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 looks you in the eye.

“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 the added attention.

“I want to attract attention. I wear the Supersuit to draw attention and the added attention. That he welcomes this response to combat regalia to be odd and the added attention.

“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 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, said Larry Yok, vice president of administration.

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.

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

“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.

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 Holdorf, 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 campus.

See Smoking, page 12

Security dials up rolling deadline on lost phones

By Michaela Vue
Staff Reporter

The security office will do everything in its power to find your lost phone. Lost items have a 60-day period before being donated.

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.
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 sweat 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 transport- ed 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 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.

Tina Ostrander

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. 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.

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 pass.

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

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

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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.

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.

Sam Hong/THUNDERWORD
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 would 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 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.

So 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.

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.

—— Mandeep Singh, Highline student

The solution begins with us because we have to take responsi- bility 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

Littering is bigger than you think

Dear Editor:

Is a dirty environment pleasing?

Littering is a massive prob- lem in the U.S, it occurs when lazy people use lazier excuses, instead of throwing their gar- bage in the trash they decide to throw it on the ground.

Many people realize the numerous problems caused by littering, some of which include a hazard for the environment since it attracts rats/rodents and creeps breeding ground for bacteria (Bermudez, 2013).

Also a lot of that trash can fall into the storm drain; pollut- ing the water and also causing a threat for the wild life.

Not only does littering have an impact on the wild life, but it af- fects 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 insur- ance since 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 lit- tered are recyclable. Things like wrappers, bottles, and cans. In- stead 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 high- way 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 way the article is written, you make it sound like choosing your dream job over a “practi- cal” job is going to be a burden or a “wrong/bad” choice. Yes, choosing a career based on fi- nancial situation rather than likes/dreams is a hard, hurtful and sometimes deadly choice.

But on the other hand, if a person cares in which the person hates, despises and wish- es they could change, leaves a starving, oppressed dysfunc- tional family with food on the table and the smiles of their chil- dren 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 mon- ey 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 we have to take responsi- bility 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. 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 cook- ing career, and finds out that they don’t like cooking for others, or themselves, just the family? I understand that each per- son is unique, but some trends can be followed. If a person comes from a strong career, 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, while as to another person they would see it as, stabbing their family in the back, leaving them to a life- time of poverty, where as if they picked their dream job they would help and elevate the fam- ily 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 report- ed by NBC.

Dream jobs are just that, dreams. Eventually one could end up as a “dream job.” But, until that day comes, what happens in between? Sure a person might be unhappy on their way to a dream job, but their family might still be in pov- erty and they might be suffering.

As the title of your article says, “You 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 a pick that a you like or a job that pays well.

The line is a blurred multi-col- ored band, in which all possibil- ities and jobs may be possible, and a choice will still be made no matter what.

—— Hector Rendon-Garcia, Highline student

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 accept- ing 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.
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 “Salphow” jump is employed in which winter sport?

7. HISTORY: How many banks of oars were used in an ancient warship called the trireme?

8. SYMBOLS: What is the shape of a trefoil?

9. SCIENCE: What is phototropism?

10. LANGUAGE: What does the acronym BTU stand for?

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Scottish band offers piping hot rock

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

The Red Hot Chili 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 band consists of six pipers, two electric guitarists, a drummer, and a keyboardist. Their unique sound is a fusion of traditional pipe tunes, with their own contemporary twist.

The band has performed over 200 shows in the past five years and is known for their high-energy performances and unique take on the traditional bagpipe sound.

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

Classic tail comes to life in live theater

By Bailey Williams
Stoff Reporter

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

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

The Dallas Children's Theater has been performing for over 30 years and has been featured in a variety of productions. The company has been recognized for its high-quality productions and has received numerous awards.

This year is the company's 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, unlike 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.centerstagetheatre.com and are $35. The address for the Centerstage! Theatre is 3200 SW Dash Point Road Federal Way.

'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.

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

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

"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 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.
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. McDaniels led Highline with 17 points and 5 total rebounds. Ben Tucakovic, freshman forward who had 80 percent of his field goals totaling to 15 points. He also had 8 defensive rebounds.

Shelby Snook, who was a South Division champs, 83-49. McDaniels led Highline with 17 points and 5 total rebounds. Ben Tucakovic, freshman forward who had 80 percent of his field goals totaling to 15 points. He also had 8 defensive rebounds.

**By Mariah Campbell**

**Staff Reporter**

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

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” freshman 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 than Lane,” 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 South 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 4 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 calling, which was crazy,” Piper said.

Highline was in the midst of a 10-4 run to cut the lead down to two 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.

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

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

Bellevue managed to win the Lady T-Birds’ season in a heart-breaking 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 Airshay Rodg- ers 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.

“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.

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

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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 win the Lady T-Birds’ season in a heart-breaking 65-63 defeat at the buzzer.

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“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 Highline 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.
Highline wins national academic championship

By Ryan Macri  Staff Reporter

The Highline men's wrestling team came home from the NJCAA National Championships this past weekend with the NJCAA Academic Team of the Year award with a team GPA of 3.89. 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 our academic program,” said Brad Luvaas, assistant coach of our academic program. “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.

Northwestern 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 bid on a homeron 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 two past 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.

Some people that attended the auction are interested in the auction.

The silent auction starts at 5:30 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.
Passion drives nursing students, study finds

By Collin 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 Morris, Mimbouabe Lare and Samboh 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,” Morris said. “We thought it was because there are many job opportunities.”

Morris 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.

Morris 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 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 in nursing because of job opportunities.

To test their hypothesis, Farah and Lare asked 40 female African nursing students why they chose nursing.

According to the survey, 54 percent of nursing students are in nursing because of job opportunities back home.

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.

“We will have in-person assistants from many cultures who have gone 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.

“Some of the students who attended the event came from different countries,” Jammeh said.

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

Naima Farah, Kennedy Morris, Mimbouabe Lare and Samboh Jammeh proved their initial hypothesis wrong in a survey about African students’ reasons for pursuing nursing degrees.

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 assis- tants at the event to help you with the process.

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March 6, 2014 | Highline Community College | Health
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 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.

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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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.

Spring 2014 REGISTER NOW

Backyard Science: GESC 101 (#6090, #6091)

• 5-Credit Lab Science
• Part of new Urban Agriculture/Food Security certificate (AAS in Business: Entrepreneurship & Small Business Development)
• Lecture: Mondays and Thursdays 9 to 10:50 am

Contact Woody Moses at: wmoses@highline.edu

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

Learn the ecosystems in which we live and how we impact those ecosystems through our choices in a hands-on exploration of the natural world.

To Your Good Health

by Paul G. Donohue, M.D.
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.

“The strength of our state is 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 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 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 Partnership Regional Trade Agreement is a negotiation that will open 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 Collin 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 homepage.

“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.”

Put some Music in your schedule for Spring

The Music Department has a wide offering of classes for Arts and Humanities 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
T-Th 5:15-7:25 PM
Todd Zimberg

History of Rock Music (MUSC 106) Item #5238
T-Th, 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.
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," he said. 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. "They are the colors in crime fighting and half of my battle is to get noticed," Nichols said. 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."