**Highline is planning to make whole campus wireless**

By Christina Bradley  
Staff Reporter

Highline is going to go wireless.

The entire Highline campus will be completely wireless by the end of Spring Quarter.

Wireless means being able to connect to the internet from a signal rather than having to be physically plugged into the internet cables.

“Phase one includes the replacement of existing wireless access points with access points that can be remotely managed for placement and maintenance. The new access points will allow access to greater bandwidth and uninterrupted movement between access points,” Colgan said.

Dennis Colgan holds one of the wireless internet hubs.

Phase one is scheduled to be completed by Oct. 31. “Phase two will be completed by the end of Winter Quarter,” Colgan said.

“Phase three includes the new access points, cabling and installation that will allow wireless network access to the outside of all buildings on campus,” Colgan said.

Highline will be completely wireless by the end of Spring Quarter.

Students will be able to access the wireless internet by using a login.

“The students will get a log-in that allows them to access the wireless. The log-ins should be completed by the end of Winter Quarter,” Colgan said.

Security is not an issue with wireless at Highline because of the log-ins.

“The neighbors and people walking by may have the signal, but they will not be able to use it,” Colgan said.

The national economy is going through some rough waters, and Highline is sure to be affected in the near future.

“As the economy falters, the state government is forced to be more conservative in its spending, which means Highline could face lower funding very soon. “At the state level, there’s the potential of budget cuts,” said Lisa Skari, vice president of institutional advancement.

In fact, Highline has already seen the earliest effects—Highline’s budget has been cut $672,000 as part of a $17.9 million reduction by the Washington State Board for Community and Technical Colleges.

Highline President Jack Bermingham said, “The report of the November revenue forecasts would force a further reduction.”

Vice President for Administration Larry Yok said, “I think it is reasonable to believe that there will be substantial reductions in the state’s general fund revenues now and over the next two-year budgeting period.”

While we have budgeted cautiously for the current fiscal year, we are clear that the cuts will have an impact on our services to students, and potential to our ‘open door’ mission,” Bermingham said.

Skari said that this is not the only worry the financially oriented presents: “Consumer con-
Benches stolen

Two aluminum benches were reported stolen from the soccer field Friday night. One of Highline’s athletic administrators reported the benches missing on Saturday.

Replacing the benches will cost $500 for each bench, plus tax and shipping, said athletic director John Dunn.

The stolen benches were not bolted in because they are portable benches used for soccer.

Sexual harassment

A teenage boy reached under a chair and grabbed the back area of a female student who was studying on the fourth floor of the library.

She turned around and said “what are you doing?” and slapped him in the face. The offender, who stood there stunned, was 15-18 years old with short black hair, about 5’7”- 6’0” and was wearing a white shirt.

The very upset female came and reported this to security. There were no witnesses.

Student assaulted

Four individuals assaulted a man near Building 29 by the bus stop last Friday.

A Central Washington University student witnessed this happening and pressed an emergency call button to notify that the assailants were leaving Highline’s campus and were heading down a back road across the street.

The Central Washington student said that the four unidentified individuals were trying to take the other man’s jacket and hat.

When Highline Security and Des Moines Police Officers arrived at the scene, the victim refused to tell his name or give any information. He was given an icepack and sanitary wipes for his injuries.

Verbal threats

A male student was making verbal threats to four men in the smoking area on Tuesday. After taking a pen-like object from his pocket, he said he would stab them.

Something about $20 was mentioned and one man from the group of four stood on a bench and said, “C’mon I’m right here, stab him.”

The threatening student walked away and was later given a verbal warning for his behavior and was told to report to security if he has any more problems on campus.

Moses discusses science of Belize

Science Seminar is back on schedule with Woody Moses speaking about Belize this Friday.

Science seminars are open to the community. They are held on Fridays from 2:20 – 3:10 in Building 3, room 102.

Moses, a biology instructor at Highline, taught a class in Belize last summer. The class will be offered again this summer, during the last two weeks of June.

The class, General Science 120, is a five-credit lab science course.

Students spend the first week of the class studying forest ecology, and the second on the barrier reef.

He will talk about his experience during the seminar.

Movie Friday is like a box of chocolates

 Forrest Gump will be shown for this week’s Movie Friday.

The film follows the life of its titular character Gump, played by Tom Hanks, through a slightly-revised version of the second half of the 1980s in which he meets a number of political and cultural figures make a strong impact on history.

Gump is largely unaware of most of these effects, because he is depicted as particularly unintelligent.

The film makes liberal use of computer-generated imagery to place Hanks in clips of historical footage to show Gump meeting famous people who were dead when the film was made.

Forrest Gump was on re-release in 1994, a commercial and critical success, garnering over $677 million at the box office and won six of the 13 Oscars it was nominated for.

The film will play Oct. 24 at 12:30 p.m. in Building 7. Free popcorn will be served.

Math workshop combats testing anxiety

A workshop on test and math anxiety will be held today, Oct. 23.

It is titled, “How To Relax and Do Your Best and Avoid The Freeze-Up.”

The workshop will be led by Highline counselor Patricia Haggerty at 2:30 p.m. in the Math Resource Center in Building 26, room 319.

Organizers stress that the workshop is not only for math anxiety, and can benefit students with testing anxiety in any class.

Educational Planning think out of the box

The Educational Planning and Advising Center will host their “Out of the Box” program program Tuesday, Oct. 28.

The Out of the Box program gives the EPAC a chance to show students, faculty and staff the types of information and services we have available to everyone.”

Services will include assigning students to faculty advisers, distributing college application materials and explaining how to use various online services.

The event will be held in Building 8, and run from 10 a.m. to 1 p.m.

New center eases transition for foreign professionals

The Puget Sound Welcome Center is celebrating its grand opening today from 10 a.m. to 5 p.m. in building 19.

The celebration includes an open house with a tour of the center. Visitors will have the opportunity to meet the staff of the Center. The official opening was yesterday, October 22.

The Center assists healthcare professionals trained outside of the US and helps utilize their skills to build and re-enter a career path with potential employers.

Highline’s Center is part of a national initiative that includes centers in Massachusetts, Rhode Island, and the main center in California.

For more information, contact the Center at ext. 3345 or visit their website at http://wel-comeback.highline.edu.

New scholarships available

Forms are now available for the All-USA Scholarship.

The scholarship is presented by the newly-reinvented All-USA Community College Academic Team.

Sixty awards will be given out, in amounts ranging from $1,000 to $2,500, totaling almost $500,000 in scholarships.

Selection will be based on academics, leadership and extending their community college education to better themselves, their schools, and their communities.”

Applications are available on the door of room 18-207, and are due Monday, Nov. 10.

For more information, see the team’s site, http://scholarships.-pik.org/aaat/announce.htm
**A survivor’s tale**

Highline student recounts escape from abusive relationship

By Aaron Raj

Rovenna James had to get out of the relationship with her boyfriend to save her life.

“Most friends and my ex-boyfriend were cousins so that’s how we met. I thought I knew him pretty well,” James said. James started dating her now ex-boyfriend when she was 21 years old.

“I never knew he would be that type of man when we first started dating,” James said. James was working two jobs and living in an apartment with a roommate at the time.

“I had everything set, I had two good paying jobs and I was making it on my own. That’s when I got pregnant,” James said. James’s now ex-boyfriend is the father of her child.

The first time James suffered domestic violence she was two months pregnant. Her ex-boyfriend would do drugs and lose control when he got mad.

“He did drugs; I wasn’t sure at first he was doing drugs. He came home one day and didn’t have any money and I had told him not to go any more, but he went to his friends. The next thing I knew he was staggering at me and I was yelling at him. He started yelling more and pulling my hair until some of it came out. Then he punched me in the face,” James said.

Right after he hit her he would say that he was sorry and that he loved her.

“After he hit me he wouldn’t let me leave the house. He said he wouldn’t do it again and locked the door. He stayed in front of the door all night and said I couldn’t leave until the morning. I was scared for my life,” James said.

For years James went back to him.

“Every time I went back he would say he would change. He said he wouldn’t stop drinking and doing drugs. I went back because I thought things would work out. I wanted things to work out because he is the father of my child,” James said.

“He’s hit me in front of our baby girl and called me names. I don’t want her to think that’s normal. He is a violent man and is supposed to treat women,” James said.

The last time James suffered domestic violence from her ex-boyfriend was three months ago. She was still good friends with her ex-boyfriend’s family and went to a party that he was at.

“We weren’t really together at the time, I noticed him looking upset. He got mad that I didn’t want to be with him. We got into an argument and the next thing I knew he punched me in the face. It all just happened so fast, I couldn’t believe how hard it hit,” James said.

Her ex-boyfriend’s cousin broke up the fight and called the police. The police came in and that is when James took legal action against her now ex-boyfriend.

“I had enough of it; I knew I couldn’t be with him even if I was the father of my child. I have no contact order against him now. He is not allowed to come see me or talk to me,” James said.

“It seemed like a whole other lifetime ago, like it was a bad dream or something. I suffered domestic violence; I thought this would never happen. My next friends suffered it, I didn’t think I would be in this situation,” James said.

James said she has learned to move on.

“I thought I was in love. He would get mad if I was with someone else but he has to learn to move on too. We will never get back together and he has to face the facts,” James said.

“It disgusts me that it took so long for me to realize I was in domestic violence. I understand that I couldn’t change him but could change the situation I was in,” James said.

James is now 23 years old. Her case worker got her a job at Highline in Women’s Programs and she decided to attend classes at Highline as well. She plans to major in Human Services.

“I’m at a good place in my life now. I’m able to attend classes and have a good job here at Highline,” James said. James now lives a safer life with her daughter and plans to finish school and get a degree in Human Services.

“I’m a whole other person now,” James said. “I’m stronger now; I want to get an education to empower women with knowledge of my situation so that it won’t happen to them.”

---

**B-tech students hope to help others through class project**

By David Olerich

Sherri Chun’s Project Management students do a lot of work on their way to degrees in business technology.

In the past, most of the teams working on projects have chosen one that are behind the scenes: redesigning a website or survey, or working on a project for a faculty member.

This quarter, however, one group of students has chosen to try to help spread the reach of Highline’s annual Giving Tree.

Calling their project Secret Santas, Highline students Shaun Owens, Karen Spaulding, Kevin Mar and Simon Nesterov hope to increase the number of needy Highline families helped out this year.

They have four fund-raising events planned, including a bake sale on Nov. 4, pictures with Santa on Nov. 17, a toy drive on Dec. 1, and gift wrapping on Dec. 5.

The Giving Tree, run by Student Programs and Women’s Programs, distributes gifts to the families of needy Highline students each December. People on campus sign up to help and are given wish lists from recipients.

About 50 families are helped each year.

“Our goal is to increase that amount of giving and help out more families,” Nesterov said. Nesterov said, up to 75 families assisted.

Naomi Etienne, an events manager in Student Programs, is the student group’s project sponsor.

“It builds community at the school [Highline] and it’s also a good way for them to kind of show their appreciation and work for a greater good,” Etienne said.

Professor Chun said the project is not typical of work for the Project Management class.

“Students don’t usually take on high-visibility type projects like this,” Chun said.

“What makes this project different is, these students are actually going to be involved in fund-raising for Secret Santas and increasing the pool of money that the school can use to buy holiday presents and treats for the underprivileged,” Chun said.

“So, it’s very visible and it’s something we can actively promote. It’s a great cause [and] it’s something the campus needs to do more of,” she said.
New trustees face challenging times

The new trustees for Highline, Dan Altmayer and Barbara Reed, will have a full plate overseeing the college.

Altmayer and Reed were appointed to the Board of Trustees after the death of one board member and the retirement of another.

The Board of Trustees governs the overall activity of the college, determining what programs are provided by the college, what fees are necessary to maintain the college, and when to borrow money to maintain or expand the college. Long before construction for the MaST center could begin, for example, the Board of Trustees had to determine that it was a strategically necessary expansion for the college.

The board also defines the guidelines and policies by which the college president is meant to abide, and can even choose to fire the president if necessary, as they did in 2006.

In the current economic and political climate, adaptiveness on the part of the college is a must. The board has to be prepared for changes in the needs of the community if the economy continues to decline.

As the economy declines, jobs will likely become scarce. More people may want to change careers as their old jobs disappear. According to the Wall Street Journal, at least 1.5 million people were laid off in September, the highest since September 2001. Yahoo announced this week that it will be laying off 10 percent of its workforce, an estimated 1,500 people, and real-estate site zillow.com is laying of 25 percent of its workforce, mostly in Seattle. Although enrollment appeared to be down on the first day of Fall Quarter this year by 500 students, a trend has not been established. The school may face an increase in enrollment in the coming years as more people seek to change their careers.

As the economy continues to decline, the Board of Trustees will need to ensure that Highline is prepared for a potential onslaught of people may want to change careers as their old jobs disappear. According to the Wall Street Journal, at least 1.5 million people were laid off in September, the highest since September 2001. Yahoo announced this week that it will be laying off 10 percent of its workforce, an estimated 1,500 people, and real-estate site zillow.com is laying of 25 percent of its workforce, mostly in Seattle.

Although enrollment appeared to be down on the first day of Fall Quarter this year by 500 students, a trend has not been established. The school may face an increase in enrollment in the coming years as more people seek to change their careers.

As the economy declines, jobs will likely become scarce. More people may want to change careers as their old jobs disappear. According to the Wall Street Journal, at least 1.5 million people were laid off in September, the highest since September 2001. Yahoo announced this week that it will be laying off 10 percent of its workforce, an estimated 1,500 people, and real-estate site zillow.com is laying off 25 percent of its workforce, mostly in Seattle.

Although enrollment appeared to be down on the first day of Fall Quarter this year by 500 students, a trend has not been established. The school may face an increase in enrollment in the coming years as more people seek to change their careers.

As the economy continues to decline, the Board of Trustees will need to ensure that Highline is prepared for a potential onslaught of people may want to change careers as their old jobs disappear. According to the Wall Street Journal, at least 1.5 million people were laid off in September, the highest since September 2001. Yahoo announced this week that it will be laying off 10 percent of its workforce, an estimated 1,500 people, and real-estate site zillow.com is laying off 25 percent of its workforce, mostly in Seattle. Although enrollment appeared to be down on the first day of Fall Quarter this year by 500 students, a trend has not been established. The school may face an increase in enrollment in the coming years as more people seek to change their careers.
1. AD SLOGANS: What product tempted consumers with the advertising slogan “Betcha can’t eat just one.”

2. LANGUAGE: What does the word “Volkswagen” mean in German?

3. LITERATURE: What was the title of Shakespeare's play when Franklin and Eleanor Roosevelt were married?

4. MOVIES: What was the name of the caretaker's cat in the Harry Potter movies?

5. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

6. LANGUAGE: What does the word “Volkswagen” mean in German?

7. LITERATURE: What was the title of Shakespeare’s play when Franklin and Eleanor Roosevelt were married?

8. TOURISM: What are the Hawaiian roots of the name of the caretaker's cat in the Harry Potter movies?

9. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

10. BIBLE: How long did Methuselah live, according to the Book of Genesis?

11. ARTS: What is the setting in the TV city that was the setting in the TV series “Eight is Enough”?

12. LANGUAGE: What is the meaning of the word “Volkswagen” in German?

13. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

14. ARTS: What is the setting in the TV series “Eight is Enough”?

15. LANGUAGE: What is the name of the caretaker's cat in the Harry Potter movies?

16. ARTS: What is the setting in the TV series “Eight is Enough”?

17. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

18. BIBLE: How long did Methuselah live, according to the Book of Genesis?

19. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

20. ARTS: What is the setting in the TV series “Eight is Enough”?

21. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

22. BIBLE: How long did Methuselah live, according to the Book of Genesis?

23. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

24. ARTS: What is the setting in the TV series “Eight is Enough”?

25. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

26. BIBLE: How long did Methuselah live, according to the Book of Genesis?

27. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

28. ARTS: What is the setting in the TV series “Eight is Enough”?

29. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

30. BIBLE: How long did Methuselah live, according to the Book of Genesis?

31. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

32. ARTS: What is the setting in the TV series “Eight is Enough”?

33. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

34. BIBLE: How long did Methuselah live, according to the Book of Genesis?

35. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

36. ARTS: What is the setting in the TV series “Eight is Enough”?

37. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

38. BIBLE: How long did Methuselah live, according to the Book of Genesis?

39. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

40. ARTS: What is the setting in the TV series “Eight is Enough”?

41. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

42. BIBLE: How long did Methuselah live, according to the Book of Genesis?

43. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

44. ARTS: What is the setting in the TV series “Eight is Enough”?

45. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

46. BIBLE: How long did Methuselah live, according to the Book of Genesis?

47. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

48. ARTS: What is the setting in the TV series “Eight is Enough”?

49. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

50. BIBLE: How long did Methuselah live, according to the Book of Genesis?

51. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

52. ARTS: What is the setting in the TV series “Eight is Enough”?

53. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

54. BIBLE: How long did Methuselah live, according to the Book of Genesis?

55. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

56. ARTS: What is the setting in the TV series “Eight is Enough”?

57. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

58. BIBLE: How long did Methuselah live, according to the Book of Genesis?

59. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

60. ARTS: What is the setting in the TV series “Eight is Enough”?

61. MUSIC: What name did Simon & Garfunkel go by earlier in their music careers?

62. BIBLE: How long did Methuselah live, according to the Book of Genesis?

63. SPORTS: What is the name of the caretaker's cat in the Harry Potter movies?

64. ARTS: What is the setting in the TV series “Eight is Enough”?
You can feel the vibrations from these ginormous drums pounding in your legs. The noise echoes throughout the room. The drummers are focused on tattooing the drum in a rhythmic beat. This club is literally ready to make you shake.

The Yamato Taiko club is a group of students who get together to perform different variations of drum rhythms and choreography. Drummers say partaking in the choreography feels somewhat strange and awkward, but moving as a group turns this form of drumming into something exciting to watch. The drums are rather large (similar in size to a beer keg), and make an extravagant sound. Therefore, it’s pretty hard to ignore the beat. These drums are similar to the typical American drums, but also very different in several ways.

For example, most American drums today are typically made of different metals and plastics. Taiko drums are made of hollowed out wood and cowhide. “They are much simpler [than American drums], and also give you a good workout,” said Yamato Taiko President Melody Ericksen. “Overall, the sound is very different.”

They may look crazy while playing, but it is something which takes a lot of hard work to accomplish, said new member Saori Suega. “It looks easier than it really is,” she said.

“While practicing one of the traditional Japanese rhythms, there are seven steps we go through.” The seven steps consist of standing shoulder-width apart (or whatever’s comfortable), and making various movements with your arms. The drumsticks used are rather large, which helps create a heavier beat. “It is my second year in the club, and I haven’t played drums or any other instrument before,” Ericksen hopes to put together a new performance for the members to play at later on this quarter. “Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “The members are very diverse. It used to be only Asians, but now we’ve had a few people of different nationalities.”

The club has around 10 people, but could use more. The Yamato Taiko club meets weekly, every Thursday at 3-5 p.m. in Building 7. This club is open to everyone, so if interested contact Melody Ericksen at mericksen2@gmail.com or 253-250-8200.

Comedian Susan Rice is appearing at Auburn Avenue Theater.

“Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “Sometimes I’ve gotten so into it, I have skinned my hands,” said Ericksen. “After playing for a while, you can feel all the muscles throughout your body that are used to play the drum.” Yamato Taiko is about 2 years old and has played at Highline’s Global Fest the past two years.

Ericksen hopes to put together a new performance for the members to play at later on this quarter. “Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “The members are very diverse. It used to be only Asians, but now we’ve had a few people of different nationalities.”

The club has around 10 people, but could use more. The Yamato Taiko club meets weekly, every Thursday at 3-5 p.m. in Building 7. This club is open to everyone, so if interested contact Melody Ericksen at mericksen2@gmail.com or 253-250-8200.

Ericksen hopes to put together a new performance for the members to play at later on this quarter. “Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “The members are very diverse. It used to be only Asians, but now we’ve had a few people of different nationalities.”

The club has around 10 people, but could use more. The Yamato Taiko club meets weekly, every Thursday at 3-5 p.m. in Building 7. This club is open to everyone, so if interested contact Melody Ericksen at mericksen2@gmail.com or 253-250-8200.

Ericksen hopes to put together a new performance for the members to play at later on this quarter. “Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “The members are very diverse. It used to be only Asians, but now we’ve had a few people of different nationalities.”

The club has around 10 people, but could use more. The Yamato Taiko club meets weekly, every Thursday at 3-5 p.m. in Building 7. This club is open to everyone, so if interested contact Melody Ericksen at mericksen2@gmail.com or 253-250-8200.

Ericksen hopes to put together a new performance for the members to play at later on this quarter. “Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “The members are very diverse. It used to be only Asians, but now we’ve had a few people of different nationalities.”

The club has around 10 people, but could use more. The Yamato Taiko club meets weekly, every Thursday at 3-5 p.m. in Building 7. This club is open to everyone, so if interested contact Melody Ericksen at mericksen2@gmail.com or 253-250-8200.

Ericksen hopes to put together a new performance for the members to play at later on this quarter. “Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “The members are very diverse. It used to be only Asians, but now we’ve had a few people of different nationalities.”

The club has around 10 people, but could use more. The Yamato Taiko club meets weekly, every Thursday at 3-5 p.m. in Building 7. This club is open to everyone, so if interested contact Melody Ericksen at mericksen2@gmail.com or 253-250-8200.

Ericksen hopes to put together a new performance for the members to play at later on this quarter. “Performing gives you something to look forward to and something that makes you want to get better,” said Ericksen. “The members are very diverse. It used to be only Asians, but now we’ve had a few people of different nationalities.”

The club has around 10 people, but could use more. The Yamato Taiko club meets weekly, every Thursday at 3-5 p.m. in Building 7. This club is open to everyone, so if interested contact Melody Ericksen at mericksen2@gmail.com or 253-250-8200.
Lady T-Birds soar into second place with close win

By Liz Phillips
Staff Reporter

The Lady Thunderbirds rode out a five-game winning streak to move into second place.

Highline recorded a shutout against Whatcom with a final score of 1-0. Highline also defeated Olympic, 3-1. Whatcom is currently in second place in the North Division and Olympic is fourth in the West.

“Whatcom was a good test and the girls fought very hard to get the result,” said Head Coach Tom Moore.

“We talk about it all the time. When there is a big game and it’s close, you may only get one or two chances to put a goal away and you have to make it count. We did just that in the first half.”

The win over Whatcom last Saturday took Highline another step closer to the playoffs.

“It was a huge mental lift for us since Whatcom is really the only team all year that I thought outplayed us in a game – the first game we played, they beat us 4-2 and deserved the win. The girls knew we would need to play tough the entire game and that is what we did,” Moore said.

Highline came out strong early in the first half. Ivana Frerichs said that the opponents kept getting frustrated with Highline because Highline kept cutting off their angles and double-teaming Whatcom attackers and forcing them to have bad touches on the ball.

Highline took advantage of these errors. Whatcom’s biggest mistake of the game happened at the 30-minute mark. A chipped ball to Highline forward Kelsey Lusebrink gave her a one-on-one opportunity with the Whatcom goalkeeper.

Lusebrink hit a powerful shot straight at the keeper, which knocked her to her knees. Highline’s Whitney Lynch swooped in and scored the one and only goal of the game.

Frerichs said Lusebrink must have kicked the ball very hard because Whatcom’s keeper was down for a solid four or five minutes.

The second half of the game was very close, back and forth. Highline got some good shots on goal. Frerichs and the Highline defense kept the Orcas out of the net, giving the T-Birds the win.

“Whatcom made a mistake and we took advantage of it and that’s what good teams are able to do in big games. We only gave up two very good scoring opportunities in the game and Ivana [Frerichs] did well to smother those chances,” Coach Moore said.

“Seeing how hard the team fought at the end of the game to not give up any chances was great. The kind of heart this team displays is something you can’t coach and can only hope rises to the occasion. To this point, the team has shown a great deal of this,” Moore said.

Highline had a much easier time with the game versus Olympic.

“The Olympic game was a complete domination,” Moore said.

Although Olympic scored first, Highline truly outplayed Olympic, Moore said.

Olympic scored within the first 15 minutes. A foul was called against Highline inside the 18-yard box, which gave Olympic a penalty kick.

The kick was hit well on target. Goalkeeper Frerichs moved in the right direction but missed.

“I had my fingertips on the ball,” Frerichs said.

This goal was a catalyst for Highline. A minute later, Highline’s Andrea Erdahl fired back.

Erdahl mentioned to Moore that she noticed Olympic’s keeper was out of position as she fired a left-footed shot and scored.

Five minutes later, Highline scored again. The goal started off with Lusebrink pushing the ball up to Lynch. Lynch received the ball and hit a low, hard shot from just outside the penalty box. The shot was true and made the score 2-1.

Frerichs said that at halftime Coach Moore told them to keep working hard and not let down. Highline took his words to heart and did just that.

Within the first five minutes of the second half, Highline’s Korinne Goudey scored to make it 3-1.

Goudey retrieved a mis-hit ball from about 25 yards out and took the ball upfield, set herself up with a touch, and hit a low, hard shot inside the far post from just outside the penalty box.

After Highline’s last goal, they had numerous other shots that were off target, although they hit the post three times, Moore said.

Frerichs said that Highline truly dominated the whole game. She said that after the first half, she rarely touched the ball.

“We outshouted them and were dangerous the whole game. Things have been getting better and better each game,” Moore said.

“We’ve had more time to get used to each other and settle into positions,” said Highline’s Kelsey Louvier.

On Wednesday, Oct. 22, Highline played rival Green River at home, doubling the Ga-tors 6-2.

Kelsey Lusebrink led the T-Birds with four goals, plus one assist.

From the start, Highline was very aggressive and really moved to the ball. The T-Birds took a lot of great shots but the follow-ups on those shots weren’t there.

Lusebrink and Highline’s first goal came at 18 minutes, off a long pass from Brittany McKay. Lusebrink went one-on-one with Green River’s goal- ie before punching it in.

Two minutes later, Green River’s Amber Rabena scored. Froes dove but missed by inches.

Highline took the lead back at the 24-minute mark. A corner kick from Erdahl set the ball right in front of the goal for a perfect shot by Lusebrink, mak- ing the score 2-1.

A minute later Green River scored off of a corner kick.

Lusebrink put Highline back on top for good a little while later, making a hard, left-footed shot.

From the right side, Erdahl was looking to center the ball. Green River’s keeper came out too soon and Erdahl’s shot literally rolled into the net, mak- ing the score 4-2 going into the half.

Three minutes into the half Highline’s D. Guerra scored, off of a pass by Lusebrink. Lusebrink closed out the scoring soon after.

“We are setting our sights on catching Bellevue, and in order to do that we have to make sure we don’t make any mistakes. We’ll need Bellevue to slip up in one or two games and that is very possible since they still need to play Shoreline, Whatcom, and ourselves,” Moore said.

Highline hosts Skagit Valley at 2 p.m., Saturday, Oct. 25.
The Thunderbirds are hitting a rich vein of form and confidence and are back in first place.

Highline currently sits one point above rival Bellevue. However, Bellevue has a game in hand and depending on the outcome they could retake first place.

Highline dominated the play in both of last week’s matches against Olympic and Whatcom.

“Playing well and confidence go hand in hand,” said Head Coach Jason Prenovost. “I think we always expect to win and Wednesday was no different; however, Olympic put forth a great effort and that forced us to play good soccer.”

Highline played Olympic on Wednesday, Oct. 15, and won the match 4-0.

In the 36th minute Whatcom were spreading the play well. Their intended targets, and they pressure on the Whatcom play. The forwards are working better off the ball creating confusion for opposition defenses and opportunities for each other. Maybe the biggest strength of this team is that when we bring someone off the bench they contribute.” Prenovost said.

Highline played Whatcom at home in the 65th after receiving a pass from Alex Bresnen.

Gouk scored his second goal, and Highline’s third, in the 71st minute and Ryan Kuffer finished the score at 4-0 after putting the ball in the net in the 75th.

“Many of the boys played well... Fernando looked to regain some of his early season form and I thought had a very good game,” said Prenovost. “Robbie was also able to put a couple of goals away and is beginning to contribute on a regular basis.”

Prenovost added that the defense also played well and said, “Our defense was less careless with the ball and that allowed us to build our attack.”

On Saturday, Oct. 18, Highline played Whatcom at home and Prenovost’s team dominated the play and won the match 3-1.

Highline was putting good pressure on the Whatcom players, their passes were finding their intended targets, and they were spreading the play well.

In the 36th minute Whatcom failed to clear the ball out of the box, and Alex Bresnen rifled the rebound home to give the Thunderbirds a 1-0 lead.

In the 43rd minute Highline had a free-kick that was defended by Whatcom, but the ball fell to Marco Heredia, who shot the ball low into the corner from 18-yard box.

Bundu Koroma put the third goal in the net for Highline after receiving a cross in the 84th. Daniel Nam sent in the cross after successfully defeat a Whatcom defender with a move he dubbed the “shake and bake.”

After Whatcom’s kick-off, they completed a few one-two passes and Mirza Memic ended up one-on-one with Highline keeper Liviu Bird and rounded him to make the final score 3-1.

The Highline players were positive after Saturday’s match and were confident about the rest of the season.

“We played good for the full 90 minutes,” Alex Bresnen said.

“If we play the way we played now, well be good.”

Coach Prenovost was also positive about Highline’s play.

“All in all our goalkeeping improves every match,” Prenovost said.

“The back four are beginning to dictate play and anchor down not only our defense but begin our attack. Our midfield is beginning to work as a unit allowing us to play better team defense and be more aggressive on offense. The forwards are working better off the ball creating confusion for opposing defenses and opportunities for each other. Maybe the biggest strength of this team is that when we bring someone off the bench they contribute.” Prenovost said.

However he did say the team still has a few things to work on.

“We still need to be more polished and consistent in our play. I would like to see more communication on the field and will be looking for steady leadership to emerge when the team is under pressure... but we are beginning to figure some things out and the team seems to be heading in the right direction. The goal is to be playing our best soccer heading into the playoffs.”

Highline had a bye on Wednesday. On Saturday, Oct. 25, they host Skagit Valley at 2 p.m. Next Wednesday, Oct. 25, they play at Bellevue at 4 p.m.

The Thunderbirds are kicking their way back to the top.
Volleyball brings record up to .500

By Brian Grove
Staff Reporter

Highline’s Lady Thunderbirds continued to play well this week as they steamrolled their opponents and faced off against teams from around the state in the Wenatchee Valley Crosscountry Tournament. Along with the better play that has brought the team’s record up to the even mark of 3-3, the Lady T-Birds look like they’re having a lot of fun.

“We’re picture perfect out there now. This weekend was a good chance to play live without pressure. The next two weeks decide whether we make it into the playoffs,” said Head Coach Chris Littleman.

Last Wednesday, Highline made the trip down to Kent to play a division game against the Trailblazers. Highline defeated Centralia in three games, 25-9, 25-16, 25-18.

The match went very quickly; there were no kills, assists, or digs recorded above three for either side.

Breast cancer awareness was the theme for the game, so the women wore pink wristbands to show support.

“It was a really cool game. We got to wear cool pink wristbands, I got to serve, and we even took a picture with the other team,” said Head Coach John Littleman.

As good as Highline’s game went against the Trailblazers, they did not have the same results in their tournament last weekend.

Highline went 3-1 the first day, defeating Shoreline, 17-25, 25-23, and 25-15, and 1-1 the second day, losing to Umpqua, 25-10, 29-30, and 24-14.


However, the second day the Lady T-Birds went 0-2, losing to Shoreline 21-25, 22-25, 25-16, and 25-18, and Linn-Benton 25-18,9, and 17-15.

Also, the coaches received a number of penalties, totaling up to four yellow cards, a red card, and a red and yellow card, the ejection card which lead to Assistant Coach John Littleman being kicked out of the gym for arguing with a referee.

Latter, Littleman laughed about the ejection.

“It was probably one of the best calls of the tournament,” said Littleman. “To be fair, there’s not a lot of college volleyball played in Wenatchee, so the referees don’t have as much experience.”

Although they went 3-3 in the Wenatchee Crosscountry and Adriana Aukasitino made the tournament all-star team, Highline’s players say they could have done better.

“We didn’t finish which was frustrating because we lost to teams we’d already beaten,” said Highline’s middle blocker, Leticia Colon.

Looking ahead, Highline’s players and coaching staff are very excited for the second half of the season to begin.

“We still have a shot at first place and there’s no way we’re losing,” said Highline’s Fisher.

Getting to the NWAACC tournament is the team’s ultimate goal for the regular season.

“We have to make it to the NWAACC tournament, that’s where all the Division I scouts are,” Colon said.

Head Coach Chris Littleman is eager for different reasons.

“We’re excited to see how the girls have improved from the first half of the season. I think we can sweep. It’ll be fun. We can win on Wednesday, that’s for sure. We’re starting to make some noise, for sure. Not to mention the three out of the next four matches are at home,” Littleman said.

The Lady Thunderbirds are still in fifth place in the West Division, behind Clark.

Highline played first-place Pierce at home on Wednesday, Oct. 22, with results unavailable at press time. They will play Green River on Friday, Oct. 24, on the road and next week on Oct. 29, against Tacoma at home.

The Thunderbirds are now 2-5-1 in West Division.

Cross country teams finish fifth at Bellevue Invitational

By Joshua K. Hauck
Staff Reporter

Highline cross country continued to make steady progress at the 10th annual Bellevue Invitational Oct. 18. Although both the men’s and women’s teams came in fifth place overall, there is a definite sense of readiness for the challenge ahead.

“Our runners were able to work hard, get great times, and not wear themselves out prior to the North Region Championships,” said Head Coach Josh Baker.

The Bellevue Invitational was the team’s last regular season meet. On Oct. 25 the Thunderbirds will be attending the Northern Regional Championships, followed by the NWAACC Championships on Nov 8.

The Highline men continued to express their excellence, finishing second amongst the four community colleges in attendance.

Participating in the men’s 8k event were five running clubs and three NWAACC teams: Everett, Bellevue, and Skagit Valley.

John Timmons, representing Club NW came in second with a time of 24:33.83. In the overall team scores, Club NW also came in first place.

“On the guys’ side, Ryan Eidsmore and Kevin Clancy continue to lead the way. John Hurlbut and Abdi Hassan really ran strong this race. I am excited to see how they will all perform at the Championships,” said Baker.


Highline Hurlbut and JP Strozeski came in 29th and 30th with times of 27:03.03 and 27:05.91.

Following those two came Abdi Hassan in 32nd place with a time of 27:09.02. Bill MacDowell earned 33rd place in 28:43.94.

Colby Peters came in 58th with a time of 29:15.09. Finishing up for the team were Tate Tusjion and Jeff Eaton in 65th and 80th with times of 30:02.19 and 32:05.64 respectively.

For the women’s 5k event Vanessa Hunter of Club NW came in first with a time of 16:59. NW Club once again managed to take first place in the overall team scores.

The coaching staff said Highline ran well at this meet.

“This was a good race for us. We had several season and career PRs [personal records],” said Coach Baker.

Among them were Anna Resendiz and Livia Mahaffie who came in first for the Lady Thunderbirds.


Kim Barney came in 30th with a time of 21:17. In 50th and 51st were Krysta Rencont and Catherine Nalley in 27:28 and 27:40 respectively.

Also finishing back to back were Gracie Eder and Michelle Esbenhade in 52nd and 53rd, with times of 28:46 and 28:58 respectively.

With four meets under its belt, Highline must look ahead to the upcoming championships.

The Northern Region Championships will be held in Bellington on Oct. 25. Running against Highline will be Bellevue, Everett, Green River, and Western.

“We have just come off of two very fast courses. The challenge at the championships will be to adapt to two slower courses,” said Coach Baker. “Our runners have really been working hard to get into top shape.”
New phys ed teacher knows Tae Kwon Do

By Christina Bradley
Staff Reporter

Darin Smith has found his dream job at Highline.

Smith is a new physical education teacher at Highline.

“This is my dream job. I have wanted to be a teacher for many years. The position at Highline fit my interests and goals. The job deals with physical education and personal fitness training,” Smith said.

Smith is a former engineer that has found his passion in physical fitness.

“I was an engineer and I didn’t like the cubicle life so I went back and got a degree in kinesiology at the University of Illinois at Urbana Champaign,” Smith said.

Smith was a few years of teaching experience under his belt. He was a teaching assistant in graduate school and also taught kinesiology and biology for two years at Parkland Community College. Smith then moved to Austin, Texas for a full-time teaching job for two years.

“Overall, I have six years of teaching experience,” Smith said.

Along with teaching, Smith enjoys martial arts.

“I have been a martial arts instructor for over 10 years and it is part of what attracted me to physical education,” Smith said.

Another reason Smith became interested in physical fitness was personal.

“I was always overweight as a teen and my senior year in high school they had a new fitness program where you were graded on a fitness test. For some reason that clicked in my head and I lost weight,” Smith said.

From that point on Smith based his life around fitness and health. Smith said Muller-Lindgren.

“Tae Kwon Do in college and that changed my whole lifestyle to eat healthier,” Smith said.

Smith is currently teaching a personal health class, walk and jog which is an activity class, and personal fitness training.

Physical education is a very important aspect in Smith’s life and hopes that other people can gain something from it as well.

“The No. 1 message that I hope people gain is that your health is under your control to an extent based on your lifestyle factors. Most of my students are young and they are healthy right now, but as you get older your health will change,” Smith said.

“It is important for people to know how physical activities help your mind and body. Being active is beneficial to all aspects because it can protect against disease and heart problems,” Smith said.

Smith said he enjoys the Highline campus and also hopes to become very involved.

“I love it at Highline. The people are supportive and really helpful with getting me used to things. The students are all excited about learning. There are a lot of my students that are interested in personal training so they are enthusiastic and attentive. The campus is beautiful and you can see the mountains through all the trees. It is very green and a nice atmosphere to be in,” Smith said.

“Smith said he is having a great time at Highline and plans on being here for a while.

“I would like to be here for that plan,” Smith said.

High cost in health care brings poverty on middle class

By Grace DeWitt
Staff Reporter

Americans spend more than any other developed country on health care, but they are not getting what they pay for, said Elise Muller-Lindgren.

Muller-Lindgren is a member nursing staff at Highline with a master’s degree in nursing and 24 years of experience. On Wednesday, Oct. 15, she gave a presentation titled, “Health Status and Health Care in the US: Myth or fact?”

“We spend more than double of any other developed country,” said Muller-Lindgren when explaining the cost of health care in the U.S.

However, even though Americans pay more than any other developed countries America’s do not have better health outcomes, she said.

Citing the American Public Health Association Muller-Lindgren said that from 2006 to 2007 the numbers of uninsured Americans declined.

“The reason is that our middle class is shrinking substantially,” Muller-Lindgren said Muller-Lindgren.

According to the American Public Health Association, more than two million people have slipped below the poverty line and are now being covered by Medicaid.

“I think we kind of pride ourselves in our health but the statistics really bear it,” said Muller-Lindgren.

U.S. health care is ranked No. 37, behind Costa Rica, by the World Health Organization.

According to the American Public Health Association, approximately 98,000 people in the U.S. die from medical errors every year.

“Like an airplane carrying 300 passengers crashing every day for 11 months of the year,” said Muller-Lindgren.

Muller-Lindgren said prevention is where the U.S. will make the greatest gains.

“Education is directly related to health status,” she said.

Reach the audience your business or program needs: Advertise in the Thunderword!

Contact Jaime McCall
jmcall@highline.edu
206-878-3710 x3291

Health convention offers new alternatives

By Grace DeWitt
Staff Reporter

The Seattle Alive Expo brings natural health alternatives and education to the Lynnwood Convention Center, Nov. 8 and 9.

This free event will last from 10 a.m. to 6 p.m. on both Saturday and Sunday. Some of the free services available are: food and product sampling, massage, interactive Pilates and yoga demonstrations, health screenings, seminars from health experts, and child care.

“There is no such thing as the magic pill, so to lose weight we must change the way we eat, supplement our poor diets with vitamins and supplements, and incorporate a daily or frequent exercise plan into our lives,” said Alive Expo President and CEO Patsyja Stewart-Towns.

The keynote speaker is Dr. Karriem Ali, who has both an organic chemistry degree from Harvard University and a medical degree from Stanford University. Ali has experience working in 32 countries including the Amazon, Chocó, and Tanzania.

Other speakers will include: Dr. Gez Agolli, a naturopath and founder of the Progressive Medical Centers in Atlanta; Cheryl K. Burdette, a naturopathic doctor from one of Dr. Agolli’s Atlanta Medical Centers.

For more information on this event or to download the free tickets visit the website at, http://www.aliveexpo.com/.

The Thunderword / Oct. 23, 2008
Wireless

Continued From Page 1

but they can’t access it because they don’t have the credentials to do it,” said Colgan.

Being wireless allows the students at Highline more access to the internet.

“The benefit is that you have faster access and a broader use. Students would be able to have internet access on their laptops while sitting in class,” Colgan said.

Along with being able to have internet access you may also be able to use the internet in your car.

“Some areas of the parking lot will receive the signal, but not all,” said Colgan.

The connection will be steady and accessible to everyone on campus.

“It should be an equal connection throughout campus and there won’t be any areas without a connection,” Colgan said.

The connection will be monitored to make sure it is working at every point on campus.

“There will be a management tool that tells us of any weak areas of connection,” said Colgan.

Going wireless will be expensive, but the funds are already in order, Colgan said.

From start to finish it will cost $228,000. The first phase was funded $56,000 by the Associated Students of Highline Community College.

The remaining $178,000 is being funded by the Technology Advisory Committee, and by school general funding, Colgan said.

Also, professional help was hired to do the installation.

The connection will be moniitored throughout campus, Colgan said.

“In general, the most you can do is tamp the contamination in place, dewater it out, or wait for long term natural recovery processes,” said Hiltner.

The ongoing contamination of the river is also an obstacle, said Hiltner.

“Every day we are working on the Duwamish River cleanup, contaminant sites are contributing,” said Hiltner.

“Some of the early actions we’ve taken involve non-remediation sites, said Hiltner, are the Terminal 117, Slip 4, Jorgen森 Steel, and Boeing Plant 2 sites.

So far, a plan has been completed for Slip 4, and plans for the cleanup of the Boeing Plant 2 and Terminal 117 sites are close to completion.

Slip 4 and Terminal 117 both sit along the Duwamish Waterway in Seattle’s South Park neighborhood, a few miles downtown.

Terminal 117 is adjacent to the South Park Marina, four miles south of Elliot Bay.

Plans to clean up the other six Lower Duwamish Waterway sites will have to wait.

The next step in the process for the Duwamish Waterway cleanup, Hiltner said, is the publication of the Feasibility Study.

“The law says anyone who is responsible for the pollution has to pay for the cleanup. Right now we’re looking at who should be contributing,” said Dagseth.

“[It] is most vital to know that this is a long difficult process, and we really want people to give us their input on how they think we should clean up the Duwamish.”

No public meetings are scheduled currently, Dagseth said.

Meeting times about the Terminal 117 site cleanup, once they are scheduled, she said, will be available on the Port of Seattle’s website for the project, www117.com.

Dagseth said that notices about future meetings should also appear in major area newspapers, as well as in several Spanish language papers and the Real Change street newspaper.

She said that people should contact the Duwamish River Cleanup Coalition to become involved in the cleanup process.

The Duwamish River Cleanup Coalition can be found at www.duwamishcleanup.org.
ESL

U.S. in different ways and have different aims.

"I came here to attend training for interpreting instructors. And also to learn the teaching method and curriculum development," Samy Osman said. He comes from Egypt where he teaches at El Mehal El Kobra Technical College.

"I want to speak English well because I work in my husband's business," said Elisha Chong Broyles, who is married to an American and is now attending ESL program level 3.

"I want to improve my English and I hope I can give information to those who are interested to know about Buddhism," said Somjai Ounkeaw, a Buddhist monk who got his bachelor's degree from Mahidol University in Bankok, Thailand. He also wants to help his countrymen.

Courses are offered in English and all the courses are taught by native English speakers. The college's primary concern is to develop a sustainable product from the new money to make it worthwhile.

"We just need somebody who is interested to know about Buddhism," said Ounkeaw.

"People in my country use ESL classes are just too short," said Skari. "It's hard to learn to shift in the middle of a quarter, that's the interesting phenomenon."

"I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I love talking to my American cousins. It is fun," said Hussein.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.

"I am studying here because I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I watch movies with subtitle," said Inoue.

"I watch TV and news and I have a dictionary. They really help me," said Nada Ahmad.

"I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I have to learn pronunciation and grammatically in daily life, school life, family life, or to trying to keep up with the pace of speech.

"I never use English at home because all of my family members speak Chinese," said Inoue. "I am learning ESL classes for a year and a half year in Federal way. Now she is attending the I-best program for child care at Highline.

"American students so fast sometimes. I always have to ask them what they said," said Inoue.

"There is a lot of vocabulary I did not know. I always have to look up the dictionary," said Hwan Wang, a Chinese student who is learning chemistry. Inoue thought that he has the same challenge as Hwang and Lin.

"I learn from my teachers and friends, so now I understand English better," he added.

"It's hard to learn to shift in the middle of a quarter, that's the interesting thing.

"I don't even understand anything in English. I just said yes, yes and yes to everyone," said Hussein.

"I am studying here because I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I am used to listen to British English. American pronunciation is a bit different," Mellese said.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.

"I love talking to my American cousins. It is fun," said Elisha Chong Broyles.