

The Thunderword

Capital budget freeze puts buildings on hold for now

By JOHN MONTENEGRO
Staff Reporter

Three Highline construction projects are being halted after Gov. Gary Locke decided to freeze the state's capital budget on Tuesday.

"Construction of the Central Building and child care center is on hold," said Laura Saunders, vice president of administration. The remaining work on the utility tunnel will also be halted.

The Highline-Central Building will provide new classroom space and allow Central to move its SeaTac campus to Des Moines from the old Glacier High School building. The new child care center would replace the odd collection of portables that currently houses that program.

Ed Penhale, spokesman for the state Office of Financial Management, said state officials don't know how long the freeze will last. "We're looking for ways to refinance construction

See Freeze, page 12

Giving is good as relieving

By BRANDACE SPANGLER
Staff Reporter

Local social service agencies need help for the holidays, and Highline students have several opportunities to assist.

Agency officials say they are feeling the effects of Sept. 11, with donations down after a massive outpouring of giving to relief efforts for victims of the terrorist attacks.

At the Salvation Army, for example, 20-25 groups volunteer to sponsor families for the holidays. Right now, only six have signed up.

"Unfortunately this year we've lost a major donor for toys," said Joann Reinikka of the Salvation Army's Federal Way office. "There are fewer groups sponsoring families."

The office typically helps 400 families and about 1,600 children under 12.

Highline students can help, however, through a number of programs on and off

See Food, page 12

Photo by Joe Walker

Duke Applegate, who is a board member of the Des Moines food bank and is a stock room attendant at Highline, is a key player in the collection of food this holiday season.



Freshman 15 not just a myth

Many students pack on the pounds in first year away from home at college

By JENNIFER ESPINOSA
Staff Reporter

David Keefer came to college to gain knowledge. He also gained a lot of weight. "I gained 20 pounds the first quarter of college," said Keefer, a former Highline student.

Every year as students leave home for college they risk adding the "freshman 15"—an average of 15 pounds that students in their first year of college gain.

"The one thing that most people may

not realize is that college is where bad eating habits begin," said Beth Didomenico, a naturopathic physician at St. Francis Hospital in Federal Way.

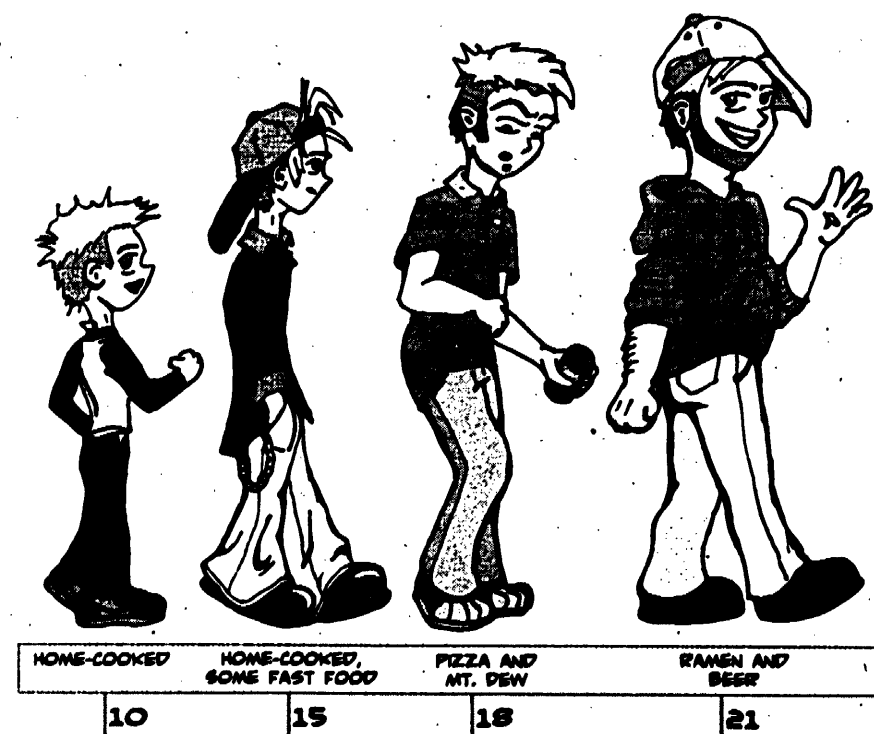
Other students agree that the freshman 15 is very common and true.

Another Highline student found herself struggling with weight gain as well.

"I was eating four to five meals a day because of the early mornings and late nights," said Shelly Andrews. "I think it is really hard when you are adjusting to a new school and new class times."

Both Keefer and Andrews agree that all the late nights studying can lead to pizza runs and sugary snacks that stu-

See Pounds, page 12



Graphic by Jordan Whiteley

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Men's basketball loses to Treasure Valley and beats Warner Pacific in hoops tournament.

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Students give thanks for friends and family.

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November 21, 2001

Seminar gives a dam about flooding

Idea of floods eroding the landscape was controversial

By ROBIN COLLINS
Staff Reporter

Driving through Eastern Washington today, the only water you will probably see is found in irrigation ditches. But most geologists today have come to believe that the dry landscape was carved out by massive flooding.

At the Science Seminar on Nov. 17, Highline geology professor Carla Whittington showed her audience how this was possible.

In 1913, an ex-biologist turned geologist began mapping the erosional features of Eastern Washington. His name was J. Harlan Bretz.

For nine years he worked with various students, describing and documenting what he saw on foot, said Whittington.



Photo by Tomo Yabuuchi

Carla Whittington talks about how dry landscape is carved out by massive flooding at last week's Science Seminar.

Bretz mapped deep coulees with steep, vertical sides. He mapped dry waterfalls and channels. All the evidence led him to what he believed was an obvious conclusion: an enormous flood eroded the landscape in a very brief period of time.

In 1923, Bretz presented his findings to his colleagues. They were shocked and appalled at his

conclusions.

"It went against all geological thinking at the time," said Whittington. "It was heresy."

Though Bretz had a lot of evidence to back up his theory, he did not have a source for the water.

Luckily, someone did. Fellow geologist J.T. Pardee had mapped the remnants of an an-

cient lake shoreline near Missoula, Mont. in 1910.

This lake filled the Mission valley during the last ice age and was dammed by a massive ice sheet.

Towards the end of his career in 1942 he returned to the site, called Glacial Lake Missoula, and found evidence for catastrophic draining of the lake.

"The lake got deep enough to float its ice dam," said Whittington. When this happened, the dam broke up and released its massive backlog of water. Today evidence exists to show there may have been as many as 80-100 floods.

And so ended a geological debate that had spanned 40 years. "The theory gained widespread acceptance by the late '50s, though a few still resist the idea today," said Whittington.

Science Seminar will not meet this Friday due to the holiday. It will resume next Friday, Nov. 30, with Rebecca Sliger and Bob Makepeace discussing the World Trade Center disaster. Science Seminar meets Fridays at 3:10 p.m. in room 3-102.



Crime Blotter
for Nov. 15-21

Highline student faints in class and has no injuries

A Highline student passed out in the middle of class in Building 22, room 202 on Friday, Nov. 16.

The victim refused any treatment, but there were no injuries other than his glasses hit the side of his right eye.

He said that he would go to the hospital on his own time.

Lost and Found

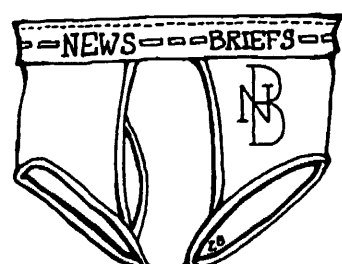
A student reported that he lost his calculator in Building 17.

One green talking book is missing from Building 6.

A cell phone was reported lost from Building 25.

One wallet and one brown belt are reported missing from Building 8.

-Compiled by
Josh Davis



Brown is new associate dean

Jonathan Brown is the new associate dean of Student Programs here at Highline. Brown was chosen through a selection process that involved four other candidates, all of whom visited campus and spoke at open forums last month.

Among the attributes that Brown will bring to Highline are a broad array of skills and interests, with a strong emphasis in leadership training, student and development and community building, said Ivan Gorne, vice president for students.

Brown is a Cum Laude graduate of Seattle University in philosophy and English. He also has a master of arts in student development administration from Seattle University, and is a doctoral candidate in Educational Leadership and policy studies at the University of Washington.

Brown is currently working as the director of Student Programs at Shoreline Community College, but is slated to begin his position at Highline as early as next month.

Forum on U.S. and Afghanistan

The second part of a two-part town meeting on the U.S.-Afghanistan conflict is on Wednesday from noon-1:30 p.m. in Building 7.

The forum entitled "Where are we going?" will feature short presentations by Dr. Emmanuelle Chiabi and Dr. Kraig Schwartz.

The town meeting will also have as commentators Professors Davidson Dodd and Jim Glennon, the two presenters from the previous U.S.-Afghanistan forum.

Newsmakers

Pam Zackula, the payroll and benefits coordinator, last day at Highline is today. Zackula has worked for Highline for five years.

Dr. Larry Blades and Susan Rich, professors here at Highline, have received the

Washington Community and Technical College Humanities Association's Exemplary Status Award.

Blades and Rich won this award for their coordinated study program from last year called, "Art Out of Torment: Humanities and the Holocaust." The program taught about propaganda, resistance, Nazism, and tolerance by using the Holocaust as a teaching tool.

Barbara Clinton was named the new national chair of the Communicating Common Ground initiative on Nov. 1 in Atlanta.

The program links college and university speech communication departments with students in kindergarten to 12th grade to promote the appreciation of diversity.

Susan Landgraf has finished her booklet titled *Life 101: To Your Success*. The booklet has information on finding purpose in life, learning and action styles, study skills, money, and power.

Landgraf also had two more of her poems published. Her poem titled *Amphibiously* was published in *Nimrod* and her other poem titled *Moon Talk and Cellar Life* was published in *Riverwind*.

Susan Black and Associates have won one out of the ten

awards given out by the 2001 Washington Chapter of the American Society of Landscape Architects Professional Awards Ceremony for the Highline Surface Water Control Park.

The ceremony was Nov. 16 at the Bellevue Art Museum.

Deal with holiday stress at workshop

A workshop on how to deal with holiday stress will be Tuesday, Nov. 27 in Building 9, room 109 from noon-12:50 p.m.

MENTAL FLOSS!
Sign up for free tutoring at Highline's Tutoring Center



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FALL 2001 HOURS:
Monday-Thursday 8 a.m.-7 p.m.
Friday 8 a.m.-noon

November 21, 2001

Campus life

Calls for help answered by social worker

By SUZANNE LONG
Staff Reporter

Running around the Women's Center lobby, a young child is oblivious to the chaos surrounding his mom. She waits for her turn, praying for relief or just an answer as to how she is going to survive another week.

Making ends meet is not just a holiday frustration but an everyday reality for one of five residents who receive state assistance in Washington. Answering the needs of students at Highline is Department of Social and Health Services adviser Artur Arakelyan.

Every Tuesday he takes appointments in the Women's Center in Building 6, from 9 a.m. to 1 p.m., to provide assistance and support to those who ask for it.

"We are here to work with needy families," said Arakelyan. "For those who are on TANF (Temporary Assistance for Needy Families), we can help them look for child care, medical assistance, food benefits or just be the liaison between the person and their case-

worker when they are having difficulty in contacting them directly."

TANF is a public assistance program and the majority of those who are receiving it are off of assistance in less than one year, according to state statistics.

Arakelyan works directly out of the Kent offices of DSHS. Highline was chosen for these services because of its central proximity and for its high percentage of refugees receiving pre-employment and ESL classes. They have been offered for the past three years.

"We have been successful in working with graduates and getting them off of DSHS and opening their own day care or joining established centers," said Arakelyan acknowledging the success of the programs provided at Highline, which enable parents to self sufficiency.

Those who are not directly from his Kent jurisdiction are directed to services or options available to them.

The rewards are many, especially when a client returns, after what seemed to be insurmountable chaos in their lives.

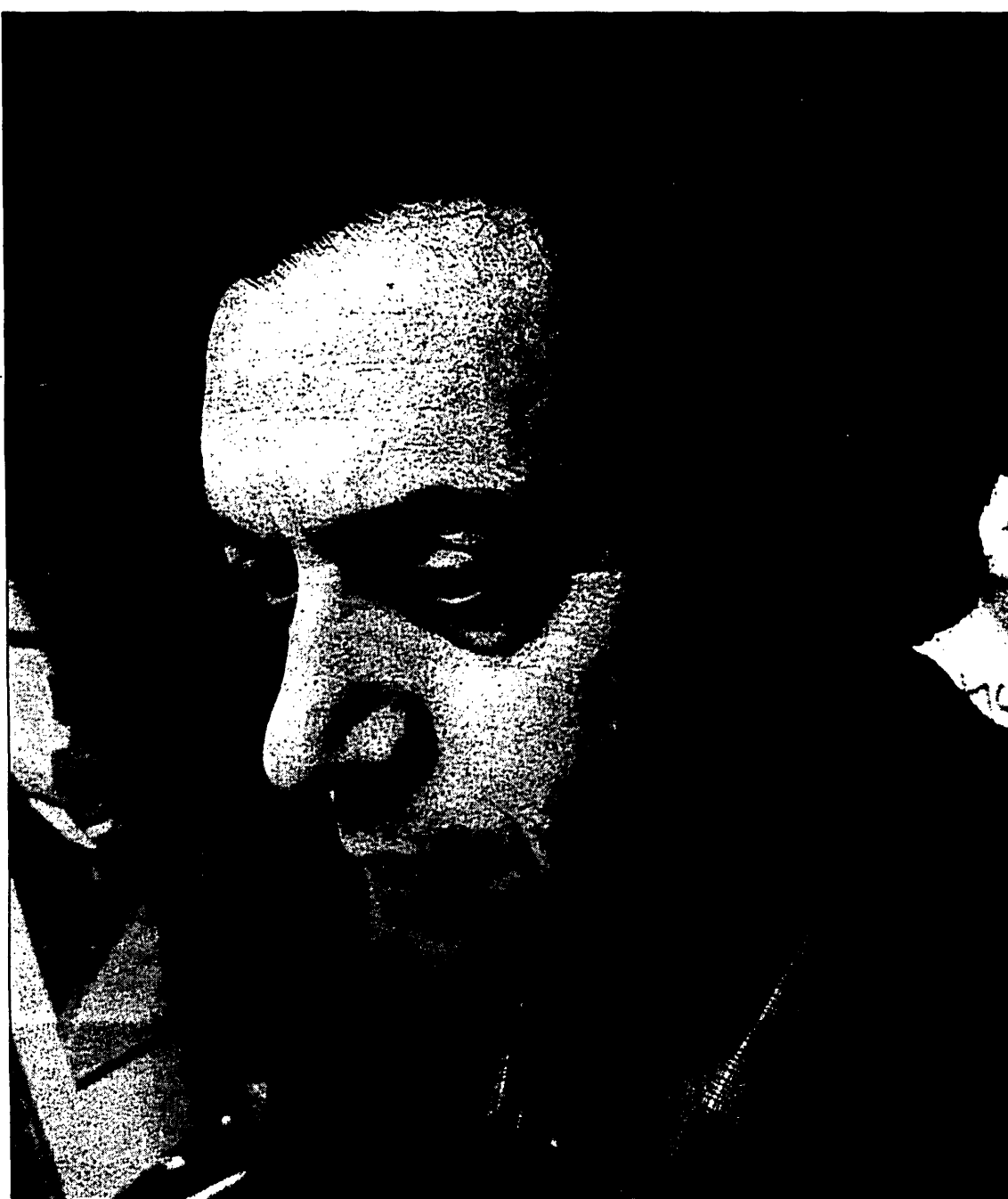


Photo by Tomo Yabuuchi

Artur Arakelyan comes to Highline every Tuesday to help those in need.

"If there are barriers, we can help remove them," said Arakelyan. "Sometimes it is as

simple as providing the assistance to fix a car of a single mom, who is just trying to get to

work and hasn't the resources to add repairs in her limited budget. It is great to say yes."

Wilson brings an added touch to math Breast cancer center of discussion

By DOUG SLAGLE
Staff Reporter

Dusty Wilson isn't your average math professor. Wilson sets a casual workplace by using humor and everyday objects in his questions to help the students understand.

As a first year Highline professor Wilson tries to make his classes interesting. Wilson knows most students find math difficult and agonizing.

He tries to work one-on-one with each student to make sure they understand and don't fall far behind.

Wilson was born and raised in Olympia. He moved to Bellingham and started at Western Washington University. He was interested in politics, law, engineering, but was leaning more toward business.

Wilson soon realized that he didn't want to pursue any of these careers. At South Puget



Dusty Wilson

Sound Community College, Wilson started to think about teaching math.

Wilson had always liked math and was pretty good at it growing up. At WWU he earned his master's of science in mathematics.

"I wanted to come to Highline because I liked the atmosphere of the campus from both the faculty and the student

body," said Wilson.

"I felt wanted here and enjoyed the company of fellow professors," he said.

He teaches Math 111 and 112, business algebra, and business calculus. Next quarter he will be teaching Math 81 and 115.

Wilson likes to work with students who don't usually like math and help them to see the big picture and how it will affect their futures.

"It is a critical time in students' lives and I like to be a part of it," said Wilson.

Wilson is not easily embarrassed. He said he once sang in front of his class just to entertain them.

Wilson enjoys drama, acting, singing and he loves to read.

His favorite author is C.S. Lewis.

He also likes to wear his black, Russian, winter hat, with a little green frog on it.

By SUZANNE LONG
Staff Reporter

Fear and denial are a woman's worst enemies when it comes to her health, especially when it involves taking care of their breasts. According to the American Cancer Society, preventive education and early detection is vital in the battle against breast cancer.

The Women's Center is sponsoring "Everything You Wanted to Know About Breast Cancer" during Breast Cancer Awareness Month.

Guest speaker Randy Hale, from the American Cancer Society, will have a video presentation, a question and answer session and provide a resource information table on Nov. 26 in Building 7, from noon to 1 p.m. Hale's presentation will include information on breast self-examinations, mammograms, clinical breast exams, risk fac-

tors, who gets breast cancer and why, and early detection.

Resources will be available until 3 p.m.

"We want to bring awareness of this disease to all women," said Louise Story, adviser for the Women's Center. "It is a life changing experience and when combined with knowledge on the subject, women can make informed decisions about their own health."

"We need to reach out to women in all age brackets and from all ethnic backgrounds," said Story. "Cancer doesn't discriminate."

Free food, prizes and a raffle will end this month's awareness with the Women's Center having a "Breast Cancer Scavenger Hunt" starting in Building 6 on Nov. 28, at noon to 1:30 p.m.

For more information, contact Louise Story at the Women's Center at 206-870-3770 ext. 3842.

editorial

International Week is a good start, but not an end

Kudos to Highline for celebrating International Week. Really, it is a commendable foray into cultivating interest in the rarely explored, i.e. other cultures in America. In recognizing other cultures we (America, in general) show that we acknowledge and accept them. Things like International Week are also great for helping foreign students feel accepted.

But when digging deeper into the meaning that underlies International Week, what do we find? Interesting reading can be found in the not-so-in-between the lines text, which loosely translates to, "every week is White American week, so we'll throw minorities a few scraps (e.g. Black History Month)."

The focus on celebrities and superficial, trivial, shallowly titillating facts from the personal lives of those in the limelight help to keep our eyes averted from the things that really matter. Things like reaching out to learn about issues and view points that you don't understand.

Gore Vidal said it well when he stated that, "Our educational system and media have seen to it that we know nothing at all of other cultures and religions and next to nothing of our own. Worst of all, curiosity is carefully switched off in our schools."

It is important that we seek to understand other cultures. Doing this can lead to an opening of the mind and less fear of the unknown. In time, this can mean a higher level of comfort and less hatred spawned from just plain ignorance.

We aren't horrible people for being so ethnocentric-it almost comes naturally to us. We live in a huge, not very densely populated country. We can live a full and complete life without ever having the need to cross the border. We speak English, which is largely adopted by other countries rather than us adopting another language.

These are barriers that can keep us from putting in the time to learning about other countries-but they shouldn't stop us from doing what is right.

Right now many people are probably seeking to understand the Islamic religion, Muslim culture, why the U.S. is involved with Israel. These are things worth knowing, but it would be nice if it didn't take a colossal tragedy to trigger our curiosity.

the opinion page

Editorials are the opinion of the management of the newspaper which includes the Editorial board members Bryan Sharick, Janica Lockhart, Jason DesLongchamp, CJ Gambrel, Joe Walker, and Jordan Whiteley. Columns represent the opinions of the individual authors. Letters to the editor represent the opinions of the readers.

Letters to the editor are welcome. Letters should be no more than 300 words long, and are subject to editing for style and length. The Thunderword invites contributions of all types from the campus community. Please send submissions to Thunderword@hcc.ctc.edu or deliver to Building 10, room 106.

Question conventional patriotism

Every year Adbusters magazine tries to spread the word about the new holiday that they conceived. That holiday is Nov. 23, Buy Nothing Day-the day after Thanksgiving.

This year the Adbusters campaign is receiving more heat than usual because it is in direct opposition with current U.S.



economic policy, which is, in short-to drive yourself into debt so that we can, "Keep America Rolling."

Before you lambast me with reactionary cries of treason and accusations that I am flagrantly "Un-American" give me some space to plead my case.

I'm not saying I'm right, but I am saying let's at least question something before we blindly accept it as the truth and the right way of doing things.

The fact that I have the right to question the way America

does things in the first place is one of the pillars that this nation was built on-free speech. So, in a way, I'm being quite patriotic.

It is no coincidence that Buy Nothing Day falls on the busiest shopping day of the year. This day is when the American consumer culture is at its peak.

Buy Nothing Day calls for us to examine ourselves and our way of life at the height of consumerism culture. It asks us to question why it is that we seem to have this insatiable need for so much ... stuff.

We clutter our lives with status symbols, vogue possessions, plastic happiness, needless gadgets intended to simplify life but usually just complicate it further.

Why is it that we feel the need to load our lives with all of this crap?

Do we consume so much because of some Freudian id-ish

23.11.2001



Courtesy of Adbusters Magazine

urge to save our souls (I own, therefore I am)?

These are the questions that Buy Nothing Day challenges you to answer. It is not a proposition of an all-out boycott on America's consumer culture-just a hiccup in the system.

Challenge yourself to hold out for one day on your primordial urges to spend and consume.

Jason hopes to make enough money to buy his own Krispy Kreme franchise.

Student Government is working hard

Well, it's that time of year folks. The turkeys are gobbling, the stuffing is being, well, stuffed, and Americans are packing on the pounds. Ah, isn't life grand?

Well, your Student Government has been busy as of late, from elections to blood drives we're all working hard, to serve you, the Highline students that make our campus great.

Coming up soon we have the Legislative breakfast on Dec. 7. This is a chance for you to have your legislative representatives



come on up here to YOU, and mingle, hobnob, and of course, schmooze, all while chowing down on a tasty continental breakfast.

We also have a blood drive coming up on Dec. 4. The last

blood drive we had was a smashing success so come on down and donate, and make this one fabulous as well.

These are just two examples of the things we are cooking up in Student Government, so stop by or call us at ext. 3215 or 3315.

And remember, when times are tough, keeping a happy heart may be all you need to go on. Here's hoping you and yours have a happy holiday season.

DJ is vice president of legislation for Student Government.

The Thunderword

BE ON TIME, OR NO FRUIT CUP.

Editor-in-chief.....Bryan Sharick
Managing Editor.....Janica Lockhart
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Arts Editor.....CJ Gambrel
Opinion Editor.....Jason DesLongchamp
Graphics Editor.....Jordan Whiteley
Photo Editor.....Joe Walker

Reporters...Samantha Vail, Robin Collins, Cassandra Corella, Josh Davis, Jennifer Espinosa, Chaz Holmes, Takuya

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Photo/graphics.....Kay Pevoto, Tom DesLongchamp, and Tomo Yabuuchi

Business Manager....Oksana Ginchak
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Newsline...206-878-3710 ext.3318
Fax206-870-3771
Address...P.O. Box 98000, Des Moines, WA 98198
Building 10, room 106
Advertising...206-878-3771, ext. 3291
Email.....thunderword@hcc.ctc.edu

November 21, 2001

Students have plenty to be thankful for

By KATIE MCALPIN
AND MONICA KOSTECKA
Staff Reporters

Many students say they are just thankful to be alive this Thanksgiving. The events of Sept. 11 caused many students to appreciate the quality of life, and just having family to spend Thanksgiving with.

"I am thankful to be alive," said Jenny Tete.

"I am thankful for life itself, friends, family and all the wonderful blessings that I have," said Sarah Suenaga, a Highline student.

Along with turkey, mashed potatoes, and stuffing, many students said they are thankful for the wonderful gifts they have.

"I am thankful that my family is healthy and we are able to be together," said Highline student Joy Bell.

Derek Lentz, one of the cooks in the Union Café, said, "I am thankful for family, friends, and my girlfriend."

Some of the students mentioned unusual things they were thankful for.

"I am thankful for the comfy couch in the coffee shop," said Kasie Warren.

"I am thankful for my nice body that nobody looks at," said Julius Henderson.

"I am thankful that it is a four-day weekend," said Kara Groenenberg.

Other students shared more sincere thoughts.

"I am thankful that my sister is doing better in the hospital," said Daniel Quinn.

"I am thankful that I am not incarcerated anymore, and that my two sons are doing well in school, and not taking the same

path I did," said Mike Anderson.

"My family gets together to eat and have a good time," said Anderson.

Along with Anderson, many of the students said they eat and spend quality time with their families.

Not every culture celebrates Thanksgiving. Some students have different ways of celebrating the holidays.

"We don't celebrate Thanksgiving, but it is good and I like the holiday. We have different holidays," said Abdul Rahman.

"Nov. 17 we have a fasting that lasts a month. It's called Ramadan," said Ehssan Karzai.

Other students

spend the holiday giving and sharing with people who need it most.

"I'll go up to St. James Cathedral and help feed the homeless," said Paul Jones.

Jones isn't the only student who spends his Thanksgiving

feeding the homeless.

"My dad died a few years ago so we go down to the U-district where he used to own a bar. We take food down there, and put it on the pool tables for everyone to eat," said Christina Hinsleman.



green beans
3 tablespoons
olive oil
Salt and freshly
ground pepper to taste

Directions:

1. In small bowl, mix together the parsley, garlic, lemon zest and Parmesan. Set aside.

2. Bring a 6-quart pot with 3 quarts of salted water to boil. Add the string beans to cook until crisp-tender, 3-5 minutes. Drain thoroughly and transfer to a large bowl. Toss the beans first with the olive oil to coat and then with Gremolata mixture. Season the beans to taste with salt and pepper and serve at once.

*Turkey gravy

Ingredients:

5 cups turkey stock
1 cup water
1/4 cup all-purpose flour
1 teaspoon poultry seasoning
1/2 teaspoon ground black pepper

1 teaspoon salt

Directions:

In a saucepan bring turkey stock to a boil. Slowly dissolve the flour into the water. Pour the flour mixture into the turkey stock, while stirring constantly. Stir in poultry seasoning, pepper, and salt.

*Baked Turkey

Ingredients:

1 turkey any weight
1/2 cup butter, in slices
1/2 cup oil
4 cloves garlic pressed

see Recipes, page 6

Turkey and all the trimmings - here's what you will need.

By MONICA KOSTECKA
AND KATIE MCALPIN
Staff Reporters

The ideal Thanksgiving dinner could be made up of many different entrees. Here is a menu that might give insight on just what to cook on turkey day. To start out, here is an appe-

tizer recipe that will wow your crowd.

*Mexican dip

Ingredients:

1 pound ground beef
1 cup chopped onion
1/2 cup chopped green olives
1/2 cup ketchup
3 teaspoons chili powder
1 teaspoon salt
1 15oz can red kidney beans

Directions:

Brown hamburger and 1/2 cup onion. Stir in chili pepper and salt. Add the whole can of beans, juice and all. Mash as it cooks. Simmer for 20 minutes. Place hot dip in serving dish. Put 1/2 cup green olives, 1/2 cup onions and 1 cup shredded cheese on top. Serve with Fritos.

*Heavenly mashed potatoes

Ingredients:

10 Yukon gold potatoes, peeled and cut.
3 cloves of garlic
3/4 cup cream
6 oz crumbled feta cheese
salt and pepper to taste

Directions:

Boil potatoes and garlic in about 1/2 cup of water. When potatoes soften drain completely. Add cream and feta cheese, and mash. Add salt and pepper to taste.

*Green Beans Gremolata

Ingredients:

1/2 cup minced fresh parsley
3 cloves minced garlic
2 tablespoons grated lemon zest
1/4 cup freshly grated Parmesan cheese
2 pounds trimmed fresh

November 21, 2001

Harry Potter puts kids under a spell

By CHAZ HOLMES
Staff Reporter

With the recent success of such child-oriented films as *Shrek* and *Monsters, Inc.* it has become obvious that audiences have been regressing in an effort to relive their childhood at the multiplex. With the \$93.5 million opening weekend of *Harry Potter and the Sorcerer's Stone*, this trend shows no sign of slowing down.

The movie is a worthy and accurate adaptation of the first of four J.K. Rowling books about a boy wizard who is learning to master his magical talents.

Directed by Chris Columbus (*Home Alone*, *101 Dalmatians*), the movie often feels like a series of claustrophobic scenes inside dark caverns, dungeons and other creepy places inside



Radcliffe, left, Sean Biggerstaff, and Emma Watson all star in 'Harry Potter and the Sorcerer's Stone.'

the massive Hogwarts Castle, which is the main setting and the school where the young wizards have all come to train. Supposedly they take rigorous classes there, but are only seen studying for a few moments before they

have all the time in the world to roam about the castle at night after partaking in one of the institute's many feasts.

Without attacking Rowling of being unoriginal, this sounds a lot like an '80s film entitled

The Worst Witch, about a school training young girls in witchcraft.

Fortunately, Columbus does allow his audience outside the castle long enough to enjoy the film's most exciting sequence, involving an aerial sporting event called quiddich. Furthermore, the outside views of the sprawling castle and the miles of lush, green hills on which it rests provide *Potter* with a noticeably larger scope than most kiddie movies.

This makes *Potter* just enjoyable enough for older crowds despite the fact that the story moves a little too slowly to keep adults interested at all times.

Daniel Radcliffe looks like Harry Potter, but he's more like Jake Lloyd than Haley Joel Osment in terms of ability. The other performances are good enough to push the film along,

but Alan Rickman is always interesting to watch as he is here as a professor at the castle.

The script, written by Rowling and Steven Kloves, is praiseworthy on two levels. First, it adapts the story in a way that does not strip the book of its content yet without leaving those who haven't read it in the dust. It's also praiseworthy in the way it presents the book's message that knowledge is an important and admirable quality without any of its blatant and somewhat mean-spirited arrogance.

The film shows that it's good to be able to use your wits without criticizing those who are less mentally adept. This is a terrific message for kids and along with a low amount of fantasy violence, makes *Harry Potter and the Sorcerer's Stone* a good family film.

Recipes

continued from page 5

1 teaspoon allspice
1 teaspoon seasoning salt
Directions:

Preheat oven to 400 degrees. Place turkey in roasting pan. Lift skin above body cavity and insert butter slices. Rub oil all over skin on body of bird. Sprinkle with seasoning.

Cover the top of the turkey with aluminum foil. Wrap the overlapping foil around the top of the roasting pan. Cover the lid also, if available.

Reduce heat to 350 degrees and figure the amount of cooking time at 20 minutes per pound. Remove foil during last 20 minutes of cooking to allow skin to brown.

*All-American Cornbread, Apple and Sausage stuffing

Ingredients:
3/4 cup (1 and 1/2 sticks) unsalted butter
2 medium onions
4 ribs celery
3 large apples
1 package (16 oz.) Butterball Corn Bread Stuffing crumbs
1 pound bulk pork sausage
3/4 cup coarsely chopped walnuts
2 teaspoons ground ginger
1 cup apple cider
salt and freshly ground pepper to taste

Directions:

1. Melt 1/2 cup of the butter over medium heat in large pan. Add onions and celery and cook until soft, about 10 minutes. Stir in apples and cook for another five minutes. Remove

from heat and combine with cornbread in large bowl.

2. Crumble sausage into same skillet and cook over medium heat until brown, 7-10 minutes. Add to stuffing, along with walnuts and ginger.

3. Melt the remaining 1/4 cup butter and pour over stuffing mixture along with apple cider to moisten. For a moister stuffing, add more cider. Season with salt and pepper.

4. If stuffing a turkey, stuff mixture loosely into the bird's cavities at once and roast. Otherwise, stuffing can be baked at 325 degrees in a buttered casserole until brown and crunchy, about 50-60 minutes.

*Cranberry Marble Cheesecake

Ingredients:
1 bag (12 oz.) fresh cranberries

3/4 cup water
1/3 cup sugar
1 1/4 cup sugar
2 pounds cream cheese, at room temp.

2 teaspoons vanilla
4 eggs
1 pint sour cream, at room temp.

Crust Ingredients:
2 cups crushed graham crackers

1 1/2 teaspoons cinnamon
1/3 cup melted butter

Directions:

Preheat oven to 350 degrees. Mix cinnamon and crushed graham crackers together. Add melted butter and mix until well blended. Using fingers, press crust mixture into bottom and 2/3 of the way up the sides of the 9-inch springform pan. Bake

crust for about 6 minutes until set. Set aside.

In a medium saucepan, combine cranberries and water. Bring to a boil over medium heat and cook, stirring occasionally, until the cranberries pop and the mixture reduces to 1 1/4 cups, about 10 minutes. Remove from heat and stir in 1/3 cup sugar until dissolved. Pour the mixture through a coarse sieve to strain and let the puree cool completely.

Reduce oven temp. to 300 degrees.

In a large bowl, use an electric mixer to beat the cream cheese with the remaining 1 1/4 cups of sugar and the vanilla until smooth. Beat in the eggs one at a time, beating until just blended. Stir in sour cream.

Spoon half the batter into the prepared pan. Drop 8-10 rounded teaspoons of the cranberry puree (about 1/3 of the puree) randomly over the batter. Spoon half of the remaining batter evenly over the first layer and dot with half of the remaining puree. Repeat with remaining batter and puree. Try to space out the puree so one layer is not directly on top of the puree in another layer. Take a blunt knife and gently swirl it through the batter to distribute the cranberry puree, taking care not to disturb the crust.

Place the pan on a baking sheet on the lower rack of the oven for one hour. Turn the oven off and leave the cheesecake in the oven, without opening the door for one hour longer. Transfer to a wire rack and let cool to room temp. Cover and chill over night before serving.

Poet carves meaty words

By CJ GAMBREL
Staff Reporter

Arlitia Jones' poetry comes from the heart.



Arlitia Jones

poetry, much of which is actually inspired by her life working in her parents' meat shop in Alaska. This creates for a unique voice in her poetry, since

it is not about butterflies in forests or the lamentations of some self-pitying college student.

"Basically I write poetry about family, and working in a meat shop in Alaska," said Jones.

Jones moved up to Alaska from Pasco, when she was 7 after her family realized their business wasn't working out, and there was a lot more money to be made in the meat business in Alaska.

"My voice is set in the meat shop, the subject matter is 'meat shop.'"

"Most of [my poems] are set in reality." However, some-

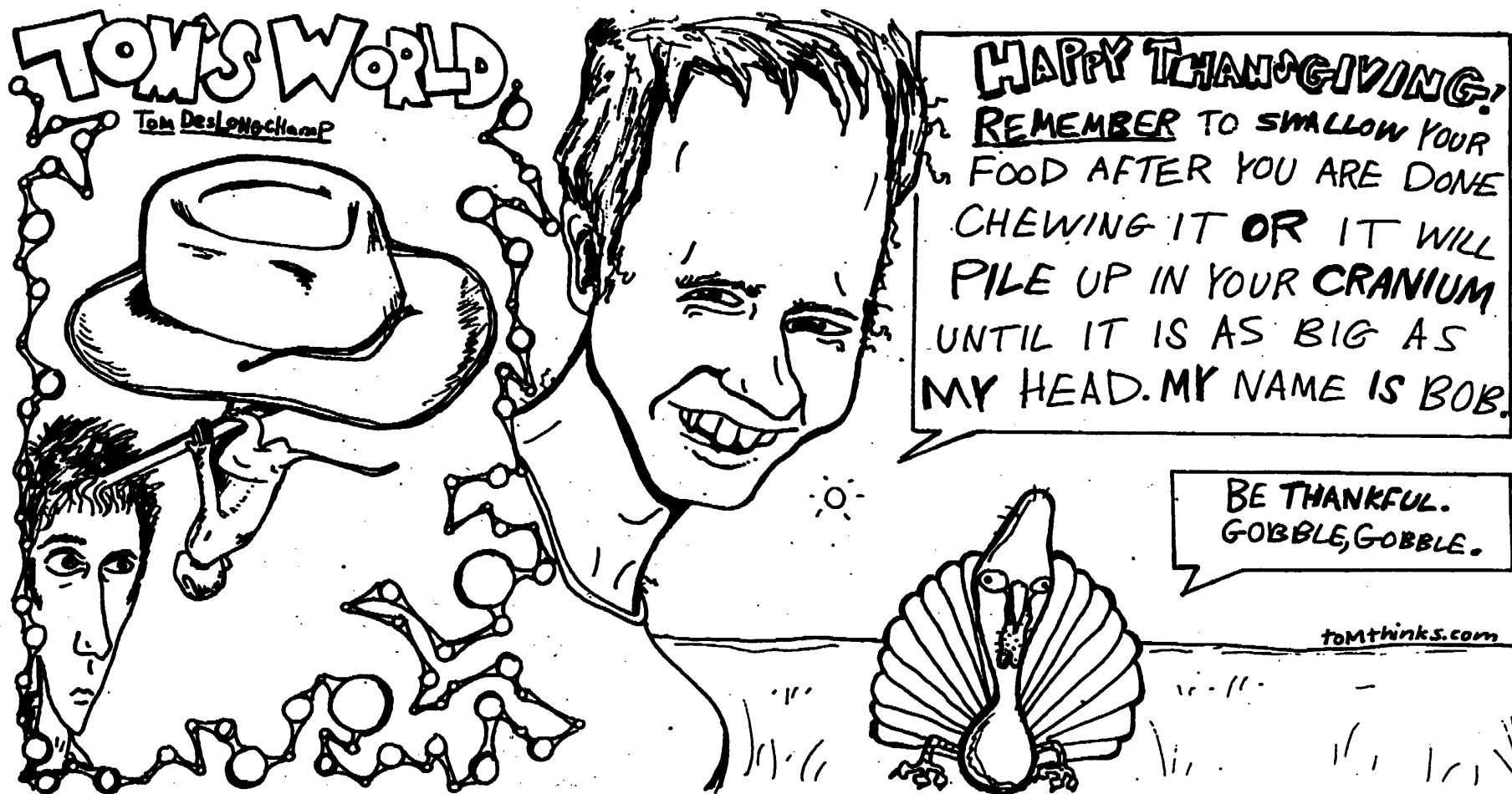
see Poet, page 7

Calling all Business Majors! International Freight Forwarding Company seeks Interns.

Do you possess general PC skills, knowledge of general airport and airline codes, the ability to communicate both written and verbally with vendors, co-workers, customers on a constant basis? You need to be a detail-oriented person who can document activities in the computer system and subsequent shipment tracking components.

Interested? Come to the Co-op Office today! Building 19, room 107

Think co-op!



Poet

continued from page 6

she strays and writes fictional poems like *Shit Job*, in which she created the persona, voice, and situation in the poem.

Jones' passion for poetry is very evident. She was going to become a writing teacher, so she could have three months off during the year to focus on her poetry. Then she realized she would rather just spend all her time writing.

"I'm not worried about feeding myself. I'll work as a waitress if I have to.

"Poetry feeds the soul. If humans exist, poetry exists because it's a language that's in our heart."

Although she comes from a somewhat obscure situation, Jones's poetry has not gone unrecognized. Aside from writing her book of poetry *The Bandsaw Riots*, she has also received some awards, including the Dorothy Brunson Poetry Award, and was runner up in Atlantic's Monthly College Writing Competition. She received third place out of 6,000 entries, with the first and second place writers both attending Ivy League schools. Her work has also been published in many journals, such as *Calyx* and *Prairie Schooner*.

Jones' plan for her future as a poet is only "to be a better poet." "I'll be hoping until the day I die that I'm a better poet. I'll never be done."

Solutions from last week's puzzle

FOR THE BIRDS

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

Crossword 101

By Ed Canty

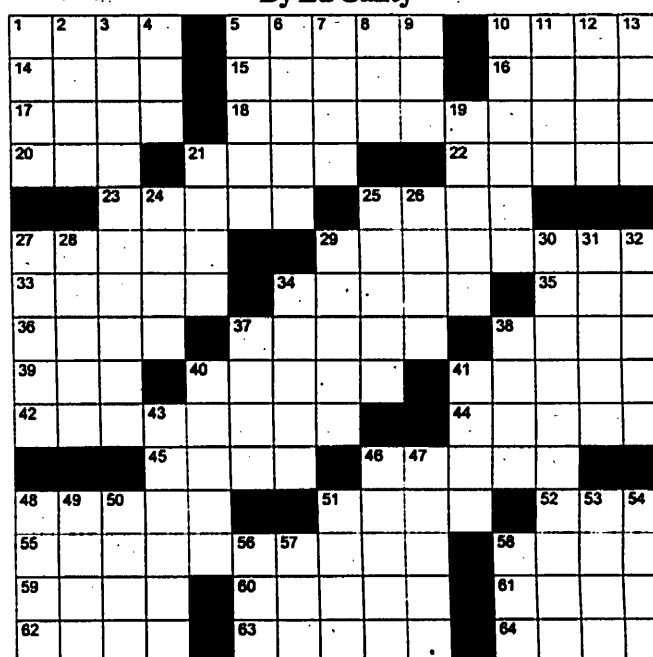
Grandiose

Across

- 1 Ear part
- 5 Musical piece
- 10 Saturates
- 14 Hertz rival
- 15 Arrangement
- 16 Monetary unit in Germany
- 17 Nail holders
- 18 Generous
- 20 Printers' measures
- 21 Quarry
- 22 Pants
- 23 Before bear or circle
- 25 Harvest
- 27 System of beliefs
- 29 Last-minute resting place
- 33 Convenient
- 34 Rental agreement
- 35 Strong emotion
- 36 Tallies
- 37 Toyota model
- 38 Fiend
- 39 Express disapproval
- 40 Compliments
- 41 Without direction
- 42 Leaves in the lurch
- 44 Sows
- 45 Overt
- 46 French city
- 48 Pipsqueak
- 51 60's rock musical
- 52 Beer spigot
- 55 *Little Red Riding Hood's adversary*
- 58 Kill a bill
- 59 Succulent plant.
- 60 Outstanding achievement award
- 61 Metallic element
- 62 Catch one's breath
- 63 Positive pole
- 64 Catch sight of

Down

- 1 Michigan, e.g.
- 2 Kiln



- 3 High roller
- 4 Precedes tee
- 5 Native-born Israeli
- 6 Weeper
- 7 Wild gathering
- 8 Cheer leader word
- 9 Look at
- 10 Angel
- 11 Baseball defensive goal
- 12 Word before school
- 13 Puts in a lawn
- 19 Playing marble
- 21 Gimmick
- 24 Roulette bets
- 25 Raises
- 26 Posing no difficulty
- 27 Straw
- 28 Crystal set, e.g.
- 29 Salesmen's cars
- 30 Caps
- 31 Strayed
- 32 Accomplishments
- 34 Burdened
- 37 Salad ingredient
- 38 Singletons
- 40 Greek letter
- 41 Addict
- 43 Dessert
- 46 Bundled
- 47 Firearm
- 48 Aspen contraption
- 49 Deception
- 50 Feelings of pride
- 51 Wanderer
- 53 On
- 54 A small glass
- 56 Barry Scheck specialty
- 57 Achieved victory
- 58 Compete

Quotable Quote

When they call the roll in the Senate, the Senators do not know whether to answer 'Present' or 'Not guilty.'

• Theodore Roosevelt

Men's team splits games at tourney

Highline loses to Treasure Valley by 2 and then turns around and beats Warner Pacific by 16

By MATTHEW MILLER
Staff Reporter

The Highline Men's hoop team split their two games at the Mt. Hood Tournament last weekend.

In the first game the T-Birds faced off against Treasure Valley of eastern Oregon. The game ended with Highline losing by two, 83-81. Highline's Seth Caine had a chance to tie the game and possibly send it into overtime with four seconds remaining.

The T-Birds in-bounded the ball underneath their own hoop and drove the length of the floor. Caine got the ball and drove to the hoop for the tie but was fouled on his shot. He went to the line and missed his first free throw off the back of the rim. He intentionally missed the second free throw but the T-Birds were unable to tip in the rebound for the tie.

"We ran a good play and Seth almost came through," said Head Coach Jeff Albrecht.

Point guard Danny Alderete led all scorers with 33 points in the game.

Highline was able to turn it around in their second game, beating Warner

Pacific 81-65. Again Alderete led the T-Birds in scoring with 24 points.

"My teammates helped me out a lot and I was able to make things happen," said Alderete.

The T-Birds turned the ball over 11 times in the first half and Warner Pacific was able to hang around. However, in the second half Highline tightened up their play and only committed four turnovers, ultimately pulling away and winning by 16.

"Overall I would say this weekend was the best basketball we have played up to this point," said Alderete.

Alderete was named to the all-tournament team after averaging 28.5 points in the two games. Caine, Austin Nicholson, and Jalani McDonald all scored in double figures against Warner Pacific.

"We showed a lot of heart this weekend. We still have a lot of things to work on but we will get to where we want to be by the end of the year," said Albrecht.

The T-Birds will play in the Skagit Valley Tournament this Friday and Saturday. The first game will be against Wenatchee Valley on Friday at 5 p.m. Other teams in the mini-tournament are Skagit Valley and Linn-Benton.

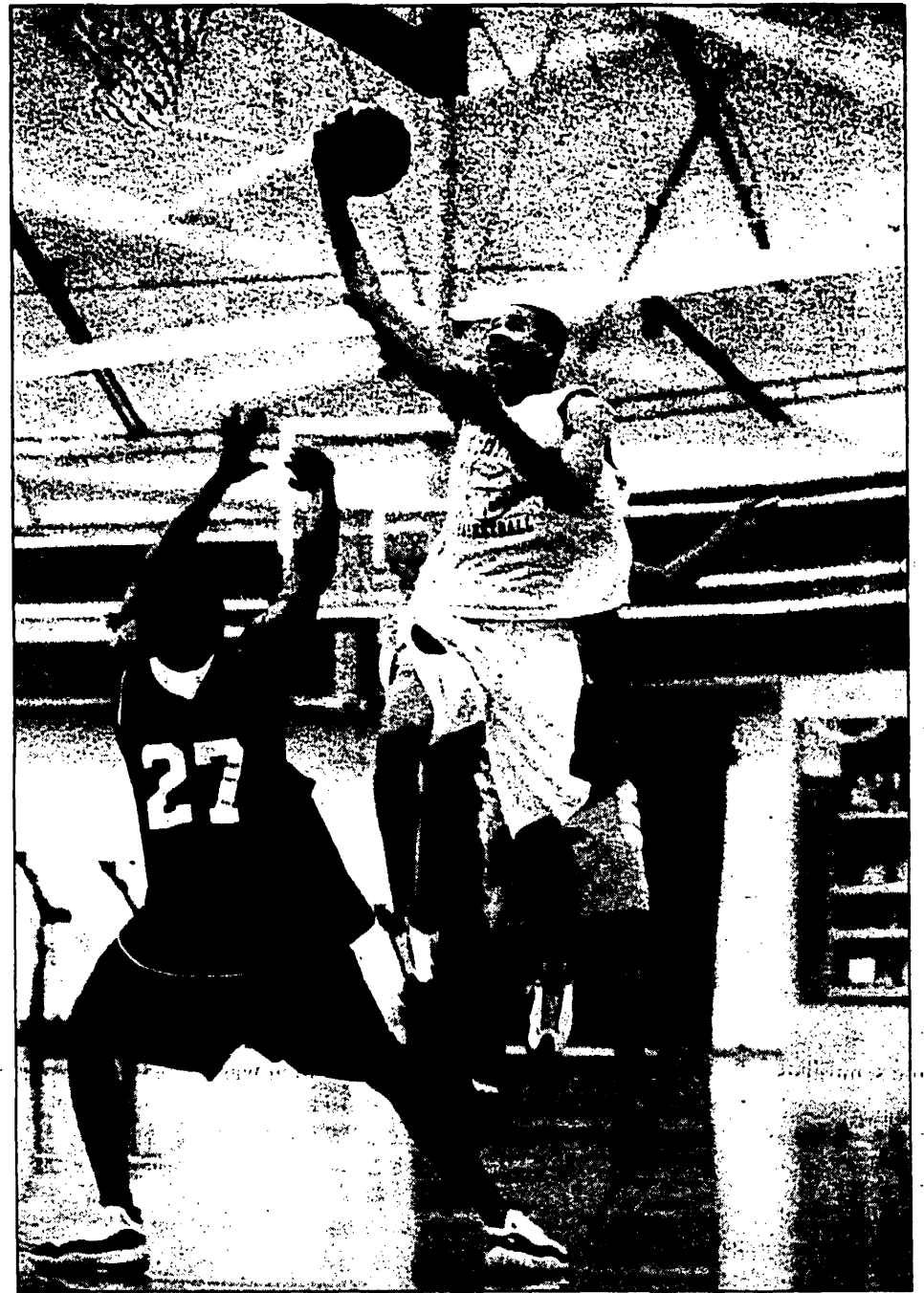


Photo by Joe Walker

Rick Jackson (27) guards Peter Perez as he goes in for a lay up in practice.

Coming up for air



Photo by Joe Walker

Joe Brace takes a swim in the Highline pool on Monday. The pool is open to students, faculty, and staff for lap swimming Monday through Friday, 10 a.m.-2 p.m. and Tuesdays and Thursdays, 5-7 p.m.

Thunderbird wrestlers steadily improving after third week

By MICAH THECKSTON
Staff Reporter

The Highline wrestling team knocked off league opponent Southwest Oregon before making a strong showing at the Southern Oregon Tournament last weekend.

Highline traveled seven and a half hours to Coos Bay to take on Southwest Oregon on Friday, winning 26-9.

"We won the match by wrestling OK," said Head Coach Todd Owens. "We're a young team and it's early in the season."

The Thunderbirds hit the road right after the match to get to Ashland, Ore., for the Southern Oregon Open Tournament the next day.

"It always does affect a person driving like that, kind of takes the energy out of you,"

"This is the toughest tournament we will wrestle all year. You place here and you'll place at nationals."

-Derek Norton

said Owens.

The long trip didn't matter to Highline, however, as Trevor Smith (184 pounds) took fourth, and Joe Castro (165) made it to the semifinals, four other wrestlers won two matches.

"I was happy with the tournament, we wrestled well," said Owens.

Smith took fourth after sustaining an injury to his back and

neck. Carlos Adamy (133) received a concussion and still won his second match with a major decision.

"This is the toughest tournament we'll wrestle all year, you place here and you'll place at nationals," said Derek Norton (157).

Joe Castro was the wrestler of the weekend winning three matches while making a good showing against last year's Pac-10 champion from Oregon State.

"Castro is my darkhorse this season," said Coach Owens.

The T-Birds have shown promise early this year.

"A couple guys have shown they can do some damage," said Owens.

Highline has a dual meet against Simon Fraser University and Douglas College in Westminster, B.C. on Dec. 1 at 5 p.m.

November 21, 2001

Soccer not having a ball anymore

By JASON WALKER
Staff Reporter

When coach Jason Prenovost said any team could win the men's soccer championship he was exactly right. If the T-Birds can take anything positive away from the playoffs this year, it is that they can say that they lost to the champions.

"We did something incredible this year. The whole team is competitors, so the loss hurts, but we still had a great season. We will learn from it and move on," said Prenovost.

After upsetting Highline, the Bellevue Helmsmen, seeded No. 4 in the Northeast Division, beat yet another No. 1 seed, North Idaho 2-1 in a shoot-out in the semifinals, Bellevue then went on to defeat Edmonds 3-0 in the championship game. Edmonds earned the right to play in the finals by beating heavily favored Tacoma 2-0 in the semifinals.

"If there is anything good to say about losing in the playoffs, at least we can say that we lost to the champions," said midfielder Paul Zydek of the T-Birds 2-1 loss to Bellevue in the first round.



Photo by Joe Walker

Left to right, Nathan Louvier, Marc Noorda, and Scott Baldwin all chase down a loose ball.

Highline hit its high point in the year when they beat Tacoma 3-1 on Oct. 24. Highline's low point of the season had to have been their only loss which was to Bellevue on Nov. 11.

"We peaked against Tacoma," said Prenovost. "From that point on we did just enough to win games."

Highline, who finished the year with a school record of 20-

1-2, will be looking ahead to next year to defend their Southwest Division championship.

The T-Birds will suffer the loss of key players such as all-stars Gabe Andrews and Daisuke Kimpara; along with Jesse Pigeon who helped anchor the league's best defense; Jesse Wheelock and Dustin Rhodes who provided some sparks in the midfield; and goal-

keeper Ken Campbell, who played well in the net all year.

"We are losing some good players. Someone will have to step up next year to take the place of those players," said midfielder Marc Noorda.

The T-Birds also have a number of potential all-stars returning. Bo Peterson and Fanah Mansaraya who were No. 1 and No. 2 on the team in scoring,

will be back next year to lead Highline's high octane offense. Central midfielders Ryan Haney, who led the team in assists, and Nathan Louvier will be back in the middle for the Thunderbirds.

The defense will be lead by stopper Kelly Laprowse and outside back Ross Mansell. Chris Connor, who split time in goal with Campbell, has a chance to return as the first choice keeper for coach Prenovost.

The coach said it's a solid foundation on which to build. "We will be very good next year," said Prenovost with assurance.

T-Bird players who were named to the NWAACC All-Star team were forwards Peterson and Mansaraya; midfielders Haney and Daisuke Kimpara; and defenders Andrews and Laprowse.

Prenovost was named coach of the year from the Southwest Division for the second consecutive year and will coach one side in the upcoming all-star game. The game will be played Dec. 1 at Highline's McConnaughey Field. Game time is 1 p.m.

Haile has determination to beat all challengers

By JEFFREY G. PARKER
Staff Reporter

She runs six to seven days a week with intense workouts consisting of 45 minutes to an hour and lots of speed work. Her name is Wogahata Haile.

"I love it, every day is something new. It gets me fired up to get out there and do it," said Haile.

This is Haile's second year at Highline, and this is more running than she did last year. Short and slender, she runs with grit and determination. No one beats her on effort.

"The hardest part is to keep going. When you're tired, you want to take a day off, but you can't, it will set you back and you lose a day of training," said Haile.

Haile was born in Eritrea, which is a country located in east Africa. She came to the United States when she was three because her father wanted a better life for her, and a better education.

After moving around the country throughout her life, she

moved to Seattle her fifth grade year and finally Des Moines her sixth grade year. She graduated from Mt. Rainier High School and came to Highline.

She wants to become a registered nurse. "My father is in the medical field, and his guidance shaped me and molded me," said Haile.

After she gets her AA degree, Haile would like to go to Georgia State for her nursing degree, and would like to live out there as well.

After she is a nurse, she plans to go back to Africa. She has never been back home, and it is her dream to travel back and forth to help out her home country.

"People in the United States don't realize the struggle that other people in the world go through," said Haile. "I am

more concerned about global issues because I was born in a different country," said Haile.

It is a difficult situation for Haile, if she goes back home they expect a lot more of her now that she lived in the United States. They think she has a lot of money and is well educated.

"Everyday I have to prove to myself that I am not going to fail. To make sure I'm getting good grades and staying in school," said Haile.

One of the things that helped her compete at this level was when she went to Falcon Runner camp, put on by Seattle Pacific University. "That pushed me to run harder then I have ever ran before," says Haile. "You have to keep at it all the time, every day you have to push yourself and your body. That is the only way to get better."

She started running track her sophomore year in high school and ran cross country her junior and senior year. She ran for the T-Birds last year, but improved much more this season with Highline's new coach, Robert

Yates.

"Coach Yates sometimes runs with me on my long runs. And helps push me to run my hardest," said Haile.

Haile placed 29th in the NWAACC championship meet,

with a personal record time of 21:56. She will be running track in the spring.

"Running is all about mental toughness. Toughness is what gets you through the hard times," said Haile.

Congratulations!

Highline Community College
Men's & Women's Soccer Teams
for an outstanding year

Southwest Region Coach of the Year:
Jason Prenovost

Men's All-Star Team Members:

Fanah Mansaraya
Gabe Andrews
Kelly Laprowse
Daisuke Kimpara
Ryan Haney

Women's All-Star Team Members:

Sara Short
Breanna Schultz

November 21, 2001

Recount likely in Sherman-Benjamin race

By CASSI CORELLA
Staff Reporter

The Des Moines City Council election results are still in limbo for incumbent Dan Sherman, who trails challenger Richard Benjamin, by 13 votes as of Nov. 20.

Benjamin had 3,062 votes to Sherman's 3,049 as of Tuesday, meaning the race likely will be subject to a mandatory recount. King County election officials said they would certify the results today.

Sherman remained cautiously optimistic. "It looks like I've been pulling up in the late absenteees, and I took the majority of the votes at the polls," he



Dan Sherman

said. "If it remains close, then there'll be a recount. It's just a matter of waiting."

Benjamin could not be reached for comment.

The race pitted pro-growth challengers against anti-growth incumbents. In all but one instance, the challengers appear to have won.

Local businessman and challenger Gary Petersen led incumbent Dave Kaplan 3,235 votes, or 51.79 percent, to now holds 3,062 votes and 48.21 percent. Kaplan sounded unhappy about the tentative results.

"I think that there are a lot of issues, but my opponent and I agree on a lot of them. I think my opponent did a good job of running against the council as a whole instead of just against me," said Kaplan. Petersen could not be reached for comment.

Another challenger, Maggie Steenrod, led incumbent Terry Brazil 3,603 votes, or 57.3 percent, to 2,685 votes and 42.70 percent of the vote.

Steenrod could not be reached for comment.

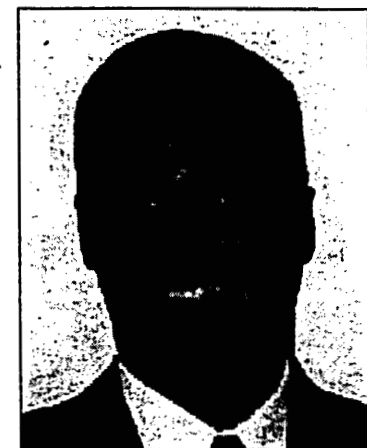
Pro-growth candidate Mike Foote continues to trail Susan White with 2,807 votes and 44.14 percent of the vote. White holds 3,553 votes and 55.86 percent.

White expressed pleasure over her lead.

"I'm very happy that I won, and at the same time I'm very surprised that Mr. Foote got as many votes as he did," said White. "I look forward to serving on the City Council, and

making Des Moines the best place that we possibly can."

Foote could not be reached for comment.



Richard Benjamin

Candidates got money from many places for elections

By JOHNNY PAK
Staff Reporter

Most of the incumbent running for re-election in the Des Moines City Council spent more money on their campaign this year than they did four years ago.

The Public Disclosure Commission shows some candidates received contributions from people they know, businesses and a political party.

Only some candidates detailed contributions were shown and more information will be updated in the upcoming weeks.

Incumbent Dave Kaplan spent more money on his campaign for City Council Position No. 3 this year than he did four years ago.

Kaplan spent around \$7,000 this year compared to the \$5,800 he spent in his last campaign. Kaplan trails Gary Petersen by 224 votes as of Wednesday.

Petersen spent \$9,000 on his campaign with all of the money coming from his business, Peterson Northwest Corporation. He is the owner and operator of Pete's Towing.

The PDC reports that Kaplan has spent \$5,771 as of Oct. 30. Kaplan says he probably spent anywhere from \$6,500 to \$7,000 overall.

Kaplan says only \$500 came out of his own pocket while he got the rest of the money from familiar faces.

"I got contributions mainly from family, friends and people I know from around the area."

Kaplan said if given more money, he would have done more.

"If I had more money, I would've done another mailing," he said.

If he had to do it over again, Kaplan said he would have started his campaigning earlier.

"I didn't get a good job of getting information out early enough."

Kaplan says he'll probably lose to Petersen by about 200 votes when all the absenteees are counted.

Even though he may have lost this time, Kaplan is not ready to close the book on running again in the future.

"One thing I learned in politics is to never say never."

Incumbent Dan Sherman says he spent more money on his campaign this year than last time because of inflation. Sherman spent more than \$6,200 on his campaign, with \$2,000 coming out of his own pocket.

He received contributions from friends, a graphics company and the 33rd District Democratic Organization. He also took a \$3,800 loan.

Even though he spent more money, Sherman says he would have done only one thing differ-

ent in his campaign.

"I would've changed the timing of things in the mailing," he said.

Sherman said he would have started earlier in getting the word out.

"I had signs. I had a couple mailings," he said.

Sherman is currently trailing Richard Benjamin by 13 votes for Des Moines City Council Position No. 1.

PDC reports show Benjamin received more than \$3,800 in contributions, but spent about \$5,700 on his campaign as of Oct. 29. He got money from various people including family members, the Des Moines Marina Tenants Association and also Triple A Liquidators owner Jerry Guite. Guite donated \$200 and also paid for five boxes of envelopes and paper that cost \$500. Benjamin also took a loan of \$3,500.

Information on candidates running for the City Council Position No. 5 Terry Brazil and Maggie Steenrod were not available on the PDC website.

For City Council Position No. 7, newcomer Susan White received more than \$6,000 in contributions for her campaign. She used \$1,000 of her own money and she took a loan of \$4,000. Her opponent Foote agreed to accept only a certain amount for his campaign and did not disclose detailed information about his contributions and expenditures. Foote was unavailable for comment.

Boeing layoffs bring more students

By CARRIE WOOD
Staff Reporter

Approximately 4,611 Boeing workers in the Puget Sound area will be permanently laid off next month, which may affect Highline this spring. A recent announcement from Employment Security stated that 4,611 Boeing workers will lose their jobs on December 14 due to the dwindling economy.

Most of the community colleges in King County, including Highline, have felt the impact for retraining, says Jeff Snyder, program manager for Highline's Worker Retraining Program.

Worker Retraining assists unemployed, dislocated workers, displaced homemakers and the self-employed with retraining in the enrollment of technical education programs. Highline offers over 40 of these non-transferable programs.

"It is going to be difficult for Boeing workers to enroll Winter Quarter," said Snyder. "Classes start January and workers must go through an approval process first that takes a long time."

Boeing workers will be eligible to apply for Unemployment Insurance benefits and at the same time may receive these benefits while attending training, if they can justify their needs. This involves the application, review and approval process, which could take longer than the start of Winter Quarter, said Snyder.

"The regional administrator for King County estimated that of the 4,611 workers who will be laid off, only about 600 individuals will walk onto campuses. The impact won't be as

big as people think. We estimate 30 to 40 individuals on campus per quarter," Snyder said.

There are several funds available to laid-off Boeing workers for worker retraining. Quality Through Training Program is specifically for Boeing workers. This program offers services for laid-off employees that also consist of a response team who are assigned to help affected Boeing employees.

There is also the Trade Adjustment Act program that is a service available to eligible workers. A wide range of Trade Act benefits, including the approval or continuation of training is subject to the availability of federal funds.

"Boeing workers have access to union funds," said Snyder. "Many of them will be fully funded for Spring Quarter. Our main problem we face is the non-union workers impacting our funding."

"There are emergency set aside funds that the state board has. There is an application process where colleges go in as a group to try and tap into funding," said Snyder. "Together, with Green River and Renton Tech [other community colleges], Highline will try for the money that is there, but it's not a whole lot."

According to a report sent out by King County's Community Response Team, there have been 5,944 dislocated workers so far in King County this year, which doesn't include the recent Boeing lay offs.

"It is also another concern to not forget about the other workers being laid off," Snyder said.

November 21, 2001



Photo by Joe Walker

Sandra Woods shows off clothes from her culture at last Thursday's fashion show for International Week.

International Week comes to a close

By FARID KARZAI
Staff Reporter

Highline ended International Week with an Indian cultural dance.

International Week was celebrated in order to emphasize the importance of cultural understanding among Highline students, faculty, and staff.

The campus was busy hosting meetings, lunches, music, and dance.

Many students liked the International Fashion Show, which was held last Thursday, Nov. 15 upstairs in Building 8.

"I thought it was great. I don't usually get exposed to stuff like that," said Michelle Wilson, a Highline student.

"This was my first time doing this," said Ania Michnicka, member of Team Highline and coordinator of the International Fashion Show.

"It turned out to be great and I think it is cool to see people

participate," said Michnicka. "It is important for all of us to recognize each other not just by name, but by who we really are and know more about each other is culture."

Model Sandra Woods expressed her satisfaction with her participation in the show. She showcased her native South Pacific Island clothes, which were her own design.

"It was my own design and my mom helped me to sew it," said Woods.

"This show allows us to make people aware of our culture," said Raj Sidhu, one of the models and the president of the Indian Student Association at Highline.

Sidhu has already planned an Indian dance party for Dec. 14. More information will be available on this event at a later date.

Last Thursday afternoon, students and faculty got together to exchange both their educational and personal experiences here

and abroad.

Students from Korea, Germany, Taiwan, and Japan spoke about the differences in the education system of the United States and their native countries.

On Friday, Nov. 16, students, faculty and staff watched Eastern Indian dance in Building 8.

The dancers were all Americans who are current students and faculty of The Evergreen State College. They have received scholarships to India for further music education.

They also performed a dance, which is currently prohibited by law in India.

"This dance was illegal during a time when India was a colony of the Great Britain and it is still illegal in India," said the speaker of The Evergreen State College dance group. "We want to research more about this dance."

Performers sang, danced, and played Indian drums called Tabla and Doul.

Umer leads students at Highline

By TAKUYA IRISAWA
Staff Reporter

Mohamed Umer is from India and studies Hotel Management at Highline.

Umer was born in India and moved to the United Arab Emirates where he grew up.

"I have an advantage to get a job in U.A.E. if I study in the U.S.A. AA degrees at Highline are better than bachelor's degrees in the U.A.E.," said Umer.

He is very friendly and smiles all the time. However, since the Sept. 11 terrorist attack, Umer has been very uncomfortable and refused to talk about what happened at first.

"I don't want to talk about it though, it happened twice."

However, he told what happened, very sadly.

"The first time, I was walking down the street, and some guy yelled at me 'Hey, terrorist!' I was very shocked," said Umer.

He continued very sorrowfully.

"The second time was when I went to the gas station, a guy was waiting in line at the cashier. I try to be nice, so I let him go first, but he said, 'What are you guys going to blow up next? What are you going to do next?' I was very mad and grabbed his shirt. I called the cops, but he left immediately."

Umer's whole family is in the U.A.E. and he said he sends e-mails every day.

"My mother is very worried about me right now and I'm worried about my family too. I try to keep in touch to make them relieved," said Umer.

Even though Umer is having a hard time right now, he has been having fun in the U.S.A.

Umer said it was most amazing to touch snow for the first time in his life.

Umer became one of the International Leadership Student Council members this year. I.L.C.S. members were selected during the summer and provided with leadership training in September 2001.

This is the organization's first year at Highline and the purpose for the I.L.C.S. is to provide international students with more

support and to build strong multicultural environment on campus and within the community.

"I was the secretary for the International Student Club first and then I was elected to the president of the International Student Club. Now, I am the one of the Intentional Leadership Student Council members," said Umer.

Umer promotes the Cultural Café which is held on every other Tuesday.

"Our main purpose is to improve our English skills. We have a topic every time to discuss about. We talked about the movie stars in Japan, Korea, Taiwan, Hong Kong, India and so on last week. It is very interesting to learn different cultures," said Umer. "We had a chemistry teacher last week. We welcome any other teachers and students," said Umer.

The Cultural Café takes place in Building 8 upstairs. Coffee, soda, and cookies are served.

"We are going to talk about the education in different countries next week. I hope many people come and join us," said Umer.

Fujiwara gets promotion

By FARID KARZAI
AND TAKUYA IRISAWA
Staff Reporters

Mariko Fujiwara has been chosen as the new director of International Student Programs.

Highline's International Student Program serves international students by helping them with the complications that arise from their relocation to the United States.

Fujiwara has served as an assistant director of the International Student Program since 1997.

Fujiwara's experience include teaching in the public schools, serving as a Japanese language instructor at Indiana University of Pennsylvania.

She taught Japanese language to German undergraduate students at the Duisburg University in Germany.

Fujiwara also taught Japanese and German languages at Eastlake High School.

She has also worked for

Microsoft as a software test engineer for foreign language translation programs.

"The position was open for over a year and I had to go through the proper procedures in order to be appointed to the position," said Fujiwara.

"I want to further expose the

International Student Programs to Highline faculty, staff and students," said Fujiwara.

She expressed her happiness for being part of the Highline International Student Program.

"I am very excited to have been given the opportunity to play a greater role for further improvement of the Highline International Student Program," said Fujiwara.

"I do expect challenges to serve in this position, but with the support and encouragement of Highline faculty, staff and students I will manage to improve the existing programs and try hard to compliment international students' expectations of their study here at Highline," said Fujiwara.



Mariko Fujiwara

November 21, 2001

Legislator says part-timers won't see raises

By SAMANTHA VAIL
Staff Reporter

Part-time faculty deserve more money, a leading legislator said, but they are not likely to get it.

State Sen. Jeanne Kohl-Welles, D-Seattle and chairwoman of the Senate Higher Education Committee, said she doesn't see a change for part-time faculty pay anytime soon and that ultimately it is up to taxpayers and students to compensate for insufficient funds.

"We have an over reliance on part-time faculty. We don't adequately fund part-time faculty pay so the college is forced into this position. I don't like the situation at all. We are just trying to make as much progress as we can but that's difficult because the state's budget is limited," said Kohl-Welles.

Part-time instructors do not make the same amount of money by teaching one five-credit class as a full-time instructor. Part-time instructors are limited to teaching only two classes at one institution and get no benefits.

Because of limited funds, part-time instructors said they have to work twice as hard to make the same amount of money as full-time instructors.

JT Jackson said being a part-time instructor is not easy because it involves long commutes everyday to teach more classes to make up for the lack of pay.

"How much time do you think a part-time instructor has to review papers?" said Jackson. "I think the position of part-time faculty in the hierarchy of need is not the most significant but from the students' end, wouldn't



Kohl-Welles

Freeze

Continued from page 1

projects," he said.

Locke announced the freeze after the state Revenue Forecast Council said Washington's tax revenues are expected to be down by \$813.1 million this year.

Locke reaffirmed his earlier freeze on the capital budget.

The capital budget covers construction, major repairs, and equipment. State legislators say that the coming 2002 legislative session will be all about trying to find ways to rebalance the state's budget.

The Forecast Council attributed the drop in revenue to the softening economy, the Sept. 11 terrorist attacks, and recently passed initiatives that cut state taxes.

The revenue predictions also

we say that it's one of the most important? Who do you face everyday but that part-time instructor?"

Rosemary Adang, head of hiring humanities, literature, and philosophy instructors, said there is a lot of competition for part-time positions.

"We might see 20 to 200 applications for one position depending on the field," said Adang.

"I used to be part-time at several colleges before I hired part-time faculty to teach. I definitely think the difference in our pay rates is unfair. Part-time faculty are equally qualified with master's or Ph.D.s usually, and as far as classroom teaching goes they have the same job. So to not pay them an acceptable amount is just unjust," said

included statistics of how the economy has changed since the Sept. 11 attacks. They showed that personal income is expected to fall for the next two quarters and then rebound slightly in the second quarter of 2002.

Consequently, one of the priorities of the Legislature will be to balance the state budget. More than 60 percent of the budget goes to education, 50 percent is public (K-12) and 10-12 percent is higher education (college). Because of the state Constitution and court decisions, K-12 education is a lot harder to cut than colleges.

State Rep. Karen Keiser, D-33rd District, and a former Highline trustee, said the cuts could affect financial aid and scholarships.

"What are we going to do?" she asked. "We don't have a lot of easier answers."

"We can cut services or raise taxes," she said, with neither option universally popular.

Adang.

Students say part-time instructors should be paid the same as full-time instructors and some students said they would be willing to pay higher tuition to raise part-time instructors salaries.

"Why are they of any less value when compared to full-time instructors? They are just as qualified and effective in the classroom," said student Nicole Scoccolo.

"I have a part-time teacher and I feel that she has been a great asset to my education. Her time shouldn't be worth less simply because she's a part-time teacher," said student Amanda Crock, adding that she would be willing to pay higher tuition to help.

cide what you want to change," said Didomenico.

Some advice from Nutrice.com is that you always keep a water bottle with you. Water not only flushes out your system, but it revives you with energy and keeps you hydrated.

Another tip is to keep moving. The more active you are the quicker your metabolism gets. Exercising is key.

Try to alternate the diet that you have now with fresh fruits

and vegetables. This is a good way to slowly improve your diet, without a drastic change, experts say.

As for Keefer and Andrews, their stories are only two of many. They both have been working hard to change their eating habits.

"In my senior year at college I cut back on certain junk foods and I began to see a big difference," said Keefer. "Today I feel much healthier."

Food

Continued from page 1

campus.

The Giving Tree Program is sponsored by Team Highline. The program provides gifts to families and individuals from Highline who probably would not otherwise receive any.

Clubs, departments, students, faculty, and staff are invited to sponsor an entire family or an individual. Last year more than 20 departments on campus participated.

Starting Nov. 26 a tree decorated with paper ornaments will be put up in the student lounge in Building 8. The paper ornaments will include a name, age, sex, and desired gift.

Anyone who wants to participate can take that slip, add her or his name and contact information, and put it in a nearby collection box. The prospective donor will be contacted.

It's the donor's responsibility to buy the gift, wrap it, and bring it to Student Programs in Building 8. The gifts will be given during finals week.

"Either the families or individuals will come pick up the gifts and if not able they will be delivered to them," said Team Highline's Shawna Hubbard, head of the program this year.

For more information, contact Hubbard at 206-878-3710 ext. 3903.

Students, faculty and staff are invited to donate food for the Des Moines Food Bank.

The eighth annual food drive is led by college staff member Duke Applegate, who this year became a board member at the food bank.

Deposit non-perishable food items in designated cans located around campus. Applegate said items could include canned goods, noodles, cereal, and dried milk.

The barrels will be out until January and will start up again in May. "Hunger is a year round problem," said Applegate.

If bringing food to school is not a possibility, an individual may write a check for a dollar amount and send it to the Des Moines Food Bank or contact Applegate at 206-878-3710, ext. 3926.

"I want people to give from their heart, giving whatever they're capable of giving," said Applegate.

The Asian Pacific Islander Club is collecting clothes to help people of Asian descent, such as newly arrived immigrants, homeless, and others simply in need.

"A lot of times, I feel people don't think of an Asian person being homeless," said Joysha Fajardo, president of the club.

COMMUNITY RELATIONS INTERN - Service center in Issaquah. (PT-15-20 hrs per wk.-9-12 weeks) Internship to practice & learn skills for career in journalism or Public Relations. Qual: Current student in PR or related field. REQ: Prev. exp. w/computers. \$7 per hr. Open until filled. App. Review starts 12/10/01. Send KCLS application to HFR, King County Library System, 960 Newport Way NW, Issaquah, WA 98027. 425-369-3224 Fax: 425-369-3214. www.kcls.org EOE.

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you might have even
done it. Isn't it time to take
the plunge and become a
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Take Journalism 105 and become a photographer! (You should have a camera and know which way to point it.)

Sign up for Winter Quarter -- your destiny awaits you! See us in 10-106 for details.

Pounds

Continued from page 1

dents believe will give them more energy. Although it seems that weight problems are increasing, there are a couple of things students can do to help.

"To have a weight loss makeover you must put things into perspective. You must consider your eating habits and de-