

# the THUNDERWORD

Highline Community College | March 6, 2014 | Volume 51, Issue 19

## Highline hero saves himself

By Ed Hones  
Staff Reporter

When Skyman appears on the horizon, his presence demands your attention.

First, he's nearly six feet tall and well over 300 pounds. He's dressed head-to-toe as a superhero and one's initial reaction is to be wary. But soon he hooks you.

You're in the presence of righteousness.

"My purpose is to help others. The suit and everything else help me do that," said Skylar Nichols, Skyman's alter ego.

Nichols wears a tricolored combat suit called the Supersuit. He said wearing the Supersuit helps him spread awareness.

"It serves as a tool to get people interested in community outreach," he said.

He said some people find the Supersuit and brightly colored combat regalia to be odd and that he welcomes this response and the added attention.

"I want to attract attention. I wear the Supersuit to draw attention," he said.

He said wearing the suit can help start a dialogue.

"My hope is that people come up to me and ask me why I'm dressed this way. It makes it easier to start a conversation," Nichols said.

Nichols said he wants to get others interested in a good cause.

"I'm not promoting myself.



Emma FitzPatrick/THUNDERWORD

*Skylar Nichols, also known as Skyman, created his superhero persona to save and inspire others while helping himself.*

I'm trying to spread awareness for a cause worth fighting for," he said.

He said he wants to inspire change.

"I like to pass on my own experience and hopefully inspire

others to go out and take positive action in their own community," he said.

Nichols said by helping others he is ultimately helping himself.

See Skyman, page 12

## Sparks fly over smoking policy

By Ty Zumwalt  
Staff Reporter

Highline's current policy of restricting smoking to designated areas and banning marijuana seems to be working pretty well, a top administrator said.

However, some students are unhappy with the persistent problems that may be getting overlooked.

"I think the current smoking policy works pretty well," said Larry Yok, vice president of administration.

"It accommodates the desire by nonsmokers to be free of second-hand smoke and unpleasant tobacco odors while still providing legitimate areas for those who do smoke," he said.

But Hannah Agostino, a student at Highline, thinks there are still things to fix, and she might not be the only one.

"Sometimes I go into the bathroom and it smells terrible in there. I don't know how anyone thinks it's OK to smoke anything in there," she said.

People smoking outside of restricted areas is just one of the current problems that seem to go unnoticed by administration, some students said.

"I usually make an effort to smoke in a proper area," said a Highline smoker who wished

to remain anonymous.

"But occasionally, there have been times when I light up on the way to and from class," he said.

"One problem I would like to see get fixed is smokers get better at throwing their cigarette butts away," said Richard Noyer, campus security supervisor.

"It has gotten better since the college put cigarette butt containers at each location. However the smokers still occasionally just toss their butts to the ground," he said.

"I throw my butts away more times than not, but I see others who don't. They just stomp it out and head off to class," said Jake Bradel, a Highline smoker.

But throwing away butts isn't the only problem.

"I can still smell marijuana being smoked around campus," said Savanna Anderson, a student at Highline.

Highline's current policy states there is no tolerance for marijuana on campus.

Meanwhile Barry Holldorf, director of facilities and operations, is leading a project to build a new smoking shelter to fix the issue in front of Building 17.

Students have still been smoking on the north end of

See Smoking, page 12

## Security dials up rolling deadline on lost phones

By Michaela Vue  
Staff Reporter

The security office will donate all lost items turned in at the beginning of this quarter today.

Lost items have a 60-day period before being donated.

Ten cell phones (mostly smart phones) have been turned into the security office this quar-

ter. Seven of them remain unclaimed.

Items that reach the 60-day period are donated to benefit people on campus.

"If it's phones, we give them to Women's Programs," said Richard Noyer, campus safety supervisor.

The phones are refurbished and then given to women who need them.

Cell phones often remain unclaimed because students will only check the place that they lost their phones.

For example students will check the library where they lost their phone and not find it there, because the library may have turned it into the security office already.

Noyer advises to check both the place that you lost your

phone and the security office.

If the library has a student's cell phone, the student can claim it there said library tech Sabrina Sandell.

Sandell says they have at least two unclaimed cell phones at any given time.

Other items such as calculators will go to the math department, while money goes to the Highline Foundation.

Any items that cannot be used at Highline are donated to Goodwill or the Salvation Army.

Other commonly lost items are textbooks.

Students often forget that they lent their textbooks to friends and report them as lost, Noyer said.

The security office is located in Building 6 on the first floor.

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#### Page 6

Actress's passion is rekindled in 'Pretty Fire' show



#### Page 7

T-Bird men finish third at NWAACC tournament



#### Page 9

Statistics students show link for health care majors





## Des Moines Library voyeur caught and arrested

A man was arrested on Feb. 27 after a woman reported someone taking pictures of her in a stall in the Des Moines Library restroom.

The woman swatted the man's phone away when she noticed him taking pictures.

The man who was wearing women's clothing ran away while the victim contacted a library employee.

The police were notified and seized the cell phone at the scene.

The man was reported taking off a skirt running west and was then found under a trailer and arrested.

The suspect is of Hispanic descent, around 40 years old. He has been transferred to the King County Jail in Seattle.

## Argument gets out of hand

Library staff called Campus Security after a male became argumentative and began to curse at them on March 2.

The male ran out of the library after he noticed the staff on the phone with Campus Security.

Library employees were able to give a description of the male to security but they were not able to find the individual.

## Student goes to Highline hospital

ESL student was transported to The Highline Medical Center last Tuesday around 9 a.m.

The student was walking near Building 8 when he tripped on the last step on the first floor staircase.

A Campus Security officer was on the second floor when the incident happened and noticed a group of students helping the individual out before he called 911.

South King Fire & Rescue arrived and took the student's vitals.

## Claim your lost items at Security

If you have lost anything there is a chance security has it.

Items that have been lost and turned over to security can be picked up at the security office in Building 6.

**Compiled By  
-Brenda Carrillo**

# Prof stresses need to keep tech usable

**By Caitlin Berge**  
Staff Reporter

Tina Ostrander spoke on usability at last Friday's Science Seminar, in a presentation titled "Don't Make Me Think."

"Usability is making sure something works, and works well," Ostrander said. Ostrander teaches computer science and web development courses at Highline.

"Designers think they are doing us a favor by giving us more and more options," Ostrander said. "But it doesn't matter how great it is if no one can use it."

But often all the options just overwhelm people.

"People like simple sites, with all the normal things we expect to see," Ostrander said.

The more choices you have, the more mistakes you make, Ostrander said. Every new



Tina Ostrander

choice doubles the chance for mistakes.

Consistency helps the user navigate the site. The search bar is generally in the upper right hand corner, and there is usually a menu on top to help you find what you are looking for.

iPhone software updates are notorious for poor usability. The constant updates make it hard for users to keep up with the ever-changing software.

Your brain has a model of how things should look and feel. If it is missing something you consciously and unconsciously reject it, Ostrander said.

Usability experts have to think about the interactions people will have with their computers and other devices, and then determine what they can do to make it usable for the users.

Experts use techniques like data analysis to figure out how many people use the site, and how long they stay on it.

Tracking complaints is also important to tailor your program to the user's usability needs.

These experts also make sure

the website is similar to other sites the users uses, she said.

This is called the exposure effect; the more familiar you are with the sight, the more you prefer it.

"We are creatures of habit, once we find something that works we stick with it," Ostrander said, "and we like things that are easy to think about."

In other words, don't make me think.

This week's seminar will feature Highline physical education professor Darin Smith. Smith will present "Exercise and the Brain: Movement as Medicine for the Mind."

Reducing stress levels through exercise is something all students could use with finals week approaching quickly.

Science Seminar takes place in Building 3, room 102 at 2:20 p.m. on March 7.



## MaST summer camp is July 7-11

The MaST Center will be hosting a marine science camp this summer for students currently in third, fourth and fifth grades.

For parents looking to have some time away from their children but want them to have fun then Science on the Sound Marine Science Camp may be the solution.

The camp cost \$75 and there is limited space so turning in an application is important. The applications are available online at [mast.highline.edu/summer-camp.php](http://mast.highline.edu/summer-camp.php).

The camp will be start July 7 and end July 11 and run from 8 a.m. to noon, at the MaST Center's Redondo site.

For more information contact Rus Higley at [rhigley@highline.edu](mailto:rhigley@highline.edu) or call 206-715-0576.

## First Friday will focus on leadership

Center for Leadership and Service will host its second First Friday.

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

The Biology of Burnout will be presented by Kirin Bhatti, the organizer for Zenu Healing.

The event will be on Friday, March 7 from 2 to 4 p.m. in the Mt. Constance room in Building 8.

For more information call 206-592-3536.

# Order parking permits early

**By Brenda Carrillo**  
Staff Reporter

Spring Quarter parking permits will be available starting March 17 in Building 2 during finals week.

Express pick up is available the first week of the Spring Quarter, March 31 – April 3 in Building 2.

Highline is requiring all Highline and CWU students to register their vehicles online.

Students can pay at the cashier's office in Building

6 or online at [parking.highline.edu](http://parking.highline.edu). This must be done in the beginning of every quarter

Parking permits can also be purchased online from the bookstore for no extra charge at [highlinebookstore.com](http://highlinebookstore.com).

Students need to bring their permit from the previous quarter to renew their new one.

Students who ride the bus and purchase an ORCA card will receive a 15 percent reimbursement, not to exceed \$15.

Students can pick up the

form in Building 6 or print it out on Highline's website.

You can submit the form and attach the ORCA receipt in the drop box in Building 6.

Highline staff encourages all students to renew their permits for Spring Quarter as soon as possible to avoid the busy lines in the beginning of the first week of classes.

Starting April 2 tickets will be written for not displaying a current passes.

Full-time permits are \$46 and part-time permits are \$29.

# Be a reporter (or just look like one)

**Take Journalism 101  
in Spring Quarter  
Item No. 4258  
11 a.m. daily**



And earn that second writing credit while thrilling your loved ones and amazing your friends!





Sam Hong/THUNDERWORD

## Students share their art at Open Mic

*The Hip-Hop Club hosted an Open Mic event last Thursday, Feb. 27. Students Michael Amor (top) and Clovis Mutombo (right) sang and played their acoustic guitars and students Evonte and Wes (below) freestyle rapped.*



## Men and women of vision come together to discuss social justice

**By Kay Mansaray**  
Staff Reporter

Students say they are concerned about racial profiling on the Highline campus. Recent e-mails sent out regarding the rash of crimes occurring on the campus have sparked complaints that particular groups are being unfairly depicted as prone to criminal activity. The Intercultural Center will be combining Women and Men of Vision to discuss

these issues. The meeting will be held on March 12 at 11 a.m. in Building 8, room 204. All Highline students are welcome to attend. Juan Franco and Cally Somer, who are students at Highline, will be hosting the meeting. “The purpose of the meeting is we want everyone to be comfortable, and also have a welcoming environment,” Franco said. “The meeting is to focus

more on real issues, as well as to inform students. We also want everyone who attend Highline to be aware,” he added. “Social justice is a process rather than a goal,” said Cally Somer, who is the leader of Women of Vision. The meeting will bring together both clubs as a team to help find ways to break down issues that are caused by racial profiling. The meeting will also help teach students how to be more aware of their surroundings

and understand more about racial profiling. “I want the meeting to be able to inform everyone,” Franco said. “Also for the first time having Men of vision and Women of Vision be a step to focus more on the important things then being divided.” “We want to focus more on similarities rather than differences,” Franco said. “It’s important to not focus on race when it comes down to issues like this, [but] more on being aware of who its coming from.”

## Career Connections will help students find local jobs

**By Josué Chavez**  
Staff Reporter

Students will have the chance to meet people who can give them advice on finding a job in a new program starting on campus this month. Career Connections will be a series of quarterly events that bring in representatives from human resources departments and others who are on the front lines of hiring for major employers in the local community, said Alumni Coordinator Madison Gridley. The presenters will provide attendees with helpful advice on important things to do and not to do when applying, interview tips, and what their organization looks for specifically in candidates, Gridley said. The first event will take place on Thursday March 13, in the Mt. Constance room, on the first floor of Building 8, from 6-8 p.m. The speaker for that event will be Matt Cohen, the Starbucks district manager. He oversees and manages numerous Starbucks stores and is directly in charge of the hiring at those locations, Gridley said. “Our hope for the Career Connections events is that they will connect students with the employers themselves and give them an opportunity to ask questions to those who do the hiring and experience it first-hand,” Gridley said. The event is primarily for Highline alumni struggling to find a job, but Gridley encourages anyone interested in finding local jobs to attend as well. “It’s a great opportunity to meet employers and ask questions, but also to network with alumni,” Gridley said. “Attendees should bring any questions they have regarding the hiring process, interviews or directly related to being hired at the organization of the featured speaker,” Gridley said. There will also be allotted time for networking, Gridley said. Thus, attendees should be sure to bring business cards and personal contact information if they have them, she said. After the event, appetizers will be offered to attendees from 7-8 p.m.



# Veterans programs deserve more funds

The government should do more for veterans. Almost two years ago, President Obama signed different orders and acts that were meant to help support veterans. A few of these included suicide prevention programs, programs to make it easier for veterans to be employed and ones that worked to prevent homeless veterans. There are even sites created specifically to inform the public on how they can try to help and understand the situations that some veterans are in, such as knowing what the symptoms of post-traumatic stress disorder are. Many other programs have been established to assist veterans once their service is completed. Many of these include continuing education systems, health care programs provided exclusively to veterans and even counseling services that were meant to help some cope with the sudden change of lifestyle from being on the front to being on their front lawn. However, the government could expand beyond or within these already established programs. For example, the General Issue (G.I.) Bill allows veterans who want to continue or begin pursuing their college education enrollment in colleges. They are currently able to apply for military scholarships that they may use towards their tuition or other academic expenses. However, the G.I. Bill should be more liberal and be more lenient. Currently there are some veteran students at Highline who will no longer be able to attend next quarter because their funding has expired. One form of the G.I. Bill is good for four years and may be used for a degree, such as receiving an associate of arts degree and continuing their education to receive a bachelor's or master's as well. But, there are few people who are able to receive their bachelor's let alone master's in only four years, which just further shows that the expiration date for the G.I. Bill should be pushed back. The veterans programs that are in motion are not bad programs, but there is always room for improvement. The government should supply more funds; this will allow programs to help more veterans at a much faster pace. The country should give all veterans equal opportunities once their service is completed and they have returned home to their families. Whether it be buying a house, receiving a car loan or putting their children through college, the government needs to do more to help these brave individuals. These men and women have been put into dangerous situations and they deserve more than discharge papers.

## 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](mailto:thunderword@highline.edu) by Monday for print on Thursday. Submissions will be published in the next issue of the paper.

Write to us!



## Littering is bigger than you think

**Dear Editor:**  
Is a dirty environment pleasing? Littering is a massive problem in the U.S, it occurs when lazy people make lazy choices, instead of throwing their garbage in the trash they decide to throw it on the ground. Many people don't realize the numerous problems caused by littering, some of which include a hazard for the environment since it attracts rats/rodents and creates a breeding ground for bacteria (Bermudez, 2013). Also a lot of that trash can fall into the storm drain; polluting the water and also causing a threat for the wild life. Not only does littering have an impact on the wild life, but it affects all of us in a significant way. Over \$11 billion is spent each year in cleaning up the trash and all that money comes from the taxes we pay (Robertson, 2012). Wouldn't it be better if the \$11 billion go into bettering the education or free health insurance instead of something that can be easily avoided? Other problems related to littering are accidents and the waste of natural resources. The majority of the items that get littered are recyclable. Things like wrappers, bottles, and cans. Instead of these things being in a recycling bin, they are floating on the streets, which then leads to using more of our resources to create more of them when they could've been re-used had they not been littered. Also, littering contributes to vehicle accidents on the road. More than eight hundred cars get into accidents annually because of littering. Trash on the ground like plastic bags or papers, can get on the windshield and obstruct the driver's sight. Also something like a glass bottle can on a highway can puncture tires and make a situation fatal in those speeds (Wixen, 2010). And it's obvious that littering won't just completely stop. Just the way we can't prevent killing and stealing from happening, same goes with litter.

The solution begins with us and we have to take responsibility to do our part and keep the environment clean, and if everyone decides to make the right choice and throw their trash in the garbage then it will make a huge difference.

— Mandeep Singh,  
Highline student

## T-word recipe is successful treat

**Dear Editor:**  
I just wanted to let you know that we took the recipe you had in the paper for Good Mood Salad and served it in the Café today. It was very popular! We will be making it next week too. We did put on the sign that it came from the Thunderword as well. Let us know when you do one again and we can time it so that we have it when the paper comes out.

— Sandy Gonzales,  
director of dining

## Sometimes you follow your wallet

**Dear Editor:**  
I read your article in this week's Thunderword, "Your heart vs. your wallet: Choose what makes you happy," Feb. 27 - and I would like to say that you are wrong. The way the article is written, you make it sound like choosing your dream job over a "practical" job is going to be a burden or a "wrong/bad" choice. Yes, choosing a career based on financial situation rather than likes/dreams is a hard, hurtful and sometimes deadly choice. But on the other hand, if a practical career in which the person hates, despises and wishes they could change, leaves a starving, oppressed dysfunctional family with food on the table and the smiles of their children and family. Then isn't the practical job the better choice? While the dream job might not leave as much money for "self," it will leave even less money for others such as family. Now, one could say, "Yes that's true, but what about if the person isn't supporting a family? Just themselves?" Then tell me, what drove the person to pick their dream job? If you

told me, what they liked, then I would respond by saying, how were those likes decided? What influenced the person to have those likes? Example: If a person likes cooking, they might not realize that they like cooking because they enjoyed cooking for their family. But then what happens when the person separates from their family and goes into a cooking career, and finds out that they don't like cooking for others, or themselves, just the family? I understand that each person is unique, but some trends can be followed. If a person comes from a strong culture, which puts family first, then the person has a stronger incentive to pick the practical job in order to help out a family. The job someone chooses is based on how they think. I could put it like this, to one person, leaving their family and chasing their dream job is a slightly difficult choice, where as to another person they would see it as, stabbing their family in the back, leaving them to a lifetime of poverty, where as if they picked their dream job they would help and elevate the family into a better living condition, which they would be happy even if they have a horrible job. Additionally obtaining a dream job is a luxury that many people don't acquire. According to the Huffington Post, less than 30 percent of people get their dream job, this is supported by a survey done by careerbuilder.com as reported by NBC. Dream jobs are just that, dreams. Eventually one could land a "dream job." But, until that day comes, what happens in between? Sure a person might be on their way to a dream job, but their family might still be in poverty and they might be suffering. As the title of your article says: "Your heart vs. your wallet: Choose what makes you happy," but maybe the heart isn't biased on either. The line that separates dream and practical isn't black and white, it isn't pick a job that you like or a job that pays well. The line is a blurred multi-colored band, in which all possibilities and jobs may be possible, and a choice will still be made no matter what.

— Hector Rendon-Garcia,  
Highline student

# the Staff

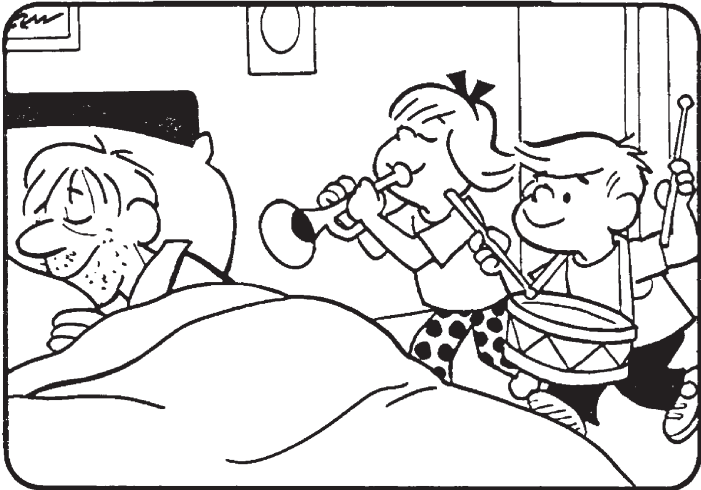
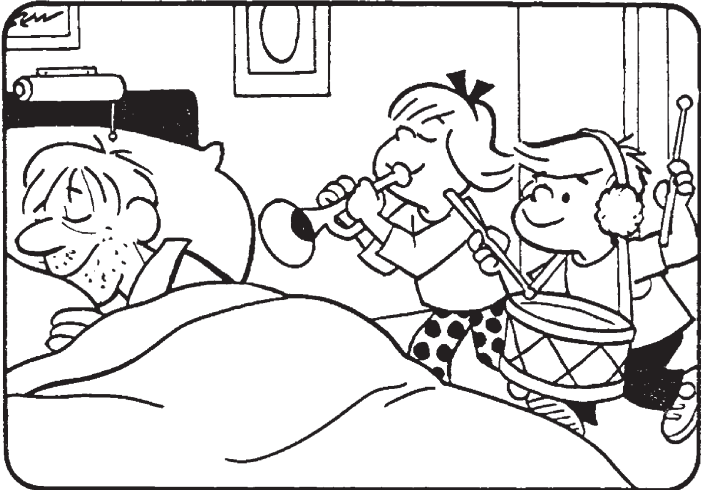
In this sweater I feel like a wet tarantula.

” E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

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**HOCUS-FOCUS** BY HENRY BOLTINOFF



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

Differences: 1. Bed lamp is missing. 2. Picture is smaller. 3. Pillow is different. 4. Sleeves are shorter. 5. Earmuffs are missing. 6. Drum is smaller.

### Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★ ★**

★ Moderate   ★ ★ Challenging  
★ ★ ★ HOO BOY!

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1. GEOGRAPHY: Where is the island of Cyprus located?
2. ANIMAL KINGDOM: What is a group of adult alligators called?
3. GENERAL KNOWLEDGE: What is the Koh-i-noor?

4. LITERATURE: What was the name of the monster in Mary Shelley's novel *Frankenstein*?
5. RELIGION: Which religion espouses the Eightfold Path?
6. OLYMPICS: A "Salchow" jump is employed in which winter sport?
7. HISTORY: How many banks of oars were used in an ancient warship called the trireme?

## King Crossword

**ACROSS**

- 1 Unexciting
- 5 Baby bear
- 8 Use a cleaver
- 12 Franc replacer
- 13 — budget
- 14 "Mary — Little Lamb"
- 15 First victim
- 16 Long-running reality game show
- 18 Gobi or Mojave
- 20 Harsh
- 21 Thy
- 23 Midmorning hour
- 24 Smith and Jones, e.g.
- 28 Kind
- 31 Eisenhower
- 32 Credit-card users' problems
- 34 With 45-Across, a martial art
- 35 Fender bender
- 37 Made an educated guess
- 39 Foot part
- 41 Layer
- 42 Open out, as a flag
- 45 See 34-Across
- 49 Unexpected

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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42	43				44		45			46	47	48
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52					53					54		
55					56					57		

- occurrence
- 6 Big name in Burma's history
- 7 Taverns
- 8 Sour cream and —
- 9 Poorer folks
- 10 Smell
- 11 Rid of rind
- 17 Ex-soldier
- 19 Street
- 22 Argue against
- 24 Comedian Caesar
- 25 Guitar's smaller cousin
- 26 Like the superintendent's apartment, maybe
- 27 Picket-sign carriers
- 29 "Norma —"
- 30 Danson or Koppel
- 33 Small diving duck
- 36 Hairpiece
- 38 Pressed
- 40 Blunder
- 42 Abbr. on a B-52
- 43 — and void
- 44 Biographer's subject
- 46 Actress Campbell
- 47 Slay
- 48 Sole
- 50 Male child

**DOWN**

- 1 Out of play
- 2 Cartoonist Goldberg
- 3 War god
- 4 One of Henry's Annes
- 5 Halloween outfits

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## Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Place a wager   — — — M — — —   Jumble one's words   — — — R — — —
2. Slow-moving mollusk   — — — — — I — — —   Curl one's lip   — — — — — R — — —
3. The very edge   — — — — — — — K — — —   Fetch   — — — — — — — G — — —
4. Touchtone or cell   — — — H — — — — —   Flat out   — — — — — R — — —
5. Herbert or J. Edgar   — — — — — — — V — — —   Kelly or Astaire   — — — — — — — F — — —
6. Artist's tripod   — — — — — A — — — — —   Ford's lemon   — — — — — — — D — — —
7. Four quarters   D — — — — — — — — — — —   Make an arrest   C — — — — — — — — — —
8. Welcome   — — — — — — — — — — —   Alexander the — — — — —   — — — — — — — — — — A — — —
9. Fashion design   — — — — — Y — — — — —   Like old bread   — — — — — — — — — — A — — —
10. Clusters of flowers   — — — — — — — — — — —   Small horses   — — — — — — — — — — N — — —

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8. SYMBOLS: What is the shape of a trefoil?
9. SCIENCE: What is phototropism?
10. LANGUAGE: What does the acronym BTU stand for?

**Answers**

1. Mediterranean Sea
2. A congregation
3. A large and famous diamond in the British crown jewels
4. It had no name but referred to itself once as "Adam"

5. Buddhism
6. Figure skating
7. Three
8. Clover, or three-leafed
9. An organism's growth in response to light
10. British Thermal Unit

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The Red Hot Chili Pipers will perform at the Centerstage! Theatre on March 8.

## Scottish band offers piping hot rock

It's Bagpipes. It's rock. It's Bag-rock. And it's coming to the Centerstage! Theatre this Saturday.

The Red Hot Chilli Pipers are a bagpipe rock group that was formed in 2002. They won the UK primetime TV talent show, *When Will I Be Famous* in 2007 and haven't stopped for a breath since.

The Pipers are an eight-piece ensemble consisting of pipers, guitarists, keyboards, and drum-

mers. Out of the eight band members, four have music degrees from the Royal Scottish Academy of Music and Drama (RSAMD) and all the Pipers have played at the top level in bagpiping.

Their unique sound is a fusion of traditional pipe tunes, which include: *The Flower of Scotland*, *The Hills of Argyll*, and *Amazing Grace*. Along with more contemporary songs

like AC/DC's *Thunderstruck*, Queen's *We Will Rock You*, Coldplay's *Clocks*, and a rock medley of *Smoke on the Water* by Deep Purple.

Tickets for the Saturday, March 8 performance are on sale online at [www.centerstage-theatre.com](http://www.centerstage-theatre.com) and are \$35. The address for the Centerstage! Theatre is 3200 SW Dash Point Road Federal Way.



- Highline's Drama Department presents *Rosencrantz and Guildenstern Are Dead* for two weekends. The show will be performed on March 6-8 and March 14 and 15, 7 p.m. in Building 4, room 122. Playwright Tom Stoppard takes two minor characters from the play *Hamlet* and spins them off into their own story in *Rosencrantz and Guildenstern Are Dead*, said drama instructor Rick Lorig. Tickets can be purchased at the door and are \$8 for general audience and \$7 for students.

- The Kent Spotlight Series brings pianist Alpin Hong to the Kent-Meridian Performing Arts Center, 10020 SE 256th St., on Friday March 21 at 7:30 p.m. Tickets are \$25 for general admission, \$22 for seniors, and \$15 for youth. For more information on the show or to purchase tickets go to [kentwa.gov/arts/spotlight/](http://kentwa.gov/arts/spotlight/).

- All the way from the heart of Harlem in New York City, the Harlem Gospel Choir bring foot-stomping, hand-clapping blues, jazz, and gospel spirituals

to Kent. They have performed for Nelson Mandela and have shared the stage with artists such as Bono, Sinéad O'Connor and Diana Ross. The choir will perform on Saturday, April 5 at 7:30 p.m. at the Kentwood Performing Arts Center, 25800 164th Ave. SE. General admission tickets are \$28, \$25 for seniors, and \$15 for youth. To purchase tickets visit [app.arts-people.com/index.php?show=37164](http://app.arts-people.com/index.php?show=37164).

- Centerstage Theater will present *Cuff Me: The Fifty Shades of Grey musical parody*. The show begins on Friday March 14 and runs Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m. and Sundays at 2 p.m. The show is for adults 18 and over only, tickets are \$30 for adults, \$25 for ages 25 and under, \$28 for military and \$28 for seniors. For more information visit [centerstagetheatre.com](http://centerstagetheatre.com).

- Once a month the Auburn Avenue Theater presents *Comedy at the Ave*. Three comedians will perform at the Auburn Avenue Theater, 10 Auburn Ave., on March 14 at 7:30 p.m. General admission tickets are \$17, \$15 for students and seniors. To purchase tickets visit [www.brownpaper-tickets.com/event/433802](http://www.brownpaper-tickets.com/event/433802).

## Classic tail comes to life in live theater

By Bailey Williams  
Staff Reporter

Kent is about to get infested by a rodent, but fortunately he's cute.

The national touring company of the Dallas Children's Theater, this Saturday March 8 at 11 a.m., will perform *Stuart Little*, at the Kent-Meridian Performing Arts Center, 10020 SE 256th St.

The Dallas Children's Theater have been performing since 1984.

This year is the companies 30th season and they have performed over 200 shows.

"Many people are familiar with E.B. White's beloved book *Stuart Little*, and with the Columbia Pictures' films," said Ronda Billerbeck, cultural programs manager of Kent Parks, Recreation and Community Services.

This opportunity is unique because it is a live theater version of the story,

she said.

"There is nothing quite like seeing live actors bring a story to life on stage right in front of you," Billerbeck said.

The Dallas Children's Theater was recognized by Time Magazine as one of the top five children's theater companies in the United States, and the only one of that group to tour nationally.

"This is a great opportunity to see top quality children's theater," Billerbeck said.

Billerbeck said that *Stuart Little* is an "endearing classic that holds a special place in the hearts of young and old alike."

"This version remains true to the original story, preserving all of its wisdom, charm and humor," she said.

General admission, senior, and youth tickets are \$10.

"It is certainly a show that adult parents will enjoy seeing with their children," she said.

For more information or to purchase tickets visit [kentwa.gov/arts/spotlight/](http://kentwa.gov/arts/spotlight/).

## 'Pretty Fire' helps rekindle actress's extinguished passion

By James Ford Jr.  
Staff Reporter

Performing the play *Pretty Fire* rekindled the spark within Tracy Hughes to keep on acting.

Hughes will reprise her role as Charlayne Woodard in *Pretty Fire*.

In 2008, Hughes started to question if she wanted to continue her acting career.

She was trying to figure out why she had a low amount of joy when it came to acting, where was the fire?

At this time of her pondering over a major life choice, she was approached by a theater in California.

Hughes was asked to perform a play called *Pretty Fire* and she accepted the role.

Little did she know, this role would change and redefine her career.

After Hughes's run in the show back in '08, she no longer questioned if acting was the right career for her.

She describes this role as being the reason that she performs.

"Performing this show gives me joy," said Hughes.

She explains that she has an opportunity to make people smile at a time when they might

need it the most.

She said that this play opens up doors that may have been closed.

"To help someone remember what they may have forgotten and now realized they missed," Hughes said.

"No matter what color or race I think every person who sees the show will find something to relate to."



Tracy Hughes

*Pretty fire* is a one-woman show comprising of five stories based on memories of Charlayne Woodard's life, and her family's.

Woodard is the playwright for *Pretty Fire*, she is a well-known actor, and writer, playing in shows such as *ER*, *Law & Order: Special Victims Unit*, *Taxi*, and *Roseanne*.

The show runs March 6-22 show times are 7:30 p.m. on Thursdays, 8 p.m. on Fridays, and Saturdays at 2 p.m. and 8 p.m.

Prices range from \$20 to \$40, and \$5 off for seniors, and students.

For ticket information visit [www.taproottheatre.org](http://www.taproottheatre.org) or contact the box office at 206-781-9707.

The Taproot Theatre is in the Kendall Center at 208 N 85th St. in Seattle's Greenwood neighborhood.



## T-Birds fall just short of title

**By Mariah Campbell**  
Staff Reporter

The Highline men's basketball team finished third in the NWAACC championships after a win against Skagit Valley in the consolation round.

The T-Birds went into the playoffs with a mindset that they could go all the way and take home the NWAACC title.

"We just have to play how Highline plays. If we do that we can beat any team," freshman guard Madison McCaffrey said.

"Our unity is the key to how far we succeed in the tournament," freshman guard Doug McDaniel said.

The T-Birds beat Clackamas, the South Division champs, 83-49. McDaniel led Highline with 17 points and 5 total rebounds. Ben Tucakovic, freshman forward, hit 80 percent of his field goals totaling to 15 points. He also had 8 defensive rebounds.

Freshman guard Jimmy Keum was close behind with 14 points and 4 rebounds.

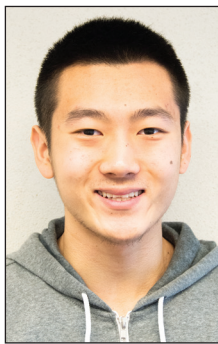
Highline scored over double the amount of points from the 3-point line than Clackamas, 33-15.

Highline's bench also outscored Clackamas' bench, 38-34.

The second day of the championship Highline took another win after playing a close game against Spokane, 65-62.

At halftime Highline was only up by 1 point, 33-32. During the second half Highline scored 32 points while Clackamas only scored 30.

Sophomore forward Joseph Stroud led the T-Birds with 19 points, 10 rebounds, and 6 blocks. Harold Lee, freshman



Jimmy Keum

guard, had 17 points and 7 assists. Stroud also made first team in the tournament.

The T-Birds' bench held up once again, outscoring the Bigfoots 19-10.

Highline also outscored Clackamas on the 3-pointer line, 21-18.

After two strong days, Pierce stopped Highline once again.

After the first half, Highline was down by 12 points. They scored 6 more points than Pierce during the second half, 40-34, but they came up short at the end.

"Pierce is in the way of our championship. Point blank period," Stroud said.

Highline has been unable to beat Pierce all season. Pierce took the win during the postseason, 77-71.

The T-Birds had high confidence and a strong defensive mindset going into the game against Pierce.

"We just have to play how we did the first two days and stay together as a team. We just have to play hard and smart on the defensive end," Tucakovic said.

"Not one player should go into this game thinking about the last three games we lost to them because this is where it counts, the play offs," Lee said.

McDaniel and Tucakovic led Highline with 7 defensive rebounds each. Stroud led offensively with 17 points. Harold Lee had 13 points and 7 assists.

The T-Birds ended their season with a win against Skagit Valley, 78-71.

McDaniel led Highline with 22 points and 6 rebounds. Tucakovic had 17 points and 12 rebounds.

"We really came together as a family this tournament. Our team showed a lot of heart and fight. We are disappointed that we didn't get the championship but we will be back and better next year," Keum said.

Portland from the South Division beat Pierce and took the NWAACC title, 92-86. This is their first time winning the NWAACC title in Portland's school history.

## Lady 'Birds drop two close ones at tournament

**By Jimmy Keum**  
Staff Reporter

The Highline women's basketball team suffered two tough losses in the NWAACC Women's Basketball Championship tournament this past weekend to end their season.

The Lady T-Birds first round game came against Lane this past Saturday, losing 71-68.

"This was a tough loss because we were so close," said 5'5" freshmen guard Kayla Ivy.

This was Highline's fourth meeting against Lane this season, with the average point differential being 2.6 points.

"It was disappointing because we feel like we're a better team," said 5'10 freshmen guard Jada Piper.

Lane came into the tournament leading the NWAACC in scoring averaging 85.5 points per game.

"Our defense was very active and effective," Ivy said.

The Lady T-Birds held Lane to only 33 percent shooting with only two players scoring in double figures.

One of those players was Shelby Snook, who was a Southern Region First Team selection and came into the tournament averaging 19.4 points.

Snook was a focus of Highline's defensive scheme, but to no avail as she poured in 31 points and seven rebounds.

"She is uncanny at getting to the basket and finishing layups," said Highline Head Coach Amber Mosley.

Snook scored 16 points in the paint and added 10 more from the free throw line.

"We let Shelby get in the paint too much," Piper said.

In the three losses to Lane, Snook scored over 30 each time.

The primary defender on Snook was 5'3" freshmen guard Jordan Armstrong, who has been known to be an aggressive defender.

Armstrong received a controversial technical foul in the second half for beating her chest out of excitement for making a key defensive play.

"They gave Jordan a technical for celebrating, which was crazy," Piper said.

Highline was in the midst of a 10-4 run to cut the lead down to two with eight minutes left to play before Armstrong received the technical.

"We were worried about having her for the next game instead of focusing on the current game," Ivy said.

This was Armstrong's sixth technical of the season.

Lane was able to hold off Highline's late push to secure the win.

"We didn't make enough plays down the stretch," Piper said.

Piper led the team with 14 points and eight rebounds.

With the loss to Lane, Highline faced Bellevue the next day to avoid elimination.

Bellevue managed to end the Lady T-Birds' season in a heartbreaking 65-63 defeat at the buzzer.

Bellevue guard Alexis Berry-smith only scored eight points

the entire game, but no two points were as big as her last.

Highline managed to tie the game at 63 with 18 seconds remaining and needed one stop to send the game into overtime.

With just three seconds left, Bellevue guard Airashay Rodgers missed a layup attempt, but right into the hands of Berry-smith who quickly shot the ball back up as it dropped in as time expired.

"It was tough to end the season like that," Piper said.

Bellevue overcame a double-digit deficit in the first half, outscoring Highline 35-27 in the second half.

"We came out with no energy after halftime," said High-

line guard Kayla Ivy.

Mental and physical fatigue from the close loss to Lane was a factor in Highline's sluggish second half.

Highline struggled to find rhythm offensively, with only Piper scoring in double figures with 18 points.

"It was difficult playing back-to-back games especially with a young team," Piper said.

Highline will lose three players to graduation and expect to have most of the freshmen returning for next season.

"We'll be back improved next year expecting to win it all," Ivy said.

Highline finished the season with a regular season record of 19-9.

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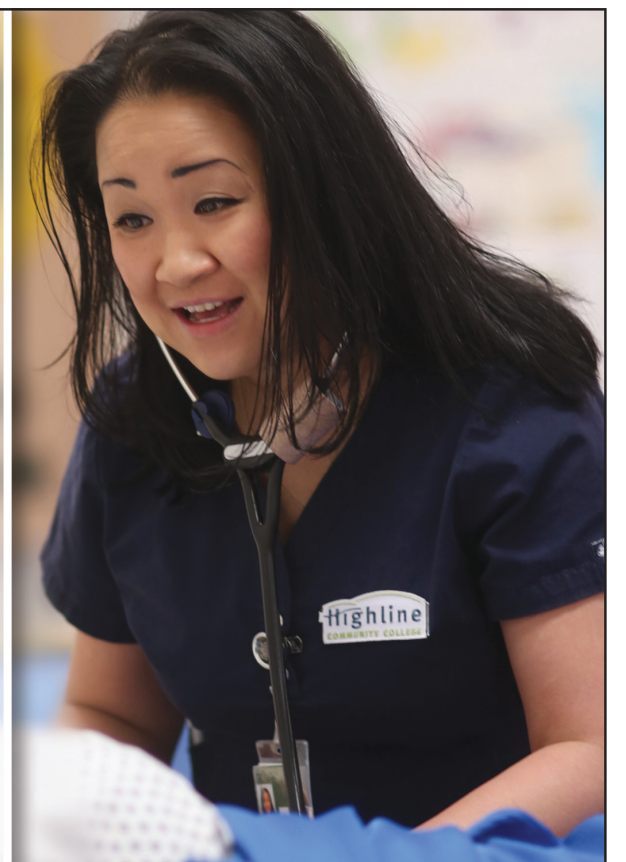
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Questions? Contact Melissa Sell at [msell@highline.edu](mailto:msell@highline.edu).

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Scoreboard

MEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Clark	16-0	26-2
Pierce	13-3	23-6
Highline	11-5	22-8
Lower Columbia	9-7	11-16
Green River	6-8	10-15
Grays Harbor	5-11	8-17
Centralia	5-11	5-19
Tacoma	4-12	9-17
So. Puget Sound	2-14	2-22
North Division		
Whatcom	11-3	18-6
Skagit Valley	11-3	18-9
Bellevue	11-3	17-10
Edmonds	9-5	17-10
Peninsula	6-8	12-11
Everett	4-10	13-15
Shoreline	2-12	6-20
Olympic	2-12	2-22
East Division		
Treasure Valley	11-3	18-8
Big Bend	10-4	21-7
Columbia Basin	9-5	16-10
Spokane	7-7	17-11
Yakima Valley	6-8	15-13
Wenatchee Valley	6-8	12-15
Walla Walla	5-9	12-16
Blue Mountain	2-12	6-20
South Division		
Portland	10-4	22-9
Clackamas	10-4	16-13
SW Oregon	10-4	21-9
Chemeketa	9-5	16-15
Mt. Hood	9-5	20-8
Lane	5-9	12-16
Umpqua	2-12	6-20

WOMEN'S BASKETBALL		
West Division		
Team	League	Season
	W-L	W-L
Clark	15-1	25-4
Lower Columbia	14-2	23-7
Highline	10-6	19-11
Centrallia	10-6	14-14
Pierce	9-7	12-14
Tacoma	7-9	13-13
So. Puget Sound	5-11	7-19
Greys Harbor	1-15	3-22
Green River	1-15	3-22
North Division		
Bellevue	13-1	20-7
Whatcom	12-2	16-8
Skagit Valley	10-4	19-8
Peninsula	8-6	11-13
Everett	5-9	8-19
Olympic	3-11	6-18
Shoreline	3-11	5-18
Edmonds	2-12	3-21
East Division		
Columbia Basin	13-1	26-4
Walla Walla	12-2	19-9
Blue Mountain	8-6	21-9
Spokane	7-7	16-14
Big Bend	6-8	16-12
Wenatchee Valley	6-8	14-15
Yakima Valley	4-10	8-19
Treasure Valley	0-14	2-25
South Division		
Umpqua	10-2	24-6
Lane	9-3	24-7
Chemeketa	8-4	18-12
Clackamas	8-4	22-7
Portland	5-7	9-15
SW Oregon	2-10	13-15
Mount Hood	0-12	2-23

# T-Bird wrestlers make the grade

## Highline wins national academic championship

By Ryan Macri  
Staff Reporter

The Highline men’s wrestling team came home from the NJ-CAA National Championships this past weekend with the NJ-CAA Academic Team of the Year award with a team GPA of 3.49.

Although they didn’t come home as wrestling champions, winning the academic team of the year was one of the three goals the T-Birds set out with in the beginning of the season.

This is the second time in the past four years that Highline has won this award.

“This reflects very well on our academic program,” said Brad Luvaas, assistant coach of the T-Birds.

The coaches preach every practice that kids have to go to class and do their homework ev-

eryday, said Luvaas. “They were very excellent at that this year.”

As for the wrestling aspect of the recent tournament, Highline didn’t have the success they were hoping for.

Unfortunately, Highline had to compete in the tournament without one of their national qualifiers. Josh Romero, at 149 pounds, suffered a knee injury at regionals and was unable to compete in the national tournament.

Highline placed 29th out of the 38 teams that competed in the tournament.

Highline only had four wrestlers compete in the tournament, as opposed to some of the top schools in the nation having a wrestler competing in every weight class.

None of the wrestlers who competed for Highline at nationals came back an All-American, although some were close.

Tyler Cormier at 197 pounds, lost in the quarterfinals, and lost in his match to become an All-

American after he rolled his ankle in the early stages of the match.

Michael Henry, heavy-weight, also lost in the quarterfinals. Then he lost his match to become an All-American on what may have been a questionable take down to a kid he beat a couple weeks ago.

Andres Tereza at 125 pounds and Elias Mason at 174 pounds each represented the T-Birds well, winning two matches over the course of the weekend.

“This is the first time in 14 years that Highline has not produced an All-American,” Luvaas said.

“Everybody wrestled up to their potential. They all wrestled very well, but you have to win the close ones and our kids didn’t,” he said.

Northeastern Oklahoma A&M won the tournament with a team score of 169.

Northwest College came in second with a score of 149, and Clackamas Community College

came in third with 139 points.

“There wasn’t much to be proud of the first half of the season,” said Luvaas. “The second half after winter break the kids came back focused.”

“Next year we need to come back with that focus,” he said.

The T-Birds hope to have better success next season, and that all begins with recruitment.

“[We need] to recruit better kids,” Luvaas said. “[We need to] recruit athletes that are here to wrestle and be student athletes, and not extracurricular activities.”

The goal is to “recruit kids that wrestling means as much as it does to Brad Luvaas and Scott Norton,” he said. Norton is the head coach of the T-Birds.

“[We are going to try] not recruiting much out of the state of Washington, its been going downhill the past 10 years,” he said. “[We are going to] try to bring in athletes that want it, and will show up with work ethic.”

# Softball team hosts auction fundraiser

By Ryan Macri  
Staff Reporter

Come out and have a chance to hit a homerun at an auction fundraiser hosted by the Lady T-Birds’ softball team tomorrow night at 6:30 p.m.

The auction is the main source of fundraising that the program does, said Scott Dillinger, head coach of the Lady T-Birds.

“It’s about 70 percent of our revenue so it’s important that we do well,” he said.

“The last two years we’ve netted about \$10-\$11,000 each year, and I’m hoping to raise that

much again,” said Dillinger.

Raising that much during this year’s auction might prove to be a challenge.

The last two years there were about 120 attendees. This year there will be about 72 attendees, not counting the VIP table.

The VIP table is one of the auction items a table can bid on to win a free table at the next year’s auction. Including the VIP table there will be about 80 attendees.

Highline’s staff and faculty play an important roll during the auction.

There will be about 15-20

faculty that attend the auction.

“For a community college that’s kind of a cool deal,” Dillinger said.

Some possible highlights of the auction items include a trip to Sun River, Ore., and maybe a trip to Arizona with the team.

The trip to Sun River includes a package flight for two plus a condo.

The silent auction starts at 6:30 p.m., then dinner start at 7:30 p.m., and the live auction will follow shortly after dinner.

The auction will be held in the Student Union.

If you have not purchased a

ticket and would like to come and participate at the auction tickets will be \$15 at the door.

If you purchase a ticket at the door you will not be getting a meal because they have to account for the meals ahead of time.

The Lady T-Birds were scheduled to play at Olympic on Tuesday but got rained out.

The game was rescheduled for yesterday with results unavailable at press time.

With weather permitting, Highline has a few games in the upcoming week, including hosting Olympic at home on March 12, at 2 and 4 p.m.

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# Passion drives nursing students, study finds

By Caitlin Berge  
Staff Reporter

Highline nursing and statistics students got surprising results when they completed a survey on why some students chose nursing as a major.

In Dr. Helen Burn's Intro to Statistics course, students are required to create their own statistical survey as their end-of-quarter project.

Naima Farah, Kennedy Morais, Mimbouabe Lare and Sambou Jammeh are all going into nursing and decided to focus their project on their major.

"Every African student we talked to is going into nursing or health care," Morais said. "We thought it was because there are many job opportunities."

Morais first attended Harry S. Truman College in Chicago, pursuing a career in business. He then transferred to Highline, and is now taking courses in nursing.

Morais is originally from Liberia. There is a need for more health care professionals in Liberia, he said.

The group talked to a female nursing student at Highline, who had personally seen the need for more nurses in Somalia.

As a child, she had seen her



Dr. Helen Burn, professor of Statistics at Highline with students Mimbouabe Lare, Sambou Jammeh, Kennedy Morais and Naima Farah [not pictured] proved their initial hypothesis wrong in a survey about African students' reasons for pursuing nursing degrees.

aunt struggling to deliver her baby. With no nurses around, she just had to watch her aunt suffer.

The student is now studying to become a midwife, and hopes to return to Somalia to help other women who are suffering.

With the obvious need for more nurses in less developed countries, the group of students predicted that the main reason Highline has so many African nursing students is because of job opportunities back home.

The students set their hypotheses to be 50 percent of African students at Highline major are in nursing because of job opportunities.

To test their hypothesis, Far-

ah and Lare asked 40 female African nursing students why they are majoring in nursing. At the same time, Morais and Jammeh asked 40 male African nursing students the same question.

Their survey options were passion, family influence, friends, job opportunity, and other.

To keep the survey random, they targeted every second student, using the stratified sampling technique.

When they gathered their results, the group was surprised to see that their hypothesis was wrong.

Some 54 percent of nursing students said they were pursuing nursing because they were

passionate about it. Only 20 percent said it was because of job opportunity.

"Since giving the opportunity of extra credit if they related their project to their community, the quality of work has improved so much," math professor Dr. Helen Burn said.

Students try harder if they have interest in the subject, Dr. Burn said.

"If you only do it for the money and because it is easy to get a job, then you should think again because people are going to entrust you with their lives," the students said in their paper.

## Sign up for Affordable Care Act at Highline

By Kaylee Moran  
Staff Reporter

Highline will be hosting an event for students to sign up for health care on Saturday, March 15.

Highline is partnering with Global to Local and HealthPoint to conduct a workshop where students and community members can apply for the Affordable Care Act from 10 a.m. to 2 p.m. in Building 3, rooms 102 and 103.

If you currently have no health insurance, then you may be eligible for insurance at a low cost, based on your household size and income.

"If you need to choose a private plan, the deadline to sign up is March 31," said Annie Safar, program assistant at Global to Local.

Global to Local is an organization partnered with Swedish Health Services, HealthPoint, a local medical clinic, Public Health Seattle and King County and the Washington Global Health Alliance.

Global to Local strives to improve individual and community health outcomes, lower health care costs and grow economic development in diverse and underserved communities in King County, SeaTac and Tukwila.

There will be certified assistants at the event to help you with the process.

"We will have in-person assistants from many cultures who have went through training to help walk people through the application and answer any questions they have," Safar said.

Interpreters will be available for Spanish, Vietnamese, Amharic and Somali speakers.

You will need to bring some personal information in order to sign up at the event.

This includes identification in the form of a US citizen driver's license, state ID, naturalization certificate, permanent resident green card, I-94 card or passport.

You will also need your address, phone number, 2012 tax return, Social Security number, current income and the address and phone number of your employer.



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Sam Hong/THUNDERWORD

# Highline Health Fair promotes classes and employment

Students from all over campus gathered at the health fair in the Student Union on March 5. The annual event had more than 25 booths, each representing a different health topic. A few of the disciplines included in this campus fair were nutrition, global health and biology. Students researched topics ranging from breast cancer to antibiotic soaps. Nursing students gave free eye exams, and checked blood pressure to gain practice in their field. Students also encouraged others to donate blood. Local employers from health care fields were also present to recruit for jobs.



# Exercise cramps may have multiple causes

DEAR DR. DONOHUE: I hope you can help me with a problem that might get me kicked off the first string. I get cramps in my legs, mostly in the calves. At first, it was laughable. Now it's not. At practices, I can sit down and wait for the cramp to go. During a game, I have to be replaced. How do I stop them? -- B.L.

ANSWER: I have to tell readers that what I say applies to exercise-associated muscle cramps and not to the cramps that so many older people get when in bed. They're both the same phenomenon, an involuntary, sustained and painful contraction of a muscle or muscles. But they're not the same when it comes to the situation that brings them on.

The actual cause is a matter that experts have debated for years. A lack of potassium, calcium or magnesium, excessive exercise, cold weather, hot weather and dehydration have been cited as possible causes. None have been proven to be the universal cause. Muscle fatigue is another possibility. Some experts say that muscle fatigue affects the muscles' response to spinal cord signals that prevent cramping.

Suggestions to forestall cramps are many. Hydration is a reasonable approach. An hour before a game or an exercise session, drink a quart of water. That gives enough time for the water to be absorbed. During play, keep drinking. If you are drinking a lot of fluid, switch to a sports drink to prevent a drop in potassium and sodium. Stretch your calf muscles in three daily sessions. Rising on the toes is a good calf stretch. You can try taking a vitamin supplement that contains most of the B vitamins. Make sure vitamin B-6 is included.

To uncramp a muscle, sit on



by Paul G. Donohue, M.D.

the floor with the involved leg stretched out in front of you. Grab the ball of the foot, and, while keeping the heel on the floor, pull the foot toward you and hold it in that position until the cramp eases.

Pinching the skin between the nose and the lip is another way to break a cramp.

DEAR DR. DONOHUE: I have a Pap smear every year. I don't have a cervix. My cancer doctor (I had breast cancer) said a Pap smear isn't necessary for women without a cervix. I still have my ovaries and tubes and the rest of the plumbing. Do I need a yearly Pap smear? -- K.R.

ANSWER: If a woman has had her uterus and cervix removed, she does not need to have Pap smears unless the uterus and cervix were removed because of cancer. Such a woman shouldn't cut off all examinations with her doctor. She could have other pelvic problems that require periodic examinations. However, the Pap smear part of the examination can be stopped.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

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## Weekly SUDOKU

Answer

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

## Answers

Solution time: 21 mins.

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

# Even Exchange

answers

1. Gamble, Garble
2. Snail, Snarl
3. Brink, Bring
4. Phone, Prone
5. Hoover, Hooper
6. Easel, Edsel
7. Dollar, Collar
8. Greet, Great
9. Style, Stale
10. Posies, Ponies

## Spring 2014 REGISTER NOW

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# With right marketing, Washington can increase international competitiveness

By Amy Sato  
Staff Reporter

Washington ports are ideally located geographically for world trade, but the region doesn't utilize its assets to the fullest, a Washington trade official said at Highline this week.

Eric Schinfeld, the president of the Washington Council on International Trade, spoke on Monday morning at Highline.

He is a leader of advocacy and outreach efforts on trade policy issues that benefit Washington employers along with increasing our state's international competitiveness.

"Our state can grow in their international competitiveness because of our geography and infrastructure, businesses and products, and our workforce," Schinfeld said.

"The top two export goods are aerospace and agricultural goods in Washington State," Schinfeld said. "The No. 1 service export is IT and software and the second is tourism."

"In Moses Lake, the Renewable Energy Cooperation is the second largest distributor of silicon in the world," Schinfeld



Eric Schinfeld

said. "Along with that, 7 percent of United States exports go through Washington State."

"Sixteen of the top agricultural crops are from Washington," Schinfeld said. "And 90 percent of wheat from Washington State is exported and 90 percent of all the hops in the world are grown in Washington, Idaho, and Oregon."

"The top challenges for growth here would be that only 4 percent of companies are engaged in trade and the coordination among international organizations," Schinfeld said. "But the top opportunities would be our service exports

and foreign direct investment to attract investors."

Some of the threats for Washington are the port competition from Canada and other Pacific coast ports. Imports matter in Washington because 145,000 direct jobs are supported by imports.

China is Washington's top trading partner with 19 percent of Washington's goods exports in 2012, and the customer for \$900 million worth of Washington services exports in 2010.

"China is the largest source of foreign students and the fastest growing source of international visitors," Schinfeld said. "It is one of the biggest sources of our imports and top export market if you remove aerospace."

"They would be No. 1 in trade with the United States if they didn't pirate intellectual properties from us," Schinfeld said.

The U.S.-China trade relationship is increasingly important because of China's rising middle class and China's growth as a leading global economy and trading partner.

"The Trans-Pacific Partner-

ship Regional Trade Agreement is a negotiation that will open up multiple markets for Washington," Schinfeld said.

It is currently being negotiated between the United States and 11 other partners, according to the Washington Council on International Trade, which include: Australia, Brunei, Chile, Malaysia, New Zealand, Peru, Singapore, Vietnam, Canada, Mexico, and Japan.

"The trade agreement would mean that all of these countries would get together and try to figure out how we can trade in a better way," Schinfeld said, "which would include lowering tariffs, intellectual properties protection and looking at the 21st century way of trading."

"Some of the benefits from this agreement would be that it would respect United States trade standards, will protect

our intellectual properties, and will also respect the environment," Schinfeld said.

Since one-third of Washington goods exports and a large percentage of our service exports went to these countries in 2012, this partnership will bring a lot to Washington.

"Sixty-nine percent of United States exports went to the Asia Pacific Region and 89 percent of imports came from the Asia Pacific Region," said Schinfeld.

"If the TTP agreement is successful the imports from these countries will become more affordable and will help make these companies create more local jobs, while lowering the cost of living for Washington residents," Schinfeld said.

"The main thing that Washington State can do would be to market our state more," Schinfeld said.

## Now you can search all with library's Search Everything

By Caitlin Berge  
Staff Reporter

Highline recently switched to the new Search Everything database, making research easier for students.

Previously, Highline subscribed to more than 10 different databases, costing the college upwards of \$60,000 per year.

Students used to search for information in one database, and then needed to redo their search on the next database.

"With Search Everything, students do the search once and that's it," Karen Fernandez, a library reference at Highline said. "Search Everything is one big database."

Fernandez helps students use the computers in the library. Fernandez, along with several other faculty members, prompted the switch to Search Everything.

"This way the user can access all the libraries resources in just one search," Fernandez said.

Search Everything provides direct access to books, articles, videos, and more.

"When you make a selection,

it even provides a summary. That way, you can see if it is still something you are interested in," Fernandez said.

The program also allows the user to do advance searches. Searching within the category the user chooses, only showing results for the selected title, author, or subject.

Along with the advanced search, students can also add limiters - limiting the searches to books, videos, eBooks, and more - depending on what the user is looking for.

Search Everything was launched at the beginning of Winter Quarter 2014 and has already had a positive response from students and faculty.

"Before, one database would provide 350 results. The same search on Search Everything shows 92,000 results," Fernandez said.

Fernandez admits there are still a few kinks they are trying to work out. Students are encouraged to provide their feedback through a link located on the program's home page.

"The main issues we are seeing with the program is that students get overwhelmed with

how many results they get," she said. "For some it's the opposite; they get too specific and are disappointed when the program gives only a handful of results."

### This Space 4 Rent

The Thunderword is offering a spring advertising special for members of the campus community.

No, it's not yet spring, but now is the time to plant the seeds that will blossom into flowers next quarter. Advertise your spring quarter classes and programs with a 20 percent discount. **Only 1 week left!**

The 3 column by 5 inch ad would normally cost \$75, but will cost you only \$60. Deadline for ads are Tuesday by 5 p.m. for that week's paper. But money talks, so place your ad now!

Contact: [Thunderword@highline.edu](mailto:Thunderword@highline.edu) or advertising manager Erica Moran at 206-592-3292

### Put some Music in your schedule for Spring

The Music Department has a wide offering of classes for Arts and Humanities II credit, including:



**Highline Concert Chorale (MUSC 210)** Item #5316  
M-Th, 12:10 - 1 PM  
Sandra Glover

#### Evening Music History classes



**Music Cultures of the World (MUSC 110)** Item #5246  
TTh 5:15-7:25 PM  
Todd Zimberg



**History of Rock Music (MUSC 106)** Item #5238  
TTh, 7:35-9:45 PM  
Todd Zimberg

Whether you want to make music, or learn how to listen to it better, we have the right class for you.



# Skyman

continued from page 1

“When I help others I’m really saving myself,” he said.

He said in order to be of help to others, his own health must come first.

“I have to keep my own well being as a priority in my life,” Nichols said.

He said he has a clear plan of action for keeping himself well.

“What that looks like for me is staying healthy, staying sober and working my recovery,” Nichols said.

He said recovery from alcohol dependence is a huge part of his life.

“Getting sober has been great for me. It’s allowed me to focus on others and get out of my own self-centeredness.”

Nichols said his efforts as Skyman to help others aren’t as selfless as they may sound.

“In the end, Skyman’s crusade is to save Skylar,” he said.

Nichols said he wants others to use his story as a cautionary tale.

Nichols was born in Seattle and grew up in Federal Way. At age 10 he moved to South Texas where he received the nickname Skyman.

Nichols said the name Skyman was never his idea.

“It was a nickname I got in junior high when I played football,” he said.

He said he never thought the nickname would stick.

“I don’t know how it stuck. I was a fat lineman,” Nichols said.

At age 15, Nichols moved back to the Seattle area and was diagnosed with a mental health condition.

“I moved back up and was diagnosed with bipolar/schizoaffective disorder,” he said.

Nichols said he didn’t handle the diagnosis very well.

“Shortly after being diagnosed I turned to substances,” Nichols said.

He said using substances was destructive.

“Alcoholism destroyed me. I got a DUI, numerous car wrecks and I burnt through a lot of cash keeping my addiction fed,” Nichols said.

He said things had to get even worse before they could get better, and in 2009 tragedy struck.

“March of that year my mom passed. Two months later my dad almost died from a heart attack,” he said.

Nichols said he had to step up to the plate.

“I was forced to drop out of school and become my dad’s full time caregiver,” he said.

After spending most of that year helping his dad recover, Nichols decided to come back to school in 2010.

He said helping his dad recover from his heart attack served as the catalyst he needed to become a force for good and get his own life in order.

“Helping my dad recover allowed me to see what was really important,” he said.

Nichols said he knew he wanted to do more but lacked direction.

“I didn’t know what to do until I got the DVD for Watchmen. In the special features there was a documentary called Real Superheroes, Real Vigilantes,” he said.

He said the documentary held the answer he was looking for.

“That doc inspired me to do more than what Skylar Nichols was capable of. Skyman was born that day as a real life superhero,” Nichols said.

He said the rest just fell into place.

“I already had the name Skyman and I love superheroes. I had finally found my calling,” Nichols said.

He said the uniform was a piece of cake.

“I chose blue, red and green because of Washington state,” he said.

He said the colors serve more than one purpose.

“There aren’t enough bright colors in crime fighting and half of my battle is to get noticed,” Nichols said.

Although he said he wishes he had gadgets like Batman, Nichols has found a way to make do with what he’s got.

“Skyman is operating on a shoestring superhero budget. I don’t have any fancy toys and my suit is pretty basic, but it gets the job done,” he said.

The tri-colored crusader, Skyman, does many things to serve his community but the

one he said he is most passionate about is homeless outreach.

“I mainly focus on homeless outreach,” he said. “Helping someone who is in need is the best thing I can do.”

He said he focuses his efforts on supplying the homeless with things they might not have access to.

“I go out and pass out sky-packs to those in need,” he said.

A skypack is a care package that Nichols makes himself. Each skypack is equipped with different supplies that include water, personal hygiene products, nonperishables and clean socks.

He said the most important thing he supplies are the clean socks.

“I’m known for my socks,” he said. “Clean socks can save your life out there.”

Nichols said his appreciation for clean socks comes from personal experience.

“I’ve lived out there, I know what it’s like to be in need of socks,” he said.

He said fresh socks do more than just keep your feet warm.

“Getting a pair of socks is

like getting a hot shower and for many homeless the shower isn’t always possible,” Nichols said.

He said his version of crime fighting is unorthodox compared to what we see in movies.

“My focus here is to keep this person going one more day. If I do just that much, the work is done. That for me is fighting crime,” said Nichols.

Nichols said anyone could be a crime fighter like himself.

“It doesn’t take much and you don’t need a supersuit to do it,” he said. “Just find a shelter or a food bank and be of service to another person,”

He said helping your fellow man can be as simple as not littering.

“There are lots of small things anyone can do like picking up after yourself. If you’re feeling extra caring try picking up after someone else,” said Nichols.

He said even the smallest gesture like smiling at a stranger can help.

“Be kind,” said Nichols. “You never know what someone is going through and your kindness might be all they needed.”

# Smoking

continued from page 1

Building 17 and their fumes have been getting into classrooms. The new shelter, which is located away from the building, should fix the problem.

The shelter was just recently completed, as construction of it was delayed because of other facility issues.

“This all had to get pushed back because drain repairs outside Building 15 took priority,” Holldorf said.

In spite of all these problems, Larry Yok remains confident in the current smoking policy.

“There were some informal conversations a couple of years ago about becoming a nonsmoking campus. It was decided that the current arrangement seems to work well and that there was not a strong argument for going to a complete tobacco ban,” Yok said.



Skyman



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