

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 un-



clear 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. Sander's consistency on issues throughout the years.

"He's had the same message for decades now," student Alexander Robins said.

"I like Bernie Sanders because I like his ideals he stands

for and he is the only presidential candidate that has always supported gay marriage," said student Paiton Larson. "I feel that he has great ideas for this country and I trust he will put them in motion."

In the survey, 12 students said that they planned to vote for Former U.S. Secretary of State Hillary Clinton.

"Her husband was president and so therefore she has knowledge of the White House and how to run America," said student Keosha Coker.

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 pregnancy.

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

See Teens, page 12

Public safety might get new weapons

By Bryce Sizemore
Staff Reporter

With the rise of high profile violent incidents on college campuses, Highline is considering equipping Public Safety officers with less-lethal weapons.

Less-lethal weapons are designed to give public safety officers the means to minimize the risk of death or serious injuries, while still allowing an officer to control a violent subject. "It's a different time that we live in," said Vice President of Administration Michael Pham, regarding the possibilities of violence against Public Safety officers and others on campus.

Highline is considering issuing pepper spray, batons, Tasers, and handcuffs to its Public Safety officers.

"Highline puts our officers at risk right now," said Pham.

Currently, Public Safety officers only carry radios, and when faced with a potentially violent situation, can only use their hands to defend themselves, or flee.

If an officer contacts a person he sees looking at vehicles in the parking lot, and that person produces a knife, there is very little that officer can do to defend himself, Pham said.

A recent example is a fight between two international students in Building 8, where Public Safety officers had no means to restrain the fighting parties, and the fight resumed shortly after being broken up.

If Highline's officers had access to handcuffs, they would have been better able to deal with that situation, Pham said.

Over Winter Quarter, all of Highline's Public Safety officers will train extensively on the

weapons being considered, then offer their feedback on what they think should be issued to them, Pham said.



Rhiannan Smith/THUNDERWORD

During this time, Public Safety will work with the Des

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Men's basketball drops out of first with loss to Red Devils



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 then proceeded to hug her and in the process he touched her buttocks and continued to shake her hand. She also said that the man got 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 to 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



Jessica Strand/THUNDERWORD

ff the winter rains turn to winter snows, campus may have to close.

Campus prepared for weather closures

By **Bryce Sizemore**
Staff Reporter

College officials say they consider many factors before making the decision to close campus because of the weather.

There are no set guidelines to determine when campus will be closed, or have a delayed start, said Vice President of Administration Michael Pham.

Rather than set guidelines to

determine closure, Pham said he will consider outside road conditions, whether faculty and staff are able to arrive on campus, the ability of Facilities and Grounds to clear any debris or snow, and nearby school closures in order to make a decision.

For example, if local schools are closed, the decision may be made to have a delayed start, to allow students, staff and faculty to find child care he said.

Pham said that many students who attend Highline do not live in Des Moines, and that campus may be closed if dangerous road conditions exist in Kent or Federal Way.

Individual buildings may be closed if they have structural damage, or loss of power, Pham said.

Any building closure is a problem, as there is limited space on campus, said Pham.

Highline has contingency plans for weather-related or

other incidences, including agreements with local contractors to perform emergency repairs to buildings, said Pham.

Pham encourages all students to sign up for HC Alerts on their phones, as it will text message up to date information on campus closure, and emergencies.

Students may sign up for HC Alerts at <https://hctextalerts.highline.edu/>.



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 advice on transferring

The Highline Transfer Center is hosting a series of transfer related events this quarter.

There will be a personal statement workshop on Feb.

4 from noon until 1 p.m. This workshop will learn how to write a strong, and organized personal statement.

The Winter College Transfer Fair is on Feb. 10 from 9:30 a.m. to 12:30 p.m. in Building 8. The transfer fair will allow students to meet with advisers from more than 30 four-year colleges and universities.

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 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. 25 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.

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.

TRANSFER STUDENTS!

Interested in applying to any of these four-year colleges in the future:

- Central
- Eastern
- Evergreen State
- PLU
- Seattle U
- UW Seattle
- UW Tacoma
- UW Bothell
- WSU

Attend Highline’s 4th Annual Transfer Portfolio Review Day!

Worried if your personal statement is good enough for admission?
Bring your essay to be reviewed by the four-year admissions experts!

This is an opportunity to have your personal statement reviewed and receive **VALUABLE FEEDBACK!**

Wednesday, February 10th, 1:30-4:00pm
You must sign up to attend.

Pick up an application packet in the Transfer Center, Building 6 Room 164
or the Advising Center Front Desk in Building 6, 1st floor

Hurry! Application deadline is February 1st.
Questions? Contact Siew at 206 592 3936

Winter enrollment down from 2015

By Jonathan Larson
Staff Reporter

Highline enrollment is down slightly from this time last year.

This quarter, there are 10,173 credit-earning students, and 6,744 non-credit students enrolled, for a combined 16,917 students.

In recent years Highline's total enrollment has stayed fairly constant, with around 16,000-

18,000 total students.

Highline currently has 3,876 full-time equivalent students enrolled, down from 5,377 FTEs in fall, but close to the same number for Winter 2015.

Full-time equivalents takes all the credits enrolled and breaks them down as though every student was enrolled full time.

Running Start on the other hand has experienced a minor increase, from 1,218 in fall to

1,368 this quarter.

And then there are the international students. Currently, there are 521 international students, down from 544 last quarter.

The college categorizes its enrollment based on the different rates of tuition.

Washington resident students, whether full-time or part-time, pay tuition at the rate of \$102.75 per credit on top of a state subsidy. Non-state

resident and international students pay at a rate that is nearly three times higher, or \$279.26 per credit.

Running Start students' tuition is paid by their public school district at a rate of \$140.19 per credit hour with no further state subsidy.

The number of international students helps contribute to the college in more ways than just impacting the budget.

More international students

affects the overall diversity of the campus. That is seen as a plus by the Highline administration.

But some students question the level of diversity.

"I don't like it," said student Ari Newcomb. "Since it's such a diverse school, it's hard to find people who can relate with my culture."

On the opposing side, Diana Kim said "It feels great, because I feel like it represents America."



Jessica Strand/THUNDERWORD

Students wait in a long line to pay fees and finish their registration. Enrollment is down slightly from last Winter Quarter's numbers.

Learn how to get more bang for your buck

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 what federal grants and student loans they are able to qualify for."

"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.

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

"This being the first time we're 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.

During 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.



Michael Pham

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. Doc 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 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."

Have something to say?

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

Write to us!



"WHICH HILLARY ARE YOU VOTING FOR? THE ONE WHO ISN'T RUNNING FOR OBAMA'S 'THIRD TERM' OR THE ONE WHO EMBRACES HIS LEGACY?"

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 performing in the circus, 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 waitressing 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 could hardly open doors, and dancing 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

Guest Commentary



Kayla Dickson

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 again.

Thankfully, she told me that I

was actually OK, and that as terrible as I had felt, I wasn't actually dying. However, she also said that my illness seemed to flare-up with stress, so I had to keep my stress to a minimum.

She gave me an anti-nausea prescription, told me to call the office when I had questions, and sent me on my way.

After living with this disease for two years, I have learned a lot more about my limits and myself.

Currently, I am working two jobs, and going to school part-time.

Although this may seem like a heavy load, I keep the stress level down by organizing my schedule with my planner, and taking some time to treat myself everyday.

I keep an open communication with my bosses and my instructors to keep them informed of my health and to make arrangements for absences, if necessary.

After trial and error, I also found a combination of medication 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.

the Staff “

Stop writing down things I say.

” E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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- LITERATURE:** Who wrote the children's book *Tales of a Fourth Grade Nothing*?
- MOVIES:** Who played the lead female role in *The Silence of the Lambs*?
- ANIMAL KINGDOM:** What kind of bird is the fast-moving roadrunner?
- GENERAL KNOWLEDGE:** What occupation is traditionally associated with leprechauns?
- LANGUAGE:** What is another name for comestibles?
- MEDICAL:** What is the modern-day equivalent of the ailment once known as "grippe"?
- GEOGRAPHY:** The country of Wales was known in Roman times by what name?
- MEASUREMENTS:**

What is the unit of measurement for stacked firewood?
9. MUSIC: Which pop star's real name is Reg Dwight?
10. GAMES: Which two letters of the alphabet have the highest values in the game of Scrabble?

Answers

- Judy Blume
- Jodie Foster
- Cuckoo
- Shoe-making or mending
- Food items
- Influenza
- Cambria
- A cord
- Elton John
- Q and Z, 10 points apiece

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Puzzle answers on Page 10

GO FIGURE! by Linda Thistle

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
★★★ GO FIGURE!

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1 2 3 4 5 6 6 7 9

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King Crossword

ACROSS

- Hairstyle
- Fond du —, Wisc.
- Wan
- Pitch
- Bachelor's last words
- Old portico
- Largest continent
- canto
- Get ready, for short
- Catch sight of
- Eye layer
- West Virginia industry
- nerve
- Japanese sash
- Sticky stuff
- Frog's cousin
- Pair
- Timely question?
- Unwell
- Miler
- Sebas-tian
- Name
- "Kiss Me Kate" composer
- Up to
- Discomfort
- Dressed
- Botanical

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- Egypt's neighbor
- Citric quaff
- Rumpled sleuth of TV
- Colorado ski mecca
- Poker-win ning hand
- Weeding tool
- Shrill bark
- Sinbad's flier
- Half of XIV
- Depress
- Yule refrain
- Missing
- Ear-related
- Horse-play?
- Yarn
- Strip of icons
- Bug
- Sgt.'s subordinate
- Coffee break time
- Duck down
- Shroud city
- Jason's ship
- Any day now
- Nervous
- PC's brain
- Fleur-de—
- "Born in the —"

DOWN

- N'Djamena's country
- Northamp-tonshire river
- Rainbow
- Limp

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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.

TAURUS (April 20 to May 20) Keep your keen Bull's eye focused on your target, and shake off any attempt to turn your attention elsewhere. You should get some news later in the week that might answer some questions.

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 reassessing 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.

VIRGO (August 23 to September 22) A business agreement from the past might need to be looked at again. Use this unexpected development to check out other matters related to it. A weekend venture proves to be rewarding.

LIBRA (September 23 to October 22) Don't ignore that uneasy feeling about making a commitment. It could be a case of understandably cold feet, or a warning that something isn't as right as it should be.

SCORPIO (October 23 to November 21) A colleague could be more supporting of one of your efforts. But it's up to you to make the case for it, and that could mean opening up a secret or two, which might be a problem for you.

SAGITTARIUS (Novem-

ber 22 to December 21) Expect some good news about a relative you've been worried 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.

BORN THIS WEEK: You see the wisdom in honesty, and you help others appreciate your vision.

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.



Mai Lam/THUNDERWORD

“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 sub-

mitted, 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.

Arts
Round up



Award winning film
opens at theater

Critically acclaimed *45 Years* opens at the Seattle International Film Festival on Jan. 29, with showings at 1, 3:10, 5:15 and 7:30 p.m.

45 Years stars Charlotte Rampling and Tom Courtenay as a couple preparing for their wedding anniversary. While planning, they make a discovery that makes them question their marriage.

Andrew High directed the film.

Tickets are \$9 and are available online at siff.net/cinema/45-years. The film is 94 minutes long.

Romantic comedy
comes to life

Enjoy the writings of Anton Chekhov at *Chekhov is My Valentine*, a performance at the Pocket Theatre.

The play is on Feb. 14 and

21. Then, the performance will be at the Seattle Fringe Festival on Feb. 26, 27 and March 4.

The performance includes Deya Ozburn as Miss Gwendolen Nyuhkin. Ozburn has been in multiple performances at Lakeshore Playhouse.

Tickets are available at the-pocket.vbotickets.com/event/Chekhov_is_my_valentine_comedy_classics/11991.

Tickets are \$10. Performances are at 1 p.m.

The Pocket Theatre is at 8312 Greenwood Ave. N, Seattle.

For more information on the Seattle Fringe Festival, visit seattlefringefestival.org.

New York art
comes to Seattle

The art of Kehinde Wiley, a popular artist specializing in

portraits, will be on display at the Seattle Art Museum starting Feb. 11.

Wiley is a New York-based artist who incorporates bright colors into portraits of African-Americans.

He started out with portraits in 2000, and has continued to gain recognition.

Wiley’s exhibit runs until May 8.

Tickets are \$19.95 for adults, and \$12.95 for teens. Tickets are available at the museum, or can be purchased at seattleartmuseum.org.

The museum is at 1300 First Ave, Seattle.

Pianist to perform
Beethoven

Beethoven’s music will come to life at the Seattle Symphony

on Feb. 4 and 6.

Yefim Bronfman, a pianist, will perform Beethoven’s *Piano Concerto No. 2*, and Grammy-winning Roomful of Teeth will perform a collection of spoken words.

The concert runs for 98 minutes.

The Feb. 4 concert is at 7:30 p.m. The Feb. 6 concert is at 8 p.m.

Tickets are available at seattlesymphony.org.

The concert is in S. Mark Taper Foundation Auditorium, Benaroya Hall, at 200 University St. Seattle.

Hip hop dances its
way to Kent

A dance trope from Los Angeles will be performing at the Kent - Meridian Performing Arts Center on Feb. 5 at 7:30



Yefim Bronfman

p.m.

The dance group, called Antics, will perform their show *Sneaker Suites*.

Antics was formed in 2006 by choreographer Amy “Catfox” Campion. The group blends together hip-hop with spoken word, theater and film.

Tickets are available at kentarts.com. Tickets are \$20 for adults, \$18 for seniors and \$15 for people under 18 years old.

Before the show, on Feb. 4 at 7:30 p.m., Antics will be hosting a dance workshop to teach people new hip-hop moves.

All ages and abilities are welcomed. The class costs \$15, which is paid at the door. If you take the workshop, you get one complimentary ticket to *Sneaker Suites*.

The performing arts center is at 10020 SE 256th St, Kent.

The workshop will be held at Allegro Performing Arts Academy, which is at 222 Central Avenue South, Kent.



Bureau Productions photo

Charlotte Rampling and Tom Courtenay think about their life together in *45 Years*.

T-Birds fall to third place after loss

By Charles Prater
Staff Reporter

The men’s basketball team stumbled in Wednesday’s matchup against Lower Columbia, losing their hold on the No. 1 spot in the west.

Highline, 4-1 (13-7 overall), came into Wednesday’s game with a 4-0 record in their division ready to take on Lower Columbia, 5-0 (13-6 overall), at the Pavillion.

Despite a strong second half by the T-Birds, the first-half deficit and the Devils’ defensive pressure was too much to overcome, as Highline fell 75-60.

“Lower Columbia did a nice job defensively and we missed some easy, high percentage shots,” said Highline Head Coach Che Dawson.

“That’s why it is important to play great defense every night. That is something we can control.”

The Devils did a great job shooting the ball and playing defense, holding the T-Birds to 30 percent shooting from the field in the first half and 29 percent for the game.

Lower Columbia was hot from beyond the arc in the first half, hitting six out of 11 threes, while holding the T-Birds to just one.

“There are some nights, shots just won’t go in,” said Coach Dawson.

With shots falling for the Dev-



Jessica Strand/THUNDERWORD

Highline’s Jamie Orme blows by two Lower Columbia defenders for a layup in Wednesday’s loss.

ils and the shots not falling for the T-Birds in the first half, Highline went into halftime down 40-26.

“We talked about playing harder and having more of a sense of urgency,” said Coach Dawson. “We got flat in the first half when we weren’t scoring.”

Coming out of halftime and only down 14, Highline had a chance to change some things up and cut the lead down.

The Thunderbirds did a great job in the second half attacking the rim and drawing fouls to get to the free throw line.

Regardless of the tactic, the

Devils were still able to execute their offense and even put the lead up to 19 before it falling down to 15 to end the game.

Highline’s Jamie Orme was the top scorer for the game with 23 points and three steals.

Teammate Coby Myles contributed with 13 points and seven rebounds.

Leading scorer for Lower Columbia was Lawrence Russell with 21 points and 12 rebounds.

The Devils’ Keun Palu-Thompson had a solid game with 15 points and 10 rebounds.

After Wednesday’s defeat,

the T-Birds got a chance to start another win streak with a road match against Green River, 1-4 (6-11 overall).

Leading by 11 in the first half, Highline let up a bit in the second half, allowing the Gators to get back in the game, but closed them out in the end to win 58-54.

“We did not shoot the ball very well in the second half and had a few ill-advised turnovers,” Coach Dawson said.

Both teams shot the ball evenly, with Highline hitting on 36 percent from the field in the game and the Gators hitting on

38 percent.

The T-Birds were able to get off to a nice lead in the first half by netting seven threes in the first half and holding Green River to three out of 12 from beyond the arc.

The shots were falling for the Thunderbirds, but that wasn’t the case in the second half.

Highline threw up 12 threes in the second half, only making two of them and shooting 24 percent from the field.

The poor shooting by the T-Birds allowed the Gators to cut the lead down, but the Thunderbirds 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 Jalen McGruder 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 against Grays Harbor on Feb. 3 at 8 p.m.

Special Olympics comes to Highline campus

By Olivia Sullivan
Staff Reporter

Highline College is making history this Sunday by hosting the Special Olympics Regional Basketball Tournament for the first time ever.

“It’s new for us,” said Jenni Sandler. Sandler is the director of Achieve, a Highline program aimed to help students with intellectual disabilities transition from school to the workplace.

“Highline was asked by Special Olympics to host the event and it just so happens that we have gotten involved in Special Olympics Unified Sports over the past year,” Sandler said.

“We also want to promote our ACHIEVE Program to the community at large and are able to reach a broader audience through this effort. This was a win-win opportunity.”

The Special Olympics is an athletic league for people with intellectual disabilities and a love of sports. It is the program’s focus to create a respectful, accepting environment for anyone involved. With no restrictions on ability level, all athletes above the age of 8 are welcome.

The Regional basketball tournament this weekend is for teams from all over King County to compete for the championship within their own division.

The King County 2016 Regional Games is the state-qualifying tournament for Special Olympics Washington.

On the unified teams, athletes with and without disabilities play and train together. This helps players develop healthy competition, friendships, and an understanding of social inclusion.

“The community that High-

line College has created for itself has been unwavering in its support for the unified movement,” said Tyler Bjork, the King County senior regional manager for Special Olympics Washington.

Bjork said there will be many coed teams competing for the championship of each division.

Divisions will have high school teams, including the Highline school district. College teams from all over King County, like University of Washington, Highline College and a few southern Oregon colleges will also be here to play on Sunday. Depending on the age of the players, there are Master and Senior unified team divisions. Other community-based teams will play, too.

Highline’s own unified basketball team will play this weekend, as well.

In the past, Highline has

formed a unified soccer team and a unified flag football team.

Sandler said the unified campus outreach groups always want to know what other sports students would be interested in playing at Highline so they can create more teams and athletic opportunities for everyone.

“We always want to grow and expand the unified sports movement on campus,” said Sandler. “As a college, we are really excited about our partnership with Special Olympics. ... Promoting diversity and inclusion is an important part of our mission at Highline.”

Bjork said Special Olympics Washington is very fortunate to partner up with Highline College for this event.

Highline also offers a unified club, which does service projects and other activities besides sports.

On Sunday, there is no admission fee for the tournament. Games will last about 45 minutes each.

Although the Highline men and women basketball teams, staff, and faculty will be volunteering, the event directors are still on the lookout for more. Volunteers will be asked to referee or to help keep score.

The last day to sign up as a volunteer is Friday, Jan. 29.

If you are interested in helping at the Special Olympics, contact Jenni Sandler at jsandler@highline.edu or James Birmingham at atjabirmingham@highline.edu.

For more information about Highline’s unified clubs, contact Student Leader Kim Zielke at kzielke@highline.edu.

The tournament begins at 8 a.m. and is projected to end around 4:30 p.m. on Sunday.

3835
4514

Scoreboard

MEN'S BASKETBALL		
Team	League W-L	Season W-L
West Division		
Lower Columbia	5-0	13-6
S. Puget Sound	4-1	15-4
Highline	4-1	13-7
Tacoma	4-1	11-7
Green River	1-4	6-11
Pierce	1-4	6-13
Centralia	1-4	1-15
Grays Harbor	0-5	2-13
South Division		
Clark	7-0	16-3
Lane	5-2	17-3
Clackamas	5-2	13-7
SW Oregon	4-4	10-11
Chemeketa	3-4	12-8
Umpqua	3-4	10-9
Portland	2-5	9-7
Linn-Benton	2-5	6-12
Mt. Hood	1-6	4-14
North Division		
Edmonds	4-1	15-3
Olympic	4-1	6-10
Everett	3-2	12-8
Skagit Valley	3-2	10-8
Peninsula	3-2	10-9
Shoreline	2-3	7-9
Whatcom	1-4	14-7
Bellevue	0-5	9-11
East Division		
Spokane	5-0	13-6
Big Bend	5-0	15-6
Yakima Valley	4-1	10-9
Columbia Basin	2-3	8-10
Wenatchee Valley	2-3	5-13
Walla Walla	1-4	7-13
Treasure Valley	1-4	3-13
Blue Mountain	0-5	9-11
WOMEN'S BASKETBALL		
Team	League W-L	Season W-L
West Division		
Lower Columbia	5-0	13-8
Centralia	4-1	13-7
Grays Harbor	4-1	10-7
S. Puget Sound	3-2	12-7
Tacoma	2-3	4-11
Green River	1-4	6-12
Highline	1-4	5-14
Pierce	0-5	2-15
South Division		
Lane	7-0	20-0
Umpqua	5-2	17-4
Clark	5-2	13-6
Clackamas	4-3	8-12
Chemeketa	4-3	8-12
Portland	3-4	4-13
Linn-Benton	2-5	8-11
SW Oregon	2-6	10-11
Mt.Hood	0-7	5-13
North Division		
Skagit Valley	5-0	15-6
Bellevue	4-1	14-4
Peninsula	4-1	13-5
Everett	3-2	10-9
Shoreline	2-3	4-10
Edmonds	1-4	2-15
Whatcom	1-4	1-15
Olympic	0-5	5-12
East Division		
Wenatchee Valley	5-0	17-3
Walla Walla	3-2	14-4
Spokane	3-2	14-6
Treasure Valley	3-2	12-7
Columbia Basin	3-2	11-9
Blue Mountain	2-3	8-11
Big Bend	1-4	7-14
Yakima Valley	0-5	3-16

Lady T-Birds end losing streak at six

By Samuel Biehn
Staff Reporter

The Lady T-Birds basketball team struggled to find their footing against the Lower Columbia Red Devils, losing 57-51 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 to pull out a win for Highline.

Lady T-Birds Head Coach Amber Mosley seems to be pushing her players to take advantage of quality shot opportunities in practice, and the players are taking notice.

“We worked on taking game-type shots, the right shots. 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 onto 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 trapped more and that kind of frazzled us,” forward Chardonae 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 made the Thunderbirds pay, as they scored 21 points off of T-Bird turnovers.

The Lady T-Birds also had issues converting their 41 total rebounds into points for their possessions, only putting up 4 second chance points, in com-



Jessica Strand/THUNDERWORD
T-Birds’ Ivy Swanes attempts to drive by a Lower Columbia defender.

parison to Lower Columbia’s 13. “We need to execute, we just need to execute,” Rippingham said.

“We didn’t match their intensity. They came out with fire and we couldn’t match it. Their pressure got to us,” she said. “But I think we did a good job of staying together and not turning on one another. We could have easily let that game go but we stuck together and fought until the very end.

“I think we had some key players that helped fire us up too, like Jasmyne Holmes and Ivy Swanes. They kept that fire the whole game,” Rippingham said.

Guards Holmes and Swanes led the Lady Thunderbirds on the night. Holmes finished with 12 points, eight rebounds, one steal and four assists. Swanes put up eight points, three rebounds, and one assist.

“Ivy made some key threes and it fired her up and her fire was contagious. And Jasmyne never gave up. She kept going the whole game,” Alyson Rippingham said.

One major concern for the Lady T-Birds throughout the rest of the season will be the

availability of reliable forward Chardonae Miller, who suffered a knee injury in Highline’s previous matchup against Grays Harbor on Jan. 16.

Miller received an MRI for the injury on Jan. 25, but her status for the rest of the season won’t be known until later this week.

Even though Miller was not on the floor for herself, she still understands the frustration regarding all the losses suffered this season.

“We are tired of losing. We’re in the games,” Miller said.

“We didn’t play well with that intensity. They came out strong in the third quarter and we never matched it.”

In their following game against Green River on Jan. 23, the Lady T-Birds used their self-motivation to propel their way to a 64-60 victory against the Gators.

Highline played to their strengths in the match-up, pulling down 47 rebounds for the game. The Lady T-Birds also closed well, bouncing back from poor second and third quarters to eventually outscore the Gators 18-11 in the fourth.

“It came down to wanting it

the most. We didn’t fold on each other,” Rippingham said.

The Thunderbirds used effective shooting from the three-point line to down Green River, as Highline put up 30 points in threes in comparison to the Gators’ 18.

Additionally, with Highline missing Miller in the game, the Lady T-Birds used their depth off of the bench to pile on points on Green River. The Thunderbirds’ outscored the Gators’, 41-11.

“As a team, I really think we shared the ball well. We weren’t selfish at all,” Rippingham said.

Highline had a strong performance from forward Chantal Hill which set the tone for the night. Hill finished with 24 points, three rebounds and two steals to carry the Thunderbirds on the scoreboard.

The Thunderbirds had a couple of solid performances from guards Alicia Westbrook and Jasmyne Holmes. Westbrook finished with 11 points, eight rebounds, one steal and one assist. Holmes had 11 points, six rebounds, three steals and four assists for the game.

The game wasn’t perfect, as the Lady T-Birds gave up 25 turnovers and suffered a lack of second-chance points, ending the game with six, but a win was all that mattered for a Highline team coming off of six straight losses.

Highline is currently tied for fifth place with Green River in the NWAC West at 1-4, with an overall record of 5-14.

“We haven’t lost our sense of team chemistry or faith in this team,” Rippingham said.

“We haven’t lost faith in each other, we’ve been playing for each other. Lifting each other up, where other teams might crumble.”

“Each game we have improved, after the game yesterday we can see the capability we have,” Miller said.

“We want to come into practice and work our butts off. We’re so close.”

Highline played Pierce on Jan. 27 with results unavailable at press time.

Highline will try to pick up the intensity in their next two games, with a game against Tacoma at home on Jan. 30, at 3 p.m. and will follow with a match against Grays Harbor on Feb. 3, at the Pavilion at 6 p.m.

Noon takes first place in Clackamas Open

By Roopkanwal Nagra
Staff Reporter

Tyler Noon took first place in his weight class this past Sunday, as the T-Bird wrestlers traveled to Oregon City for the Clackamas Open.

Teams from all over the Northwest took part, including Division I Oregon State.

Noon started at 174 pounds and led the team at the Clackamas Open on Sunday. Noon beat Adrian Lopez of Southwestern Oregon in the finals for the win.

Andrew Ramirez placed second at 133 pounds. In the last second of the final he lost 6-5 to Ronald Stevens of Oregon State.

“Practicing celibacy was a big part of my performance on Sunday,” Ramirez said. Ramirez also said that he plans to stay celibate until his season is over.

Highline’s Elias Mason placed second and wrestled at 197 pounds on Sunday.

Mason pinned his first two opponents and carried the momentum when he pinned Ty Cavener of Southern Oregon in

the semi-finals.

He ended up losing to Oregon’s Ihoghama Odighizuwa in the finals.

At 141 pounds Cole Morrison finished fourth. Morrison ended the tournament losing by a point to wrestler Hans Rockwell.

The next match for the T-Birds was supposed to be on Thursday against visiting North Idaho College, but was canceled because of road closures due to weather conditions.

This dual was set up to be a good one, as last year, North

Idaho faced Highline with the T-Birds beating them 26-21 for the first time in 20 years.

According to the NWAC website, the match will not be rescheduled.

Next up for Highline, the T-Birds will travel to Coos Bay to compete in the Southwestern Oregon Dual at Coos Bay this Saturday at noon for its last meet of the year.

On Saturday, Feb. 13, Highline will be hosting the Region 18 Championships, which will qualify wrestlers for the National Tournament.

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 about 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



Jessica Strand/THUNDERWORD
Highline student Becca Greer demonstrates proper squatting technique in the Personal Fitness Center in Building 21.

sure to keep your back straight. 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, look 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 Gatorade. 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 Academy of Pediatrics. There are also electrolytes primarily in the form of sodium and potassium, and vitamins and minerals



Anna Gorbachuk

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.

HOW to write a personal statement

Transfer

Students

Learn how to make your application come "ALIVE" with some excellent writing and content tips.

Attend this session and learn how to submit a great personal essay with your future transfer admission application!

There is no need to sign up.
Thursday, February 4th
12:00 PM-1:00PM
Highline Writing Center
Building 26 Room 319

DON'T Miss Out!

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 initiations," 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 319i.

In addition to the Writing Center, there is also a Math Resource Center to help students get a grasp on calculations they couldn't solve by themselves.

The math center is in Building 26, room 319.

There is also MESA (Math Engineering Science Achievement) for students who are enrolled in the program; it helps



Jessica Strand/THUNDERWORD
Student Angelica Alfaro gets help from math professor Erik Scott with her calculator in the Math Resource Center.

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."

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Wednesday, February 10th
9:30 AM-12:30 PM

Highline Student Union, Building 8, first floor

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Go Figure!
answers

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King Crossword
Answers

Solution time: 25 mins.

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Weekly SUDOKU
Answer

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

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 ex-



Rhiannan Smith/THUNDERWORD

Dr. Robin DiAngelo speaks on racism and the importance of admitting it exists last week's Martin Luther King events.

perience is seen as the experience of everyone involved," Dr. DiAngelo said. She said perspective does matter.

Dr. DiAngelo said that when people commonly use phrases such as "I have family of col-

or," 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 of-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.

The policy will then face final approval by the Board of Trustees before being implemented.

2016

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student Taylor Berglund.

Two of these students think that it is Trump's business prowess that makes him the ideal choice.

"I'd vote for Trump. I feel like he could put the economy back in place. Obama promised jobs and a lot of people were still unemployed," said student Andriy Sadokha. "He has a business model."

"I honestly think a business man would run our country better than a politician," said student Andrew Russell.

Out of the 75 students, two plan to vote for U.S. Sen. Ted Cruz, R-Texas, and two plan to vote for Dr. Ben Carson.

Washington voters will get their chance to help choose the nominees in a few weeks.

The Washington state caucuses will be held on different days.

The Republican precinct caucuses will be held on Feb. 20 and the Democrat precinct caucuses will be held on March 26.

Reporters Z'anyie Day, Adam Horner, Allison Sawyer, Megan Smith, John Larson, Michael Muench and Arianna Newcomb contributed to this story.

Got news, gossip or complaints?

Send them to
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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 out of 100 women a year will get pregnant. When used improperly, the likeliness 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 matured 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 go to school," Daniel said.

While some teens were careless, others made one small mistake that led to big changes.

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 father, said keeping her child was the best choice she'd ever made. She decided to keep the baby because of her support system.

"I had a ton of support from my family and his family, which is the biggest blessing ever because 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 some kind of trusting adult. Getting on birth control is the smartest thing any young woman 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 better. 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 of high school and changed into the



Dr. Michelle Manber

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 McClean and her exclusive boyfriend are diligent about using birth control. McClean 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 relationship," McClean 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 preferred to remain anonymous.

Dr. Michelle Manber, a Highline 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 teenagers and poor women, the birthrate among pregnancy across the state dropped by 40 percent from 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 preventing pregnancy, and many teens don't realize that they can access it, despite parents or financial issues, Dr. Manber said.

Health clinics such as Planned Parenthood are passionate about helping young people with access to birth control. Underage women without insurance or parents against birth control can walk in, fill out papers and talk to a physician, 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, whether for pregnancy prevention, or for hormone balance, which is another popular

use for birth control.

Another cause of teen pregnancy 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 education. 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 abstinence-only state, has one of the highest rates of teen pregnancy 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 Highline 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 not in an exclusive relationship, to use condoms. Other forms of birth control does not protect against sexually transmitted 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.

Angelia Miranda, community leadership consultant for the Center for Leadership and Service, said she wants students to be aware of the wide array of clubs available.

Homebodies may find interest in the Movie Appreciation and Discussion, Video Game or Cooking clubs. Miranda said the Movie Appreciation Club "started out as a girl not wanting to watch movies alone."

The Video Game Club "frequently engages in competitive matches between students who bring their own gaming systems," Miranda said. The Cooking Club is very popular and requires no previous cooking 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-Traditional Student, Indigenous People, ESL or the Deaf clubs.

The Non-Traditional Students Club, for example, offers support 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 diseased, or the environment can find that kindred souls in the Highline Hospitality and Environmental clubs.

Those thinking of being involved in the fields of advertisement, movie making and game development may be interested in joining the Advertising, Universal Studios or Indie Game Development clubs.

The Snowboarding and Table Tennis clubs are for snowboarders 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 communication, Ivory Keys colloquy and CRU clubs have also signed up to attend the fair.

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