The battle against stress

Treatment can be effective

By Rebecca Starkey
Staff Reporter

Many soldiers return home wounded, but some wounds are not physically visible.

Post-traumatic stress disorder (PTSD) affects about 5.2 million adults each year, many of whom are veterans. However, treatment is a realistic option, says Highline’s veteran’s program coordinator.

According to the U.S. Department of Veterans Affairs, 602,272 veterans currently reside in the state of Washington, an estimated 200 of whom are students at Highline.

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According to the U.S. Department of Veterans Affairs, 602,272 veterans currently reside in the state of Washington, an estimated 200 of whom are students at Highline.

Around 7 to 8 percent of people will experience post-traumatic stress disorder at some point in their lives, according to the Veterans Affairs department.

Post-traumatic stress disorder is an aftereffect in a person’s response to a traumatic or life threatening event. Even after the danger has passed, the person may continue to think about the traumatic event, avoid people or places that remind them of it, or become irritable and startle easily.

“PTSD is a natural reaction to severe trauma,” said Brian Galloway, Highline’s veteran’s program coordinator. “There are actual changes in a person’s biochemistry that contribute to PTSD symptoms when certain ‘triggers’ take place.”

However, this disorder is not an issue that only affects veterans.

“One myth is that it affects only military personnel and veterans,” Galloway said. “In fact, anyone who experiences or witnesses life-threatening events can develop PTSD.”

Galloway said this does not mean people necessarily will

Money for the marina?

By Kintasha Jackson
Staff Reporter

Some Des Moines officials would like to be able to charge visitors to park at the city-owned marina.

Revenue shortfalls, due in part to the current economic situation, are straining the marina’s budget and marina personnel have been looking for a way to remain solvent.

Harbormaster Joe Dusenbury said this is not a new idea. Patrons at the city’s Redondo Beach Waterfront facilities have been asked to pay for parking for the last 10 years. Both the Des Moines Marina and Redondo Beach facilities are under the same management.

Although this is an old idea, the Des Moines City Council is taking public opinion into consideration and there are various public meetings being held as well.

“The public is split. While a number of people have a knee-jerk opposition, others understand the need for more revenue to come into the

Boat owners must pay moorage fees at the marina, but cars park for free. Marina officials would like to institute parking fees to pay for upkeep.

Marina paid parking proposed

By Kintasha Jackson
Staff Reporter

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Seattle more like region of doom than legion of boom

By Caitlin Berge
Staff Reporter

The big one is coming, but no one knows when. Dr. Eric Baer spoke on earthquakes around the world at last Friday’s Science Seminar, in a presentation entitled “All Shook Up.”

The Ring of Fire is the perimeter of the Pacific Ocean where a large number of volcanic eruptions and earthquakes occur. Seattle lies directly on the ring.

The Ring of Fire is a 25,000 mile string of oceanic trenches, volcanic arcs, underwater belts and plate movements. A result of tectonic plates pushing against each other. When these plates shift, earthquakes occur, some larger than others.

More than 90 percent of the world’s earthquakes happen along the Ring of Fire. “If you live near a deep sea trench, you ought to be concerned,” Dr. Baer said.

Seattle lies on the Cascadia trench. That means we will experience a large earthquake in the future. We can expect buildings collapsing, trees falling and roadways damaged. The worst place to be in this scenario is downtown in the heart of the city, he said.

But don’t start worrying yet; it may not happen for another 500 years.

“’We’ll just have to wait and find out [when the next big quake hits us],’ Dr. Baer said. Scientists predict that this earthquake will be a magnitude 9.0. The massive destruction in the 2010 Haiti quake was only a 7.0 magnitude.

The tsunami that hit Thailand in 2004 was the effect of a magnitude 9.1 quake in the Indian ocean.

Being near the coast, Seattle is not only prone to earthquakes, but tsunamis as well. Luckily being directly on the Puget Sound, Des Moines and surrounding areas should be protected by the Olympics Mountains.

The rest of the West Coast may not be so lucky. A quake and tsunami could affect anyone from Victoria, B.C. to California. The Washington State Emergency Management Division says you need to move inland to a higher ground, anytime a quake occurs. Ideally, people should aim to be 50 feet above sea level.

Tsunamis can occur near the shore, or far offshore so it is hard to predict if a tsunami will reach you. Just like tsunamis, earthquakes come without warning. Dr. Baer said.

Each household should create a disaster plan, including food and water for up to seven days, he said.

When a disaster happens without warning, people will likely be on their own for days - even weeks - before assistance arrives.

“You will be on your own,” Dr. Baer said, “Hospitals will be unusable, roads will be damanged, and help may be unable to reach you.”

This week’s seminar will feature Highline science professor Stewart Moughon. Dr. Moughon will present “Some Of Us May Never Die: The rapidly advancing frontier of longevity research.” Science Seminar takes place in Building 3, room 102 at 2:20 p.m. on Feb. 21.

The fair will be in Building 29 from noon to 3 p.m. on Feb. 26. For more information contact Student Employment at 206-592-3350.

The Health care career fair in March

Students interested in a career in health care can now attend the Health Care Job Fair. The career fair will be conjoined with the Student Health Information fair that day.

More than 18 health care employers will be looking to fill job positions. It is recommended to dress professionally, bring copies of your resume and be prepared to talk to recruiters.

The event will be in Building 8 on March 5 from 9 a.m. to 12:30 p.m.

For more information call 206-592-3350.
**Permit pot on campus, students say**

By Ty Zumwalt
Staff Reporter

Some smokers at Highline think it’s time to reconsider the marijuana policy on campus.

"Why not? It’s legal in the state of Washington, why wouldn’t it be here?" said Reece San Luis, a student at Highline.

"I’ve smelled it here at Highline before. It’s obvious people are already doing it," he added.

"I’ve seen people smoking and smelled it," said student Michael Johnson. "I just assumed they were smoking it and no one really cared."

"The current campus standing on marijuana goes we do not allow smoking or possession on this campus," said Richard Noyer, security supervisor for Campus Safety and Security at Highline.

Washingtonians voted yes on Initiative 502 over a year ago, but it took the Washington State Liquor Control Board up until a couple months ago to put together a set of rules that everyone could follow.

Some students think it is about time Highline updates its policies.

"They should definitely let us have it on us now since it’s legal," said Jason Sayer, a student.

"I don’t see why we aren’t allowed to possess it on campus. We can everywhere else it seems like," said Jaime Lewis, another student at Highline.

Some students may be pro-marijuana at Highline, but others aren’t so much.

"I think it should stay away from campus," said Savanna Anderson, another student at Highline.

"I don’t think marijuana and learning go together," she said.

"I have no problem with people smoking it in their own privacy, but when I sit down in class to a person that reeks of it, that’s where it becomes a distraction," she said.

Larry Yok, vice president of Administration, also doesn’t want marijuana on campus.

"Highline is not reconsidering its policy on marijuana use on campus," Yok said. "Marijuana remains a controlled substance under federal law and permitting the sale and use of marijuana at the College would jeopardize our federal funding."

The smoking of marijuana is only legal when smoking in private, according to the Washington State Liquor Control Board.

Although Highline will keep marijuana off campus, there are several smoking areas.

Students can smoke on the north side of Building 8, on the west side of Building 25, outside of Building 28 and on the south side of Building 10, near the administration parking lot.

A new smoking shelter was also recently built on the north side of Building 17.

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**Building 27 gets timeout for renovations**

By Marcy Daniels
Staff Reporter

Building 27 will be going through major renovations during Spring and Summer Quarter.

The building is next to the Pavilion, and includes locker rooms and laundry rooms for athletics.

It also has a multi-purpose room that is used by the wrestling team and various physical education classes.

"Building 27 has been in need of upgrades for a long, long time. These renovations are necessary and will improve the facility functionally and aesthetically. I believe students, athletes, coaches, staff and faculty who use this building will be very happy with the improvements when they are completed," said Darren Smith, a Highline physical education teacher.

The men and women’s locker rooms will receive upgrades, including new plumbing fixtures, paint, tile floors, walls and lighting, Smith said.

"The multi-purpose room will receive a new flooring, mirrors, paint, and lighting," Smith said.

"There will also be new security doors for the whole building."

The laundry facilities and storage areas will get some upgrades including new washers, dryers, and storage lockers, Smith said.

"The building was made in the mid ’60s and it needs a major renovation," said Karen Herndon, Highline project manager.

Construction should begin March 17 and end Sept. 1.

Students have been asked to remove any items they have in lockers by March 14.

"We have done our best to limit the inconvenience of shutting down this building," Smith said.

Everything will be put back together by Fall Quarter, Herndon said.

No classes are going to be cancelled.

Students enrolling in the affected classes will be notified of the changes, and no loud noises will disturb any classes during Spring and Summer Quarter, Herndon explained.
Students, take a look in the mirror

Students need to realize that maybe they're the problem. Colleges and instructors are constantly being blamed when students fail.

But students should take a moment and rethink.

Universities have been around for centuries. If they weren't working then there wouldn't be so many successful college graduates in the world.

The life of a student is a challenging one. There are so many roles they must play from employees to somebody's child and it's a huge bundle of responsibility.

On top of it all, they have to deal with trying to find a parking spot and lugging themselves up that hill to get to class on time.

But they need to realize that they don't have to go through this alone, at least not when it comes to school.

There are so many resources available to students, and the one that they seem to forget about is that person who always stands at the front of the class.

Instructors are not out to get students and fail them; they're there to teach students how to learn and help them grow as people. They want their students to succeed.

Highline's instructors wouldn't be able to do their jobs if they didn't care about their students and their outcomes.

However, when a student fails, the instructor is blamed.

Highline strives to help students get to their next destination, but this won't happen if an effort isn't being made. So instead of sitting in class and glaring at your instructor because you're positive they are out to get you, try to actually pay attention.

Take a moment to step back and rethink your decisions, are you putting in effort and getting the results that you want? If not, then some changes need to be made and there's no time like the present.

Have something to say?

Have something you want to say to the student body? The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be about 200 words, columns should be no more than 600 words. Send submissions to thunderword@highline.edu by Monday for print on Thursday.

Submissions will be published in the next issue of the paper. Write to us!

Say what you mean, don't text what you say

Some things are better left unsaid or better yet, untexted.

In this day and age, texting can be the most convenient way of communicating.

Shoot, even my teachers send me text updates on assignments. But are we taking things too far? I think so.

People have become lazy. “Can u pass me the remote?”

There are so many things that I don't think should be said over text messages: “will you go out with me,” saying “I love you” for the first time, “will you marry me,” “it’s not you it’s me,” or “I slept with your sister.”

The list goes on and on. But somehow these texts are still being sent regardless of the fact that they lack empathy.

People are relying too much on their thumb muscles rather than their heart muscle.

If you care about the person you’re involved with, tell them. And if you don’t then you should admit it face to face.

Texting doesn’t advance communications; it creates an impersonal barrier.

When you send a text message you can reply back. “That’s fine, I hope you have a happy life,” when your body language says, “I hate you for leading me on.”

If these conversations were done in person they would be so much more real.

Because regardless of how many times you say, “I’m fine,” if you’re crying your eyes out many times you say, “I’m fine,” your body language says, “I hate you.”

And if you’re scared to talk to someone in person, just remember to always treat others how you want to be treated. Whether you and I are meant to be or not, let’s say it to each other face to face.

Bailey Williams is the all-up-in-your-face arts editor for the Thunderword.
**Hip-Hop Club breaks it down**

By Kay Mansaray  
Staff Reporter

Hip-Hop dancing instruction will be a highlight of the Hip-Hop Club’s upcoming Spring Quarter Open Mic presentations.

Club leaders say they hope offering instruction will increase interest and participation in the annual events.

“The instructors are well prepared and excited to teach some new moves,” said Donna Smolich, president of the Hip-Hop Club at Highline.

At the Hip-Hop Club the instructors will show how to do hip-hop moves.

It will include having a hip-hop workshop that the instructors will play a role in as well as teaching it to students.

In addition to the instructors performing these moves, Smolich is hoping to have more students join.

They plan on having practices held in the evenings where it will be more available to students who cannot make it in the mornings.

With more than 100 members in the Hip-Hop Club, including men and women, they are still open to having new faces join as well as having diversity within their club.

“This club has become a success that I want other clubs to use as a motivation,” Smolich said.

“We hope to start the Open Mic presentation sometime in the spring,” said Smolich. For more information on clubs, contact clubteam@highline.edu or call 206-592-3894.

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**Turning wine into water**

Fundraiser uncorks support for water projects

By Caitlin Berge  
Staff Reporter

The wine will be flowing Feb. 28 - March 2 for the 10th Annual Poverty Bay Wine Festival at the Landmark on the Sound Event Center.

Tickets are $25 if purchased in advance and $30 at the door. With purchase of a ticket, people receive 10 sampling tokens per day.

Tickets are $25 if purchased in advance and $30 at the door. With purchase of a ticket, people receive 10 sampling tokens per day. This year people may also purchase a pass for all three days for $50, receiving 10 wine sampling tokens per day.

Local artists Uncle Ernie, Ambience, Pearl Django and Kerry Wallingford will provide live music as you sip on wines from more than 25 Washington state wineries. Newcomers include Antolin Cellars and Martin & Martinez Winery.

Waving Tree Winery will be returning to the festival this year. “We have been going since the beginning,” a spokes-

man from Waving Tree said. “Ten years now.”

Proceeds are used to fund the Des Moines Rotary Club’s charitable activities, including college scholarships, support for the homeless, improving local parks and funding the Fourth of July fireworks show.

The club also supports international efforts, including the Solar Power H2O Project in Ghana, where solar panels were installed to power water pumps, to move clean water to distant villages.

Rich Jacobson, the chairman of the festival, said many sup-

porters have come to look at it as an event to kick off spring, and discover new wineries.

Hours for the festivals are Friday, Feb 28 from 5 p.m. to 10 p.m.; Saturday, March 1 from noon to 7 p.m.; and Sunday, March 2 from noon to 5 p.m.

“We always enjoy work-

ing with the Rotary Club and always have fun pouring at the festival,” the Waving Tree Winery representative said.

All attendees must be 21 and have ID. Designated driver tickets can be purchased at the door for $15.

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**This twerp almost made me want to twerk**

By Ipek Saday  
Staff Reporter

The last place I ever expected to be was at a Miley Cyrus con-

cert. It never had a home on my bucket list and I never would have gone by choice.

My cousin was dying to go but none of her friends were willing to go with her, so I took one for the team and said I would.

I had no idea what I was getting myself into. Sure, I knew her from back in her Hannah Montana days and, OK, I’m not going to lie I have definitely watched the We Can’t Stop and Wrecking Ball music video but it wasn’t by choice — I swear.

I've never been a fan of her music or her voice, and as far as the seductive dancing and revealing costumes, it has all been done before, so that didn’t phase me.

There was no way I was going to enjoy myself, I thought. I’d rather watch a platypus and porcupine have a tawking con-

test.

There I would be, a tiny alter-

tnative tugboat lost in a sea of screaming and scantily clad 16-year-old girls. Nobody could prepare themselves for that.

I tried to convince myself that this was one of those times where you sacrifice your hap-

piness for somebody else’s, that sometimes we have to do crazy things for the people we love.

I told my friends and co-

workers, who would give me wide eyes, that I was doing it for the children.

The child of course being my 18-year-old cousin, but nobody had to know that tiny detail.

So there I am, standing with my cousin who is smiling so wide eyes, that I was doing it for the children.

I was pulled in by the spec-

tacular imagery and realized that I didn’t have to like her music; just the fact that I was entertained by the visuals was enough for me.

The day after the concert I tried to listen to her album only to turn it off after two songs.

Like any good girl, Miley Cyrus deserves to be seen and heard.

Ipek Saday is a Thunderword staff reporter, and stars in her own show every day.

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 Commentary

Ipek Saday
Barnyard beauties

Professor draws on dreams of farm life

By Marcy Daniels
Staff Reporter

Marina Megale may not own a farm of her own, but that doesn’t stop her from drawing animals.
She is displaying her artwork on the fourth floor of the library. Megale teaches how to draw with graphite, watercolor, color pencils, and how to combine techniques to create a unique style, which can be seen in her work.
She is teaching Drawing for Illustration II and Beginning Drawing this quarter, and will teach Watercolor Painting and Field Art Journaling at the M a S T C e n t e r S p r i n g Quarter.
Here display includes a collection of realistic drawings of plants, aquatic life, and animals such as rabbits, cats, and sheep with many vibrant colors, simple backgrounds, fine details, and smooth textures.
“I like drawing animals because of their personalities and intelligence, I like to draw their faces and their eyes, because in their eyes I can capture their consciousness. I find their fur and feathers, textures, colors, shapes and shadows challenging and interesting,” Megale said.
“I focus on creating artwork of animals of all kinds because I want to celebrate their beauty and grace and I want to share my appreciation of their beauty and their native habitat with other people,” Megale said.
“Lately, I have been drawing and painting a series of farm animals because I am hoping to eventually have my own small self-sufficient farm and I am enjoying visualizing my future,” Megale said.
“I’m a mixed media person, but color pencils are my favorite,” Megale said.
For some of her work, she likes to start with graphite then go over with watercolor or color pencil. Megale explained, “I like to use color pencil to fill in the details.”
She described her work as highly detailed and representational. She said she often works from photographs.
The exhibit will be open until the end of February during library hours, Monday-Friday, 7 a.m. - 9 p.m., Saturday, 10 a.m. - 5 p.m., and Sunday, 2 p.m. - 9 p.m.

Burien theater rises from the ashes

By James Ford Jr.
Staff Reporter

You can’t shout fire in a crowded theater, but Burien Actors Theatre hopes the response to its latest play will be every bit as noisy.
Noises Off will open Feb. 21, the troupe’s first production since a fire destroyed its performance space last fall.
In a strange turn of events, the premise of the play is about a theater troupe putting on a play after a major fire.

This reconfiguration that was supposed to happen would have meant that the theater’s seating would have to be moved because this set would have to be moved to the floor where seating usually is.
Then the fire happened and all of the theater’s plans went up in smoke.
Burien Actors Theatre, under various names, has been in Burien for 34 years and the theater’s coordinators wanted it to stay that way.
However, the company was not sure if the City of Burien, which is the theater’s landlord, was going to rebuild the theater after the fire.
The political process began for the theater to get its space rebuilt.
BAT had to pull together with the people that loved and respected the history of the theater, its directors said.
Hundreds of the theater’s supporters sent emails to the Burien City Council, pleading with them to rebuild.
The emails were heard loud and clear by the City Council and they recently made the decision to rebuild the theater.
This news was great for the theater, but the issue of where the play was to be staged was still floating in the air like the ashes of the fire.
After weeks of negotiating with building owners, BAT was able to secure a spot at the old Staples located on 14907 4th Ave, SW, in Burien.
With this development, the show is on and the smoke has cleared.
Noises Off is a farce and is considered to be the “queen of all farces,” said Eric Dickman, artistic director of the theater.
Burien rarely produces a farce, but “if laughter is the best medicine, then Noises Off will cure your ills,” Dickman said.
Noises Off was written by Michael Frayn and this production is being directed by Mok Moser.
The cast includes Kevin Finney as Selson/Burglar; Philip Keiman as Lloyd; Thomas Maier as Frederick/Philip; Helen Roundhill as Brooke/Vicki; Natalie Schmidt as Poppy; Jessica Stepka as Belinda/Flavia; Christian Ver as Garry/Roger; Steve West as Tim; and Rochelle Wyatt as Dotgy/Mrs. Clackett.
Noises Off will open on Feb. 21 at 8 p.m. Tickets are $20 for general admission and $17 for students, seniors and active military personal.
The show starts at 2 p.m. on Sundays. On Feb. 22, tickets are two for one, and on Feb. 23 all tickets will be $7. For tickets, go to tickets@burienactorstheatre.org or call 206-242-5180.

A goose preens its feathers in one of Megale’s paintings, currently being displayed in the library gallery.

The pastoral perfection of farm animals led Highline professor Marina Megale to recreate their beauty and grace.

The show starts at 2 p.m. on
Sundays. On Feb. 22, tickets are
two for one, and on Feb. 23 all
tickets will be $7. For tickets, go
to tickets@burienactorstheatre. or call 206-242-5180.
Men’s basketball is tourney bound

T-Birds look to go into playoffs with confidence

By Mariah Campbell
Staff Reporter

Highline men’s basketball has clinched a spot in the playoffs by bringing home a win against South Puget Sound last Saturday, 75-59.

“We have now come together as a team,” freshman guard Brenton McBribb said. Highline has beaten South Puget Sound twice this season.

“South Puget Sound is still last in the West Division and will not be going to the playoffs this year,” McBribb said.

Freshman guard Doug McDaniel was the leading scorer for Highline, with 17 points and 7 total rebounds. Sophomore forward Joseph Stroud contributed 14 points, 14 total rebounds, and 7 blocks. Freshman guard Madison McCaffrey also had 14 points.

“We played great. We made a lot of mental mistakes, but all in all we had a great game,” McBribb said.

Results from Wednesday’s game against Green River were unavailable at press time.

Last time Highline played Green River Highline lost by 5 points. Green River is fighting for a spot in the playoff. They are currently fifth in the West Division with a 6-8 record and a 9-14 overall record.

Highline is currently third in the West Division with a record of 10-4 and an overall record of 19-6.

Highline has one more league game left this season.

On Feb. 22 at 3 p.m., the T-Birds will be hosting their sophomore night against Clark. This will be their last league game of the season. Clark beat Highline last time they played, 94-77.

Clark has clinched the West Division championship title as well as a spot in the playoffs with a record of 14-0 and an overall record of 22-1.

Nonetheless, Highline still believes that they can beat Clark and go into the playoffs with confidence.

“Can’t shouldn’t be in a man’s vocabulary,” Harold Lee, freshman guard said on Twitter.

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“We played great. We made a lot of mental mistakes, but all in all we had a great game,” McBribb said.

The T-Birds will not be going to the playoffs this year.

Highline is currently third in the West Division with a record of 10-4 and an overall record of 19-6.

“If we play the way we should, we will win,” said Brad Luvaas, assistant coach of the Thunderbirds. Luvaas had a clear takedown waived off in his finals match, costing him a regional championship,” he said.

“Michael Henry in my opinion has a good chance at winning the national tournament because he wrestled the way he did at regionals,” he said.

“Half of the team wrestled to expectations. The other half fell well short, as my personal expectations were to have 10 national qualifiers,” Luvaas said.

Even though Clackamas won the tournament, Head Coach Josh Rhoden said, “We didn’t wrestle as well as we should have. We lost to some guys we should have beat.”

“The only surprises were negative ones,” said Brad Luvaas, assistant coach of the Thunderbirds.

Josh Romero was robbed by horrible refereeing in his semi-finals match, and Michael Henry had a clear takedown waived off in his finals match, costing him a regional championship,” he said.

“Michael Henry in my opinion has a good chance at winning the national tournament if he wrestles the way he did at regionals,” he said.

“Half of the team wrestled to expectations. The other half fell well short, as my personal expectations were to have 10 national qualifiers,” Luvaas said.

Even though Clackamas won the tournament, Head Coach Josh Rhoden said, “We didn’t wrestle as well as we should have. We lost to some guys we should have beat.”

“The national tournament will be a lot more stressful, with larger brackets and a lot of kids that we as a team have never seen wrestle,” said Luvaas.

The T-Birds will not be changing anything as they prepare for the national tournament, Luvaas said.

“We have been practicing this tournament all year,” he said.

“We will work with all of the qualifiers individually in order to fix any inconsistencies in their performance,” he said.

The NJCAA National Tournament will be Feb. 27- March 1 in Spokane.
By Jimmy Keum

Staff Reporter

The Highline women’s basketball team needs just one win to clinch a spot in the playoffs. The Lady T-Birds defeated South Puget Sound last Saturday by a score of 74-62. Highline outrebounded South Puget Sound 53-35 and used 23 offensive rebounds for 25 second-chance points. The team was led by Lanae Adams who scored 18 points and grabbed 13 rebounds.

Ionna Price also scored 18 points and added 6 rebounds.

Highline is currently tied with Centralia for third place in the NWAACC West Division with a 9-5 record (18-8 overall). Each team has two games left in league play before the playoffs begin.

In their last meeting, Highline defeated Green River 80-52. Highline guard/forward Victoria Elleyby scored a season-high 26 points that game along with 13 rebounds.

“We know how important this game is,” said 5’5” freshmen guard Kayla Ivy.

Highline can also clinch a playoff spot with a Pierce loss in one of their last two games of the season.

The Lady T-Birds understand the importance of finishing out the season on a positive note.

“We need to stay positive and work hard together,” said 5’3” freshman guard Jordan Armstrong.

With 5’10” freshman guard Jada Piper out for the season with a broken pinky finger, the team will have to play together to fill her absence.

“I’m disappointed that I can’t play and help the team,” Piper said.

Piper is leading the team in scoring average at 13.78 points per game. Highline has had other players step up in Piper’s absence to fill the scoring that she provided.

“We have players who can and have stepped up in her absence,” said Head Coach Amber Mosley.

“We need to work on not being complacent after the first half,” Ivy said.

In their most recent loss against Centralia, Highline was up eight points after the first half, but was outscored by 11 in the second half.

“Instead of keeping our foot on the gas, we get into cruise control, which can’t happen,” Ivy said.

“Focusing on mental mistakes is how we can improve,” Armstrong said.

Highline will play their last league game at home this Saturday, Feb. 22, at 1 p.m. against 13-1 Clark, who is currently in first place in the West region.

If the Lady T-Birds win against Green River they will clinch a spot in the playoffs. Results of the Green River game were unavailable at press time.

The Highline Lady T-Birds practice earlier this week for upcoming games.

Sam Hong/THUNDERWORD

By Chris Richcreek

1. Name the last Big Ten baseball team before Indiana in 2013 to reach the College World Series.

2. Who was the last starting pitcher before Detroit’s Max Scherzer in 2013 to start a season 11-0?

3. Name the two running backs who rushed for back-to-back 1,000-yard seasons for the Miami Dolphins.

4. In 2013, Liberty became the second men’s basketball team to get a spot in the NCAA Tournament despite losing 20 games. Who was the first?

5. Three NHL goaltenders who rushed for back-to-back 1,000-yard seasons for the Miami Dolphins.

6. Eight drivers have made NASCAR’s “Chase for the Cup” at least seven times during its first 10 years (2004-03). Name five of them.

7. Seven -- Margaret Court, Chris Evert, Steffi Graf, Billie Jean King, Helen Wills Moody, Martina Navratilova and Serena Williams.

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1. LANGUAGE: What does the word “glabrous” mean?

2. MUSIC: Which folk music group recorded the original theme song to Gilligan’s Island?

3. LITERATURE: In which of Shakespeare’s plays does the character of Titania appear?

4. GOVERNMENT: What are the five rights guaranteed in the First Amendment of the U.S. Constitution?

5. GEOGRAPHY: Mexico is divided into how many states?

6. ENTERTAINMENT: What was the title of Elvis Presley’s first movie?

7. MEDICAL: How is dengue fever transmitted?

8. HISTORY: Which World War II general earned the nickname “The Desert Fox”?

9. GENERAL KNOWLEDGE: Where does the phrase “eat, drink and be merry” come from?

10. INVENTIONS: Who invented the bathyscaphe, used for underwater exploration?

**Answers**

1. Hair salon request
2. Flour holder, maybe
3. Barrel piece
4. Paradise
5. Branch
6. Grooving on
dust?
7. Chesapeake, for one
8. “Wozzeck”
9. Composers
10. Sandwich treat

1. Prior night
2. Progressive
3. Rods’ partners
4. Scepter
topper
5. Past
6. “Ghosts”
7. Playwright
8. Victory
9. Melt
10. Green land

1. Makes neat
2. Big rigs
3. Prized
4. Oktoberfest
5. Beat
6. Ford
7. Predecessor
8. Attempt
9. Queen of
10. Oklahoma

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Lowe’s
continued from page 1
cause of his class schedule.
“I started parking at Highline
this quarter because I get here so
early. If I got here later I would
go back to parking at Lowe’s,” he
said.
He said a new schedule might
force him to start parking at
Lowe’s again.
“If I were to take later classes
I would have to find parking off
campus and Lowe’s is the most
convenient,” he said.
He said there is nothing
stopping him from parking at
Lowe’s in the future.
Other students don’t want to pay
for parking permits.
“I don’t want to pay for the
parking fee because it’s just too
expensive and I always hear
other students complaining on
not even finding parking, so I
park at Lowe’s because I know
I will find a spot,” said student
Dennis Del Toro.
“I’m here for 45 minutes
day and I’m taking online
classes so I think it’s a little ri-
diculous to buy a parking pass.
If there was a way to do a part
time parking permit which is
$25 versus like $50 for a regu-
lar pass that would be much
easier,” said student Abigail Cate.
“Plus it costs more to take a
bus everyday in my situation
and I’m only taking two credits
at noon and the odds of getting
a parking space on campus is
nonexistent.”
Part-time parking permits are
available for students registered
for five or less credits for a quar-
ter. They are $29.
Rodgers said Lowe’s parking
lot is the most convenient.
“In the past I’ve just decided
it’s easier to park at Lowe’s and
walk the extra 100 feet and not
have to pay,” he said.
Rodgers said parking at
Lowe’s is no worse than park-
ing lot to camouflage their cars
by parking in the back so that
people going into the store can
park closer to the entrance,” Field
said.
“I heard about how the gen-
eral manager is upset because he
wants the space for the custom-
ers. Most of the students have
been using the front of the park-
ing lot to camouflage their cars
so they don’t get ticketed,” said
Field.
Field said she doesn’t think
Lowe’s has taken a financial hit
from students parking.
“Parking at Lowe’s isn’t that
bad. You have to walk across
Highway 99 is all. Other than
that it’s just like parking in the
east lot,” Rodgers said.
He said he would be in for
some tough decisions if Lowe’s
does decide to take action
against people parking in their
lot.
“Where else are we going to
park if Lowe’s won’t let us park
there? Highline’s parking lots
aren’t getting any better,” he
said.
Other students say they are
benefiting from the distance of
having to park across the high-
way.
“I enjoy the walk,” said Ni-
cole Field.
She said it’s more about sav-
ing money and getting exercise
than it is about convenience.
“It would be easy for me to
buy a parking pass here, but I’m
parking for free over there and
I get a little bonus exercise,”
Field said.

Many students park in Lowe’s parking lot to avoid buying parking permits from Highline, however some park there to avoid the stress and hassle of parking on campus. Whatever their reasons, many students continue to use the hardware giant’s lot, despite towing threats.

Field said she doesn’t see the
harm in parking at Lowe’s.
“Every time I’ve parked
there it’s never been super full,”
she said.
She said students park away
from customers.
“Everyone from Highline
parks in the back so that people
going into the store can park
closer to the entrance,” Field
said.
“I heard about how the gen-
eral manager is upset because he
wants the space for the custom-
ers. Most of the students have
been using the front of the park-
ing lot to camouflage their cars
so they don’t get ticketed,” said
Field.
Field said she doesn’t think
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from students parking.

“I don’t think we are hurting
their business,” she said.
She said if Lowe’s started
towing people she would not
park there any more.
“If it came down to it I could
park at Highline. I don’t want
to, but I would,” she said.
Field said parking at High-
line makes her life difficult.
“Parking here creates stress
in my life,” she said.
She said the difficulty of
finding a spot in the morning
can cause conflict among stu-
dents.
“Trying to beat other people
to parking spots can get super
competitive. People get heat-
ed,” she said.
Other students agree.
“I would park at the school
but every time I get there, I see a
spot then out of nowhere some-
one gets it before I do, which is
frustrating. So I just end up go-
ing to Lowe’s,” said student Ni-
cole Maipe.
She said she has to wake up
earlier when parking at High-
line.
“If I know I’m going to be
parking on campus I have to get
up earlier. I try to make it here
about a half hour early so I can
have time to drive around and
find a decent spot,” she said.
Some students say they are
worried about the prospect of
Lowe’s towing.
“I hope that they don’t start
towing cars, that leaves me
to come to school really early
just to have a spot, which baffles
me,” said student Kanu Abdul.
“I understand where Lowe’s
is coming from, but where are
we the students suppose to park
when everywhere else seems to
be full?” said student Nicholas
Jeffery.
Staff reporters Ed Hones,
Kay Mansaray, and Amy Sato
contributed to this story.
Learn how to clean up Puget Sound

By Josué Chavez
Staff Reporter

Members of the Highline community who are concerned about the deterioration of the Puget Sound ecosystem have an opportunity in March to learn ways they can help.

The Puget Sound watershed is threatened by habitat loss, shoreline development, and degraded water quality—and it is up to the people to restore and protect our environment, said coordinator Rachel Benbrook.

Another program coordinator, Leilah Scharlau, said the program strives to create a community of leaders to become productively engaged to support a healthy Sound and healthy watersheds.

Those who participate in the program will receive 50 hours of training in the form of weekday evening classes from 6 to 8:30 p.m. and a few Saturday field sessions from 10 a.m. to 4 p.m.

Three CATS sessions will be offered in 2014 for people living around the Puget Sound area.

In addition to the Seattle area sessions, classes for those living in Everett and Olympic Peninsula will begin in late September. There is a limit of 35 participants per session.

The training sessions will be conducted on a diverse spectrum of issues related to Puget Sound recovery and by presenters who are experts in their field, Scharlau said.

Following this comprehensive training program, participants will give back by volunteering at least 50 hours to plan and complete a service project in their community related to prevention of storm water pollution, protection/restoration of habitat, and recovery of shellfish beds, Scharlau said.

Scharlau became a coordinator for the program because she loves the marine environment. She grew up with a love for animals.

“If we don’t take care of our environment, these animals can’t survive,” Scharlau said.

Participants who were part of a previous CATS session had interesting things to say about their experience.

“I really liked learning about the Native American tribes around here, like Lummi Nation tribe, Nooksack tribe, learning about their power and how they have a strong say in the restoration efforts around those parts of the Puget Sound,” Jacob Breld said.

“‘The beauty about this program is that its not just about one species or one type of habitat, its about the watersheds of the entire Puget Sound. I feel so much more informed and so grateful that I have a project that was inspired through this program that will allow me to go out and do the work I want to do,’” Bruce Hostetter said.

Hostetter also said if anyone is considering joining the program, he highly recommends it because the instruction was excellent. He also said the preparation you receive to serve the needs of the environment based upon your own passions and interests is exciting.

“It gave me the tools and the pathway to find different organizations to work with and also the right way to go about affecting local politics and local projects surrounding restoration of our ecosystems,” James Bertsson said.

“I liked that we had the ability to network with other people. There were people from different aspects of life here and everyone has a very different perspective,” Ken Carrasco said.

To apply for the program, go to pugetsoundcats.org or call CATS coordinator Scharlau at 360-888-0865.

Applications for CATS Seattle sessions are due Feb. 28.

Transfer season is upon Highline

By Derek Bird
Staff Reporter

Highline’s Transfer Center is open Monday to Friday for students who are looking to transfer to a college or university and seeking extra help.

They also offer resources such as college and scholarship handbooks, admissions guides on select majors and programs, computers to access information and complete online applications, catalogs and more.

Transfer Center Director Siew Lai Lilley encourages students to “Start your planning early.” Some selective majors accept students only once or twice a year.

Highline student Victor Pilipchuk is transferring to UW Tacoma once he completes this last quarter and receives 90 credits. He plans to major in finance and says the hardest part of transferring is “deciding which school has the best opportunity for you.”

Students can drop by any time during open hours to speak with an advisor assistant or a student worker.

Advisers are only in the Transfer Center during advising hours. The Transfer Center is located on the first floor in Building 6, room 164, next to Campus Security.

Visit the center or the website at www.transfercenter.highline.edu for the hours. Hours vary from day to day.

For students applying for UW Tacoma, half-hour individual advising appointments are Monday, Feb. 24 from 9 a.m. to 4 p.m.

Fan of the Week

Dean Hostetter was selected as the Fan of the Week.

“I really like the student section,” Hostetter said. “If we don’t take care of our environment, these animals can’t survive.”

Hostetter also said if anyone is considering joining the program, he highly recommends it because the instruction was excellent. He also said the preparation you receive to serve the needs of the environment based upon your own passions and interests is exciting.

“If we don’t take care of our environment, these animals can’t survive,” Hostetter said.

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Marina

continued from page 1

Marina to help maintain it,” said Mayor Dave Kaplan. Harbormaster Dusenbury would like to see this take effect and so would the Mayor. Although there is some support for the city to enforce a pay for parking initiative at the Marina, Mayor Kaplan said, “I think it is highly unlikely that this proposal would pass.”

Dusenbury said it’s “a matter of equity,” and it is the product of difficult economic times. The idea is to “spread the burden” to keep the marina in good condition, Dusenbury said.

In addition to this, Mayor Kaplan said, “If it were adopted, the benefit to the city is that those who use the marina would pay anything toward the marina, in the City of Des Moines do not.”

cilmember Jeanette Burrage is against the idea of paying for parking at the marina. She said current people who reside in the City of Des Moines do not pay anything toward the marina, but it is open for public use anyway. Kaplan said boat owners who use the marina would keep the marina in good condition.

Normal pay-to-park procedures would be in place. A parking attendant would come around and check to make sure people have paid, and if they failed to do so a citation would be issued.

PTSD

continued from page 1

develop the disorder, but they can. “Not everyone reacts to severe trauma the same way,” Galloway said.

Galloway says that for people with post-traumatic stress disorder, treatment is a realistic option. Galloway said that although symptoms of the disorder are distressing, it does not have to be a permanent part of your identity.

You are a person with PTSD, it doesn’t define you,” Galloway said. “Many people have overcome PTSD and recovered.”

Highline’s Counseling Center is a resource available to students experiencing post-traumatic stress disorder, whether they are veterans or not, Galloway said.

The Counseling Center is located on the upper level of Building 6, in the Student Development Center and it is open Monday through Thursday, 8 a.m. to 5 p.m. and Friday, 9 a.m. to 5 p.m.

Galloway said the Veterans Services Office can help with referrals, however if they are reluctant to go to the Counseling Center, student veterans can also be referred to Veteran Affairs or to community providers who specialize in counseling for the disorder.

Various myths and stereotypes surround the disorder, which veterans in particular must deal with continually. “Myth always develop when the facts and the reality aren’t known or properly understood,” Galloway said.

Common myths surrounding the disorder include thinking people living with the disorder are weak or dangerous, that treatment is a waste of time, or that the disorder is not even real. “[Myths] can be dispelled by learning what PTSD really is, how it can be treated, and hearing the stories of those who’ve done that successfully,” he said.

Galloway said that one of the biggest things someone can do to support someone with the disorder is to listen. “Just listen,” Galloway said. “Be willing to actively listen and don’t try to re-write the story.”

Galloway said that part of this process is also being prepared for anything. “Be prepared emotionally ahead of time for what you might hear, and don’t add to the person’s struggles by your own emotional reaction,” Galloway said. “If you’re not ready to listen, don’t. That could do more harm than good.”

If you or a person you know are experiencing post-traumatic stress disorder, Highline provides counseling services and veterans can pursue advice on how to begin the process of treatment with Veteran Services, located on the lower floor of Building 6, open Monday through Thursday from noon to 4 p.m. or by appointment on Friday.

Charging for parking at the marina could fund maintenance and operation costs. she would rather see funding from the state in the form of sales tax equalization rather than paid parking at the marina and is more concerned with getting it open for operation. On the opposing side, Councilmember Jeanette Burrage is against the idea of paying for parking at the marina. She said parking fees at the Marina are expected to bring in revenues of approximately $15,000 to $18,000 annually. Revenues would go toward capital improvements, such as building repairs, putting in a public rest room and keeping the marina up to acceptable standards.

Residents of the marina boats would not be charged for parking and would be given permits. Normal pay-to-park procedures would be in place. A parking attendant would come around and check to make sure people have paid, and if they failed to do so a citation would be issued.

This issue will have to go through a vote of the Des Moines City Council in order to go into effect, but the measure has not been formally proposed.

better parking up the hill on 7th Avenue and Marine View Drive.

“To put paid parking in the marina now will make those other places more crowded, which would likely hurt the businesses there,” said Burrage. Parking fees at the Marina are expected to bring in revenues of approximately $15,000 to $18,000 annually. Revenues would go toward capital improvements, such as building repairs, putting in a public rest room and keeping the marina up to acceptable standards.

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