



**'The Trial' is
set for Nov. 20
/ P6**



**Men's soccer
wins West
Division / P8**

Nov. 13, 2008 / Volume 48, No. 8

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Highline Community College

The Thunderword

Students draw experience from veins

By **GRACE DEWITT**
Staff Reporter

You can't get blood from a rock, but you can get blood from a student if you are taking the phlebotomy course here at Highline.

For the past two quarters, phlebotomy students have been learning medical terminology, regulations, and how to draw blood from a vein.

On Monday, Nov. 3 and Wednesday, Nov. 5, the students practiced their phlebotomy skills on Highline volunteers.

The majority of these phlebotomy students are refugees from other countries and the remainder of the students are immigrants to the United States.

The English as a second language and Integrated Basic Education Skills Training (I-BEST) instructor, Angela Meyer, said that this course is the first step for these students to get into the healthcare profession.

"Right now their goal is to become a phlebotomist," said Meyer.

Integrated Basic Education Skills Training classes are college credit courses that also teach English language and adult basic education skills to



Angela Meyer

Phlebotomy student Alma Kolenovich, right, is getting ready to draw blood from Kris Mason, left.

English language learners. The students are required to spend five hours being taught adult basic education and English as a second language a week, along with going to their Integrated Basic Education Skills Training course. Also, in an Integrated

Basic Education Skills Training course students are given support from their English as a second language and adult basic education instructor throughout their college credit course.

Students interested in taking the Integrated Basic Education

Skills phlebotomy class must be able to pass an English as a second language verbal, listening, and reading test at level four in each section.

Level four includes being

Please see Phlebotomy, page 16

Highline receives high marks in student survey

By **CHRISTINA BRADLEY**
Staff Reporter

Students gave Highline a good grade on the national Community College Survey of Student Engagement.

Highline scored way above the national average in several different areas.

The survey evaluated how well Highline is doing in many different areas.

These areas include how well students feel they are doing academically, how much support the students feel they have from educators, as well as family and friends, and also how their experience at Highline has been so far.

Highline participated in the survey during Winter Quarter of 2008.

The classes that were surveyed were chosen at random and there were 645 student participants.

This survey compares Highline to 585 colleges nationwide. It evaluates community and technical colleges and lets them know the areas that need improvement, as well as the areas that are succeeding.

Highline scored in the 95th percentile for student effort and in the 90th percentile for active and collaborative learning.

And 70 percent of the students surveyed reported feeling that they are getting the support that they need to be successful at Highline.

Highline also scored high above the national average for how much time students spend preparing for class, how often they engaged in the tutoring services provided at Highline, and how much time is spent working with classmates outside of the classroom.

Maya takes reins of the ESL program

By **DAVID OLERICH**
Staff Reporter

Maurea Maya's recent promotion to a coordinator in the English as a Second Language Department has been a familiar plateau in her teaching career.

"I've always been interested in language and people who speak English as a multiple language," Maya said.

Maya has been an ESL instructor at Highline for the past four years after being hired in 2004 and receiving tenure three years later.

She taught in two ESL classes: one was a multi-level course including level one and two (on campus), and the other was a level four class in Federal Way.

Maya has brought a variety of experience with her from many

different programs she was involved with prior to coming to Highline.

She began working as an ESL coordinator at a non-profit place called Hopelink Eastside Literacy.

"I was involved [with] Hopelink Eastside Literacy in programs such as ProSports Club, Crossroads Mall, Brighton Gardens, Modus Media, Medtronic and Eures Dining Services for Microsoft McDonalds," Maya said.

She later moved on to another program called "Shoreline Talk Time," where she was also a full-time bilingual ESL coordinator, while working part-time at Everett Community College.

At that time, Maya was notified of an available teaching position here at Highline.



Maurea Maya

"This position came up and I got a letter in the mail to apply. I did and all I remember saying to both my jobs [at the time] was 'I just want an interview,'" Maya said.

"So, I got an interview and it was awesome!"

Maya says that there were

many structural changes taking place in the ESL program during the time of her promotion. In the past, they've had instructors rotate into the coordinating position.

"I was the next one in line," she said.

She said that the selection for the position works differently now.

"We changed the rotating to an elective position and people who could be elected for this position had to be a tenure track," Maya said.

She believes that this position gives her a greater depth in her ability as an instructor.

"I think that being a coordinator adds another layer to your career here at Highline," Maya

Please see Maya, page 16

Please see Survey, page 16

CSI: **H**ighline

Homeless man urinates on CWU office door

A 58-year-old man who appeared disoriented urinated on the second floor Central Washington University office door on Nov. 10.

Central Washington University called Highline Security and two Des Moines police officers arrived at the scene. The man had taken several medications and was intoxicated. He is not a Highline student and said that he was homeless. He claimed to be an intelligent man, and asked for a double cheeseburger.

A police officer took the homeless man to the hospital.

Kids causing problems in library

Five juvenile boys were causing problems and being a disruption in the library on Monday.

One of Highline's security officers asked for identification. The officer reported that the juveniles were insubordinate, and said they would not leave and didn't care if police were called. Highline's security officer pulled out his radio and acted as if he was calling 911. One of the five juveniles in the group convinced the others to leave.

Security recognized three of the juveniles from prior incidents in the library.

Stolen vehicle returned

A Des Moines police officer removed the license plate of a stolen Honda Accord which was parked along the east fence line on Monday, Nov. 10.

Three days prior a Highline security officer had checked with the Des Moines Police Department dispatch about the vehicle but the plates came back clean. According to the police officer, the vehicle was reported stolen on Nov. 9.

The owner of the stolen vehicle was informed and the vehicle was picked up that same day.

Student drives on divider

A student drove over the cement divider in the North lot with her 1993 Geo Prism. She called Pete's Towing from the security office.

Student harassed

A female student reported to Security on Nov. 5, that she had been harassed by a male student on various occasions. Security contacted the male student and gave him a verbal warning.

Domestic Violence Awareness month ends without silence

By **AARON RAJ**
Staff Reporter

Women's Programs hopes to end the silence of domestic violence with a final event for Domestic Violence Awareness month.

The domestic violence awareness presentation is titled *The Pain Of Silence*.

The event will be held on

Tuesday, Nov. 18, from noon to 1 p.m. in the Mount Skokomish room of Building 8.

The event is about how to break the silence after your self-esteem has been violated, said Crystall Rodriguez of Women's Programs.

"Sometimes women get embarrassed and they make up excuses as to why they shouldn't let people know they are being

abused," said Rodriguez.

There will be a short video for this event presented by Lindsay Palmer, director of education in the King County Sexual Assault Resource Center.

The video shows stories about women who have experienced domestic violence and have been abused.

Rodriguez said *The Pain Of Silence* presentation shows

women that they have rights and advocates like DAWN (Domestic Abuse Women's Network) to help them get out of these relationships and relieve the stress and pain.

"Women that hold in the feeling only hurt themselves. Telling about it and letting it out can be a good release. It can change a woman and help her self-esteem," Rodriguez said.



MaST tours local creeks

The MaST Center will be offering a free event about Miller and Walker Creeks this Saturday, Nov. 15, from noon to 12:45 p.m.

The event is titled "Discover the Hidden Creeks of Highline: Miller and Walker Creeks."

It will be presented by Dennis Clark, the MaST Center's public outreach and stewardship coordinator.

It will center around a photo tour of the creeks, including pictures of wildlife.

The event's release says, "it is important to understand the ecological connections between the uplands and Puget Sound created by these and other creeks around the Sound."

The MaST Center is located at 28203 Redondo Beach Drive S. in Des Moines.

Movie Friday strikes 'Iron'

Iron Man will be shown for this week's Movie Friday.

A 2008 film adaptation of the classic *Iron Man* comic, the movie was widely successful, grossing close to \$100 million



Ami Nguyen/THUNDERWORD

Two students stroll across grounds in front of Building 10.

its first weekend and ranking number one at the box office for two weeks.

The film stars Robert Downey Jr. as Tony Stark, the arrogant head of an internationally successful weapons manufacturing company.

Stark is kidnapped by a terrorist organization and coerced into making weapons for them. However, he instead dedicates his time to an escape attempt, building a robotic suit of iron scraps.

On escaping, Stark revises his metal suit and becomes a vigilante hero.

Iron Man holds a 93% fresh rating on review aggregator Rotten Tomatoes, and an average score of 79 on Metacritic.

The film will be shown at 12:30 p.m. in Building 2.

Secret Santas strike again

A group of Highline students

The group comprises Simon Nesterov, Shaun Owens, Karen Spaulding and Kevin Mar; they refer to their project as Secret Santas.

Summit students share culture with campus

Next week is International Education Week, and this year's Summit students have some big plans.

A variety of cultures will be represented, including South Africa, Brazil, Pakistan, Egypt, Indonesia and Turkey.

Events will be held over three days, from Nov. 17 to 19, in Building 8.

Monday's activities will be hands-on. They will include a Brazilian "Forro" dance workshop from 10 to 11 a.m. and a Turkish belly-dance workshop from 12:15 to 1 p.m.

Tuesday will comprise a series of discussions about each culture.

On Wednesday, each country will run a booth where they discuss subjects including vacationing and home recipes.

CO-OPPORTUNITY: Cooperative Education

Want to find out more information about doing an internship? Check us out!

Contact Merridy Rennick, Career Specialist
206-870-3710 ext. 3148 mrennick@highline.edu
Drop by for a visit: 1st floor of Building 6 (room 156)

STUDENT JOBS:

Skiing or Boarding Instructor/Asst. ~ 4850 Part time (30 openings). Provide safe ski and/or snowboard lessons to develop skills and enhance possibilities for students. Location: Snoqualmie Wage: DOE Hours: 2 classes per week.

Optometric Assistant ~ 3854 ~ Part time. Pre-testing patients, answering phones, filing, general office duties. Flexible with school schedules. Location: Kent Wage: DOE Hours: M-Th,S 30-35hrs

For more information about co-ops, these jobs and more, log on to www.myinterfase.com/highline/student

Free Tutoring!!!

Feeling overwhelmed? Get help?

Visit the Tutoring Center in Building 26, Room 319

Tip of the week:

The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.

-Horace Bushnell



Sign up for help in:

Accounting/Business, Languages, Math, Science, Computers, Writing, and more!!

Mon-Thurs 8am-7:30pm & Fri 8am-1pm

<http://tutoring.highline.edu>

Chemistry prof seeks formula for learning

By **CHRISTINA BRADLEY**
Staff Reporter

Dr. Heather Price wants students to see the chemistry that takes place in their everyday lives.

Price grew up in the Federal Way area and attended Decatur High School.

She even attended Highline for a quarter.

"After I graduated from Decatur I took Greek Mythology [at Highline] that summer before I went to Western," Price said.

Price went to Western Washington University where she did her undergraduate degree in East Asian studies. She then went to University of Washington to complete her master's degree and Ph.D. in chemistry.

"I became interested in chemistry while I was at Western. I had OK grades in East Asian studies, but when I came to chemistry I was getting a 4.0. I liked chemistry; I was good at it and it was fun," Price said.

Price has been teaching chemistry since she was in graduate school and has stuck with it ever since.

"I was a teaching assistant in grad school and then taught my own class at University of Washington for a year. Then I moved on to North Seattle Community College for a year



Ami Nguyen/THUNDERWORD

Dr. Heather Price is a new chemistry teacher at Highline.

and then became pregnant with my son. It isn't safe to be pregnant and around all the chemicals in the lab, so I took some time off," Price said.

"When my son was about two weeks old, I got a call from University of Washington wanting me to develop some curriculum for them. I developed the curriculum, then taught it at University of Washington," she said.

After teaching chemistry for about 10 years, Price has found

her way to Highline.

"I like Highline and I live in the Seattle area and didn't want to teach out of state," Price said.

Price has found Highline to be a comfortable and welcoming place for a new professor.

"I really like Highline. It is a good place to teach and I like the students as well as the professors. It is a great place to work and I feel welcomed by everyone. I am always being asked if I need help with any-

thing and I feel very supported," Price said.

Price is currently teaching General Chemistry 151 and will be teaching the series of 151, 152, and 153 this year.

Chemistry is important to Price and she said she hopes that people will be able to benefit from taking it.

"It is all around us. Everything is chemistry; it is our everyday lives. Metabolism is chemistry, breathing is chemistry. It is everything that we do,"

she said.

"Understanding something as simple as breathing is important. Pollution is chemistry and knowing how it works and how it affects us is important. Even if you're not getting a degree in chemistry, it is a way to know how things relate," Price said.

Price is currently involved with many other activities at Highline besides chemistry.

"I am involved with Women in Science and Engineering. We will have a banquet that allows students to meet and network with professionals in these areas if they are interested," Price said.

"I am also involved with the Environment Club which is raising awareness in recycling and getting students more involved. I also am part of the Sustainability Task Force, which is a similar mission to the Environment Club, but it is only involving the faculty at Highline," she said.

Price says she's hoping to be involved with Highline for a long time. She is currently on a tenure track at Highline, but would like to be here even longer.

"The tenure track position puts you on probation for the first seven quarters and after that you are considered permanent," Price said.

"I hope to be at Highline for many many years to come."

Holiday dinners await adopted foreign students

By **HANNA JAZZYCA**
Staff Reporter

International Leadership Student Council is hosting a Thanksgiving Adoption program.

This program is for international students as an opportunity to experience American culture through Thanksgiving celebrations.

In this celebration, faculty and staff can invite international students to have Thanksgiving dinner at their home with their families.

"Holiday is the day to get together. Some international students already have an American family, but some students don't. And, Thanksgiving is a big holiday, so they might miss home when they have nothing to do on holidays," said Olivia Ho from International Leadership Student Council. Ho is in charge for the Thanksgiving Adoption program.

Ho says she's optimistic about this program and recommends students to take part. She believes that this program offers some benefits for students, fac-



David Olerich/THUNDERWORD

Olivia Ho works in the International Leadership program.

ulty and staff.

"There are some benefits from this program. International students will have the chance to see an American family and learn what Thanksgiving is all about," she said.

"For faculty and staff, this program is a chance to know more about international students. They would know the

way how international students think and feel. I think it will be helpful for them, especially when it is related to classes and studies," Ho said.

"I have sent e-mail to some faculty and staff about this program. If they are interested, they will have to write to me back and mention the number of students they can adopt. They

can adopt as many students as they want," said Ho.

Ho has also sent the notification for students through e-mail. Students who intend to join can sign up at the International Leadership Student Council office in Building 25, on the fifth floor. The deadline is Nov. 21.

"One thing which is important for international students who want to join this: they cannot cancel it. It will be inappropriate, because the community has opened their home for them," Ho said.

This program is free of charge. Students who sign in are expected to be committed.

"Students should commit themselves to this program. They will have to meet with the faculty to figure out how they will celebrate it and what kind of food will be served," Ho said.

For now, the numbers of students are limited to 23. The quotas depend on the number of participating faculty and staff.

"However, more students can join this program, if more faculty and staff initiate to adopt the students. I think I will have to

"There are some benefits from this program. International students will have the chance to see an American family and learn what Thanksgiving is all about."

**-- Olivia Ho,
International
Student Programs**

make a dead line for faculty and staff," Ho said.

International Leadership Student Council will match participating faculty and staff with students. They will be given contact information and make further discussion about the Thanksgiving.

"Through this program, we want to let international students know that we care and we know what they feel, and faculty also cares," said Ho.

Editorial comment

Highline commits to diversity

More than 50 percent of all students at Highline are people of color. The percentage of people of color employed here is less than 25 percent. The school, however, is taking steps to increase the number of minorities that comprise the faculty and staff.

Human Resource Director Cesar Portillo says Highline has a “long and strong commitment to diversity.” The college began a diversity program 15 years ago, which at that time was very “forward thinking.” The faculty and staff also share that commitment.

While the diversity level of employees does not match the percentage of students attending Highline, the administration is striving to attract as many people of color as possible. It is very affirmative in recruiting, hiring and retaining people of color as openings occur. There are processes in place to help achieve that mission.

Representatives from human resources attend an annual job fair in California that targets faculty and staff people of color. Highline regularly places ads in Colors Northwest, Northwest Jobs and on Craig’s List, places where minorities are more apt to see advertisements for employment. Representatives also attend diversity fairs.

Human resources staff regularly coordinates with diverse groups within the community and works with potential applicants to let them know how to apply for open positions. Search committees are headed by a hiring manager, and they are encouraged to make certain applicants understand that Highline strives to be a welcoming environment that is inclusive of all aspects of our diverse communities. A recruitment and commitment council then grades the environment on diversity, welcoming and inclusion.

Surveys are completed by candidates for jobs at Highline to gauge the interview process for inclusiveness and welcoming. During a new hire’s first six months, they are surveyed to provide information on their satisfaction with their position and whether the atmosphere is cohesive with a diverse, welcoming, and inclusive environment. Exit interviews also cover the college’s commitment to diversity.

Highline serves one of the most diverse areas of the state. As a result, the student body mirrors that diversity. While the staff does not yet match the make-up of the student body, it is not because of a lack of effort. Human resources and the administration should be commended for their hard work to make Highline more diverse, inclusive, and welcoming which leads to a quality experience for all employees and students.

Staff

“By the end of the day, we’ll find it.”

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At last, we are one nation

Michelle Obama was criticized during the primary run-up to the general election for saying that “for the first time in her adult life she was proud of her country.”

At the time, that remark generated a wide range of commentary and prompted her husband, Sen. Barack Obama, to explain that she meant the turnout and excitement demonstrated by the electorate for his campaign was a thing to be proud of. It was something that couldn’t be explained in a 10 second sound bite.

After the election of Sen. Obama to be our 44th president of the United States, I, for the first time in my memory, am proud of this country and its citizens. Please allow me a little more than 10 seconds to elaborate.

I was raised in the segregated South; Louisiana, to be precise. As a child, growing up during that period, I recall having separate but unequal public and private facilities. Jim Crow was alive and well.

We had “colored” swimming pools, libraries and entrances to the movie theater and Greyhound bus station. When our neighbor, Miss Lovey, wanted a quart of beer and didn’t want to ride the segregated bus to the nearest A&P food store, she had to knock on a window of the bar around the corner and have it given to her in a brown paper bag because Negroes were not allowed in the bar.

My grandfather, who raised me while my parents attended a colored college, Southern University, worked as a janitor and elevator operator at a bank for 42 years.

Whites, who were in high school or college, were referred

Commentary



Vaughn Profit-Breaux

to as Mr. or Miss so-and-so. The only respectable jobs to be had for members of the colored community were those teaching, preaching to, and embalming other colored folks.

We were poor but didn’t even realize it. My cousins and I, like most of our neighbors, always had plenty of food to eat, clean clothes to wear, and a dry roof over our heads. Most of my friend’s fathers worked in similarly menial jobs and their wives took care of us children, sometimes while also taking in laundry for white families to help make ends meet.

Racial tensions were non-existent in our minds as young children we lived on one side of town, and the whites lived on the other, and very seldom did the two mix.

Tensions that managed to surface began with the Civil Rights movement and Cassius Clay’s refusal to enter the Army as a conscientious objector. Dr. Martin Luther King, Jr. was even considered an agitator by colored and white leaders alike,

who felt that we would eventually be given our rights by the white man if we would only wait patiently. God was still on the throne and would take care of us as He had the children of Israel.

As a teenager, desegregation arrived and our schools were forcefully mixed, although our neighborhood remained highly segregated. Riots sprang up at my school because, despite having the best football and basketball stars and band members, the Homecoming Queen and her court were elected by the white majority to reflect their color.

I was almost expelled during my freshman year at LSU for protesting against Ku Klux Klan leader David Duke and the refusal of the administration to institute black studies.

So it is with that history in mind that I now view the election of the first African American as president.

It was an election of a man who did all the things white America has asked of us to demonstrate we have been properly assimilated after 400 years in this country. It was an election made possible not just by 95 percent of the black vote but also by winning 43 percent of the white vote and two-thirds of the Hispanic and Asian vote.

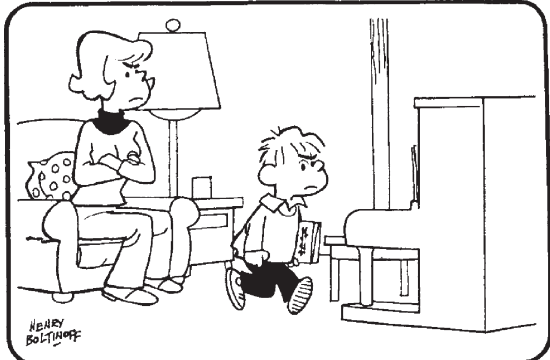
The president-elect formed a coalition of the fabric that makes up America. His election demonstrated that a corner has truly been turned and hope springs eternal that a collective America can do anything.

For the first time in my life, I can say I am proud of my country. America has come a long way to right centuries of wrong.

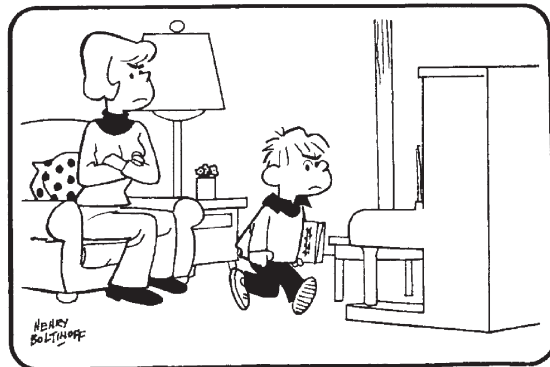
Vaughn Profit-Breaux is opinion page editor of the Thunderword, and still a rebel.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Pillow pattern is different. 2. Boy's shirt is black. 3. Mom's shoes are added to vase. 5. Piano is taller. 6. Mom's hairstyle is different.



1. LANGUAGE: In its archaic usage, what is snicker-snee?
2. LITERATURE: Which character utters the line, "Open sesame," and in which body of work?
3. HISTORY: Which Russian leader introduced the policy of "glasnost," which opened discussion of political and social issues and led to greater freedom of information?
4. FOOD & DRINK: What kind of drink is Bardolino?
5. SCIENCE: What is the focus of agronomy?
6. LEGALLY SPEAKING: What is voir dire?
7. U.S. PRESIDENTS: In the 1970s, President Gerald Ford introduced a slogan and acronym that didn't catch on

- well in America. What did his "WIN" buttons stand for?
8. MUSIC: Which pop singer starred in the 1980 remake of *The Jazz Singer*?
9. ANATOMY: How many wisdom teeth does an adult usually have?
10. MOVIES: Who played the devil-possessed child in *The Exorcist*?
11. FIGHTING WITH KNIVES: All Baba in the story *Ali Baba and the Forty Thieves*
12. MILKHAIL GORBACHEV: Red wine, named after an Italian town
13. CROP PRODUCTION AND LAND MANAGEMENT: Questioning of prospective jurors
14. WHIP INFLATION NOW: Neil Diamond
15. FOUR: Linda Blair

Arts Calendar

•Living Memory: The Photography of Carrie Hall Tomberlin will be shown through Nov. 30 at the High-line Library Fourth Floor Gallery. The gallery is open Monday through Friday, 8 a.m.-10 p.m.; 9 a.m.-5 p.m. Saturday; and 2-10 p.m. Sunday.

•Burien Little Theater presents *Jacob Marley's Christmas Carol*, Nov. 28-Dec. 21. Showtimes are 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. Tickets are \$18, and \$15 for students, seniors and matinee performances.

The theater is located at 437 SW 144th St, Burien. Call 206-242-5180 for information.

•Magical Strings 22nd Annual Celtic Yuletide Concert returns to Kent on Sunday, Dec. 7 at 3 p.m. at the Kent-Meridian Performing Arts Center, 10020 SE 256th Street, Kent. Tickets are \$20 general, \$15 seniors and students, and \$10 children 12 and under. Showtimes are 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. Tickets are \$18, and \$15 for students, seniors and matinee performances.

The theater is located at 437 SW 144th St, Burien. Call 206-242-5180 for information.

Playroom

Across

1. Wolf group

5. "Huh?"

9. Web spot

13. Flu symptom

14. Bucks

15. High school event

16. Where GM execs dance?

19. Bard's always

20. Nabisco treat

21. With intensity

22. Tied

23. Budge

24. Finicky feline

27. Crockett or Jones

28. Tennis call

31. Fields of study

32. A few

33. Sticky stuff

34. Drum teacher's attendance sheet?

37. Clinton's birthplace

38. Halo

39. Nielson, for one

40. Clip __ (sunglasses)

41. Social workers

42. Mother __

43. Sudden flow

44. Salon goos

45. Enter

48. Pub pours

49. Labrador, e.g.

52. Number one item on a bride's list?

55. 500 sheets

56. Still-life pitchers

57. Totally confused

58. Factor opening

59. Like morning grass

60. Military shelter

Down

1. Beep

2. Real estate unit

3. Singe

4. Barbie's ex

5. Part of NOW

6. Drifter

7. Like

8. Discuss

9. Fling

10. Monopoly token

11. Trade item?

12. TV award

14. Stable residents

17. Opposed to war

18. Impose

22. Clear the slate

23. Crib word

24. Like a he-man

25. Dupont fiber

26. Gathers

27. Portals

28. Coffee choice

29. Dueling swords

30. __ cotta

32. Lee side

33. Old autocrats

35. Paid for the return of

36. Ultimatum ender

41. Lincoln or Ford

42. Many MySpace users

Crossword 101

By Bill Deasy

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16				17						18			
19				20				21					
			22				23						
24	25	26				27				28	29	30	
31					32					33			
34				35						36			
37				38						39			
40				41						42			
			43				44						
45	46	47				48				49	50	51	
52						53				54			
55						56				57			
58						59				60			

By GFR Associates ••• Visit our web site at www.gfrpuzzles.com

Quotable Quote

If dandelions were hard to grow, they would be most welcome on any lawn.

••• Andrew Mason

\$16 senior, and \$16 youth. Tickets are available by calling 253-856-5051.

•Tickets are on sale now for Breeders Theater's new production, *Prairie Heart*. Show dates are Jan. 16, 17, 21, 23, 24, 28, 29, 30, 31 at 7 p.m.; Jan. 18 and 25 at 2 p.m.; and Feb. 1 at 1 p.m.

The show is at E.B. Foote Winery, 127B SW 153rd St., Burien. Tickets are \$20, including wine tasting. Tickets are available at the winery, 206-242-3852, and at Corky Cellars, 22511 Marine View Dr., Des Moines.

Last week's crossword solution

DIRECTORS' DEMANDS

P	A	P	A		P	L	E	A		P	A	N	G
A	X	E	S		T	O	A	S	T	A	L	E	E
L	I	G	H	T	S	U	P	T	H	E	R	O	O
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Weekly SUDOKU

by Linda Thistle

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DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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The Drama Department puts Highline on Trial

By **ROCHELLE ADAMS**
Staff Reporter

The Drama Department's production of *The Trial* opens Thursday, Nov. 20.

"The Trial is an adaptation by Steven Berkof of a work by Franz Kafka," said the head of the Drama Department, Dr. Christiana Taylor.

Kafka was born in Prague, Austria-Hungary in 1883. His works mostly consisted of novels and short stories.

Like many of Kafka's works, *The Trial* wasn't finished. After his death, it was edited by his friend Max Bode, who then published it in 1925.

The play centers around a man, Josef K, who is arrested at the start of the play and never told what he is being charged with.

The Drama Department's designer and production manager, Richard Lorig said, "The play is dark, funny and dreamlike (or nightmarish)."

Dr. Taylor said the play has political themes mixed in with dark humor.

"The story has obvious references to the Soviet regime, the rise of German dictatorship, and the societies springing up that are embracing totalitarianism," she said. "In addition, there are elements of the absurd and hallucinatory events impacting the central character's ability to make coherent judgments."

One of the reasons they had

for choosing this play to perform were the challenges *The Trial* presented.

"The play offered loads of challenges for the actors, visual delight for the stage designers and crew, and a well known much studied modern text," she said.

"The primary decision for any production that we select is that it offers student performers a unique theatrical experience," Lorig said.

Jared Stratton, the actor who will be playing the roles of Huld, Father and Guard 2, described the play as an ensemble piece where all actors are on the stage at once.

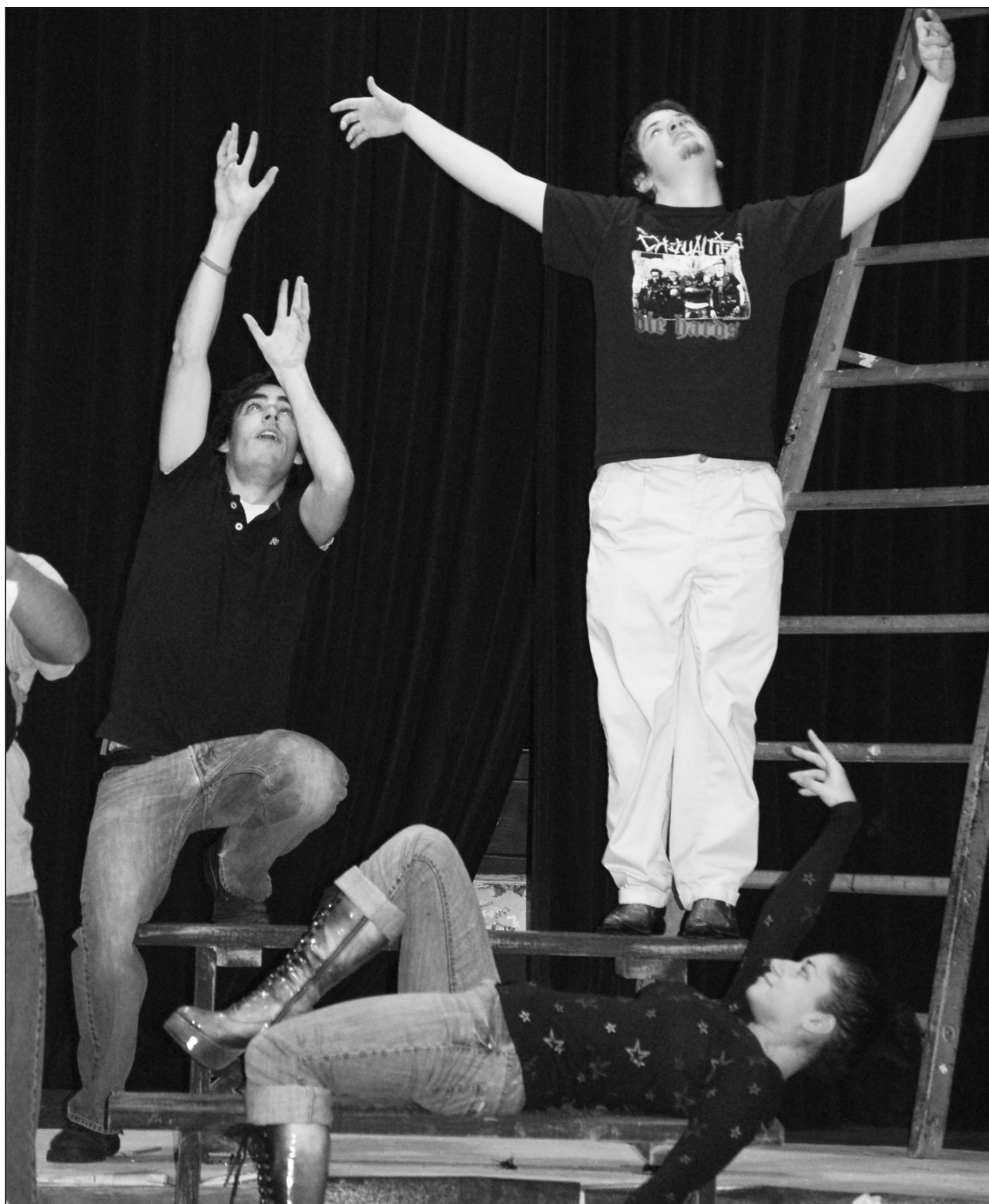
"This play's really physical and a lot of fun," Stratton said. "A lot of plays are more drama and more realistic. In this play the drama is satire. It's a whole lot of fun, you're going to laugh."

He does warn that this production has some mature themes such as "clothed sex on a Pilates ball" and is directed at mature audiences.

Lorig agreed. He said, "Because of some of the mature content, the play is not recommended for younger audiences."

"This is quite avant garde and should be very entertaining as well as thought-provoking," Dr. Taylor said.

To see *The Trial*, come to Building 4, room 122 at 8 p.m. from Nov. 20-22 and Dec. 4-6. Ticket prices are \$7 for students and \$8 for general admission.



Ami Nguyen/THUNDERWORD

Brenen Grant (left), Anthony Keane (right), and Sophia Villanueva (bottom) at rehearsal.

Hopkins faces the judge and jury as Josef K in 'The Trial'

By **ROCHELLE ADAMS**
Staff Reporter

Acting is old hat for Mathew Hopkins, the lead in Highline's upcoming production of *The Trial*.

Hopkins said he has been acting for years. He acted in high school plays and has taken parts in every Highline production since enrolling here.

He is going for his AA degree, majoring in drama.

Hopkins said he aspires to teach drama in high school.

Some of his Highline play credits include last fall's *Earth and Sky*, Winter Quarter's *All In The Timing*, and Spring Quarter's one-act plays.

Despite all that experience, his role as Josef K in *The Trial* is his first lead in a play.

"I feel honored to be given this role," he said.

Hopkins said he has a different approach to acting.



Hopkins

"For every part there's something different," he said. "I'm very interested in character and each character needs something unique for me to get into it."

Hopkins said this was a very difficult role because of all the lines and having to be on stage at all times.

"This is one of the toughest roles I've ever had," he said.

In preparing for the role of Josef K, he said repetition is the

key. In practice he goes over his lines and the story again and again.

"Repetition is the best thing in the world," he said.

As for stage freight, he thinks everyone has it to a degree.

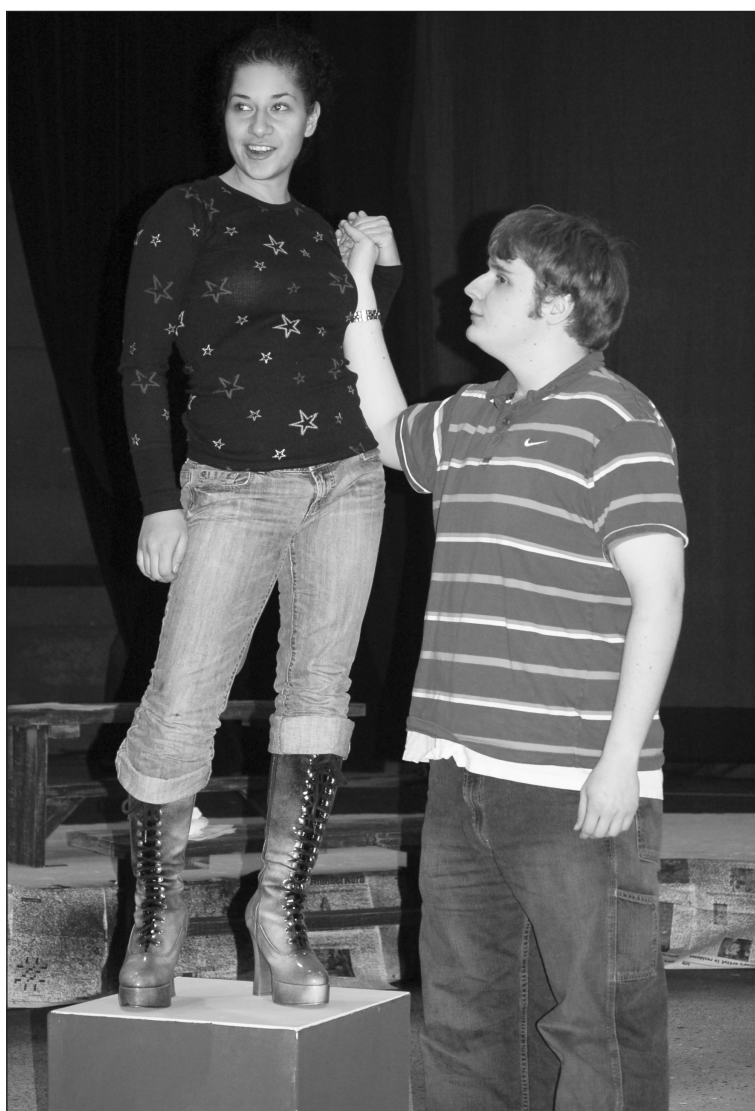
"There are always those jitters before every show," Hopkins said. "But you can't let that stop you."

He said that most people's No. 1 fear is being on stage in front of other people. He has his own way of getting over it and continuing on with the show.

"I just think of it like, in 10 years is anyone going to remember this?" he said. "You just have to get out there and do what you've put in so much time preparing for."

He hopes as many people as possible come to see the play.

"I definitely want people to come," Hopkins said. "It's going to be an amazing show. It has something for everybody."



Ami Nguyen/THUNDERWORD

Hopkins with Villanueva during rehearsal for the play.

Jazz 'gypsies' bring show to Highline

By **ERIC NOBLE**
Staff Reporter

Highline will have the pleasure of hosting local jazz band Billet-Deux for the first of this year's Des Moines Waterland Music Series concerts.

They will perform in Building 7 on Nov. 18. It is the series' second year.

Billet-Deux is a Seattle-based jazz group comprising guitarists Troy Chapman and Josephina Hunner, bassist Michael Yocco, celloist James Hinkley, and cymbalist Roger Bennett. The group was formed in 2002.

The group plays a very specific kind of jazz, a type of music unlike any other.

"Billet-Deux plays music we like to term 'Modern Gypsy Jazz,'" Chapman said.

Their main influences come from such jazz artists as Miles Davis, John Coltrane and Thelonius Monk.

This is combined with the musical influence of Belgian guitarist Django Reinhardt and his group, The Quintette of the



Jazz group Billet-Deux will bring their unique sound to the Waterland music series.

Hot Club of France, to create "a music that is as modern as the 21st century, yet as long-developed as jazz itself," Chapman said.

People should expect to take a journey when they go see one of their shows.

"A Billet-Deux concert will entice the listener with music that has the familiar swing and pulse of jazz yet leads to many unexpected, exciting, and beautiful places," Chapman said.

Advance tickets are available at the Des Moines Field House

at 1000 S. 220th St., as well as at Des Moines Florist, 721 S. 219th St. and at Corky Cellars, 22511 Marine View Dr.

Tickets cost \$30 for the whole series, \$15 for one show, and \$5 for students. Doors open at 7 p.m.

Summit students bring culture to Highline

By **ROCHELLE ADAMS**
Staff Reporter

The Summit students will take Highline to the peak of culture from Nov. 17-19 during International Education Week.

The Summit students are a group of international students who were recruited from several different foreign countries to go to school at Highline for one year.

All events these students organized will be held in the Student Union.

On Monday, Nov. 17, they will have a series of workshops involving hands-on activities: Brazilian dance from 10 to 11 p.m., Turkish belly dancing from noon to 12:15 p.m. and Pakistani singing.

Cultural presentations and round table discussions are planned for Tuesday, Nov. 17.

The presentations will include South Africa at 9:30 to 10 a.m., Brazil at 10 to 11 a.m., Pakistan at 11 a.m. to 11:30 a.m., Indonesia at 2-2:20 p.m., Turkey at 2:20 p.m. to 2:40 p.m., and Egypt at 2:40 p.m. to 3 p.m.

The Summit students will also share recipes of the food from their respective countries on Wednesday, Nov. 19 at 11 a.m. to 3 p.m.

"We were going to have food you could taste," said Thiare Kipapine Costa, one of the Brazilian Summit students. "We couldn't because that was against Highline rules."

Costa said he hoped people came to see what other countries looked like and learned about new cultures.

"People think Brazil is just a forest and Egypt is just sand," Costa said. "They should come to this to see that's not true."

Des Moines turning 50

By **ERIC NOBLE**
Staff Reporter

Des Moines is going to kick off its 50th anniversary in a big way.

The Waterland City will be celebrating its 50th year as an incorporated city. Des Moines officially became a city on June 17, 1959.

The events being planned are sure to appeal to a wide range of ages, said Lorri Ericson, assistant city manager of Des Moines.

"That is our definite goal," Ericson said.

The events being planned are a mixture of those made just for the anniversary celebration, and those already celebrated in Des Moines.

"We just kind of retooled them," Ericson said.

While she said the exact beginning of the celebration is subjective, Ericson said that in her mind the festivities begin with the Des Moines Legacy Foundation brunch on Nov. 9.

In January, the festivities kick off with a black tie event at the Des Moines Yacht Club with entertainment from local singer/entertainer Joey Jewell.

On June 17, the city's actual birthday, the City Council is going to have an open house at Odd Fellows Hall. There will be local speakers, a historical display and a time capsule commemorating the event.

On the Fourth of July, the plans include a farmers market,

a beer and wine Garden, a local foods booth, an arts and crafts booth and a children's carnival. These events will take place mostly around the marina and beach park area.

During the weekend of July 17, the downtown area will be filled with all sorts of attractions. There will be food booths, arts and crafts booths and youth events such as a large waterslide, and a parade.

On the marina, there will be a boat parade, boat races, wind surfers and a farmers market.

However, the celebration is still in its planning stages.

According to Ericson, ideas for events are being solicited from the community and then a steering committee decides upon which are the best ideas.

Other entries are submitted from other committees, which the steering committee oversees. There are roughly 10 committees in all, Ericson said.

To submit your own ideas, you can contact the city of Des Moines at 206-870-6527 and ask to speak to the steering committee.

The art is coming off the walls at the Des Moines Arts Commission

By **ERIC NOBLE**
Staff Reporter

The Des Moines Arts Commission invites the community to enjoy and perhaps purchase the work of four local artists.

On Nov. 22, there will be a gallery and art sale featuring the work of four local artists at the Des Moines Activity Center, 2045 S. 216th St. The gallery lasts from noon to 9 p.m.

Artists include Anita Corby, Katherine Caughey, Alex Galstaun, and George C. Scott.

Anita Corby and Katherine Caughey are painters whose work has appeared as a mural for the city of Des Moines.

Katherine Caughey is an impressionist. According to her website, her goal is to have her artwork "convey emotion."

Her work includes paintings of wildlife and western themes. She believes her work has a spiritual quality, using colors to help convey emotions, her website said.

Anita Corby's work includes

paintings of various wildlife and beautifully rendered portraits.

Alex Galstaun is a potter who creates "high end pottery," Caughey said.

George C. Scott is a glass sculptor who does "functional glass work" Caughey said. He creates tables, lamps, and sinks using fused glass.

If a person wishes to purchase a piece of art, you take it off the wall and go to the artist, Caughey said.

The exhibit is not an auction. Each artist will be handling their own artwork.

The art will be in every price range, some high end, but everything will be in anyone's price range.

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*featuring Billet-Deux:
an acoustic jazz quartet*

Tuesday, November 18, 2008
Building 7 at Highline Community College
Doors open @ 7:00p & Performance starts @ 7:30p

Tickets: \$30/Series \$15/Show \$5/Student

Call (206) 870-6527 for information.
For upcoming arts event information visit
www.desmoineswa.gov/artscommission

Sponsored by the Des Moines Art Commission and the Highline Community College Music Department.

The Thunderword / Nov. 13, 2008

T-Birds are West Division champions

BY MAX DUBBELDAM
Staff Reporter

The men's soccer team won the West Division title this year but won't be satisfied until they win the NWAACC championship.

The Thunderbirds clinched the title by winning their last two matches against Shoreline and Edmonds.

The division title means they have a bye in the first round of the tournament, and will play their first match on Saturday, Nov. 15, at 1 p.m. at home against Spokane.

Highline won the NWAACC tournament in 2004 for the first and only time in its history.

They have also won the division title on several occasions, but never have they won both honors in one season.

"We can do something that we haven't done at Highline," Head Coach Jason Prenovost said.

Prenovost said this season was a "tight run" and that "we deserved it."

He added that it felt right that they won the title.

The Thunderbirds placed first with only one point separating them from Bellevue.

They ended the league season with 45 points and a 14-1-3 record, whereas Bellevue had 44 points and 14-2-2 record.

Last Wednesday, Nov. 5, Highline played away at Shoreline in the penultimate match



Liz Phillips/THUNDERWORD

Sophomore midfielder Jonathan Harper lunges into a tackle on an Edmonds player in hopes of taking the ball off his feet.

of the league season and came away with a 4-1 victory.

Highline right back Tony Maxwell scored the opening goal in the tenth minute when he took a shot from over 20 yards out.

In the 30th minute Highline forward Ryan Kuffler broke

away from the Shoreline defense and lifted the ball over the keeper to score Highline's second of the night.

Shoreline pulled one back at the end of the first half when Casey Berlin dribbled into the box and slid a low shot underneath keeper Liviu Bird from 16

yards out.

Bundu Koroma restored Highline's two goal cushion in the 50th minute, and Fernando Gonzales put the final score at 4-1 after converting a penalty kick opportunity in the 52nd minute.

Highline played against Edmonds at home on Nov. 8 in the last match of the league season and won the match 4-0.

The pitch was in poor condition because of the rain, but that didn't slow down the Thunderbirds.

In the second minute of play Highline winger Daniel Nam received the ball on the left wing from Robbie Gouk.

He sent in the cross to an oncoming Fernando Gonzales who put the ball in the net from close range.

In the ninth minute, Gouk put the Thunderbirds up 2-0 after Edmonds failed to clear the ball.

Gouk shot a half-volley from the top of the 18-yard box, and left the goalkeeper with no chance.

Edmonds seemed to be slow to adjust to the condition of the pitch and even when they did, they were no match for Highline.

Nam came close to scoring minutes later but his shot rattled off the outside of the post.

He did score in the 30th minute after he received a cross from Marco Heredia. His first shot was saved, but he slotted the rebound home to put Highline three goals up.

Highline scored one more goal in the second half to put the result beyond any doubt.

Gouk set up Alex Bresnen to score in the 54th minute, and he buried the opportunity.

With the win against Edmonds, Highline clinched the division title, but the players were left hungry for more.

"It feels pretty good [winning the title], but we still have a lot of work to do," said Highline midfielder Zachary Taylor. "The ultimate goal is the NWAACC title."

"[The title] boosts our confidence way up," said Nam. "Our team started slow ... it took a while to play to our potential."

"We did a good job of getting the job done," said Heredia. "We're definitely excited, [and] we're going into the play-offs with high hopes."

Prenovost said that he is extremely pleased with the way the team has come together and said that team unity played a part in their success.

"They want as much success for their teammates as they do for themselves," he said.

Edmonds and Spokane played on Wednesday, Nov. 12, with Spokane winning 4-2 in a penalty shootout following a 2-2 tie.

If the Thunderbirds win their match against Spokane, they play in the semifinals at Starfire Sports Complex in Tukwila on Nov. 22.

The finals, as well as the match for third place, take place the next day on Nov. 23.



Liz Phillips/THUNDERWORD

Zachary Taylor dribbles the ball past a defender during last Saturday's win against Edmonds.

Penguins ground T-Birds

Clark downs
Highline 1-0
in playoff opener

By LIZ PHILLIPS
Staff Reporter

Without its leading scorer, Highline fell to Clark, 1-0, in the first round of the NWAACC playoffs on Wednesday.

Kelsey Lusebrink, Highline’s leading scorer, missed the game after breaking her nose in a game last week.

Clark was the second place team for the NWAACC’s South Division going into the tournament. Clark had an overall record of 10-7-3, against Highline’s record of 8-5-7.

“The girls are very excited and nervous, but as I told them, it’s OK to be nervous, it just means you care about it. I challenged them to give me an example when they were nervous where they didn’t care,” Head Coach Tom Moore said before the game.

The first half started out slow. The women weren’t communicating and the weather made the ball very slippery, said Highline’s Ivanca Frerichs.

The only goal of the game was scored in the first half by Clark midfielder Anna Blakeslee. The shot was taken outside the 18 yard box.

“She shot without looking. ... I tried but it was too late-the ball was in the net,” Frerichs said.

Highline took a lot of great shots but there was no follow through.

Frerichs said that at half time Moore didn’t say much. He told the women to use the field, get in front of the ball, use it to play their game Frerichs said.

The second half Highline took a lot of corner kicks but still the execution was missing. Frerichs shut down another dangerous shot attempt by Blakeslee in the second half but it wasn’t enough to win it.

Highline is now out of the NWAACC tournament and done for the season.

Highline warmed up for the playoffs with a couple of ties, 1-1 against Shoreline on Nov. 5 and 2-2 against Edmonds last Saturday.

“I think Wednesday’s game was a roller coaster of emotion and a great result for us,” Moore said.

The first goal was scored by Shoreline 22 minutes into



Max Dubbeldam/THUNDERWORD

Highline’s outside-mid Korinne Goudey, left, attacks an Edmonds player last Saturday.

the first half, by The goal was scored by Cassaundra Foust.

“They scored on a scramble in the box that we were not able to clear far enough away from goal,” Moore said.

Eleven minutes later Highline scored. Highline’s Kelsey Lusebrink beat a Shoreline defender, cut the ball back across to the goal and Highline’s Alyssa Dale took the shot and scored.

A minute before the whistle for half time blew, Lusebrink was in the middle of heading a ball when a Shoreline player jumped head first into Lusebrink’s face.

The impact was so immense that Lusebrink hit the ground head first. Due to the collision Lusebrink received 12 stitches to the bridge of her nose, to go along with fractures on both sides of her nose, a broken bridge (of her nose) and a concussion from the impact.

“We will miss Kelsey for the playoffs as her doctor has told her that she is not able to play for six-eight weeks. I have spoken with Kelsey quite a bit since then and I know its killing her not being able to play,” Moore said afterward

Lusebrink was last year’s league most valuable player. Her career at Highline was cut short before the playoffs with career totals of 32 goals and 25 assists.

“There has not been a more prolific player that has come through this program’s history that I know of. Kelsey and I have spoken about her taking a penalty kick if we go in to shootouts during one of our playoff

games. She seems confident to take one and wants to help her team in any way possible,” Moore said.

At halftime Moore told the women to play stronger and protect each other and themselves as they went out and took it to Shoreline the second half.

“The emotion that the girls played with was inspirational to say the least. I know they played hard for Kelsey, but they played harder for each other knowing that Shoreline had affected our entire team on that one play,” Moore said.

Although neither team scored in the second half the game was a good opportunity for Highline. It let them see what they could possibly be up against if they make it to the quarter finals.

“We each had opportunities in the second half and it would be bittersweet to win this first playoff game and get another crack at them in the quarterfinals,” Moore said.

Highline also had a game on Saturday, Nov. 8 against Edmonds at home. The game ended with another tie, 2-2. The game, like Wednesday’s had the same playoff intensity to it.

“Saturday’s game was very sloppy. It was another playoff intense match that Edmonds had to win in order to stay in the playoff hunt. We were able to be the spoilers and by producing a tie knocked Edmonds out of the playoffs,” Moore said.

Although Highline tied, Moore said it was nice to see that Highline could still create good offensive plays without two of their key players. Moore

urday’s game due to her yellow card situation. If McKay had received a yellow card Saturday, then Moore would have been forced to sit her during playoffs.

While having no substitutes, Moore said the women played well.

Highline’s Andrea Erdahl was the first to score in the game, at the 15-minute mark with an assist by Whitney Lynch.

Two minutes later, Edmonds retaliated. Edmonds’ Shasta Austin passed the ball to Nicole Hann to even the score.

It wasn’t until the last 10 minutes in the game till anyone scored again.

After battling the whole second half, Edmonds’ Alison Grimm scored at the 71-minute mark. Highline tied up the game with six minutes remaining. Korinne Goudey put one in the net with some help from Erdahl.

“We battled back from 2-1 late in the game and were able to dig out a tie. That game gave us the league leading seventh tie. ... It shows we don’t go down without a fight and you can never count us out of a game. Also, with this many ties it wouldn’t surprise me to see us go into shootouts in the playoffs,” Moore said.

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Highline digs out NWAACC playoff berth

By **BRIAN GROVE**
Staff Reporter

The Highline volleyball team clinched the fourth playoff spot in the West Region last week after beating Lower Columbia and Grays Harbor.

The Lady T-Birds burned the Red Devils in four games, 22-25, 25-20, 25-23 and 25-22.

Paula Miles and Stephanie Rojas racked up 30 kills, 16 and 14 respectively. Adriana Aukusitino had 35 assists, while Jessica Alvarez, Aukusitino, Rojas, and Amanda Harker had their fair share of digs with 20, 19, 15 and 10, respectively.

Miles and Shannyn Fisher guarded the net, with 3 blocks each. Miles also helped the Lady T-Birds outclass Lower Columbia with 5 aces.

The win against Lower Columbia put Highline in position to go for a playoff berth against the Grays Harbor Chokers.

In this game, it seemed like Grays Harbor were the ones who did the choking, falling to Highline in three games, 16-25, 14-25 and 7-25. Aukusitino had 15 assists as Highline clinched the fourth playoff seed in the



Ami Nguyen/THUNDERWORD

Highline's Paula Miles kills the ball over the net in practice as Lady T-Birds prepare for playoffs.

West Region.

Highline's players and coaches were keyed up by the playoff berth.

"Last year, we started out 0-4 and came back to make a run for the playoffs. Then we lost

to Green River in five games for the final spot, so this feels good," Head Coach Chris Littleman said.

"It feels great. We worked so hard and started out 0-4, but we fought our way through, and

it's the best feeling ever," Highline's Jessica Alvarez said.

With two more games left in the regular season, Highline has the opportunity to take second place in the West Division.

Currently, the West Division

playoff teams are Green River, Tacoma, Pierce and Highline.

If the Lady T-Birds can get past Tacoma and Pierce, they will significantly increase their chances for success in the NWAACCs.

If Highline were seeded second in the West Division, they would play the team that is seeded third in the south.

However, they would play the first-seeded team in the South if they were seeded fourth in the West Division.

The team feels confident about the NWAACC tournament. The tournament is held in Gresham, OR and takes place on the weekend of Nov. 20-22.

"Highline teams in the past tend to get better as the season goes on and do the best in the playoffs, after other teams have already peaked," Littleman said. "This is where the coaching comes into play."

Highline played against Centralia at home Wednesday, Nov. 12, at 7 p.m. with results unavailable at presstime.

Highline will also play a make-up game against Tacoma at home Thursday, Nov. 13, at 7 p.m.

A fun way to raise funds in fight against breast cancer

By **LIZ PHILLIPS**
Staff Reporter

Highline's women's basketball team will be playing against a team of faculty and staff to raise money for breast cancer this week.

The game will take place in Highline's Pavilion, Nov. 14, at 1 p.m. The game has been played for more than 15 years.

When the game first started, it raised funds and contributions for the Des Moines Food Bank.

About six years ago, Athletic Director John Dunn asked Women's Programs to team up with Highline's Athletic Department in funding the annual game for a greater cause.

"We wanted to collaborate," Jean Munro, Women's Program and Work First Services said.

The switch over was made and the game has continued on to help out another cause. In order to get more students to donate, breast cancer T-shirts are sold for \$10. All the proceeds are donated to the Puget Sound branch of the Susan G. Komen Breast Cancer Foundation.

The T-shirts are donated by the Highline Athletic Department, with the proceeds going to the Komen Foundation via Women's Programs.

"The basketball game is a fun way to raise money and to see our women T-Birds' talent,"



Crystall Rodriguez and Aaron Reader model T-shirts for this year's women vs. faculty and staff basketball game.

Munro said.

The women playing on the team will be Jordan Beale, Dani Carlman, Randi Olson, Ariassa Wilson, Jazzmn Montgomery, Lauren Hill, Adriana Aukusitino, Jaki Fairfield, Garlena Tavoia-Fiatoa, Patrice McKinnon, Tera McCann-Soushek, Kameka Nolen and Cassie Fontenot.

"The women's team gains some exposure to the campus community before our season starts and it gives us a chance for community service and outreach," Highline Head Coach Amber Mosley said.

Suiting up for the staff and faculty are John Dunn, athletic director; Barry Carel, athletic/PE facilities coordinator; Aaron Reader, Women's Programs; Pete Babington, facilities director; Josh Baker, head cross country/track coach and personal fitness trainer director; Jason Prenovost, marketing director and men's soccer coach; Tom Pollard, media services director; and Anthony Newton, accounting professor.

You can make donations in the Women's Programs office located in Building 6 on the bottom floor. T-shirts can also be

purchased at the game.

This game also makes a difference for the women of Highline's campus. This game also promotes good health.

"WP's (Women's Programs) staff will encourage everyone to attend and will pass out resources to encourage self breast exams and good health etc.," Munro said.

Athletic Director Dunn, meanwhile, said he thinks the game will be competitive once again, despite the women having lost only once in multiple decades of play.

"There is no question that if

we have an official who is not on the take, that the faculty and staff will make quick work of the women," Dunn said.

The one loss came in a spring version of the game, when the women clearly were tired from a long year of studying, and the faculty were excited over the prospect of another lazy summer.

Dunn remains optimistic.

"Clearly, our unbelievable athleticism, superior knowledge of the game, and general good looks will carry us to victory. In the end, my prediction is Women 51, Faculty and Staff 55."

Try Something Different Next Quarter Take a class at the Beach

Need a Science Credit? Marine Biology, Oceanography and Environmental classes at the Marine Science and Technology (MaST) Center on the beach at Redondo.

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6007 Tuesday 5:30pm-8:30 pm 5 credits (hybrid)

GE SC 105 Environmental Science

6059 Friday 6:00pm-9:30pm 5 credits (hybrid)

OCEAN 101 Survey of Oceanography

6069 Mon/Wed 12:00pm-2:20pm 5 credits
6071 Wednesday 5:30pm-7:50pm 5 credits (hybrid)

for more information about the MaST center, visit www.highline.edu/mast

Runner takes long route to Highline

Hassan moves from Somalia to Seattle

By **JOSHUA K. HAUCK**
Staff Reporter

Abdi Hassan hasn't only traveled long distances as a cross country runner.

He's traveled across the globe.

His journey began in Ethiopia, where he was born and partly raised.

This was while his father was in the U.S. taking the first steps to further his family's welfare.

He knew only of his father from phone calls and photographs.

Hassan's mother then moved her family to Mogadishu, Somalia.

Somalia has been plagued with the tragedy of civil war.

Fortunately, the region in which Hassan lived saw none of it.

Life in Mogadishu was a combination of school and soccer.

"After school we played soccer, soccer, and more soccer," said Hassan.

Then in 1998, Hassan and his family of two brothers and four sisters, rejoined their father in the U.S.

"At first it was weird because I didn't really know him," he said. "But we're good now. He's like my best friend."

After spending some time in the states, Hassan joined the track and field team as a senior at Highline High School.

"I wasn't taking it serious. It was just something to do after school," said Hassan.

He participated in the 800-meter race and 4x400-meter relay, which qualified for state.

Although he ran track in high school, Hassan never really thought about participating in cross country at the collegiate level.

He attributes his participation to his athletic director at Highline High School for getting him started.

"The athletic director of my high school and the cross country coach knew each other," he said. "Plus a scholarship helps."

After graduating, Hassan realized that Highline Community College was the right choice for furthering his education.

"It's close to [where I live]," he said. "I like it here a lot. It's

a lot different from high school, but definitely for the better."

Hassan is intending to major in law enforcement, just like his older brother and father.

"My brother is doing forensic science, and my dad was a police officer in France," he said.

After he graduates from Highline, he hopes to move on to bigger and better things at the University of Washington.

Highline Head Coach Josh Baker was surprised once Hassan was able to show up at his first cross country practice.

"Abdi missed lots of our summer running because of work so I didn't know what we had. He came to our first practice and ran faster than anyone to start, but quickly died," said Baker. "He didn't understand pacing."

As time went on, Hassan worked hard and learned how to pace himself.

"For him to make such progress is really impressive," said Baker.

Ever since he took part in the Bellevue Invitational, Hassan believes he started to make the most progress.

"When I got new running shoes, I started to run faster," he said. "My teammates blame the shoes."

Throughout the season Hassan has continued to finish in the third and fourth position amongst his teammates.

"This season has been a learning experience for me," he said. "I'm looking forward to next season already."

In the NWAACC championship race, Hassan came in 42nd overall and sixth for his team.

"The weather sucked, but you can't blame the weather," he said.

"I wasn't feeling 100 per cent from when I started the race, but I feel like I did the best I could at the time."

This was the second time Highline ran at the course in Battle Ground, Wash.

Hassan finished roughly two minutes faster than his prior meet at the course.

Not only is Hassan a great individual on and off the track, Coach Baker believes his success has been a result of his upbeat attitude.

"Abdi is a fun guy. He has fun with everything he does.



Abdi Hassan joined the Highline cross country team this year.

On races, he likes to talk to other guys," said Baker. "They'll be gasping for breath, and he is just toying with them."

But Hassan says his success also comes from something else.

"I actually pretend that I'm running the 800 [meter]. Once I pass someone, I won't let them pass me again," he said. "Plus, I smash on the finishes."

In Hassan's eyes, Head Coach Josh Baker hasn't seemed much like a traditional coach.

"He's more of a teammate than a coach," Hassan said.

"He understands where you're coming from," said Hassan. "Plus, he runs with us."

Hassan recognizes the support from his team as well. He believes that without them, none of his progress would be possible.

"Their support helps me run. I like my teammates, they're awesome," said Hassan.

"I thank Josh and the team. That's who made me better."

T-Birds win respect at NWAACC XC meet

By **JOSHUA K. HAUCK**
Staff Reporter

Favored Spokane ran away with the title at the cross country NWAACC championship race in both the men's and women's divisions this past Saturday, Nov. 8 at Battle Ground, Wash.

The Highline men's team was able to place sixth overall, while the women came in with a ninth place finish.

Due to the wind and rain, the course became much more difficult.

"This was a tough race. It was raining extremely hard. The course was muddy and people were wiping out on corners," said Head Coach Josh Baker. "Our runners really had to be tough to fight through the challenge."

The final race was made up of 13 teams, including a first-year Highline team who continued to show improvement throughout the season.

"This season's success gives us all the more help in recruiting. We already have strong runners committing for next year. We want to be the best," said Baker.

The Spokane men's team

Please see NWAACC, page 12



Highline's Own Marine Science and Technology (MaST) Center
Learn about Marine Science and the Environment in a scientific lab right on the beach at Redondo.

Why take a class at the MaST Center?

The Marine Science & Technology (MaST) Center, located just four miles south of campus at Redondo Beach, provides opportunities for students to take a marine related lab science class in a real world environment. Students can learn about the marine environment while performing hands on experiments on Puget Sound. The MaST Center is dedicated to expanding knowledge about the Puget Sound and the surrounding environment through outreach, teaching, and research.

Highline's brand new, 2,500 square-foot facility, opened early Summer 2008. It is situated on a 265-foot pier over the Puget Sound, offers public space, classrooms, laboratories, offices and research areas. With more than 12,000 gallons per hour of flow-through saltwater, the tanks hold more than 80 species of local marine life. The MaST center provides an easy access to a huge diversity of nearby habitats, state-of-the-art equipment, and the opportunity for research and education is almost limitless. Become a MaST student, sign up for Winter quarter classes now.

The MaST Center is open every Saturday from 10:00AM to 2:00PM free to the general public.

For more information about the MaST center, visit www.highline.edu/mast

NWAACC

continued from page 11

was able to finish in the top spot for the 8k race. Representing Spokane was Rigoberto Jimenez who finished in first with a time of 25:50.

The Highline men's team was represented by seven runners.

Ryan Eidsmoe was the first Highline runner to finish; he came in 19th with a time of 27:07.

In 24th place overall was Colby Peters with a time of 27:32.

Finishing back to back were JP Strozewski and John Hurlburt in 34th and 35th places, with times of 28:09 and 28:11.

Kevin Clancy was able to capture 37th with a time of 28:13. Abdi Hassan came in 42nd place with a time of 28:35.

Nathan Tustison finished in 30:03 for 61st place.

Although they only came in sixth, Highline was able to prove that their first-year team could compete among the top NWAACC programs.



Baker

“Our guys finished as good as we expected. There were guys’ teams behind us that should have challenged us,” Baker said. “But we were really out to prove a point.”

In the women’s 5k race, Spokane also took first in the overall team scores. However, Whatcom’s Laura Carlyle finished in first with a time of 18:50.

The Lady Thunderbirds were represented by six runners.

Finishing first for the women’s squad was Anna Resendiz with a time of 21:01 in 27th place.

Behind her was Livia Mahaffie in 33rd with a finishing time of 21:23.

Concluding the race in 42nd place was Kim Barney in 21:47. Catherine Nalley finished in 64th with a time of 26:28.

Placing consecutively in 67th and 68th were Michelle Esbenshade and Heather Paulson, in 27:43 and 34:52.

Even though the women

had a ninth place finish, they were able to upset Bellevue by one point, as well as defeating Clark by three points.

“I am still thrilled about these narrow margin upsets. It emphasizes that every single runner has to give their all, because every point counts,” said Baker.

Baker said that this year’s team was exactly what the first-year program needed.

“This was a great group to have as our comebacks. They have taken pride in re-establishing Highline as a presence in the NWAACC for cross country,” Baker said.

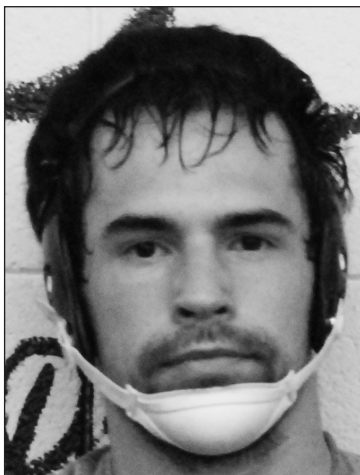
In past years Highline has been able to put out NWAACC champions. In 2003 the program was privileged enough to have a men’s and women’s champion, as well as a women’s champion in 2004.

“We have a great history with running and we are confident we can return to that level of competition,” Baker said. “I am proud of this group and am grateful they have been with us this first year.”

Highline’s running renaissance continues with distance track in spring 2009.

Thunderbird wrestlers begin with tough meets

By JOSHUA K. HAUCK
Staff Reporter



Marshall Giovaninni

The Highline wrestling team had a double dual meet against North Idaho and Yakima colleges this past Saturday, Nov. 7.

The Thunderbirds also participated in the Michigan Open in Lansing, Mich. on Nov. 9.

Highline fell to North Idaho in a 37-6 decision. Only two wrestlers won for the Highline squad.

Sophomore and No. 1 nationally ranked Marshall Giovaninni defeated Lucas Chester by a 10-6 decision in the 157 pound weight class.

Freshman David Lopez, wrestling at 285 pounds, defeated John Forrester by a 13-9 decision.

Highline also fell to Yakima in a 28-19 decision.

Freshman Ryan Apparson pinned opposing Gustavo Lopez at the 133 pound weight class.

At 157 pounds, Marshall Giovaninni won by forfeit.

Additional notable performances came from Zack Burnett and Caleb Padgett in major decisions.

Results for the Michigan Open were unavailable at press time.

The Thunderbirds’ next meet will be at the Auburn Duals on Nov. 15 at 11 a.m.

Scoreboard

Men's Soccer

North Division

League/Pts/Season

Z-What.	10-4-4	34	10-4-4
X-Shore.	6-8-4	22	6-8-4
X-Edm.	6-11-1	19	6-11-1
Everett	5-11-2	17	5-11-2
Sk.Valley	1-16-1	4	1-16-1

East Division

Z-Walla	14-3-1	43	15-3-2
X-Spok.	12-5-1	37	12-7-2
X-W.Valley	11-3-4	37	12-4-4
Tr.Valley	8-6-4	28	8-6-4
Col.Basin	8-8-2	26	8-9-2

West Division

Z-Highline	14-1-3	45	14-2-3
X-Bellevue	14-2-2	44	14-2-2
X-Pen.	12-3-3	39	12-5-3
Tacoma	9-6-3	30	9-6-3
Olympic	1-16-1	4	1-16-1

South Division

Z-Chem.	10-2-6	36	12-2-6
X-Clark	8-8-2	26	8-9-3
X-SW.O.	3-13-2	11	3-13-2
Pierce	3-14-1	10	3-14-1
S.P.Sound	1-16-1	4	1-16-1

Bellevue 3, SW Oregon 1

Wenatchee 1, Shoreline 0

Spokane 2, Edmonds 2

(Spokane won shootout 4-2)

Peninsula 1, Clark 0

Women's Soccer

North Division

League/Pts/Season

Z-Shore.	17-1-2	53	17-1-2
X-What.	15-4-1	46	15-4-1
X-Sk.Val.	9-7-4	31	9-7-4
Edmons.	9-9-2	29	9-9-2
Everett	2-16-2	8	2-18-2

East Division

Z-Walla.	20-0-0	60	22-0-0
X-Col.B.	14-3-3	45	14-3-3
X-Tr.Valley	14-6-0	42	14-6-0
W.Valley	5-12-3	18	5-12-3
Spok.	4-13-3	15	5-14-3
Yak.Valley	2-14-4	10	2-14-4

West Division

Z-Bellevue	13-4-3	42	13-4-3
X-Tacoma	11-5-4	37	11-5-4
X-Highline	8-5-7	31	8-5-7
Olympic	6-12-2	20	6-12-2
Gr.River	4-13-3	15	4-13-3
Lo.Col.	1-19-0	3	2-20-0

South Division

Z-Clack.	12-5-3	39	12-6-4
X-Clark	10-7-3	33	10-7-3
X-Lane	9-5-6	33	10-5-6
Chem.	4-13-3	15	4-13-3
SW.Ore.	2-18-0	6	3-18-0

Z-Clinched Region Champion

X - Clinched Playoff Berth

Whatcom 3, Lower Columbia 1

Highline 2, Edmonds 2

Shoreline 1, Bellevue 0

Columbia Basin 2, Spokane 0

Clark 0 tied Clackamas 0

Treasure Valley 4,

Yakima Valley 0

Skagit Valley 3, Olympic 1

Walla	Walla	5,
Wenatchee	Valley	0
Tacoma	3,	Everett 0

First Round

Playoff Results

Clark 1, Highline 0

Col. Basin 8, Skagit Valley 0

Tacoma v Lane

Whatcom v Treasure Valley

Volleyball

North Division

League/Pts/Season

X-Edmds	10-1	.909	34-10
X-Bellev.	9-2	.818	23-16
X-Whatc.	9-2	.818	22-23
Sk.Valley	4-7	.364	14-13
Shoreline	4-7	.364	12-29
Everett	2-9	.182	6-19
Olympic	1-12	.077	3-33

East Division

X-Walla.	12-1	.923	28-8
Tr.Valley	9-5	.643	35-12
Spokane	8-5	.615	28-18

Col.Basin	8-5	.615	22-18
W.Valley	8-6	.571	28-17
BlueMt.	6-7	.462	13-22
BigBend	2-11	.154	7-21
Yak.Valley	0-13	.000	2-31

West Division

X-Gr.River	10-3	.769	23-16
X-Tacoma	9-3	.750	29-16
X-Pierce	9-4	.692	25-14
X-Highline	8-4	.667	28-19
Clark	7-6	.538	21-21
Lo.Col.	6-7	.462	17-17
Centralia	1-12	.077	4-29
Gr.Harbor	1-12	.077	1-24

South Division

X-Chem.	9-0	1.000	44-0
X-Clack.	6-3	.667	36-13
X-SW.O	5-4	.556	17-14
Linn-B	4-5	.444	12-27
Umpqua	2-7	.222	8-22
Mt.Hood	1-8	.111	8-25

Z - Clinched Region title

X - Clinched Playoff Berth

Z - Clinched region title

X - Clinched playoff berth

Treasure Valley 2, Pierce 1
Peninsula 2, Whatcom 1
Highline 4, Edmonds 0
Olympic 2, Skagit Valley 0
Spokane 1, Columbia Basin 0

Chemeketa 3, SW Oregon 0
Bellevue 4, Shoreline 1
Walla Walla 5, Wenatchee Valley 1

Clark 7, S. Puget Sound 0
Tacoma 1, Everett 0

First Round
Playoff Results



TAKE THE LEAP

WINTER '09

CS / CIS Entry Level Classes

#6081/6079	C SCI 102- INTRO TO WEB DEV. - ONLINE/HYBRID	prereq - Computer literacy
#6075	C SCI 100- SURVEY OF COMPUTING	Prereq: COMPASS Reading score 88
#6087	C SCI 110- COMPUTER GAMES - ONLINE/HYBRID	prereq - Computer literacy
#6199	CIS 160- INTRODUCTION TO NETWORKS	prereq - C SCI 100

www.flightline.highline.edu/cis

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Bldg. 6, 1st floor, Rm. 151

T-Bird men thinking big as season begins

By **CHRIS WELLS**
Staff Reporter

Highline men’s basketball team returns seven players and they have their eyes set on not only the West Division title, but the NWAACC title also.

They will play their last scrimmage at Whatcom this Saturday, Nov. 15 at noon.

“We’re looking really good. We have a strong team top to bottom and have a good chance to win it all,” said Coby Gibler, a 6’9” power forward.

Experience and leadership are also things that Gibler said will be a key part to this season.

“We have a lot more experience and leadership this season, with more sophomores,” he said.

Last year, Highline finished second in the West Division with a 12-4 record and an 18-13 record overall. They went 1-2 in the NWAACC tournament.

Gibler, a graduate of Bainbridge High School, is one of seven returning players, with others including: Brandon Brown, a 6’0” guard from Wilson High School; Kelly Ed-



Liz Phillips/THUNDERWORD

Highline men’s basketball pre-season scrimmage against themselves

wards, a 6’3” guard from O’Dea High School; Paul Mickelson, a 6’3” guard from Seattle Chris-

tian High School; Shedrick Nelson, a 6’3” guard from Wilson High School; and Stedman

Richardson, 6’2” guard from Decatur High School.

Also coming back this year after spending a year at Colorado State University-Pueblo is Vaughn Gaines, a 5’10” guard from Bellarmine Prep High School. Gaines was a freshman at Highline in 2006-2007.

This year’s team also has eight freshmen: Evan Berndt, a 5’11” guard from West Valley High School; Dustin Bowser, a 6’6” forward from Mt. Baker High School; Julian Fernandez, a 6’3” guard from Enumclaw High School; John Morine, a 6’6” forward from Mount Rainier High School; Kyle Perry, a 6’9” forward from King High School; Aaron Stevens, a 6’7” forward from South Anchorage High School; Dan Young, a 6’10” forward from Federal Way High School; and redshirt Jerome Bland, a 6’2” guard from Auburn Mountainview High School.

Stevens finished as a first-team all-state selection in Alaska, while Berndt was the player of the year for the 3A Columbia Basin League and Fernandez finished as a first-team all-South

Puget Sound League 3A player.

Returning as coach this year is Coach Ché Dawson. Since coming to Highline he has compiled an 88-57 record, including NWAACC coach of the year honors and an NWAACC championship in 2005-2006.

Dawson will carry four assistants this season. Clarence Ryan began coaching at Highline during the 2004-2005 season and is currently the defensive strategy and special situation coach. Dave Denny is the offensive strategy and post development coach. Jay Nemitz is in charge of game strategy and recruiting. Josh Baker is in charge of offensive strategy and strength and conditioning.

Baker said there are a few freshmen who could make an immediate impact this season.

“Kyle Perry could make an immediate impact. Julian Fernandez, at shooting guard, should also really develop over the next few weeks,” said Baker.

Highline will play defending champion Yakima on Nov. 21. The first home game will be Dec. 4 vs. Peninsula at 8 p.m.

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FITNESS BEATS FATNESS

Our intrepid reporter meets a Highline fitness trainer and lives to tell the tale

By **GRACE DEWITT**
Staff Reporter

I don't work out regularly. It's more sporadic, like little bursts of short-lived commitments to Pilates, Tae Bo, or any other workout I can complete in the safe confines of my home.

Whenever I go to a gym I feel as though they can smell the in-



experience in my sweat. Working out with a personal trainer is this illusive workout dream. I think to myself, if I had a personal trainer then I would get in shape.

My excuse for never going out and finding myself a personal trainer is that they are too expensive. But, the truth is I'm afraid they'll be some perfectly chiseled God and I'll feel like a waste of skin next to them.

When I heard that Highline was offering free personal trainers I was actually excited. I thought, here's my chance I can finally work out with a personal trainer. If they suck, or make me feel like crap, at least I didn't waste any money on it.

I met with Josh Baker, the Personal Fitness Trainer program manager, and told him I was interested in the working out with one of the personal trainers. He signed me up for the program and told me that my first session would be a fitness assessment.

Right away, my heart sank. I had visions of standing on a scale, while some perfectly sculpted trainer gave me a disapproving look. I imagined I would be forced to do some embarrassing workout like pull ups and fail miserably.

Thursday morning, at 9:30 a.m. I met with my personal trainer. When I do work out it's at night, because I'm not a morning person. But, the only other times the personal trainers were available was a half hour earlier or in the afternoon, which didn't fit with my schedule.

I was so nervous I forgot to



Liviu Bird/THUNDERWORD

Grace DeWitt says working out is becoming more of a habit and less of a chore.

wear shoes. Instead, I wore flip-flops and felt like a complete dork.

My personal trainer was Rene Bonville, a petite blonde with a bright and thoughtful personality. She wasn't anything like the image I'd conjured up of what a personal trainer would be like.

She didn't even laugh at the fact that I was wearing flip-flops instead of shoes. She simply said that we could do the running part of the physical assessment next time we met.

After a few forms, we began. In the first part of the assessment, I completed as many sit-ups as I could in one minute. Then came the hard part, push-ups.

My girl ego wouldn't let me do the "girl" pushups. However, the "boy" pushups were tougher than I expected. I felt like my back wasn't straight and I had trouble forcing my chin all the way down to the mat.

Bonville smiled and told me I was doing well and to only do as many as I could without stopping.

When it came to the leg lifts I felt like a pro; I never realized how strong my legs were.

"People are always surprised at how much they can lift with their legs," Bonville said.

When our session was over I really felt good about myself.

The next time we met was to complete the second half of the physical assessment. This time there was another trainer with Bonville, Piper McFarland.

I could run, jog, or walk around the Highline track for 12 minutes, while Bonville and McFarland kept track of how many laps I completed. Again, I chose the harder route, some jogging some running.

It was 48 degrees out and I

could see my breath as I ran and feel it frosting my lungs each time I took a breath. However, it wasn't long before I started overheating from running and I had to shed my sweatshirt.

In the second lap I let up a little and walked while I caught my breath.

The rest of my laps were a split between walking and jogging. I jogged while I was on the side closest to Bonville. Then, when I was far enough away that I could convince myself she couldn't tell whether I was walking or jogging, I walked.

Afterward, my lungs wanted to collapse, my legs wanted to fold under me, and I could have kicked myself for not walking the entire 12 minutes. I was sore for the next few days.

Our next meeting was a genuine workout session. I followed a workout routine Bonville had designed based on the type of results I wanted to glean.

I had never used a medicine ball in my life, but I had fun doing an exercise Bonville calls, "The Medicine Ball Oblique Twist." Bonville even did the exercise with me, so that I would know how to try the same exercise with my husband at home.

The types of exercises we do during our sessions are a mix of cardio and resistance training. Usually Bonville will start me out with some form of cardio, for example, the treadmill, bicycle, or elliptical machines.

Then we move into resistance training. "Resistance training is basically anything dealing with weights," Piper McFarland, the other trainer, explained.

She said to do about five days of cardio a week. However, for resistance training one to two days a week is good for a beginner.

"You don't want to work out your arms every day. You need

24 hours to rest each muscle group," McFarland said.

They showed me the upright row, which works my upper back and is a rowing movement as it sounds. My favorite exercises were the leg press and leg curl. The leg press works out my legs, quads, hamstrings, and glutes. While the leg curl works out my hamstrings and is a lot easier than the leg press.

During my workouts I am learning how to correctly lift the weights and use the exercise machines. Bonville says that when working out, "stick to the machines," because it helps you figure out form.

It is also important to ask someone who knows how to show you how to use the machines.

Both Bonville and McFarland are constantly showing me the right ways to hold my arms, legs, back, and elbows, because I never learned the right way.

According to both Bonville and McFarland, if you start working out the wrong way you'll keep doing it wrong and you won't get the results you expect from your work out.

This is why seeing a personal trainer is important. Right away either Bonville or Piper will notice if my stance is off and they will demonstrate the right way to do it.

I have decided to continue working out until with Bonville until the end of the quarter, because I am learning a lot and feeling better about myself.

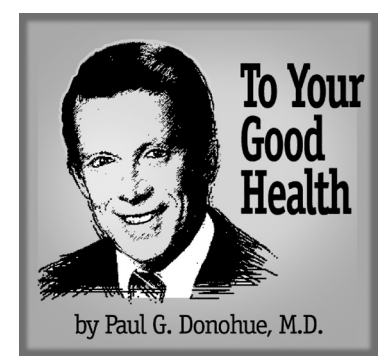
If you decide to work out with one of the personal trainers here at Highline, you will be pleasantly surprised and probably a little relieved.

Yes, they are in shape "pretty people," but like me, you will realize that they actually care, and genuinely enjoy working with people.

Eggs: A great nutritional bargain

DEAR DR. DONOHUE:

Are eggs harmful? I've been told not to eat more than two a week. I read, however, that eggs are good for us. -- M.D.



ANSWER: The daily cholesterol limit has been set at 300 mg. An egg has 212 mg of cholesterol, so a single egg just about polishes off the entire day's cholesterol allotment.

However, the 300 mg limit was set in a time when it was believed that most blood cholesterol comes from foods high in cholesterol.

That isn't true. Most blood cholesterol comes from our liver's production of it. Saturated fat and trans fat, not cholesterol, prod the liver into making cholesterol.

Diet restrictions to lower cholesterol, therefore, should focus on those fats and not so much on cholesterol. Unless your doctor has you on a very stringent cholesterol-lowering diet, the rule on egg limitation can be relaxed.

A little while ago, a study compared those who ate one or two eggs a day with those who ate fewer than one a week. The egg-eaters were not more likely to die from heart disease than were the abstainers.

The only exception was people with diabetes. Diabetics who ate eggs daily were a little bit more at risk of dying from heart disease than were the ones who seldom ate them.

Eggs are a nutritional bargain. One egg has 6 grams of protein and many of the B vitamins. It also has vitamins A and D. Lutein and zeaxanthin are found in eggs. They are important for eye health. All of this, and eggs are cheap.

One egg a day is permissible for most people. If a person wants to eat two, that's OK. Just skip the next day's egg.

Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

Phlebotomy

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able to read complex fiction and nonfiction, understand context, recognize correct word order and use punctuation correctly.

In the case of this phlebotomy course, Meyer is both the English as a second language and the adult basic education instructor.

She taught the first quarter of the course in which phlebotomy students learned medical terminology and were certified in medical terminology, CPR, First Aid and bloodborne pathogens.

In their second quarter, the students were taught by two medical assistants and Meyer remained in the class for support.

During that quarter, the students learned how to collect blood drawn from the vein, which is called venipuncture.

The students were also taught how to handle the blood specimens, as well as Occupational Safety and Health Administration regulations.

Shannon Proctor, a speech instructor, went to the phlebotomy class on Wednesday and found the students to be professional and adept at drawing blood.

"It was great, they did very well. Both of them drew blood on the first try," said Proctor.

Phlebotomy student Alma Kolenovic explained that a phlebotomist is basically a lab assistant and "...usually they



Ami Nguyen/THUNDERWORD

Shannon Proctor, right, getting ready to get her blood drawn by Said Mohamed, left.

just draw blood." Kolenovic's goal is to become a lab technician, which means she would be testing the specimen instead of just collecting it.

During her second quarter, she took the terminology that she had learned and applied it to techniques for drawing blood.

"The first one I learned was

larger.

The butterfly technique is important to learn first, because it is used on infants and children, whose veins on the inside

finding the vein. If they

have tiny veins then go to the butterfly technique," Kolenovic said.

This technique draws blood from a vein on the hand, and according to Kolenovic, it's more painful than drawing blood from the arm veins because the arm veins are much

of their arm are too small and hard to find to try drawing blood from.

Before the phlebotomy students could draw blood from volunteers, they had to practice on fake arms and each other.

"I was very comfortable when I did it [drew blood from a classmate], but when it came to me I was scared," Kolenovic said.

Kolenovic says that as a phlebotomist you only get two tries to draw blood from a vein.

"If you don't get it the first time you get one more try, then you have to ask for help," Kolenovic said.

After class on Wednesday, the students were finished with the second-to-last step of their Highline phlebotomist training. Their instructors are now confident that each student is prepared to start volunteering in local labs and hospitals as part of their externship.

The externship will provide students with the real world experience that labs and hospitals require before the students can start work.

Meyer said that at the end of this quarter the students will be given a certificate of completion in phlebotomy and have 12 credits to put toward a medical assisting program.

Meyer explained that students will still have to put in additional hours of work at a hospital or lab before they can be considered a phlebotomist.

Maya

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said.

"It shows more of the leadership skills to lead the faculty."

When she started, Maya came aboard with prior history and involvement with both students and teaching.

"I came in with all this experience already working with student intake and being in the classrooms," Maya said. "I had the administrative background with the work place background, doing content making the worker's English better at the jobs for higher performance."

She said she's still trying to learn more about her newly-appointed position, but she hasn't had a lot of time to be able to do so.

"There are a lot of things that are going on simultaneously," Maya said.

"I want to learn more about the department first, and then professional development, making sure that we keep everybody taken care of and giving them the sources that they need," she said.

"As I'm learning my position, I am seeing things that need fine tuning. At this point, I

feel like I'm jumping into something very new for me because I've been in the classrooms for the past four years," Maya said.

She says that one of her coordinating responsibilities is to have an accurate oversight of each student and assessing their skill level abilities.

"When a student comes in, they can either be placed in level two or four or one," Maya said.

Maya has an assessment overview chart in her office on the wall, which helps assist her in tracking a student's progress throughout each level.

Since her involvement on staff in the ESL department, Maya says the IBEST classes have been added.

The Integrated Basic Educational Skills Training program assists foreign students in career classes.

Bridge classes are also available, which allow foreign students on the third level to prepare for career classes by giving them a brief overview of these careers.

Maya says that more off-campus sites, partnerships with the community and part-time instructors have been added since her arrival.

She says that Highline has had a very supportive group

both inside and outside the ESL department.

"The first thing that comes to my mind as far as support from the top down is [President] Jack Bermingham, who has been very supportive of the transitions with the IBEST movements," Maya said.

Maya began her college career at Western Washington University, but returned home due to the distance from Seattle and the large size of the college.

She then attended Shoreline Community College and upon graduation, transferred to Seattle University, where she received her master's degree in adult education and training.

She says her fascination with language led her to Guadalajara, Mexico, where she was an exchange student for six months.

"I got to be immersed in a culture and language that was unfamiliar and I loved that," Maya said.

Maya also attended the University of Washington, obtaining another degree in American ethnic studies.

Afterwards, she had a strong desire to help the Latino Community in Los Angeles, Calif., where she worked as a volunteer for AmeriCorps Vista on a project called Central Latino.

She worked for Central Latino for a full year, helping establishing family literacy programs for low-income families.

During her attendance at Seattle University, Maya was employed at a local Red Robin restaurant.

When it was time for her internship at the university, she was able to get permission from Red Robin's management to do an internship project with the Spanish-speaking employees who worked there.

Maya worked for Red Robin for a total of 10 years and says it was this job that helped her finance the rest of the her college career.

She says her motivation to help non-native English speakers stems back to her college years and beyond.

Maya said she's pleased to be working with an effective team in the ESL department, which includes Steve Washburn, director of Adult Basic Education, General Education Diploma and English as a Second Language, and Linda Faaren, program coordinator for ESL.

"We've got so many skills on this team and so many strengths-it's interesting how we're moving forward and how fast we're moving forward," Maya said.

Survey

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Students reported many good experiences while attending Highline:

- 80 percent of students reported being supported by friends while attending Highline

- 84 percent reported their families also being supportive

- 87 percent reported their experience at Highline has been good or excellent

- 85 percent reported that they are satisfied with the progress that is being made toward their educational goals

- 95 percent of the students said they would recommend Highline to friends or family.

"Our goal is to find out why that remaining 5 percent wouldn't recommend Highline and fix that," said Tonya Benton, Highline director of institutional research.

Benton encourages students to participate in college activities and wants to improve the areas and programs that students feel are lacking.

"This survey gives the students a voice to tell us what needs improvement," Benton said.