

Staff plagued by spam emails

By Caitlin Berge
Staff Reporter

Highline staff has been targeted by spammers through their Highline email accounts.

“Unfortunately, messages like this are fairly common for staff,” Tim Wrye said. “Staff and faculty get targeted more often” than students.

Wrye is Highline’s instructional computing director, the computer lab, at the Help Desk. All spam and hacking incidents are overseen by him.

These emails can look quite convincing. Spammers use real logos, and realistic email addresses to fool people into clicking on the provided link.

The Washington State Attorney General’s Office recommends that people never open unsolicited emails, on both personal and student accounts.

Once the link is open hackers acquire the personal information linked to the email account, resulting in identity theft.

“If you are ever suspicious, ask the help desk about the

origin of the message before responding,” Wrye said.

According to the Washington State Attorney General Office, more than 130,000 complaints of spam emails are received every day in Washington state alone.

Gary McCune, an information technology specialist at Highline, says they are seeing a significant increase in malicious emails in campus inboxes.

“Be wary of all emails about accounts and finances,” McCune said, specifically, “Emails stating that your account is expired or broken, emails encouraging you to take immediate action, and emails listing purchases or reservations you know nothing about.”

One person opening a malicious email could compromise Highline’s entire computer system, McCune said.

“The security on our campus computing system is a shared responsibility,” McCune said. “We simply cannot do it without your help.”



Aaron Fields/THUNDERWORD

Campus concern closes classes

By Cristina Acuna
and Ryan Johnston
Staff Reporters

An incident last Thursday that eventually disrupted programs and classes on Friday may have been the result of an overreaction on the part of the college, Highline’s director of Campus Safety said this week.

“The situation happened; somebody told somebody, and it all got blown out of proportion,” said Jim Baylor, director

of Safety, Security and Emergency Management.

“There was nothing, to our knowledge, that indicated it was going to be an imminent threat to the community,” Baylor added.

A student complained about a college employee via social media after they got into a verbal dispute last Thursday, leading to a partial campus closure on Friday.

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Students, faculty offer tips to succeed

By Thunderword Staff

With midterms coming up, students are looking for techniques and strategies to succeed, or at least not fail.

However, the line between success and failure is unclear for many people.

“I don’t think there is one biggest factor in success,” said Dusty Wilson, a Highline math professor.

Wilson said factors outside of school such as work, relationships, and life play large roles in the success of students,

however lack of established study skills and self discipline are also contributing factors.

“One technique that I’ve been pushing more and more is rewriting your notes [after class,]” Wilson said. “I think just taking the time [to study] is a big thing students can do. Read your book before class. Know what’s coming.”

Many students say their study techniques are mainly centered on dedicating more time to the class and staying organized.

“My strategies on studying is to always study a week or two

ahead as well as go over discussions that we might have talked about in class,” said student Ruth Kamara.

“Make sure you study a lot, have everything that you need for the classes you are taking and always get help as much as you can. Also, never stop asking questions to anything,” said student Maritza Rubio.

Student Emily Chan attributes her academic success to staying very well organized with a planner.

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Keep your identity safe

People need to take active steps to protect themselves from identity theft, Campus Security Director Jim Baylor said this week.

There are several ways people commit identity theft.

One way is they hack into computers in order to gather personal information and records.

People often steal mail to find valuable financial information such as bank statements and credit card payments.

Identity thieves will even “dig through garbage cans or communal dumpsters in search of cancelled checks, bank statements, and pre-approved credit card offers,” said Baylor.

A person can even file a change of address to receive your mail.

If you think your identity was stolen, Baylor advises you to call 911.

Student's car vandalized

A Highline student reported damage to her car last Thursday.

The student was parked in the South Lot at about 9:20 a.m. When she returned she discovered the rear driver's side with black paint residue from the collision.

Phone thieves caught on tape

A student reported a robbery last Friday at 11:40 a.m.

A female student reported that two males pushed her against a desk and took her cell phone while she was studying in Building 29 on the first floor. She notified the campus and security as well as the police department. The incident was caught on videotape and DMPD is investigating.

Visitor gets phone stolen

A visitor had her phone stolen from her car last Monday.

The visitor was unloading her vehicle at the South Lot when a male went into the car and grabbed her phone. He ran towards the gym building. She contacted security and also notified the Police.

- Compiled by Brenda Carrillo



Sam Hong/THUNDERWORD

Crash closes Pacific Highway near campus

A pickup truck crashed into a power line between South 246th Street and South 248th Street and temporarily closed southbound traffic on Pacific Highway South last Thursday.

“A truck hit the pole,” an anonymous firefighter said. “[It happened] around 1:30 p.m.”

No injuries were reported.

In response, several police officers had to redirect southbound traffic away from the collision.



Sam Hong/THUNDERWORD



Transfer workshop today

A workshop for students looking to learn more about transferring will take place today from noon to 12:45 p.m.

It's free and no registration is required.

The event will take place in Building 6, room 164.

Sexual health fair for LGBTQ

Proud Out Wonderful is hosting a LGBTQ sexual health fair this Friday.

The event will have a resources and discussions followed by some snacks and crafts.

There will be a certified Washington Health Benefit assistant there to help youth reg-

ister for health insurance.

You must be between 12 and 21 years old to go, the event is free, and it will be from 2:30 to 5 p.m.

It will be on the 1st floor of the Burien Library in multipurpose room.

The Burien library is located at 400 sw 152nd St.

Helpful tool for veterans online

Veterans can now easily compare what GI bill best suits their needs with the new online GI bill comparison tool.

The comparison tool provides information about approved colleges, universities and other education and training programs.

The program allows veterans to learn information about college affordability, information on more than 17 different online sources, and three federal agencies.

The Department of Veteran Affairs has given over \$30 billion to veterans, their families, service members, and the universities, colleges or trade

schools veterans attended.

The GI Bill Comparison Tool is available online at <http://benefits.va.gov/gibill/comparison>.

Fitness boot camp back from hiatus

Fitness Boot Camp is back and is inviting everyone to come get fit.

The PFT advanced students encourage every one of all fitness levels to attend Fitness Boot Camp and have fun.

The event will take start at 7 a.m. on Wednesday, Feb. 19 in Building 27.

For more information contact the Personal Fitness Trainer Program manager Tim Vagen at 206-592-4610.

Campus research project on fuel

The environmental science class will be doing a campus parking lot survey in the name of science.

They will be taking note

of the make, year, and model of every car possible in order to determine the fuel usage of Highline students compared to state and national figures.

The survey will take place on March 4 between 6 and 6:30 p.m.

You can post a sign with the make, model, and year of your car on your window if you would like to make it easier for the environment science class.

Job fair specifically for veterans

The Washington state Department of Revenue will be holding a job fair specifically for veterans.

The “Celebrate Veterans” job fair focuses on getting jobs for veterans preparing for civilian life.

The event will be at Revenue's office building from 9 a.m. to 4:30 p.m.

The office building is located at 6300 Linderson Way in Tumwater.

For more information contact Kim Shmanke at 360-534-1602 or 360-688-6102.

Women in Science club wants you

By Kay Mansaray
Staff Reporter

The Woman in Science and Engineering Club (WiSE) will be hosting a dinner this month to introduce more women to careers in science and engineering-related fields.

WiSE is an all-womens club. It provides more information on the STEM-related fields, which stands for science, technology, engineering and math.

“Getting more students aware is our goal,” said Marisa Glige, president of the club.

“We try to hand out flyers around the school, networking and as well as just talking to the students to let them know more on who we are, and what we are trying to do.”

The club recently went from an average of five students attending to more than ten, and has four faculty advisers.

The club has been active for a few years, and they are well recognized by other universities around Washington, Glige said.

The dinner, Feb. 26 at 6 p.m. in Building 2, is the club's biggest event of the year.

Keynote speaker at this year's dinner will be Boeing engineer Cheryl Bick.

A single mother, returned to school and discovered a passion for science. She has since taught at Washington State University as well as holding jobs at the U.S. Department of Agricultural before going to work at Boeing as a technical principal in research and technology.

“The club is hosting a dinner because we want to create an environment that will encourage woman to learn more on

stem field, with providing other woman that are on the field,” Glige said.

“Providing information is not the only thing they want to accomplish,” Glige said. “We want the dinner to have fun activities that everyone can relate, and have connections with everyone that attend.”

“Our whole purpose is to have more woman in the STEM field and what we are trying to do is educate on it,” she said.

The dinner is free but registration is required. To register, visit wise.highline.edu.

Geography field trip classes take science outside of the classroom

By **Josué Chavez**
Staff Reporter

The road to completing a science course may be rocky, but thanks to geology field trip classes, learning can be fun.

The field trips give students the opportunity to see an area they may not have seen before, and even if they have, they will see it in a whole new way, said geology professor Dr. Eric Baer.

He said there are multiple reasons why a geology field trip course is more interesting than a regular geology course.

Getting out and experiencing science in the field is a much more enjoyable and effective way to learn than being in a classroom, Dr. Baer said.

“Interpreting a geologic history of an area requires looking at a variety of scales – from grains of sand under a magnifying lens to layers of rock at an outcrop to the shape and topography of a landscape. One can’t look at all those scales at once in a classroom,” Dr. Baer said.

“On the field trips, students make geologic observations, make and test hypotheses, take notes, answer questions, and give a short presentation,” Dr. Baer said. “In the end they develop a



One Geology Department field trip class will include a visit to Mt. St. Helens.

theory of the history of an area based on their observations.”

For example, students may look at landslides, faults and deposits from the 1980 eruption of Mt. St. Helens, Dr. Baer said.

Some people find that these field trip courses are an important part of learning the skills to become a professional geologist.

Others take one of the

classes simply because they want to learn about the place they live in, Dr. Baer said.

Dr. Baer has been taking students out in the field since he started teaching at Highline 15 years ago.

“What I most like about taking students into the field is the way it changes how they look at the landscape,” Dr. Baer said.

“Instead of just driving by an area, they think ‘I

wonder why that looks like that?’ ‘I wonder why that hill is there?’ or maybe they see a beautiful house on a hill and think ‘I can’t believe that they built that house there. I bet it will slide away soon!’ Often students tell me that they have gone back to the area we were at with their family or girlfriend/boyfriend to show them what they learned,” Dr. Baer said.

The geology field trip

classes have two parts. In the first part, students meet in a classroom for a few hours and learn about what they will see on the field trip.

The second part is the field trip, usually the next weekend; students meet at Highline, get in a van and go out in the field.

The courses are one credit each because the state recommends students be in class 10 hours for each credit. Since the classes only meet for 15 hours, it is one credit.

Highline offers six field trip classes and each one goes to a different place in Washington.

One goes to Mount St. Helens (Geology 151), another to the Vantage area (Geology 154), another goes to an area near Cle Elum (Geology 155), one goes to Whidbey Island (Geology 153) and a couple of them are around the Seattle area (Geology 157 and 158).

The courses require a field trip fee, typically \$30. This pays for the van, gas, entrance fees, ferry tolls, parking, permits and driver.

Each field trip course is limited to 20 students.

If students have any questions they can email Dr. Baer at ebaer@highline.edu, call him at 206-592-3513 or visit his office, Building 29, room 346.

Workshops will focus on political action

By **Ed Hones**
Staff Reporter

Highline will be hosting a series of workshops that aim to help students and local community members gain a better understanding of the legislative process.

There will be a total of four workshops that will be held Tuesday nights from 6 to 8 p.m.

The workshops take place on Feb. 18, Feb. 25, March 4 and March 11.

The workshops are free of charge and welcome to everyone.

“It is a good introduction to the political process,” said Justin Farris, even organizer program manager for Continuing Education.

This will be Farris’s first time organizing such an event, and he said he is excited about the opportunity.

“Everyone could benefit from a better understand-

ing of the political process,” he said.

Farris said the event is not limited to people focusing on politics.

“This workshop is for everyone. The first workshop will be very simple, [attendees] do not need an in-depth understanding of politics at all. It will start with the basics,” Farris said.

Farris said the goal for this workshop is to educate and empower people.

“Many people are intimidated by the political process because they don’t understand it,” Farris said.

“Our goal here is to educate and empower students and community members by gaining an understanding of the process,” he added.

Farris said he was thrilled to offer a workshop like this, free of charge.

“It’s nice to offer a class

at no cost that can be so beneficial to students and the local community,” he said.

The workshop is not just for Highline students. Farris said all community members are welcome to join.

“I want to encourage people to join. It is a good opportunity to learn about the political process and it will be good for the community,” Farris said.

As a member of the local community himself, Farris

said he plans on attending the workshop as well.

The Political Empowerment Workshop will be



Velma Veloria

hosted by two local community leaders, former State Rep. Velma Veloria and diversity educator and activist Alice Tang Coil, who will interact with participants and workshop attendees.

Neither host could be reached for comment.

According to the Political Empowerment Program Agenda, participants can expect to gain a broad

overview of the U.S. policymaking processes at federal, state and local levels.

The program agenda also states that the workshops will include a panel of community leaders sharing their political experiences, offering skill-building exercises based on relevant issues and help in developing effective strategies to “speak out and be heard.”

The last workshop will be a practice session for participants to present strategies in responding and addressing issues and concerns through civic engagement and political action.

To register for the Political Empowerment Workshop, call 206-870-3785 or register online at ce.highline.edu/index.php.

The workshop is free of charge and welcome to everybody.

Lowe’s needs to get in towing gear

If Lowe’s wants its towing threats to be taken seriously, then it’s high time they put chains on some bumpers and start pulling.

Students have been parking in Lowe’s lot for months because of the lack of parking at Highline.

Student complaints about parking are unending, valid, and unlikely to be resolved any time soon. Paving more of the campus is unlikely, and a parking garage would cost more than \$20 million to build, money the college doesn’t have and isn’t going to get from the state Legislature.

This then causes the vicious cycle of Lowe’s customers not being able to find available parking and a wave of complaints.

In mid-January, Lowe’s management made the decision to tow cars that belonged to Highline students and said that towing would begin in a week or two.

But there hasn’t been any towing activity.

And Highline students continue to park there, despite Lowe’s threats and multiple front-page articles in the Thunderword informing students of the hardware giant’s plans.

Lowe’s has every right to tow parked vehicles that do not belong to customers; it is their own private lot.

There has been towing in the past and when the situation seemed to have been eliminated, the towing stopped.

However, the towing should never stop.

With the constant enrollment of new students who have no knowledge of this history, every quarter Lowe’s will have to deal with a new tsunami of students parking in their lots.

Administration should consider writing up a form that students who are applying for parking permits have to fill out and sign.

It would tell students that they are not allowed to park in Lowe’s lot or in any residential lots and write out exactly how much a towing fee would cost.

Students would be required to give their Highline student ID number as well as the license plate of their car.

It’s an idea that will allow Lowe’s and Highline to have a partnership.

Management would be able to report students parking in their lot and could provide the license plate number, allowing Highline to locate that student.

This would take some time to get in motion, but it’s a possibility.

And there would be zero exceptions.

That’s the problem: Students don’t realize that in the real world it’s not three strikes and you’re out.

It takes one wrong and illegal decision that leaves students with expensive tickets; there are no second chances.

We have been lucky so far, but luck runs out.

Regardless of Highline’s horrendous parking situation, students do not have the right to park in residential or private lots.

But by threatening to tow cars and then not following through, this only further encourages students to take advantage of the open spots in Lowe’s lot.

The management has been very patient and open to compromising with Highline, but the time has come for change.

And unfortunately that change won’t happen if Lowe’s continues to let students park there.

Lowe’s has yet to take the initiative with tow trucks rolling down Pacific Highway, dragging away student cars.

So it is up to our students.

Although the towing hasn’t begun, this doesn’t mean that students shouldn’t take these threats seriously.

Lowe’s has given us multiple warnings, including a warning before they even began towing cars.

And our students must heed them.



Be the person you want to be

Unless you are Beyoncé or Russel Wilson, there is probably something about your life you’re not completely happy about at the moment. Whether it is a missed job opportunity, a boring love life, or simply a chance that wasn’t taken—we all have our regrets.

However, if there is something I have learned in two decades and some change, is that life does not just hand you second chances.

You have to sculpt them out yourself, using your greatest regret as the chisel and a strong sense of determination as the hammer.

With this bit of knowledge in mind, I have carved many accomplishments out of my life. Yet I consider very few of them a masterpiece.

Losing over 80lbs in the past year and a half is one of my few masterpieces.

Since my grade school years in Peru, I had been the chubbiest kid in class. Long ago, I had made peace with the fact that being thin and wearing single digit pant sizes were simply not in the cards for me.

Nineteen years old and in college, I still held to that mentality. I was 230lbs of passive aggressiveness and resentment.

I had conformed to a lazy lifestyle, blaming my weight on genetics and my lack of physical activity on time constraints. Yet every night, I sat in front of my journal and let the ink of my pen draw anguish on paper as I munched on Jalapeno Chips and watched recaps of Seinfeld.

At the time, I was overweight, overstressed, and overworked. I needed a break and, most importantly, I needed a change.

However, unlike its often depicted in movies and TV, it didn’t happen from night to morning. It took harsh words and a cold shoulder to get me off the couch and on the track towards optimal health.

In fact, it took my sister’s bark of exasperation at my incessant whining to get me going.

“I don’t feel sorry for people who pity them-



Commentary
Cristina Acuna

selves,” she said. “If you don’t like something, change it! If you can’t, accept it and move on.”

Though at first I was outraged at her lack of sensitivity, I realized her words held truth.

Since I obviously couldn’t accept being fat and wouldn’t shut my mouth about it, I had to do something to fix it.

Hence, my work started in November of 2012 after I returned home from two years of college at WWU.

Let me be straight with you--there is no secret to slimming down.

Neither an exotic fruit from South America nor an elixir from Africa will do the job for you. Good old diet and exercise are all there is to it. I had to sweat, and I had to cry--pushing my obese limbs to do the exercise they had avoided doing for over a decade.

Additionally, I took a look at the diet I had accustomed my body to for the majority of my life and made some major changes.

I didn’t allow myself to have a cheat day or a rewarding treat. Overeating and instant gratification are what got me into trouble in the first place.

Though my body yearned for greasy french fries and sugary Pop Tarts, it soon became accustomed to the good stuff.

The next time I tasted soda, a full six months later, I was revolted by the saturation of sugar.

The first major lesson my transformation taught me was that human beings are customizable creatures. We have the ability of adapting to our environment.

Through adaptation, I had become the lazy, overweight individual I disliked; through adaptation I had to make the change.

Now that I am a whole 80lbs lighter, there is only one thing I regret about this whole ordeal: the fact that I did not make the change sooner.

It is not just that I look good and feel great about myself every time I look in the mirror. It is also the concept that I am living my life actively and without wasting any second of my youth.

I want to move my body and push it to its limits while I still can.

It is a sanctuary for my soul, and I intend to keep it as tidy as possible.

the Staff “

I don’t trust inanimate objects,
pretty sure my spoon is lying to me.

” **E-Mail:** tword@highline.edu

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SLAC decodes laws and Legislature

By Ed Hones
Staff Reporter

A video to help legislators understand student issues is being produced by Highline's Student Legislative Action Committee.

"Our ultimate goal for the video is to alert legislators to the students' voices and see what is actually affecting students in large numbers," said Student Legislative Action Committee Chairman LaTonya Brisbane.

She is also speaker of the caucuses in Student Government.

The committee was created as a focus group for students to come together and discuss legislative issues.

The video will be a compilation of interviews being conducted around campus said Brisbane.

"We have been going around campus interviewing different



'SLAC is a unique organization in that it has the ability to create its own path. With the help of passionate students, we hope to leave a legacy here at Highline.'

— LaTonya Brisbane

students about what issues are directly affecting them," said Brisbane.

Brisbane said part of her interview process includes informing students about issues.

"We want to allow students to learn more about the Legislature and actions they can take," she said.

One of the main issues they focus on is funding, she said.

"The legislative issue with the highest priority right now is to protect and dedicate funding for community and technical colleges," said Brisbane.

Students often aren't sure how to take action even if they are passionate about a particular issue, she said.

"Often times students don't know how to take action with legislative issues or they can be overwhelmed by the idea of it. We aim to find out what the issues are that most directly affect students and show students how to take action," said Brisbane.

Brisbane wants to show students how to take action using the events organized by the committee.

A legislative rally event was held last Friday for students to talk to legislators.

"We joined 300 other students from all over Washington," said Brisbane.

The committee uses the events to build awareness around the issues students have, she said.

"It's all about getting involved," said Brisbane.

Brisbane said the most important thing for anyone interested in these issues is to take action.

The committee isn't limited to just creating videos and legislative rallies either, Brisbane said.

"SLAC is a unique organization in that it has the ability to create its own path," she said.

Brisbane said she has big plans for the committee's future.

"With the help of passionate students, we hope to leave a legacy here at Highline," Brisbane said.

Cultural group aims at ending discrimination

By Michaela Vue
Staff Reporter

Elimination of discrimination is the Inter-Cultural Center's priority on Highline campus, said a student employee who works there.

"We shed light on different communities on campus," student employee Elizabeth Kim said.

Every quarter a team of student leaders plan events that cover topics students have interests and concerns about.

This quarter's focus is on the roles of woman and men in this society.

Four out of eight events are left this quarter.

The next event is Counseling Wisdom on Feb. 12. Counselors from Building 6 facilitate this ongoing series. Topics discussed at the Counseling Wisdom series range from time management to student stresses.

The last three events this quarter are Women of Vision on March 4, Counseling Wisdom on March 10, and United: Women and Men of Vision on March 12.

All events are at 11 a.m. to noon on the second floor in the Student Union, Building 8, in room 204.

The events are discussions that allow students to voice their opinions without fear of judgment.

"It's a secure, very private area," Kim said.

All students are invited to join in on the conversation said another student employee, Gia-Hy Tu.

"We try to be inclusive, not exclusive," Tu said.

Kim and Tu hope that these events will bring awareness to campus about diverse groups.

"We educate each other on our backgrounds," Kim said.

Tu, who helps facilitate the Men of Vision events, added that people of different backgrounds have unique things to say at the events.

"All of their answers are different," Tu said of the people who attended the event.

Kim recognizes that eliminating discrimination is hard, but believes the cultural center contributes to that goal.

"It does not eliminate [discrimination] entirely, but it does help," she said.

About 30 people attend each event, Kim said. Students can also drop by between classes to eat and study.

Students can visit the Inter-Cultural Center website at <http://multiculturalaffairs.highline.edu/ICC.php> or on Facebook at <https://www.facebook.com/icc.highline?fref=ts>.

PTK boot camp wants to help Highline students march to academic success

By Caitlin Berge
Staff Reporter

Academic Boot Camp will get your brain in shape for finals week.

Academic Boot Camp was held for the first time in Fall Quarter 2013. With more than 100 attendees, the Phi Theta Kappa Club decided to continue the event.

PTK is a group of honor students who provides services and leadership opportunities to Highline students. Highline has one of the largest Phi Theta Kappa chapters in the country.

Boot Camp came about after PTK hosted an event called



Teri Balkenende

"Community Colleges Commit to Complete."

"The idea there was to draw attention to all the reasons students really should commit to completing their commu-

nity college degree," Dr. Teri Balkenende, adviser of Highline Phi Theta Kappa said.

The turn out of Community Colleges Commit to Complete inspired the PTK club to continue helping students.

"This year, we wanted to take things an additional step by providing peer mentoring to students around classroom skill sets. Boot Camp was the result," Dr. Balkenende said.

The boot camp will feature PTK club members delivering mini-lectures (10-15 minutes) on topics related to school success. Students can expect lectures on studying for quizzes, good note taking and how to

write a good essay.

"We don't get good grades because we're smart," Club President John Hartman said. "We get good grades because we've learned study hints and tricks over the years that help us be more effective."

By going to the boot camp, Hartman hopes students will improve their academics regardless of the stereotypes of what a "smart student" is.

"Anybody can learn how to do these things and improve their GPA," Hartman said.

Academic Boot Camp will take place in the Mt. Constance and Mt. Olympus rooms in Building 8, on Feb. 19. Seminars will run from 10 a.m. to 2 p.m.

VA inspector nabs thieves in fraud schemes

The Department of Veterans Affairs Office of the Inspector General has nailed more thieves who've stolen money. In this case, it was from the program for government contracts for companies owned by service-disabled veterans, as well as for health-care benefits.

•New Jersey -- A business owner was charged in a \$1.2 million procurement fraud. The owner claimed that her company was a service-disabled veteran-owned small business. The business was furniture, which she sold to industrial and government customers. She was never in



by Freddy Groves

the military; neither was her husband. Her father-in-law, however, was a retired veteran. The thief claimed that her father-in-law was the owner of the business. Even if he was, he wasn't service-disabled. She could go to jail for 20 years and face a quarter-million dollar fine if found guilty.

•New Mexico -- A construction-company owner

pled guilty to defrauding the service-disabled-veterans program to the tune of \$11 million for its work in National Cemeteries. His son-in-law pleaded guilty as well. There was a veteran in the mix, however: A step-brother was a service-disabled veteran who lived in another state. He was paid a small weekly amount for them to use his name and disabled status. When necessary, his signature was forged on documents.

•Washington, D.C. -- A former Department of Defense employee was nabbed for \$2.5 million in health-care fraud for submitting false claims for

health-care benefits overseas. The fraudulent claims were for prescriptions and medical items from a doctor where the employee was stationed. He managed to scam both the Foreign Service Benefit Plan as well as the VA's Foreign Medical Program. If found guilty, he will go to prison for a very long time, with long sentences for each of the false claims.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply2@gmail.com.

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New year, new scams

If the information stolen from millions of credit cards over the holidays is any indication, this is going to be a banner year for scams and thefts.

One way to stay safer is to sign up for a free email newsletter from ScamBusters [scambusters.org]. Each week or so, you'll get an email with links to

Dollars and sense

by David Uffington

current scams, as well as need-to-know information on older scams that haven't gone away. Here are a few from recent ScamBuster emails:

- If you use a remote key to lock your car, check to be sure it engaged -- especially if your remote also activates an alarm. Thieves have figured out how to sit nearby and use a device that keeps your remote from working. Once you leave, they have access to your car.

- If you're on Facebook and get what looks like a duplicate friend request, beware. It could be a scam to get in and set you up in some way by pretending to be your original friend. It could be an ID theft, or possibly an "emergency" situation where you're asked to send money to help a friend.

- If a "nurse" shows up at your door asking to check your prescriptions, slam the door and call the police. You could end up with your medications stolen or replaced with fakes if the scammers get into your house. Seniors are particularly at risk.

ScamBusters also provides links to other helpful information. Learn about phishing, urban legends, identity theft, stopping spam, credit-card fraud and viruses, even the little-known poetry scam. You also can access ScamLines, up-to-the-minute scams sent in by people all over the country.

Search online for what's new by putting the month and year in the search engine. Bookmark the sites that seem particularly promising.

And here's a cautionary tale: After the massive credit-card thefts, Target sent out an email warning to cardholders. Unfortunately, so did the thieves, nearly identical to Target's. Go online to the Target site to read it. If you opened the email and filled in any personal information (the Target letter didn't ask for any, nor will it), check your bank accounts every day and put in a fraud alert with the big three credit reporting agencies.

Des Moines Theatre closed, local businesses displaced after leak

By April Pacheco
Staff Reporter

The curtain may finally be falling on the Des Moines Theatre.

Winter rains caused so much damage to the roof of the structure that it has been condemned, meaning it cannot be used or occupied.

Two local businesses, a bookstore and gaming store, have been forced to relocate.

"Nobody is allowed in or around the building until it's fixed," said Wayne Curran, the owner of Page Turner Books, which had recently moved into a space within the building.

Curran said he doesn't think the building will be fixed at all.

Since the building has been condemned, Page Turner Books has returned to their previous location, 21917 Marine View Dr. in Des Moines.

D-Pad Retro Gaming, a video game hobby store next to the theater, apparently retain some hope that the building will be restored.

According to the businesses' Facebook, they said, "We are not going to give up on Des Moines just yet."

Thomas Lin, the owner of the building complex, was unavailable for comment.



Sam Hong/THUNDERWORD
The Des Moines Theatre and several other businesses, such as Page Turner Books, were condemned after a leak in the building that housed the businesses.

The theater had operated successfully for several years as a first-run, low-price movie house. The previous

operator of the movie theater shut down that operation when he was forced to leave the area to attend to family

matters.

Lin had acquired the property last year with hopes of renovating it.

Bookstore owners write new chapter for business

By Amy Sato
Staff Reporter

A local bookstore turns the page after 20 years in Burien.

Page2Books reopened on November 1, 2013 after being moved from original location on 1st Ave to 152nd Street in Burien and has been bought by new owners.

Jenny Cole and Bill Virgin, new owners of the bookstore, have done a lot of work in the past year with the 20-year-old new and used book-



Jenny Cole

store.

Cole used to be a dental assistant in Burien, but after being a customer of the old Page2Book store and finding out that the owner wanted to sell it, she saw her chance to try something new. "I wanted to do something different than being a dental assistant, so when my husband and I found out about the owner wanting to sell the store we thought about it for a couple months and decided to buy it," Cole said.

"We have a good com-

bination of new and used books and gift items," Cole said.

"Plus, we have a good computer system to help find books because we have about 40,000 books in all at the store," she added.

The computer system makes it easy to find books that are normally hard to find, whether it be on the internet or other stores, Cole said.

"Our genres vary from old westerns to general fiction," Cole added.

"Most of the books we have that are used are ones that could be hard to find since they are so old," she added.

Cole also talked about how many readers still like to have a tangible book in their hands, and that the store would be a good find for these readers since there are books for every type of person.

"Our store has books from 50 years ago and new books from this past year

so we have a large variety," Cole said.

"The new store is bigger, brighter and more comfortable in our new location," Cole said.

"We have an expanded children's section and have authors come in and sign books," she said.

There will be six local fantasy and science fiction authors coming into the store on Feb. 22.

Leeland Artra, T. M. Franklin, Rosamund Hodge, Raymond Bolton and two other local novelists will be meeting and signing with readers.

To contact the store or to place an order for books call 206-248-7248.

For additional information, their website is page2books.com, and it has general information for the store and upcoming events.

The new address for Page2books is 457 SW 152nd St. Burien at the corner of Sixth Avenue.

MORE THAN ZERO

Ben Thomas and friends add up to jazz experience

By Bailey Williams
Staff Reporter

Five musicians will come together to bring Highline a jazzy experience.

More Zero will perform at Highline on Thursday, Feb. 20 in Building 7 at 12:10 to 1 p.m.

The band includes Highline professor Ben Thomas, who will be playing vibraphone; Stuart MacDonald playing the saxophone; John Silverman will play the bass; Chris Icasiano on the drums; and Chris Stover will be playing the trombone.

All of the musicians in More Zero are local Seattle artists except for Stover who moved to New York City four years ago.

"Most of us have been to-

gether since 2005. The drummer, Chris Icasiano, is the newest member of the band. He joined us last summer. We have also all played together for a long time in different musical settings," Stover said.

Stover has been playing music since he was 11 years old and it is all he's ever wanted to do. He is the leader of More Zero and also writes all of the music.

"All the compositions are mine. Most of them are from our two CDs, but we're going to play one or two brand new songs as well," said Stover.

"I'd say that my compositions are pretty unique. I draw upon a wide range of influences, from pop and R&B to minimalist music to jazz to free



Musicians in More Zero, left, Chris Stover, John Silverman, Stuart MacDonald, Chris Stromquist, and Ben Thomas will perform at Highline on Feb. 20. Chris Icasiano will replace Stromquist for this show.

improvisation," he said. "We try to create very sophisticated and subtle music that is also groovy and fun to listen to, and I'd say that we do a pretty good job of that."

The concert will last about

an hour and Stover said he's looking forward to returning to Highline.

"We'll play for an hour, which means probably around seven or eight songs. It's jazz, so it's sometimes unpredict-

able how long a particular song might go on," Stover said.

The concert is free and people are encouraged to bring their lunch, said Thomas.

"Sit down, relax, and have a good time," he said.

Winston Churchill rules again in one-man play

By James Ford Jr.
Staff Reporter

One of the world's great leaders comes to life in the one-man show, *Churchill*, on Feb. 21 in Kent.

Churchill is a one-man show starring Edmund Shaff.

Andrew Edlin wrote *Churchill* and is an admirer of the prime minister, collecting anecdotes since his childhood. He read more than 100 books on Churchill in researching the play.

The play is based on the life of Prime Minister Sir Winston Churchill.

This play focuses on Churchill trying to make a decision on whether he should or should not resign as prime minister.

In the play Churchill is underneath London in a bunker mulling over the events of his career, he recalls various moments such as history changing moments, and glorious speeches he preformed.

Churchill's real life wit and wisdom is captured in this depiction of the legendary Prime



Edmund Shaff will perform his one-man show, *Churchill*, on Feb. 21 at the Kent's Senior Activity Center Social Hall. The show focuses on the life of Prime Minister Sir Winston Churchill.

Minster, said Kent's Cultural Program Manager, Rhonda Billerbeck.

The star of the show, Edmund Shaff, is a well-known actor, working in plays on and off Broadway. He has also played in several TV shows such as *Desperate Housewives* and *Mad Men*.

Billerbeck describes Shaff as having a striking resemblance to Winston Churchill.

"The Kent Arts Commission chose to presents this show for a few reasons," she said. "First and

foremost, the high artistic quality.

"Second, it is a one-man show, which makes it affordable and relatively easy to present in terms of logistics," said Billerbeck.

Tickets for the show are \$10 online at kentsarts.com.

For tickets, call 253-856-5051 or in you can get the tickets in person at the Kent Commons located on 525 4th Ave. N.

Churchill will take place at Kent's Senior Activity Center Social Hall at 600 E Smith St., Kent.

Annual poetry contest rewards creativity

By Cristina Acuna
Staff Reporter

Highline offers events and cash prizes in celebration of National Poetry Month this April. Faculty, alumni and student poets are welcome to participate in the 2nd Annual Poetry Contest. Deadline is Feb. 24.

"April is National Poetry Month. Nationwide colleges, schools, library, and community organizations are celebrating," said Highline Professor Susan Rich. "We are part of that larger effort. This is our second year creating a month-long celebration."

"The contest is open to students and alumni," said Highline Professor Sharon Hashimoto. "So if a HCC student has transferred to a university, they can still submit work."

The winner of last year's contest was Cally Somer, who took first place with a piece titled *The Interpreter*.

"[The] prize is money," Hashimoto said. "First place

is \$125, second place is \$100, [and] third place is \$75. There will also be five finalists who receive \$25 each."

Submissions can be emailed to shashimoto@highline.edu or delivered to Building 5.

There is no specific theme for the contest, only a maximum length of 20 lines.

According to Hashimoto, four published poets from the English faculty will pick the winners, and they will also have their pieces displayed at the Broadside Exhibit.

"We encourage everyone to submit their poems," Hashimoto said. "Sometimes we are our own worst critic. Oftentimes there is much to value that the writer doesn't see."

Apart from the contest, several poetry readings and workshops will also be held during the month of April.

"I am thrilled to have Elizabeth Austen returning to our campus in her new role as Poet Laureate," Rich said. "And Oliver de la Paz is coming from Western Washington University."

Local band members live musical dream

By Josué Chavez
Staff Reporter

Chance Martineau is a student at Highline with rock star dreams.

He is part of a band called Oaklawn.

“Our goal is to spread our music throughout the world. Give people a good show, give them a good time. The dream is to become rock stars and we are definitely working towards it,” said Martineau.

They have more than 11,000 likes on Facebook and they recently were endorsed by Gibson.

Their most recent gig was at the Swiss in Tacoma, where more than 100 people attended the event, cheering and dancing to their music.

Places such as Louie G’s in Fife and the Live Room in Sumner are where they most commonly perform and attract energetic crowds.

They sound like a punk band, similar to All Time Low or Green Day.

But they’re not screamers. Compared to the other bands that perform at local gigs, you can actually understand their lyrics.

Band members say they have the energy and charisma of Foo Fighters and the passionate moods of Nirvana.

The band members are Martineau, Zach Rowell, Sean Murphy and Tyler Dahl.

Martineau and Rowell both sing and play the guitar. Murphy plays the bass and Dahl plays the drums and percussion.

Martineau grew up in Tacoma and is currently in his second year at Highline.

Murphy and Rowell grew up in Tacoma and both attend Stadium High School.

Dahl grew up in Parkland and attends at Washington High School.

Martineau, Rowell and Murphy all met in the first grade however, they met Dahl only two years ago.

They became a complete band in October 2012.

“We’ve performed in lots of battles of the bands and for some reason we never got first. We would always place second. Maybe it’s rigged, I don’t know,” said Rowell.

“We were always the crowd’s favorite, just not the judges,” said Martineau.

Rowell said he came up with the band name when he was in Texas. Walking around one day, he noticed a street that looked very different from all the others. It was named “Oaklawn.” Later on he found out that was actually



Band members (left to right) Tyler Dahl, Chance Martineau, Zach Rowell, and Sean Murphy have big dreams for Oaklawn. Their next show is on Feb. 15 at the Live Room.

the street where Stevie Ray Vaughan grew up.

Oaklawn band members all have different reasons on why they decided to play music.

When Martineau was 14 he saw a guitar at a garage sale and thought he would be able to learn how to play it so he bought it and has been practicing ever since.

Murphy gained his interest in music when he took choir in the sixth grade.

Rowell said he began playing piano at the age of 8 and then a year later learned to play the guitar. He started writing songs when he was in the sixth grade.

Dahl said he became influ-

enced to play music because his stepfather is a stage manager at Emerald Queen Casino and works with many famous artists.

They currently practice twice a week for a couple of hours. When they first started they used to practice a lot more but now that they have the songs down they don’t need to as much, Rowell said.

When they first started, they would perform 12 shows a month.

“Now we only perform once a month because we realized the more often we perform, the harder it is to get people to come out to every single one,” Rowell said.

“Our fan base grew a lot more when we spread out the shows compared to when we had them one right after another,” Murphy said.

Band members said their parents helped them get to the success point they are at today.

They were very supportive and encouraging. They allowed them to practice playing their high volume music at their homes every weekend and paid for guitar lessons, instruments, equipment and traveling expenses.

The band knows 14 songs by heart but Rowell has written more than 70 songs total.

Martineau only started

writing songs a year ago and has created five songs, but continues to write down many things that come to mind, he said.

The songwriters of the band have different ways of getting ideas.

“The process of creating a song is really random. Sometimes you’ll think of an intro guitar piece first and sometimes you might even think of the ending first,” Rowell said.

“Usually, I don’t know why but I get song ideas when I’m on the toilet or in the shower. I’ll be sitting down using the toilet and I get a song idea, so I run out of the bathroom and grab my guitar and I finish using toilet while playing guitar,” Rowell said.

“A lot of times I can’t just write about random stuff. I write about how I’m feeling. When something happens to me, I’ll write about it. Sometimes I experience something that makes me think, ‘hey I could write a song about this,’” Martineau said.

Oaklawn’s band members have different music artists they like.

Murphy’s favorite band is Breaking Benjamin, Rowell’s favorite musicians are Nickelback and Keith Urban and Martineau enjoys listening to jazz music.

The bands’ next gig will be Feb. 15 at the Live Room, in Sumner.

Doors open at 6:30 p.m.

Tickets can be purchased for \$8 from Martineau on campus, or purchase them at the entrance for \$12.

For more information on concert dates visit www.facebook.com/oaklawn.music or <http://www.reverbnation.com/oaklawn>.

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HIGHLINE COMMUNITY COLLEGE

JUST ONE TO GO

Three wins put men's basketball team on verge of playoffs

By Mariah Campbell
Staff Reporter

The Highline men's basketball team only needs one more win to clinch a spot in the playoffs.

"We are excited. We are all freshmen so it's a new opportunity," said Harold Lee, freshman guard.

Highline beat Grays Harbor for the third time this season with a score of 109-79 last Saturday.

"Our offense was very efficient. We moved the ball very well," said Madison McCaffrey, freshman guard.

"We had confidence in each other's shots and had a better percentage," McCaffrey said.

Sophomore forward Joseph Stroud led the team against Grays Harbor with 22 points with help from freshman guard Doug McDaniel, who had 21 points and 10 rebounds.

Freshman forward Martel Taylor-Barone led Highline with 11 total rebounds.

Taylor-Barone is "one of the hardest workers on the team," Lee said.

The T-Birds beat Tacoma 78-48 last Wednesday. Highline had 27 points off 3-point shots, while Tacoma had only 12.

Highline's bench outscored Tacoma 29-6.

"Our bench contributes more than any other bench in the NWAACC," Lee said.

McDaniel led Highline with 20 points with help from Taylor-Barone with 13. Taylor-Barone again led with 10 total rebounds.

"The minutes he [Taylor-Barone] gets, he produces," Lee said.

Highline had 42 total rebounds and Tacoma only had 25.

For the second time this season the, T-Birds defeated Centralia by a score of 75-57 last Monday. Centralia only scored one free throw point, while



Sam Hong/THUNDERWORD

Highline freshman forward Martel Taylor-Barone (22) drops in two of his 13 points in last week's 30-point rout of the Tacoma Titans.

Highline scored 13.

McDaniel was the leading scorer with 17 points and Joseph Stroud was close behind with 16.

Highline led the game with 3-pointers scoring a total of 36 points. Tacoma had 24 points from 3-pointers.

Highline next plays at South Puget Sound Feb. 15, at 5 p.m. The last time Highline played against the Clippers, Highline won by 33 points.

South Puget Sound is currently last in the West Division with a division record of 2-11,

and an overall record of 2-19.

Feb. 19, Highline plays away against Green River at 8 p.m. Green River defeated Highline by five points, the last time they played.

Green River is right behind Highline in fourth place in the West Division.

"We just have to compete and we shouldn't lose to teams we shouldn't lose to," McCaffrey said.

Highline is currently third in the West Division with a 9-4 division record and an overall record of 18-6.

Seattle Motorcycle Show features electric models



Zero Motorcycles

The all-electric Zero S will be featured at the Seattle show.

By Derek Bird
Staff Reporter

The Washington State Conventional Center will be hosting the annual Seattle Motorcycle Show this weekend, Feb. 14-16.

Attendees will be able to roam free and view all motorcycles on display.

Expect to see brands such as Yamaha, Harley Davidson, Suzuki, Honda, BMW, Ducati, Zero Motorcycles, and

many more.

Zero Motorcycles will feature its Zero S, equipped with the new Z-Force Power Tank Accessory which increases the range by 171 miles and tops speed at 95 mph on a single charge.

Free seminars will be available for riders who want to attend to better their skills and further technique.

Scott Russell, a former champion motorcycle road racer, is doing a World Cham-

pion Q-and-A on the Progressive Stage on Friday at 6:40 p.m., Saturday at 11:40 a.m. and 3 p.m., Sunday at 11:40 a.m.

Showtimes are Friday, Feb. 14 at 3 - 8 p.m.; Saturday, Feb. 15 at 10 a.m. - 8 p.m.; Sunday, Feb. 16 at 10 a.m. - 5 p.m.

Tickets are \$12 for one-day general admission, \$18 for two-day general admission and \$24 for a full weekend pass.

Kid's tickets are \$6 for one-day general admission.

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2-14

Scoreboard

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

WOMEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Clark	10-1	18-3
Lower Columbia	10-1	17-5
Centralia	8-4	12-10
Highline	8-5	17-8
Pierce	6-6	9-13
Tacoma	6-7	12-11
S.Puget Sound	5-8	7-16
Grays Harbor	1-11	3-18
Green River	0-11	2-18
North Division		
Bellevue	9-1	16-7
Whatcom	9-1	13-7
Skagit Valley	7-3	16-7
Peninsula	5-5	8-12
Everett	5-5	8-15
Olympic	3-7	6-14
Shoreline	2-8	4-15
Edmonds	0-10	1-19
East Division		
Columbia Basin	10-0	20-3
Walla Walla	8-2	14-7
Big Bend	6-4	16-8
Blue Mountain	5-5	16-7
Spokane	5-5	13-10
Wenatchee	3-7	11-14
Yakima Valley	3-7	7-16
Treasure Valley	0-10	2-21
South Division		
Umpqua	7-1	18-5
Lane	6-2	19-5
Clackamas	5-3	16-5
Chemeketa	4-3	13-9
Portland	3-5	7-13
SW Oregon	2-5	13-10
Mount Hood	0-8	2-19

Lady T-Birds fall short of win

By Jimmy Keum
Staff Reporter

The Highline women's basketball team couldn't hold off Centralia in the second half this past Monday, suffering a tough 59-56 loss.

Highline used swarming defense in the first half, holding Centralia to 26 percent field goal shooting.

"We didn't come out with the same intensity that we had in the first half," said 5'3" freshman guard Shiccia Harris-Grant.

Centralia who trailed by 8 points at the half, outscored the Lady T-Birds 38-27 in the second half.

"We didn't keep our intensity up," said 5'10" sophomore guard Victoria Elleby.

Turnovers hurt Highline in the second half.

Centralia scored 18 points off 18 turnovers from Highline.

The Lady T-Birds shot well in the second half at 50 percent, but were only able to get 20 field goal attempts.

Centralia had nine more shot attempts from forcing turnovers and out-hustling Highline.

"We had great energy in the first half but didn't finish well," said Grant.

Elleby led Highline with 14 points.

Ionna Price chipped in with 10 points and a game-high 3



Highline freshman guard Calli Remitz dribbles the ball up court through Centralia defense Monday. Sam Hong/THUNDERWORD

blocks.

With the loss Highline drops to 8-5 in league (17-8 overall) and half a game behind Centralia for third place in the NWAACC West Region.

With only three league games left, the Lady T-Birds know how important Saturday's game at South Puget Sound will be.

"We need to come mentally prepared against South Puget Sound," said Grant.

"It's important because we have to get better to prepare for the tournament," said Elleby.

Highline is currently in fourth place which would have them in the tournament, but they have not clinched a spot yet.

The Lady T-Birds can clinch a spot by winning two out of their last three games.

In their last meeting, the Lady T-Birds defeated South Puget Sound by a score of 67-53.

Highline will again be without 5'10" freshmen guard Jada Piper, who is the team's second leading scorer at 13.78 points per game.

Piper injured her right pinky finger in the first half of that game and did not return.

Highline has now played seven straight games without Piper in the line up and are 3-4 in that stretch.

The Lady T-Birds defeated Grays Harbor at home this past

Wrestlers head to Wyoming for regionals

By Ryan Macri
Staff Reporter

If Highline's wrestling team wants to become champions the road starts in Wyoming.

The T-Birds are in Rock Springs, Wyo. waiting to compete in the NJCAA Western District Championship that will be held on Saturday.

The teams competing in the tournament will be Clackamas, North Idaho College, Southwestern Oregon Community College, Northwest College, Western Wyoming Community College and Highline.

Five of the six teams are ranked in the top 20 in the most recent NJCAA poll from Feb. 7.

The only team that isn't ranked is Western Wyoming.

Clackamas is ranked No. 1, North Idaho is ranked No. 3, Northwest is ranked No. 4, SWOCC is ranked No. 18 and Highline is currently ranked No. 20.

Clackamas has three wrestlers ranked No. 1 in the country: CJ Paler at 133 pounds, El-eazar Deluca at 157 pounds and Adrian Salas at 184 pounds.

NIC wrestler Jeremy Golding at 149 pounds is ranked No. 1 in

the country.

Highline has two wrestlers ranked in the top-12 in the nation. Josh Romero at 149 pounds is ranked No. 4 and Ed Torres, heavyweight, is ranked No. 10.

"I think my team is the favorite to win if we wrestle well," said Josh Rhoden, head coach of Clackamas' wrestling team.

Clackamas recently won the NWCA Multi-Divisional National Duals in January against Northwest.

With three teams ranked in the top four in the country, Rhoden said Region 18 is probably the toughest.

"Wrestling in this region is basically a mini-national tournament. If you can do well here you will be standing on the podium as an All-American at the national tournament," said Brad Luvaas, assistant coach of Highline's wrestling team.

The Thunderbirds will prepare for the NJCAA Western District Championships the same way they have been preparing the whole season, Luvaas said.

"As a coaching staff we don't do anything different to prepare for this tournament as opposed to any other tournament in the

year," said Luvaas.

"Every kid knows what his job is, its to score first, score often and don't worry about winning. If you compete, it will take care of itself," he said.

"I think Highline will be a surprise in this tournament. All of our kids are wrestling very well and I expect them to knock off some stiff competition and provide some upsets to disrupt the rankings," said Luvaas.

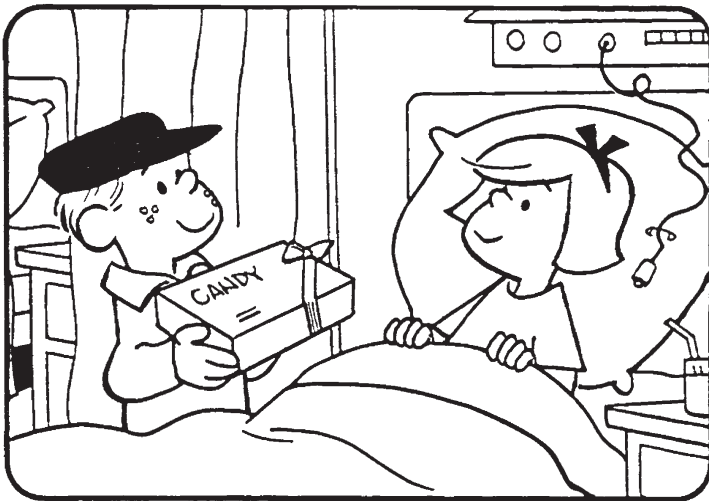
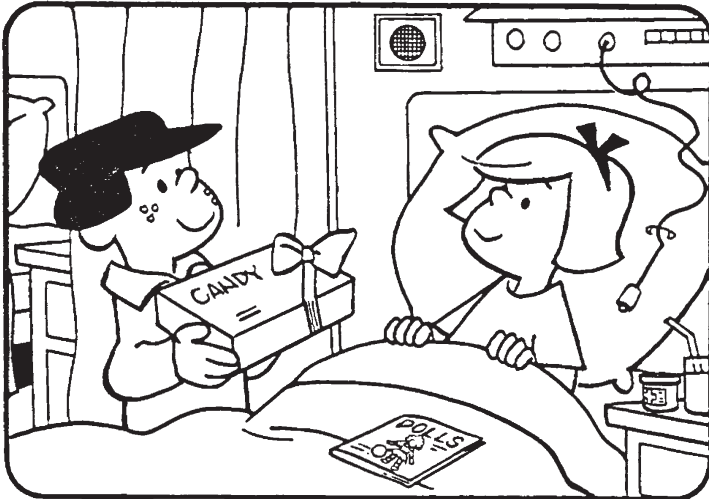
"We could have 10 national qualifiers. With the make-up of this team I could see us mak-

Your

AD HERE

\$30 would let you advertise your spring class, program or activity in this space. So get on it! thunderword@highline.edu

HOCUS-FOCUS BY HENRY BOLTINOFF



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

Differences: 1. Earflap is missing. 2. Bow is smaller. 3. Loudspeaker is missing. 4. Book is missing. 5. Push-button cord is shorter. 6. Jar is missing.

Weekly SUDOKU

by Linda Thistle

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

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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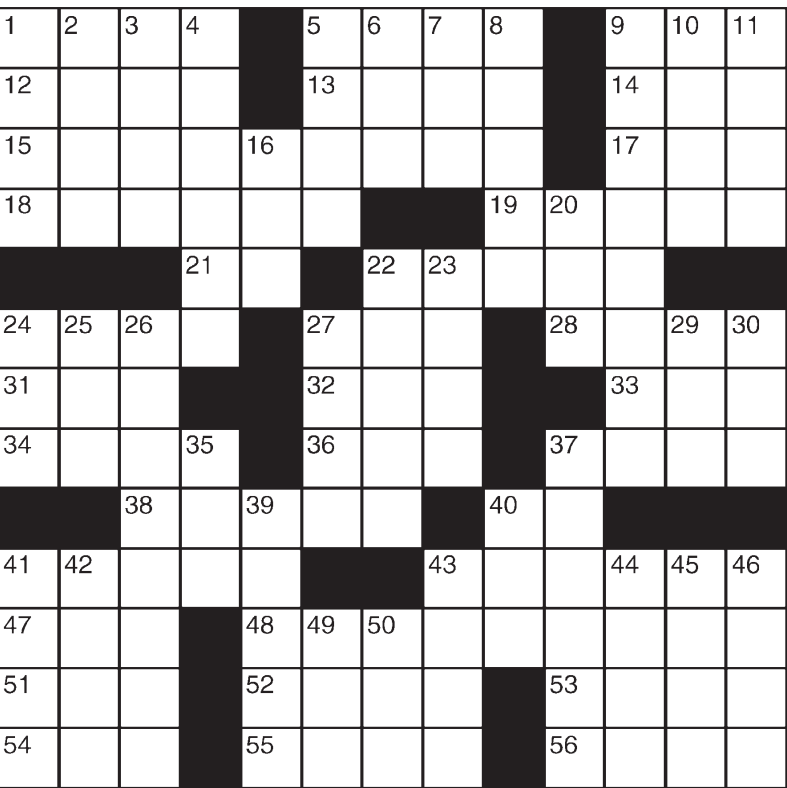
Trivia test by Fifi Rodriguez

1. TELEVISION: What kind of car did “Starsky & Hutch” drive?
2. MEASUREMENTS: How many yards are in a bolt of cloth?
3. MOVIES: Who directed the movie *Inside Llewyn Davis*?
4. AD SLOGANS: What company “has a way with b-o-l-o-g-n-a”?
5. INVENTIONS: Who is credited with inventing aspirin?
6. ART: Where is the Whitney Museum of Art located?
7. GEOGRAPHY: Where is the Great Sandy Desert located?

King Crossword

ACROSS

- 1 Labyrinth choice
- 5 Skillets
- 9 Half a dance?
- 12 Lotion additive
- 13 Fraternal baseball surname
- 14 Attila, e.g.
- 15 Unknown people
- 17 Pismire
- 18 Evening affair
- 19 Depend (on)
- 21 “And this should matter to me ... why?”
- 22 Object
- 24 “National Treasure” star
- 27 Chart format
- 28 Superman’s alias
- 31 Melody
- 32 Corroded
- 33 “Go, team!”
- 34 Let the cat out of the bag
- 36 Badly
- 37 Pale
- 38 Aristocratic
- 40 Ego counter-part
- 41 Queenly
- 43 Small beard
- 47 Have bills



- 48 Puts on the line
- 51 “— the ramparts ...”
- 52 About half the children
- 53 Tiger Woods’ ex
- 54 “— Dalloway”
- 55 Trade
- 56 Logical
- employee
- 6 Hearty brew
- 7 Neither mate
- 8 Some Japanese fare
- 9 They make alterations
- 10 Suspended
- 11 Initial stake
- 16 Ultramodernist
- 20 Squid squirt
- 22 Marquee datum
- 23 Command to Rover
- 24 “Cash —”
- 25 Have something
- 26 Farmers
- 27 Bucket
- 29 “Unh-unh”
- 30 Your
- 35 Feathery accessory
- 37 Saws
- 39 Consecrate
- 40 Charged bit
- 41 Leeway
- 42 Basin
- 44 Anatomical tissue
- 45 Ireland
- 46 Slave to crosswords?
- 49 Without delay
- 50 “CSI” evidence

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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. Morning brew
- C _ _ _ _ _
- Brittle candy
- T _ _ _ _ _
2. Actress Andrews
- _ _ _ _ _ E
- Child chef
- _ _ _ _ _ A
3. Deep red gem
- _ _ _ _ _ N _ _
- Attic
- _ _ _ _ _ R _ _
4. Seashore
- _ _ _ A _ _
- Park chair
- _ _ _ N _ _
5. Oscar or Emmy
- _ _ _ _ _ D
- Mindful
- _ _ _ _ _ E
6. Center
- M _ _ _ _ _
- Hoedown violin
- F _ _ _ _ _
7. Push comes to _____
- _ _ _ O _ _
- Remove whiskers
- _ _ _ A _ _
8. Delight in
- _ _ _ J _ _
- Emissary
- _ _ _ V _ _
9. Water ladle
- _ _ I _ _ _
- Debonair, like Dan
- _ _ A _ _ _
10. Throw a baseball
- _ _ _ T _ _
- Nip
- _ _ _ N _ _

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8. FOOD & DRINK: What are the ingredients in The Rickey cocktail?
9. FAMOUS QUOTATIONS: What 19th-century author said, “There is no remedy for love but to love more”?
10. LANGUAGE: The name of what common occupation has three consecutive pairs of double letters?
7. Australia
8. Gin or bourbon, lime juice and soda water
9. Henry David Thoreau
10. Bookkeeper
- Answers**
1. Ford Gran Torino
2. 40 or 100 yards
3. Joel and Ethan Coen
4. Oscar Mayer
5. Felix Hoffmann
6. New York City
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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/

VOLUNTEER PARK CONSERVATORY

VALENTINE’S DAY COCKTAIL HOUR

FEATURING SPIRITS FROM

THE HARDWARE DISTILLERY

FRIDAY, FEBRUARY 14, 2014 | 5-8 PM

\$20 MEMBER | \$25 NON-MEMBER

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.

- 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

VALENTINE’S DAY

It’s more than hearts, chocolate?

By **Rebecca Starkey**
Staff Reporter

With Valentine’s Day tomorrow, people are scrambling to buy cards, chocolates and flowers for their sweethearts, but Valentine’s Day has not always been celebrated as the classic Hallmark holiday people know it as today.

The true history that lies behind Valentine’s Day is much different than the droves of Hallmark cards and chocolate that fill stores each year would suggest.

“It’s often said that St. Valentine’s Day holiday has its roots in the Roman pagan celebration of Lupercalia,” said Dr. Teri Balkenende, a Highline history professor.

Lupercalia was a festival celebrated mid-February with a distinct emphasis on fertility and love. Dr. Balkenende said the theme of love and the date match the modern celebration of Valentine’s Day, however it’s roots are still debated.

“Some say that Lupercalia and St. Valentine’s Day have nothing to do with one another,” Dr. Balkenende said.

After the Roman Empire adopted Christianity in fourth century, Lupercalia became less popular, and about a century later, Pope Gelasius I abolished it, as it was a pagan celebration.

Around this time was when St. Valentine’s Day emerged, Dr. Balkenende said.

She said there does not seem to be any direct evidence relating the new Christian celebration to the old pagan festival, however there is a strong likelihood.

“It was common practice within the



Vihn Bahn/THUNDERWORD

Christian church in the West at the time to assimilate the pagan peoples of Europe by co-opting their old festivals and sacred sites,” Dr. Balkenende said. “So, it’s not too hard to believe that once Lupercalia was banned, people started to associate some of the earlier pagan ideas about fertility and love with the new holiday.”

However, Dr. Balkenende, said denying this connection leads to confusion about why a holiday devoted to the martyrdom of Christian saints is now associated with romantic love.

She said one possibility for this connection could be from one of the many supposed “original” St. Valentines, St. Valentine of Terni, who was said to be imprisoned by Roman authorities for performing illegal weddings for Christian soldiers.

Another legend is that St. Valentine of Terni fell in love with the daughter of his jailor and before his death he wrote her a love letter ending with the words “from your Valentine,” which is believed to be the origin of Valentine letters.

“I don’t think either of those stories is really true, but it does help to explain where the connection with romantic love would come in,” Dr. Balkenende said.

A more modern understand of this holiday developed in the Middle Ages, she said, when the idea of courtly love and chivalry were prominent. Several writers, including Geoffrey Chaucer, referenced the holiday in poems and various works.

Dr. Balkenende said the holiday fully developed into the Valentine’s Day people know today during the Industrial Revolution, when mass production of Valentine cards and chocolates began.

“Valentine’s Day provided a potential market for goods that producers wanted to sell, and that I think is where most of our notions about St. Valentine’s Day come from,” Dr. Balkenende said.

“Much of the actual ‘history’ of this holiday is lost to us, in the sense that we just don’t have great records to tell us how or why it evolved. Besides which, our current holiday has little or nothing to do with the early Christian commemoration of martyrs,” Dr. Balkenende said.

“Good luck to Hallmark, or anyone else, in making that look sexy,” she added.

She said that the viewpoint that Valentine’s Day has no actual historical merit makes sense.

“On the other hand,” Dr. Balkenende said, “if people find it fun to make cards and buy chocolates for their friends and loved ones, then why not?”

Valentine’s Day a challenge for non-heterosexuals

By **Cristina Acuna**
Staff Reporter

Valentine’s Day is marketed globally as a day for lovers—but the heart of the holiday doesn’t seem to include lovers of different sexualities.

February 14 is when retail establishments target their male customers with ads that urge them to buy gifts for their special lady—a heteronormative pattern that remains unchanged despite recent queer achievements.

Members of the non-heterosexual community feel unacknowledged by media advertisements.

“Most commercials for Valentine’s day are about men buying things for women,” said Highline student Michelle, who didn’t give a last name.

“Lesbians, gays and queer people are always left out of the equation,” she said.

“It is always a guy proposing to a girl or giving her a rose,” she said. “For once, I’d like to see an M&Ms commercial of two lesbians in love.”

Highline Instructor Dr. Craig Hurd-McKenney believes this pattern has changed in the



Dr. Craig Hurd-McKenney

last 10 to 20 years.

“Valentine’s Day is a commercially motivated holiday,” he said.

“When I was in my teens, this was not something that was ever shown. But given that LGBT people tend to have more disposable income and represent a motivating commercial demographic, I would tend to think yes, [companies are marketing more to non-heterosexuals].”

Other members of the queer community have a different opinion.

“When we’re not represented on commercials, it is like the world is saying gays don’t exist,” Michelle said. “Or like this holiday is only for straight people.”

Though 17 states in Amer-

ica have legalized same-sex marriage. Non-heterosexual romances are still minimally represented in American media.

“It’s hard picking a card for my guy on our anniversary,” said a Highline alumnus. “When I go to Target to buy a one, even the animals on the graphic are boys and girls.”

To further educate students about the diverse avenues of sexual orientation and identity, the LGBPTQIA Task Force will hold a session called “What Sexual and Gender Identity: What’s Yours and How Does it Matter at Highline?”

Allison Green will facilitate the workshop on Wednesday Feb. 19 from 1:30 to 3:00p.m. in the Mt. Skokomish room of the Student Union.

“I think diversity can only be embraced if it is fully acknowledged,” said the Highline alumnus.

“We can’t expect to consider ourselves an accepting and tolerant society if we ignore a big number of our members.”

Molten cakes for your sweet cheeks

These minicakes with soft chocolate centers can make even the most jaded chocolate lovers swoon. Another bonus: They freeze well (for up to two weeks). Bake for 16 minutes if frozen.

Ingredients:

1/4 cup granulated sugar, plus additional for dusting

4 1-ounce squares semisweet chocolate, chopped

1/2 cup (1 stick) butter or margarine, cut into pieces

1/4 cup heavy or whipping cream

1/2 teaspoon vanilla extract

1/4 cup all-purpose flour

2 large eggs

2 large egg yolks

Confectioners’ sugar

Whipped cream or vanilla ice cream, optional

Directions:

1. Preheat oven to 400 F. Grease eight 6-ounce custard cups. Dust with granulated sugar.

2. In heavy 3-quart saucepan, heat chocolate, butter and cream over low heat, stirring occasionally, until chocolate has melted and

mixture is smooth. Remove pan from heat. Add vanilla. With wire whisk, stir in flour just until mixture is smooth.

3. In medium bowl, with mixer at high speed, beat 1/4 cup granulated sugar, eggs and yolks until thick and lemon-colored, about 10 minutes. Fold egg mixture, one-third at a time, into chocolate mixture until blended.

4. Divide batter evenly among custard cups. (Can be made ahead. Wrap well and refrigerate up to 24 hours.) Place cups in jelly-roll pan and bake cakes until edges are set but centers still jiggle, 8 to 10 minutes.

5. Cool in pan on wire rack 3 minutes. Run thin knife around sides to loosen cakes; invert onto plates. Dust with confectioners’ sugar. Serve immediately with whipped cream or ice cream, if desired. Makes 8 cakes.

¥ Each serving: About 280 calories, 22g total fat (12g saturated), 148mg cholesterol, 140mg sodium, 20g total carbs, 1g dietary fiber.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.



Movies to get you in the mood

By April Pacheco
Staff Reporter

Love is in the air this February, which means its time to spark your inner hopeless romantic, and what better way than by watching a romantic film.

Romantic movies are the way that society has come to model relationships after, they in a way set expectations of one another.

Romance films are where we learn love and relationship etiquette, they are the reason we expect boys to put their arm around us at a movie, and for some of us may be the first time we experience butterflies.

Some movies have changed the way people look at love all together from what is love, to how to love, to who you should love.

So here are the top 10 movies to watch on Valentine's Day, or at least the ones that formed my view of love.

10) 500 Days of Summer (2009)

Some of you are probably asking why I would put a movie that clearly states before the movie starts that "this is not a love story."

Well I know some people don't have a special someone for Valentine's Day.

Valentine's Day doesn't have to be all about love and romance.

In this movie we see Tom, played by Joseph Gordon-Levitt, fall in love with Summer, played by Zoey Deschanel, a beautiful girl who doesn't believe in love.

This movie is perhaps one of the most creative of these movies and therefore deserves to be on my Top 10.

If you like dark humor, and indie films I recommend watching *500 Days of Summer*.

9) Ghost (1990)

Patrick Swayze is awesome, enough said.

Just kidding (but seriously, enough said.)

This had to go on the top 10 list because it's just a classic, everyone has seen it and even if you haven't you can probably recognize it's trademark pottery

wheel scene.

Patrick Swayze plays the hunky Sam Wheat, who dies tragically defending his girlfriend Molly Jensen, played by Demi Moore, after a mugger assaults them.

In a turn of events, Sam realizes he was shot as he runs back only to see his body covered in blood. His soul is stuck in limbo where he can see and hear Molly, but she can't see or hear him.

This 1990 drama explores a love and bond so strong it survives beyond the grave.

It's sure to thrill you and your heartthrob on Valentine's Day.

8) Titanic (1997)

You'll never want to let go of your loved one when you watch this film.

Titanic is an icon for romantic movies. It will hit every spot of your inner hopeless romantic.

When Rose boards onto the Titanic in 1912 her life is perfect, she has money and a fiancé. Little does she know her life is about to change drastically.

Oscar nominee and '90s teen sensation Leonardo DiCaprio plays Jack Dawson, an artist who scores third class tickets on the Titanic.

When Rose unexpectedly meets Jack, she can't help but fall in love with his carefree personality and wild eyes as blue as the sea that surrounds her.

When the Titanic sinks you can only hope their love will withstand the freezing waters of the Arctic.

If you're not in the mood to cry, don't watch this movie.

7) P.S. I Love You (2007)

This movie gives you a glance at what it's like to grieve for the love of your life.

When Holly Kennedy, played by Hilary Swank, becomes a widow, she loses control of her life, and no one can help her, except her husband.

Holly starts receiving letters from Gerry, her husband, played by Gerard Butler, to help her get through it.

Through the letters he wrote her before his death, Holly is

able to cope with her loss and start a new life.

Through the letters Gerry writes her she learns she doesn't have to go through it alone. He was right there with her all along.

6) WALL-E (2008)

Leave it to Pixar to give robots emotions as strong as those of humans.

Pixar is able to depict love in this animated film about a curious and lonely little recycle robot named Wall-E.

Wall-E's job on an unsustainable earth is to compact all the trash left behind from humans.

When Wall-E is greeted by a more high-tech Robot called EVE he instantly falls in love and shows her his most prized possession, a green little sprout he found.

Little does Wall-E know her prime objective is to find life on earth so humans can come back. When she shuts off and awaits her pick-up, Wall-E protects and follows her through thick and thin.

If that isn't love, I don't know what is.

If you want to watch a romance film with a feel-good ending (instead of a bawling in your underwear eating ice-cream all by yourself ending) *WALL-E* is it.

5) The Notebook (2004)

Perhaps the reason why I love Ryan Gosling, *The Notebook*, is a tender love story about Noah and Allie, a young couple in love, told by an old man at a nursery home to his wife with Alzheimer's.

Noah, played by my husband Ryan Gosling, falls in love with Allie, played by Rachel McAdams.

After Allie's parents disapprove of Noah, her parents take her away from Noah.

Years later, with her heart still alive with feelings for her first love Noah, Allie returns to find Noah waiting for her with the house he promised her.

Allie, now engaged, is stuck between the first man she ever fell in love with and her fiancé.

As the story progresses, you

realize the old man is telling the story of him and his wife to his wife in order for her to remember what they had.

Does she end up remembering though? You'll have to watch it and find out for yourself.

4) Pride and Prejudice (2005)

The movie, based on Jane Austen's novel *Pride and Prejudice* follows a humble middle class girl called Elizabeth Bennet, played by Kierra Knightley, and her unexpected romance with the rich and powerful Mr. Darcy, played by Matthew Macfadyen.

When Elizabeth Bennet has to deal with the stress of a cultural norm she doesn't really approve of, getting married, she foolishly pushes away eligible men due to her pride.

She is unlike girls of her era, which is why when she does start falling for the unlikely Mr. Darcy, your heart pounds for the romance to flourish.

This movie revolves around the phenomena of falling in love with unexpected people, getting over your own pride, and looking beyond prejudices to see a person for who they truly are.

3) Crazy Stupid Love (2011)

If you don't want to watch a total romantic film and are a fan of raunchy humor then this is the movie for you.

In this movie we see Cal Weaver (Steve Carell) trying to salvage his marriage with his wife Emily Weaver (Julianne Moore), while befriending ladies man Jacob Palmer, played by my studmuffin Ryan Gosling.

This movie throws down romantic clichés and instead shows the reality of what love can be like.

You see Jacob get his abs criticized by Hannah as they imitate the scene from *Dirty Dancing*.

When watching this movie you get to re-experience the awkward situation of meeting your significant other's parents.

This movie is great because we see that love doesn't have to be like a traditional romantic story, it can be awkward, stupid, and ironic.

2) Brokeback Mountain (2005)

Perhaps one of the most controversial romantic movies that came out was *Brokeback Mountain*. The movie follows two cowboys (Heath Ledger and Jake Gyllenhaal) who embark on a herding job together where they fall in love.

Eventually the two men start their lives with other women, but the forbidden love they have for each other lives on.

They lived in a time where they couldn't openly love each other, but risk everything just to have a second chance.

This movie shows that love has no boundaries.

It doesn't matter if it is man and man or a woman and a woman, love isn't defined by sex but by the emotions you feel within.

1) Say Anything (1989)

The movie that started all the clichés and has defined romantic movies since day one, *Say Anything*, is the movie of all movies to watch on Valentine's Day.

Starring John Cusack as Lloyd Dobler and Ione Skye as Dianne Court, it follows the two teenagers as they fall in love during their last summer before going to college.

Watch this movie with your significant other on Valentine's Day to inspire your relationship to appreciate the little things of each other.

The relationship between them is innocent and hopeful and invokes feeling of awe when Lloyd does sweet things like hold a radio up to her window like a modern serenade.

Despite the disapproval of her father, Dianne, the brainy and beautiful valedictorian, falls for the sensitive reject Lloyd Dobler.

Both must deal with the unlikelyhood of their relationship from the judgment of their friends and family.

Feeling blue? Try some good mood food

The cold and gloom of winter often bring with them a change in mood that matches the climate. Need a boost? According to new research, some foods have the same effect on your body as taking a prescription mood-enhancing drug.

Do you reach for food or caffeine during the day in an attempt to feel calm, find a jolt of energy or a moment of bliss? But above all else, do you just really crave a better mood?

While good habits such as eating breakfast every morning and regular meals and snacks throughout the day form the cornerstone of an energized outlook, science is revealing the vital ways in which food impacts our mood. And it might surprise you that some of the best weapons to help cure crankiness and boost energy can be found in your local grocery store.

The following foods will help your mood in two ways. First, they deliver some key nutrients that help support brain chemistry to reduce the risk of depression and help improve the quality of your sleep. And they do something equally important: Powerful combinations of vitamins, minerals and antioxidants help you build up your energy and capacity to handle life from your body's deepest levels (your cell's metabolic and energy pathways). This is what we all should aim for, not the quick burst of stimulation from a sugar or caffeine fix that ultimately leaves you feeling cranky or tired.

Make these feel-good foods a part of a new happiness and health routine.

Dark Chocolate
Not only is it delicious, dark chocolate is high in magnesium, a mineral that calms your muscles and reduces anxiety. It also contains tryptophan, which helps reduce symptoms



Good Mood Salad combines avocado, spinach and blueberries to brighten your day.

of depression.

Salmon and Walnuts
Salmon and walnuts are packed with omega-3s, which help fight off depression and mood swings. Bonus: They also can help improve memory and focus.

Spinach
This leafy green is stocked with folic acid, a B vitamin that has been found to boost your mood. It's also an antioxidant that works to protect your brain cells from free radicals, which can lead to low energy and mood swings.

Chicken
The white meat contains B-12, a vitamin that helps to keep you calm. Low B-12 levels can make you moody and tired.

Tofu
Tofu helps muscles relax, causing a calming effect on your body.

Avocado
Contains serotonin, a feel-good neurotransmitter. It's also really good for your skin, hair and nails.

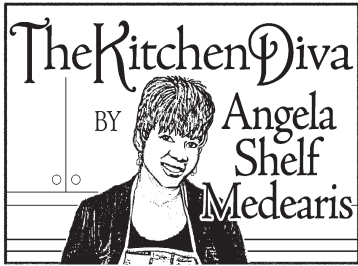
Greek Yogurt
Not only is it a wonder-food, the probiotics in Greek yogurt help boost your mood and immune system.

Green Tea
It's full of theanine, an antioxidant that acts as a calming agent.

Berries
Blueberries, strawberries and raspberries contain anthocyanidins and anthocyanins -- nutrients that help reduce stress and depression.

Chia and Flax Seeds
They have about the same amount of protein per ounce, at 4.4 grams and 5.1 grams respectively. However, chia is one of just a few plant sources that is a complete protein, meaning that it contains all of the needed protein-forming amino acids. Both of these seeds are a great way to get more fiber in your diet, but chia has the edge: an ounce gives you 10.6 grams of fiber, or 42 percent of your recommended daily intake, versus 7.6 grams and 31 percent for flax.

These seeds also provide different types of fiber. Chia



is one of the richest sources of soluble fiber, the kind that takes longer to get through your digestive tract, which adds bulk and slows glucose absorption. The fiber in flax has been tied to lower LDL (bad) cholesterol. In fact, research has shown an association between daily flax consumption and lower cholesterol.

GOOD MOOD SALAD
Serve a tall glass of green tea along with this mood-enhancing salad, and follow with 2 ounces of dark chocolate as a sweet finish to lift your mood and nourish your body and your mind!

8 ounces smoked salmon, roughly chopped or 8 ounces of cooked chicken breast, roughly chopped
1 avocado, peeled, pitted and diced
4 cups baby spinach
1/2 cup fresh blueberries
1/4 cup light feta or blue cheese crumbles
1/4 cup toasted, chopped walnuts
Half a medium red onion, thinly sliced

Toss all ingredients together until combined. Drizzle or toss with Greek Yogurt Dressing

(recipe follows). Makes 2 servings.

Greek Yogurt Dressing
1/2 cup Greek yogurt
4 ounces of soft, silken tofu
2 tablespoons apple cider vinegar
1 tablespoon chia or flax seeds
1 tablespoon honey
2 teaspoons stone-ground or grainy mustard
1 teaspoon salt
1 teaspoon black pepper

Using a blender or a whisk, stir together all ingredients until combined and emulsified. This dressing will keep in an airtight container in the refrigerator for 7 days.

(Additional information provided by Kate Geagan, RD, author of "Go Green Get Lean"; nutritionist Stephanie Middleberg, RD; and nutritionist Heather Bauer, RD, CDN.)

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

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— **Weekly SUDOKU** —

Answer

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

— **King Crossword** —

Answers

Solution time: 25 mins.

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

Even Exchange answers

1. Coffee, Toffee
2. Julie, Julia
3. Garnet, Garret
4. Beach, Bench
5. Award, Aware
6. Middle, Fiddle
7. Shove, Shave
8. Enjoy, Envoy
9. Dipper, Dapper
10. Pitch, Pinch

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Concern

continued from page 1

Doug Jenkins, public information officer for the Des Moines Police Department, said that the student argued with the employee, and then continued the dispute via social media.

It wasn't until later that day that police were notified.

"There was a delay because the [employee] didn't [tell us] immediately," Jenkins said.

"Our first call was at 8:04 p.m. Thursday evening. We need to know about these things right away," he added.

"The issue is that anytime there is a crime or perceived crime or something like that it's time sensitive," said Jim Baylor. "We need to know as soon as possible so we can

generate a reaction to it."

The Des Moines Police talked to the student on Friday, but the student was not charged with anything.

"We relayed all the facts we had, and according to King County [guidelines], the threats didn't meet [criminal] requirements," Jenkins said.

Since then, the student has agreed to stay off campus.

In response to the incident, Highline President Dr. Jack Bermingham sent an email to students, staff and faculty Friday afternoon.

The email to students said that a campus employee had a conflict with a student. "The student wrote some social media posts that could be construed as concerning."

The email to faculty said that instructors could cancel classes if they felt unsafe.

"If an instructor wants to call off class, that's on them," Baylor said.

"We do not have the authority

to do that. There's only one person who has the authority to start cancelling classes and that is Dr. Bermingham. I know personally by talking to him that he did not issue a direct order to start cancelling classes."

As a result, some classes were cancelled while others weren't; some faculty members were informed and others weren't. Several afternoon events on campus were moved or canceled, such as the Science Seminar.

This left many students confused, unsure why their classes had been cancelled.

"Part of the reason for the email [to students] was to address the conversations going on," said Lisa Skari, vice president for Institutional Advancement.

"There was a lot of inaccurate information," Skari said.

Link your e-mails for campus updates

By April Pacheco
Staff Reporter

With last week's incident where campus safety was questioned, students found themselves wondering why they weren't aware of campus circumstances.

The problem isn't just the panic followed by a vague email, but the fact that not every Highline student was aware of the situation because they don't check their Highline emails.

There are options available to students to have Highline emails sent to their regular email accounts.

The process is easy to follow and will save you from checking two emails daily.

By logging on to your student email and going to settings at the top right corner, you will be presented with multiple tabs.

The sixth tab from the left will say "forwarding and POP/IMAP"; click on that one.

From there, choose "forward a copy of incoming mail to" and type in the email you use on a daily basis, confirm, verify at your regular email and save changes at the bottom of the page.

This will eliminate having to log on to your student email and you can feel safe that next time there is an issue on campus, you will receive the email.

You can also watch a step-by-step instructional video on helpdesk.highline.edu/studentemail_forward.php

Another service available to Highline students is HCC Text Alert. The free service sends texts to your phone when the campus has an emergency.

To subscribe visit hcccontextalerts.highline.edu and log on with your highline username and password and enter the information needed on the form and hit submit.



Sam Hong/THUNDERWORD

Breast cancer fundraiser

Students, faculty and staff enjoy activities before last Wednesday's basketball games. The athletics department, the HCC Foundation, and Women's Programs teamed up for the pregame fundraiser in support of breast cancer prevention.

Success

continued from page 1

"Using a planner has been my biggest tool to success," said Chan.

She said using a planner is the only way she can remember what all she needs to do.

"I have so much going on I couldn't remember all my class work without it."

Chan said it has come in handy the most in her English class.

"In my English class we have a blog that we need to keep up to date. I never remember to do it until I check my planner," said Chan.

She said staying ahead of the game is very important to her.

"Doing work early helps me stay on top of things and not fail."

Chan said when she stays on top of her classwork and doesn't get behind, it helps her during class.

"I'm able to learn and be engaged during class discussions because I'm not sitting there lost or worried about work that's due," said Chan.

Rosemary Adang, director of the Writing Center, said she thinks one of the biggest determining factors of student success is attendance.

"Irregular attendance in classes causes a student to lose

track of the learning process and become confused about expectations," she said. "It's my understanding also that the research in adult learning shows a high correlation between attendance and success."

The definition of success versus failure varies for many students.

Student Ana Rodriguez said she considers the bar of success to be a 3.0 grade.

"It's a pretty good grade, so for me having about that makes me happy and content," she said.

However, student Tirez Getahun said she considers 3.5 an acceptable grade.

"I don't like to get anything below that, and having a grade like that only helps me in the end," said Gethun.

Math professor Dusty Wilson also said another factor in success is simple interest and enthusiasm in the class's subject.

"If [students] care, they're willing to do more than usual," Wilson said.

Student Anna Hart said if she doesn't enjoy a subject, she focuses on how she could use what she is learning in a real-world scenario as a way of staying motivated throughout the class.

"I hate math, but when I remain focused on how it will benefit me in my life I can get through it," she said.

For math, Hart focuses on the benefits of logic.

"I can't think of any sce-

narios where I would be using complex math equations but I can think of situations where logic would come in handy," said Hart.

She said every subject has a practical use and some are more obvious than others.

Hart said she also finds creating visual aids to be very helpful in classes she is less than enthusiastic about.

Professor Wilson said he believes sometimes students also struggle due to choosing classes that are not right for them for a variety of reasons.

Regardless, he said that the only thing that actually bothers him when it comes to students failing is when he feels a stu-

dent is wasting their talent.

"When there's a student who should be there [in the class] and they're talented and they underachieve, that bugs me to no end," Wilson said.

He compared it to the student refusing to walk down a perfectly paved path, while instructors, advisers, and fellow students are pushing them down it.

"[Wasting that talent] seems like a slap in the face to their colleagues," Wilson said.

Writing Center Director Adang said she encourages students to use the academic success centers that Highline provides if they are struggling, or simply would like some academic advice.

"In the Writing Center our motto is, 'We help create better writers, not just better papers,'" Adang said. "We do everything we can to meet students where they are in their learning processes and support them in growing stronger."

Student Autumn Beal said she visits the Writing Center three to four times a week to keep her grades up.

The Writing Center is located in Building 26, room 319 and is open Monday through Thursday, 8 a.m. to 7:30 p.m. and Friday, 8 a.m. to 1 p.m.

Staff reporters Rebecca Starkey, Ed Hones, Brenda Valenzuela, and Kay Mansaray contributed to this story.



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Crunch time for finals



Sam Hong/THUNDERWORD

Students hunker down on campus to study and prepare for finals that are coming up next week. These students have found a quiet sanctuary in the Library to focus on their textbooks. With a week long spring break quickly approaching, students will soon be able to enjoy some fun in the sun.

Secondary pupils invade campus for Science Olympiad

By Caitlin Berge
Staff Reporter

Highline will be overrun with middle school nerds this Saturday.

Middle school and high school students will have the chance to show off their intellectual abilities at the upcoming Science Olympiad.

Highline will be hosting the competition on March 15 from 8:30 a.m. to 3:30 p.m.

“We are expecting 500-550 students along with 150 coaches and parents,” Judy Mannard said.

Mannard is an engineering and physics instructor at Highline, and is also coordinating the Olympiad.

She is seeking 15 volunteers to help the event run smoothly. Volunteers will help with registering students and proctoring exams.

The Olympiad is split into two parts. Competitors will

first build a device to fit a list of specifications.

Volunteers will verify that the devices meet specifications, and record data about the devices’ performance.

The second part of the competition is the study event. Students have been studying and preparing to take the Olympiad’s exam all year.

Previous participants say they enjoy celebrating their “nerdiness,” Mannard said.

These kids take the competition very seriously, Mannard said.

Teams that do well in this competition will advance to the state competition in Spokane, Mannard said.

Mannard is looking for volunteers to take either an 8:30 a.m. to 12:30 p.m. shift, or an 11:30 a.m. to 3:30 p.m. shift.

If you would like to participate, contact Mannard at jmannard@highline.edu.

Cyber Defense Competition provides challenges, opportunities

College students from around the Pacific Northwest will have the chance to flex their cyber muscles during the 7th Annual Pacific Rim Collegiate Cyber Defense Competition.

Scheduled for March 22 and 23 at Highline Community College, the event provides students with real-world challenges while maintaining a corporate network that cannot be replicated in a typical classroom.

This type of competitive practice gives students better training and preparation for the workforce.

“With the recent stories on data security breaches—such as the recent data breach that compromised Target customers’ credit card numbers—it would be good for the public to know that our students are out here learning how to deal with just those sorts of issues,” says Dr. Amelia Phillips, Highline Computer Information Systems faculty member and the Regional Director of the event.

Teams from 13 colleges and universities are scheduled to participate in the annual competition: DeVry University (Federal Way), Evergreen State College (Olympia), Green River Community College (Auburn), Highline Community College, ITT Technical Institute (Boise, Idaho), Lewis and Clark College (Portland, Oregon), Linfield College (McMinnville, Oregon), University of Idaho (Moscow, Idaho), Western Washington University (Bellingham), Whatcom Community College (Bellingham) and the University of Washington,

which will send teams from each of its three campuses (Seattle, Bothell and Tacoma).

Each team consists of between six and eight students with a cap of two graduate students on each team. Students from at least one high school will observe the competition and learn what is involved, with the hope that the students will compete in next year’s regional competition.

“During the competition, students may be dealing with power outages, network installations or other challenges while being under attack by professional hackers,” says Phillips.

The hackers will be trained professionals from government agencies, National Guard, Navy’s Space and Naval Warfare Systems Command and local industry.

Open to two and four-year colleges and universities in Washington, Oregon and Idaho, the Pacific Rim Competition serves as the regional competition for the National Collegiate Cyber Defense Competition.

The Pacific Rim region boasts national status with the University of Washington Seattle winning both the regional and national competitions in 2011 and 2012. This year’s national championship is scheduled for April 25 to 27 in San Antonio, Texas.

This is Highline’s fifth year hosting the regional event. Using the computer labs on Highline’s campus, the students in the competition will need to maintain a company network that has been designed by the

Idaho State University NIATEC graduate students—complete with security flaws—while they are being attacked.

They will need to secure the operating systems, email servers, websites and other parts of a business network. They must also update their websites, create new user accounts and perform other standard business

activities while delivering excellent customer service to irate customers who call in.

The primary objective of the competition is to provide students with real-world challenges. The second objective is to give potential employers—the sponsors—a chance to observe students under pressure.

As part of the two-day com-

petition, breakfast and dinner events will be held to allow students to do short interviews with the sponsors and allow sponsors to talk to those students they may be interested in hiring. Sponsors include Boeing, Microsoft, Cobalt Strike, Spawar, Splunk, T-Mobile, U.S. Department of Homeland Security and VMware.

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