and make lunch at home, you will be spending \$20 on lunches that will last a whole week or even more.

If you choose to eat out at a fast food place such as Wendy’s, a combo meal including a chicken club sandwich, soft drink and choice of side including a small salad, chili, fries



maybe some string cheese, and milk or water would be an adequate portion,” VenHuizen said.

Anyone doing a lot of sports might need to eat bigger portions and add extra protein such as nuts or a protein bar, she said.

“[Portions] depend on the individual and their activity levels and size. The more active and bigger you are, the more calories you need,” Yang said.

For example, an 18-year-old female who is not very active would need around 800-1,000 calories depending on her size and an 18-year-old male who is active would need about 2,400-2,600 calories per day, she said.

“The calorie differences can range from around 600-800 per day depending on activity level and size,” said Yang.

Looking for a quick and easy lunch recipe? Try this healthy, high protein quinoa salad that you can prepare ahead of time and bring to school or work.

- Ingredients:
- 2 cups cooked quinoa
  - ½ cup chopped, roasted cashews
  - 6 tbsp. dried cranberries
  - 1 cup cooked broccoli florets
  - ½ tsp. honey
  - ½ tsp. cinnamon

Directions:  
Mix together quinoa, cashews, dried cranberries and broccoli florets.

Sweeten with a little drizzled honey and cinnamon or other spice if desired.

Scoop out 1 cup of the salad and put into a container to take to school.

Also pack an apple, string cheese, and a milk or other beverage, such as water, coconut milk or soy milk.

Vinh Banh/Thunderword

meaning they should have protein, healthy fats, and a moderate amount of carbohydrates. This can include lean meats, fruits, vegetables, whole grains, and dairy products, VenHuizen said.

“Ideally the less processed the food is, the better. School hot lunches are usually heavily processed and not as nutritionally dense as whole foods brought from home,” she said.

Portions are also an important part of a meal and vary for each individual.

“Portions are different for everyone, but typically a regular sandwich with a piece of fruit,



**‘Something healthy for lunch can ensure that your blood sugar stays balanced and you are at your best for learning.’**

-Danielle VenHuizen

or baked potato will cost you around \$6. You will end up spending around \$30 for lunch, five days a week.

Healthy lunches should have a balanced variety of whole foods.

Lunches should be balanced,

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# Stir fry up some love for your sweetie

**By Kaylee Moran**  
Staff Reporter

Spend less time cooking and more time romancing on Valentine’s Day with this easy recipe.

Going out to eat on Valentine’s Day can be expensive and stressful since most restaurants will be very busy and crowded.

Cooking dinner at home for your honey or cooking it together will not only save you money but you will avoid the chaos.

This satisfying all-in-one noodle stir-fry meal is a simple recipe that will allow you to spend more quality time together.

Feel free to add extra vegetables such as broccoli and peppers. All sauces can be added or adjusted to your preference. Meat can be substituted with shrimp or tofu if desired.

This dish is very versatile and can accommodate many palates.



*This yakisoba stir fry is an easy and flavorful meal to make for someone special.*



*A close up of the yakisoba stir fry.*

- Ingredients:**

  - 1/4 teaspoon sesame oil
  - 1 teaspoon canola oil
  - 1 teaspoon chili paste
  - 1/4 clove garlic, chopped
  - 1 skinless, boneless chicken breast- cut into 1 inch cubes
- 2 tablespoons soy sauce
  - 1/4 onion, sliced length-wise into eighths
  - 1/4 medium head cabbage, coarsely chopped
  - 1 carrot, coarsely chopped
  - 1 package of yakisoba
- noodles, cooked and drained according to package directions.**

**Directions:**

In a large skillet combine sesame oil, canola oil and chili
- paste. Stir-fry 30 seconds.

Add garlic and stir fry an additional 30 seconds.

Add chicken and 1/4 cup of the soy sauce and stir-fry until chicken is no longer pink. Remove mixture from pan, set

aside and keep warm.

In the emptied pan combine the onion, cabbage, carrots and other remaining vegetables. Stir-fry until cabbage begins to wilt.

Stir in the remaining soy sauce, cooked noodles and the chicken mixture to pan and mix to blend. Serve and enjoy!

Serve with an Asian style beer, a light-dry white wine or a medium-dry sparkling cider to cleanse the palate as you are eating to ensure that each bite is full of flavor.

For dessert, slice up some fresh fruits such as strawberries, pineapple, mango and banana for a refreshing way to end the meal.

# Looking for something to do on Valentine’s Day?

**By Bailey Williams**  
Staff Reporter

It’s the last minute and just like so many people you forgot to plan for Valentine’s Day with your sweetheart. Valentine’s Day is filled with movie releases, romantic dinners for two, and theater events.

The romantic comedy *About Last Night* starring Kevin Hart, Michael Ealy, Regina Hall premieres Valentine’s Day along with *Endless Love* starring Alex Pettyfer and Gabriella Wilde.

Also, romantic dramas *Love is in the Air* starring Ludivine Sagnier and Nicolas Bedos and *Winter’s Tale*, starring Russell Crowe and Jennifer Connelly, open on Friday.

If movies aren’t your thing, enjoy Cocktails at the Conservatory, on Friday at 5 p.m. at 1400 E. Galer St., Seattle.

The cocktails will feature spirits from the Hardware Distillery, a local, artisanal distiller of fine gins, bee’s knees (flavored meads), and whiskies.

The cocktails will be paired with a selection of appetizers from local eateries. Tickets are \$25 to purchase them visit [brownpapertickets.com/](http://brownpapertickets.com/)

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Volunteer Park Conservatory Photo  
*Cocktails at the Conservatory is one of the many local events happening on Valentine’s Day.*

treats.

A limited number of special sweetheart packages are \$80 will be available which will include two show tickets, a table for two and a beverage of your choice.

Tickets are \$17 for general admission and \$15 for students and seniors.

For ticket call Auburn Parks, Arts and Recreation at 253-931-3043.

If you’d rather dance off calories than eat them enjoy a Valentine’s Day boat party with two dance floors.

Dj Neto and Dj Precision present a 21 and up night filled with music and fun. Pre-boarding starts at 9 p.m. at 1611 Fairview Ave. E Seattle.

The boat departs at 10:30 p.m. and returns at 1:30 a.m. Tickets are \$20 to purchase them call 425-455-5769.

If you’re not a dancer, but still want to see some dancing enjoy Hard Love: Valentine’s Day with Stripped Screw Burlesque at the Columbia City Theater, 4916 Rainier Ave S.

The doors open at 8 p.m. and the show starts at 9 p.m.

Tickets are \$25 at the door. This event is for people 21 and older. For more information visit [columbiacitytheater.com](http://columbiacitytheater.com).

- event/555656.

Indulge in Chocolate Confessions at the Auburn Avenue Theater, 10 Auburn Avenue, on Friday at 7:30 p.m.
- Do you know the story behind the chocolate chip cookie? Or how rivals Hershey’s and Mars came together to produce M&M?
- Chocolate Confessions* is the one-woman musical comedy, starring Joan Freed, about love, life, and chocolate. Also, Gosanko Chocolates will provide