Highline students undecided on who should be president

By Thunderword Staff

Highline students say they don’t know who they want to be the next president of the United States, but probably not Donald Trump.

The process of choosing a president begins next Tuesday with the Iowa caucuses. Through June, voters all over the country will help the parties choose their nominees, followed by the general election on Nov. 8.

During a recent non-scientific survey of Highline students, 40 out of 75 students are undecided about their vote or unable to vote.

Nine of the 40 students knew that they would not be voting for Trump.

Some students seemed unclear about who is running.

Choosing Barack Obama over Trump is an easy decision, a Highline student said.

President Obama cannot run for a third term, as the 22nd Amendment limits the president to two four-year terms.

Out of 75 Highline students interviewed, 14 said that they planned to vote for U.S. Sen. Bernie Sanders, I-Vermont. Students seem to appreciate Sen. Sanders’ consistency on issues throughout the years.

“He’s had the same message for decades now,” student Alexander Robins said.

Out of the 75 students, two plan to vote for Gov. Martin O’Malley, D-Maryland.

Highline students with preferences seem to be less keen on a Republican administration.

See 2016, page 12

Teenage parents face challenges

By Micah Litowitz

Staff Reporter

It only takes once.

Teenagers are having sex, but some are not being very safe or careful, leading to teen pregnancies.

By age 17, which is the average age for teenagers to start having sex, just over 60 percent of teenagers will be, or will have been sexually active.

As of 2010, less than 80 percent of those sexually active teens were using contraceptives.

In 2014, Washington’s teen pregnancy rate was 19.1 pregnancies for every 1,000 girls aged 15-19.

Some teens are having sex with people they hardly know and end up with an 18-year commitment.

Daniel (not his real name), 21, understands what happens firsthand; he became a teen parent at age 18. Daniel loves his 3-year-old son, but wishes circumstances were much different.

“My relationship with the mother was purely sexual, and now it’s just amicable,” Daniel said.

Although he sees his son on a regular basis and pays child support, Daniel said being older, having a well-paying career, and being married and in love with the mother would have been better for him and his son.

Daniel said he would always strive for what is best for his son.

At the time of conception, Daniel said he did not wear a condom.

See Teens, page 12
Car stolen from East lot

By Jim Sullivan
Staff Reporter

A vehicle was reported stolen from the East Parking Lot at 1 p.m. on Jan. 15. After a thorough check of the campus parking lots, the vehicle was not located.

Des Moines Police were notified of the missing red 1991 Honda Accord and took over the investigation.

Public Safety officers said it is unknown if the vehicle has been recovered.

Where’s the fire?

That same day, the fire alarm was triggered on the 1st floor in Building 6 as faculty and staff witnessed an adult female pull the lever and then take off running southbound in the East Parking Lot at 12:39 p.m. on Jan. 15.

Public Safety officers investigated, but did not find anyone who matched the descriptions.

South King County Fire and Rescue arrived to clear and reset the alarm.

The female suspect was described as wearing a pink sweatshirt with white sleeves and having dark colored hair. Officers said that these actions are not tolerated and that the perpetrators would be punished if caught.

Woman groped in South Lot

A woman told Public Safety officers she had been assaulted by a man who grabbed her buttocks while hugging her on Jan. 17.

The woman told the officer that she was on her way to Building 26 from the upper South Parking Lot when the man approached her with questions about the Metro bus schedule.

She said the man proceeded to hug her and in the process he touched her buttocks and continued to shake her hand. She also said that she went on a Metro bus and left campus.

The officers told the woman to firmly tell any person who touches her and makes her feel uncomfortable to stop and step back and walk to where other people are.

The man was described to be in his early 40s and about 5’10” in height. The man was wearing a hat, dark colored hair. Officers said that these actions are not tolerated and that the perpetrators would be punished if caught.

Campus prepared for weather closures

By Bryce Sizemore
Staff Reporter

Highline among top colleges in U.S.

Highline was named one of the top 150 community colleges in the U.S. by the Aspen Institute College Excellence Program.

Highline stood out among the more than 1,000 two-year colleges in the three metrics measured by the program.

The first metric is performance, which considers retention, graduation rates, and degrees and certificates per 100 full-time students.

The second metric is improvement, which assesses improvements in each performance metric over time.

The third metric is equity, or evidence of strong completion outcomes for minority and low-income students.

Being named one of the top 150 community colleges gives Highline the opportunity to compete for the 2017 Aspen Prize for Community College Excellence, which has a $1 million prize for its winner.

Get your income tax filed for free

Free income tax preparation at Highline is available for households that make less than $62,000 in a year.

This service will be available on Wednesdays and Thursdays from 4 to 8 p.m. and on Saturdays from 10 a.m. to 2 p.m. until April 21.

Free income tax preparation will be held in Building 99, room 251. Participants will need their social security cards or individual tax identification numbers, a photo ID, and all tax statements.

This program is a partnership between United Way and Highline.

Brush up your Compass skills

Prepare for the Compass test, with in-person workshops and online math brush-ups.

Workshops on the reading or ESL (English as a Second Language) Compass test will be held on Tuesdays from 2 to 4 p.m. until Mar. 27 in Building 30, room 311.

Math workshops will be held Mondays 3 to 5 p.m., Tuesdays 11 a.m. to 1 p.m., Wednesdays 3 to 5 p.m., and 6 to 8 p.m. and Thursdays 2 to 4 p.m. in Building 30, room 311. Enrollment for the online brush-up can be found at placement.highline.edu/brushup.

Scholarship for high achievement

Applications for the Highline Achievement Scholarship are due on Feb. 5.

Fifteen applicants to this scholarship will receive a 15-credit tuition waiver for Spring Quarter 2016.

Math workshops will be held Mondays 3 to 5 p.m., Tuesdays 11 a.m. to 1 p.m., Wednesdays 3 to 5 p.m., and 6 to 8 p.m. and Thursdays 2 to 4 p.m. in Building 30, room 311. Math workshops will be held Mondays 3 to 5 p.m., Tuesdays 11 a.m. to 1 p.m., Wednesdays 3 to 5 p.m., and 6 to 8 p.m. and Thursdays 2 to 4 p.m. in Building 30, room 311.

Applicants must be attending Highline full-time, have a GPA of 3.0 or better, and must be a resident, non-RUNNING Start student.

Applications can be found in Building 9.

Financial aid help, plus a free raffle

Highline will be holding a financial aid event at noon until 4 p.m. in Building 7 on Jan. 30. Students will be assisted in filing for financial aid, and be entered into a raffle to win scholarships.

These scholarships come from a $1,500 donation from the Highline College Foundation.
Highline College Foundation.

By Taylor Lee
Staff Reporter

Students needing help understanding or navigating financial aid may benefit from a free Financial Aid event Jan. 30.

“The number one concern for anyone wanting to go to school is cost,” said Chantal Carrancho, a program specialist with financial aid services. “The FAFSA will tell students all the credits enrolled and any other prospective students to Highline to receive this assistance.”

“This is a great opportunity for students to move forward with their career goals,” she said. The event is part of the College Goal Washington initiative that aids students in applying for and receiving financial aid.

Staff will be on hand to assist attendees in completing the FAFSA form, she said.

“The College Goal Washington wants to prepare students for opportunities they can receive through financial aid,” she said. “In past years, Highline would send representatives to local high schools to help students complete the FAFSA form.”

This year, we are inviting the schools and any other prospective students to Highline to receive this same assistance.”

“In the first time we’ve hosting the event on campus has been a challenge,” Carrancho said. We want to assess the outcome of this event and decide where will we go in the future from there,” she said.

The event begins at noon in Building 7. After a short presentation, participants will go to the computer lab to complete their online financial aid applications. All attendees will also be entered in a raffle to win a $1,500 scholarship from the Highline College Foundation.

Highline strikes out again in search for safety director

By Bryce Sizemore
Staff Reporter

Highline’s Public Safety office remains without a director, as a second round of interviews failed to find a suitable candidate.

Highline has been without a Director of Public Safety and Emergency Management since shortly after Spring Quarter 2015, when former director Jim Baylor retired.

The Director of Public Safety and emergency management is responsible for managing Public Safety, and emergency preparedness on campus.

In the first round of interviews, which took place during Fall Quarter 2015, administration found that none of the final candidates would be well suited to working at Highline.

This time around, both final candidates were well qualified for the position, but both had obligations that prevented them from starting work at Highline, said Vice President of Administration Michael Pham.

As the third round of recruitment begins, Pham is confident that they will be able to find a candidate who is a good match for Highline. Pham said that though the recruitment process has been a long one, finding the best candidate is important.

“We want to find the right fit for Highline,” but Highline also has to be a good match for the candidates, Pham said. More than 10 applicants are in the pool of potential candidates for a third round of interviews, and Pham said that he is optimistic that one of those candidates will become the new director.

College officials have not announced a schedule for candidate interviews.
Racism should be a hot topic

It’s still hard to talk about racism. And we need to. In a lot of ways this problem is so difficult to talk about because the face of racism has changed since slaves were a fixture in everyday American life or since Rev. Dr. Martin Luther King’s vocal and active protests in the early 60s.

Racism is also difficult to talk about because to talk about it is in many ways to admit your own racism.

Activism has succeeded in changing this country’s laws but it is important to note that while overt, direct racism may have been reduced, social and institutional racism still thrive today. It is not possible to begin to abolish racism unless we openly admit that we do not live in a post-racial society.

White police officers are killing black men. Certain presidential candidates are building their campaigns on the racial fears that have poisoned the nation’s mind. Never mind the lack of media attention given to white on white or black on black killings.

The important question that Americans need to ask themselves is how do they change something that has been so ingrained in our societal make-up? This problem is so often labeled as solved and is therefore too often ignored.

However, based on the fact that African-American people only make up 13.2 percent of the U.S. population, but they make 60 percent of the U.S. prison population, there is obviously still a harsh racial stigma that people of color must face.

In order to create change, people must begin to imagine and discuss, openly, what a fair and equal society might look like, and from this discussion people must take action and begin to build toward this ideal.

As it was made clear in several presentations during Highline’s Martin Luther King Week: Racism is everybody’s problem and everybody needs to work on it.

It may be that people will never reach a society where every individual is treated as an equal, but this does not mean that people should not try.

By opening up the conversation to racism, we can discuss how to change for the better and heal as a nation.

In the words of Voltaire, “The best is the enemy of the good,” and of Confucius, “Better a diamond with a flaw than a pebble without.”

Don’t be afraid to ask for help

It’s OK to ask for help. It took me a while to learn that.

I have always been the type of person to do everything myself. From appearing on television, to teaching dance, I have always been the type of person to seize an opportunity. Because of this, I regularly tend to bite off more than I can chew and often find myself overbooked and overworked.

One day, when I was 18, I collapsed in the middle of my waiting shift.

Originally, I thought it was from lifting a tray that was too heavy. Later, I found out it was from malnutrition and dehydration.

All my life I have been underweight, but once I started slipping under 100 pounds, I knew something had to be wrong.

My diet and exercise regime hadn’t changed, but I couldn’t keep an appetite and I had felt weaker than ever before.

I was getting sick numerous times, and my disease wasn’t even an option for me anymore because my joints were always aching.

After numerous concerned doctors visits, followed by tests, scans, and bloodwork, they had concluded that I had something called Crohn’s disease.

Crohn’s disease is a chronic autoimmune disease that attacks the digestive system and can cause nausea, vomiting, weight-loss, joint pain, diarrhea, fatigue and abdominal pain and cramping. There are treatments, but there is no cure.

At first I was in shock and denial. I figured that it wasn’t that bad and I could just ignore it, resume my life, and everything would be fine.

I didn’t take any medicine. I didn’t see any doctors, I just picked back up where I left off.

After a month, however, I had to quit my waitressing job because I was missing too many shifts. Shortly thereafter, I had to drop out of school for absences.

I started feeling really depressed. I thought about giving up, about how I was a waste of space and I couldn’t contribute to society.

And then my disease got even worse.

I was getting sick numerous times a day, every day. I started bleeding internally, and spent most of my time in bed. At this point, I was afraid I was going to die, which is not something an 18-year-old should have to worry about.

I caved, and visited my doctor for absences, if necessary.

After trial and error, I also found a combination of medications that helps me to feel and function better.

Although some days are still harder than others, I refuse to let my chronic illness hold me back or defeat me.

An important thing I have realized through my journey is that you can’t expect to get any special treatment for your illness, but you also can’t be afraid to ask for help.

When things get tough, don’t just give up. Because then they will never get any better.

More people around you are willing to help you achieve your goals than you think. You just need to ask for their help.

Kayla Dickson is the opinion editor for the Thunderword.
1. LITERATURE: Who wrote the children's book "Tales of a Fourth Grade Nothing"?
2. MOVIES: Who played the lead female role in "The Silence of the Lambs"?
3. ANIMAL KINGDOM: What kind of bird is the fast-moving roadrunner?
4. GENERAL KNOWLEDGE: What occupation is traditionally associated with leprechauns?
5. LANGUAGE: What is another name for comestibles?
6. MEDICAL: What is the modern-day equivalent of the ailment once known as "grippe"?
7. GEOGRAPHY: The country of Wales was known in Roman times by what name?
8. MEASUREMENTS: Aries (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.

**King Crossword**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>16</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
</tr>
<tr>
<td>28</td>
<td>22</td>
<td>31</td>
<td>32</td>
<td>33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34</td>
<td>35</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>38</td>
<td>39</td>
<td>40</td>
<td>41</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>42</td>
<td>43</td>
<td>44</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is the unit of measurement for stacked firewood?

**DIFFICULTY THIS WEEK:** ★ Moderate ★★ Challenging

**Weekly SUDOKU**

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

**Weekly Puzzles**

January 28, 2015 | Highline College | Puzzles Page 5

**Weekly SUDOKU** by Linda Thistle

<table>
<thead>
<tr>
<th>9</th>
<th>2</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>8</th>
<th>7</th>
<th>6</th>
<th>5</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>1</td>
<td>5</td>
<td>6</td>
<td>9</td>
<td>7</td>
<td>2</td>
<td>8</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>7</td>
<td>3</td>
<td>9</td>
<td>1</td>
<td>5</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>9</td>
<td>8</td>
<td>4</td>
<td>7</td>
<td>6</td>
<td>9</td>
<td>8</td>
<td>2</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>2</td>
<td>7</td>
<td>4</td>
<td>1</td>
<td>8</td>
<td>9</td>
<td>3</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>6</td>
<td>9</td>
<td>1</td>
<td>5</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>8</td>
<td>9</td>
<td>3</td>
<td>9</td>
<td>7</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>5</td>
<td>6</td>
<td>3</td>
<td>2</td>
<td>5</td>
<td>1</td>
<td>9</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>1</td>
<td>2</td>
<td>7</td>
<td>4</td>
<td>5</td>
<td>8</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>9</td>
<td>2</td>
<td>5</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>3</td>
<td>1</td>
<td>5</td>
</tr>
</tbody>
</table>

**DIFFICULTY:** ★ Moderate ★★ Difficult

**Trivia test by Pat Rodriguez**

1. LITERATURE: Who wrote the children's book Tales of a Fourth Grade Nothing?
2. MOVIES: Who played the lead female role in The Silence of the Lambs?
3. ANIMAL KINGDOM: What kind of bird is the fast-moving roadrunner?
4. GENERAL KNOWLEDGE: What occupation is traditionally associated with leprechauns?
5. LANGUAGE: What is another name for comestibles?
6. MEDICAL: What is the modern-day equivalent of the ailment once known as "grippe"?
7. GEOGRAPHY: The country of Wales was known in Roman times by what name?
8. MEASUREMENTS: Aries (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.

**GO FIGURE!**

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

**DIFFICULTY:** ★ Moderate ★★ Difficult

**GEMINI** (May 21 to June 20) Your early enthusiasm for a project might have been somewhat premature. Although you feel positive about it, you might need more information in order to make an informed decision.

**CANCER** (June 21 to July 22) Taking on a new responsibility might seem like the politically correct thing to do. But even with the promise of support, was it the wisest? Consider reasseessment your upcoming decision.

**LEO** (July 23 to August 22) Apply yourself to completing your task despite all the distractions that might be interfering with your work. Then reward yourself with a weekend of fun shared with people who are close to you.

**SAGITTARIUS** (November 22 to December 21) Expect some good news about a relative you've been worrying about. But don't expect the full story to be told - at least not yet. A workplace matter might face shifting priorities.

**CAPRICORN** (December 22 to January 19) Despite some anxious moments, you could have good reason to be pleased with how things are turning out. An end-of-the-week call might hold some interesting information.

**AQUARIUS** (January 20 to February 18) A long-overdue expression of appreciation could be offered soon. But admit it: You never really expected it would happen, right? Meanwhile, keep your weekend options open.

**PISCES** (February 19 to March 20) It's a good time to dive right into a new challenge, whether it's learning a computer app, or how to drive a stick shift, or making a new friend. Whatever it is, good luck.

**SAGITTARIUS** (November 22 to December 21) Expect some good news about a relative you’ve been worrying about. But don’t expect the full story to be told – at least not yet. A workplace matter might face shifting priorities.
Magazine asks for fiery submissions

Arcturus is looking for short stories, poetry or photographs for spring publication

By Sam McCullough
Staff Reporter

Highline’s literary magazine hopes to light a fire under writers and photographers to get submissions by Feb. 5.

Arcturus is an annual publication that showcases students’ short stories, poetry and photography.

“Basically anything that you’ve done that you’re proud of can be submitted,” said Ruomin Jiao, an editor for the magazine.

This year’s theme is “burning.” That can mean anything from a story about burning passion to an actual photo of fire.

“We want it open to interpretation. We want people sending in stories with more truth,” said Isaac Frankel, another editor.

“Our biggest goal is honesty,” he said. Frankel said another goal of the magazine is to have diversity in stories.

“The more people that submit, the more diversity we get,” Frankel said. While any genre can be submitted, the editors are looking for certain things to be involved in the work.

“That originality, passion, design, sensory details, spelling and grammar and a core theme are what we’re looking for,” said Sharon Hashimoto, an English professor and the professor in charge of Arcturus.

Hashimoto said that the magazine is a great opportunity.

“There’s a huge sense of accomplishment for the people chosen for the magazine,” she said.

To submit, students need to send their writing or photos to Hashimoto at shashimoto@highline.edu.

“Students are required to give their name and address to submit, but they can publish anonymously,” Hashimoto said.

During May and June, writers will be notified if their work was chosen for the magazine. The magazine is published late Spring Quarter.

“Everyone whose work is used gets a free copy of the book,” Hashimoto said.

Submissions are due by Feb. 5.
The T-Birds were able to hold on to win the game.

"We knew they would make a run and, when they did, the guys stuck together and played smart down the stretch," said Coach Dawson.

Highline's Jalyn McGrunder led the way with 18 points and three steals, along with teammate Coby Myles who scored 15 points and registered six assists.

Highline is currently third in the West behind Lower Columbia and South Puget Sound, who they both play in the upcoming weeks.

The T-Birds traveled to Pierce Wednesday to take on the Raiders with results unavailable at press time.

Their next two games are at home against Tacoma on Jan. 30 at 2 p.m. and again against Gary Harbor on Feb. 3 at 8 p.m.
By Samuel Biehn
Staff Reporter

The Lady T-Birds basketball team struggled to find their footing against the Lower Columbia Red Devils, losing 75-51 on Jan. 20, but broke their six-game losing streak with a win against Green River, 64-60 on Jan. 23.

The Thunderbirds came into the game against Lower Columbia with one goal in mind. “Our goal is just to get a W. Just leave everything out on the floor,” guard Alyson Rippingham said before the game. “We need to rebound well. The goal is to hold them under 60 points and put the ball in the basket.”

At least Highline can hang its hat on its defense, as they successfully held the Red Devils to 57 points on the night. Highline finished the game against the Red Devils hitting 44 percent from the field. Unfortunately, this wasn’t enough as the team put up a win for Highline.

The Lady T-Birds Head Coach Amber Mosley said, “It was a steady game, but they came out (in the third quarter) with the pressure and the trapper and that kind of shaved us.” Forward Chardonne Miller said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Lower Columbia pushed a strong second half but was outshined by the back of the Thunderbirds, in which Highline came out flat and was outscored 16-2 in the final quarter. This bridged the gap in what was, in the first half, a game that was controlled by the Lady T-Birds, 40-24.

“It was a steady game, but they came out (in the third quarter) with the pressure and the trap and that kind of shaved us,” forward Chardonne Miller said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Lower Columbia pushed a strong second half but was outshined by the back of the Thunderbirds, in which Highline came out flat and was outscored 16-2 in the final quarter. This bridged the gap in what was, in the first half, a game that was controlled by the Lady T-Birds, 40-24.

“It was a steady game, but they came out (in the third quarter) with the pressure and the trapper and that kind of shaved us,” forward Chardonne Miller said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.

Highline let go of 31 turnovers for the game, which was 20 more than the Red Devils gave up. Not surprisingly, Lower Columbia seemed to dominate the Thunderbirds in this respect.

“We worked on taking game-type shots, the right shots,” Mosley said. “Working on finding out what is a rhythm shot, if it’s not there passing it to someone else,” Rippingham said.
Squat your way to lower body fitness

By Emily Kim
Special to the Thunderword

The squat is a compound movement that targets more than one muscle at the same time. It mainly works the entire lower part of the body; targeting the glutes, quadriceps, and hamstrings while also engaging the calves, hip flexors, and abs.

This specific movement can be performed in many different ways including front squats, back squats, and split squats to name a few.

They can be performed with various different types of equipment such as dumbbells, barbells, kettlebells, medicine balls, and even without any weights at all.

To perform a proper squat, stand straight up with your feet shoulder width apart.

Take a deep breath and contract your abs to maintain stability. Lower your body down flexing (bending) at the hips, knees, and ankles.

When the thighs are horizontal to the floor, pause, and then extend (straighten) the hips, knees, and ankles to lift the torso back to the starting position.

Correct form for the squat is essential for avoiding injury. When squatting, always make sure to keep your back straight. Avoid arching the back or leaning the torso forward excessively.

Avoid arching the back or leaning the torso forward excessively. Also, make sure to keep your knees in line with your feet. Don’t allow your knees to bow in or reach forward past your toes.

Whenever you ascend during the squat, make sure you always drive up with the heel, not the toes.

Lastly, keep straight ahead and keep your neck in that same neutral position every single time the movement is performed.

When learning to squat as a beginner, start out by using just your body weight.

Get the full movement of the squat down before you start moving on to performing it with weights.

Everyone has a different bar grip or foot angle they feel most comfortable with when doing squats, so find what works best for you.

There are so many variations and different ways to perform it; you could never get sick of this exercise!

Squats are most definitely a staple exercise that everyone should include in their workout regimen.

Emily Kim is a student in Highline’s Personal Fitness Trainer (PFT) Program.

Energy drinks may be bane of your workout

By Anna Gorbachuk
Special to the Thunderword

Break time. You are out of breath, sweaty, and practically dying of thirst. After walking to your backpack you pull out something to quench it, and it appears to be an unopened bottle of Windex! But no, that’s not it at all, it is some Glacier Freeze sports drink. But before you drink it ask yourself, do you really need it or will water equally satisfy your thirst?

Sports drink ads are always claiming that their drinks will optimize your athletic performance and help replace fluid and electrolytes that were lost during exercise. They state that these drinks will boost your energy levels and make you more alert.

Well what do these drinks contain that make them so appealing to people? Besides water it’s usually carbohydrates in the form of glucose and fructose, which are forms of sugar. In the average sports drink there is about 7-10 teaspoons of sugar according to the American Journal of Dentistry. There are also electrolytes primarily in the form of sodium and potassium, and vitamins and minerals like vitamin B, C, calcium and magnesium.

What’s funny is that vitamin B and C are water soluble vitamins. That means your body doesn’t store them and needs to have them replenished every few days, but the excess goes out with your urine. So basically, if your diet has vitamin B and C those extra vitamins from that drink are flushed right down the toilet.

Studies from the American Journal of Dentistry have also hinted at dental erosion due to the citric acid in the drinks, which may destroy teeth enamel.

The “energy” you get from these drinks comes from the caffeine content, or guarana, a caffeine filled plant extract. One gram of guarana is about 40 mg of caffeine!

Caffeine might give you energy, but what about the sluggish and tired feeling you get after? People get addicted to it and when they try to stop consuming it they experience withdrawal symptoms like headaches, dizziness, less of a desire to socialize, difficulty concentrating, and decreased alertness.

In addition, many studies suggest too much caffeine might have harmful effects on your neurological and cardiovascular systems.

Many sugary sports drinks give a person extra calories, but not the nutrients your body craves. These extra calories can easily be stored as body fat and will promote obesity.

Simply drinking sugar and sodium filled drinks with artificial flavors and colors is not going to make anyone healthier or stronger. And those gains? Never going to happen.

Sports drink companies tend to emphasize the effectiveness of their drinks at keeping exercisers hydrated, while underestimating water’s hydrating abilities.

Dehydration can negatively impact physical performance, but unless you are a serious athlete training hours each day, water is all you really need. Just listen to your thirst and adequately hydrate before, during, and after exercise.

Sports drinks might seem like the “healthy” drink option, but if you’re eating a balanced diet you don’t need the extra sugars and electrolytes, and you’ll be much better off drinking water instead.

Anna Gorbachuk is a student in Highline’s Personal Fitness Trainer (PFT) Program.

January 28, 2016 | Highline College | Recreation | Page 9
Police deny claims of serial killer

By Sam McCullough
Staff Reporter

The Des Moines Police Department is skeptical of a local television reporter’s claims that there is a possible serial killer in the city.

David Rose from Q13 Fox News made a post on Facebook on Jan. 13 saying “Two murders one block apart. If there is a third, [police] will be considering the possibility it is a serial killer targeting homeless people.”

The two homicides he references happened during the end of December and the beginning of January.

Danny Cisneros, a homeless man, was fatally shot while trying to stay out of the rain with his wife and son on Christmas Eve.

About 2 weeks later on Jan. 7, George Brown, another transient, was fatally shot on Jan. 7.

“We have had two homicides in two weeks, but we don’t even know if they’re connected,” said Sgt. Doug Jenkins of the Des Moines Police Department.

Sgt. Jenkins said that the police do not think there is a serial killer.

“I don’t know where he [Rose] got his information, but that isn’t what we’re saying,” Sgt. Jenkins said.

Based on the information, the homicides could be connected to gang violence.

“The area where this occurred is a high crime area,” said Dr. Stephen Lettic, a Highline professor of criminal justice.

Dr. Lettic said that the murders could be part of a new gang initiation.

“The homeless and the poor are targets of opportunity. This could be a new way for gang initiation,” Dr. Lettic said.

Dr. Lettic, who used to work as a police officer in Des Moines, said it’s too early to jump to conclusions.

“I think it’s too early to tell,” Dr. Lettic said. According to a study conducted by Radford University, active serial killers have decreased by 27 percent since 2000.

In 2000, 337 serial killers were reported in the United States, while in 2010, only 93 were reported.

“Generally, [serial killers] are white males in their early 30s to 40s,” said Dr. Lettic.

Gary Ridgway, also known as the Green River Killer, lived in Des Moines during his spree. Ridgway killed at least 71 women, starting in the late ’80s and ending in about 2000.

If it was a serial killer, Dr. Lettic said the police would be looking for connections between the murders.

“They would look for commonalities in the murders. Ballistics are a big thing. If it was the same weapon, they would tie it together,” Dr. Lettic said. For now, police are saying the crimes are not connected.

“Des Moines doesn’t have a serial killer, at least not that we know of,” Sgt. Jenkins said.

Be a successful student with Academic Success Centers

By Mateo Cortez
Staff Reporter

Highline is host to Academic Success Centers, which aim to help students with any subject they may be struggling with.

The centers include the Writing Center, the Math Resource Center and MESA.

Rosemary Adang, an English professor who runs the Writing Center, said that she is hoping more students utilize the centers.

“With around 900 sessions a quarter or 90 sessions a week in the Writing Center alone, you’d think more and more new faces would show up each time, but in fact, it seems to be more of the same people coming and not enough new ones,” Adang said at an open house last week.

The Writing Center is in Building 26, room 319d.

In addition to the Writing Center, there is also a Math Resource Center and MESA (Math Engineering Science Achievement) for students who are enrolled in the program; it helps with both Highline and long-term success.

The student consultants are also very helpful to those for whom English is not their native tongue. Consultant Emily Barrick said that members in the center together can speak about 12 different languages, including Russian, Chinese, Spanish, French, Japanese, and even Javanese.

MESA is in Building 26, room 319d.

“People just see the success center as a last resort, that if I go there then in theory I’m giving up,” Barrick said.

But she said the Success Center is there to help guide students in the right direction, rather than to dash their hopes.

“This place is not like a classroom,” said Barrick. “It’s like a community, and we are all here to help one another.”
Acknowledge past to change present

By Taylor Lee
Staff Reporter

Americans claim to live together as one nation and yet we are still segregated, a guest speaker said here last week.

Dr. Robin DiAngelo spoke as part of the Martin Luther King Jr. Week observance.

Dr. DiAngelo is an educator in Cultural Diversity, Social Justice and Anti-Racist Education. She is also a two-time winner of the Student’s Choice Award for Educator of the Year. Dr. DiAngelo is the director of Equity for Senior Services for Seattle/ King County and is a University of Washington alumnus.

Dr. DiAngelo spoke on the issue of racism since the founding of America.

“This is the most emotionally charged and profound issue since the founding of our country,” she said. “Nothing in dominant society gives you enough information to make an informed opinion.”

“We are a society that claims to live together, yet we still live in segregation,” Dr. DiAngelo said.

She criticized the information college students are receiving about prejudice.

“College students are being taught race does not matter. [But] the dominant group’s experience is seen as the experience of everyone involved,” Dr. DiAngelo said. She said perspective matters.

Dr. DiAngelo said that when people commonly use phrases such as “I have family of color,” to deflect charges of being prejudiced, it holds very little meaning.

“These types of phrases are on the surface, they don’t prove a person isn’t racist,” she said.

“If you disconnect from our history we cannot end racism.”

Children today are still growing up in segregation in the communities they live in, Dr. DiAngelo said.

“It’s not about being bad; it’s about waking up,” she said.

Safety

continued from page 1

Moines Police Department to develop a legally tested force continuum for Public Safety officers to abide by said Public Safety Sgt. George Curtis.

A use-of-force continuum is a guideline on what amount of force can be used against a resisting subject, based on the level of resistance of that subject.

“Our goal is to maximize the safety of students, staff and faculty, without a policy that would lead to the use of excessive force,” Sgt. Curtis said.

Sgt. Curtis said that he is reluctant to issue batons because even when they are used correctly, students may perceive that excessive force is being used.

“Use of force is ugly,” he said.

The general public may see an officer beating an unarmed man with a baton, when in fact the officer is striking a violently resisting subject in a muscle group in their leg to get them to stop fighting, said Sgt. Curtis.

The basic policy that Highline seeks to implement is one where officers will use the minimum amount of force necessary to control a resisting subject, Sgt. Curtis said.

Starting Spring Quarter, Pham will be seeking student, staff and faculty feedback on what equipment should be issued to Public Safety.

Because of the diverse nature of the campus, many students have negative associations public safety officers from their home countries. Pham said he wants all of our students to feel comfortable on campus.

Pham hopes to deliver a final proposal on issuing less-lethal weapons to Public Safety in June.

Sgt. Curtis said the he is worried about the amount of fights on campus where the presence of Public Safety officers have not ended the fight, and those officers were only able to issue ineffective verbal commands.

“We would appreciate more options,” in dealing with situations such as fights, Sgt. Curtis said.

Send them to tword@highline.edu.
Teens
continued from page 1

a condom because his partner said she was using a birth control shot.

“IT was all in the spur of the moment, and I put no thought behind my actions,” Daniel said.

The shot is for females and protects against pregnancy, but not sexually transmitted diseases, and is good for three months. When used properly (receiving shots consistently every three months), less than 1 in 100 pregnancies occur each year. When used improperly, the likelihood of getting pregnant on the shot dramatically increases.

When the two found out about the pregnancy, the mother claimed the pharmacy gave her a “bad batch,” but no lawsuit was filed.

“I didn’t think it was a good idea to keep the child since we were both in high school and we weren’t financially stable, but she disagreed,” Daniel said.

Being a teen father, I mat
tured quickly and became very financially aware, but if I had waited, I’d have pursued higher education sooner. I want to give
my son the whole world, but it is difficult when I’m working minimum-wage jobs while trying to
get to school,” Daniel said.

While some teens were care- less, others made one small mistake that could have big consequences.

Amy Lewis, a teen mom who gave birth at 18, missed one birth control pill at the end of her cycle and got pregnant.

Lewis, who is still with the fa- ther, said keeping her child was the best choice she’d ever made. She decided to keep the baby be- cause of her support system. “I had a ton of support from my family and his family, which is the biggest blessing ever be- cause I couldn’t have done it without them,” Lewis said.

If she was not a teen mom, Lewis said she’d be in nursing school.

Both Daniel and Lewis agree that the best advice they can give to sexually active teens is to use birth control.

“Don’t be scared to get any form of birth control. If you can’t talk to your parents, talk to someone kind of trusting adult. Getting on birth control is the smartest thing any young wom- an can do aside from abstinence,” Lewis said.

Katie Cash-Seumae, a teen mom, said she was using birth control pills and a condom at the time of conception, but had no doubt that she was going to keep the baby.

She loves her son and said he has changed her for the bet- ter. She said no parties, drugs, or drinking could outweigh a night in with her son.

Cash-Seumae did, however, learn the harsh effects of how judgmental people can be.

“I was thrown out high school and changed into the

Teen mom program because the principal thought I was a distraction to the students,” Cash-Seumae said.

Some teens are especially careful when it comes to being sexually active.

Emma McLean and her exclu- sive boyfriend are diligent about using birth control. McLean uses birth control pills, which she wanted to use, and she thanks her mother for the access.

“I wanted to be on it before I started using it, but I was too afraid to ask my mom. But it worked out because my mom suggested that I get on it since I was in a relation- ship,” McLean said.

Other teenagers don’t have open-minded parents.

“I only use condoms. I’d like
to use birth control, but I don’t want to talk to my parents about that,” said a female who pre- ferred to remain anonymous.

Dr. Michelle Manber, a High- line psychology professor, said that long-acting reversible contraceptives such as intrauterine devices and implants are highly effective and recommended for sexually active teens and adults.

When the state of Colorado started giving out free long-acting reversible contraceptives to teen- agers and poor women, the birth- rate among pregnancy across the control, whether for pregnancies 2009 to 2013, and abortions fell by 42 percent, according to the Colorado Department of Public Health and Environment.

Having access to birth control is an important step to pre- venting pregnancy, and many teens don’t realize that they can access it, despite parents or fi- nancial issues, Dr. Manber said.

Health clinics such as Planned Parenthood are passionate about helping young people with access to birth control. Underage wom- en without insurance or parents against birth control can walk in fill out papers and talk to a phy- sician, and access birth control without parental permission.

“It used to be expensive, but that’s not the case now,” said Dr. Manber.

Most public and private health insurances cover birth control for pregnancy prevention, or for hormone bal- ance, which is another popular

use for birth control.

Another cause of teen preg- nancy is instant satisfaction without thinking about long- term consequences.

“Immediate rewards, delayed punishment,” Dr. Manber said.

By this she was referring to what Daniel had experienced.

Many teens get into an exciting situation and don’t think about things such as using condoms, taking birth control, and they trust whatever their partner might say, which could be a lie about using protection.

Lastly, there is a lack of sex ed- ucation. Only 19 states require sex education to be medically accurate, while others are still teaching abstinence-only, which has been shown to be ineffective.

Mississippi, which is an ab- stinence-only state, has one of the highest rates of teen preg- nancy in the nation with 38 pregnancies for every 1,000 girls aged 15-19.

“It’s just not realistic,” Dr. Manber said.

She encourages students to take human sexuality at High- line for accurate information. “There is an embarrassment to talk about sex,” Dr. Manber said.

She said it is important to be open about sexuality, and have access to ask questions and get an accurate response.

Along with birth control, it is important for sexually active teens and adults, especially ones who are in an exclusive rela- tionship, to use condoms. Other forms of birth control does not protect against sexually trans- mitted diseases.

Fair proves there is a club for everyone

By Dylan You
Staff Reporter

Today’s Club Involvement Fair will display some of the wide array of clubs offered here at Highline. It will take place in Building 8 inside the Mt. Constance room from noon to 3 p.m.

Representatives of various clubs ranging from the Cooking Club to the Indie Game Development Club will be there to explain what they do.

Angela Miranda, commu- nity leadership consultant for the Center for Leadership and Service, said she wants stu- dents to be aware of the wide array of clubs available.

Homebodies may find inter- est in the Movie Appreciation and Discussion, Video Game or Cooking clubs. Miranda said the Movie Appreciation Club “started out as a girl not want- ing to watch movies alone.”

The Video Game Club “fre- quently engages in competi- tive matches between students who bring their own gaming systems,” Miranda said. The Cooking Club is very popular and requires no previous cook- ing experience in order to join.

Those who feel out of place due to differences in age, race, English language or hearing deficiencies may want to check out the Non-Tradi- tional Student, Indigenous Students and The Deaf clubs.

The Non-Traditional Students Club, for example, offers sup- port to Highline students who not only attend college but have other things going on in their lives such as taking care of kids and going to work. Although the club’s president, Heather Cade, said that the club is “mainly for people over the age of 25, anyone is really free to join.”

Students concerned with the welfare of the poor, the dis- eased, or the environment can find that kindred souls in the Highline Hospitality and Environmental clubs.

Those thinking of being involved in the fields of adver- tisement, movie making and game development may be in- terested in joining the Adver- tising, Universal Studios or In- die Game Development clubs.

The Snowboarding and Ta- ble Tennis clubs are for snow- boarders and competitive table tennis players.

Lovers of poetry, speech and rapping may want to be a part of the Words and Speech Club.

Representatives of the Highline Healthcare Book, Unified, VOICE communica- tion, Ivory Keys colloquy and CRU clubs have also signed up to attend the fair.