Happy Valentine’s Day

Students place experiences over gifts

By Kayla Dickson
Staff Reporter

As one of the biggest spending holidays of the year, Valentine’s Day often leaves women feeling pampered and refreshed, and guys crying over the empty shell of their wallets.

This year at Highline, however, students are taking a more laid-back approach to the ro-
mantic holiday. “On Valentine’s Day, I want to buy her flowers,” said Andriy Eor, a student at Highline. He said he then plans to “netflix and chill” with his valentine.

He said he then plans to “netflix and chill” with his valentine. Meanwhile, Rico Most has plans for himself on Feb. 14. “I’m just going to spend most of the day taking myself out, treating myself and pampering myself,” Most said.

Most isn’t the only single

To help show how much the department cares; they offer an event called “Coffee with a Cop.” The people get to sit down and talk with the officers at a local coffee shop. The next “Coffee with a Cop” event will be on Feb. 16 from 11:30 a.m. until 1 p.m. in the Student Union. Another event organized by the department is “Tip a Cop.” Officers step in as waiters to serve the people of the community at local restaurants. These small events happen

Unified sports brings people together

By Jacqueline Robinson
Staff Reporter

A Highline basketball team lost its own tournament recently, but you would never know by the smiles on their faces. Highline hosted the King County Special Olympics regional basketball tournament on Sunday, Jan. 31. Highline’s Unified team, which has players both with and without disabilities, participated. Highline ended up placing second but is still celebrating for reasons much bigger than a game.

The tournament took place inside the Pavilion, where a crowd of about 400 people cheered on not just their own teams, but what seemed like every team.

Debbie Berry, mother of two Unified basketball players, said this is not like other sports. It is not only about winning or losing, it’s about supporting something bigger. “The spirit of this sport is not competitive. We all cheer for everyone,” she said.

The point Berry was making was evident in the excited crowd. Every shot was celebrated in a roar. Even missed shots were followed by an encouraging shout.

The crowd appeared to be celebrating more than just the score. They celebrated the skill, spirit and courage of the Special Olympic athletes. They celebrated unity between the handicapped and non-handicapped athletes on the court.

Participating teams traveled from near and far. “We have teams here from all over King County,” said Jennifer Sandler, the director of Access Services and the Achieve program at Highline. “There are teams from Federal Way, Auburn, Seattle, Ballard, West Seattle and more,” she said.

The different teams included a host of community teams and high school teams. Highline and University of Washington were the only college-based teams in attendance.

Special Olympics partnered with Highline’s Access Services to organize the tournament. A number of Highline faculty, staff and students volunteered their time and efforts to make the event a success.

Sandler said it was the combined efforts of student athletes on men’s soccer team, men’s basketball team and

For more Valentine’s Day stories and photos, see page 8

See Inclusion, page 12

See Police, page 12
Crime on campus decreased this week

By Jim Sullivan
Staff Reporter

Winter Quarter is settling down for Public Safety officers this week, as there are fewer incidents than previous weeks. This week’s incidents involve a couple intoxicated men, a prank call and a hit and run collision.

Student passes out from asthma attack

A female student passed out in Building 6 at 9:19 a.m. on Feb. 2. The student was having an asthma attack, which led to a panic attack and she eventually passed out.

From the understanding of Public Safety officers this is a recurring experience for this student.

South King Fire and Rescue was called for assistance and determined the student did not need any further medical attention and cleared her to go home.

A family member arrived to take the student home.

Des Moines Police check on man

A homeless man appeared intoxicated in Building 8 Center for Leadership and Service at 3:15 p.m. on Feb. 4 when staff called Public Safety.

The night before he had made disturbing comments towards some women and appeared to be high before being escorted off campus.

The man returned to the same building the following day and was acting calm and quiet but was not complaint and rambling on about things.

Des Moines Police were contacted to conduct a wellness check to see if the man is capable of taking care of himself when he admitted to being homeless.

Des Moines Police and Public Safety officers referred the man to a couple crisis agencies to receive help.

Drunk man needs to charge phone

Two days later, an intoxicated man was found sleeping on the floor in the men’s restroom of Building 23 at 5:25 p.m. on Feb. 4.

Officers said the man was staggering and smelled heavily of alcohol. Officers asked the man if he needed any help and he replied that he was OK and just needed to charge his electronic battery pack.

The man was notified that the restrooms are being locked and that he could use an outlet outside of Building 8.

The man grabbed all of his personal belongings and thanked officers as he left the restroom.

He walked in an unknown direction without further incident while officers were locking the doors.

Prank call on Building 8 elevator

An individual pushed the 911 emergency button in a Building 8 elevator and stated that he needed assistance at 3:23 p.m. on Feb. 3.

The man stopped responding to the 911 dispatcher as Public Safety officers arrived. The officers found that the dispatcher was still on the line and there were no people in the elevator.

Officers were advised to search the area and found no need to be concerned.

The man grabbed all of his personal belongings and thanked officers as he left the elevator.

Celebrate your achievement here

Student achievement and persistence will be rewarded in the Highline Achieveement Social & Celebration.

Students who hit the 15, 30, and 45 credit milestones will receive invitations to this event.

Eligible students will receive a commemorative award based on their number of credits, and food will be provided.

The social will occur on Feb. 16 at noon – 1 p.m. in Building 8 in the Mt. Constance and Olympus Rooms.

Hear written works presented

Students, staff, and faculty will have an opportunity to share their writings, or listen to others at an Open Mic at the Highline Writing Center.

The event is held the first Thursday of every month, in Building 26, room 319 at 1:30-2:30 p.m.

Important dates

• Final day of instruction: March 21
• Final day to add a class: March 14
• Last day to withdraw from a class: March 19
• Final day of instruction: Winter Quarter 16, Mar. 21
• Winter Quarter 2016 comes to an end on Mar. 25.
• Winter Quarter 2016 grades will become available on Mar. 30.

Professors discuss ‘16 election

By Bryce Szemore
Staff Reporter

Find out how the presidential election works, and the significance of two extra-special candidates at Trump Cards and Electric Sanders: Explaining the 2016 Election.

Three Highline political science professors will discuss the presidential election today at 10 a.m. in Building 7.

“We decided to do this because we thought people deserve to know how this whole system works,” Dr. T.M. Sell said.

Dr. Emmanuel Chiabi will discuss how the process of nominating and electing a president works.

Dr. Benjamin Gonzalez said that he will address the issue of race in this election cycle, both in relation to Trump, and on statements made on the Republican side by candidates such as U.S. Sen. Ted Cruz, R-Texas, and Dr. Ben Carson.

Islamophobic and anti-immigrant statements by candidates often cause such views to become legitimized, Dr. Gonzalez said.

"There has been an uptick of hate to the Stormfront website," and groups such as the Klu Klux Klan have experienced a rise in membership, Dr. Gonzalez said.

This rhetoric, even if it is just a cynical attempt to get voters, can, and has led to acts of violence, said Dr. Gonzalez.

Dr. Gonzalez said that the current success of using racism and fear means “We are not post-racial as we thought we were.”

Dr. T.M. Sell said that he will speak to the rise of populist candidates like Donald Trump and U.S. Sen. Bernie Sanders, Vermont, and the implications of their popularity.

Being a populist means that a candidate claims to represent the common person, rather than the interests of the rich and powerful, Dr. Sell said.

He attributed this rise in populism to various people in the U.S. that feel that the current system of government isn’t working for them.

Some people support Sanders because they feel they are being held back by the rich and powerful, while others support Trump because they feel that they are being held back by both the government and immigrants, Dr. Sell said.

This panel is free and open to the public.
**Director aims to enhance diversity**

By Olivia Sullivan  
**Staff Reporter**

Highline helped Doris Martinez flourish in her authentic self and she is back to help others understand the power of their story.

Now the director of Student Diversity and Inclusion/Multicultural Affairs, Martinez recently was promoted into her position within Multicultural Affairs at Highline. She said the program specifically created a new title for her position. She graduated from Highline in 2007 with her associate's degree in speech. Martinez then went on to finish her bachelor's degree at Seattle University in Strategic Communications and Student Development Administration.

After her schooling, Martinez moved to Philadelphia to work and had no intentions of coming back to the college until Highline recruited her back. On a typical day Martinez can be found in her office, surrounded by colorful artwork, talking to students, and listening to tropical Latin fusion music.

"Highline has always been home for me," said Martinez. "I feel like I'm paying it forward. I owe a lot to Highline."

According to the mission statement, the Multicultural Affairs program on campus focuses on providing opportunities for students of Highline and the community for equity and inclusion. Some of Martinez's goals for the program are for students to engage in intentionall conversations about difficult subjects and to give students an opportunity to find themselves. "I want to add on to the legacy of what Multicultural Affairs has established," Martinez said. "It has such a history of providing thought-provoking programs." Behind her charismatic smile and warm manner, Martinez has had first-hand experience as she struggled to figure out her own identity within the racial community.

"Being a black woman of Latino descent was excruciatingly painful," she said.

She is a Honduran-American of Garifuna heritage and an African descendant. Growing up with such a mixed heritage was challenging because people could not understand or accept who she was, Martinez said. "This was a major reason for going into this work. It helped me understand the intersections of my identity," she said.

During her time at Highline, the diversity programs on campus helped Martinez understand who she is as a woman of color.

In 2006, a close friend of Martinez's recruited her to help start the Latino Association. Martinez said she initially rejected the offer, much like she resisted her own identity at the time. Martinez said her friend made clear she was the epitome of association. She was a perfect example of the fact that Latinos come in all shades and sizes.

"Through becoming involved, the Latino Association gave me the opportunity to look at myself and accept any parts of me," Martinez said.

These skills, Martinez said, are not learned from a textbook.

The multicultural programs at Highline are directed toward all students, staff, faculty and community members.

"There is no one-cut-fitter definition for what diverse is," she said.

Martinez said she believes that people of society evolve every day. Constantly learning how to be inclusive and socially aware are lifelong skills needed to educate and empower each other, she said.

Through student clubs and diversity conferences and summits, Multicultural Affairs at Highline aims to provide leadership opportunities for all by creating a learning and work environment that is equitable and inclusive. More than 60 clubs with a variety of interests are available on campus for students to join.

Highline also offers the Inter-Cultural Center for students on the second floor of the Student Union Building. This center helps students to utilize the center because it is for the students and the doors are always open.

Earlier in the month, the Multicultural Affairs program put on the 21st annual Martin Luther King Jr. Conference at Highline. More than 400 students attended the workshops and presentations, Martinez said. The event at Highline is the longest standing MLK celebration for community colleges in all of Washington state.

Multicultural Affairs has several events on the calendar. The Queer Latinx Summit will be held at South Puget Sound Community College in Lacey on March 25-26. Highline will be taking 20 students to the summit and applications for this event are due by Feb. 19.

On April 21-23 is the Students of Color Conference, to which Highline will be taking 40 students. Applications are due by Feb. 27.

For both events, Highline will be covering each student's expenses for the trip. For further information, contact Highline's Multicultural Affairs at mca@highline.edu.

**Summit seeks to encourage Latin@ youth**

By Stephen Bakkund  
**Staff Reporter**

Highline will reach out to the community with the second annual Latino@ Summit on Feb. 23 – 24 in the Student Union. The summit is free for all, and includes lunch, a raffle and 13 guest speakers.

The event is primarily for Latino students in local area high schools.

"It is important to expose high school students to a college setting and for them to see Latino@ professionals in schools," Cesar Rangel, coordinator at the Latino Center for Higher Education said.

Last year students from Tacoma, Pierce and Olympic colleges all attended the event. The summit organizers are expecting more than 400 visitors between the two days, Rangel said.

Tomi Castro, vice president for Student Services at Highline, will give the opening presentation on Feb. 23, setting off the summit and its other speakers.

The summit is designed to give support for Latino students both entering college, and the students already on campus at Highline, Rangel said.

The Latino@ summit is open to all students, even those who don't identify as Latino.

"The summit is great for all students to come learn and analyze a different culture, and work with others," Rangel said. "Overall it's really about Highline College, who we are, and what we're about. We want to spread the word."

Behind her charismatic smile and warm manner, Martinez has had first-hand experience as she struggled to figure out her own identity within the racial community.

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**Whip your grades into shape and ace your midterms by attending Phi Theta Kappa’s boot camp**

By Mary Gasper  
**Staff Reporter**

The Phi Theta Kappa Honor Society will host an academic boot camp for Highline students next week.

"PTK is an international honors society for two-year colleges. It offers scholarships opportunities to leadership training, service opportunities, and recognition to high-performing students at the junior college level," said Dr. Teri Balkenende, PTK adviser.

The boot camp is intended to give students tips and strategies that will help them guide themselves through college.

"There will be booklets on specific subjects such as math, science and English, providing information on how to do well in these courses and create successful work habits," Dr. Balkenende said.

The boot camp is from Feb. 17-18 at 10 a.m. to noon in Building 2, room 101.

"The event is designed as a series of mini-lectures delivered by our own PTK students on topics related to school success," Dr. Balkenende said, who teaches history at Highline.

"The intention of this event was to draw attention to all the reasons the students really should come to class and completing their community college degree," Dr. Balkenende said.

Students will have a chance to win a $50 gift card to the Highline Bookstore. Prizes will be awarded to two winners at the end of the boot camp.

PTK members have their membership designated on their diplomas and transcripts so that prospective universities know that the student was an honor student, Dr. Balkenende said.

"Eligible students will receive invitations at the beginning of the quarter with a special passcode that has been assigned just to them," Dr. Balkenende said.

Meetings are held every day from 11 a.m. to noon in Building 14, room 101.

**Campus Life**

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Don't go too far in raising minimum smoking age

Everybody already knows that smoking is bad for you, so why take big steps to prevent people from doing it?

House Bill 2313 proposes that Washington State raise the designated legal age for smoking tobacco from 18 to 21 in an effort to discourage youth access to nicotine.

The bill has a nice idea. According to the National Center for Biotechnology Information, the later someone tries nicotine in their life, the less likely they are to try it at all.

However, the bill also raises issues of liberty. If this bill passes, lots of young adults who live alone and choose to smoke regularly will be very angry when they can no longer feed their habit.

This bill also places restrictions on alternative forms of tobacco smoking including hookahs and e-cigarettes. This is not fair because many people use these substitutions as a means of quitting, with nicotine-free shisha and e-liquid.

Although this bill may prevent youth from buying cigarettes, it also probably won’t prevent them from trying them. Most youth don’t try their first cigarette from buying their own pack; they try them by getting one from a friend or parent.

A better idea would be to change the designated smoking age to 19. That way, it prevents kids in high school from purchasing and distributing cigarettes on high school campuses. It also allows adults who don’t live with their parents to make their own choices about their body.

Smoking cigarettes is a nasty and unhealthy habit, but that isn’t a secret. Of course we should protect our youth, but the adults in this country can accept the consequences of their actions.

Support public schools

While many proponents of charter schools say that they will improve the quality of education for students, this has not been the case.

According to a California study, charter schools, for the most part, perform equally, or slightly worse or better than public schools.

Charter public schools had no discernable impact on student outcomes, with an equal amount attending college compared to students attending conventional public schools according to another study.

By all accounts, charters provide no benefits to the students that attend them. Why do legislators continue to support charter schools when they have no measurable positive impacts on the state of education in Washington?

While charter schools provide an education no greater than conventional public schools, they drain money and resources from conventional public schools.

Since funding for public schools is based on students enrolled, competition for students will reduce the budgets of Washington’s already cash-strapped public schools. This means there will be less programs available to students, more fees, or a combination of both.

A study shows that between April 2014 and April 2015, $200 million was lost in confirmed fraud, waste and abuse in charter schools in the United States. In addition to siphoning money away from conventional public schools, it is likely that some money will be wasted due to charter schools mishandling public money.

My mother is a public school teacher, and she puts a huge amount of her personal time into making sure her students get the best possible education.

She has told me that since she started teaching in the 1980s, this is by far the hardest time to be a teacher.

Entry-level pay for teachers is abysmal, and many of her newer peers are looking at getting out of teaching. Teachers, and teachers unions are not the problem with our education system. My mother, at the top of her pay scale, struggles to pay for her medical bills, pay off a house, and support me as I attend college.

She and the majority of her colleagues have master’s degrees and are board certified. All of her colleagues are dedicated to their craft, and they put in long, mostly uncompensated hours for the benefit of their students.

The last thing Washington needs is for charter schools to lower the bar for teachers compensation and qualifications.

Please tell your legislators to support substantive reform for education in Washington, not charter schools.

Bryce Sizemore is the news editor for the Thunderword.
9. ANIMAL KINGDOM: What adjective describes animals with hooves?
10. GEOGRAPHY: What was the prior English name of the nation of Sri Lanka?

Answers
1. 86,400
2. The Blues Brothers
3. Selma and Patty
4. Dog lover
5. Dimples
6. Talking in your sleep
7. Castles
8. Albany
9. Ungulate
10. Ceylon

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Valentine’s Day wasn’t always hearts and flowers

By Sam McCullough

February is a month filled with pastel colors, hearts and giant bouquets of roses, due to Valentine’s Day on Feb. 14. But Valentine’s Day wasn’t always a Hallmark holiday. The holiday, also known as St. Valentine’s Day or the Feast of St. Valentine, began as a day for public worship of the Christian saint named Valentinus.

There are many stories about the saint, but almost all of them have to do with love. The most popular story is about the saint being persecuted for conducting weddings for soldiers and preaching about God, which was illegal under the Roman Empire. During his imprisonment, Valentinus fell in love with the jailer’s daughter. After his execution, he gave her a letter signed “my valentine.”

Valentine’s Day was celebrated in a grand feast in the Anglican Communion. Depending on the congregation, the feast was celebrated on Feb. 4 or Feb. 14. St. Valentine’s Day was celebrated in a way like it is nowadays until around 18th century England.

In 1835, thousands of Valentine’s Day cards were being sent. It’s quite amazing, actually, considering how expensive postage was, Dr. Corriveau said. The tradition of giving your loved ones flowers, cards and sweets continued into the 20th century. In the 1980s, the diamond industry started to promote the holiday as an occasion for giving jewelry.

Currently, the holiday basically follows the same traditions of the last couple centuries. “The important thing to know about Valentine’s Day is that it’s just a day for lovers to show their love to one another,” Dr. Corriveau said.

Your couch may be the cheap seats for romantic movie date

By Sam McCullough

Valentine’s Day is a popular time for couples to enjoy romantic movies. Here are some romantic movies that you can watch to celebrate the day.

The Notebook

This classic film is about a story of a boy and a girl who have never left because all sorts of drama and chaos have followed them. It’s a must-watch for any Valentine’s Day celebration.

10 Things I Hate About You

This movie is a great pick for people who want to watch something a little different. It’s a romantic comedy that follows a group of boys trying to find the perfect girl for Valentine’s Day.

Lost in Translation

This film is about a rock star who falls in love with a ballerina. It’s a great movie to watch with your significant other and will leave you in good spirits.

The Fisher King

This film is about a man who goes through a tough time. He meets a group of friends who help him to find his way back. It’s a great movie to watch on Valentine’s Day.

My Bloody Valentine

This movie is a classic horror film that has become a favorite among romantic movie dates. It’s a remake of the 1981 movie of the same name.

Cinema

This movie is filled with totally quotable lines. Just be careful not to spoil your partner by reading it aloud while watching the movie.

If you want to watch a romantic film without a successful romance, then you should rent 100 Days of Summer.

The plot is simple – boy meets girl, boy loses girl and girl doesn’t love boy. The film is cute and quirky, just like Joseph Gordon-Levitt, who stars. Another Gordon-Levitt film that is perfect to watch on Valentine’s Day is 10 Things I Hate About You. The film, which stars in Seattle, profiles two sisters, Kat and Bianca. Kat is the scary, yet lovable Bianca is the girl everyone wants to date. Their dad had a rule that Bianca can only date Kat. So, a group of boys try to find the perfect match for Kat, so that they can then date Bianca.

The Notebook

This film is about a rock star who falls in love with a ballerina. It’s a great movie to watch with your significant other and will leave you in good spirits.
Brothers butt heads in Icelandic film ‘Rams’

By Sam McCullough
Staff Reporter

In a place where sheep outnumber people, communica-
tion becomes the only way to survive in Grimur Hakaron-
son’s Rams.

Hakonarson also wrote the screenplay.

Rams focuses on two broth-
ers, Gummi and Kiddi, who due to an argument haven’t spoken
to each other in 40 years.

Their family owns prize-win-
ning sheep that are considered some of the country’s finest.

After a lethal disease infects Kiddi’s sheep, the government
decides to kill all of the sheep to contain the outbreak. Killing
the sheep would kill the family’s business, so the brothers band
together to save their livelihood.

The film is in Icelandic, with
English subtitles.

Siguror Sigurjonsson gives a subtle, but powerful, perfor-
amance as Gummi.

Sigurjonsson’s performance
gives the audience the feeling that Gummi is the hero of
the film. Although Gummi is not as loud as his brother, the audience
gets the feeling that Gummi is in charge, no matter what.

Theodor Jullansson gives
an equally compelling perfor-
amance as Kiddi. While Gum-
mi gives the audience a feeling of
calmness, Kiddi gives the audience a feeling of chaos. In
Kiddi’s mind, anything can be solved with a riffle. The two
brothers side-by-side comple-
ment each other with their op-
posite personalities.

The film portrays the mes-
sage that banding together as

a team is better than facing
your problems on your own.

Kiddi’s anger-filled outbursts
and Gummi’s quiet logic come
together to create the solution
they need for their problems.

By the end of the film, the
viewer is left with the feeling
that working together can conquer all.

Rams showcases beautiful
landscapes of Iceland, which
creates an eerie feeling of being
in another world. Watching the
film makes the viewer feel like
she’s travelling, while she never
leaves her couch.

Rams premieres at Land-
mark Theatres on Feb. 19. You
can buy tickets online at land-
marktheatres.com.
Lady T-Birds drop two in a row

By Samuel Biehn
Staff Reporter

The Lady T-Birds basketball team watched momentum get away from them after following their three-game winning streak with back-to-back losses.

The Thunderbirds lost 57-39 to Grays Harbor at the Pavilion on Feb. 4, and then fell to Centralia 70-54 on Feb. 6.

The Lady T-Birds started to get back on track coming into the Grays Harbor game. Now with five games remaining in the season, hope of a surprise appearance in the tournament seems to be dwindling away.

For as long as anyone remembers, Highline had not lost to Grays Harbor before this season. Now, the team has lost to the Chokers twice in one season.

Once again, Highline wasn’t able to close a game. The T-Birds were blown out in the fourth quarter by Grays Harbor, 24-8.

The struggling Lady T-Birds also shot 33 percent from the field on the night.

The Thunderbirds only had one player who scored in double figures on the night, guard Chantal Hill. Hill finished with 11 points, one rebound, one steal and two assists.

On top of the scoring issues, Highline gave away the ball too often. For the game, the Lady T-Birds had 19 turnovers.

Similar to Highline, Grays Harbor didn’t shoot well. The Chokers finished 39 percent from the field. In contrast, the Chokers had three players who scored in double figures.

Grays Harbor’s scoring was led by guard Kennedy Wharton, who finished with 16 points, six rebounds, two steals and two assists.

On top of the loss, Highline forward Chardonae Miller is still out with a bruised bone in her knee. “We didn’t have enough energy to win,” Miller said.

Following the disappointing loss, the team tried to regroup and maintain their focus as they pressed on to their next game against Centralia.

Unfortunately, this wasn’t able to come to fruition for the Lady T-Birds as they dropped their second straight game.

The Lady Blazers took control of the game from the early get go, jumping out to a 43-28 lead at halftime.

The Thunderbirds had many self-inflicted wounds in the game, as they finished with 28 turnovers for the night.

The energy wasn’t there for Highline where they usually have their strengths. The Thunderbirds were outrebounded in the game 33-31.

Another big issue came with defense, as the Thunderbirds allowed four scorers in double figures.

Surprisingly, the Lady Blazers scoring came in bunches despite the team only shooting 39 percent from the field.

Centralia guard Susan Kennedy led the way for the Blazers, with 25 points, three rebounds, five steals, and four assists for the game.

Highline also gave up substantial points at the free throw line. They had 24 personal fouls on the night set up 24 Centralia points.

Even after the loss, Miller still found positives for the Thunderbirds.

“We played with a lot more intensity tonight against Centralia,” Miller said. “We may have just run out of energy.

Guard Jasmyne Holmes in particular played 34 minutes for the game, while four other players played for over 20 minutes.

Highline now finds itself at 7-16 on the season. Additionally, the Thunderbirds are two spots behind Tacoma and Grays Harbor for tournament contention in the NWAC West at 3-6.

Even so, the Lady T-Birds will try to keep their heads held high in the last five games.

“We have to continue working hard in practice and play our hardest the whole time throughout the whole game,” Miller said. “We need to push each other so we can reach our full potential as a whole.”

Highline played South Puget Sound on Feb. 10 with results unavailable at press time.

Highline will try to get back in the win column with a 6 p.m. tipoff at Lower Columbia on Feb. 17. The Lady T-Birds follow this game with a noon tipoff at Green River on Feb. 20.

Highline set to host Regional Tournament

By Roopkanwal Nagra
Staff Reporter

The Thunderbird wrestling team will host the NJCAA Wrestling West District Championships tournament this Saturday, Feb. 13 in the Pavilion.

The Regional tournament will determine which wrestlers move on to the Nationals tournament.

Highline wrestlers Elias Mason, 197 pounds, and Josh Smith, 157 pounds, are among the top 10 ranked wrestlers who are competing this weekend.

Mason has won several matches leading up to the tournament and placed second at the Clackamas Open. Smith is also going into the tournament with a big 15-5 win last weekend against SWOCC.

The wrestlers have been getting ready for the tournament by taking care of injuries and preparing their bodies with plans to perform at their peak, athletes said.

“Nothing has changed, it’s the same regimen,” said Highline Assistant Coach Brad LaVaux. “We wrestle, run, eat right, and sleep well.”

The five teams taking part along with the T-Birds are Northwest, Western Wyoming, North Idaho, Southwestern Oregon and Clackamas.

Some of the best wrestlers in the nation will be participating in this weekend’s tournament.

Nationally, Dajor Reece, 165 pounds, of North Idaho and Brandon Johnson, 285 pounds, of Clackamas are both ranked first in their individual weight classes.

The Clackamas Cougars have three nationally ranked wrestlers, which is the most of all the teams at regionals. North Idaho College, Western Wyoming Community College and Highline all have two wrestlers ranked nationally.

“We have a very tough regional tournament,” said Clackamas Head Wrestling Coach Josh Rhodes.

Coach Rhodes said the wrestlers are getting extra treatment for their injuries and are mentally preparing themselves for this weekend’s battle to nationals.

The Regional tournament starts at 10 a.m. on Feb. 13 and will go on for the rest of the day on Saturday. The top 20 wrestlers from each weight class, as well as two wild card wrestlers will move on to Nationals.

Coaches vote for which wrestlers will be the wild cards.

The NJCAA Nationals will be held in Council Bluffs, Iowa on Feb. 26-27.
T-Birds snap win over division rivals

By Charles Prater
Staff Reporter

The men’s basketball team has returned to normal, with solid wins over their last two opponents.

Highline, 7-2 (16-8 overall), is riding a three-game winning streak, thanks to wins over Grays Harbor and Centralia.

Last Wednesday’s game against Grays Harbor, 0-9 (2-17 overall), saw little to no resistance from the Chokers as the T-Birds grabbed ahold of the lead and never let go, winning 79-58.

From the get-go, the T-Birds were in control of the game, holding the Chokers to 29 percent from the field in the first half, and shooting 41 percent for themselves.

The only negative for Highline going into halftime was the 20 percent from three-point range, which contributed to just a 10-point lead over Grays Harbor.

Coming out of halftime, it seemed as if the T-Birds had shaken off the woes from beyond the arc, as they were hot.

In addition to playing good defense, the Thunderbirds went seven out of 13 from the three-point line to extend the lead and secure the Chokers 44-33 in the second half.

Highline’s Jamie Orme was the leading scorer for the team with 15 points and 16 rebounds, followed closely by teammate Coby Myles with 14.

Sophomore guard Jalen McGruder had a solid game with 10 points, five rebounds and three steals.

Malik Redmond was the only player to score in double figures for Grays Harbor, with a team-high 24 points.

The next game saw a little bit of adversity for the T-Birds as they struggled in the beginning of the game to contain Centralia, 2-6 (2-17 overall), and make shots.

“We were terrible offensive-ly in the first half and flat defens-ively,” said Highline Head Coach Che Dawson. “We lacked energy and focus.”

The Thunderbirds struggled, not just to make threes, but to make mid-range shots in the first half, going 28 percent from the field.

The Trailblazers extended the lead to 11 with just 18 minutes left in the game.

“The guys stayed positive in that game,” said Coach Dawson. “We have to be very disciplined on that end of the court and continue to make that our identity.”

Highline will need to as South Puget Sound comes in with fourth-ranked NWAC scorer Dez Stoudamire with 23 points a game.

After South Puget Sound, the Thunderbirds will go on the road for a showdown against Lower Columbia, 8-0 (16-6 overall).

The Devils are currently riding the league’s longest win streak of the season with ten in a row and beat Highline last time in the Pavilion, 75-60.

Lower Columbia is in first place in the west and, unfortunately, even with a loss, will still maintain that spot until a sec-ond loss for the team.

The game against the Red Devils is next Wednesday, Feb. 17 on the road at 8 p.m.
Fine particles aren’t so fine

By Z’anyie Day
Staff Reporter

Fine particulate matter poses the biggest threat to clean air in the Puget Sound region, a panel of specialists told last week’s Science Seminar.

Air specialists and meteorologists Sara Conley and Phil Swartzendruber came to Highline to discuss the past, present and future of air quality from a local perspective. Three levels of government oversee air quality. The first level is national, which is overseen by the Environmental Protection Agency. The second level is state level, which the Washington Department of Ecology handles. The third level is the Puget Sound Clean Air Agency, which operates at the county level.

The main topic discussed was pollutant concerns. The top three concerns include the depletion of the ozone layer due to carbon dioxide, fine particles expelled by wood stoves, and air toxins. However, the biggest threats for local residents are fine particles. Fine particles are so tiny that they can penetrate deep into tissues and lungs, and can even enter the bloodstream. This can cause an increase in the percentage of asthma and respiratory attacks on the body. These particles can be made by local industries that produce smoke. Burning particle levels increase significantly during winter, due to many people using wood stoves to stay warm.

"It is now illegal to use some burn stoves, and a failure to comply with standards can result in up to a $1,000 fine," said Conley. Tacoma was over the limit on fine particle standards, but was finally able to comply with standards as of April 15, 2015. Sources of fine air particle pollution include 53 percent wood smoke, 20 percent exhaust vehicles, 10 percent industrial factories, 4 percent ships, 5 percent diesel vans, and 8 percent others.

Some strategies to help reduce these effects are to remove uncertified wood stoves, improve efficacy of burn bans and to continue to promote compliance with clean air through incentives. Residents can contact Puget Sound Clean Air Company with any questions or concerns by calling Conley at 206-689-4035.

Hotel to bring business and jobs to Des Moines

By Stephen Baklund
Staff Reporter

Due to open today, the new Four Points Sheraton Hotel in Des Moines stands out on the east side of Pacific Highway South, and still has more than 15 job openings to fill. Only a mile away from campus, the new eight-story hotel operated by Sheraton looms above the eastern end of Pacific Highway.

After walking through glass doors, the first view of the hotel with its grand two-story entrance, and high ceilings will let you know that designers of this hotel thought of everything, down to the last detail. The hotel boasts more 6,000 square feet of conference and event space, also offering special services for both corporate and private events; including audio-visual equipment, wedding/event planner, both in-door and outdoor event space, and on-site catering.

A parking garage is attached to the rear of the hotel, allowing plenty of parking for guests. The hotel has 225 rooms available for reservation, a rooftop pool, and even its own restaurant, the Olympus Grille. Job applications are available at hospitalityonline.com for 15 hourly wage jobs including bartender, housekeeper, bell staff, line cook and more. There are also two management positions that have yet to be filled, according to the website. Former Des Moines Mayor Bob Scheckler said that "In 2009 I took a trip to China to establish sister city relations and develop an exchange student program for Highline."
Inclusion

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women's basketball team. Also volunteering were various members of Highline coaching staff, Sports Outreach, Achieve and Access Service staff members. The volunteers refereed the games, kept score and assisted in many other ways.

“I have been doing Unified Sports for three years. I love playing basketball because it is a team sport,” said Austin Landon, an athlete on Highline’s Unified basketball team.

Landon graduated from the Achieve program last year and has returned to Highline as an athlete and an employee.

Landon said that Unified Sports are not just for people with disabilities.

“There are a lot of people who can’t play sports whether it is because of a disability or not,” he said. “If you feel that you are not good enough, the team will help you. As long as you try your hardest, you will have a good experience.”

Highline lost its first game but that did not deter them from the competition. Landon was cited for another chance to play.

“If you feel that you are not good enough, the team will help you,” he said.

Berry said that with her daughter Micayla’s disability and lack of use of one of her arms, she has played basketball for three years. “She was terrified to be on the basketball team in the beginning. But I wanted her to play so she could get active and get some exercise,” she said.

“Since I’m single, I’m living the single life. I’m going to dinner with my parents,” Kaitlen Taigun said.

Meanwhile, a student who wanted to remain anonymous said that he plans on going to Vegas for Valentine’s Day. “I want to take the opportunity to kill two birds with one stone,” said Francisco Blackbear.

One student is even going to Seattle and a romantic ride on the ferris wheel.

“I want to share the moment with each other,” said Daniel Payne. “I want to remind her why we’re in love.”

Among the crowd of cheering fans sat Debbie Berry, a Ballard High, also plays on the unified team. Unlike his sister he does not have a disability. Through playing this sport, Berry said her son had grown closer to his sister.

In junior high Berry said her son went through a really tough phase. He was at an age where he was trying to fit in and he really did not want to do many things with his disabled sister.

“That all changed in when he joined the Unified team. This has given him understating,” said Berry.

Bringing understanding and inclusion is what Unified Sports is all about, Sanders said.

“Unified Sports provides opportunities for people with and without disabilities to play together, which promotes social inclusion at all levels,” she said. “Also, as was evident at the tournament, it’s just so much fun.”

Highline has three Unified Sports teams, but may add more.

“So far we have soccer, flag football, and basketball but we are exploring adding table tennis,” said Sandler. “We are also open to suggestions.”

Highline came in second to Federal Way, but athlete Austin Landon did not let that discourage him.

“It’s a team effort. Win or lose, as long as you play together you win together. Go Thunderbirds,” said Landon.

Anyone interested in joining Unified Sports can contact Student Leader Kim Zielke at kzielke@highline.edu

Police

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once or twice a month and continue this year.

Also, the Des Moines Police had its first ever “Shop with a Cop” event in December.

The department used the event to purchase Christmas presents for children from low-income families.

To find out more information go to facebook.com/DesMoinesPoliceFoundation.

The purpose of these events are for the community to get to know the officers, see their faces, ask questions, and build relationships.

“It takes that ‘us and them’ mentality away, breaks down that barrier and gives the community a chance to just feel comfortable,” Sgt. Jenkins said.

Sgt. Jenkins also gave a couple tips to avoid negative interactions with the police.

"I think the No. 1 thing is to do what the officer tells you,” he said.

He also said it is within your rights to ask the officer if you are free to leave or if you are being detained.

“If you ask if you are free to leave, that would be helpful,” Sgt. Jenkins said.

“People who plan on enjoying Valentine’s Day. Numerous other students also report that they are going to enjoy being single on Valentine’s Day. “Since I’m single, I’m living the single life. I’m going to dinner with my parents,” Kaitlen Taigun said.

Meanwhile, a student who wanted to remain anonymous said that he plans on going to Vegas for Valentine’s Day. Still, there are a few students planning on going all out for Valentine’s Day.

One student, who chose to remain anonymous to keep the surprise, says he is surprised his significant other with a trip to Seattle and a romantic ride on the ferris wheel.

“For me, it’s movies and a three-foot-tall unicorn and sushi,” said Francisco Blackbear.

One student is even going to take the opportunity to kill two birds with one stone.

“My girlfriend’s birthday is 5 days after, so I just compact them and get two presents,” he said.

A little bit of respect on both sides goes a long way and cooperation,” he said.

Sgt. Jenkins said he highly recommends that if anyone has been stopped or treated unjustly to immediately contact the city’s police department and make a formal complaint against the offending officer.

The non-emergency phone number for the Des Moines Police Department is 206-878-3301.

“There is a general lack of trust towards the police,” he said.

“It’s unfortunate, but we need to rebuild those relationships and the only way we are able to do that is by doing our jobs the right way every time.”

V-Day

continued from page 1

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