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 McCure, 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,” McCure 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, McCure said.

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

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 overflow 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.

See Concern, page 16

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 in 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.

See Success, page 16
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 take break computers in order to gather personal information and records.

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 a birthmark on the suspect’s side with black paint residue from the collision.

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.

News Briefs

Transfer workshop today

A workshop for students looking to learn more about transferring will take place today from noon to 2:45 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 be open to individuals who want to have some snacks and crafts.

There will be a certified Washington Health Benefit assistant there to help youth register 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 Burton Library in multipurpose room.

The Burton 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 https://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 PPT 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 averages.

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.

At the fair each veteran will be matched with a job coach.

Women in Science club wants you

By Kay Mansaray
Staff Reporter

The Women 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 Marissa 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,” Glige said.

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 women 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.

Outside, a pickup truck hit a power pole between South 246th Street and South 248th Street, knocking down power lines and temporarily shutting down southbound traffic on Pacific Highway South.

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

No injuries were reported.

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Gloria Carrillo
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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 geography 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 geography professor Dr. Eric Baer.

He said there are multiple reasons why a geography 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.

“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 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.

Each course is 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 Elem (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 $346. 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 understanding 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 event 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 hosted by two local community leaders, former State Rep. Velma Vleanor and diversity educator and activist Alice Tang, 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 Thunderbird 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. 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 Russell 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, it 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 chunkiest 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 conform ed 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 that life does not just hand you anything I have learned in two decades and one change I had to make the change.

The next time I tasted soda, a full six months later, I was revolting at 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.

I don't trust inseminate 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 students about what issues are directly effecting them,” said Brisbane.

Brisbane said part of her role is to inform 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.

“We want our students to 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 issue is and then directly effect the 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 a legacy here at Highline,” Bris-

bane said.

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

By Collin 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.

Academic Boot Camp came about after PTK hosted an event called ‘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

PTK's Springfield Missouri Chapter has named one of their chapters, the Springfield Missouri Chapter of Phi Theta Kappa. PTK is a national honor society that recognizes students who have achieved academic excellence.

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, 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 helps 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 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 health-care benefits.

“New Jersey -- A business owner was charged in a $1.2 million procurement fraud. The 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

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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 plans events that cover topics students have interest 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 stress.

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 the conversation said another student employee, Gia Hy Tu.

“We’re very 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,” said Tu 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?ref-ts.
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 safe 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 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:

1. 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.
2. 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 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 fell 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.

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 can't 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 story 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.

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.

New year, new scams

Des Moines Theatre closed, local businesses displaced after leak

By April Pacheco
Staff Reporter

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 owner wanted to sell it, she saw her chance to try something new. "I wanted to do something different than being a dental assistant in Burien, 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 combination 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 are new books 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.
Ben Thomas and friends add up to jazz experience

By Bailey Williams
Staff Reporter

Five musicians will come together to bring Highline a jazz 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 together 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 of 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 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 unpredictable 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 in researching the Prime Minister, said Kent's Cultural Program Manager, Rhonda Billerbeck.

The star of the show, Ed mund 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 present 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.

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.

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, faculty or delivered 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 Eastbroadside 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 Austin 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 play the drums and 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 Parkland 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 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 influenced 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 used up 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.’”

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

Murphy’s favorite band is Breaking Benjamin. Rowell’s favorite musicians are Nickleback 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.
The Washington State Convention 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 Champion Q and A on the Progressive Stage on Friday at 6:40 p.m., Saturday at 11:40 a.m. and 3 p.m., and 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.

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 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

By Derek Bird
Staff Reporter

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

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.

Sam Hong/THUNDERWORD
**Men's Basketball Team League Season**

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**Women's Basketball Team League Season**

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**North Division**

- Columbia Basin: 8-2 15-7
- Treasure Valley: 7-3 14-8
- Big Bend: 6-4 17-7
- Spokane: 6-4 18-8
- Yakima Valley: 5-5 14-10
- Walla Walla: 4-6 12-13
- 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
- Laramie: 6-3 15-5
- Clackamas: 6-3 12-10
- Chemeketa: 6-3 10-11
- Lane: 5-4 13-11
- Umpqua: 1-8 5-8
- Lin-Benton: 0-9 4-15

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**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 Shaccai 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 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 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.

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

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

"It's important because we have to get 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" freshman guard Jada Pipper, who is the team's second leading scorer at 13.78 points per game.

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

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

The Lady T-Birds defeated Grays Harbor at home this past Saturday by a score of 78-63.

Highline was led by Elleby and Lanae Adams who combined to score 29 points and grab 22 rebounds.

Highline shot 47 percent from the field and had five players in double figures.

Kayla Ivy, a 5'5" freshman point guard for Highline was injured in the first half and did not return to action.

With no game this past Wednesday, Highline has a few days to rest and get healthy before traveling to South Puget Sound this Saturday, Feb. 15 at 6 p.m.

Highline will then travel to Green River for a key game next Wednesday, Feb. 19 at 6 p.m.

By Ryan Macri Staff Reporter

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

"They just need to want to win," said Luvaas.

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

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

"They just need to want to win."

An All-American is when a wrestler finishes the season ranked in the top eight in his weight class.

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, Clackamas' wrestling team.

"The teams competing in the tournament will be Clackamas, North Idaho College, Western Oregon Community College, Northwest College, Western Oregon 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 T-Birds are in Rock Springs, Wyo. waiting to compete in the NJCAA Western District Championship that will be held on Saturday.

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

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An All-American is when a wrestler finishes the season ranked in the top eight in his class.

After the Western District Championships, the top four wrestlers from each weight class, and 10 wild cards will move on to compete in the NJCAA Championships.

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An All-American is when a wrestler finishes the season ranked in the top eight in his class.

After the Western District Championships, the top four wrestlers from each weight class, and 10 wild cards will move on to compete in the NJCAA Championships.
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?
8. FOOD & DRINK: What are the ingredients in The Rickey cocktail?
9. FAMOUS QUOTATIONS: What 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?

**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
7. Australia
8. Gin or bourbon, lime juice and soda water
9. Henry David Thoreau
10. Bookkeeper

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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.

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

**Ingredients:**
- 1/4 teaspoon sesame oil
- 1 teaspoon canola oil
- 1 teaspoon chili paste

**Directions:**
In a large skillet combine chicken and 1/4 cup of 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!

Volunteer Park Conservatory Photo

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 more information 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-board starts at 9 p.m. at 1611 Faireview 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 need 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.
It’s more than hearts, chocolate?

By Rebecca Slarkey
Staff Reporter

With Valentine’s Day tomorrow, people are scrabbling 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.

“Many people today believe that Valentine’s Day is a day for lovers—but this pattern has changed in the last 10 to 20 years,” said Dr. Craig Hurd-McKenney, a Highline instructor. “It’s often said that St. Valentine’s Day has its roots in the Roman pagan celebration of Lupercalia, said Dr. Teri Balkenende, a Highline history professor.

Around this time was when St. Valentine’s Day emerged, Dr. Balkenende said. “It was common practice within the 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 dedicated to the martyrdom of Christian saints is now associated with romantic love.

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

“Most commercials for Valentine’s Day are about men buying things for women,” said Highline student Michelle, who did not give her last name. “Lesbians, gay men and queer people are always left out of the equation,” she said.

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

Highline Instructor Dr. Craig Hurd-McKenney believes this pattern has changed in the 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 dedicated 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. Valentine’s, 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.

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.

“On the other hand,” Dr. Balkenende said, “if people find it fun to make cards and buy gifts 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.

“Most commercials for Valentine’s Day are about men buying things for women,” said Highline student Michelle, who did not give her last name. “Lesbians, gay men and queer people are always left out of the equation,” she said.

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

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

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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 alumna. “When I go to Target to buy chocolates for my guy on our anniversary, I know I can find the girl’s stuff, but I can’t find the guy’s stuff—buy a one, even the animals on the graphic are boys and girls. To further educate students about the diverse avances of sexual orientation and identity, the LGBTQIA Task Force will hold a sesion called "What Sexual and Gender Identity: What’s Yours and How Does It Matter at Highline?"" Allison Green will facilite the workshop on Wednesday Feb. 19 from 3:00 to 3:30pm in the Mr. Skokonk room of the Stu dent Union.

“I think diversity can only be embraced if it is fully ac cepted,” said Michelle. “We can’t expect to con sider ourselves an accepting and tolerant society if we ignore a big number of our members.”

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These miracles 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 1/4 cups granulated sugar, plus additional for dusting
- 4 1/4 ounces 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 1/4 cup all-purpose flour
- 2 large egg yolks
- 1/2 cup Confectioners’ sugar
- 2 large eggs
- Whipped cream or vanilla ice cream, optional

Directions:
1. Preheat oven to 400 F.
2. In a medium bowl, with mixer at high speed, beat 1/4 cup granulated sugar, eggs and yolks until thick and lemon-colored, about 10 minutes.
3. Fold in 1/4 cup heavy or whipping cream 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 jiggly, 8 to 10 minutes.
5. Cool in pan on wire rack 3 minutes. Run thin knife around custard cups 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), 110mg 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 it's 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 altogether from what is love, to how we experience butterflies.

Wall-E (2008)

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

By April Pacheco
Staff Reporter

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

1) Say Anything (1989)

This movie started all the clichés and has defined romantic movies since day one. Say Anything, is the movie of all movies. The Note

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.

P.S. I Love You (2007)

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 Tom, played by Joseph Gordon-Levitt, fall in love with Summer, played by Rachel McAdams.

This movie shows that love is in the air this February, and what better way to appreciate the little things of life than by watching a romantic film.
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 your 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 capability 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 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 lead to low energy and mood swings. However, chia is one of just a few plant sources that is a complete protein, meaning that it contains all of the needed protein to form 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 18.6 grams of fiber, or 42 percent of your recommend daily intake, versus 7.6 grams and 31 percent for flax.

These seeds also provide omega-3s, which help fight off depression and mood swings. Bonus: They also contain 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.

GOOD MOOD SALAD

Serves 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 Greek yogurt

1/2 cup crumbled feta cheese

4 tablespoons stone-ground mustard

1/2 cup apple cider vinegar

1/4 cup red onion, chopped

1 tablespoon chia or flax seeds

1 tablespoon honey

1/2 teaspoon salt

1/2 teaspoon black pepper

Toss all ingredients together until combined. Drizzle or toss with Greek Yogurt Dressing (recipe follows). Makes 2 servings.

Greek Yogurt Dressing

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

Green Tea

It’s full of theanine, an antioxidant that acts as a calming agent.

Berries

Blueberries, strawberries and raspberries contain anthocyanins 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 to form 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 18.6 grams of fiber, or 42 percent of your recommend daily intake, versus 7.6 grams and 31 percent for flax.

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Greek Yogurt

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

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," Jim Baylor, Director of the Writing Center, said she there lost or worried about assignments because she's not sitting behind, it helps her stay on top of things and not get behind, it helps her, "said Chan.

"I have so much going on in my English class we need to do it until I check my planner," said Chan. "In my English class we have a blog that we need to keep up to date. I never recheck -

"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.

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Sam Hong/THUNDERWORD

**Success**

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

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Sam Hong/THUNDERWORD

**Link your e-mails for campus updates**

By April Racheco
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 followed the first incident, 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 POP3/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_forw ard.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 hcctextalerts.highline.edu and log on with your highline username and password and enter the information needed on the form and hit submit.

**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.

Sam Hong/THUNDERWORD

**Turn your two-year degree into a teaching career.**

Heritage University offers you a Bachelor of Education right here on campus at Highline Community College. For details, visit us in Building 9 at Highline or email seattle@heritage.edu.
Students to compete in Pacific Rim Collegiate Cyber Defense Competition

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 Computing 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), Whittier 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 competition, 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, Sparrow, Splunk, T-Mobile, U.S. Department of Homeland Security and VMware.

Join the fun on April 25 and 27! Attendees will get to meet the students and see the competition in action. The event is free and open to the public.

For more information, visit the Pacific Rim Competition website at http://www.pacificrimcompetitio

Secondary pupils invade campus for Science Olympiad

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