



Pura Fé set to perform today
Nov. 20/P6



Men's soccer knocked out of tourney/P8

Nov. 20, 2008 / Volume 48, No. 9

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The Thunderword

Highline Community College



Ami Nguyen/THUNDERWORD

The Summit Program hosts students from Brazil, Egypt, Pakistan, Indonesia, Turkey and South Africa.

Food bank needs more food

By **NICHOLAS MCCOY**
Staff Reporter

This is a tough year for the Des Moines Area Food Bank, the program's director said. "We provide emergency food assistance," said Barb Shimizu, the program's assistant director. "The Des Moines Area Food Bank covers Des Moines, most of SeaTac, and a little bit of West Hill in Kent, as well as any current Highline students," she said.

All food banks in South King County are in need of donations this season, Shimizu said.

"All the food banks in South King County are at the lowest level they've ever been in terms of food on the shelf," she said. Shimizu estimated that the bank probably has about 15000 pounds less food this year compared to last year.

Shimizu said that the lack of donations is probably because of the economy.

"A lot of people have been laid off of work, and gas prices are rising," she said. People have less money to spend on donations.

"The use of food to create bio-fuel has caused an increase in food prices," Shimizu said.

"We've seen a 40 percent cost increase in the food that we purchase," she said.

Shimizu said that the food bank expects an increase in regular monthly clientele, but a slight decrease in people seeking to receive a Thanksgiving meal, because of an increase in Hispanic clients who may not yet be aware of the holiday.

"We served 849 families in August, 939 in September, and 1,206 in October," she said.

"Normally, this time of year we might be at 1,000 families," Shimizu said.

"For October, in a non-holiday month, we have never seen those kinds of number," she said.

Please see Food, page 13

Internationals come to the Summit

By **DAVID MCINTOSH**
Staff Reporter

Selected students from all over the globe have come to Highline this year to earn a certificate that may help them advance in the workforce back home.

The Summit international students are from Brazil, Egypt, Pakistan, Indonesia, Turkey and South Africa.

The Summit Program is a year-long journey that will teach

these international students new skills that will help them further their career in their home countries. This year the Summit Program is focusing on two programs: Hotel and Hospitality Management and Information Technology.

The U.S. State Department gives a grant to the students who have been chosen out of thousands of applicants. The 18 students are flown over from all around the world and have their classes, books and living

expenses paid for.

"We knew we were going to the U.S. to study, but we didn't know anything else," said Thiare Costa, a student from Brazil.

Costa further explained that when he went to Washington, D.C. to meet up with all the other Summit students, he didn't know where he was going to go or how he was going to live. The Summit students were divided up by what they wanted to study; some colleges special-

ize in different programs, with Highline specializing in hotel management and IT.

Jennifer Granger, International Programs manager, says the students feel as if they are ambassadors from their home country. Since it is a grant from the State Department, the students do feel pressured to impress their families back home and show others that they earned their spot in this program.

Please see Summit, page 15



Catherine Dusharme/THUNDERWORD

Burn, baby, burn

Highline professor Rich Bankhead lights up a cloth with a mixture of alcohol and water that doesn't burn the actual cloth. Bankhead's display was part of the annual Physics Show, one of the highlights of Science Seminar. The seminars are a weekly series of presentations by experts from on and off campus on a variety of science-related topics. For more about Science Seminar, please see stories on page 11.

CSI: **H**ighline

Non-compliant juveniles without ID in library

The library has had many issues recently with unruly delinquents refusing to leave the premises.

Library faculty requested a security officer in reference to nine juveniles re-entering the library and being a disruption on Nov. 12. One of Highline's security officers arrived and walked the juveniles out of the main library entrance to the South Lot.

Monday, Nov. 17 was also disrupted — a few juveniles, after being told to leave, returned back into the library.

One juvenile, wearing a red hat and a red coat, approximately 5'6" and with a stocky build, refused to show his identification.

Security finally got the juveniles to leave, and said they would call police if they returned.

Library administration also called security that day in reference to several teens screaming in the library. Two Highline Security officers arrived and escorted the teens to the bus stop. They were not Highline students.

Faculty assistant locked in

A Highline faculty assistant was locked in the business office of Building 1 on Monday. A custodian unintentionally locked her in and there were no doors to get out.

Security arrived at 6:30 p.m. and let the faculty assistant out.

ATM unlocked

The ATM company called Highline on Nov. 13 to alert security that the ATM in Building 8 on the upper floor was open.

Security immediately investigated the ATM, but there were no signs of break-in attempts. However, the outer lid of the ATM was unlocked, so security locked the machine.

Graffiti on doors

Graffiti saying "G status" was found on two doors on the west side of Building 28 on Nov. 16. Maintenance was able to wash off most of the graffiti.

Belongings found

A cream-colored sweater and a set of house and auto keys with alarm remote control attached was found on the bottom floor of Building 8 on Nov. 15. To claim lost belongings, go to the Security Office in Building 6.



Movie Friday moves to Siberia

Japanese film legend Akira Kurosawa's Soviet-Japanese collaboration film, *Dersu Uzala*, will be shown this Movie Friday.

The film is an adaptation of the novel by Vladimir Arsenyev about survival in Siberia. It follows a troop on a topographic expedition led by Captain Arseniev and their meeting with aborigine Dersu Uzala.

Dersu Uzala was critically acclaimed on its release in 1975, winning the Grand Prix and the Moscow Film Festival and earning Kurosawa his only Oscar award for a single film.

It sold over 20 million tickets in the Soviet Union, and made over \$1.2 million in North America.

The film will be shown this Friday, Nov. 21, at 12:30 p.m. in room 26-213.

Haggerty teaches how to network

The Counseling Center will be offering a workshop focused on how to interview people from careers of interest.

The workshop's press release states, "this is your opportunity to learn how to interview someone performing your ideal dream job."

Faculty counselor Patricia Haggerty will cover in the workshop "one of the best strategies for networking and future employment."

The workshop, "Informational Interviews," is today, Nov. 20, from 11 to 11:50 a.m. in the Mt. Skokomish room of Building 8.



Liz Phillips/THUNDERWORD

Three students pass time just outside Building 29, Highline and CWU's collaborative building.

Science Seminar explores secret world of pack rats

This week's Science Seminar will explore the nesting habits of pack rats.

The seminar, called "Rat Middens," examines pack rat nests, called middens.

"Come learn about these rodent archivists and the diaries they leave behind," says the press release.

Tarisa Matsumoto-Maxfield will present the seminar this Friday, Nov. 21 from 2:20 to 3:10 p.m. in room 102 of Building 3.

Relief worker speaks about recovery from Vietnam War

Southeast Asian relief worker Anne Thomas will speak at Highline today, Nov. 20, about the continuing recovery of southern Asian countries after the Vietnam war.

Thomas has lived for almost 20 years in Cambodia and Laos, working with the Reconstruction and International Security through Education (RISE) Institute.

She has started schools and trained teachers in remote parts of southern Asia.

Proceeds from Highline's used book sales have gone to support her work before, to purchase supplies and solar-powered lights to help schools in those areas function.

Thomas will speak on Nov. 20, in the Skokomish room of Building 8, at 1:00 p.m.

Hand-made gifts such as scarves and coin purses will be sold to support her work outside the bookstore.

Culture shock discussion to help with adjusting

Highline International Ambassadors will be hosting a discussion on culture shock today,

Nov. 20.

The discussion will be held at 1:15 p.m. in the Mt. Constance room of Building 8.

The press release defines culture shock as "the anxiety and feelings of surprise, disorientation, confusion... felt when people have to operate within an entirely different cultural or social environment."

The discussion will focus on students sharing their experiences with culture shock.

The Highline International Ambassador Initiative is a project of Highline's student government that is "committed to enhancing global understanding on campus between cultures," according to the discussion's press release.

The event is being organized by ambassador Melissa Smith.

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:

Book Keeper ~ 4873 ~ Part/Fulltime ~

Work with center management on accounts receivables, filing, and providing customer service during the day.

Location: Federal Way Wage: DOE Hours: 20-40

Office Asst./CSR ~ 4875 ~ Part-Fulltime ~

Needs to have computer skills and basic office equipment skills. Flexible schedule for the right candidates. Must have an outgoing personality.

Location: Renton Wage: DOE Hours: 20/40 flex. TBD. 2 position available.

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:

*One part at a time, one day at a time,
we can accomplish any goal we set
for ourselves.*

-Karen Casey



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>



Ami Nguyen/THUNDERWORD

Patti Rosendahl, the executive assistant to Dr. Jack Bermingham, sits at her desk in Building 1.

Rosendahl shows tolerance for chaos

President's assistant keeps things moving

By **SIDNEY PACAMPARA**
Staff Reporter

Patti Rosendahl says there is no usual day when you are the executive assistant to the president.

"My friends would say that I have a high tolerance of chaos," Rosendahl said.

She attributes this to her ability to adapt to different scenarios and when needed, change her focus instantly. Both are important parts of working as support she says.

Rosendahl is the executive assistant to Highline President, Dr. Jack Bermingham. Her many duties include preparing for meetings and the calendar and working, as she says, as the "liaison to the Board of Trustees."

"I communicate not only with the public, but internally with faculty and staff," Rosendahl said.

Although the structure of executive affairs in administration isn't chaos in and of itself, it is the concept of tolerating multiple activities that Rosendahl said makes up her day.

"Having different tasks don't bother me," Rosendahl said.

She says her day consists of anticipating what is being given to her at that moment, whether it be projects or meetings. Yet, Rosendahl said that you can only

anticipate so much and that's normal when you're supporting the head figure of Highline.

"Sometimes it doesn't work the way you plan," Rosendahl said. "There may be a change in the schedule, a change in meetings, or even a change in government ways made that day."

Rosendahl said that the ability to adapt and change focus is important in times like those.

"You have to be able to be flexible," Rosendahl said.

A colleague from her previous career in teaching had described her as having a "high tolerance of chaos." Rosendahl says it comes from dealing with a lot of disruptions found in an elementary school class. She says she believes that same description to be of herself as well.

"I believe it stems from my drama background," Rosendahl said.

Rosendahl received her bachelor's degree in drama from the University of Washington.

She said her roots are in the Northwest, despite being born in the Midwest. However, she says her best experiences were in New Orleans.

"I miss the music and I miss the food," Rosendahl said.

Rosendahl attended the University of New Orleans and received her master's degree in liberal arts and communication. She said she is glad she went into liberal arts because it gave her the chance to do something new each time.

"We (people at the time) were not as focused on our careers as



Patti Rosendahl

compared to young people today," Rosendahl said. "Education was a good opportunity in trying different things."

While in school, she supported herself with many different jobs. She worked at hotels and was able to experience different groups of people and cultures, she said. Rosendahl also had a brief stint as a radio news reporter in New Orleans.

"They said they hired me because they really liked my accent," Rosendahl said.

While working on her master's, she worked for the CEO of an import and export business in New Orleans.

"I was lucky," Rosendahl said. "It was one of those 'right place at the right time' kind of situations."

She said it was her first experience of working for both a major group and as executive

assistant.

After receiving her master's degree, Rosendahl stayed in New Orleans and spent a year working for a talent agency.

Rosendahl then began teaching elementary school and later adult communication. She continued her teaching when she moved back to the Northwest.

She began working at the University of Washington for the Research Unit Health Sciences as executive assistant to Dr. William Morton, director of the unit. Rosendahl worked for the research unit for 10 years. She said that her time at the research unit was one of her main experiences as working as executive assistant.

After working for the research unit, Rosendahl came to Highline in June 2007 to take over the position of Sandy Moser, who served as executive assistant before retiring in 2007.

Rosendahl currently serves as a volunteer on the board of the University of Washington's School of Drama Advisory, a fundraising organization for the school, as well as a member of the One Earth Institute, a non-profit organization that focuses on conservation of the ecosystem.

Rosendahl says she likes working at Highline and enjoys interacting with the different students at Highline when she can.

"It is a pleasure get to know the leaders," Rosendahl said. "The students at Highline are pleasant, exciting young people."

Parenting classes help students, children

By **JESSICA MALFITANA**
Staff Reporter

Students at Highline who want to become better parents, or are thinking about becoming parents, have resources to help them achieve their goals.

Highline's Parent Education program includes several classes for Winter Quarter.

Alicja Baker will be teaching these courses. Parenting Education 025 (2-3), Parenting Education 028 (3-4), and Parenting Education 031 (4-5) are based on different age groups.

This program is open to anyone with children. The only requirement for the family is "to participate in their child's classroom a specified number of times for the month and attend the parent education seminars," Baker said.

For Parenting Education 120 you don't need a child to participate in this class. "It is helpful, however, to have access to children to do some of the assignments. Students observe younger siblings, cousins, nieces and nephews, or their friends' children," she said.

This is an online class only. "The purpose is to gain a deeper understanding of children and the student's approach to parenting," Baker said.

Topics in this class include, "the basics for effective parenting. Some are child development, parenting styles, discipline, communication, anger management, problem solving and self-care," Baker said.

Currently, the only cooperative preschool affiliated with the college is located at the Tukwila Community Center. "The preschool serves as a lab experience for the parents enrolled in the class," she said.

The child care center on campus is a part of student services, but not Parent Education.

Their discussions in class are based upon what is observed there, as well as what they observe about their child at home.

"Top discussion topics are discipline, how children learn and school readiness. Others are more class dependent - potty training, language development or media issues," Baker said.

Editorial comment

Give to others for holidays

Be charitable this difficult holiday season, and contribute to any of the many charities operating in the Des Moines area.

The economy is down this holiday season. The national unemployment rate was 6.5 percent last month, according to the U.S. Bureau of Labor Statistics—up from 6.1 percent in September.

You can help families hit by the economic fallout this winter by contributing (even a little) to the following organizations. Your contributions could give a disadvantaged child the opportunity to experience the joy of receiving gifts this season, or a family the opportunity to eat this thanksgiving.

Highline’s Giving Tree program is an excellent example of a charitable program that can help give troubled families some joy.

The Giving Tree program is run by Student Programs and Women’s Programs. Students can apply to sponsor a child or family by contacting Naomi Etienne at either netienne@highline.edu or 206-870-3710, ext. 3537.

The organization runs several events leading up to the holidays to raise money and awareness of the program campus-wide.

On Dec. 1, Giving Tree will conduct a toy drive in the Student Union.

Alternatively, you can contribute to the Des Moines Area Food Bank. They are in need to canned foods, such as canned meats, fruits and vegetable, and dry goods such as rice, pasta, cup-a-noodle and Mac-N-Cheese. They would also like donations of baby food and pet food.

The food bank also needs donations of non-food items such as toilet paper, small shampoo bottles, soaps, and most especially diapers.

Money can be donated either via its website at <http://dwp.bigplanet.com/dmafb/door/> or by mail at The Des Moines Area Food Bank, P.O. Box 98788, Des Moines WA, 98198.

The food bank is also seeking money or volunteers for its Weekend Backpack Program, which provides backpacks of child-friendly food to children who are at risk of going hungry over the weekends. Contact the bank at dmafb@bigplanet.com for more information.

Please, donate whatever you can this season — your money, some cheap food or supplies, or even just your time. Bring a little joy to a child this season. Give someone the gift of a full belly this December. You can make a difference.

Staff

“Unplugging the toaster really doesn’t help.”

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A true Alaskan perspective

I don’t like Sarah Palin. I’ve lived with her as my state’s governor for the last two years, but my least favorite thing about her is the image of Alaska that she has given the rest of the world.

In the run-up to the presidential election two weeks ago, Palin was ridiculed for saying many outlandish things about our state. Observers have especially latched on to her comment about being able to see Russia from Alaska.

From the city of Diomedes on Little Diomed Island, residents can look across a portion of the icy Bering Sea and see a piece of land that is technically Russian territory but has no residents. However, only 146 people (according to the 2000 U.S. Census) have this privilege.

For many Alaskans, life is similar to what people living in the lower 48 are used to. We get up in the morning, go to work, then come home and maybe watch some TV.

Despite recent popular belief, average citizens do not shoot wolves from helicopters. A few animals are hunted regularly – dall sheep, bears, moose, caribou, reindeer – but wolves are not one of them.

Most people have never seen a polar bear, which only live in the northernmost regions of the state, and we don’t have any penguins.

The most annoying statements I hear, usually from tourists in the summer, are, “I thought Alaskans live in igloos. I thought there’s snow on the ground all year.”

Nobody in urban areas live in what most people would think of as an igloo. The Inuit word iglu means “house,” but Native Alaskans only use them as hunting shelters in the winter – outside the cities, on the tundra. In the summer, there is no snow in most places, making any year-round snow and ice construction

Commentary



Liviu Bird

impossible. Besides, houses are so much warmer.

There are differences that set Alaskans apart from the average American. Surviving a winter in temperatures as low as 40 degrees below zero is no easy task.

In that kind of cold, there is no time to stand around outside.

It’s hard to see, thanks to the ice fog, which happens when water droplets freeze in midair, creating a thick, white sheet of air all around. People go from house to car to school or work and don’t come out again until the end of the day.

The air is so cold that as somebody walking outside breathes in, the inside of their nostrils begins to freeze. Not to mention the darkness, black as midnight, anytime before 11 a.m. and after 3 p.m.

But it’s not all bad. The winters are great conversation starters outside the state.

I can remember the numerous times in elementary school when the other kids thought it would be a good idea to lick snow off the frozen handrails in front of the school. I never did that, but it was fun to watch the teachers run outside with a cup of hot water to help them un-

stick their tongues.

Here’s my favorite Alaskan trick: going outside in subzero temperatures with a cup of hot water, throwing the water above my head, and watching it evaporate instantly. This is possible because it is not only very cold in the winter, but also very dry, with humidity rarely reaching 30 percent.

When temperatures reach around 45 below, which I have seen almost every winter in Fairbanks, cars parked outside often suffer from “square tires.” This happens when air in the tire freezes in place, including the bottom part in contact with the ground. When one drives a car like this, it feels like you are driving on square tires.

Automobiles are equipped with a special type of blanket covering the battery, which can be plugged in, much like a normal electric blanket. If a driver was to leave his or her car out in the cold without plugging it in, there is a good chance it will not start without a jump.

Generally speaking, life is very typical of any other place, but just like any other place, there are differences that set Alaskans apart.

There are few gun-toting, wolf-shooting hockey moms running around. My mom gave that up years ago.

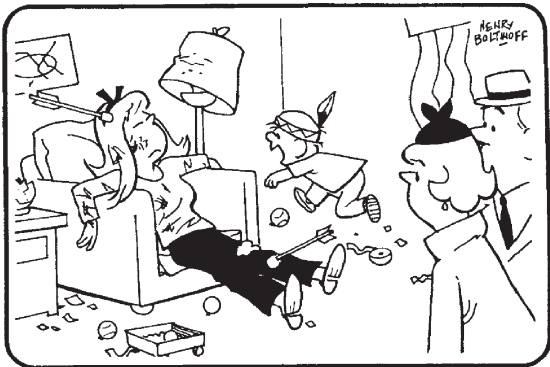
Liviu means “run wolf run!” in a native language somewhere.

Write to us

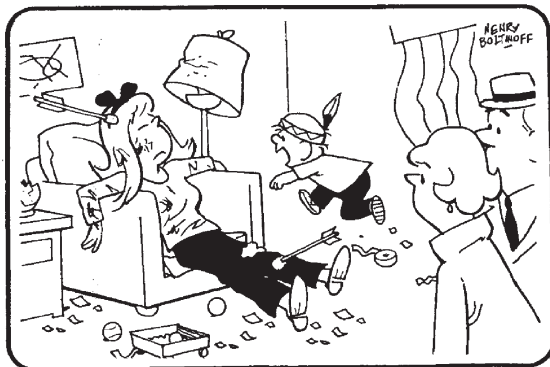
The Thunderword invites letters and guest commentary from members of the campus community.

E-mail your submission to: thunderword@highline.edu. Please limit your submission to no more than 400 words. Please provide contact information for confirmation purposes.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's pants are black. 2. Ball near boy's foot is missing. 3. Mom's hat is gone. 4. Drapes are wider. 5. Girl's bow is different. 6. There's more trash on floor.

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Trivia test by Fifi Rodriguez

1. FOOD & DRINK: What is the spice paprika made from?
2. FAMOUS QUOTATIONS: Who once said, "If you ask me anything I don't know, I'm not going to answer."
3. ANATOMY: How many bones is the average human born with?
4. U.S. PRESIDENTS: Which presidential candidate appeared on the 1968 TV comedy *Rowan and Martin's Laugh-In*?
5. MEASUREMENTS: What is the equivalent weight of a stone, a traditional British unit of measurement?
6. HISTORY: Who led the Boston Tea Party prior to the Revolutionary War?
7. TECHNOLOGY: When did the computer mouse make its first public appearance?

8. MUSIC: Where is the House of the Rising Sun, according to the 1960s song of the same name?
9. GAMES: Which board game features a thimble as a playing piece?
10. LITERATURE: Who lives at 221B Baker Street, London?

- Answers
1. Peppers, ranging from mild to hot
2. Yogi Berra
3. 300. Adults have 206 because some bones fuse together as children grow.
4. Richard Nixon, who uttered the line "Sock it to me?"
5. 14 pounds
6. Samuel Adams
7. 1968, in a computer demonstration
8. New Orleans
9. Monopoly
10. Sherlock Holmes

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Arts Calendar

- The Highline Drama Department presents *The Trial*, by Franz Kafka, Nov. 20-22 and Dec. 4-6 at 8 a.m. in the Little Theater, Building 4, room 122. Tickets are \$7 for students and \$8 for general admission and are available at the door.
- Living Memory: The Photography of Carrie Hall Tomberlin shows through Nov. 30 at the Highline 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.

Last week's Weekly SUDOKU Answer

2	1	8	5	4	9	3	7	6
7	3	9	2	1	6	5	8	4
5	6	4	8	7	3	2	1	9
9	8	6	4	3	2	7	5	1
1	5	2	7	6	8	4	9	3
4	7	3	1	9	5	6	2	8
6	4	7	9	2	1	8	3	5
3	9	5	6	8	7	1	4	2
8	2	1	3	5	4	9	6	7

Pulling Rank

Across

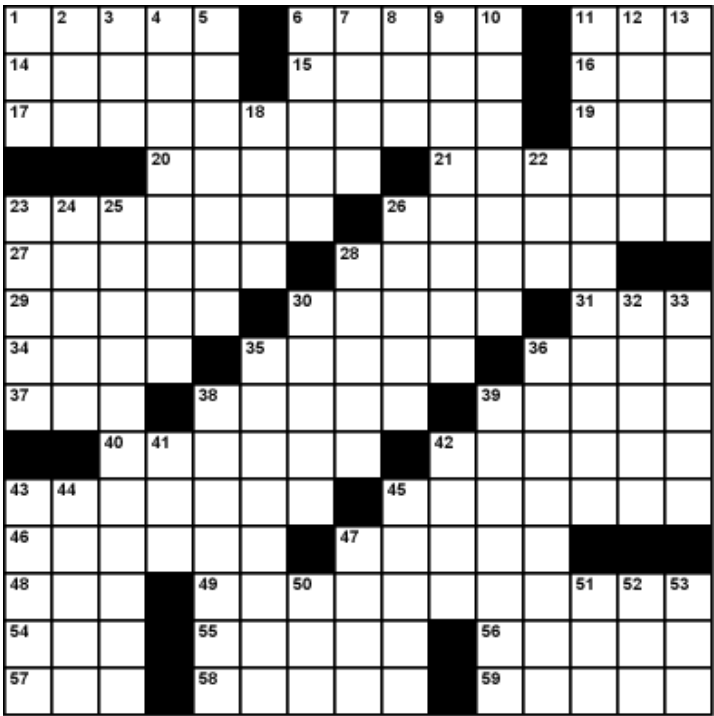
1. Unedited version
6. Yankee's Derek
11. Teacher's favorite
14. Part of TNT
15. Say "y'all," say
16. Elem. school trio
17. International yachting regatta
19. 401(k) alternative
20. Fish
21. Vehicles traveling together
23. Book site
26. Dress-down day attire
27. Native New Yorker
28. "___ Potables" (Jeopardy category)
29. Fifth-cen. canonized pope
30. Cole slaw and fries
31. Sixth sense
34. Sushi fish
35. Warsaw natives
36. Spelling contests
37. GOP fund-raising org.
38. Was concerned
39. Grant's successor
40. Aromatic herbs
42. Words before easy
43. Atones
45. Sherwood et al.
46. Carroll's mad tea drinker
47. Cloudbursts
48. Hurler's stat.
49. Big-time
54. 1996 Olympic torch lighter
55. Ex-Sen. Alfonse D'___
56. List of candidates
57. Nine-digit ID
58. Subsequently
59. Tennis champ Monica

Down

1. Paternity identifier
2. Free
3. Bank machine

Crossword 101

By Ed Canty



4. Franciscan hang outs
5. Transport to Oz
6. PB&J part
7. "If all ___ fails..."
8. Quirk
9. Teaches
10. Lies down
11. Hammer and Spade
12. Film star Flynn
13. Airline seat parts
18. Indian tourist site
22. Order member
23. Colorado Rockies in '07 Series
24. One ___ (poor odds)
25. Hotel employee
26. Like a cryptogram
28. Laundry loads
30. Tender spots
32. "Try to ___ my way ..."
33. Attention-getters
35. Deli choice
36. Popular fund raiser
38. Movie houses
39. It will hold your horses
41. Court divider
42. Slave away
43. Flightless birds
44. British nobles
45. ___ Islands
47. Campus military org.
50. Brady Bunch girl
51. Guy's date
52. Beehive State native
53. Some M.I.T. grads

Quotable Quote

*We herd sheep,
we drive cattle,
we lead people.
Lead me, follow
me, or get out of
my way.*

... General
George S. Patton

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

•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, \$16 senior, and \$16 youth.

Tickets are available by calling 253-856-5051. •Got arts news? Contact arts editor Rochelle Adams at roadams@highline.edu or call 206-878-3710, ext. 3317.

On-campus events get priority listing but all events are welcome to be submitted.

Last week's crossword solution

PLAYROOM

P	A	C	K		W	H	A	T		S	I	T	E
A	C	H	E		M	O	O	L	A		P	R	O
G	R	A	N	D	A	M	B	A	L	L	R	O	O
E	E	R		O	R	E	O		K	E	E	N	L
			E	V	E	N		M	O	V	E		
M	O	R	R	I	S		D	A	V	Y		L	E
A	R	E	A	S		S	O	M	E		T	A	P
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Weekly SUDOKU

by Linda Thistle

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DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

The Thunderword / Nov. 20, 2008

Native talent

Singer Pura Fé comes to Highline for Arts & Lecture event

By **ROCHELLE ADAMS**
Staff Reporter

International singing artist Pura Fé will perform at Highline during today's Arts & Lecture presentation.

The event will take place first at 10 a.m. and will have a second showing at 11 a.m. in Building 8 in the Mt. Olympus and Mt. Constance rooms.

Pura Fé's event is expected to be particularly popular because of her status as an international singer who has toured worldwide and appeared on Jay Leno's Tonight Show, the UK's The Late Show, and Brazil's Joe Suares Show.

She is also a founding member of the a capella group Ulali.

Rashiid Abdullah, who coordinates the events, said Pura Fé' coming to Highline will be a historical event.

"What's cool about this is, this is the first Native American artist to come to Highline," he said.

Pura Fé is a descendent of the Tuscarora Nation.

As well as singing, Pura Fé may be speaking on social topics such as Native American issues during this event.

The Arts & Lecture events are a new series of artistic junctures organized by the Inter-Cultural Center.

Abdullah, the Inter-Cultural Center student who coordinates the events, said he wants to



The Native American singer Pura Fé is coming to Highline.

present different art forms to the community at Highline.

"Our main objective is to bridge the gaps between all the different programs at Highline," Abdullah said. "We want people to be more aware of what's going on here."

Abdullah was chosen to co-

ordinate these events because of his own creative background. He said he "uses different mediums of expression." The different mediums include music, writing, poetry and just about any artistic expression.

The last Arts & Lecture event featured two Highline students,

the graphic designer Abdul Hawasli and the graffiti artist Sean Clemens. The first one had the illustrator Dahe Kim, from Student Programs.

Pura Fé's event will be the third and last Arts & Lecture event of 2008.

The opportunity to get Pura Fé to come to Highline came through the library circulation staff member Dana Rollins.

"He had the connection," Abdullah said. "He came to us and it was good timing. Timing, that's what's most important. After we got all the scheduling issues worked out, it was on."

Based on the success of the last two Arts & Lecture's, Abdullah anticipates a large crowd at this week's event.

"It's going to be packed in there," he said.

He hopes the next event after this one will be in a bigger space since these events are drawing in such large numbers.

Abdulla is already making plans for more Arts & Lecture event to come in the new year. He said he is in talks with an artist who writes with his mouth. He also has some upcoming events already planned but won't divulge any details as of yet.

To check out the latest Arts & Lecture with Pura Fé, you can see her at Highline in Building 8 in the Mt. Olympus and Mt. Constance rooms from 10 a.m. to noon.

Shape the future of hip-hop with Hip-Hop Summit

By **ERIC NOBLE**
Staff Reporter

Highline is looking for people to submit ideas for the upcoming Hip-Hop Summit, taking place Feb. 26-27

The Hip-Hop Summit is "a two-day event showcasing the different elements of hip-hop culture," according to Tony Innouvong, the recently-installed chairman of the Hip-Hop Summit committee.

The event is meant to educate people about the hip-hop culture, eliminate stereotypes, and discuss the future of hip-hop, Innouvong said.

While hip-hop related events have been going on at Highline for a long time now, the Hip-Hop Summit started only a few years ago.

Plans for events at the summit include workshops on break-dancing, hip-hop artwork, the history of hip-hop, and writing plus singing hip-hop music. They hope to have a panel of speakers talk about these artists, and they will also try to coax some local hip-hop artists to perform. At the end, there will be a break-dance battle.

These events are just some of the ideas put on the table. None of them are official. "It's not set in stone. A lot of it is subject to change," Innouvong said.

The summit is a student-based program, with a few faculty members involved as well. There are student organizations working with the program, including Ace Crew and Verse, Innouvong said.

All are welcome to come to the Hip-Hop Summit. It's not limited to students. "We are going to be promoting and marketing outside the school," Innouvong said.

The audiences are those who are interested in hip-hop, or would like learn more about hip-hop.

To submit ideas, you can join the hip-hop committee every Wednesday in the Students Program Conference Room at the Student Union from 12:15 to 1:30 p.m.

'The Trial' starts today

The Drama Department's production of *The Trial* begins today, Nov. 20.

The play is based on a work by Franz Kafka.

It will be performed in Building 4, room 122 at 8 p.m. on Nov. 20-22 and Dec. 4-6.

Ticket prices are \$7 for students and \$8 for general admission.

Library Gallery displays vivid, confused memories

By **ROCHELLE ADAMS**
Staff Reporter

The Library Gallery has been displaying the work of Carrie Hall Tomberlin throughout the month of November.

This was her first exhibit at Highline, though she has shown her work nationally.

In describing the photography currently on display, Tomberlin said, "This body of work builds narratives through the association of people and places, addressing mortality and the transient nature of our culture."

Tomberlin is a photographer and writer who teaches Art and Global Health, English, and Photography. She has taught at Green River Community College, Puget Sound Early College and Bellevue Community College.

She earned her Master of Fine Arts degree at Clemson University in 2005.

"I have always felt that my calling is with the arts, and have



Tomberlin's photography, including Lost Childhood, can be found at the Library Gallery.

studied art and writing throughout my academic career," she said.

Tomberlin said her influences come from all of her experiences including her traveling, all the people she has met and the questions she has asked.

"To have something to say, I feel that you should have new experiences and push yourself outside your comfort zone," she said.

The photographs in this ex-

hibit were filmed through a Holga camera. She said the pictures haven't been digitally manipulated apart from the use of basic color corrections.

She said the pictures appear exactly as they did on the original film.

The message and purpose behind her art is in capturing a memory.

"Photography allows one to still a moment on paper and make that memory tangible,"

Tomberlin said. "These images allude to visual memory and how it permeates daily life. In these images I show how that memory is vivid, yet at the same time, often confused and non-linear."

Tomberlin's work can be seen from now until Nov. 30 on the fourth floor of the library.

The gallery is open Monday through Friday 7 a.m. to 10 p.m., Saturday 9 a.m. to 5 p.m., and Sunday 2 p.m. to 10 p.m.

Unbeaten Chemeketa tourney favorite

Highline hopes recent hot streak will carry into playoffs

By **BRIAN GROVE**
Staff reporter

Volleyball juggernauts Chemeketa and Edmonds, along with Eastern Division front-runner Walla Walla, are the favorites for this weekend's NWAACC Championship.

"Chemeketa or Walla Walla," Green River Head Coach Kyle Densley said.

"Chemeketa — they're the team to beat," Highline Head Coach Chris Littleman said.

He also thinks Edmonds, Clackamas, or one of the teams from the West could be dangerous.

Chemeketa is seeded first in the Southern Division, sporting a 10-0 league record, and a 45-0 overall record for the season. They are the only team in the NWAACCs who is undefeated.

Their top scorer, Chelsea Fosback, has 213 kills in 63 games, which is 89 more than the second leading scorer on the team, Emily O'Neal, with 124.

Edmonds, who is 11-1 in league play and 35-10 overall and seeded first in the North Division, will play a possible surprise team, Columbia Basin, in the opening round.

Edmonds' kill leader, Mindy Rencher, racked up 267 kills over 75 games this season, with much credit given to Glenda Schuster, who had 464 assists in



Liviu Bird/THUNDERWORD

Highline's Stefanie Rojas goes up for the block against Grays Harbor last Wednesday.

65 games.

Walla Walla, from the East, who is 13-1 in league and 29-8 overall, will face off against one of only two tournament teams who have sub a .500 winning percentage in league play, Skagit Valley.

Walla Walla's Jenna Kragt and Sarah McLean provided a winning attack combination for Walla Walla this season. Kragt had 297 kills in 106 games and McLean had 558 assists in 94 games.

Other teams who will be at the tournament, aside from Highline, include Bellevue,

Whatcom, Skagit Valley, Spokane, Treasure Valley, Tacoma, Green River, Pierce, Clackamas, SW Oregon and Linn Benton.

Mt. Hood, 1-9, who has won the past two NWAACC championships in and was runner-up in 2005, will not be attending the tournament.

This season, they finished in last place in the Southern Division.

Highline coaches believe that although they are an underdog, they have strong chance in the tournament.

"I think we could [win] or any team from the West could

be a surprise team. The West is underestimated because we all beat up on each other. Columbia Basin could also be a surprise team," Littleman said.

Highline has been to the NWAACCs three times since 2003 and is back this year after losing a tie-breaker for the fourth seed against Green River last season.

Teams from the West believe that although their records may not be as pristine as some of the other teams among the NWAACC, they still have a lot to bring to the tournament.

"Speed. Offensively, we're

probably one of the fastest teams in the NWAACC. We're also well — balanced. We have six offensive threats as opposed to one," Green River Head Coach Kyle Densley said.

"We're very scrappy, pretty quick, and we have good ball control. We serve tough and we pass the ball well. We won't overpower you, but we play consistently," Coach Littleman said.

Along with the strengths that each team brings to the tournament, the women will have to play their game to stay on top.

Highline, who is 9-5 in league play, 29-20 overall and seeded third in the West Division, will play Clackamas, 7-3 and 37-13 overall, who is the second seed in the south.

Paula Miles and Shannyn Fisher lead Highline's kill totals with 170 in 69 games and 147 in 66 games, respectively.

"We need to play consistent, we need to play up-beat and cocky. As long as we're active and competing for every point. It's hard to win three in a row," Littleman said.

The tournament format is double elimination.

Here's how a double elimination bracket works; A team loses once, it drops into the loser's bracket. If a team loses twice, they're eliminated. Even if a team loses once, they can still come back to the championship, but they must win the rest of their games and beat the team that has come out of the winner's bracket twice.

The first matches will take place Nov. 20 - 22 at Mount Hood Community College.

Highline volleyball places third in West Division

By **BRIAN GROVE**
Staff Reporter

The Highline volleyball team solidified the no. 3 seed in the West Division last week after defeating Centralia, but losing to Tacoma.

The Lady T-Birds knocked off the Trailblazers in three straight games, 25-9, 25-7 and 25-17.

Shannyn Fisher led the attack for Highline with 11 kills, while Nedessa Silvestre picked up the pieces on the defensive end with 22 digs.

This win placed Highline third in the West, behind Tacoma and Green River.

It also put them in position to take the second seed position if they could beat Tacoma.

Unfortunately, Tacoma had a different idea.

The Titans defeated the Lady T-Birds in four games, 25-22,

29-27, 23-25 and 25-12.

Highline is looking ahead to the NWAACC Championships, which will take place at Mt. Hood Community College in Gresham, Oregon, from Nov. 20-22.

The Lady T-Birds are confident and ready to play.

"Our energy and the intensity that we have makes it easier to win. When we are already in their heads, everybody can use their talent and play well," Highline outside hitter Shannyn Fisher said.

Highline will square off against Clackamas in the opening round.

"We've already played Clackamas and beaten them before, so we know their tricks, their strengths and weaknesses," said Fisher.

Even if Highline falls to Clackamas in the opening round, Highline's coaching staff

knows the reality will eventually set in for the players when their backs are against the wall, making them play harder than ever not to get eliminated.

"The women will realize this is it; the sophomores are done after the end of this season," Highline Head Coach Chris Littleman said.

Although Highline's coaches believe that playing with a sense of urgency and a survival-mode mindset will take over if the Lady T-Birds lose the first game, they still want them to play well in the opening match.

"Winning the first round would do a lot for us," Littleman said.

The Lady T-Birds have come a long way from being a last place, 0-4 team in the West Division to becoming the 9-5 NWAACC contenders they are today.

"It feels great. We worked so hard, started out 0-4, but we fought our way through it. It's the best feeling ever."

— **Jessica Alvarez,**
Highline volleyball player

Going into the tournament, Highline feels like they could be a surprise team.

"A lot of other coaches knew we'd bounce back from 0-4, but we feel like we've been a little overlooked since we've gone

9-1 out of our last 10 to make a run for the playoffs," Littleman said.

"However, we feel like we're peaking at the right time, going into the tournament," he said.

"We're gonna take it all. We worked hard and we deserve it," Alvarez said.

Highline's coaches have continued to preach their aggressive, go for the kill philosophy that has guided the women all the way to the NWAACCs.

"The coaching philosophy is pretty much the same. It's worked all season, so there's no use in changing it," Fisher said.

If Highline wins the tournament, it will be their first NWAACC volleyball title in 18 years (they have not won since 1990).

Highline will begin play in the NWAACC Championship tournament Nov. 20, against Clackamas at 11:30 a.m.

Spokane stops Thunderbirds' title run

Highline loses on penalty kicks

By **MAX DUBBELDAM**
Staff Reporter

After dominating the match for 120 minutes, the Highline men's soccer team's NWAACC hopes died on penalty kicks.

The Thunderbirds were the favorites going into the match, and they showed their class from the start. However, the match ended in a 0-0 draw, and Highline lost on penalty kicks.

"We dominated them, out-shot them, and were the better team," said Highline Head Coach Jason Prenovost. "But you've got to put the ball in the back of the net."

Spokane visited Highline to play the quarterfinal match of the NWAACC tournament on Saturday, Nov. 15.

Highline had a bye in the first round of the tournament due winning their division. Spokane played Edmonds in the first round; the match ended in a 2-2 draw and was decided in the Sasquatch's favor after a penalty shoot-out.

Highline controlled the pitch for most of the match, and the defense controlled the rare Spokane attacks. Player to player Highline outclassed Spokane, but the Thunderbirds were unable to put the ball in the goal.

The NWAACC tournament semifinals will be held on Nov. 22, at Starfire Stadium in Tukwila.

Peninsula faces Walla Walla at 4 p.m., and Spokane plays against Chemeketa at 6:30 p.m.

Chemeketa and Walla Walla won the South Division and the East Division respectively.

Highline defender Joshua Hauck started the first dangerous attack when he sent in a long ball for Daniel Nam to chase.

Ryan Ditzler, the Spokane defender marking him, slipped initially to give Nam a free run. Nam dribbled past Ditzler for a second time then released a tame effort on goal.

In the eighth minute, Ryan Kuffler sent Robbie Gouk away on a Highline counterattack. Gouk had to dribble past two Spokane defenders, but his shot was aimed right at the goalkeeper, who knocked the ball behind the endline.

The ensuing corner kick fell



Brian Grove/THUNDERWORD

Highline's Jaret Thomas, left, and Spokane's TJ Rensleigh, right, both tackle for the ball while Zachary Taylor looks on.

to Gouk, who controlled it but saw his shot saved again by sophomore goalkeeper Josh Peck.

Kuffler dribbled and controlled the ball right at the touchline in the 19th minute and slid the ball to Gouk.

Gouk lifted the ball over the keeper, but his shot was wide of the goal.

Spokane's only scoring opportunity in the first half came in the 21st minute.

A Spokane midfielder sent in a cross from deep and it fell to TJ Rensleigh, but his shot was blocked by an oncoming Hauck.

Late in the first half tempers started to flare after a Highline player deemed a Spokane tackle to be unfair. There was a small ensuing scuffle, but no disciplinary action had to be taken by the referee.

Highline played most of the first half on Spokane's half of the field, and the Sasquatch could consider themselves lucky to be level.

Spokane started pressing more in the second half, and started to get more opportunities.

In the 50th minute, Spokane got a corner kick. The kick was poorly executed and allowed Highline to come out and counterattack.

Gouk received the ball around the halfway line and chipped

two defenders to give Kuffler a straight run at the goal. Kuffler was one-on-one with the keeper, but was unable to put the ball in the netting.

In the 61st minute, Spokane carved out their best opportunity of the match.

Freshman defender Matt Miller received the ball off of a corner kick, and smashed the ball point blank toward the goal.

Highline goalkeeper Liviu Bird was well positioned to save the shot, and he hung on to the ball.

In the 65th minute, Kuffler sent Nam down along the right wing. Nam sent a tight cross into the box. The ball cleared the goalkeeper, but just eluded Gouk as well.

In the 74th minute Gouk received a through pass from Fernando Gonzales, but he was off balance and the shot went over.

In the 75th minute, Highline sent a cross into the box. The ball went through the keeper's hands, and Nam put the ball into the open net.

The Thunderbirds thought they had scored, but the referee said that he saw an obstruction on the goalkeeper and the goal didn't stand.

In the 83rd minute, Spokane had another guilt-edged opportunity, but Nick Reilly shot the ball over from close range.

The score was level after 90

minutes, so there were two 10 minute extra time halves.

Ryan Kuffler had a golden chance to kill off the match when Spokane was unable to deal with a Highline cross.

Kuffler received the ball around the six yard line, but with an ill bit of luck it hit the wrong part of his foot and strayed over the goal.

For the penalty kicks Josh Peck stayed in goal for the Sasquatch, but reserve keeper Dave Lugo stepped into goal for the Thunderbirds.

Zachary Taylor took the first penalty for Highline, and beat Peck. Adam Zakrzewski kept the score level by putting the ball past Lugo.

Alex Bresnen stepped up to take the second kick, but his shot was saved. Spokane went one up in the series when Travis Green scored.

Fernando Gonzales scored Highline's second, and Lugo came up with a save on Ryan Ditzler's shot to put the score level at 2-2.

Tony Maxwell was the fourth person to take a kick for Highline, but his shot was blocked by Peck. Matt Miller put Spokane 2-3 up after scoring passed Lugo.

Robbie Gouk took the last shot for Highline and put the score level at 3-3, but TJ Rensleigh sealed the victory for Spokane, making the final score

3-4 on penalty kicks for the Sasquatch.

"It sucks losing when you know you're the better team," said Lugo. "We had them from the get-go, from the first minute to last."

The Thunderbirds' heads hung low after the match.

"We should've had the game during regulation time," said Joshua Hauck.

"We worked hard," said Highline's Marco Heredia. "We really thought we were gonna win the championship. We never doubted it."

"It's frustrating, PKs are a terrible way to end," said Assistant Coach Steve Mohn. He added that it was a tough fought match, and that the playoffs often bring the best out of teams.

Head Coach Jason Prenovost said that the team had a lot of good opportunities, and that they were clearly the better team.

"The longer you leave a team that aren't as good in the game, the better they become," he said.

Prenovost added that the feeling might be bitter right now, but that he is proud of his team and has enjoyed the season very much.

"It was a group of guys that fight hard for each other, they love each other," Prenovost said. "It is a little bit of an unjust ending. These boys should've won."

Highline women expect excitement

By CHRIS WELLS
Staff Reporter

Expectations are high this winter for the Highline women’s basketball team. They are coming off a 7-10 season last year in the West Division of the NWAACC and an 11-17 season overall.

Coach Amber Rowe Mosley is entering her sixth season as head coach at Highline, currently carrying a career record of 85-57. She said that her players have unique goals in mind.

“I asked the girls at the beginning of the season what their goals were and I was getting answers such as having pressure defense, to be scrappy on defense and to work hard in practice,” Coach Rowe said proudly. “I asked them if they wanted to win the league, and they felt like if they do all of the above, the wins will come.”

The women’s first official season game will be against Lane Community College on Nov. 21 at 4 p.m. at the Shoreline Tournament. Their first home game will take place on Dec. 4 against Lane as well, at a time that has yet to be determined.

Coach Rowe said the toughest competition this season may be against some of the traditional powerhouses of the NWAACC.

“Centralia and Lower Columbia Community Colleges are always top in our league. Tacoma is a game that our players always look forward to because a lot of our players are from the Tacoma area,” Rowe said.

Highline, whose team will have 10 home games this year, expects to run a fast-break offense and a high-pressure defense, which will lead to an exciting style of play.

“A fast-break offense would be ideal and we would like to get points off of our pressure defense. But, ideally we would like to score before we get into our half court offense,” Rowe said.

The team this year is carrying one returning player, 5’6” guard Randi Olson, and two transfer players from Pierce Community College, 5’7” guard Jazzmn Montgomery and 5’10” forward Kameka Nolen.

Although the team may be young this season, they are bringing in some talented freshmen: 5’4” guard Dani Carlman and 5’8” forward Lauren Hill, both received first-team all-Nisqually 2A honors while at Eatonville High School.

Tera McCann-Soushek, a 6’0” forward from Auburn High School, received second-team all-South Puget Sound League

3A honors. Patrice McKinnon, a 6’0” guard from Newport High School, earned all-King County 3A honorable mention.

Other freshmen who are new to Highline this year are Jordan Beale, 5’4” guard from Pomeroy High School; Ariassa Wilson, 5’7” guard from Foss High School; Adriana Aukusitino, 5’8” guard from Service High School in Anchorage, Alaska; Jaki Fairfield, 5’7” guard from Auburn Riverside High School; Garlena Tavoia-Fiatoa, 5’9” forward from Rainier Beach High School and Cassie Fontenot, 6’3” center from Chief Sealth High School.

Before Coach Rowe came to Highline, she started her coaching career at Georgia Southern University as an assistant coach and a graduate teaching assistant.

This year Coach Rowe will be bringing back two coaches who have been here for multiple seasons and two new coaches.

Damien Crump will be returning for his sixth season this year as an assistant coach. Crump, who played at Shoreline and Highline Community Colleges before finishing at Concordia University in Minnesota, has been an assistant coach at Concordia and Federal Way High School.

Karen Nadeau will be returning for her fourth season as a Highline assistant coach. Nadeau played college basketball at Highline before going to Colorado State University in Pueblo. At Colorado State, Nadeau was the team’s leading scorer two years in a row and was an all-region candidate for the Rocky Mountain Athletic Conference.

Taryn Plypick is a first year coach this year at Highline. Plypick is also a former Highline student. During her time at Highline, she competed in basketball and track and field. From Highline, Plypick went on to Western Oregon University, where she participated in both sports.

Allison Maas is a first year coach this year at Highline. Maas is a former Highline basketball player. Maas played under Coach Rowe for two seasons 2004-2006. After Highline she attended Eastern Washington University where she received a bachelors of arts degree in education.

Coach Rowe isn’t sure who will be starting yet, however she says the team will be balanced this season.

“The team is very well balanced. It will be a total team effort this year,” Rowe said.

Lady T-Birds lose for a good cause

By LIVIU BIRD
Staff Reporter

Although a team of faculty and staff members defeated the Highline women’s basketball team 56-48 in a charity game on Friday, Nov. 14, the real winner was the fight against breast cancer.

Jean Munro from Women’s Programs worked a booth at the gym’s entrance, selling \$568 worth of t-shirts, she said.

The proceeds will go to the Puget Sound branch of Susan G. Komen for the Cure.

In the game, the Highline women took an early 5-0 lead and held onto it until the faculty and staff took a 20-18 lead with five minutes left in the first half. They never looked back, leading 29-22 at the break.

The game was punctuated by many smiles and jokes on the sidelines.

“It’s a good thing I had that pizza,” Assistant Coach Josh Baker from the men’s team said as he walked off the court at half time.

After a sluggish period of play in the second half, the faculty and staff team found the energy to bring their lead back up



Max Dubbeldam/THUNDERWORD

Barry Carel guards a T-Bird women’s player.

to 11 points with seven minutes left in the game and eventually won 56-48.

“[The faculty and staff] weren’t bad at all,” Head Coach Amber Rowe Mosley said afterwards. “It was their best effort ever.”

Coach Rowe also said Randi Olson had a good game for the women and Facilities Manager Barry Carel had a good game for the faculty and staff.

“It was great,” Carel said. “In my seven years, this was our youngest team, which makes a difference.”

“Next year, we want to take on the men’s team because we think we’re that good,” he said, smiling.

Athletic Director John Dunn

said the faculty and staff won because of “superior athleticism and basketball IQ.”

“We just have big heart,” he added.

However, he was optimistic about the season ahead for the women’s team.

“They’re a young team, but Coach Rowe will have them ready,” Dunn said. “They will be there when it matters.”

Dunn also said the cause for the game, breast cancer awareness, is very important for him.

“My mom had breast cancer,” he said. “It’s a big deal for me.”

“We [the Athletic Department] want to be a part of everything that goes on, on campus. I wish we could do more.”

Scoreboard

Women’s Volleyball				
North Division				
League/Pts/Season				
Z-Edmds	11-1	.917	35-10	
X-Bellev.	10-2	.833	24-16	
X-What.	9-3	.750	22-24	
X-Sk.Val.	5-7	.417	15-13	
Shoreline	4-8	.333	12-30	
Everett	2-10	.167	6-20	
Olympic	1-12	.077	3-33	
East Division				
Z-Walla.	13-1	.929	29-8	
X-Spok.	9-5	.643	29-18	
X-Tr.Valley	9-5	.643	35-12	
X-Col.Bas.	9-5	.643	23-18	
W.Valley	8-6	.571	28-17	
Blue Mt.	6-8	.429	13-23	
Big Bend	2-12	.143	7-22	
Yak.Valley	0-14	.000	2-32	
West Division				
Z-Tacoma	11-3	.786	31-16	
Z-Gr.River	11-3	.786	24-16	
X-Highline	9-5	.643	29-20	
X-Pierce	9-5	.643	25-15	
Clark	7-7	.500	21-22	
Lo.Col.	7-7	.500	18-17	
Centralia	1-13	.071	4-30	
G.Harbor	1-13	.071	1-25	
South Division				
Z-Chem.	10-0	1.000	45-0	
X-Clack.	7-3	.700	37-13	
X-SW.Ore.	6-4	.600	18-14	
X-Linn-B.	4-6	.400	12-28	

Umpqua 2-8 .200 8-23

Men’s soccer NWAACC results	
2008-11-12	
Bellevue-3	def SW Oregon-1
W.Valley-1	def Shoreline-0
Spokane-2	tied Edmonds-2 (spok. won 4-2 in shootout)
Peninsula 1	def Clark 0

2008-11-15	
Spokane-0	tied Highline-0 (Spok. won 4-3 in shootout)
Peninsula-3	tied What.-3 (Pen. won 4-2 in shootout)
Chem.-3	def W.Valley-2
Walla-0	tied Bellevue-0 (Walla. won 3-0 in shootout)
Women’s soccer NWAACC results	
2008-11-12	
Col.Basin-8	def Sk. Valley-0
Whatcom 1	def Tr. Valley-0

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.

BIOL 110 Marine Biology

6005 Tuesday 12:10pm-2:00 pm 5 credits (hybrid)

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



Grace DeWitt/THUNDERWORD

Rene Bonville (L) and Piper McFarland (R) are learning a new trade in the Highline Personal Fitness Trainer Program.

Dance to relieve your stress

By **GRACE DEWITT**
Staff Reporter

The Mt. Skokomish room swayed to the beat of musical rhythms on Tuesday, Nov. 4.

A small group of women came to Building 8 to learn how to reduce their stress through dance movement.

The five rhythms, developed by dance instructor Gabrielle Roth, are named flowing, staccato, chaos, lyrical and stillness.

For each rhythm, there was a different song and dance.

The five dance movements were led by the assistant director of student programs, Natasha Burrowes. Although Burrowes led the rhythms and was in charge of music selection, each person moved to their own internal beat, while connecting to the beat of the music.

For example, one of the participants incorporated square dance steps into her dance movements.

Thressa Alston, a Highline faculty counselor, gave a brief introduction of the five rhythms before the dancing began.

"The important thing is listening to our bodies," Alston said.

Alston described flowing as releasing energy when you are feeling cramped or confined by becoming flexible and loose.

Staccato is all about action. It is about taking your energy and directing it into an objective.

"It's fiery, it's passionate," Alston said.

Chaos is where flowing and staccato energy meets. It is about letting go of uncertainty and breaking bad patterns such as holding on to bitterness.

"Sometimes in the midst of chaos is a quiet storm," said Alston.

She described lyrical as when a person feels fun, light, and free.

The dances ended with the stillness rhythm, which Alston described as when you reach a peaceful place where you get in touch with your breath.

She asked the participants to close their eyes and pay attention to their breathing as they relaxed their bodies and minds.

Afterward, all of the women expressed how calm and stress-free they felt and told each other how they would take this feeling into their day.

New Highline trainers get tough

Fitness Trainer Program offers free training to students

By **GRACE DEWITT**
Staff Reporter

You can work out for free with a Highline personal trainer.

The Highline Personal Fitness Trainer Program has decided to offer the expertise of their student personal fitness trainers to Highline students, faculty, and staff.

The student personal trainers use this opportunity as their first internship. After working on campus for one quarter they will find a new internship with a local fitness club.

The Personal Fitness Trainer Program began in winter of 2007 and this new internship began spring 2008, both led by the Personal Fitness Trainer

Program manager, Josh Baker.

"Their availability is limited but we'll take as many clients as we can handle," Baker said.

Even though local fitness clubs charge \$55 to \$70 per session, Baker is more concerned with giving his interns experience than with charging exorbitant fees for their services.

"Typically the client only works with the trainer for the length of the internship, which is one quarter. Those who are receiving personal training can reapply with new interns every quarter," Baker said.

This quarter there are only three personal trainer interns. Piper McFarland and Rene Bonville have morning clients, and Jeremy Swedelson works with afternoon clients.

"We all have four to five clients," said Bonville, who has been part of the Personal Fitness Trainer Program since its inception.

Bonville starts working with clients at 8 a.m. and finishes at 10 a.m. which is just in time to attend her classes.

"I've never had a personal trainer... for most of us we work out not knowing the correct way," said Ekkarath Sisavatdy, who is a client of McFarland's.

Sisavatdy is an Educational Planner and Running Start Coordinator at Highline. He has been working with McFarland for three weeks now.

"It's convenient. When you're working 40-plus hours here on campus it's a way to relieve tension," Sisavatdy said.

"They paired us up [McFarland and I] based on the hours available," Sisavatdy said.

After a health appraisal, the intern develops a workout specifically designed around their clients' needs and desired level of fitness.

Then the intern and client develop a workout schedule based on each others availability.

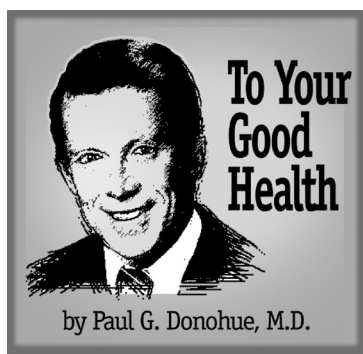
Bonville works Monday, Tuesday and Thursday mornings with clients. She said that clients can work out once a week with a trainer or more often, depending on the trainer's schedule.

To hire one of Highline's personal fitness trainer interns, e-mail Josh Baker, at jbaker@highline.edu.

Bipolar disorder is an emotional seesaw

DEAR DR. DONOHUE: How serious is bipolar disorder? Can you control it? -- L.R.

ANSWER: Bipolar is a disorder in which people experience spells of deep depression alternating with spells of great energy and unbridled enthusiasm. It's an emotional teeter-totter. In the high-energy phase, people feel invincible, are constantly on the go, can do with little sleep, have grandiose and



unreasonable plans and are overly sociable. They become

impulsive and make hasty and poor decisions. Sometimes they hallucinate, seeing things not present and hearing things not spoken. In the depressed phase, the opposite holds. People become reclusive, feel that all is hopeless, don't want to get out of bed and are reluctant to interact with others. Those extremes are the two poles of bipolar disorder.

Yes, it is a serious illness. It

can disrupt a person's life.

Brain chemistry is involved, but the exact mechanisms are not completely understood.

People can't control these mood swings by themselves.

There are medicines helpful in restoring stability to people's lives — especially Lithium, but there are other alternatives.

Readers may write him at P.O. Box 536475, Orlando, FL. 32853-6475.

Science Seminars feature mystery and magic

By S. RUSSELL GREGORY
Staff Reporter

Rich Bankhead and Gregory Reinemer showed the magic of physics and science during last Friday's Science Seminar in Building 7.

Science Seminar is a one-credit science course open to the community and held on Friday from 2:20 – 3:10 p.m.

Some of the tricks included putting out 100 birthday candles with dry ice, displaying the sound waves of music through a tube of fire, the illusion of freezing and smashing fingers with



Catherine Dusharme/THUNDERWORD
Professor Gregory Reinemer uses fire to show sound waves.

liquid nitrogen, launching ping pong balls across the room and causing bottles of liquid nitrogen to explode as they fly out of a five-gallon bucket of water.

A fire extinguisher was readily available at all times in case something got out of hand. Participating audience members

were encouraged to keep their distance and told to never try the tricks at home.

The next Science Seminar will seminar will be held Friday Nov. 21 in Building 3, room 102 from 2:20 – 3:10 p.m. Tarisa Matsumoto-Maxfield will be talking about rat middens.

Geocaching revives treasure hunting

By S. RUSSELL GREGORY
Staff Reporter

It's the hide and go seek of the new millennium: geocaching.

Carla Whittington and Chris Gan talked about the global positioning system and the hobby of geocaching during the Science Seminar last Friday, Nov. 14.

The global positioning system is made up of 24 satellites that can find the geographic location of anything on earth. It was originally used and operated by the military, said Carla Whittington, a science instructor at Highline.

"The 24th satellite was launched in 1993, so the whole system was not fully functional until 1995," Whittington said.

A number of monitoring stations and ground antennas constantly monitor the satellites to ensure that all 24 satellites are working properly, whittington said.

With a GPS receiver, both military and civilians must receive four satellite signals to find out their current location and any location they may want to travel anywhere in the world, Whittington said.

Initially, civilians only had select availability of this technology, which gave the civilian's GPS receivers an accuracy within 50 – 100 feet of any location, Whittington said

On May 1, 2000 President Clinton removed the select availability, allowing everyone to have full access to GPS. After the removal of select availability, the GPS receivers had an accuracy within five feet, Whittington said.

On May 3, 2000, a man from Oregon, Dave Ulmer, decided to test the accuracy of fully available GPS by hiding a box of random items in the woods and reporting the exact location to a



in the cache's log book and report their story on geocaching.com. If something is taken from the cache, it must be replaced with something else of equal or greater value.

It is considered good etiquette to respect the surroundings, clean up any garbage found along the way and to leave the cache just as you found it for the next person to find, Gan said.

There are currently geocaches in all 50 states and over 675,000 caches worldwide, Gan said.

local news group. A few days later, two people found the box with their GPS receiver, said Chris Gan, a science instructor at Highline.

"Interestingly enough, within just a few months there were 75 caches around the world," Gan said.

This idea became so popular that Jeremy Irish, a local resident of Seattle, created geocaching.com, which allowed people to report the caches they hid and caches they found, Gan said.

When someone finds a cache, they must write their username

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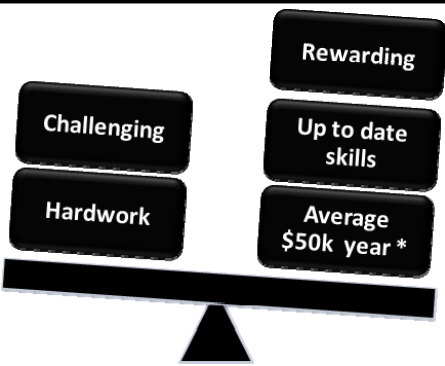
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In USD as of Nov 12, 2008 for web developers in Washington

Students test their math skills in AMATYC

By **NICHOLAS MCCOY**
Staff Reporter

You may think the tests in your math class are tough, but on the AMATYC competitive math test, getting 25 percent right is good, and 50 percent is amazing.

In a class, those would be failing grades, but on the American Mathematical Associate of Two-Year Colleges' competitive test, those scores are solid.

The AMATYC test is given to students in two-year colleges nationwide twice a year: first in the fall, and again in the spring. The student in the country with the highest combined score receives a scholarship.

Last year, no one in the nation achieved 100 percent on the test. The AMATYC website is mum on details concerning individual scores in previous years.

Here at Highline, 38 students took the test this quarter. The average score was 7.5 percent.

"Any score that's over a 10 [out of 40] is considered a pretty good score," said Professor Terry Meerdink, who coordinates the AMATYC test at Highline.

The questions start simple, Meerdink said. This fall's test started with a question involving perpendicular lines and algebra. As the test progresses, Meerdink said, it gets more complex.

The final question required an entire page of work, including a lengthy half-page proof.

The questions on the exam were all multiple choice.

The material the test covers is not advanced. It includes top-



Hyo-won Jung

ics from algebra, statistics, geometry, and pre-calculus.

"There's never any calculus on it," Meerdink said.

Students in the calculus series often do badly, she said.

"Some of the questions require you to remember a lot of stuff, which is why some of the calculus students who are way up into the series don't do so well. They've forgotten this stuff," Meerdink said.

"We try to encourage students in the pre-calculus series to take it because they're closer to the material," she said.

For Highline this fall, the first-place score was a 20 out of 40, achieved by Hyo-won Jung. Suhwan Lee earned second place with a score of 19. In third place, Yongil Park achieved a score of 17.5. Nicholas Myrick reached fourth place with a score of 14.5.

Phuong Tran placed fifth, with a score of 14, rounding out Highline's team of the top five scorers.

Tran is an international stu-

dent from Vietnam. She is currently in her second quarter at Highline.

Age 19, Tran has been in the U.S. for six months. She is majoring in electrical engineering, and hopes to transfer to either MIT or University of California Berkeley.

"I took the test because my math instructor, Allan Walton, recommended his students to do that," she said. She attends Walton's Math 124 class.

"I found it really interesting; the questions are so challenging and motivate me to think critically, quickly and creatively," Tran said. Those skills are important in science, she said.

She has been interested in math ever since she was a little girl, she said, when she would absorb herself in puzzles and games, especially IQ tests.

"I will take the second test in spring, for sure, and want to be in the top three. And I believe that I can make it," she said.

Hyo-won Jung, the winner of first place, is an international student from Korea.

"I came here to America one and a half year ago to study my major, mechanical engineering," Jung said.

"Since childhood, I have been interested in math and physics."

Jung hopes to transfer to the University of Washington in fall 2009 in order to further pursue his major, he said.

"I hope to get hired by Boeing after graduating from a four year university," he said.

He transferred to Highline in Fall 2007, after attending a pro-

gram to help him learn English. He is currently in Dusty Wilson's Math 225 class.

"The biggest struggle I have gone through was the English because I studied it for just two years," Jung said.

"However, I keep trying to overcome it, and tutoring physics and math at the tutoring center, I improved it a lot even though I still feel lack of it," he said.

Jung took the AMATYC test earlier this year, achieving sixth place. Since then he has taken Math 125 and 126, and is currently attending Math 225.

"I am going to take it again at spring, and hopefully, I want to get first place again," Jung said.

As a result of making it in the top five, Jung and Tran are members of Highline's AMATYC team.

Colleges are rated based on team scores. The score of the team is a composite of the scores of all the members of the team. Highline's team score for the Fall segment of the test this year is 85.

National and regional standings for the first test this year have not yet been released.

"We expect to place between third and seventh in the state," Professor Terry Meerdink said. Highline usually places in that range, she said. She said that ranks are expected to come out sometime in the next few weeks.

Last year, Highline placed fifth in the state. Highline did not place nationally. Bellevue Community College placed ninth in the nation, tying with New Jersey's Brookdale Community College.

National standings for the first test this year have not yet been released.

The fall score will be combined with the team's score this coming spring to establish Highline's overall national and regional standing this school year.

Nationally, the highest score achieved during last year's testing cycle was a 37.5, in fall 2007. The score was achieved by Bellevue Community College student Qiaochu Yan.

The date for the next test has not yet been released. According to the AMATYC website, it will take place between Feb. 17 and March 7 next year. Anyone can take the test.

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With that degree, it's gonna give me more opportunity so I can make more money. I'm already working with human resources—how to deal with people, codes of conduct, loyalty, ethics, the hiring process, paperwork... A job is just a job. A career is something that you worked for. I feel better as a person now. I feel more accomplished.

Michelle Oquendo '08

Michelle Oquendo '08
Technical Management



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



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Food

continued from page 1

“It’s safe to say the lines are out the door,” Shimizu said.

Shimizu said that she estimates that there will be close to 1,250 families seeking assistance in each November and December, with an additional 700 families seeking Thanksgiving assistance and 500 seeking Christmas assistance. This comes to a total of 3,700 families over the next two months.

Shimizu said the bank expects fewer people on Christmas because of parallel Christmas meal programs run by the Salvation Army in White Center and Federal Way.

“We need everything. Whatever people would like to have for themselves, donate that,” she said.

Shimizu said that people can donate anything such as canned meats, fruits, or vegetables, pastas such as macaroni and cheese or instant soups, baby food, and pet food.

Other items the bank is in need of include shampoos, toilet paper, soaps, and especially diapers.

The food bank also runs

a second program called the Weekend Backpack Program. The bank partners with the Highline School District to distribute backpacks filled with kid-friendly food to kids at two elementary schools who are at risk of going hungry over the weekends.

Backpacks are given out on Friday and returned by the children on Monday. Each pack contains six kid-friendly meals.

To contribute to the Weekend Backpack Program, you can ei-

ther volunteer via email at dmafb@bigplanet.com to help pack backpacks with food, or you can donate \$5 or more online, or by mail at The Des Moines Area Food Bank, P.O. Box 98788, Des Moines, WA, 98198.

Shimizu said that although the food bank is worried about meeting demands in November and December, it is even more worried about the months after.

“We’re very worried about January and February,” Shimizu said.

“People tend to forget about us once the holidays are over,” she said.

Although the bank can set aside items that are not immediately needed, Shimizu said the bank would appreciate donations throughout the year.

The Des Moines Food Bank is located in the basement of the Des Moines United Methodist Church, at 22225 9th Ave. S. You can also donate money via its website at <http://dwp.bigplanet.com/dmafb/door/>.

Local food banks

Des Moines Area Food Bank
In the basement of the Des Moines United Methodist Church, 22225 9th Ave. S., Des Moines. 206-1878- 8301
www.myfoodbank.com

Renton
The Salvation Army Food Bank, 206 S. Tobin, Renton. 425-255-5969.

Kent
Kent Food Bank, 515 W. Harrison St., Ste. #107, Kent. 253-520-3550
<http://www.skcfc.org/kentfoodbank/>

Federal Way
Federal Way Multi-Service Center, 1200 S. 336th St. Federal Way. 253-838-6810
<http://www.multi-servicecenter.com/> (Internet Explorer only)

Auburn
Auburn Food Bank, 930 18th Place NE, Auburn. 253-833-8925
<http://www.skcfc.org/theauburnfoodbank/>

Burien
Highline Area Food Bank, 183004thAveSo. Burien. 206-433-9900
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Summit

continued from page 1

When the international students arrived in the summer, they met their advisers and took a short bridge class. This class helped the students become familiar with the Highline campus and how to use the transit system.

The students also had to take the ESL Compass test when they arrived. Some students came even earlier to touch up on their English.

When the students leave Highline next summer, they will have a Summit Program certificate, a letter of recommendation, several dozen hours of hands on training, community service, and a portfolio of all their best school work.

There is no guaranteed job for them when they arrive back home, so they have to look for job opportunities just like everyone else. The Summit Program however, may give these students the edge when being looked at for a career. Major corporations also know that students will be coming back from this program and are keeping an eye out for the graduates.

Costa said that he had already visited Microsoft back in Brazil. He went on a tour of

the building and they told him what they were looking for. He said that they know when he is coming back to Brazil with his certificate.

As a part of their hands on training, all students must complete a minimum of 60 hours of work as an intern. Students will go through the application process to intern at a local business. Hotel management students will work at one of the many hotels around the SeaTac airport, for example.

However, the students will not personally be paid for their efforts. Their earnings will go to the State Department to help pay for groceries and house supplies.

The students are also required to volunteer around the community. Each student must serve 36 hours of community service to receive their certificate at the end of the year.

Some of the things they can do include work at donation drives during the holiday season. When most foreign students come here to study, they have a family take them in. That is not the case here.

The Summit students have a mentor family which helped them become acclimated to the area before the school year started and introduced them to

their advisors. The students will meet with their mentor families a few times a week to keep them updated on progress and ask questions.

The Summit students live in apartments in Kent. When the students arrived they did not know how they were going to live. They thought they were going to live in a small dorm with a roommate, but not five.

Karen Fuchigami, a student from Brazil, said that the apartments are really crowded; three people to a bathroom can get a little messy.

The Summit students get to Highline everyday by metro bus. As part of their grant, the State Department has given bus passes to the students; however, if they know someone who drives, they can carpool with them to school also.

Ivna Pinheiro, a student from Brazil, says it is hard to get home from school if you are taking night classes. The buses later in the day run on different schedules and it can take a while to get home.

Most students will call back home everyday to keep their families updated on their progress; some students will travel during the holiday season to visit family.

Outside of studying and read-

ing, the Summit students have done a lot of recreational activities. They have visited the Seattle Museum of Flight, Pacific Science Center, hiked Mount Rainier, and gone to the Puyallup Fair. Most students laughed at the pronunciation of the name Puyallup.

Students said the biggest change for them was the weather.

"It's really sad to see the sun go down at 4 o'clock," Costa said.

The Summit students said they are not quite used to Seattle weather — one day it rains and the next it is sunny.

Costa said he was surprised to see the sun after a day of pouring rain.

Another major difference that the Summit students saw was the political campaigns on TV.

Margi Mesia, a student from Indonesia, said that her home country has started to do the political debates because of all the hype about them recently.

Raphael Linhares, a student from Brazil, said that the news anchors and pundits are hilarious.

"It's so funny to watch two men on television yelling at each other, 'You're wrong! No you're wrong!'" Linhares said.

The Summit students said they want to be involved in Highline just like the average student.

Linhares, said that he has started a sports club with Thiare Costa. They wanted to start an outdoor club to stay active and meet new people. The club will have outdoor activities that vary every session.

"It's an outdoor club, just for everyone," Costa said. He said he wants the club to draw people from all backgrounds and cultures.

The students in the Summit Program said people at Highline are excited to meet someone from a foreign country.

"Students ask about our homes and what we think of the Highline area," Karen Fuchigami said.

Costa said that he likes how Highline is so diverse, and hopes he gets to continue to meet more students here.

As the Fall Quarter comes to a close, the students will begin searching for internships and start their community service. Their experience here is once in a lifetime; however, it is not as big as a contrast as they thought.

"It is not weird for us to come here," said Mohammed Hassan, a student from Egypt.

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The Thunderword / Nov. 20, 2008



Dancing around the world

Highline students in the Summit program put on a variety of internationally themed events this week. Highline student Oznur Aydin, top, shows off her belly-dancing skills on Monday. Gigi Guhla, a local Turkish dancer, leads a line of students, lower left. Highline students Mohammed Hassan and Waleed El-Sabry, lower right, explain their country at a booth on Wednesday.



Rochelle Adams/THUNDERWORD



Rochelle Adams/THUNDERWORD



Catherine Dusharme/THUNDERWORD

Highline trustee receives national honor

New Highline Trustee Dan Altmayer was recently honored for his efforts as a volunteer for the Highline Foundation.

He was awarded the 2008 Campus Impact Award on Nov. 6 by the Council for Resource Development during their annual Washington, D.C. conference.

The Council for Resource Development works to network community college development professionals.

Highline President Jack Birmingham said, "clearly this award is well deserved and a great recognition of Dan's leadership on our foundation board and in our community."

The press release cited Altmayer's lead role in raising \$2.5 million to build the MaST Center and "create an operating endowment."

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