Fear is a factor all year round

BY KEITH DAIGLE

Spiders, flying, talking in front of a large audience, clowns: Everyone is afraid of something.

Anyone who has photophobia (a fear of phobias) should stop reading this article now.

Want proof? There are 53 phobias that begin with letter A: alpaca, including fear of men, fear of wind and fear of flowers. What are the words for these phobias?

And keep the gamophobes, those who fear marriage, away from those who are amathophobia, and fear being single.

Seattle is not the ideal city for people suffering from omophobia, the fear of being rained on.

"I fear that somebody is going to kill me while I am in the shower. I think about it while I have shampoo in my hair," said Highline student Allison McGinnis.

"Biologically, we are predispositioned to fear things that will harm us: spiders, snakes, that kind of thing," said psychology and Behavioral Science Coordinator Rod Fowers.

"The reason we have fear is because it is a protective mechanism that keeps us from danger."

Halloween is all about scarifying and getting scared.

It can't be a fun time for waicaphobes, who fear witches, and must be even doubly hard for cacophobes, who fear ugliness.

When a person experiences fear, their heart rate increases, they break out in a sweat, their pupils dilate, digestion slows and blood rushes to the brain. Digestion slows down because the body sends blood to the brain and muscles to control things.

It is the body sending blood where it is needed. It is unknown exactly why the pupils dilate. Fowers said that one reason may be that when your eyes are dilated your peripheral vision improves. A person then can see more at once, but not as clearly.

"When we become afraid, our body goes into a state that is called 'fight or flight.' Our nervous system gets us ready to either fight off the threat, or to run away from it," Fowers said.

What people fear and why is as diverse as the planet's population.

"I am afraid of the ocean, because it is very big, deep and I don't know what is in it," said Highline student Renae Thomas.

"My biggest fear is probably dying because I don't know what to expect," said Highline student Kirstie Johnson.

Some fears are instinctual. You do not have to be bit by a spider to be afraid of them.

However, people can also be afraid of things that there is no historical basis for.

"We fear things that we wouldn't naturally be afraid of," Fowers said. "A good example of that is a fear of flying. Evolutionarily speaking there were no such things as airplanes. We become conditioned to fear things. We learn to fear things through our environment and the way that we are raised."

For example, a person who was attacked by a dog as a child may always have a fear of dogs.

Fear becomes unhealthy when it is unjustified, and it affects the person in normal life. Then it becomes a phobia.

"If a person is so afraid of flying that they can't get on a plane,"

... See Fear, page 12

Enrollment decline at a three-year high

BY MICHELLE ERICKSEN

Highline's enrollment is down for at least the third straight year.

Full-time equivalent (FTE) enrollment at Highline has dropped 14 percent since fall 2002, according to numbers from the Washington State Board of Community and Technical Colleges (SBCTC) and Highline.

This fall, Highline has a headcount of 8,137 and a full-time equivalent count of 4,619.

The drop this year was 6.3 percent in FTE, compared to a 4.7 percent decline in 2004 and 3.9 percent in 2003.

The problem of declining enrollment at community colleges is statewide. Highline's drop of 4.5 percent in 2004 was less than the statewide average of 5.7 percent FTE, according to SBCTC.

The decline in enrollment could mean possible cuts at Highline. The budget does not need to be finalized until June.

Earlier Marion Davis, financial director, said that there would be no decisions made on cutting until the budget is determined.

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Table:

<table>
<thead>
<tr>
<th></th>
<th>Number</th>
<th>Change</th>
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<td>Fall 2003</td>
<td>5,162</td>
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<td>Fall 2004</td>
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<td>4,619</td>
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<td>Totals</td>
<td>-753</td>
<td></td>
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Lady T-birds are not pleased with their results
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Poetry lovers come together

BY ALEX CAHAN  STAFF REPORTER

Enter a dimly lit room, lighted only with candles and strings of Christmas lights, smooth jazz and soft rock float around the room.

No, this isn’t a beatnik bible. This is the Highline Poetry Exchange.

Hosted in the Mt. Constance room on Tuesday, Oct. 25, this was an opportunity for student poets to share what they had written amid clapping and beatnik snap-applause.

There were several students who performed before about 40 people.

Michael Gee wrote a poem entitled “Deletation is your name.”

“You can take this any way you want,” he said.

Margaret Brynza, of Team Highline, shared a poem entitled “Footprints,” which had personal meaning to her.

Doe Knechtal shared several of her poems that she wrote when she should have been studying.

Liz Shimura, another Team Highline member, shared a poem that a friend wrote after an argument with her boyfriend.

Natasha Burrowes read a poem written by Maya Angelou entitled “Phenomenal Woman.”

Travis Tweet shared two poems that he had written, and then the featured poet stepped forward.

Sharon Hashimoto, the Creative Writing and Advanced Poetry instructor at Highling, read six poems she had written over the years.

“I write a lot from my own experiences,” said Hashimoto.

The poems included revisiting the internment camps her mother had gone to during World War II, and feelings about people in high school.

The Exchange was well received by poets and audience alike.

“I’m a very educational use of your time,” said student Andrey Markovich.

—rather than the traditional cutting of the ribbon—to symbolize the partnership of Highline and Central Washington.

Each school was represented by a different color of ribbon. Highline was blue, and CWU red.

The ceremony ended with cake and self-guided tours of the facility. Moore proclaimed it a successful event.

“I think it’s great that we are able to acknowledge all the people that helped make it happen,” said Moore.
Traffic, voting power are focus of forum

Students speak out concerns to candidates

By Austin McKenzie
STAFF REPORTER

Hundreds of students from several classes packed Building 7 for the Political Candidates’ forum, which included candidates for King County Executive.

Democrat Ron Sims, running for re-election as the King County Executive, showed up late, but he arrived in time for questions alongside Republican candidate David Irons and Green Party candidate Gentry Lange.

The students were invited to write questions on cards and many of them concerned the increasing problems with traffic, as well as a question about Initiative 912, the initiative to repeal the gas tax.

All three candidates were opposed to the initiative, which would limit the transportation and highway improvements.

“We have to fix the Alaskan Way Viaduct,” Irons said. “It is going to fall.”

Sims also spoke briefly on the subject.

“I believe it needs to be debated,” he said.

One of the major talking points was the I-5 gridlock, an issue which the candidates expressed different viewpoints.

Irons focused most of his attention on improving the bus system.

He argued that buses running every five to 10 minutes would do much to halt traffic congestion.

He also supported the addition of more lane miles to increase the space for cars on freeways.

Lange agreed with Irons on the bus issue and added that tailgating and bottlenecks needed to be addressed.

Lange said bad driving behavior and lack of lanes together were creating a persistent problem.

“We need an immediate solution,” he said. “We can’t afford to wait for a 10 or 20-year program to finish.”

Sims spoke about the power of the voters.

“The voters need to make a choice,” he said, outlining several programs that might help the transportation issues.

Sims spoke of how the city needed to introduce alternate transportation modes such as light rail.

The question-and-answer segment was wildly different from the opening of the forum.

Irons and Lange both gave a brief opening speech, and Student Government Vice President of Legislation Jacob Jennings read a statement on behalf of Sims, who arrived later.

The opening statement generally concerned the issue of failure in the voting system, something Irons and Lange both addressed at length.

Sims’ statement was focused on his success with reducing the budget and improving health care.

After the questions, the candidates were given three minutes to make a closing statement.

“Only through stepping up and taking action can King County work it’s way out of the problems it is in today,” Irons said, citing his experience as a council member as a reason why he should be elected.

“I’m in this race because I’m still stuck in traffic,” Lange said.

Lange said he really didn’t have enough time in the forum format to say all he needed, and referred people to his Web site for more in-depth analysis on the problems and the solutions he was proposing.

“We need to get going again and we need to keep moving,” Sims said.

Sims pointed to his past record of making tough, hard decisions.

He then spoke briefly of the fact that they didn’t need more buses or roads, but instead an integrated system of several forms of mass transit to properly fix the problem.

The Candidate Forum was sponsored by the League of Women Voters, who also served as moderators for the event.

Brown Bag series is lunchtime learning

By Mary K. Edson
STAFF REPORTER

Answering the question of “Who are 2005’s college students?” is this year’s theme for Highline’s Brown Bag series. Brown Bag series are informal lunchtime sessions in which faculty and staff from Highline and Central Washington University meet to share experiences and expertise about students.

The first session is Friday, Oct. 28.

At each session, a different article from the book “Educating the Net Generation” will be offered as a starting point for discussion.

The brown bag series has been an ongoing event on campus for the last three years, and is put on by the Instructional Design Department and the Faculty Resource Center.

This year’s theme will focus on the “Millenials” or “Net Generation.”

Janice Adams of the Instructional Design Department said the series will ask such questions as: “What are the best ways to approach students, and or the best ways to help or to reach them? What are our students’ expectations? How can we serve them, or teach them in the classroom?”

All discussions take place on Fridays from 1:10-2 p.m. in the Faculty Resource Center on the sixth floor in the library and are open to faculty and staff.

“In previous years the sessions were directed or had a faculty leader, but this year we are using a series of articles, and or suggested topics,” Adams said.

This Friday’s session will cover the topic: “Is it age, or IT: First Steps Toward Understanding the Net Generation” by Diana Oblinger from EDU-CAUSE, and James Oblinger from North Carolina State University.

There is a session planned for Nov. 4, and a possible topic is: “The Real Versus the Possible: Closing the Gaps in Engagement and Learning” by Judith Ramaley from the University of Maine, and Lee Zia from the National Science Foundation.

Topics for future sessions will be decided upon later.

Topics are picked based on research.

“We want to focus on interests, and making these discussions interesting,” Adams said.

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Or email tword@highline.edu
Ambition and drive are vital to success

We as a society need to start taking risks. We need to stop setting for less, stand up, and follow our ambitions. So much of our education and business world seems devoted to enforcing the status quo, keeping people “in their place” and not encouraging them to strive toward greatness. This is neither healthy nor admirable. How much potential do we lose as people fall endlessly into the gaping hole within our society, being forever condemned to work in dead-end jobs and pander to these born into wealth and opportunity? People who succeed in life can generally be measured in at least one of three categories. Those born to great wealth, those extremely lucky few who are either born beautiful and talented or are able to be in the right place at the right time, and those who possess the drive and ambition to make their dreams a reality.

Most of us will not become rich or famous, and it is ridiculous to keep holding out vain hope of such a thing coming to pass. If we truly wish to achieve our goals and dreams, we need to start taking risks, looking forward and refusing to settle into a rut into which we will be trapped for the rest of our life. We only have one life to live, and it is exceedingly important that we live it on our terms, not the terms society deems acceptable for us.

Obviously this is not an open invitation to recklessness. There are risks that are worth it, and risks that are not. As humans should be able to discern the difference. But just as important is the ability to push forward once a good risk has been discerned.

We should not live so afraid of risk that we are unwilling to work toward greater rewards. We take risks; we win some and lose some. It’s all part of being human, and it is what makes our lives, as human beings, that much more special.

It will not be easy. Many of us struggle to eke out some sort of existence. For those who find it difficult to make ends meet, pushing for more may seem all but impossible, but it doesn’t have to be.

In order to truly realize your goals, you must push forward with drive and ambition. It won’t necessarily be easy. Few are those who can put forth great effort and sacrifice much to truly realize their goals. But that doesn’t mean it is impossible. Each step, each obstacle surmounted brings you ever closer to your dreams. In this life, the only way you can completely fail is when you utterly give up on all that you have worked for.

Consider what risks in your life might be worth taking, and what gains in your life you desire. It need not be a large risk or a large gain, but even the smallest step toward one’s goals is to be admired and applauded. It is time to stand up and walk forward. Move towards your dreams, take a chance, identify your goal and run towards it with all of your might.

Until the very moment that you draw your last breath, there is still time.

Fear fades from Halloween

Halloween is a time-honored tradition, steeped in ancient rituals and deep spiritual significance. So of course this means that good old American capitalism has utterly destroyed any meaning it might have once had.

Thus that brings us to today, where we can’t even walk into a store without seeing some sickening, overly cute display of black bats with large, innocent eyes and cheerful skel- etons seemingly on the verge of laughter. Wasn’t Halloween supposed to be scary at some point? Some point before the complete gutting of any true meaning it had.

I suppose it is a natural progression in our society. First we have to ruin any aspects that might be considered demonic or pagan. Even then, Halloween still pushed the limits, carrying an atmosphere of fear and fore- boding not often found in normal American celebrations.

Bringing us to what we see today, where the only fear in Halloween stems from the fear parents have for allowing their children to walk alone in the dark. This has been alleviated with the now almost mandatory tradition of accompanying our children everywhere they go.

Even the costumes of chil- dren, once one of the last few vestiges of the terror Halloween once represents, have given way to something much more saccharine.

Iconic American images like firefighter’s, superheroes and policemen are replacing the old standard of vampires, ghosts and ghouls.

Perhaps it is really just a natural thing. We as humans tend to dislike ac- knowledging our fears, or even that fear exists within us. After all, fear is a weakness, and often a debilitating one at that. How many truly wish to look into the dark recesses of their mind and confront the horrors contained within?

Remove that which to fear. It is a simple but utterly ef- fective measure. How many old legends and folktales have been corrupted by human hand and mind in times past because of the fear they cause? Death, powerlessness, and the super- natural, Halloween represents all of these things and more. It really has no place in our soci- ety, in our world of bright lights and convenience, where cash is king and cities never sleep.

Halloween is a relic of the past that is indeed fast fading. We, with our sciences and our money have banished the di- dmons that so haunted our an- cestors from the depths of our mind, choosing instead to face phantoms of a more realistic nature.

Perhaps it really is not so bad of a thing. Do we really need to allow the strange and inexplica- ble to intrude upon our orderly and predictable lives?

Halloween is dying, a death hastened by corporate greed and commercialization, a death rooted in normalcy. Every year the wonder and fear of the un- known fades from Halloween all the more. Whether it signifi- cates a natural progression of so- ciety or the loss of yet another important cultural icon remains to be seen.

“One of these days I’m going to cut open your stomach and take the key out.”

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Movies that will make you go aahhh!

We cringe, scream, cover our eyes, crush the persons hand we are sitting next to, we swear we will never see another one, a promise that is easily kept until the next horror movie comes out on the big screen. The appeal of scary movies is harder to understand, but their magnetism is undeniable. Like anything else, not all horror films are created equal. So, to expedite the selection process this Halloween, below is a scientific list of the top ten best horror movies in history.

No. 10: Halloween, 1978: The first of an eight movie franchise this is the ultimate horror film. It’s said you can never come home again. Maybe you can, but it’s not always a good idea.

Michael Meyers is a serial killer who is placed in a mental institution as a kid when he kills his sister. Years later he escapes and heads back to his hometown and goes on a killing spree. Halloween was Jamie Lee Curtis’ first movie, the first of many horror movies she would star in.

No. 9: Psycho, 1960: This is your typical girl robs bank, girl gets stuck at a creepy motel, motel owner becomes obsessed with girl, girl gets stabbed in the shower story. Directed by Alfred Hitchcock, this movie helped to create the genre of psychological thriller. A classic for a very good reason.

No. 8: Silence of the Lambs, 1991: Fresh out of the academy, special agent Clarice Starling’s first assignment is to profile the prolific serial killer Dr. Hannibal Lecter.

During their talks Lecter taunts Starling with information about a serial killer that has been busy murdering women and dumping them into rivers. Whether Lecter is really trying to help her, or just playing games is something that Starling happily stokes her career, and her life on.

Dr. Hannibal Lecter is one of the most perfect villains in Hollywood history. His mixture of taste, cordiality, compassion and cannibalism make him one of the most suave and psychotic characters ever.

No. 7: Friday the 13th, 1980: It’s a freaky Friday...

No. 6: Bad Taste, 1987: Representatives from the intergalactic fast food chain, Crumbs Crunchy Delights, come to earth with the intention of making humans the new universal taste sensation.

Peter Jackson’s first full-length film, he funded most of it himself, and used his friends in the leading roles.

The entire movie was improvised. Jackson filmed the movie on weekends over a period of four years.

No. 5: The Shining, 1980: Recovering alcoholic English Teacher Jack Torrence (Jack Nicholson) takes a job as winter caretaker of the Overlook Hotel in the hopes of patching things up with his wife and son and to work on his novel. Completely isolated in the mountains of Montana, the hotel, with a history of violence, begins work on its latest victim.

Directed by Stanley Kubrick, and written by Stephen King, this is a movie that will keep you on the edge of your seat.

No. 4: Arsenic and Old Lace, 1944: Sweet-ol’d-aunt Martha and aunt Abby Brewster have a little secret-12 of them to be exact, all burried in their cellar. Drama and marriage critic Mortimer Brewster (Cary Grant) literally stumbles across his aunts’ nasty little habit, and in the midst of trying to figure out what to do, all chaos ensues.

It is a witty, dark, comedy that has only gotten better with age. It is a good family film.

No. 3: Se7en, 1995: A serial killer, known as John Doe, chooses victims who have committed one of the seven deadly sins, and administers death by that sin. Morgan Freeman plays William Sonnenset, a seasoned detective who is planning on retiring after this case. His partner is new detective David Mills, played by Brad Pitt.

Personalities clash as both detectives pursue their own leads to solve the case.

No. 2: The Exorcist, 1973: A visiting actress in Washington, D.C., notices dramatic and dangerous changes in the behavior and physical makeup of her 12-year-old daughter.

Meanwhile, a young priest at a nearby university begins to doubt his faith while dealing with his mother’s terminal illness.

For the climax, an elderly priest recognizes the necessity for a show-down with an old demonic enemy.

No. 1: Night of the Living Dead, 1968: This is the zombie movie to end all zombie movies. Overexposed cinematography, big explosions, rays from outer space and more zombies than you can shake a stick at. Cheesy dialogue and some of the slowest zombie attacks in history secured a special place in my heart.

Kiss Kiss Bang Bang offers more than just action

By Chris Brooks
Staff Reporter

Corpses, guns, murders, mysteries and parties: The film Kiss Kiss Bang Bang has a lot to offer. Released earlier this year into select theaters, Kiss is an admirable murder mystery in the form of a very dark comedy.

Actor Robert Downey Jr. stars as Harry Lockhart, a two-bit criminal who is drawn into the middle of a zany mystery involving a presumptuous private detective, played by fellow actor great Val Kilmer.

In the opening sequence, we are introduced to the narrator (Downey) who we find out is a thief. Due to a comical bout of fast-paced confusion and unfortunate circumstances, he is thrust into the acting world.

Val Kilmer stars as Gay Perry, a flamboyantly gay private detective who is mismatched with the bumbling Lockhart. When Lockhart is drawn into the acting realm, he is assigned the part of a private detective, and Perry is hired as Lockhart's acting tutor.

Michelle Monaghan is a perfect fit playing Harmony Lane, a slightly unhinged failed actress. In the movie, Lane seeks to discover the cause of the sister's mysterious death.

The three oddballs soon become entangled in a web of deception and death. The lines begin showing up, and somehow Downey, Kilmer, and Monaghan find themselves right in the middle of it all.

Though slightly confusing at times, the plot is quite good, very reminiscent of classic murder mysteries. Twists and turns are abundant, so audiences shouldn't be left bored and disappointed.

Kiss is also stylishly done, from the opening credits to the closing scene. Downey is excellent as the narrator, and director Shane Black does an excellent job. Unique touches such as special camera angles and other fresh content are icing on the proverbial cake.

For a relatively unknown and independent movie, everything about this film is first rate. The acting is superb, and a level of repute and humor is maintained throughout the film, which serves to counter the ironically somber plot lines. The result is a bright and clever mix of serious scenes with a warped comedic content.

There is even comedic value in a scene in which Downey and Kilmer are being tortured.

Laughs are shrewdly worked into the most grisly conditions. It's violent, it's faced paced, at times it's downright gruesome, but it's funny. Kiss is dark comedy at its best.

Kiss received an R rating, and justly so. The entire movie is coated in a layer of obscenities and visceral violence, though it's mostly for laughs rather than action value. Regardless, it's not a family-friendly film.

One scene depicts Lockhart interrogating a thug with the classic one-bullet-in-the-revolver-chamber bluff, when the odds fail him and, much to his surprise, he accidentally fatally shoots the unfortunate brute.

his brand of dark humor is the essence of Kiss.

For fans of the genre, however, it's an excellent night's entertainment.

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Through the end of the month of October, the work of Robert Stahl will be featured in the Highline Library and Arts Exhibits. The gallery will be open Monday through Friday from the hours of 7 a.m. to 10 p.m. as well as Saturday from 9 a.m. to 5 p.m. and Sunday from 2 p.m. to 10 p.m.

This is the last couple of days to see Robert Stahl's photographs in the library.

Movie Fridays presents Million Dollar Baby in building 26 room 213. It will be at 2:10 p.m. Oct. 28th.

Jerk Alert Productions will be running the theatrical performance STIMULUS on Oct. 29, as well as Nov. 5, 12 and 19 at the Northwest Actor's Studio, 1100 East Pike Street in the Cabaret. Tickets can be reserved by calling 206-628-0888 and are priced at $10. It is open to all ages.

STIMULUS is a completely improvisational performance featuring a live band. Heavy on lights, dances, and generally highly physical performances, this show will feature no improvisation games, only stories, themes and songs to further the artistic quality of the performance.

Friday, Oct. 28 in the Mt. Townsend room will be a Dia De Los Muertos Dance from 8 p.m. to 11 p.m. to celebrate the observance of Latino Awareness Month.

How to Succeed in Opera without Really Trying is a mixture of opera and stand-up comedy, created and performed by Juilliard Pi- anist De. Charles Enlow and 2003 Metropolitan Opera Regional Final- list Inwelda Franklin Bugue. 1 Showtimes: At the North- west Actors' Studio, 1100 East Pike: Fri & Sat Oct. 28th, 29th, 8 p.m. At Sherman Clay, 1624 4th Ave: Sat, Nov. 5, 8 p.m. and Sun. Nov. 6, 2 p.m. Tickets: $10 general, $5 students/seniors. For advance tickets e-mail hotwos uccevedophens@hotmail.com.

A new kind of concert is coming to Seattle. Video Games Live features video game music from composers Tommy Tallarico (Advent Rising, Tony Hawk Pro Skater, Earthworm Jim) and Jack Wall (Jade Empire, Myst III: Exile, Splinter Cell). The concert will be at the Paramount Theater on Oct. 29. Tickets will be available via Ticketmaster.com, all Ticketmaster outlets or charge by phone at 206-628-0888. Tickets are also available online through the Video Games Live website at www.videogameslive.com. Advance tickets are $35, $45, $55 and $20, plus applicable service charges.

Where Are They Now? The Music Department of ICCC presents three outstanding musi- cians in a formal recital on Tuesday, Nov. 8, 2005, in Building 7 at 7:30 p.m. Performing will be pianist Jessica Graybill, Amber Rose Johnson and Natal- ie Lotus Wickham will be singing. They are preparing for the Music Teachers National Asso- ciation National Competition.

Traditional African sound comes to Highline

Kane Mathis playing an African instrument called a Kora. Mathis brought traditional music to The Blend last Wednesday.
RATIONAL NUMBERS

Using the clues, simple arithmetic, and a little logic, place a single digit (0-9) in each empty box in the diagram. To help you get started, one digit has been entered in the diagram.

ACROSS
1. One-half of 14-Down
2. 20-Across minus 3-Down
5. One less than 9-Across
6. Five times 6-Across
9. One-fifth of 2-Down
11. 7-Down minus 12-Down
13. Fifty less than 9-Across
14. Eight less than 5-Down
16. The last digit is one more than the first digit
18. One-half of 17-Down
20. Two times 7-Down

DOWN
1. 5-Down minus 14-Across
2. 15-Down minus 13-Across
3. Three more than 1-Across
5. The last digit is one more than the first digit
7. 4-Across minus 18-Across
9. 9-Across plus 16-Across
10. 11-Across plus 1-Down
12. Digits of 1-Down reversed
14. The first digit is the sum of the other digits
16. Seven less than 12-Down
17. Five less than 11-Across
19. 9-Across plus 16-Across

TV FARE

Across
1. Salad addition at times
5. Drivel
9. Stepped on
13. Mr. Boodle
14. Snell
15. Assistant
16. Rachel Green of Friends
19. Laser cartridge ingredient
20. Dog command
21. Parents, at times
22. Idiotrope need
23. A house, e.g.
24. Wine storage place
27. Electrical insulation
28. Pinch
31. Birdlike
32. Deep sleep
33. Cram
34. Dr. Nurse Crane on Frasier
37. Promised land
38. Summer treats
39. twang
40. Donor of Cheers
41. Lanky
42. Emphasize
43. With 33 Down The West Wing actor
44. Chum
45. PG-13 Sound city
46. Fake
48. JFK abbreviation
49. Captain Frank Furillo’s show on NBC
51. European mountain range
52. Mister Ed, for one
55. Region
58. Workout spots
60. Ceremonial elegance

Down
1. Island country of the Pacific
3. Fifty-fifty
4. Military vehicle
5. Texas Governor Richards
6. Australian parrot
7. Doctor’s org.
8. Equalize horses in a race
9. Sample
10. Baptistism, e.g.
11. Bad smell
12. Hideouts
14. Later
17. Greenwich, for example
18. Greek letter
22. Executed
23. Marcel Marceau and others
24. West Point undergrad
25. Dode
26. Survived
27. Victoria’s Secret employee
28. Scandinavian
29. Peruvian plants
30. Farnsworth, inventor of television
31. ‘Moon Man’
32. Periodic event
33. Whiskers
35. Onondagan leader
36. Bury.-Var.
37. Clancy and Cruise
40. Hohos
41. Lounges about
44. Dresser
45. Hoodlum
46. Well-ventilated
47. Quagmire
48. Dried-up
49. Monetary unit
50. Pour
51. Swiftly
52. See 45 Across
53. Story hour place

ENTERTAINMENT

1. MYTHOLOGY: What was ferocious about the Hydra, the creature that Hercules was dispatched to vanquish?
2. TELEVISION: On TV’s “Death Valley Days,” who rode a horse named Sam? (b. 1959)
3. ASTRONOMY: Which of the giant planets is closest to Earth?
4. U.S. PRESIDENTS: Who was the 33rd president of the United States?
5. LITERATURE: What kind of a creature is a Tolkien character named Frodo?
6. GEOGRAPHY: The Humboldt Current lies off the western coast of which continent?
7. MOVIES: Who played the father in the 1950 movie version of “Father of the Bride”?
8. MUSIC: The song “Moon River” was made famous in which movie?
9. LANGUAGE: What is a sociologue?
10. RELIGION: In Judaism, what is symbolized by the Sukkoth?

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New soccer goalie starts off strong

By Steve Protte, Staff Reporter

Facing a penalty kick can be a goalkeeper’s worst nightmare, especially one who has not played in two years. Add to that a close game against a rival team and most goalies would be trembling.

However, Bri Klasen wasn’t worried. She dove hard to her left and batted the ball away to preserve a 4-2 win over Bellevue.

“I was really confident. This season I’ve been trying to get my confidence back and I feel like I’ve finally got it,” said Klasen.

Klasen went to Decatur high school in Federal Way where she played softball and soccer.

She split time in goal her sophomore and junior year but was unable to play her senior year because of a car accident.

The car accident shattered her hand and badly injured her back. She had to have surgery and several screws inserted to repair her hand.

“In cold weather I still feel my hand tweak,” Klasen said, “I guess it will never be fully recovered.”

Klasen decided to stop playing soccer after graduating from Decatur in 2003 and went to Boise State University but it took only one year for her to decide to come home.

“I wanted to switch my major and I needed to take different core classes,” she said.

“Also, I wanted to be closer to my family.”

After enrolling at Highline she decided to start playing softball again.

It was then that she met Jessica Ventoza, who also played softball and soccer.

“I wasn’t really playing on playing soccer again, but Jessica Ventoza told me they really needed me,” Klasen said.

Klasen has improved very quickly this season.

“She has amazing reflexes,” said coach Jaimy McLaughlin. “She is just a great all around athlete.”

“I’m having lots of fun,” said Klasen. “I didn’t realize how much I missed it until I started playing again.

“Everyone has been really nice to me. I felt accepted really quickly.

It makes it easier to play when the team feel comfortable with your teammates.

I really want to thank my coaches and teammates for being patient with me and helping me work on my game.”

Now that she has spent some time with the team, she feels the Thunderbirds can mount a strong challenge for a championship.

“We are really coming together,” Klasen said. “We look like more of a team. I think we have a really good chance at NWAAC.”

However, Klasen said she is still not perfect in goal.

“I’m still hesitant,” she said.

“I am unsure whether to come out or not a lot of times.

But I’m not too worried about it because it just takes time and experience and it will come back to me.

I also need to improve on my communication. I don’t talk enough when I’m in goal.”

With soccer, school, softball, and work it would seem she’s always busy.

“Actually, I have enough time,” said Klasen. “Now that I started soccer I don’t practice with the softball team, and I am pretty good at time management.”

After Highline, Klasen plans to get a degree in psychology so she can be a high school counselor.

“I’d like to transfer to Western because they have a good psychology department, and I can still be near my family,” Klasen said.

She is still unsure whether she will continue playing soccer after Highline or not.

“If I get a scholarship I would probably play, but if I have to walk on I’m not sure if I’ll do it,” Klasen said.

“Right now I’m just focusing on the season with Highline and I think about next year when it comes around.”

Lady T-Birds still on track for No. 1 spot in playoffs

Coach unhappy with second half in 4-2 victory against Bellevue

By Steve Protte, Staff Reporter

A week of ups and downs included the best and worst halves of the season against Bellevue.

The Thunderbirds also tied Tacoma at home and remained in first place.

The Thunderbirds defeated Bellevue 4-2 on Oct. 22, but Coach Jaimy McLaughlin was not satisfied.

“The first half we played against Bellevue was the best we’ve played all season,” said McLaughlin.

“But the second half was the worst we’ve played all season. After the game, I felt like we had lost.”

Photo by Keith Daigle

The frustration was shared by assistant Tafara Pulse.

“You can’t feel fantastic about a game that you didn’t play for 90 minutes,” said Pulse.

“We won the first half 4-0 and lost the second half 2-0. We have a lot of mental aspects we need to work on.”

In the first half, Lisa Owehbo scored twice, and Katie Keniston and Savannah Mercado also scored.

The defense also did a great job, allowing no shots on goal.

The second half was a completely different story.

Bellevue dominated and scored twice. The game could have been even closer, but Bri Klasen saved a penalty kick in the second half.

“Was a great save,” said McLaughlin. “She just rejected it to and even though it was well-struck, she got it to.”

Earlier in the week, the Thunderbirds faced second-place Tacoma at home.

“We played well enough to win, but didn’t finish our chances,” said McLaughlin.

The game ended in a 1-1 tie with Jessica Ventoza scoring off an assist by Jessica Wilson.

“We’ve been working on finishing in practice, and we’re getting better, but we definitely need to finish better,” said McLaughlin.

McLaughlin and Pulse took the Tacoma game as an opportunity to place several players in different positions.

Center midfielder Jessica Wilson was positioned as sweeper and outside midfielder Karen Nichols was positioned as marking back.

“That is something we might continue because we have a really versatile team,” said Pulse.

“We do it to try to swing the momentum of the game in our favor.”

On Monday, the Lady T-Birds played in a 1-1 tie against rival Green River.

Highline plays at Olympic today with the opening kickoff set for 1 p.m.
This past week, the Highline men's soccer team started out strong, but had a disappointing finish.

The Thunderbirds faced off against Peninsula (8-4-2) on Wednesday, Oct. 19, and didn't have much trouble dominating the match. A hat trick from Steve Mohn sent the message to the Pirates that he was unstoppable.

"I was in the right place at the right time," Mohn said. "I made the most of the opportunities that came my way."

The hat trick was Mohn's first of the season. He is the leading scorer for Highline and in the NWAACC with 16 goals and 11 assists. Emanuel Nistrian added a goal to seal the 4-0 win for Highline.

Saturday's game was a different story as Bellevue won 1-0. The Thunderbirds traveled to Bellevue for a 2 p.m. match. The men struggled to gather their usual chemistry in the first half.

Passes weren't connecting, and Highline's offense had difficulties breaking through Bellevue's back line.

"The way they played defensively showed us that we need to work more as a team to create opportunities," coach Jason Prenovost said.

Highline's defense stayed strong through the first half to keep the game at 0-0. Frustration began to surface throughout the second half. Bellevue was issued a red card after Spencer Roddick of Bellevue took out Highline's defender Daniel Palermo with an illegal tackle.

With 17 minutes to go, Bellevue got a shot off that goalkeepe6r Jake Potter had trouble handling, and it was tipped in by Bellevue.

"I made a mistake, and they capitalized on it," Potter said about the goal.

Later in the second half, a ball was played over Highline's defense creating an opportunity for Bellevue to score again. Potter stepped off his line, and made a tackle to prevent a goal, but received a yellow card for the tackle.

The Thunderbirds couldn't find the back of the net, giving Highline its first loss of the season.

"I hate to lose, but in many ways we didn't deserve to win and we'll learn from it," Prenovost said. "We need to look inside of ourselves to try and make a difference."

Highline heads to Bremerton to play Olympia today at 3 p.m.

### Cross-country teams shine in OSU classic

**By Trevor Kilby**

STAFF REPORTER

CORVALLIS, Ore. -- There must have been something in the water.

Maybe that explains the outstanding performances by the Highline cross country teams at the Oregon State Beaver Classic on Oct. 22.

There was also a twist in the race. Highline usually competes in meets where team scores are kept.

However, that was not the case at Oregon State.

The meet was more like a road race, which meant that no team scores were kept.

All of Highline's runners had improved times, but the biggest boost came on the men's team with the return of sophomore Hassan Khalif.

Khalif said he missed the Clark Invite because he was tired and needed extra rest.

Coach Robert Yates said he was very pleased with the men.

"I was excited that the guys ran their best race of the season thus far," said Yates.

"The team is starting to think as a group and there not thinking as individuals anymore."

Leading the way for the men's team was Khalif, who covered the four-loop 8-kilometer course in a time of 26:21, which placed him 30th overall.

The next finisher for Highline was freshman John Hurlburt, who finished 22nd overall with a time of 26:33. There was no team scoring at the meet.

Coach Yates was really pleased with Hurlburt's performance.

"John finally got over his letdown," said Yates.

"This was his first really good race since the Sundoggin."

Sophomore Mike Essig had the best race of his young collegiate career. Essig's time of 27:04 placed him 32nd overall.

"I felt the course was OK, even though it was a four-loop, and I thought I should have done better," said Essig.

"Most of the team ran to their potential, and we have high hopes for NWAACC's," said Yates.

In the women's race, the Lady Thunderbirds were once again led by freshman Sherrie Barbour.

Barbour led the team with a 12th place finish in a time of 23:23 for the 6-kilometer race.

She was the top NWAACC finisher at the meet. Also competing from the conference were Clark, Southwestern Oregon and Everett.

"Sherie looked confident while she was moving through the field," said Yates.

"This was her most solid race of the season." Finishing second for the T-Birds was Melissa Better, who ran a time of 25:21. Freshman Rosie Medek had a personal-best with a time of 25:49.

"Rosie's workouts are getting better and her confidence level is going up, which is a huge boost for the team," said Yates.

Freshman Lyndsey Farrah ran despite suffering an injury to her meniscus disc on Oct. 8. Farrah's time was 27:22.

The T-Birds will be training hard this week as they prepare for the sixth annual Bellevue Open at Issaquah's Lake Sammamish Park on Saturday, Oct. 29.

The Bellevue Open will be the final tune-up before the NWAACC Championship Meet. The meet will also have former NWAACC runners and arch rivals Spokane may be there.

### Soccer in a minute

**By Jessica Wilson**

STAFF REPORTER

**Last Week:**

Highline 4, Peninsula 0
Bellevue 1, Highline 0
Hollow d. Green River (Green River forfeits)

**Upcoming games:**

Today, 3 p.m. @ Olympic (6-4-3)
Wed. Nov. 2, 3 p.m. @ Peninsula (1-8-2)

Highline's Emanual Nistrian splits the Bellevue defense in search of a goal.

"I have to lose, but in many ways we didn't deserve to win and we'll learn from it," Prenovost said. "We need to look inside of ourselves to try and make a difference."

Highline heads to Bremerton to play Olympia today at 3 p.m.

### Volleyball team looking forward to 2006 season

**By Daniel Palermo**

STAFF REPORTER

With the Highline volleyball team eliminated from playoff contention with a pair of losses last week, the Thunderbirds have already started recruiting players to rebuild the program.

"This level players come and go," coach John Littleman said. "Every year is a rebuilding year."

Littleman is setting up an one-day session that will allow prospective players to show their abilities.

This has not been a normal season for the Highline, which is 2-8 after the losses to Pierce and Lower Columbia. The losses officially ended the team's playoff hopes with four games left.

The Thunderbirds are used to being perpetrators and last season made it to the semifinals of the NWAACC tournament.

"In my 20 years of coaching, this has been one of my hardest and worst seasons (re-" said Littleman."

Despite the T-Birds record, they have kept a positive attitude.

"This year has been different than the past years, but we always play even when the outcome is already known," Littleman said.

Highline faced Pierce (6-4) for the second time season on Wednesday, Oct. 19. The team improved, but lost to Pierce for the second time. Visiting Pierce won in three close games, 30-28, 30-20, and 30-18.

Karim Carr led Highline with 11 kills and two digs. Brandy Fawcett had six kills and Kristy Richardson had 13 assists.

Two days later, the T-Birds traveled to play experienced and powerful Lower Columbia (9-1). Highline lost in three games, 30-13, 30-17, and 30-14, but was more competitive than it was the first time the teams met. Highline played Centralia (19-9) at Centralia Community College late yesterday, Oct. 26. Highline won the first meeting against Centralia. Scores were unavailable at press time.
Second year of charity game

Faculty, staff play Lady T-Birds in basketball game on Friday

By MARY K. EDSON

Highline faculty and staff will attempt to beat the Lady Thunderbirds basketball team in an annual matchup to raise awareness for breast cancer. The Athletic Department and Women’s Programs are putting on the game, which will take place Friday, Oct. 28, at 1:30 p.m. in the pavilion.

“We are hoping to have as many people there as we can,” said Marsi Braun, the director of Women’s Programs. T-shirts will also be sold to raise money for the Susan G. Komen Foundation.

T-shirts are on sale in the Women’s Programs office, downstairs in Building 2, and will be for sale before, during, and after Friday’s game. “We are hoping to raise as much money as we can to help,” Braun said. Braun said her group is trying to raise at least $1,000.

Coach Amber Rowe brought the game back last year after a five-year hiatus. “I’m excited for this game,” said Rowe. Last year, the event raised more than $700. The Lady Thunderbirds won 67-65, although the faculty and staff claimed there was a scoreboard malfunction and that they had won.

“It brings morale to the team and we are doing it for a great cause in the community.” According to Time magazine, about 40,000 women die each year from breast cancer. The Lady Thunderbirds will be led by five returning players.

Christine Kim, Ashley Clark, Ashley Cavalleri, Marissa Cain, and Allison Maas all return for the women. Faculty and staff who are playing include Ivan Gomez, Bruce Roberts, Bob Bonner, Anthony Newton, Jason Preнов, Eric Tingestald, John Jahn, John Dunn, Barry Carel, Ed Morris, Sam Shab, Pete Babington, Karen Nadeau and Dainen Crump.

Newcomers for the women are Wharton, Dinala Moore, Medium Dishun, Denay Boswell, Grace Dobson, Moana Taliloa, Kristen Jones and Stefania Green.

Last year, the Lady Thunderbirds finished third in the West Division with a record of 21-10, and were 13-3 in league play. With that record, Highline went on to play in the NWAACC Tournament.

In the tournament, Highline was eliminated after 3 games. This year’s team looks to improve and win a trophy.

Scores

TREASURE VALLEY - 6-7-7-24

7-4-12-0

Highline 4-12-14-0

31

6-2-22-8

3-1-22-9

1-2-20-9

3-6-14-0

6-0-17-8

4-17-8-1

4-14-0-2

4-12-13-1

2-1-17-4

2-10-23-3

5-1-21-7

4-10-18-9

9-12-20-10

1-13-0-9

3-10-9-0

10-0-11-0

3-8-16-4

17-17-17-11

3-5-19-21

2-9-12-3

5-17-8-17

30-13, 30-13, 30-13

24

14

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1-13-0-9

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10-0-11-0

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17-17-17-11

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3-8-16-4

17-17-17-11

3-5-19-21

2-9-12-3
State, grant funds help in training

BY NICK CLINE
STAFF REPORTER

Whether because of a layoff or a disability, sometimes people are forced to learn a new line of work.

That is where Highline's Workforce Training Program can help students with lower-cost retraining options.

The Workforce Training Program is funded by the Washington State Department of Labor, as well as federal funding. This year, the program has received a budget of $400,000 for financial aid and $1 million for institutional support.

"We are totally grant funded, so we never know if we will be back the following year, until the state passes its budget," said Program Manager John Huber.

"We have been around for 12 years now, though."

Huber said the program is open to all professional and technical students. Transfer students are generally not accepted by the program, but if a student can prove they are pursuing a short-term goal of gaining retraining, the program will help find the student funding.

Most students will generally receive a combination of state funding, federal financial aid, and money from work-source centers.

"We look at hardships the student faces, grades and the effort that the student puts into their retraining," said Huber.

"Based on what we see, we can decide how much each student will receive."

The program has been growing in comparison to other programs around the area in recent years.

Huber said the retraining that Highline offers is becoming less blue-collar.

"Most of our programs are beginning to require more high-tech and digital skills," he said.

"Our program peaked after 9/11 (2001) and the big Boeing layoffs," Huber said. "As unemployment rises, our program grows, but as the economy starts to get better we will see less funding."

During the program's peak, it was serving 500 to 600 students. Typically, there are 300-400 students enrolled in the program.

"Because there are so many students we help, we can't offer full-ride scholarships," said Huber. "We just try to patch up the gaps in the funding for the students."

The Job Fair assists in search

BY LARA TOSCH
STAFF REPORTER

There will be less excuse to be out of work this fall.

Highline's Career and Employment Services is hosting a free Job Fair today, Oct. 27, for students seeking employment. The Job Fair will provide an opportunity to learn about seasonal and permanent positions.

Several employers will be present, including the Federal Way Boys and Girls Club, Old Navy, and Target. Company representatives will accept applications and résumés, and answer questions about their businesses.

The Job Fair will take place in the Mt. Townsend room in Building 8, from 8:30 a.m. to 12:15 p.m.

Through November, the center will also host workshops addressing work behavior, what employers expect, and programs provided by Peace Corps and AmeriCorps.

To help direct career paths, there will be a workshop on Friday, Oct. 28, on how to avoid career land mines.

The workshop will focus on the difference between positive and negative on-the-job behaviors.

It will be held in the Mount Skokomish room in Building 8, from 12:10 p.m. to 1 p.m.

Mike Walker, of United Parcel Service (UPS), will talk about what employers are looking for Friday, Nov. 4, at a workshop in the Mount Olympus room in Building 8, from 12:10 p.m. to 1 p.m.

Peace Corps and AmeriCorps will present a workshop on the opportunities their programs provide Friday, Nov. 18 in the Mount Olympus room in Building 8, from 12:10 p.m. to 1 p.m.

Highline's Career and Employment Services Center assists job seekers in writing résumés and improving interview skills as well as offering self-assessment tests and career exploration tools.

Highline's Career Center is open to the public and free. It is located in Building 6 and is open Monday a.m. to 7 p.m.; Tuesday through Thursday 8 a.m. to 5 p.m.; and Friday 9 a.m. to noon.

Leaves just keep falling on their heads

Photo by Alicia Mendez

Students are greeted by beautiful autumn leaves as they enter campus near Buildings 22 and 23. Trees around campus have been showing their fall colors just before a grey winter.

Korean students share at conversation cafe

BY BRINTON SLAGER
STAFF REPORTER

Students looking to get a taste of a different culture will have the opportunity this Thursday.

The Korean Conversation Café will take place Nov. 3, from 2 p.m. to 3:30 p.m. in Building 2.

Refreshments will be provided, and the event is open to students, instructors and members of the community.

"We'll probably have an instructor and some people from the business community and they will take part in a round-table conversation about their experiences," said Laura Manning, a speech instructor at Highline and also the Phi Theta Kappa Honor Society co-adviser.

Last year, students had the chance to learn about experiences of Egyptian and Ukrainian students on campus.

Students will hear about various experiences from South Korea through presentations and discussions this year.

The Korean Conversation Café hopes to draw a big crowd.

"We encourage instructors to come and send students," Manning said. "We encourage students to come and we encourage members of the community to come."

The event will be hosted by the Highline Honors Program as well as Phi Theta Kappa and the Speech 200 level classes.

Photo by Alicia Mendez
Math Lab is closing after 20-year run at Highline

By Nick Cline

STAFF REPORTER

A resource for Highline students is closing its doors after 20 years of service.

The Math Lab will no longer be offered after Fall Quarter.

"The Math Lab opened in the mid 1970s as a way for the Math Department to meet the needs of students that required a slower pace through pre-college math curriculum," said Mathematics Instructor Dusty Wilson.

The Math Department has decided it could better meet the needs of those students through other avenues.

The new curriculum that will be offered will be two- and three-credit versions of the Preparation for Algebra and Beginning Algebra courses.

"These slower-paced courses will address the needs of those students who benefited from the Math Lab," said Wilson. "We feel it will do this while increasing the completion rates and generating more revenue for the institution."

Enrollment continued from page 1

The only community college that had increases in 2004 were Bellingham Community College, Wenatchee Valley Community College, and Peninsula Community College in Port Angeles.

Many different variables contribute to declining enrollment. Some Highline students spoke out on the issue.

"I think there is a common misconception about community colleges, that it's not as prestigious as a university," said Bryan Fuller.

Some students say Highline is losing students due to lack of programs.

"One of my friends doesn't go to Highline because of the lack of an aviation program. Green River has one," said Michael Deming.

"There is a lot of community colleges here, so people can choose to go where they want, basically pick the most convenient," said Tu Vu.

Location also seems to be a big factor in where students decide to go.

"I know some people who go to Green River because it's closer," said Ashley Hogan.

The program was designed to meet the needs of students who experienced severe anxiety, or wanted to complete multiple courses at the same time.

"The Math Lab has historically cost money for the college," said Wilson. "If we felt that the benefit was still worth it, we would not have closed it."

"We feel it is not necessarily a bad thing, hands down it will be a very good thing for Highline," said Wilson. "It served its purpose, and now we have a better approach."

Fear continued from page 1

then that is a phobia, because in reality there is no justification to be that afraid of flying. Statistically, fewer people are killed in airplane crashes than in car crashes," Fowers said.

Sometimes a past trauma explains a person's phobia, and there is evidence to suggest that some phobias are genetic. Many people who have phobias have relatives with similar symptoms.

However, most of the time the reason for the phobia remains a mystery.

"A lot of times in psychology, we can diagnose phobias, but we have no way of understanding why that phobia developed," Fowers said.

According to ahealth.com, more than 10 percent of the population suffers from some form of phobia. Phobias are the most common mental disorder in the United States.

Treatment for a phobia involves gradually facing your fear, until you realize that what you are afraid of cannot hurt you.

"You gradually expose the person to the thing that they are afraid of. And over time they learn that the thing that they are afraid of is not going to hurt them, and they get used to it. If a person is afraid of heights and bridges, you could take them across a small bridge to begin with, and eventually increase the length and the height of the bridges," Fowers said.

Graphics by Alice Moon, Jeremy Kochel, and Melody Erickson

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