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.

“Integrated Basic Education Skills Training (I-BEST) instructors must be tenure track,” Angela Meyer, said that the course is the first step for these students to get into the healthcare profession.

“I've always been interested in people who speak English as a multiple language, and people who could be elected for this position,” said Meyer.

Integrated Basic Education Skills Training classes are college credit courses that also teach English language and adult basic education skills to 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 fluent of an available teaching position. 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,” said Meyer.

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,” said Maya.

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 ability as an instructor. 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 participants.

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.

Students receive 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.

Students experience from veins

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 instructor at a non-profit place called Hopelink Eastside Literacy.

“I was involved with Hopelink Eastside Literacy in programs such as ProSports Club, Crossroads Mall, Brighthouse Gardens, Modus Media, Medtronic and Eurest Dining Services for Microsoft McDonald’s,” 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.

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.

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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.

Domestic Violence Awareness month ends without silence

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.

Free Tutoring!!!

Feeling overwhelmed? Get help!
Visit the Tutoring Center in Building 26, Room 339

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

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 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 hero 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 revives 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 are organizing a “pictures with Santas” event for Monday, Nov. 17.

The pictures will be taken in Building 8 from 9 a.m. to 1 p.m. There will be signs advertising the event around campus.

The event is the second in a series of four events planned by students from a business technology class on project management taught by Sherri Chun.

The first was a bake sale on Nov. 4; the two remaining events are a toy drive on Dec. 1 and a gift wrapping on Dec. 5.

The event is about how to break the silence after your self-esteem has been violated, said Rodriguez.

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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, it 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; it 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 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 anything and I feel very supported," she 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," Price said.

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

Holiday dinners await adopted foreign students

By HANNA JAZZYA
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, faculty 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 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.

The Thunderword / Nov. 13, 2008

Campus Life

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

Ami Nguyen/THUNDERWORD

Olivia Ho works in the International Leadership program.

David Clerich/THUNDERWORD

“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.

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

3
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, and inclusive 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 makeup 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, welcoming, and inclusive environment. Exit interviews also cover the college’s commitment to diversity.

Highline commits to diversity

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.”

After the election of 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 bite.

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.
Puzzles

HOCUS-FOCUS

437 SW 144th St, Burien.

Arts Calendar

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

Playroom

10. MOVIES: Who played the devil-possessed child in The Exorcist?
11. ANATOMY: How many wisdom teeth does an adult usually have?
12. LITERATURE: Which pop singer starred in the 1980 re-make of The Jazz Singer?
13. SCIENCE: What is the focus of agronomy?
14. What is voir dire?
15. FOOD & DRINK: What kind of drink is Bardolino?
16. HISTORY: Which Russian leader introduced the policy of "glasnost," which led to greater freedom of information?
17. LANGUAGE: In its archaic usage, what is snicker?
18. MUSIC: Which pop singer introduced the "WIN" button idea in the early 1970s?
19. SPORTS: Who was the first NBA player to be a former NFL quarterback?
20. ANATOMY: How many shoulders do adult humans have?
21. LITERATURE: Who wrote the novel "A Connecticut Yankee in King Arthur's Court?"
22. ART: Who painted the famous "Mona Lisa?"
23. LITERATURE: "Open sesame," and in which story does this line first appear?
24. TRAVEL: What is the capital of Belgium?
25. SCIENCE: Which element is the lightest on earth?
26. HISTORY: Which battle is often referred to as "The Battle of Britain?"
27. ART: What is the natural habitat of a koala?
28. LITERATURE: Who is the character that racks up the highest score in the video game "Pong?"
29. ARTS & ENTERTAINMENT: Who is the lead singer of the British rock band "The Who?"
30. SCIENCE: What is the body of work?" in the field of geology?
31. ART: Who directed the movie "The Exorcist?"
32. HISTORY: Who was the first human to walk on the moon?
33. SCIENCE: What is the major organ system that provides the body with oxygen?
34. ART: Who was the first president to have a "White House"?
35. SCIENCE: Who discovered penicillin?
36. ART: What caused the Great Depression of 1929 in the U.S.?
37. ART: Who directed the movie "Alien?"
38. SCIENCE: What is a pond?
39. ART: Who directed the movie "The Godfather?"
40. ART: Who directed the movie "The Hobbit?"
41. SCIENCE: What is the major organ system that provides the body with oxygen?
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Quotable Quote

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

--- Andrew Mason

Weeklies

SUDOKU

By Linda Thistle

Place a number in each empty boxes in such a way that each row, each column and each small 3-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ***

• Moderate •• Challenging ••• HOY!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 Berkoff 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.

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.

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 fright, 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.”

Hopkins with Villanueva during rehearsal for the play.

Brenen Grant (left), Anthony Keane (right), and Sophia Villanueva (bottom) at rehearsal.
Jazz group Billet-Deux will bring their unique sound to the Waterland music series.

“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, 2251 Marine View Dr.

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

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

By ERIC NOBLE

The Des Moines Arts Commission invites the community to enjoy and perhaps purchase 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.”

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 work.

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

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 Thaire Kispine Costa, one of the Brazilian Summit students. “We couldn’t because it 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.”
The Thunderbirds placed first with only one point separating them from Bellevue. Last Wednesday, Nov. 5, Highline played away at Shoreline. They ended the league season with 45 points and a 14-1-3 record, whereas Bellevue had 44 points and 14-2-2 record. Highline won the NWAACC tournament in 2004 for the first and only time in its history.

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

The Thunderbirds clinched the division 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.

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.

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 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 Kuffer broke away from the Shoreline defense and lifted the ball over the goalkeeper with no chance. The match 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.

“T-Birds are West Division champions”

BY MAX DUBBELDAM  
Staff Reporter

T-Birds are West Division champions

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

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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.
Without its leading scorer, Highline fell to Clark, 1-0, in the first round of the NWACC 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 NWACC’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 Ivana Frerichs.

“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 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 produc- ing 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 was a roller coaster of emotion Saturday.

5 and 2-2 against Edmonds last week and a great result for us,” Moore said. "I think Wednesday’s game was a roller coaster of emotion and a great result for us,” Moore said.

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.


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.

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 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 NWAACs.

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 press time.

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,” 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 Tavon-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 personalfitness trainer coach; 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’s 51, Faculty and Staff 55.”
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 their 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.

“Afican 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.

“Twasn’t taking it serious. It was just something to do after school,” said Hassan.

He participated in the 800-meter race and 4x800-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.

His brother is doing forensic science, and his 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 train 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 percent 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
was able to finish in the top spot for the 8k race. Representing Spokane was Rigoberto lime- 
ne who finished in first with a time of 25:30.
The Highline men’s team was
represented by seven runners.
Ryan Eidemoe was the first
Highliner to finish; he came in 19th with a time of 
27:32.
In 24th place overall was
Colby Peters with a time of 
27:32.
Finishing back to back were JP Strozowski and John Hurt-
burt in 34th and 35th places, with times of 28:09 and 28:11.
Kevin Clancy was able to cap-
ture 37th with a time of 28:11. Abd Assah came in 42nd place with a time of 28:35.
Nathan Tuiznin finished in 
36:03 for 61st place.
Although they only came in
dinth, Highline was able to prove that their first-year team could compete among the top 
NWAACC programs.

Scoreboard
Men’s Soccer
North Division
League/Pts/Season
Z-What. 10-4-4 34 10-4-4
X-Bellevue 14-2-2 44 14-2-2
X-Edm 6-6-5 28 6-6-5
X-Col.B. 1-14-10 31 1-14-10
X-S.P.Sound 1-16-2 24 1-16-2
Z - Clinched region title
X - Clinched playoff berth
Treasure Valley 2, Pierce 1
Peninsula 2, Skagit Valley 0
Spokane 1, Columbia Basin 0
Cheernekeet 3, SW Oregon 0
Bellevue 4, Shoreline 1
Walla Walla 5, Wenatchee Valley
1
Clark 7, Puget Sound 0
Tacoma 1, Everett 0

West Division
Bellevue 3, SW Oregon 1
Wenatchee 1, Shoreline 0
Spokane 2, Edmonds 2
(Women’s Soccer)
The Lady Thunderbirds were
represented by six runners.
Finishing first for the wom-
men’s squad was Anna Resen-
diz with a time of 21:01 in 27th
Place. Behind her was Livia Ma-
haffie in 33rd with a finishing
time of 21:23.

Women’s Soccer
North Division
League/Pts/Season
Z-What. 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
Edmonds 9-9-2 29 9-9-2
Everett 2-16-2 2-16-2

X-East Division
Z-Walla 14-3-1 45 13-3-1
X-Sk.Val. 12-2-4 37 12-2-4
X-Tr.Valley 6-6-4 28 6-6-4
Col.Basin 8-8-2 26 8-8-2

West Division
Z-Highline 14-1-3 45 14-1-3
X-Bellevue 14-2-2 44 14-2-2
X-Edm 6-6-5 28 6-6-5
X-Col.B. 1-14-10 31 1-14-10
X-S.P.Sound 1-16-2 24 1-16-2

Z – Clinched Region Championship
X – Clinched Playoff Berth
Decision.

South Division
Z-Chem. 10-2-6 36 12-2-6
X-Clark 8-8-2 26 8-8-2
X-S.W.O. 3-12 11 3-12
X-Abington 3-14-1 10 3-14-1
Z – Clinched region title
X – Clinched playoff berth

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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: Branden Brown, a 6’0” guard from Wilson High School; Kelly Edwards, a 6’3” guard from O’Dea High School; Paul Mickelson, a 6’3” guard from Seattle Christian 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 Enmaclaw 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. 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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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 I’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 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 as I was out of breath but when 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 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, bike, cycle, 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 I did 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.

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

Grace DeWitt

Our intrepid reporter meets a Highline fitness trainer and lives to tell the tale.
Phlebotomy
continued from page 1
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 Alina Kolenovic explained that a phlebotomist is basically a lab assistant and “...usually they 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 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 larger.
The butterfly technique is important to learn first, because it is used on infants and children, whose veins on the inside 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
continued from page 1
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 work-er’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 education.
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 Berningham, who has been very supportive of the transitions with the IBEST movement,” 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 Atlantic 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.
Afterswards, 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 establish 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 the 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 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
continued from page 1
Students reported many good experiences while attending Highline.
• 90 percent of students reported being supported by friends while attending Highline.
• 64 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 it,” said Tanya 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.