

The Thunderword

October 10, 2002

volume 42, issue 3

Highline Community College

Cooking up change

Students are dissatisfied with the quality of the food but new director promises new recipe

By KYLE TURRELL
Staff Reporter.

Some students are unhappy with the quality of the food in the cafeteria but the new director vows it will get better.

"I paid \$2 for this," said Josh Jones in reference to his cheeseburger and bag of potato chips. "I could go to Jack n' the Box and buy two Jumbo Jacks. The fries wouldn't be cold, the bun wouldn't be hard and I wouldn't have to pay for the lettuce."

Jones is one of the many students and staff who have a beef with the cafeteria's food and service. Apparently smaller portions, no hairnets on staff and lowered quality for the same price are just some of the complaints students have about the Union Café.

"I get less than I did last year," said Whitney Faber. Faber like many students returning from last year, say they are being shortchanged. "Its not even warm."

Customer feedback forms adorn the wall next to the cashier with complaints like "It's sad when you order hot food and have to microwave it" or "I want fresh breakfast."

"I liked it better last year," said Blossom Birkebak. "I don't like the time limits on food." Birkebak misses the option of having breakfast anytime of the day. "Their breakfast was really good."

But not all students dislike the Union Cafés food.

"The breakfast menu's great

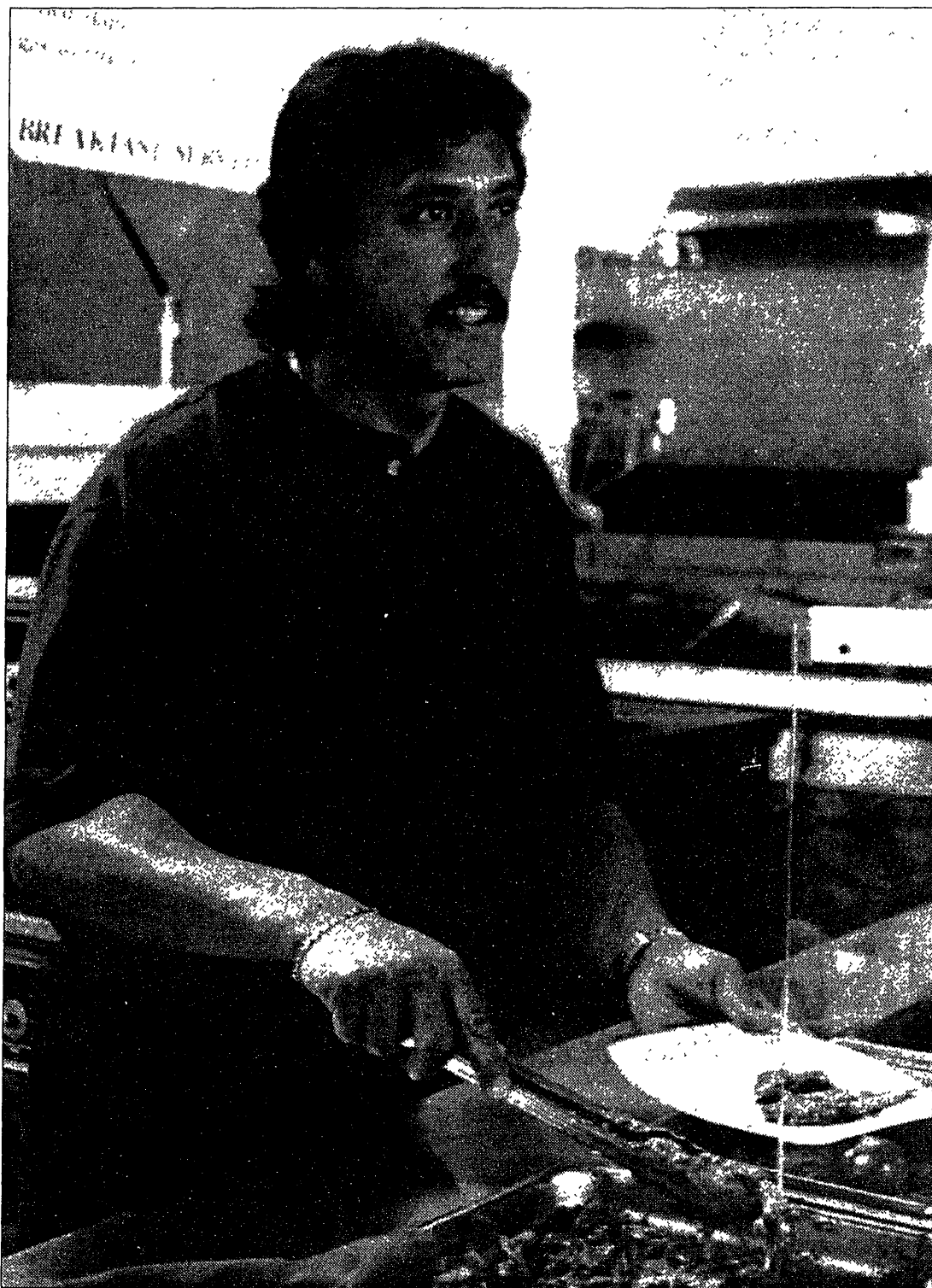


Photo by Adrienne Hughes

New Food Services Director Cliff Kauahi serves up a hot plate to a student in

it has good selection and lots of space to eat," said Emma Saldana. Saldana said she enjoys the sandwich options that the Union Café offers.

Cliff Kauahi, the new Director of Food Services, is used to

the heat of the kitchen.

"We've changed to get a more quality menu," said Kauahi.

Kauahi was hired after the previous director left. Kauahi has had more than 20 years in

the food service industry. He worked in restaurants while he attended USC in California.

After graduating with a degree in business Kauahi went

See Food page 16

Student Center to be torn down

By KYLE TURRELL
Staff Reporter

The current Student Center will be destroyed Spring Quarter to make way for the new one.

The new Student Center, which has been in development for the past four years, is now at the final design development stage.

"This is the stage right before Highline gives the plans to the company that is going to build it," said Brown.

The new Student Center was the focus of controversy last spring when students voted on a proposal to increase the building fees. Students were already paying \$2.50 a credit for the 13-15 million dollar structure. After the proposal was rejected the designers slimmed the building down by 3,000 square feet to adjust to a smaller budget.

When the construction starts during spring break 2003 the Union Café and Student Programs will be relocated to temporary spaces.

Student Government and services will most likely be moved to the upper campus while an extension of Building 2 will serve as a reduced food service building.

"Right now of course the plans are not set in stone," said Brown, "but that gives you an idea of what students will likely see."

Student Services was given \$400,000 for temporary locations by the state but instead of using the money to rent portables, college officials decided to use the money to improve

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Plenty of Haunted Houses
around town to see

--See Page 5



Lady T-Birds have
a 5-0 record

--See Page 9



Crime Blotter for Oct. 3-10

Dust causes fire

Dust from a heater possibly could have caused a small fire in Building 18 on Oct. 3.

Car rolls away

A green Nissan rolled out of a parking spot in the north lot on Oct. 4. No visible damage was done.

Car prowlers

Three white males wearing leather jackets were seen looking in cars at the bottom of the North lot on Oct. 7. Des Moines Police Department was contacted, and they told the suspects to leave campus.

Cars collide

Two vehicles crashed at the intersection of South 240th Street and 21st Avenue South on Oct. 7. Officers from the Des Moines Police Department took the report.

Student passes out

A male student became unconscious after having a seizure in Building 17, room 106 on Oct. 9. Aid units transported the man to Valley Medical for further evaluation.

Medical problems

A female student had a diabetic seizure in Building 22 on Oct. 9. Aid units responded and gave the student glucose gel to raise her blood sugar. Medic One also responded and transported the woman to Saint Francis Hospital.

Lost and Found

* A male student lost his navy blue Gap jacket from either Building 31 or 22 on Oct. 3

-Compiled by
Victoria Anthony

Engineering puts science to work

By CYNTHIA SUH
Staff Reporter

Engineering is more than just a science, and this profession does bring good pay in to your pockets, said Professor Rebecca N. Sliger at last Friday's Science Seminar.

"Engineering is the art or science of making practical application of the knowledge of pure sciences," said Sliger, engineering instructor at Highline. "Engineering is what makes certain technological appliances and materials possible."

Health technology is one of the examples.

"Some medical performances they do, were not even imaginable before," said Sliger. "There are artificial hearts out there made out of plastic and titanium."

Most surgeries as well couldn't have been possible if engineering wasn't involved.

The convenient household appliances that we expect to see at homes are also a prime example of engineering as well as the computers and Internet we are so used to using, and communication devices such as the telephone, fax machines and etc.

There are also air condition-

ing and refrigeration, electronics, and the transportation devices such as airplanes and automobile.

"But the greatest achievement in engineering is something we need to achieve all of the above; electrification," said Sliger. "This is probably our main necessity, and also that we're so used to having, that we expect it to be there wherever we go."

Even though engineers are limited on time, resources, and costs, every time they work on a project, their effort in working in groups, diverse skills and knowledge the group members bring, of the cyclic process of work of the engineers make these achievements happen.

"Energy, automobile safety, advanced materials, Internet, and bioengineering are the current hot engineering topics," said Sliger. "Lots of things are being worked on right now."

The Millennium Bridge in Gateshead, England, is powered by hydraulics. This bridge is built so that the pedestrians can cross, and so that it would open or close for boats in four minutes.

The Miniature Autonomous Robotic Vehicle (MARV) at



Sliger

Sandia National Laboratory contains all necessary power, sensors, computers, and controls.

"This thing that's only one cubic inches small can do everything," said Sliger.

"It could be used from medicinal purposes to check inside bodies or to land this in space for space exploration instead of sending big machines and people, up to even for surveillance."

Soon in Las Vegas, there will be optically guided buses. These buses will have cameras on dashboard to read lines painted on the road, said Sliger.

"The motor is connected to the steering wheel, so when the

bus starts to leave its lane, it will direct itself back," said Sliger.

Most of these things have been done by men because engineering is still a predominantly male profession.

"But women are starting to pay more attention to this topic, and now, 10.6 percent of employed engineers are female."

Also engineers are starting to earn their doctorates and looking for higher pay in their profession.

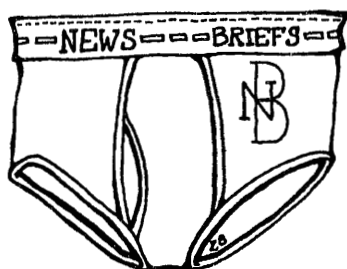
"But even with a bachelor's degree, engineers make from \$40,000 to low \$50,000, as a starting pay right after their bachelor's degree," said Sliger.

"Civil engineers make a little less than the other engineers, and Computer Engineering makes the most in the engineering profession."

This profession is still growing, and looking forward to many more achievements.

Many more are showing interest in engineering, and working for higher education in engineering.

The next Science Seminar will be Oct. 11, with Sam Shabb. The lecture entitled "The body's defenses and the immune system" will be from 2:10-3 p.m. in Building 3, room 102.



See new Student Center design

Students who are interested in seeing the design for the new student center are invited to attend an informational meeting today at noon in Building 10, room 202.

The meeting will provide students with the opportunity to give feedback on the architectural plan for the new building.

Senator positions open for this year

Anyone interested in becoming a Student Government Senator for the 2002-03 school year must have their applications in to the Student Programs office by 5 p.m. Monday, Oct. 14.

Student Programs is located in the upper level of Building 8.

Win a DVD player

The Highline-Vietnamese Student Association is having a raffle for a Mintek 1600 DVD player.

The DVD player will be given away at the dance on Friday, Oct. 11 at midnight.

Tickets for the raffle are \$1 and are available from any of the Highline-VSA or by contacting Nga Pham at 206-878-3710, ext. 3988 or Denny Steussy at ext. 3534

Upcoming career workshops

The career development workshop series will be presenting Career Homework Made Easy today in Building 30, Room 311 from noon to 1:30 p.m.

The basis of the presentation will be learning how to use the Washinton Occupational Information System online to research occupations, colleges, scholarships and more.

The next Career Workshop will be Powerful, Winning Resumes on Oct. 17 in Building 23, room 111

Emerson elected to trustee board

Highline Trustee J. Michael Emerson has been elected to serve as the president of the State-wide Trustees Association of Community and Technical Colleges.



Emerson

The Association is composed of the trustees of the 30 community and technical colleges.

Start planning your future

Womens Programs is providing two classes to help you with your future.

If you are unsure about your future then this six week class is here for you. It is called Transitional Career and Life Exploration and only costs \$69.

It will be held on Tuesday and Thursday evenings 6 p.m. to 8 p.m. Oct. 15 through Nov. 21. Please call for the location. (206)878-3710, ext. 8016.

On that same track, the Women's Program is also offering Job Search 101. This is a two part class that will help you organize your job search.

You will be searching the Internet and learning how to set goals and what tools you will need to get started.

There is no fee for the class which will be held in Building 19, room 204, 1-3 p.m. Tuesday, Oct. 15 and 22.

If you are interested register for item number 8140.

Tuition waivers available

Fifteen tuition waivers are available for winter quarter through the Academic Achievement Scholarship.

For more information call Shannon Proctor at 206-878-3710, ext. 3198

Corrections

Stefan Alano's name was misspelled in the Oct. 3 issue of the Thunderword.

Dr. Jack Bermingham's name was misspelled in the Oct. 3 issue of the Thunderword.

QUEEN of the TEENS

Highline's own Sonia Peterson dishes the dirt about beauty, pageants and why her hair is better than yours

**As told to
Victoria Anthony,
Staff Reporter**

Sonia Peterson is hotter than you are, her make-up looks nicer and her hair is silkier. The proof: She was crowned Miss Washington Universal Teen on March 8, 2002.

She won't hold it over you though; she is actually a very nice person.

Peterson is a first quarter Running Start student from Tyee High School. Her plans are to transfer to the University of Washington and major in broadcast journalism or communications.

She also currently holds the titles of Miss Seattle Teen USA, Emerald Reign National Supreme, Miss Grand Talent and America's Washington Teen of the Year 2002.

"My first pageant was something my mom saw in the *Nickel* and figured I'd enjoy it. Since then, it's been my wish to keep going," Peterson said.

Being a beauty queen is a team effort. Things like a good wardrobe, a talented photographer, a professional pageant coach and hair and make-up artists are a must, Peterson said. These things add up to an impressive price tag.

"Gowns can cost anywhere from \$300 to thousands of dollars," Peterson said. "Mine was made for \$1,200."

One of the most sought after



Photo courtesy of Sonia Peterson

Sonia Peterson shows her evening gown.

trainers nationwide, Shane King, is currently making Peterson's sportswear for the upcoming pageant.

Preparation doesn't stop at the wardrobe however. Dawn Lester, a professional

pageant coach, flies from Ken-tucky to Washington to work with Peterson.



Peterson, crowned.

every other month to work with Peterson. Lester charges \$75 per hour to consult on runway principles.

"Dawn maps out exactly how my onstage is going to look," Peterson said.

Lester coaches Peterson on having the perfect smile, walk, foot placement and posture. "You'd be amazed how long it takes to learn to walk," Peterson said. The walk for evening wear is very slow and graceful, while the walk for sportswear is upbeat and fast-paced.

After months of preparation, Peterson is ready for the big day.

The dressing room at a pageant is where all the magic happens. Make-up artists and hairstylists work furiously to make the women flawless.

Two key elements of runway perfection are tons of hairspray and tons of blush, Peterson said.

"You don't want to be faded. I did my own make-up once and I thought I had too much blush on, but I got on stage and ended up looking like a ghost," Peterson said.

The make-up emphasis is usually on the eyes. Some women choose to wear fake eye-lashes, but Peterson doesn't need to.

The finishing touch to a beauty queen's immaculate face is a glossy lipstick.

Most women style their hair differently for each category, but Peterson was let in on an exclusive coaching tip.

"If you keep your hair the same way, they are more likely to remember you," she said.

Eyes wide open, eyebrows lifted, head up and inhale. "It's kind of like the face a child would make on Christmas day," Peterson said.

All eyes on them, the women elegantly take the runway, making eye contact with the judges the entire time. Generally three to six judges sit at each pageant.

The judges' criteria at Miss Teen Washington consisted of five different categories including evening wear; interview and verbal skills; swimsuit, judged on personal fitness; talent of your choice, two minutes in length; photogenic quality; plus additional competitions for special skills.

Peterson won first place in talent, volunteer service and swimwear. She was first runner up of the photogenic, evening wear, and academic achievement.

"This was my first time having a mandatory swimsuit competition. I can't lie and say I was not completely stressed out. It's very hard to exude confidence, when there's an auditorium in front of you, and you're almost nude," Peterson said.

Peterson went up against 20-plus other women, each of whom held titles from the cities where they live.

Peterson came home with the crown, but also several new friendships.

"It's rare to make friends with the other girls. This is the first time I honestly wouldn't have cared who won," she said. "Well, there is one girl I can't stand... We have been competing together for over four years. We are very competitive with each other."

The friendships don't always

last. For Peterson, a few of them burned out pretty quickly. A jealous opponent sent out a phony pornographic picture of her and someone else on a pageant community website saying, "This is your Queen."

"It's hard, there is so much hatred (in the business). You think they're your friend, but they're not," Peterson said.

When Peterson was only 9, she won Miss Junior Pre-teen Seattle, which took her on

to Orlando to compete in Nationals.

The trip to Orlando was the first time Peterson got a taste of the down and dirty scandals of the pageant world. While she was on stage strutting her stuff in aerobic wear, someone sabotaged her evening gown.

"I got back to the dressing room to change into my

dress, and the bottom of it was shredded," Peterson said. "I think it was a mom who did it. Moms will do crazy things to get their children to win."

Luckily, another girl Peterson's size let her borrow a dress since they were so far apart in order of appearance.

For people like Peterson, the glitz and glamour rise above the jealousy and betrayal. Her thick skin makes it possible for her to pursue her dream.

However, beauty isn't the only thing these pageants target. Some pageants such as Miss America and Miss USA are scholarship programs. Peterson participates in both sides, the glamour and the academic.

As Miss Washington Teen Universal, Peterson's duties consist of "speaking at engagements throughout the United States, representing the system, making personal appearances, and upholding what the pageant stands for by being a positive role model."



Peterson: Life is a beach.



Peterson at school.

editorial

Full classes mean less room for students

At a time when the economy is down, education is no longer a luxury but a necessity. Unfortunately, Highline's current over-enrollment problem is not supporting this fact.

As Fall Quarter began it was quickly noticed that there was a problem. There were too many students and not enough room to teach them.

With students sitting on the floor or standing, facilities having run out of desks and chairs, and not enough textbooks for students to buy, it seems there has to be something done so that students are given the best chance to learn, and get the credits they need to graduate as soon as possible.

It is obvious that the problem is not enough funds to accomodate the growing number of people wanting education. Because Highline is an open door institution anyone who wishes to be educated here should not have to worry about being turned away. This means the real problem comes down to money.

With the current economy, more people are either continuing their education after high school or coming back to school after having worked. People know that there are already not very many job openings, and not having a college degree only limits any possibilities there may be.

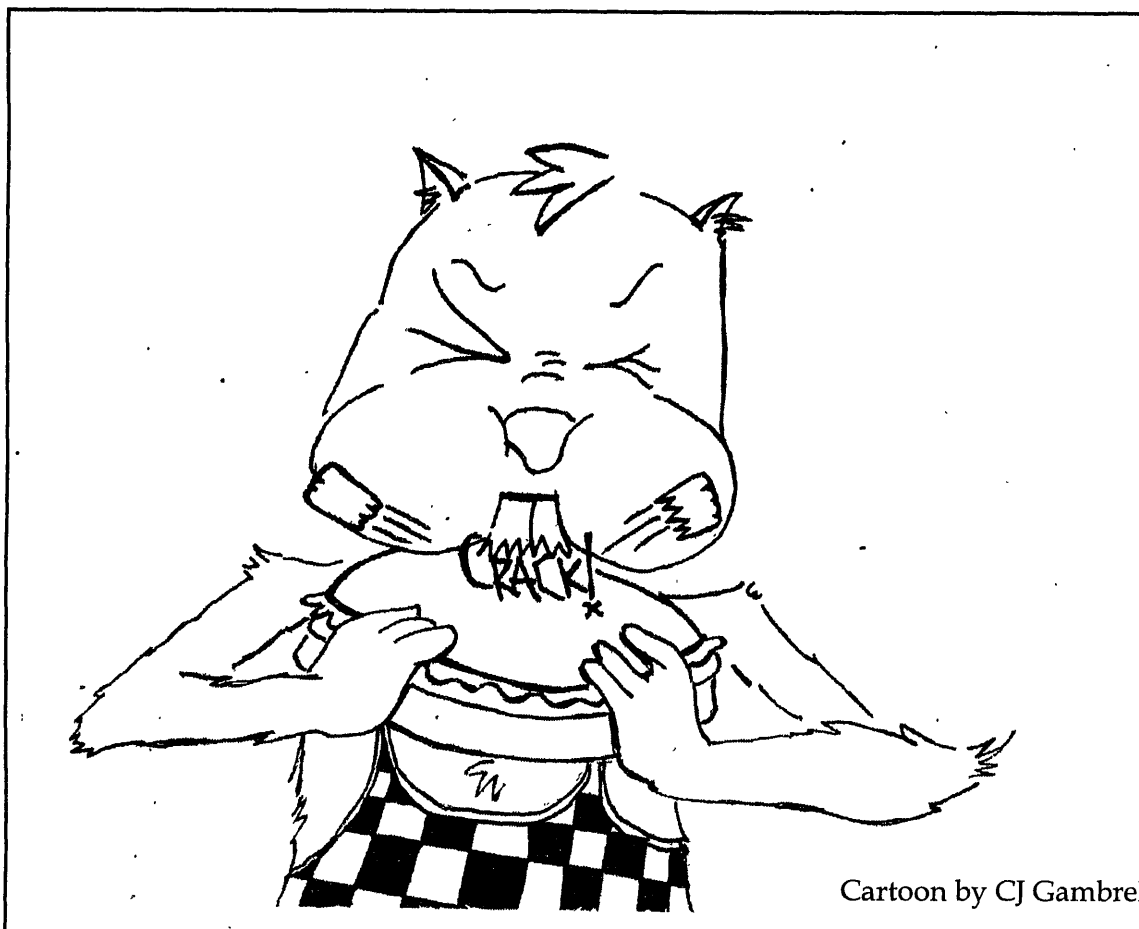
As well of a lack of new jobs, there has also been a lot of down sizing lately in major companies. This means many workers who have been laid off are now forced in to finding a new trade.

With all these students brings a lack of funds. A college is funded in part by taxpayers, who must vote on whether to pay a tax to higher education. If voters take the quick way out and choose not to fund higher education, this can often cause harm in the long run. With people already worried about money, it can be hard to vote yes to something that is only going to raise taxes. Unfortunately this puts us in a situation like we are in now. The only way to bring our economy back up is to get more people working. The only way to do this is to educate more people. But we need money to do this.

Many students are being turned away from classes necessary to obtain their degrees. This means they are having to either take classes they don't need, or wait until future quarters and hope to get in then. These students are people who could be getting in to the work force, but because of lack of room are being held back.

It is true that our economy is struggling. The only thing that is going to change this is more people making more money to spend on goods. To make this money more people need jobs and more people need higher paying jobs. To get these jobs people need education.

Anyone who chooses to better themselves through education, and comes to Highline to do this, should not have to worry about things like over-enrollment. An open door policy means that there should be room for everyone, and no one should be turned away. Our No. 1 priority should be to educate people, and to fund higher education.



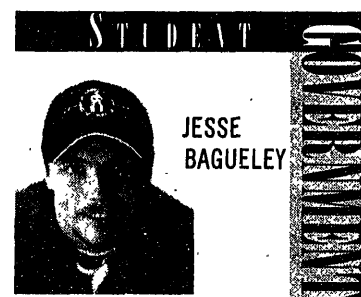
Cartoon by CJ Gambrel

Students urged to run at HCC

Welcome back to a great school year. On Oct.23 and 24 we are having fall elections for Student Government for the two remaining senator positions that are open. Student Government is looking for candidates who want to get involved with leadership and pursue important student issues on campus.

Student Government works to represent you, but that only happens when you get involved. Have you ever thought why is it important to vote? Well, there are many reasons. The main concern is that if you have an issue that you would like to be handled by a government representative, you'll need to speak to a representative who will listen to your concerns and will act on the issues that you bring to them.

If you don't even pay attention through the voting process, how will you know if your



elected official will attend to your problems? Perhaps another candidate should of won because they were more responsive to voters and their look on things was closer to your own. Well if you didn't vote, I guess there is only one person that can change that and that's you!

I am not just promoting voting in our student government elections at Highline. It is also important to vote for your state representatives because they have a big impact on issues that affect your every day life.

If you don't like something that is happening in our public environment, then I believe you should go out, get involved, and tell the people who represent you what issues you have.

I recommend voting because you are the only one who can decide who will make a good person to represent you and your issues.

To vote in our student elections you need to be a registered student with your student ID number. To vote in our general public elections, you will need to be a registered voter in Washington state. Voter registration materials are available from your student government offices in Building 8 on the second floor. Look for flyers for our voter registration drive soon.

Jesse Bagueley is vice president of administration for Student Government.

THE THUNDERWORD

S T A F F

Argh, find the hidden treasure within these pages...

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Houses that go shriek in the night

Haunted homes open this weekend to raise money, scare you and help others

By JEFF CARLSEN
Staff Reporter

The dead have returned for the children, and everyone is invited. Several haunted houses are opening in the greater Seattle area this month with the purpose of scaring and caring.

Visiting a haunted house is a common tradition among Halloween enthusiasts, and some of these houses are using this as an opportunity to help others.

In Des Moines, Scare Productions Inc. is once again building their award-winning haunted house, benefiting the Des Moines Rotary Club.

The Rotary Club supports community programs including the Highline Community College Foundation.

"We also contribute monthly," said Robert Buchta, Scare's Promotions Director. "In that way we're sort of a dual charity."

Scare Productions Inc. is completely non-profit, keeping only enough of the proceeds to put together the Haunted House each year.

In the past 14 years the group has generated over \$1 million with volunteer labor.

"Scare has had upward of 300 volunteers, and we have

around 175 so far this year," said Buchta.

The Scare Productions Haunted House opens Friday. It will remain open through Halloween from 7 p.m. to 10 p.m. Monday through Thursday, and from 7 p.m. to midnight on Friday and Saturday. Admission is \$7. It is located in Des Moines Beach Park at 22030 Cliff Drive South.

The Fright Gallery Haunted House is another major charity in the area. This Seattle based event is being staged by Pacific Northwest Philanthropy and is raising funds for the Alliance for Education Fund and Seattle Public Schools.

"In the past we've worked with organizations such as the Children's Hospital," said Greg Olsen, the corporation's director.

Olsen believes that the 20 day long event is highly educational, teaching makeup and acting to those working on the project.

More than 250 volunteers are putting the Fright Gallery together. "The volunteer nature of the project is more in harmony with charity," said Olsen.

The Fright Gallery is located at 6333 First Avenue South in Seattle. It will be open from 7

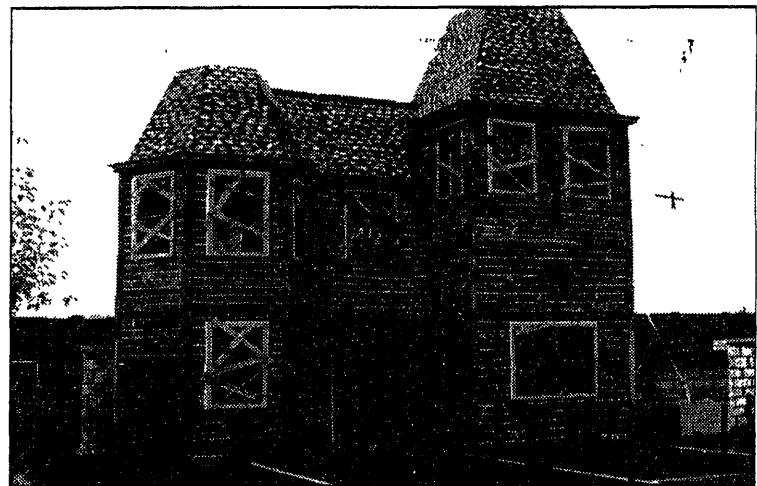


Photo by Adrienne Hughes

The Kube 93 Haunted House creeks and groans beckoning the courageous to come and test their nerves



Photo by Adrienne Hughes

Fear waiting in the rafters for unsuspecting mortals at the Kube 93 Haunted House

p.m. to midnight Friday and Saturday, and from 7 p.m. to 10 p.m. the rest of the week. The cost is \$10 at the door.

Even the smaller Haunted Houses are getting in on the act.

Located in the Family Fun Center in Tukwila, the KUBE 93 Haunted House threw a premier on Oct. 3, to raise funds for the Tukwila Children's Foundation. In the Supermall, the KMPS "Nightmares" Halloween Haunted house will knock \$1 off admission if patrons bring a donation of canned food

for the Kent Food Bank & Emergency Services, and a portion of the ticket proceeds will benefit Big Brothers/Big Sisters.

The KUBE House will be open from 7 p.m. to 1 a.m. Friday and Saturday, and from 7 p.m. to 10 p.m. the rest of the week and will cost \$10. The KMPS house will be open from 7 p.m. to midnight on Fridays and Saturdays, and 7 p.m. to 10 p.m. Monday through Thursday. It will cost \$6 each, and \$5 for matinees.

Eddie Francis: nighttime playa, daytime student

By JASON BENTON
Staff Reporter

During the day he's a mild mannered 22 year-old student hustling from class to class; by night Eddie Francis is a boisterous voice on the popular music station Kube 93.

Slumped back in the studio chair with five minutes to go before his seven o'clock "night-time playa show", Francis finishes his meal from a local take-out restaurant.

Eddie Francis, Bobby O, and Tiffany Warner co-host the "night time playa" show from 7-11 p.m. on weekdays. He also collaborates with DJ Big Mike on the weekends and on "The Bounce" during the week from 12-1pm.

Francis began his career as a

temporary employee, by winning the first annual "I wanna be a DJ contest," in the spring of 1999.

While working as a janitor at the King County Court House Francis said his curiosity was peaked by the announcement of the contest. He said he went through a series of events leading up to the finals.

"How I won was ironic, Julie Pilat was interviewing Ginuwine weeks before the contest. She asked him how many sit-ups he did a day and he told her 400."

Francis said in the finals of the contest he was asked the same question.

"I responded quickly with 400. Everyone looked at me like I was stupid, but then they said I was the DJ from then on,"

Francis said.

A week later Francis began his career in radio broadcasting, working one hour each Sunday. He said once he learned to work the equipment he progressed to overnight weekend spots.

These days Francis is far from the rookie position of working the lonesome late nightspot. His co-workers agree that he has arrived as a permanent fixture in terms of his significance to the station. Karen Wild said Eddie has survived the business by being himself.

"When you hear Eddie on the mic that's Eddie," Wild said.

Francis said nothing changes as far as his persona on the air and his daytime life as a student.

This same rational attitude is what brought him to Highline.

"Honestly the initial reason



Photo by Adrienne Hughes
Eddie Francis

was boredom, there's nothing on TV in the daytime," Francis said.

He said working nights influenced him to find something

constructive to do during the day.

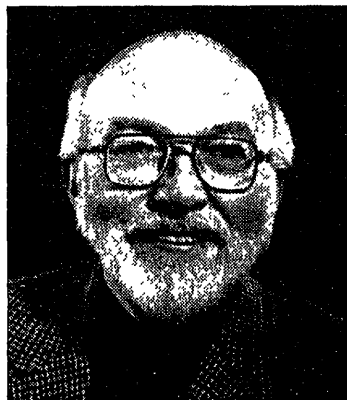
"I love school it's great. Initially I was nervous because I hadn't been back since high school but it's cool. I just handle my business," Francis said.

Francis said school would definitely enhance his career; he has plans to enter the arena of television broadcasting in the future.

Francis doesn't consider him self as a celebrity on campus, but does acknowledge his fan base and responsibility as a radio personality.

"I don't see myself as a role model," said Francis. "But I have a five-year-old sister who knows right from wrong so I do watch what I say."

Master vocalist comes to Highline



Dale Moor

BY TYSON J. HAYES
Staff Reporter

Singers are not born with angelic voices; they are beaten into vocal submission and retrained.

If there was a demolition crew, for vocal technique, it would be headed by Dale Moor.

Highline students will have the opportunity to watch Moor perform his magic on Oct. 13 from 2-5 p.m. in Bldg. 7. Dur-

ing this time Moor will be teaching German vocal technique and dictation.

Moor is a world-renowned vocal teacher in German vocal technique and dictation. He has taught in Austria for three years, performed in more than 300 recitals, nine all-lieder (German art song) recitals, and a performance in the White House. With all of the accomplishments on his resume this makes Moor one of the more prominent fig-

ures in the singing community.

"He routinely goes around the country on invitation to teach students," Dr. Sandra Glover said. "He's never been to Seattle before. It's a wonderful opportunity for Highline students, and teachers, to watch a master teacher in action."

The session is open to any member of the music community over the age of 14.

Moor requires his students to be at least 14 years old be-

cause he doesn't consider his students' voices to be mature enough.

People who wanted one-on-one instruction needed to apply by Sept. 27.

Moor will be providing one-on-one instruction to vocalists.

Highline students are welcome to sit in on Moor's sessions with those students who have already applied to be instructed.

Xzibit marks the spot

KYLE TURRELL
By Staff Reporter

After the lack luster success of *Faster than Life* and *40 Dayz* and *40 Nightz*, which gained him a strong cult following but never threw him into the spotlight. Xzibit hit it big in 2000 with *Restless* with the chart topping single *X* and *Front 2 Back*.

Now it has been two years and after extensive touring Xzibit is following his 2000 success with *Man VS Machine*.

Man VS Machine, released Oct. 1, will also mark the second time Dr. Dre will be the Executive Producer for Xzibit. With Dr. Dre producing the album, hip-hop advocates can be sure that it will be of high quality.

The background music incorporates the traditional beats found in rap and hip-hop, but also expands on that and includes a variety of different musical styles.

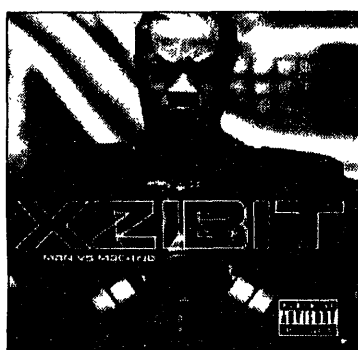
One song *Symphony in X* major incorporates medieval music for the beat while utilizing a choir for the chorus mixed creating a very interesting mix of music.

Man Vs Machine's songs are a varied and sometimes confusing mix of emotions.

Xzibit writes all his own lyrics which is almost a rarity in the music industry these days.

The downside to this is that he tends to lack any complexity in his thoughts, very basic rhymes, but he does dish out very real and raw emotions for the listener to eat up.

Release Date, the first track



Xzibit's *Man Vs. Machine*

of the album, is a prime example that Xzibit illustrates the frustration and the monotony of being incarcerated while expressing the excitement and anticipation for his release date.

Man VS Machine also lacks in consistency in content.

The song *Heart of the Man* describes the trials and tribulations of growing up, maturing and taking responsibility.

While *Choke me, Spank me* (Pull my hair) plays like a down and dirty anthem for threesomes.

Vast differences in content between songs like *Choke me, Spank me* (Pull my hair) and *Release Date* make it difficult to swallow the serious side of Xzibit.

All in all the *Man VS Machine* has its flaws but they are heavily outweighed by its impressive presentation of the passion of the artist.

Fans of DMX, Juvinelle and Dr. Dre should definitely give *Man VS Machine* a listen.

Cruz Johnson rocks Oktoberfest

BY PATRICK WAGNER
Staff Reporter

Beer, games, live music, and the Budweiser Clydesdales will be at the first annual Burien Oktoberfest in downtown Burien.

Numerous sponsors including Budweiser, Discover Burien and Red Hook joined to host this event which features carnival rides, merchandise booths, games, and a well-equipped beer garden.

The Burien Oktoberfest will take place at South 150th Street and 4th Avenue South in downtown Burien.

The event begins Friday, Oct. 11 at 5 p.m. until 10 p.m., and then pickup at 10 a.m. Saturday morning until 10 p.m., and on Sunday from 10 a.m. to 8 p.m.

Funtastic Carnival will be providing the carnival rides and games; the beer garden will have choices from Red Hook, Windermere, and of course Budweiser.

Debra George of Discover Burien is coordinating the upcoming activities. She has brought together local talent for entertainment including the Tracy Allen Moore band who will be covering Elvis songs at 7 p.m. on Friday evening.

Local band Cruz Johnson will be performing at 1 p.m. on Sunday and Groove Mob are playing on Saturday at 7 p.m. and Sunday at 3 p.m.



Cruz Johnson

George is a Midwest native and has worked on events such as Farm Aid and the Democratic Convention.

Oktoberfest is the first of many annual events that George has planned for the city of Burien; future events include an international taste of Burien and a 4th of July street festival.

"The goal of this event is to

try to bring people into the community," George said.

The event will be free for everyone and will have over eighty merchandise booths with a beer garden.

Beer and wine will range from \$3 to \$4 and will be kept separate from the rest of the festival.

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Highline club jazzes up life on campus

By JASON LEGGETT
Staff Reporter

A group of students plan to jazz up life on campus. Jazz Ensemble, the newly created jazz club, brings together aspiring artists and music enthusiasts.

The idea for the club came out of a meeting for music majors earlier this fall. A group of students wanted the opportunity to play and study jazz on a regular basis. The club is the first step to a bigger plan.

"The long term goal is to start a jazz band class here at Highline," said J.C. Hedberg,



J.C. Hedberg

club president and co-founder.

Club members want the main focus of the club to be active participation. Hedberg wants

the club to be for people who want to perform.

"Highline doesn't provide a lot of opportunities for instrumentalists," Hedberg said. "We started this for instrumentalists to get a chance to play."

Members hope this club will give many students an opportunity to enhance their musical abilities. Hedberg plays tenor saxophone and hopes to one day be a performer. After Highline, she plans to transfer to the University of Washington to gain a degree in jazz studies. For now, she visits Jazz Alley and Tula's in Seattle, two of her favorite jazz spots. She has even performed at Tula's on occasion.

Hedberg thinks jazz would appeal to a wide variety of students here at Highline.

"Jazz is an umbrella term that encompasses swing, be-bop, funk, and Latin music, it is very diverse," Hedberg said. "Jazz and Blues have influenced almost everything people listen to today, like pop and rock music."

The Jazz Ensemble plans on holding its first live performance in November and several more throughout the year.

"If there are any instrumentalists or vocalists interested in jazz, they should come, it will be a lot of fun," Hedberg said.

"The plan is to be able to perform big band and also break up

into three or four person combos but we will work with what we have," Hedberg said.

The club currently consists of seven members, but they have begun actively recruiting all aspects of the musical spectrum.

Hedberg said they were also looking for good writers.

The club meets Thursdays at 5:30 p.m. in room 104 of Building 4. The meetings typically last two hours.

To learn more about the club contact Dr. Paul Mori, the faculty coordinator of the Jazz Club by phone at 878-3710 x6075 or through e-mail JC_hedberg@yahoo.com

Arts Calendar

•Tickets are now on sale for *Soap Bubble*, a new comedy by T.M. Sell, showing 8 p.m. Nov. 8-9 and 15-16 at the Renton Civic Theatre, 57 X. Third St., Renton. The Breeders Theater production is \$30 including dinner at the nearby Japan Thai Restaurant and \$15 for show only. Call 425-226-5529 for tickets.

•The Auburn Symphony Orchestra will present "Portraits in Music," a program of works by Russian composers of the 19th century era on at 7:30 p.m., Saturday, Oct. 19 and 2:30 p.m., Sunday, Oct. 20 at the Auburn Performing Arts Center, 700 East Main St. Tickets range from \$12 to \$20.

•The Puget Sound Mycological Society will be sponsoring the Wild Mushroom Show Oct. 19-20. The 39th annual exhibit will feature hundreds of northwest species, cooking demon-

strations, expert identification, and beginner information. Admission is \$7 for adults and \$5 for students and seniors. Children under 12 are free. For more information call 206-522-6031.

•Team Highline will be sponsoring Urban Oasis for lunch-time entertainment on Oct. 17. Urban Oasis is a performance group with an upbeat blend of Brazilian grooves with a strong infusion of American Jazz and R&B. The event will take place in Bldg. 8 and will run from 11 a.m. to 1 p.m.

•The Auburn City Hall Gallery will feature "From Construction to Completion," black and white photographs by Seattle photographer Peter de Lory, Oct. 16 to Nov. 27. The gallery is on the second floor of Auburn City Hall, 25 West Main St. Hours are 8 a.m. to 5 p.m. weekdays. Admission is free.

IN THE DOGHOUSE

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Crossword 101

By Ed Canty

Triple Cross

Across

- 1 Type of spread
- 5 They deliver for you
- 9 Slipped
- 13 Graphical symbol
- 14 Skulk
- 15 Conceal
- 16 Take the plunge
- 19 Place
- 20 Binge
- 21 Like Sgt. Pepper?
- 22 Root vegetable
- 23 Whodunit game
- 24 Climbed the wall
- 27 Treaty
- 28 Gown complement
- 31 Beaver-like
- 32 Madison Ave's Charlie
- 33 Garroway for one
- 34 Someone like you
- 37 Lots
- 38 Sacred
- 39 Dead language
- 40 Foxy
- 41 Squeezes into the schedule
- 42 Frasier, e.g.
- 43 Fine or graphic follower
- 44 Larva and adult go between
- 45 Renter at times
- 48 Uncommon
- 49 Mr. van Winkle
- 52 Decision making time
- 55 Human hinge
- 56 Sharp
- 57 Guitars cousins
- 58 Breaks bread
- 59 Tom Brady's team
- 60 Exam

Down

- 1 Photos
- 2 Farm unit
- 3 Binge
- 4 Naval Academy grad
- 5 Doff the tam?
- 6 Predictor
- 7 Tiger's quest
- 8 Beanie
- 9 Gleam
- 10 Parasites
- 11 Totem pole, e.g.
- 12 Declare untrue
- 14 Spirited horse
- 17 Directs
- 18 Boxing match
- 22 Sanctify
- 23 Licorice, e.g.
- 24 Off-shoot groups
- 25 Christmas song
- 26 Suffering
- 27 Knitting stitches
- 28 Social class system
- 29 Dodge
- 30 Pincher or whistle lead in
- 32 Binges
- 33 Off Broadway offering
- 35 Breaker
- 36 Run away bride
- 41 Release
- 42 Evil spell
- 43 Residues
- 44 Bygone days

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•••David George

T-Birds claim first place in division

By FABIO HEURING
Staff Reporter

The Highline men's soccer team won two important games this week against a first place Tacoma team and a third place Bellevue team.

With the win, the Thunderbird's improved to 6-1 record and took sole position of first place.

The Thunderbirds blew out Tacoma last Wednesday 5-1 to take over sole position of first place in the Southwest Division.

"This was a big statement we needed to make," Assistant Coach Tom Moore said.

Ben Bailey and Tony Giralmo both came up big making the most of their opportunities with both of them scoring two goals. Fanah Mansaray scored the other goal for a confident Highline team.

Before Wednesday's game, Tacoma had only allowed five goals in five games, but the aggressive offense by Highline was able to score five goals in one game against a strong defensive minded Tacoma team.

"Everything worked the way we drew it up, we executed everything perfectly," Moore said.



Photo by Adrienne Hughes

Matthew Newbauer takes possession of the ball at Saturday's game against Bellevue.

Highline then traveled back home on Saturday to face a Bellevue team that had scored a league leading 30 goals this season. Bellevue was denied a

single goal against Highline giving the Thunderbirds a 1-0 victory.

Highline now has a Southwest Division-leading three

shutouts this season.

Highline's loan goal came in the 29th minute from a Brian Davis header off a lob from Tony Giralmo. Davis said the

key to his goal came from him "hooking around the defender."

"We played well today, If we keep playing how we have been we will get our ring," Davis said.

However Coach Moore wasn't as impressed with the effort.

"We came out flat today Bellevue is definitely a team we will be competing against. We wanted to make sure we defended well from the beginning," said Moore.

Highline has only allowed an average of .86 goals per game so far this year while the rest of the teams in the division have given up a combined average of approximately 2.4 goals per game.

Highline next will travel to Pierce on Wednesday, Oct. 9 at 4 p.m. to face an 0-7 last-place Pierce team that has allowed 54 goals this season.

Highline will then return home on Saturday Oct 12 to face cross-town rival Green River at 2 p.m.

Going into these games Coach Moore said, "We have some injuries that we need to rest up but we are going to be fine."

Sather excels both on and off the track

By DUSTIN NICKERSON
Staff Reporter

Aaron Sather moves as fast in the classroom as he does on the track, and he's only picking up speed.

His success with the books is nothing new, but this is his rookie year in cross country.

At this time last year, Sather had just finished off a three and half month marathon. Every day he ran, ditching 50 pounds in the process. His motivation was soccer. His soccer season at Ballard High School possibly sparked the interest of some colleges.

The season was a shot that bounced off the crossbar. Close, but nothing on the scoreboard.

"I was as good as I was going to get at soccer," says Sather.

Sather took the passion he gained from running and went out for track the following spring, the starting line for his future in running.

After track, Sather spent another summer training and enrolled at Highline in the fall. He contacted Coach Robert Yates on his own and went out for the

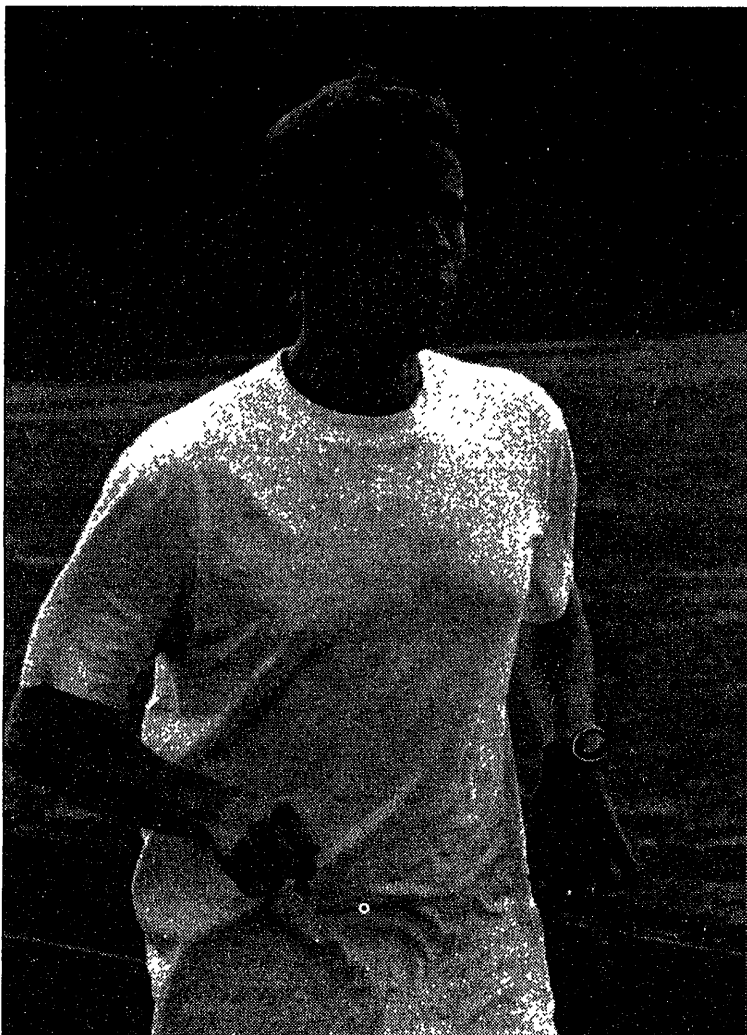


Photo by Adrienne Hughes

Freshman Aaron Sather gets going for practice last week.

first day of cross country.

"Dang! This kid's a winner," Yates recalls thinking on Sather's first day. "I got lucky that day."

This season he has been running as Highline's number three, and only hopes to improve. He is also aspiring to break 26:30 in a five-kilometer race this fall.

Sather's talents run off the track and into the classroom as well.

"I'm shooting for a 4.0 while I'm here at Highline" said Sather.

"He can get the grades to go anywhere he wants," says Yates, "and there is no doubt that he will."

Sather is very transparent, and those around him recognize his qualities.

"The greatest thing about Aaron, is that he is not afraid to work hard," Yates said. "And you can't ask for anything more from a runner or a student."

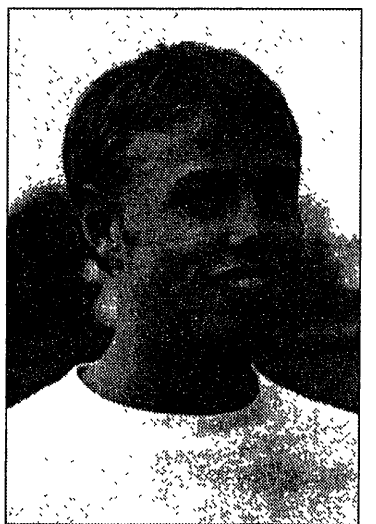
As for soccer, he kicked it behind him as he came stumbling into the path of cross country.

"I like running a lot more

than soccer, and I'm a lot better at it," said Sather.

As for the future, he plans to keep running and to go out for track this spring. Unless Coach Yates forces him to take a day off between now and then, which he has had to do already, Sather's marathon will probably continue unto a four-year school.

Sather is running hard in more than one area in his life, and he isn't slowing down anytime soon.



Aaron Sather

Lady T-birds continue winning streak

By **SHAUNA BJORK**
Staff Reporter

The Lady Thunderbirds volleyball team is soaring high in first place, as they are 5-0 this season with wins versus Green River and Clark this past week. The ladies are playing really well and enjoying every minute of it.

Against Green River this past Wednesday, the T-Birds scored 32-30, 30-24, and 30-22.

John Wilson, assistant coach serving as head coach for vacationing John Littleman, says the team went into this game thinking they would win.

Green River surprised them with really good serves, and put up a good fight. But the T-Birds prevailed, and worked hard for a win.

In the game Michelle Aurelio had seven kills, Tiaire Aliailima 11 kills, Staci Ellis five kills, and Jenna Demirjian had four kills.

In serving, Deanna Cooper and Ellis each had two aces, and Aliailima had one ace.

Demirjian had one solo block, Ellis had one solo block and one block assist, Aliailima two solo blocks one and six blocks assists and Cooper had one solo block.

Aliailima led the team in digs with 28, Demirjian 25, Jennifer Martin 12 and Ellis 10. Amanda Doak had 15 assists and Katelyn Geddes had nine.

The game against Clark was a "coach's dream," Wilson said. Highline won 30-15, 30-24, and

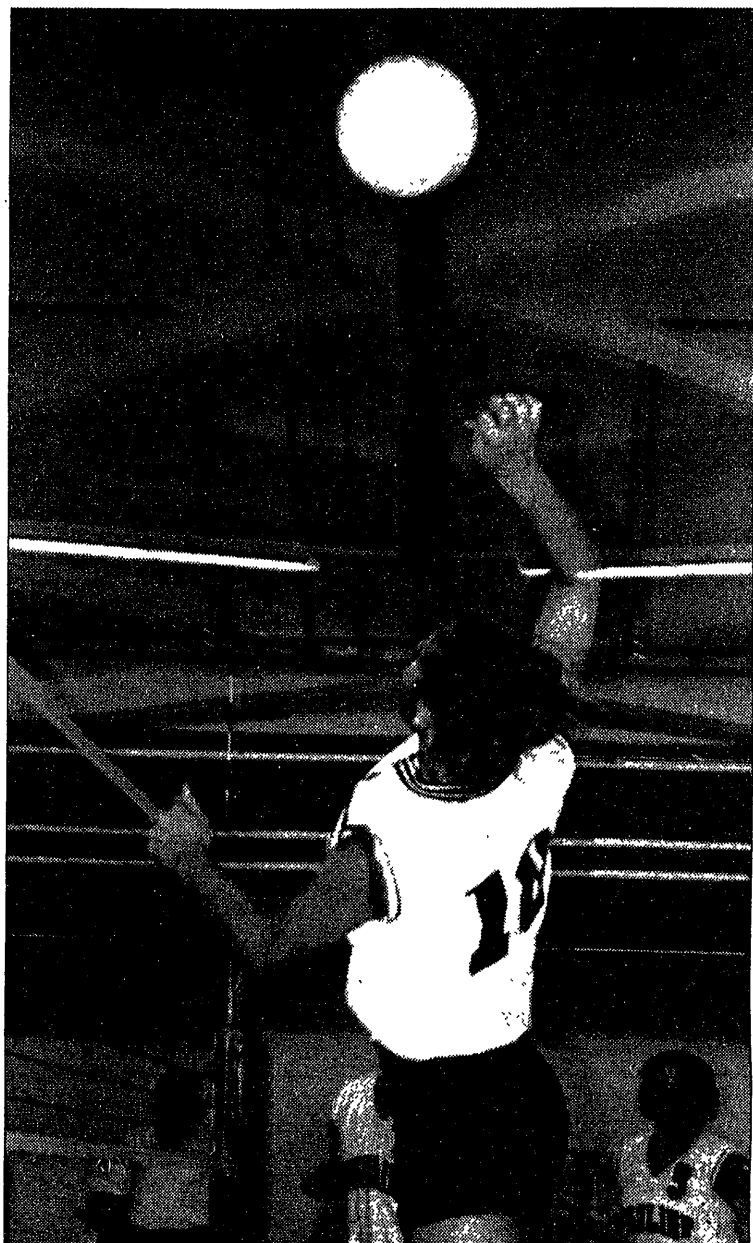


Photo by Orion Robinette
Maggie Hagen jumps to spike the ball in a game against Clark College on Friday, Oct. 4.

30-18.

The team played well, and everything went great for the women.

It was a game where the team walked away knowing they played hard and really impressed Wilson. The ladies

dominated Clark and showed a lot of skill.

Against Clark, Aliailima led the team in spiking with 14 kills, Demirjian and Michelle Aurelio

"The new caches have really helped and enriched this team," Ellis said.

each had 12.

Serving Aliailima had five aces, and Amanda Doak and Maggie Hagen each had two aces.

Ellis had one block and three block assists, Aliailima four block and three block assists, and Aurelio had three solo blocks and five block assists.

Aliailima led the team in digs with 26, Demirjian 20 digs, Martin 13 digs, and Ellis had nine digs. Also, Doak had 36 assists and Geddes had 39.

This team's "secret to success" may lie in the "bond the girls share," said freshman Geddes. "We go in there knowing we have to compete," she said.

Good athletes, and the work the team puts into the fundamentals are one of the great attributions to the success of this year's team, Wilson said.

He also talked of building a foundation with this team.

It's a younger team this year with only three sophomores so there is much to be learned, and next year the team will have

more experience, he said

Contributing to the success of the T-Birds is the new "coaching style," says sophomore Ellis. "The new coaches have really helped and enriched this team."

Some of the obstacles this team will face during the remainder of the season are "an inexperienced middle blocking" and the setters still learning the coaching system, Wilson said.

Another challenge for the Thunderbirds will be staying focused on the ultimate goal of making it to the conference, and becoming the champions.

The team will need to prepare and play hard against the tough teams they may face in the conference finals.

Geddes said playing "each team twice will be a challenge" and the team will need to go into the matches knowing they have dominated once before.

When spectators come to watch this team they can, "expect a high spirited team," Wilson said.

The women are extremely enthusiastic at practice and get along really well on and off the court, he said.

Highline hosted Tacoma on Wednesday, Oct. 9, with results unavailable at press time.

This weekend the women will play the HCC Crossover Tournament, at home, times to be announced. The T-birds will play away against Grays Harbor on Wednesday Oct. 16.

Cross Country will run up hill from here

By **DUSTIN NICKERSON**
Staff Reporter

Strength in numbers is not enough for Highline to reach their goals just yet, but it's the boost they got last Saturday.

For the first time all season, both the men and the women's teams ran with full loads, putting them in a more competitive spot than they have been in years. The team knows that with every race they are only improving, and that soon their steady pace towards the top will be over, and it will be time to finish hard.

"We are still hoping to finish in the top three," Coach Robert Yates said about his men.

Right now they stand in fourth place behind Clackamas Community College, and this last weekend at the Willamette Open was the closest Highline has finished to them all season.

A few nagging injuries is the factor keeping the men from where they want to be, but he's optimistic about the rest of the season.

"If I get those guys full strength, we've got a good shot at third place," Yates said.

Highline finished 28th place overall and 4th among the community colleges. They beat nine 4-year schools at the meet, and it's the most competitive race on the West Coast.

Chico State won the men's meet with a dominating score of 49 points, the closest school to them was Eastern Oregon University, with 95 points.

Clay Hemlock led the T-birds finishing 44th overall, and 6th among community college runners. He ran his best time of the season with a 25:39.6, and continued his quest for the league individual championship.

Jordan Ford, Aaron Sather,

and Jess Lawson all ran their best races of the season as well.

On the women's side, Northwest College beat Chico State for the first place trophy. The top three results were Northwest 49, Chico State 84, and Azusa Pacific 160. Highline finished 35th in their first race of the season.

"The girls showed a lot of maturity in this race," Yates said.

With the recent addition of

runner Amanda Kamm, the women hope to improve as the season continues.

Both teams are on the roads they want to be on, but it's all up hill from here.

On Deck Sports Cards

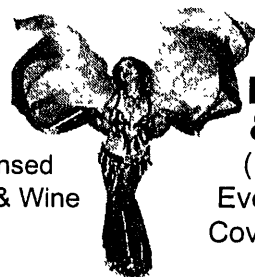
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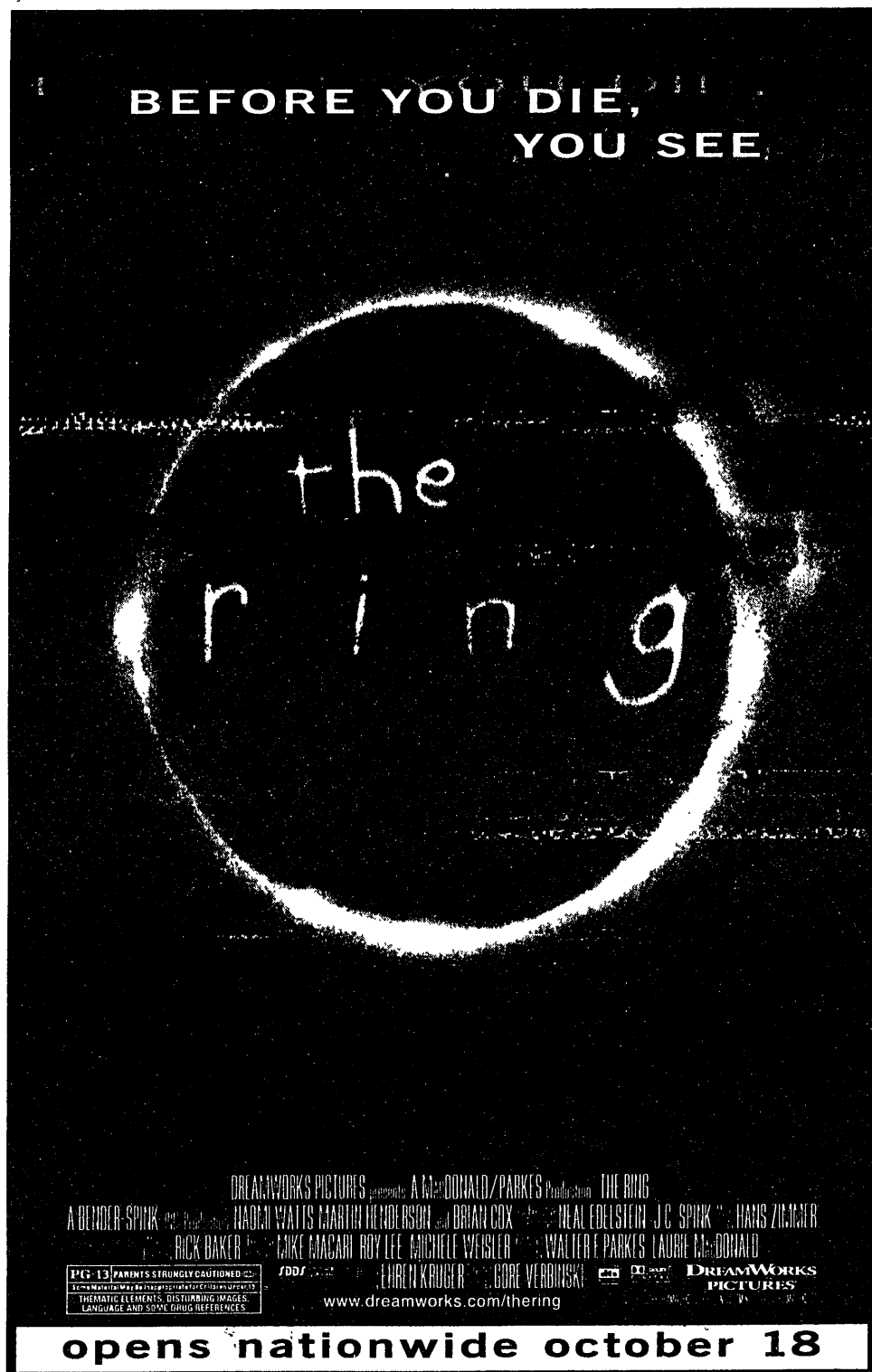
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| Women's Soccer | | | |
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| South Division | W | L | T |
| Tacoma | 5 | 0 | 1 |
| Clackamas | 5 | 1 | 1 |
| Lower Col. | 5 | 1 | 0 |
| Clark | 5 | 2 | 0 |
| Bellevue | 3 | 3 | 1 |
| SW Oregon | 3 | 3 | 1 |
| Shoreline | 0 | 5 | 2 |
| Highline | 0 | 5 | 1 |
| Green River | 0 | 6 | 1 |
| North Division | W | L | T |
| Edmonds | 8 | 0 | 0 |
| Walla Walla | 5 | 1 | 0 |
| Wenatchee | 5 | 2 | 0 |
| North Idaho | 5 | 3 | 0 |
| Spokane | 4 | 2 | 0 |
| Treasure Valley | 2 | 5 | 0 |
| Skagit Valley | 2 | 6 | 0 |
| Columbia Basin | 2 | 6 | 0 |

| | | | | | | | |
|-----------------|---|---|---|-----------------|---|---|---|
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| Tacoma | 5 | 1 | 1 | Edmonds | 6 | 2 | 1 |
| Bellevue | 4 | 3 | 1 | Skagit Valley | 5 | 3 | 1 |
| Shoreline | 4 | 3 | 1 | Spokane | 4 | 0 | 3 |
| Umpqua | 4 | 3 | 1 | Wenatchee | 2 | 2 | 4 |
| Clark | 4 | 3 | 0 | Treasure Valley | 3 | 4 | 1 |
| SW Oregon | 3 | 4 | 1 | Columbia | 3 | 5 | 1 |
| So. Puget Sound | 2 | 4 | 1 | Peninsula | 3 | 6 | 0 |
| Green River | 2 | 5 | 0 | Everett | 0 | 6 | 3 |
| Pierce | 0 | 7 | 0 | Walla Walla | 0 | 6 | 1 |

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Food bank shelves are bare

By JANICE COTTON
Staff Reporter

The Des Moines Food Bank is in need of food and bags for the upcoming months.

The amount of people needing food assistance has increased since January and is still rising, more than ever in the history of food banks.

As a result of lay-offs and the state's budget crunch, families, government, and everyone is feeling the effects of the declining economy.

The Des Moines Food Bank is trying to do two things. One is to get food and cash donations. They can buy food cheaper. The other thing is to buy grocery bags if they are not donated, because they pay \$150 for bags each month.

"A lot of church groups are donating, but we would like the community to help in as many ways as possible," said Kris Van Gasken, one of the directors of the Des Moines Food Bank.

The Des Moines food bank is open 13-14 days a month and provides food for approximately 100 families each day at the beginning of the month. On a slow day they may see a minimum 60 families.

On Sept. 3, 120 families were provided food.

"We are seeing a lot of families that have single people living with them to make ends meet," said Van Gasken.

A lot of people are coming in who used to bring donations, and now come in because they need help themselves, he said.

Each month the Des Moines Food Bank receives 70,000 pounds of food. The food comes from Northwest Harvest, community groups, individuals, Food Life Line, government commodities grocery stores, and Starbucks. They also receive donations of fruit and garden produce from people's gardens.

The holiday season is when business picks up at the food bank. Thanksgiving and Christmas are the busiest months.

November and December families can come in once a month for regular food and once for Thanksgiving and Christmas baskets.

Des Moines Food Bank services the areas of Tukwila, Sea Tac, Des Moines, and the west hill of Kent. They receive their

Pumpkin pup

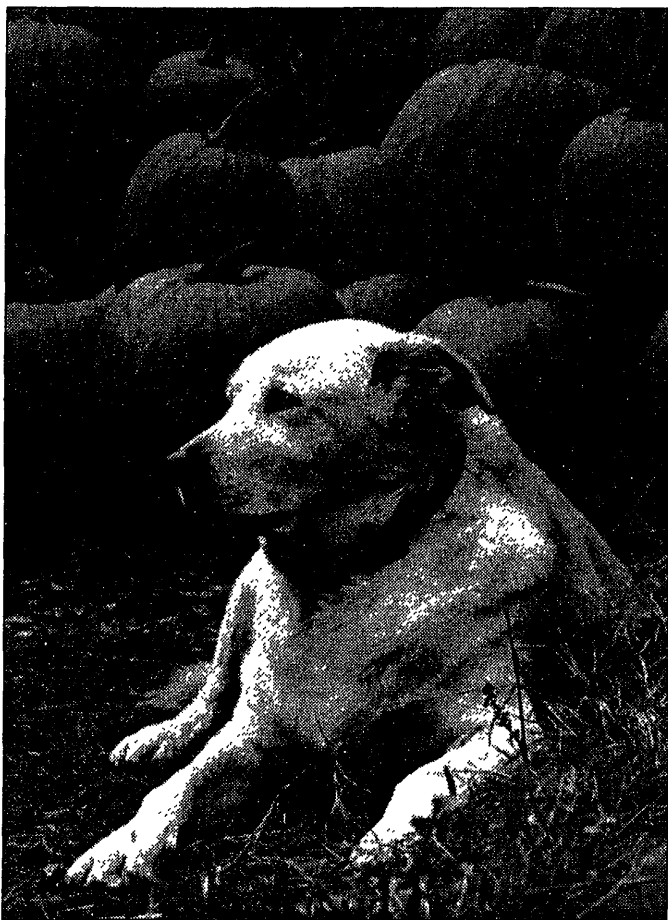


Photo by Adrienne Hughes
Dr. Magoo keeps watch over Pumpkin Hollow in SeaTac this week. Pumpkins are for sale again all over the area as Halloween approaches.

funding from all of them except Kent because they only get 5 percent of their clients from there.

The funding for all of the food banks comes from the county. The appropriations are made through the city of Tukwila Human Services Department.

"We asked for more money than we've been getting, but, we have heard there are cutbacks. If they don't get money from the county, then we can't get our money," said Van Gasken.

The county is short on money, so human services parks and recreation are getting cut backs.

Evie Boykan, human services coordinator for the City of Tukwila said, "not one single factor is the cause of the increase of families at the food banks."

Boykan cited the weakening economy and rising prices for

housing and utilities.

In addition greater unemployment and higher utility costs have put a squeeze on things too.

Housing cost has not gone down, and Boeing will continue to lay off workers.

"This is the hardest time I have seen," said Boykan.

At the Des Moines food bank, Van Gasken is hoping that the people who come need help, and, for the ones who do, that the food bank can help them.

"A lot of people that need don't come out of pride. If they can't make ends meet one month they have to come. It's the situation of the economy; it's not anyone's fault," she said.

There are 200 volunteers and most of them are seniors, some retired, some teens and working adults as well. Volunteers have fun, enjoy the atmosphere and come back regularly, Van Gasken said.

Iraq war leaves students uneasy

By JASON BENTON
Staff Reporter

The possibility of a war in Iraq is prompting skepticism among Highline students.

A second-year student Mike Rideout said he has a brother in the armed forces. He said a war in Iraq would cause a raise in taxes, loss of personal freedoms and the prospect of a draft.

"My brother could die," Rideout said.

Rideout said the lack of support to anti-Saddam revolutionaries after the Gulf War may have caused the current sense of urgency in eliminating the revamped Iraqi regime.

The invasion of Iraq into Kuwait in August of 1990, prompted an immediate response from the United States along with the United Nations. Demanding that Iraq retreat from Kuwait, a coalition of worldwide forces backed by the UN eventually formed.

When diplomacy failed allied forces began extensive bombing over Iraq. An allied ground assault drove Iraqi forces from Kuwait, and Iraqi dictator Sadaam Hussein acceded to the conditions set by the UN.

Despite the defeat of the Iraqi regime, Hussein retained his power.

"Bush Sr. didn't complete the job the first time," student Danny Kang said.

Kang said that he does not agree with the Bush administration because of the lack of UN support. He said Americans should have full support if we plan to strike.

"Other measures should be attempted first," Kang said.

Kang also said that a U.S. attack in Iraq without worldwide support might cause vulnerability at home.

"People who disagree might act against us on U.S. soil," Kang said.

The lack of UN support has the Bush administration resorting to the possibility of a unilateral attack.

Student Monique Green 24, said she feels like the real issues are not being discussed.

"Not only are we already in economic turmoil but war costs. All other issues, stem-cell research, health care, and education will be put on the back burner," Green said.

She also said that if Al Qaeda is in cahoots with Saddam they might attack us on U.S. soil.

Though an Iraqi-Al Qaeda coalition is only speculative, many students are concerned about a domestic uprising in America.

Highline political science Professor Davidson Dodd said a strike on Iraq would have to be unlike the Gulf War. He said ground troops would have to be deployed and the fighting would possibly be done in urban settings.

"The question is, how imminent is this threat? The administration has not answered this. Why not eight months ago or eight months from now?" Dodd said.

Dodd has planned a forum for students to voice their opinion to be held in the near future.



Dodd

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Women take the top off cancer

BY JANICE COTTON
Staff Reporter

Temple D'Amico, from Women's Programs and graduate from Highline is a survivor of breast cancer.

After finding a lump in her breast at age 15, a biopsy was performed and it showed pre-cancerous cells. Her physician told her they would watch it, however after finding a second lump at age 25 she was diagnosed with DCIS (Ductal Carcinoma In Situ.)

D'Amico underwent breast conservation surgery and three rounds of radiation treatment.

"I was very fortunate I had diagnoses early," she said.

She expressed how hard it was being so young.

"The mortality of everything, the surgery and the positive diagnoses was an enormous shock," she said.

Her responsibilities as a single mom with two kids made her question whom would get her children. She was also pondering things in her life that she had not yet accomplished and needed to do.



Photo courtesy of City of Hope

Four women show their commitment to ending breast cancer.

"Time was a very valuable thing for me, my priorities and where things are became more important," she said.

It was all too consuming, an emotion that is just overwhelming, to question your mortality D'Amico added.

She is very devoted to weekly exams and regular ultrasounds and mammograms. She said that for most women that find a lump, it has already been growing for a significant period of time.

She suggested that anyone who has been diagnosed should get with a support group around the same age as they are. These support groups have someone to

talk to about your thoughts, dreams, plans, and questions about everything.

"My mom could not help me, she couldn't handle it. My neighbors were there for me and my children," she said.

D'Amico said that you have to have at least one person there for you to share the

emotions and tears. You need an outlet and not to bottle up everything because you need to heal.

"Women doubt themselves and don't second guess the doctors. When recovering you have got to put yourself first. It's hard to do when you are a mom. The children are my priorities and we are the caretakers, and we put ourselves last for being taken care of," said D'Amico.

She feels you can't let that emotion be so consuming. That someone who has been diagnosed should go with their gut feelings. Ask your doctor to explain the language being used, and the treatments that are being prescribed. Also question any professional and it is ok to question over and over. There should be no questions unasked or unanswered.

"Often times its not uncommon for a tumorous cyst to not be cancerous. Every cyst or tumor is different. Don't let anybody or doctor tell you they are common or you're prone to them," said D'Amico.

She is very excited that technology is still making strides for a cure.

It's all about timing and resources she said. The subject of breast cancer is a common discussion amongst men, women and children. Families can talk about this.

D'Amico is also happy that the celebrities bring to forefront awareness and survival.

"Now I feel great. I support other women about treatments," she said.

D'Amico got involved with breast cancer awareness using her experience writing, thinking,

Women show support for breast cancer patients

BY JANICE COTTON
Staff Reporter

Highline supporters for breast cancer awareness and The Women's Program held their own at "The Walk, Making Strides Against Breast Cancer" in Bellevue on Sept. 29.

"We had a lot of support from staff and faculty," said Jean Munro in the Women's Programs.

The Highline members of the staff and faculty collected over \$700 in collaboration with donations from the community.

"It was a huge success considering the rain," she said. Approximately 4000 people walked.

Women's Programs around 12 walkers from Highline including Munro showed up in great spirits and participated in the first walk for breast cancer in the Puget Sound Western Washington area.

"The walk opened my eyes to become more proactive in checking myself. I'm afraid like a lot of women, of checking myself and finding a lump. Now I know there are lots of survivors, and a large population of supporters in Washington participate in breast cancer awareness," Munro said.

She said it was very emotional and that people walked close together and talked to each other and bonded.

"The Walk" will be shown on the Discovery Health Channel on Friday, Oct. 25, at 9 p.m.

Drop your top for breast cancer awareness

BY JANICE COTTON
Staff Reporter

Drop Your Top for Breast Cancer is the theme for the Women's Programs fundraiser this season.

The Women's Programs is geared up to collect Yoplait Yogurt tops for breast cancer awareness. There is a pink heart shaped box in the Women's Programs for the Yoplait tops.

So during October, Breast Cancer Awareness Month, look for the metallic yogurt tops with the pink ribbon printed on it at your local grocery store, and bring them in. Each top is worth 10 cents and is donated to the Susan G. Komen Breast Cancer Foundation.

"We have lots of time to get tops, and we are looking at getting at least 1000," said Jean Munro, Women's Programs.

The Women's Programs is located in Building 6.

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and feelings, and started speaking on women's health issues. Everything I am and all that impacted my life is all women's issues.

"I have so much hope, I have so much fear that my daughter will have to go through this and if so I hope all of the medical advances are not going to be as invasive for her," said D'Amico.

The breast cancer gene does exist and is more of a risk factor if it is on the maternal side.

Men also get breast cancer at a smaller percentage.

The American Cancer Society statistics show breast cancer is 100 times more common among women, but this year 1500 new cases of invasive

breast cancer will be diagnosed in men in the United States.

The Women's Programs is encouraging everyone to click on The Breast Cancer Site.com. Donations are made every time you click on the pink box to fund a free mammogram for women who can't afford one.

"If we as women can know that we can't walk in another woman's shoes, but that we can support each other, and we can help each other become more aware that breast cancer covers all classes, ethnicity's, and ages," she said.

The Women's Programs is also having another breast cancer awareness month in February.

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Respite Care provides help for disabled

By KELLY FISCHBACH
Staff Reporter

Highline's Respite Care Program is looking for helping hands.

Respite Care is a program that links Highline students together with families of children with developmental disabilities such as autism, down syndrome, and fetal alcohol syndrome.

The program also services children at risk of abuse or neglect.

Students are trained to meet the needs of the individual child they will be working with.

Two years ago Respite Care was a pilot program, and now it services over 80 families throughout the community.

"When I first came to school as a student [the program] wasn't the focus I was heading towards... I was directed that way," said Lynne Boettcher, program director.

She began working a part time job as a phone operator and now is the program director.

"What do you have in yourself that you would like to pass on to someone else?" Boettcher asked.

She strongly believes that



Photo by Corine Fanning

Lynne Boettcher, program director of Respite Care, stays busy keeping track of students and the families they work with.

helping families in need is a "great way to get experience and a way to learn where you want to be," said Boettcher.

Families register their chil-

dren through the Department of Social and Health Services: Division of Developmental Disabilities.

The program is designed to

benefit families in the community by providing temporary relief from their difficult daily routine.

When students contribute

"What do you have in yourself that you would like to pass on to someone else?"

- Lynne Boettcher

their time and focus, it temporarily relieves the pressures on the family. It gives the family the opportunity to rest or spend time with their spouse or other children.

"Emotional support is extremely helpful," said Boettcher.

Interested students have the ability to dramatically improve the life of a child.

They will spend time with the child, giving him or her that personal attention they need.

Individual attention will make it possible for the children to "establish individual identities and enrich their own growth and development," said Boettcher.

Students are paid an hourly rate and may earn tuition assistance through the state.

Interested students can pick up an application packet in Building 20, room 104.

Women battle through their violent past

By MARGARET HAGEN
AND JAMIE TOLUA
Staff Reporters

Women's Programs is hosting several events in October in recognition of Domestic Violence Awareness month.

The focus of this month is, "A means to promote advocacy, knowledge towards the effects of domestic violence, and steps toward healing," said Marie Bruin, interim director of Women's Programs and Workfirst Services.

Highline has adapted its own version of the national Clothesline Project, which is entitled The T-Shirt Project. Participants are given a t-shirt to decorate with their own story.

"It is a way to express very private experiences, either personally or by association. Plus art can be very healing; it helps to express feelings without words," Bruin said. This will be held in Building 8 from 10 a.m. to 7 p.m. on Oct. 15.

The American Sign Language club in partnership with Women's Programs is raising awareness for ADWAS, Abused Deaf Women's Advocacy Ser-



Photo by Adrienne Hughes

Marie Bruin, Temple D'Amico and Kerry Woodward, employees of Women's Programs are active in Domestic Violence Awareness Month at Highline.

vices, an organization working to provide Deaf and Deaf-Blind victims who have experienced

sexual assault and domestic violence with suitable and accessible services. A Krispy Creame

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doughnut sale will be held to raise funds for ADWAS from Oct. 14 to Oct. 21, at 8 a.m. to 1 p.m. Liz Stone and Shelly Barber speakers from ADWAS have also been invited to talk in regards to the organization on the Oct. 22 from noon to 1 p.m.

Guest speaker Pramila Jayapal will talk on the topic of globalization, the war on terror-

ism, and the impact on women's lives, with a post facilitated discussion taking place. The affair is on Oct. 29, from 12 p.m. to 1:30 p.m. in Building 7.

Though the movement against domestic violence is budding, "There is still so much yet to be done," said Bruin.

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Escape with help of the Transfer Center

By **ROBBIE HICKS**
AND **BEN JOHNSTON**
Staff Reporters

Planning early is the key to transferring successfully, college officials say. You can use the Transfer Center located upstairs in Building 6 to help plan your strategy.

Advisers say they would love it if every student came to see them at the very least once per quarter.

"The main goal of the transfer center is to empower students to access the resources we have to offer," said Siew Lai Lilley, director of Transfer Programs.

These resources include: free telephone and computer access for contacting colleges of interest, advisers who have knowledge about a variety of colleges' requirements and scheduled visits throughout the year to college campuses in state.

"Students also have the option of being assigned a faculty adviser in the field that interests them," said Tara Houston, an adviser at the Transfer Center.

"The advice I got from the advisers at Highline made the stress I was feeling go away," said Kevin Doyal, an ex-Highline student.

"Do early planning," said Lilley. "If you're not sure what you want to major in, take a career test in the career center. Seek an adviser."

She emphasizes that there are no stupid questions concerning the transfer process.

This sentiment is echoed by Gwen Spencer, director of advising and Educational Planning.

"Four-year colleges are starting to push a lot of their prerequisites into the first two years of school," said Spencer.

Starting early is the best way to reduce the headache of transferring. The requirements for a particular field, may be radically different than the requirements for another field, and about the only way to find out is to see an adviser, Houston said.

Keeping track of everything you have done is also very helpful. The more prepared you are, the better the advisers will be able to help you.

Students planning on transferring to an in-state school need to make sure that they follow the AA planning sheet closely because the requirement on it are going to be accepted at virtually every school in Washington state.

"I didn't see an adviser every

List of dates and times when colleges will be on campus in Building 6:

•Antioch University, Wed-nesday, Oct. 17, Oct. 30, 10 a.m. - 1 p.m.

•Argosy University, Wed-nesday, Oct. 16, 9 a.m. - 1 p.m.

•Central Washington University, Wednesday, Oct. 30, 9 a.m. - 12:30 p.m.

CENTRAL

•City University, Thursday, Nov. 21, 9 a.m. - noon

•University of Phoenix, Tuesday, Oct. 8, 9 a.m. - noon

•Pacific Lutheran University, Monday, Dec. 9, 9 a.m. - 12:30 p.m.

•UW Admissions, Wednesday, Oct. 16, 9:30 a.m. - 12:30 p.m.

•UW Office of Minority Affairs, Thursday, Nov. 7, 9 a.m. - 3 p.m.

•UW Psychology, Thursday, Nov. 14, 9 a.m. - 1 p.m.

•UW Evening Degree Program (Seattle), Wednesday, Oct. 23, 4 p.m. - 6 p.m.

•UW School of Nursing (Seattle), Wednesday, Oct. 9, 9 a.m. - noon

•UW School Of Social Work, Monday, Oct. 21, 9 a.m. - noon

•UW Tacoma, Tuesday, Oct. 29, 9 a.m. - 1 p.m.

•Washington State University Admissions, Wednesday, Nov. 20, 10 a.m. - 1 p.m.

•Washington State University Distance Degree Programs, Thursday, Oct. 3 & Nov. 7, 9 a.m. - 12:30 p.m.

•Washington State University Human Services Program, Wednesday, Oct. 2 & Tuesday, Oct. 17, 9 a.m. - noon

quarter, if I had, I probably wouldn't have taken a class that didn't transfer," said Tamren Crawford, an ex-Highline student.

Washington state schools keep a close relationship with Highline, allowing for a more universally acceptable class set, Houston said.

Finishing an AA before transferring is the only way of guaranteeing that all of your credits will transfer.

Students who are looking to transfer to a four-year school may have more problems than just lack of enrollment space. Most four-year schools use a teaching style that is very different from Highline.

Caleb Heinrich transferred to Central Washington University after completing one year at Highline.

Heinrich said he made little use of the center's resources.

"I did pretty well at Highline, but when I got to Central, it was

a big shock. At Highline, there's less work and the professors work with you on a much more personal basis," said Heinrich.

He likened his year at Highline to stretching before exercise, "Highline gave me a year to mature beyond high school and got me ready to live on my own. It helped me strengthen my study habits and become more responsible," said Heinrich.

"It's like a private school at a public school price," said Tara Houston, Transfer Center adviser.

Best of all, the transfer-only branches are just as academically recognized as their larger counterparts.

Transfer-only schools usually offer admission to particular

fields more often than the four-year schools as well.

"Competitive majors are always a headache for students that are trying to get in," Houston said.

Currently, the top three fields of interest for students at Highline are: nursing, computer science, and business.

GPA seems to be the biggest factor in deciding who gets in and who does not. For instance, in Fall 2001, the average GPA for students admitted to the Computer Science department at the University of Washington's Seattle branch was a whopping 3.8 even though the published minimum to apply is only a 3.0.

Take your time at Highline as seriously as you can. The only way to fail, is to not try, advisers say.

So many charities, so little time

By **SONIA PETERSON**
Staff Reporter

The community of Highline can donate money to a charity of choice, through the 2002 Washington State Combined Fund Drive.

The Combined Fund Drive (CFD), gives money directly toward the community. Its success from last year's \$4.7 million have supported many citizens throughout the state and opened doors to those who were in need. This year the statewide goal is \$5 million.

People on campus should check their mail, where there will be a letter, booklet, and form regarding the fund. One book will be distributed for every two employees, but information can also be accessed on the more than 1,700 organizations available to choose from at: <http://hr.dop.wa.gov/cfd-contents.htm>

If people are unsure about which organization(s) to give to, they can attend the Highline Professional Development Day session, Building Communities Through Giving, on Oct. 18 at 10:30 a.m.

Representatives from the following organizations will be making presentations: Earth Share of Washington, Women's Funding Alliance, Pediatric Interim Care Center, Habitat for Humanity of South Puget Sound, Ruth Dykeman Children's Center, and the United Way of King Country Volunteer Center.

A payroll deduction can be made, or a one-time gift dona-

see charities on page 15

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Tutors relocate to new digs Charities

By JANICE COTTON
Staff Reporter

Bigger spaces and a new location makes the new Tutoring Center much more appealing for the students and staff this quarter.

They moved during the second week of September and opened on the first day of school.

The Tutoring Center has moved to Building 6, Room 319, and the student entrance is in the east side door.

"I have been here since 1982, and the Tutoring Center has gradually gotten bigger since I started," said Carolyn Brooks, staff member and chemistry tutor.

"College gave us a bigger space and we took it because we are definitely growing," said Tenaya Wright, staff member at the Tutoring Center.

The Tutoring Center has larger spaces, and the separate spaces make for easier tutoring.

The Tutoring Center is quieter and has restrooms on the same floor.

Physics student John Carlile said, "I like the separate rooms, and you can have one-on-one with your tutor."

There is a bigger front desk area and central area so the staff person can see in both directions.

There is a generous space for math and computers, and another for writing.

There is also a compartment for chemistry and several open cubicles for separate group tutoring sessions.

Tutoring is available for economics, biology, physics, and accounting to name a few, and for all of the subjects offered at Highline.

The Student Success Workshops are presented at the Tutoring Center twice a week. The new digs have a small room to hold special workshops for

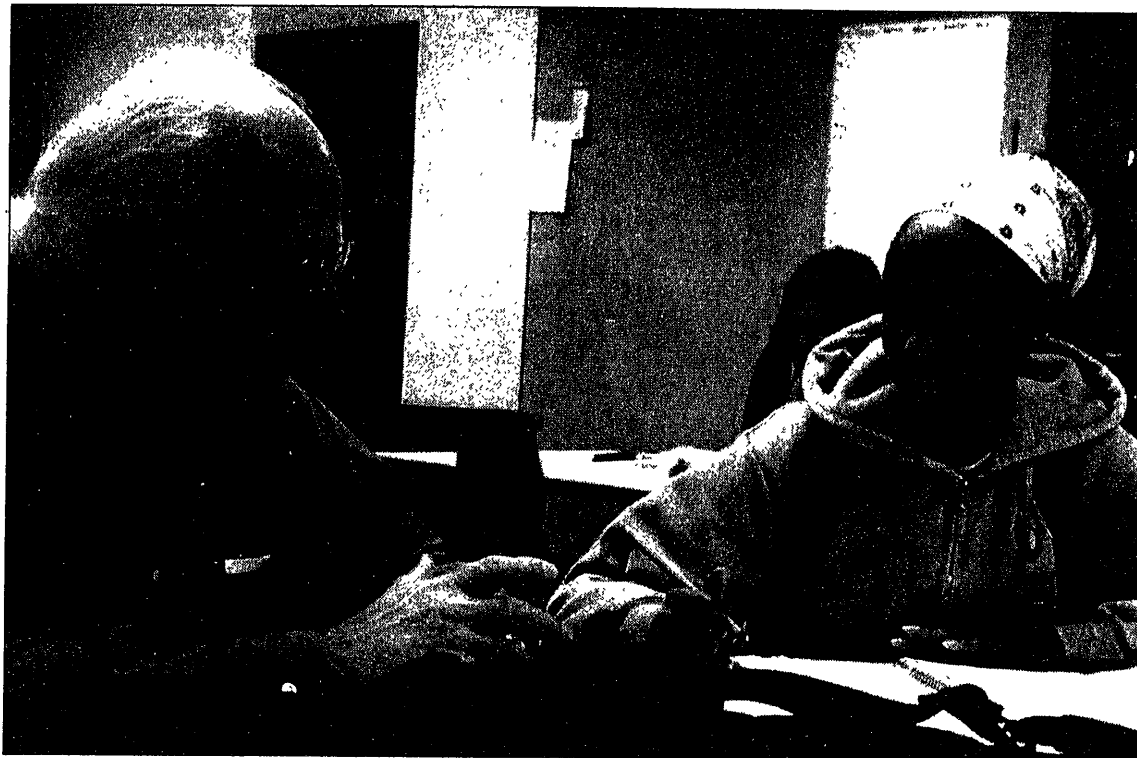


Photo by Corine Fanning

Elmer Reed assists Askalu Tewolde in the new tutoring center.

smaller groups. There is a blackboard and seating for about 15 people.

The workshops cover time management, study skills, and stress management. These workshops are offered through the Counseling Center.

"Mainly we're able to have the students that drop in study in different area," said Brooks.

The students that come are usually regulars each month.

"Coming here is very helpful, I come almost everyday," said Emil Aranda, physics student.

The atmosphere is between a class situation and the library.

"When you go to the library you don't get help but here you do," said Mursal Hashi, mechanical engineering student.

"We are here to serve the students at Highline, to help them succeed in their degrees or their plans to transfer to a four-year university," said Wright.

"Over the last five years we have seen a big increase in students participating. The 2001 annual total of students tutored was 2,900 up from 2,300 during

2,000," said Brooks.

There were 20,000 hours of tutoring given last year compared to 13,000 from the year before. Tutors are peer tutors that have gone through the classes and are familiar with the teaching styles and instructors.

And in addition to the new location there are added hours,

Monday through Thursday, 7:30 a.m. to 7:30 p.m. and on Friday 7:30 to 12:30 and 2 p.m. to 4 p.m. Registration is required for tutoring but there are no fees.

An advantage of the new Tutoring Center is that it is close to the library and after studying get some exercising in while walking back up the hill.

Continued from page 14

-tion. (If a CFD donation was given through the past year through a payroll deduction, it will automatically continue unless you change it.)

"You designate a certain amount of money each month, and it will be sent to an organization you choose, from the booklet," said Mark McKay, CFD campaign coordinator and Highline Foundation director. With the final day of fundraising being Oct. 31, the goal they hope to reach is \$15,000.

"We've increased each year, \$8,000 two years ago, and \$11,000 last year," said McKay.

Last year concerns were high because of 9-11, the recession the country was going through but it did not effect the fundraiser, said McKay. In fact, 2001 was the best year ever, but at that time people felt the economy would recover quickly. Unfortunately the economy has continued to slide, so they "think it will effect this year."

Completed forms may be turned into the Highline Office of Resource Development in Building 9, Room 201, Mail Stop 9-2.

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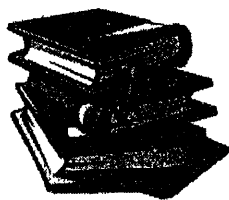
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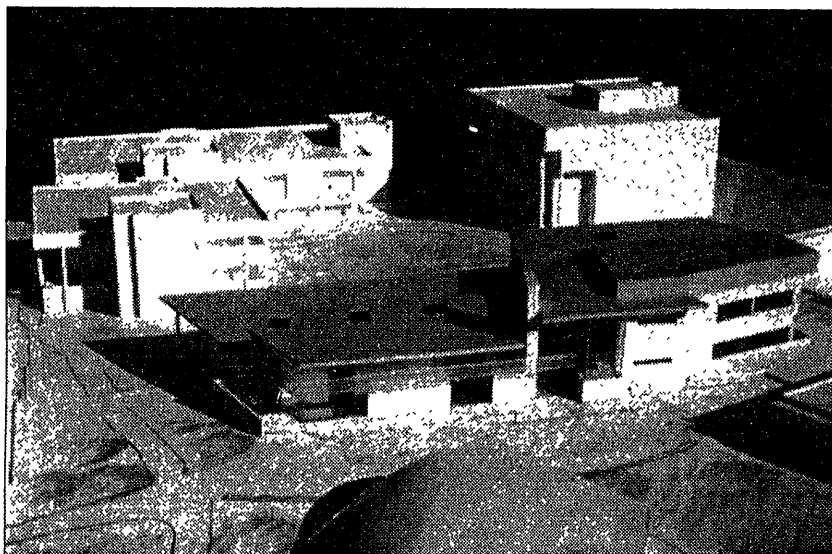
Continued from page 1

existing facilities at Highline.

"We will spend most of the money trying to improve current campus spaces," said Brown.

For example, Student Programs would renovate an unused storage space into an office.

"The goal is to leave them better than we found them,"



said Brown.

Student Services will be

moving out of the existing Student Center near the end of Win-

it."

The new Student Center,

ter Quarter and the demolition of the building will be in full swing at the beginning of Spring Quarter.

Although they will be trying to do the construction without interrupting students' education, Brown does admit there will be some disturbance.

"We are going to do our best to do the loudest parts during times of least disruption," said Brown.

"There will be disruption but it will be worth

which should be complete in fall 2004, will feature conference halls, student lounges, Student Government offices a new books store and a new cafeteria with a stage for musical entertainment, thespian productions and guest speakers.

"The new building will be larger and better," said Brown. "But best of all it will help us better serve students."

Anyone interested in seeing the new designs for the Student Center can visit an informational meeting located in Building 10 Room 202 at noon today.

Food

Continued from page 1

back home to Hawaii and worked as the director of food and beverage for a variety of hotels. He moved to Washington in 1990 to be the new store opening captain for four TGI

Friday's. Afterwards he managed the University of Washington's food facilities for the dorm rooms and retail outlets on campus. He started at Highline in September.

"We added soup and salad satellite stations to break up the crowd for faster service, in addition to carrying a variety of price ranges on the menu to best serve the students," said Kauahi

Kauahi acknowledges the complaints of students that the food is cold but he said the Union Café has had a repairman service the grills and has ordered covers for their hot plate to help keep the food warm.

He also contends that the portions have not changed.

"We have the same size portions and have not scaled back size but we have changed

items," said Kauahi. For example since they changed from popcorn chicken to chicken tenders, customers might feel like they are getting less but in reality they are not.

Kauahi also reassured students that the buns and bread will be fresh.

"Gai's Bakery delivers twice a week to keep the freshness of the food," Kauahi said.

Student Government is also getting involved starting a Cuisine Action Committee so that students and faculty can get together and educate each other about both sides of the fence so that all parties will be informed.

"Keep in mind with everything there is a learning curve," said Kauahi in response to the criticisms of the students. "Hopefully as we progress we will get better."

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