Highline budget to be cut by 20 percent

By LIVIU BIRD  
Staff Reporter

Highline may experience an increase in tuition, reduction in the number of students accepted and program cuts by the start of the 2009-2010 school year.

These cuts are a result of the Washington Office of Financial Management asking all state agencies, including higher education, to think about a 20 percent cut for the two-year period of 2009-2011.

“The shortfall projected by the office of Financial Management is $2 billion, which is on top of a $3 billion shortfall we already had,” said Glenn Kuper, Office of Financial Management spokesman.

“The shortage projected by the State is due to a recent drastic degrading economic situation. “Consumer spending in all areas has declined significantly;” Kuper said. “People are being conservative about where they are spending money.”

As a result, the OFM is asking all state agencies to reexamine their budgets.

“We’ve asked all state agencies what they would have to do to cut their budgets by about 20 percent,” Kuper said.

Although the exact amount for the cut is so far unknown, higher education is exceptionally susceptible because of a more flexible budget than other agencies, such as K-12 education. Twenty percent is a realistic budget cut amount to expect, Kuper said.

The State Board of Community and Technical Colleges will have their budget reduced by $300 million if they are forced to cut 20 percent of their current budget.

“Since the request we received from OFM was information in nature, we don’t know yet what this will really mean for our system,” said SBCTC Director of Communications Janelle Ranyon.

The SBCTC will work with individual colleges to make cuts with the least amount of impact on students, even though tuition will have to be increased, Ranyon said.

Highline is already facing a

Educating kids in Costa Rica

Vasquez helps change the world

By GRACE DEWITT  
Staff Reporter

Highline student George Christian Vasquez proves that no matter what your circumstances are, you have the power to change the world.

Vasquez was born deaf, along with one of his brothers and his sister, to hearing parents.

At Highline he is studying mechanical engineering and wants to transfer to the University of Washington.

In June of 2008, Vasquez was sponsored by an organization called Mobility International USA to go on a trip to Costa Rica with 17 other people.

“高 wanted to do something different with my life. I wanted to show people that people with disabilities can do everything everyone else can,” Vasquez signed via his interpreter, Nancy Allen.

The purpose of Mobility International USA is an exchange program that gives individuals with disabilities a chance to change misconceptions and support international development.

Every year Mobility International USA takes a group of men and women with disabilities to a different country to learn about that country’s culture and to teach the people they meet about American culture.

The motto of Mobility International USA is “Challenge Yourself and Change the World!” This appealed to Vasquez.

“I wanted to challenge myself and help change the world,” he said.

With the help of Highline International Programs, Highline Foundation, Richard Plagge’s statistics class, Vasquez’s Global Studies teacher Davidson Dodd, and Vasquez’s family and friends, he raised $750 to pay the fees for his trip.

The group Vasquez went with had 21 people, two of whom were interpreters for the five deaf people and one staff member of Mobility International.

“This appealed to Vasquez.

George Christian Vasquez playing with children at the Laforunta orphanage during his trip to Costa Rica with Mobility International.

Course numbers to change

By CHRISTINA BRADLEY  
Staff Reporter

Highline will see a change in the course numbers in 2009.

The course number change is because of the Common Course Numbering that is being implemented.

Common Course Numbering is a set of course designations to make courses equivalent throughout Washington community and technical colleges.

Highline held out from Common Course Numbering as long as they could. However, Highline has now been directed by the State Board for Community and Technical Colleges to participate.

Common Course Numbering is being decided by faculty panels and they will decide which course numbers will be included in Common Course Numbering.

Dr. Eric Baer, a geology professor, has many concerns about Common Course Numbering.

Baer said Common Course Numbering will confuse students as many course numbers will be changed.

“For instance, Highline’s Geology 101 has to change its number and/or departments. This could lead to students ac-
New recycling vendor to discourage waste

By LOGAN LEEDER
Staff Reporter

Highline will employ Allied Waste as its new recycling vendor sometime in the next few months.

“Allied Waste recycles a bigger variety of materials,” said Pete Babington, director of Facilities and Operations.

Allied Waste offers more options than Highline’s previous recycling vendor, West Seattle Recycling Inc. With West Seattle Recycling as Highline’s vendor, Highline could only recycle paper and cardboard.

Students may now recycle not only paper, but also certain plastics, metals and glass.

The materials can also be composted, meaning the recyclables don’t need to be separated before they go to the plant.

Rather than having to place your soda can in one container and your old papers in a different container, you can just put all recyclables in one container.

“We can have one giant container and they sort it at their plant,” Babington said.

Being able to recycle more materials also allows Highline to get a small amount of money in return. With this money, Highline could receive enough money to pay for part of waste expenses.

“The more we can recycle, the lower our garbage expenses will be,” Babington said.

Garbage expenses are measured by the ton.

“I think we can cut our garbage in half,” Babington said.

Babington said the keys to reducing waste are reduce, reuse, and recycle.

Students should avoid wasting when they can, and reuse materials that can be used again.

This will not only save money for the college, but it will also help the environment.

The vendor change has not come without its hitches: the area where the large recycling container is supposed to be placed is not level. Therefore, a metal structure must be created to make the area level.

Until the new metal base is created, Highline can’t change vendors.

“I wouldn’t want to put it [the new recycling program] would be in place by the start of Winter Quarter,” Babington said.

As of now, Highline has 93 recycling bins on campus. When Highline’s recycling vendor does change, surveys will be done to find out where new recycling bins are needed.
Family finds holidays a time of need

By QUILINA DORSEY
Staff Reporter

Earlean Hicks knows a lot about giving and sharing her blessings, but this year she decided that she needed a little help herself.

Hicks goes to school, works a part-time job, and has six children, three who are grown and successful in their careers, and three teenagers.

Hicks is participating in the Giving Tree program this year, which helps families in need during the holidays.

Hicks, a 44-year-old single mom, was born in Spokane but raised in St. Louis, Mo.

She was previously married, but divorced her husband.

“I honestly felt like I could raise my children better by myself,” Hicks said.

Hicks is now engaged and will be getting married to her fiancé, who has six children of his own.

After 25 years of not going to school, Hicks decided to go back and become certified to help paraplegic people. She then decided to focus on becoming a social worker and human services.

“I am glad I switched to human services, because it is broader and I get to work and meet with a lot of people,” she said.

Hicks started working in the nursing program at Highline.

While working there, she got a lot of recognition from others who worked in the Women’s Department. They decided to give her a job opportunity, which is where Hicks is working now.

Hicks, who is currently on public assistance, hopes the Giving Tree will help her and her family enjoy the holidays.

“I felt like this year was one of those years that I really want to be able to give my family a great holiday,” Hicks said. “I knew I wouldn’t be able to afford much this year especially the way the economy is and not having another job, so I felt like the Giving Tree was a blessing.”

In the past, Hicks said she and her family haven’t really enjoyed the holidays due to financial reasons and personal issues.

“For myself, I wish that my family will be able to all come together for the holidays and that my teens get what they need rather than what they want,” Hicks said.

Hicks said she liked to share her blessings.

“I want to pass my blessings on to others and help others. So for about six years now, my family and I go out and discover someone who is needy on Christmas Day and invite them into our home so they can share a great dinner and just have a great time with us for the holiday,” Hicks said.

Ambitious students will be rewarded

By JESSICA MALFITANA
Staff Reporter

If you are a student, have big aspirations, and have a 3.5 GPA or better, the Jack Kent Cooke Scholarship may be the scholarship for you.

A cash prize of $90,000 has been awarded to two Highline alums in the past four years and you could be the third. Past winners were Joseph Burnett, class of 2008, who is now studying computer science at Tufts University. And 2006 graduate Tracy Zhang is about to graduate from University of Washington in physics. Both students were “academically talented students who were both disciplined and creative,” said Dr. Barbara Clinton, director of the Honors Program and faculty representative for the scholarship.

Launched in 2000, the Jack Kent Cooke Foundation is a private, independent foundation established by Cooke to help exceptionally promising students realize their potential through education. The foundation focuses in particular on students with financial need.

“Cooke was an athlete and successful businessman,” said a young man, who was forced to drop out of high school during the Great Depression to work full-time and help support his family. Thus his dream of higher education was cut short.

He succeeded in business, however, and decided to use his wealth to help others. Cooke died in 1997, leaving a bequest to the Cooke family.

The Undergraduate Transfer Program applies to students planning to transfer from a community college to a university. For this specific program, 50 deserving students are awarded a $30,000 per year, making it the largest private scholarship for two-year and community college transfer students in the country.

Eligibility for this program requires a 3.5 GPA or better, the Jack Kent Cooke Foundation “knows us. We can do it again – with your commitment,” Clinton said.
Give thanks tomorrow

Tomorrow is Thanksgiving. Although the first Thanksgiving type celebration is commonly imagined to have first occurred at Plymouth Rock, research by retired historian Michael Gannon indicates that it was first celebrated by the Spanishiards in 1565 at St. Augustine, Florida. In 1863, in the midst of the Civil War, President Abraham Lincoln established Thanksgiving as a national holiday taking place every year on the last Thursday of November.

Later, in 1941, President Roosevelt and Congress established Thanksgiving as the fourth Thursday every November. Despite these uncertain economic times, there is much to be thankful for.

The economy hasn’t completely combusted yet. The A-bomb hasn’t fallen. The mountain hasn’t blown. The big one hasn’t hit. The viaduct hasn’t collapsed, and Highline remains standing.

We still see occasional rays of sunlight through the seemingly endless rain. Cynicism has not yet become terminal.

More seriously, though, the school has got it good.

The ESL program gives many of Highline’s foreign students the linguistic tools to communicate and succeed in the coursework of university. Clubs such as the Gay-Straight Alliance and the United Latin Americans Club have meetings and day in the Student Union, you have an opportunity for exposure to other cultures.

The library policies are forgiving. Transit to the school is pretty adequate, and thanks to the election earlier this month, it is going to remain childless. The couple be forbidden to marry on those grounds. It does. The voters of California just took away an existing civil right. It’s ridiculous to think that any other than human beings people. We should care because taking away a civil right that you, personally, planned to use, but it was a civil right all the same.

I won’t make a slippery slope argument here. We will not all be herded into gulags as a result of California banning gay marriage. Prop 8 wasn’t even the worst law passed on Nov. 4.

Prop 8 worrisome for all

I’m really bloody angry. I’m angry at the voters in California who made the Proposition 8 win possible.

On Nov. 4, California passed Proposition 8, altering the state Constitution to include a sentence specifying that marriage would only be recognized as a condition between a man and a woman. In doing so, the voters of California removed a civil right.

Gays and lesbians in California have had the right to marry since May 15 this year, when the state Supreme Court overturned a previous ban.

The L.A. Times estimates the number of gay marriages performed in California since it was legalized last summer to be 18,000. Although the California State Attorney General has said that current same-sex marriages will be unaffected, other legal commentators, according to the San Francisco Chronicle, believe that those marriages could be in danger of retroactive annulment.

Prop 8 is an insult, and it profanes the word marriage.

It profanes love.

I could have sworn that marriage was supposed to be about love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love. It is what I have been told my entire life—when you fall in love.

They argue that by defining marriage as between a man and a woman, literature from the Roman Empire, including Suetonius’ Life of Nero, make references to the existence of gay marriages preceding the year 242, when the Christian emperors of the time made it illegal.

Others advocated the ban because of their belief that gay marriage is against their religion.

If we lived in a theocracy, with only one religion, then this argument might make a modicum of sense.

The website that advocates the ban, protomarriage.com, attempts to make the argument that allowing gay marriage would somehow damage the fragile minds of kindergartners. They argue that by defining marriage as between “any two persons,” it opens the door to any kind of (their quotes) “marriage.”

I’m perturbed by the quotes here. This seems imagine that we now consider something other than human beings people. Do they imagine octopi-human unions? Do they fear that bacteria will suddenly elope to Vegas with their spleens?

Nicholas McCoy

Commentary

The entire matter is ridiculous.

Now, if you are reading this, you most likely do not live in California. Statistics indicate that you are probably heterosexual. You may think, “this doesn’t concern me.”

It does. The voters of California just took away an existing civil right. Maybe this wasn’t a civil right that you, personally, planned to use, but it was a civil right all the same.

You should care about these laws and any law like them. You should care because taking away a civil right degrades the very foundations of our great nation. You should care because letting religion and ignorance dictate our policies is a bad idea.

You should care because the mindset behind Prop 8 is loveless and ugly, and there is too much hate and bitterness in this country already.

Nicholas McCoy is in love with love. He’s also a Thunderword reporter.

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.
by Tom Mula

• Burien Little Theater presents Jacob Marley’s Christmas Carol, by Tom Mula, 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 Highline Drama Department presents The Trial, by Franz Kafka, Dec. 4-6 at 8 p.m. in the Little Theater, Building 4, room 122. Tickets are $7 for students and $8 for general admission and are available one-fourth are located where?

7. LITERATURE: Who wrote the novel The Time Machine?

8. BIBLE: Which biblical character ascended to heaven in a whirlwind?

9. ANIMAL KINGDOM: How long does a flea live, generally?

10. FOOD & DRINK: What kind of fruit is creme de cassis made from?

11. MOVIES: Which Charlton Heston movie used more orange lighting?

12. BIBLE: Which biblical king ascended to heaven in a whirlwind?

13. MOVIES: Which character ascended to heaven in a whirlwind?

14. People who are mechanically inclined.

15. Nautical lights.


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19. Which biblical king ascended to heaven in a whirlwind?

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BIG TOP RISES ON ‘THE TRIAL’

By ROCHELLE ADAMS
Staff Reporter

The Drama Department brings in the clowns for their visually spectacular production of Franz Kafka’s The Trial.

Kafka, who was born in Prague, Austria-Hungary, wrote the Trial in 1914 and 1915. Like most of his works, it reflected his own issues with alienation and disoriented anxiety. Also, like most of Kafka’s work, The Trial wasn’t published until 1925, after he had died of tuberculosis in 1924.

For Highline’s production of the story, Director Dr. Christiana Taylor’s take on it was to bring in circus themes that highlighted the ridiculousness of the plot twists as well as allowed the stage and costume designs to run wild.

Richard Lorig did a fantastic job with the scenic design, which became so big a part of the production that it was almost a multifaceted, ever-changing character in and of itself. For the set, he used long red and white strips of cloth hung from the ceiling to give the illusion of a circus tent. Red and white painted blocks, a red and silver ball, and a couple of trunks constitute the majority of the props used during the play.

This use of minimalism directed the audience’s attention to the actors and the plot points. In that way the set enhanced the telling of the story.

Meanwhile, these love interests: his landlady Mrs. Grumbach (Renee Vogel), the Laundress (Sophia Villanueva), and Leni (Megan Krogsdahl).

In the end, these love interests are used by the Priest (Anthony Keane) as further evidence as to why Josef K is being condemned.

As the main character Josef K (Matthew Hopkins) goes around trying to figure out how to get out of the trouble he’s in, and what exactly he did to get into that trouble.

Meanwhile, he has a string of love interests: his landlady Mrs. Grumbach (Renee Vogel), the Laundress (Sophia Villanueva), and Leni (Megan Krogsdahl).

In the end, these love interests are used by the Priest (Anthony Keane) as further evidence as to why Josef K is being condemned.

The Chorale ‘chanting’ in preparation for their Dec. 4 concert.

The Chorale sings some old tunes

By ERIC NOBLE
Staff Reporter

Highline will be presenting a piece of musical culture for its students in a concert performed by the Highline Student Chorale. The Chorale is led by Dr. Sandra Glover, a professor at Highline.

The theme of the concert this year is “Sing We and Chant It,” which takes its title from a extremely popular Renaissance madrigal, Dr. Glover said.

Additional pieces to be performed are other examples of Renaissance and Baroque chants, including a piece by Johann Sebastian Bach.

The Chorale is dedicated to the study of music. The students in this group have to learn the history of each piece as well as learn to sing them. This extra effort helps them to better understand the music.

Later in the year, the Chorale will expand to other music in its next two performances on March 12 and June 4.

“We will follow the ‘chant’ theme throughout the year, then branch to World Music pieces, which emanate from chant,” Dr. Glover said.

Although there a few newer voices in the group, Dr. Glover isn’t worried.

“Even though the Chorale has young members, the ensemble is improving daily,” she said. All of the pieces this quarter are performed in octavo form, meaning sung in four parts, Dr. Glover said.

Dr. Glover is quite confident in her students’ abilities to enthral the audience.

“I know the audience will enjoy the well-prepared program,” Dr. Glover said.

During rehearsals, Dr. Glover has offered the students challenging works to perform. Her intention is to “challenge every student beyond what they think they can do.”

To see for yourself what the Chorale can do, check them out in Building 7 at 7 p.m. on Thursday, Dec. 4. The concert is free and open to the public.
Live theater can make you come alive

Everybody needs a little drama in their life. I don’t mean I wish everyone had their “baby mamas” show up at their bachelor pad and catch you with some underage floozy. I mean an intimate art form that most people of the younger generations have forgotten about, or never really knew existed. You might ask why you should care about theater. Why should you have to leave the comfort of your home and go to a theater house when you can be readily entertained by TV, DVDs and things like YouTube and On Demand? First of all, to go see a play is to be a part of something. It’s different from seeing a movie because it’s live, and the performers are there to act for you, the audience. The most powerful part of seeing a good play is that everything is happening right there in front of you. The characters come to life right in front of your eyes and the story unfolds and the events are happening while you’re in the same room.

Commentary

Max Dubbeldam

Going to a play as opposed to watching a film is like going to a concert as opposed to watching music videos.

“What it comes down to is that you have this live connection,” Drama Instructor Rorig told me. “As an audience member, you can feel this connection.”

There are, of course, things that can’t be done in a theater house that you see in movies—things like special effects and dramatic close-ups. Because playwrights can’t rely on these tools, the average play will rely more on words and the writers have to be more clever than the average film script.

Don’t get me wrong, I like movies a lot, especially well-written ones with good character development. You know, something that makes you think a bit.

A good play is well-written and tells the audience something about humanity.

Mr. Lorig told me that a lot of plays teach the audience something about the world we live in, and that it shows different viewpoints.

The Irish playwright Oscar Wilde said a similar thing back in the 19th century. “I regard the theatre as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being,” he said.

Of course you could always just go to be entertained, which I always have been.

The part about having to leave your house and go to the theater is part of the experience as well. You should always go a little early so that you can clear your head of the day’s activities, and because you don’t want to be late and interrupt the show.

Now is a really good time to think about going to see a theater production because of the upcoming holiday season.

Seattle is a really good theater town and there are quite a few venues to choose from, and most venues are doing something for the holidays.

You can go watch classics like A Christmas Carol by Charles Dickens or more offbeat ones like The Santaland Diaries by David Sedaris, which is for mature audiences only and is being presented by the Seattle Public Theatre at the Bathhouse. Lorig also gave me a hot tip, saying that most theaters charge people under the age of 25 a reduced fee in order to attract a younger audience. So you should take advantage of that while you’re still young.

You can also try out a little drama here at Highline. The Drama Department has produced a very interesting adaptation of Franz Kafka’s The Trial, which will be held at 8 p.m. on Dec. 4-6.

So to anyone who’s never been to see a play: give it a chance (it’s a good date). You should go see a play at least once in your lifetime because, like Lorig said, it’s a “unique cultural experience.” Max stars in his own drama every day.

Chicken pasta salad a holiday hit

By SPENCER CHAMBERS
Staff Reporter

This is a killer recipe for a festive chicken pasta salad; it is a simple dish with a great explosion of flavors.

This is also great for taking to those holiday parties, because it is quick and easy to make and it is not as hard on the pocket book.

**Ingredients:**
- 1 roasted chicken
- 1 box (12 ounces) flavored spiral pasta (spinach, tomato, plain)
- 1 bell pepper
- ½ onion
- 1/3 cup Parmesan cheese
- One bottle cheese and garlic vinaigrette salad dressing

**Toss of salt**

Start by putting the water on to boil. If you put hot water in the pan and put a lid on the pan the water will come to a boil much faster. Now take the whole chicken, peel off the breasts and shred them. The best way to de-bone the chicken is by taking your chef’s knife, placing the blade on the side of the breast bone and carve around the meat - it will come right off the carcass. Dice up the bell pepper and onion. I would use ½ red and ½ green, if available, to give the salad the more color and holiday spirit.

By now the water should be at a rolling boil. You don’t need any oil in the noodles contrary to what most people think. If your water is hot enough, the noodles will not stick to the pan or each other.

Add about a teaspoon of salt to the water. This does two things: this is your only chance to flavor the noodles so they are distributed throughout the salad. Let your noodles cook for about 15 minutes or until they are al dente. Al dente means cooked enough to be firm but not soft. Otherwise, if you overcook the pasta when you put the other ingredients together, the pasta will get soggy.

Another common mistake when cooking pasta is to rinse the pasta once you strain it. The pasta just came out of the water - it doesn’t need to be rinsed.

Place all of your ingredients into one big bowl and mix them all together so that all ingredients are combined and evenly distributed throughout the salad. It tastes best chilled, so put it in the refrigerator for an hour and let the spices mingle.
The Burien Little Theater plans to fill your holiday season with some Christmas joy with a brand new show called *Jacob Marley’s Christmas Carol* by Tom Mula.

This show is based on the classic novella by Charles Dickens, telling the story of Ebenezer Scrooge and his three visitations on Christmas Eve, only this time we hear it from Jacob Marley’s point of view. This is made possible because it is revealed to us that Marley himself was all three spirits.

In this version, Marley is charged with saving Scrooge’s life in order to save himself. This little twist makes the story a little more personal, Director Elizabeth Eller said. In her mind, this is a story of a person who feels they aren’t the person they should be, a person who is not living up to their former expectations.

However, don’t think this production is all doom and gloom. The show is meant to be deeply moving but incredibly funny. “It’s a new look on an old tale,” Eller said.

The humor comes from the addition of a new character, a puckish creature named Bogle, who is sent to help Marley.

He is described as “sort of a guardian spirit, but with an edge,” Eller said.

Eller is a freelance director who normally works for Seattle-based theaters, but the Burien Little Theater offered some scripts, so she decided to go back to her hometown. When she first read *Jacob Marley’s Christmas Carol*, she immediately fell in love with the story.

Putting on this production was certainly not an easy task for the group. The Burien Little Theatre must share space with the other art groups at the Burien Community Center, so the rehearsal schedule was ever-changing. The group had to “keep odd hours in odd places,” Eller said.

The group performing the piece is a strong ensemble. Six actors are playing 15-16 different characters. This technique requires the actors to be aware of each other and their spacing, otherwise it all falls apart, Eller said.

The cast also plays a strong part in not just acting out the characters, but presenting the narrative. The actors recite the text which sets the scene up.

An integral part of Eller’s “all-star group” are the designers, such as set designer Albie Clementie and costume designer Sheri Barr.

The group decided on taking a uniquely minimalist, somewhat representative style. The basic costumes are simply black shirts and pants, but to distinguish the different characters, they add a period-appropriate piece of clothing. All parts of the play showcase only one specific visual. The rest of the visuals come from the audience’s imagination.

Tickets are $18 and $15 for students, seniors and matinees. Tickets are available online via tickets@burienlittletheatre.com or at 206-242-5180.

The show runs from Nov. 27 to Dec. 21. Showtimes are 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays.
Highline exceeds expectations at NWAACCs

Lady T-Birds go 2-2 at tournament, finish seventh

By BRIAN GROVE
Staff Reporter

GRESHAM, Ore. - The Highline volleyball team finished seventh this weekend, going 2-2 in the NWAACC volleyball championship tournament. They were also the last team standing to represent the West Division before they were defeated by Columbia Basin in three games.

No. 1 seed in the West, Green River finished eighth as they dropped their second game against Clackamas just minutes before Highline lost to Columbia Basin.

The tournament ran from Thursday, Nov. 20 to Saturday Nov. 22. As predicted, powerhouse Chemeketa, 50-0, was the only team in the tournament to remain in the winner's bracket throughout the tournament and defeated Walla Walla, 34-10, 3 games to 1 in the championship match.

The Lady T-Birds played against teams from all over the NWAACC, including teams from Oregon.

Highline finished behind six teams: Chemeketa, Walla Walla, Edmonds, Clackamas, Columbia Basin, and Bellevue, respectively.

The team also headed into the tournament without its first-team all-league middle blocker, Leticia Colon, who suffered a season ending knee injury near the end of the regular season.

In the first match, third-seeded Highline, 31-22, took on second-seeded Clackamas, 41-15.

Although Highline's coaches believe their first match was the best volleyball they'd played all season, the Lady T-Birds fell to Clackamas in 5 games, 25-22, 21-25, 25-19, 24-26, and 17-15.

Paula Miles, who had stepped into Colon's position lead Highline's attack with 23 kills, followed by Shannyn Fisher and Stefanie Rojas who both had 10.

Adriana Aukusitino had 49 assists and Amanda Harker, Stefanie Rojas, and Jessica Alvarez had 26, 11, and 10 digs, respectively.

Also, Stefanie Rojas, Shannyn Fisher, and Palua Miles had 5, 4, and 3 blocks, respectively. The match ended on a controversial play as one of Clackamas's players reached over the net to tip one of Highline's sets before it could be hit.

Highline's Brittany Menard goes up for the kill against Skagit Valley as the rest of the team looks on in a victory against the Cardinals.

“Although this loss sent Highline to the loser's bracket, the coaches were not upset. "The ladies realized they'd had their chances to win. We weren’t upset," Head Coach Chris Littleman said.

"It would have been nice if one game one would have had a clearer finish," he said.

Highline faced elimination in their next match, as they squared off against Skagit Valley, 15-15.


Adriana Aukusitino had 22 assists and 3 aces, while Brittany Menard had 4 aces, and Stefanie Rojas had 10 digs.

This match also ended with a little controversy.

Although the ball had been hit inside the antenna, the line judge thought it had been hit out of bounds and counted a point for Skagit Valley.

The Highline coaches protested and made sure the referees got the call right.

After the win, Highline's players chanted in unison, "The ball does not lie."

This narrow victory energized Highline for their next game against Tacoma, 32-18.

“We weren’t ready to go home,” Jessica Alvarez said.

“When coaches have authority over us, we kind of fight them, but when our coaches go against the refs, we back them 1000 percent," freshman setter Nedessa Silvestre said.

“We didn’t come all this way to lose on the first day,” Highline outside hitter Amanda Harker said.

Highline was due to play Tacoma in its next match.

During the regular season, Highline split its series with Tacoma in one match apiece.

Coach Littleman outlined what the team needed to do in their upcoming match.

“If we dictate and create point opportunities, whether it’s serving tough, playing good defense, or making sure when we get a point opportunity, we earn it," he said.


Though the match was close, Highline’s coaches were still very proud of their players and the season as a whole.

Coach Littleman gave an inside view of what was discussed during Highline’s final time out.

“The last time, we were up 14-13. We discussed where our hitters were, Shannyn and Stefanie were out two hitters and Adriana was front row. We wanted a good pass, and Stefanie or Shannyn to take a swing at it.”

Sophomore middle blocker Stefanie Rojas was able to come through with the final kill, making the score 15-13, Highline.

“You’ve got nothing to lose if you swing," Littleman said.

On the final day of the tournament, the girls left it all out on the floor, especially the sophomores despite barely missing the par against Columbia Basin, 26-20, in three games, 25-14, 19-25, and 12-15.

Even though it was a tough loss, Highline’s coaches were still very proud of their players and the season as a whole.

Highline finished third in the West Division after a slow start.

“We were definitely an underdog team,” Littleman said.

“We were never in the top 10 for the coaches poll, and going into the tournament we were ranked 12th. The season was a success. We were the team that improved most out of any other team,” he said.

Littleman also expanded on the significance of not having Leticia Colon as part of their offense for the tournament, but gave credit to Paula Miles, who was able to take her place.

“It was big. She was first-team all-league. She was our big hitter. Paula stepped in and helped the team tremendously. Without Paula, I don’t think we would have made it as far as we did,” he said.

Colon was one of only two Highline players who made the all-star ballot for the West Division this season. The other was second-team all-league freshman setter Adriana Aukusitino.

The 2008 Volleyball Sophomore All-Star matches will take place on Dec. 6, 2008 at Edmonds CC in Lynnwood, WA.

Looking forward to next season, the future is bright for Highline Lady T-Bird volleyball.

“We have a strong group of sophomores that have gained a lot of experience. We expect to be a Chemeketa next year – win and be successful," Littleman said.
**Highline men's basketball team is off to a 2-1 start.**

Last weekend, they played in a tournament at Bellevue in which they lost their first game to Yakima Valley on Friday 96-79, but turned it around in their last two games to beat Everett 75-61 on Saturday and Portland 107-81 on Sunday.

Coby Giber led the team in scoring over the weekend, averaging 15 points per game. Giber also led the team in rebounds, 9.3 per game, and blocks, 1.6 per game.

Kelly Edwards finished the weekend with 14.3 points, 6.6 rebounds and 4 assists per game. Julian Fernandez also contributed 13 points and 4.3 rebounds per game.

While the team did come away with more wins than losses, Head Coach Ché Dawson said there is still room for improvement.

“We have to take care of the basketball better. We’re turning the ball over way too much. We also need to get it done in the classroom. We had 3 guys sit out because of that reason,” Dawson said.

Turnovers were a problem as they had 68 turnovers on the weekend for an average of 22.6 per game, while their opponents totaled 41 turnovers for an average of 13.6 per game.

Although Coach Dawson said there is room for improvement, he also said that there were positives that came out of the weekend.

“We were much better defensively than we had shown in our scrimmages. We also played hard and we played together as a team.”

The one loss that the men picked up over the weekend was to the defending NWAACC champions, Yakima Valley.

Highline’s Vaughn Gaines goes up for a rebound against Yakima.

Defensively, Highline started out both games running a full-court press. Toward the end of the games, the full-court press turned into a half-court press.

After this past weekend’s games, Highline now knows what they will need to work on: aiding each other on the help side when someone gets beat. Highline’s Lauren Hill, played very consistent both games. Ariassa Wilson, also had a great game.

Stats for the games were unavailable at press time.

For being such a new team, the women work very well together and are constantly talking, Plypick said. Overall, the team still needs to learn each other’s strengths and weaknesses on the court. By the time league games actually start, the women should be on track and playing as one unit, she said.

Upcoming for the Thunderbird women is the Clackamas tournament taking place in Portland, Friday, Nov. 28. Depending on wins and losses, the women may be there until Sunday.

Highline’s first game of the tournament will start at 5 p.m. Friday, Nov. 28.
Highline wrestling is off to a dim start without their shining star.

Marshall Giovannini, ranked the No. 1 NJCAA wrestler in the nation at the beginning of the season, has sat out the last three meets due to injury. “Marshall has been wrestling great,” said Assistant Coach Brad Luvaas. “But we aren’t having him wrestle in a match situation unless it is imperative to our win.”

The coaching staff has no problem resting an injured Giovannini in order to recover, but it definitely doesn’t make things any easier.

“It’s unfortunate. It’s just one of those things you need to deal with,” said Assistant Coach Matt Hoover.

This past weekend, Highline pulled out from the SOU Duals. The meet was scheduled to be on Friday Nov. 21, in Ashland, Ore.

Highline pulled out of the meet because they had already wrestled twice against Yakima.

“It would have been our third week in a row wrestling Yakima,” said Hoover. “It just wasn’t worth it.”

Although Highline may be off to a slow start, the coaches remain positive.

“The first matches didn’t go quite as planned, but that is what happens when you have a pretty young team,” Luvaas said.

“But you can tell that they are becoming more comfortable every match and gaining the confidence week by week that they need in order to have a solid season,” said Luvaas. “As far as where we see this season going, it really can’t go anywhere but up.”

Highline’s fourth meet this season was the Auburn Duals on Friday, Nov. 15. Attending the duals were Douglas, Simon Fraser University and Yakima. Highline defeated Douglas 22-18, but lost to Simon Fraser University 20-12.

Against SFU, Ryan Apparson, wrestling at the 125-pound weight class, defeated his opponent by decision. Aaron Smith, at 133, lost a tight match in the last 10 seconds from a reversal, 11-10. At 141 pounds, Jared Sterling also lost a close match after giving up a near fall in the final round 11-9.

Zach Burnett, wrestling at 165, defeated his opponent by decision. Also with a win was Casey Park at 174 pounds, who lead Highline with a pin. Against Yakima, Highline won the match with a final score of 23-20.

Giovannini, wrestling at 157-pound weight class, and Derek Driscoll, at 149, were both out due to injuries. Although the score ended up being a close one, Yakima received 12 points in forfeits and were only able to win two matches against Highline.

One of those matches came from Yakima’s Gustavo Lopez, defeating Ryan Apparson with a 15-2 victory.

However, at the 141-pound weight class, it was Highline’s Jared Sterling coming away with a 14-10 decision over Phillip Ontiveros.

Highline’s Zach Burnett, at 165, defeated Josh Mathis in a 10-4 decision.

Yakima’s final victory came from Sam McNaghten, with a decision victory over Casey Park, 11-2.

Caleb Padgett, at 184, and Michael Morales, at 197, had back-to-back decisions over their Yakima opponents.

And Highline’s heavyweight David Lopez defeated Daniel Escamilla by an 8-6 decision.

The coaching staff feels the team is becoming more comfortable with each meet.

“It’s still early in the year and we have a long trek to complete,” said Luvaas.

“All of these kids have a great athletic background and are capable of doing great things this year.”

The next meet the Thunderbirds participated in was the Pacific Open on Saturday, Nov. 16, in Forest Grove, Ore.

Placing for Highline were Justin Purves, Jared Sterling and Caleb Padgett.

Purves finished the highest out of the three wrestlers in fourth place at the 125-pound weight class.

“[This kid] looks like he wouldn’t be able to stand up to anyone in a match,” said Luvaas.

“But his record for the year is 7-2, and both of those losses is being in the right direction for the guy who was undefeated facing the Pacific Open.”

Sterling, at 141, and Padgett, at 184, both finished the tournament in fifth place. “[Sterling] was tenacious in his wrestling, constantly going after guys and not surrendering a point without a fight,” said Luvaas.

Zach Burnett came away with three wins in the tournament. “[Burnett] wrestled very well and…tough throughout the tournament,” said Luvaas.

Highline’s last meet took place this past Saturday, Nov. 22, at The Best Of The West Tournament in Medford, Ore.

Out of the eight wrestlers who participated for Highline, only four were those who normally start.

The four normal starters were Jared Sterling who had the best record overall of 4-1, Caleb Padgett who went 3-1, Zach Burnett who went 3-1 and David Lopez also went 3-1.

Justin Purves, Steven Sanchez, Cole Amborn and Brad Rabenstein were given the opportunity to start in the Tournament.

Purves finished the weekend off with a record of 3-1, Sanchez went 0-1, Amborn went 0-2 and Rabenstein went 0-2.

Although his wrestlers didn’t do that well at the tournament, Hoover believed there may have been something else to blame.

“The tournament was run poorly. It got shut down early and five guys were still in the running for third,” Hoover said.

“They fought through a lot of adversity, so that was pretty impressive,” he said. “They really got the shaft—that’s not their fault.”

Hoover was satisfied with those of his wrestlers who participated.

“It’s pretty happy about the guys who showed up this week,” he said. “It’s a good sign of things to come.”

Highline’s next match will be against Yakima on Dec. 2 at Highline at 7 p.m.

### Scoreboard

**Women's volleyball**

|----------------|--------------|--------------|------------|-------------|

**Men's soccer**

|----------------|--------------|------------|-----------|-------------|

**Women's soccer**

<table>
<thead>
<tr>
<th>NWAACC results</th>
<th>Columbia Basin 1</th>
<th>Walla Walla 2</th>
</tr>
</thead>
</table>

**Shoreline Classic**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 21</td>
<td>Bellevue CC</td>
<td>Bulldog Classic</td>
</tr>
</tbody>
</table>

**NCAA Tournament**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centrailia</td>
<td>Dec. 15</td>
<td>63-51</td>
</tr>
<tr>
<td>Northwest Community College</td>
<td>Dec. 15</td>
<td>70-65</td>
</tr>
</tbody>
</table>

**Upcoming Highline games**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Basketball</td>
<td>Dec. 4</td>
<td>Highline 7 p.m.</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Dec. 9</td>
<td>Olympic 7 p.m.</td>
</tr>
</tbody>
</table>

**Additional Information**

- Olympic vs Highline Dec. 9 at 7 p.m.
- Bellevue vs Highline Dec. 12 at 7 p.m.
- Men’s Basketball SW Oregon vs Highline Dec. 3 at 5 p.m.
- North Idaho JC vs Highline Dec. 5 at 6 p.m.
- Centralia vs Highline Dec. 15 at 6 p.m.
- Highline vs Chemeketa Jan. 3 at 1 p.m.
- S. Puget sound vs Highline Jan. 4 at 6 p.m.
- Yakima Valley at Highline at 7 p.m.
- Highline at Pacific University at 7 p.m.
- Highline at Clackamas at 5 p.m.
Stay healthy at Thanksgiving

**By GRACE DEWITT**

**Staff Reporter**

You can keep the weight off while still enjoying your Thanksgiving dinner.

Thanksgiving is stuffed with temptation. The dinner table is packed from end to end with thick slices of fresh turkey, gravy, mashed potatoes, green bean casserole, and those rolls. Oh, those rolls.

However, amid all that temptation, there is still hope to make this Thanksgiving a healthy one.

One option for keeping your diet in check is watching your calorie intake and monitoring your portions.

Most dieticians recommend a daily calorie intake of 1,200 for women and 1,800 for men.

However, according to the American Council on Exercise, “the average American will consume 3,000 calories and 229 grams of fat this Thanksgiving.”

This is well beyond the recommended daily calorie intake of anyone.

Although college life leaves little time for working out and plenty of time for excuses, this year we can enjoy Thanksgiving minus the guilt.

Raking the leaves, sweeping the kitchen, and rearranging furniture are all chores that need to be done anyway and are a way to keep fit before dinner.

Although it is commonly thought that the L-Tryptophan in turkey causes drowsiness, studies show that there isn’t enough of the amino acid in the bird to have an appreciable effect. The real culprit of the turkey-coma is a number of other factors related to digestion.

Instead of nodding off into your plate of mashed potatoes, engage in a light breakfast and lunch before the big meal. If you combine that with the courage to only have one serving of each dish, you will keep yourself from overeating.

When arguing over white meat or dark meat, the white meat is the healthiest choice. Another thing to remember is to leave the skin on the turkey and out of your mouth. Turkey without the skin will taste better and leave you a few more calories to spend on the green bean casserole.

Although sweet potatoes smothered in marshmallows, brown sugar and butter taste like candy, your hips will thank you if you stick to a roasted sweet potato instead.

Cranberries have long been a popular Thanksgiving dish and it turns out that it’s also a healthy one, so feel free to fill up on cranberries.

Since you won’t be napping between dinner and dessert this Thanksgiving, you will have time to take a walk. Walking will give you more energy for a game of tag football in the back yard and allow you to enjoy some guilt-free pumpkin or pecan pie.

If you are on a strict diet and end up blowing it to bits, then the week after Thanksgiving can be filled with regular workouts and lighter meals.

If you’re feeling especially adventurous Seattle even has a 5K walk the Saturday after Thanksgiving to burn off any residual Thanksgiving guilt.

It begins at 9 a.m. Saturday, Nov. 29, at Myrtle Edwards Park in Seattle. Tickets can be purchased for $30.

Tracy Brigham’s Global Issues class is having a Global Health Fair in the Student Union on Tuesday, Dec. 2, between 10 a.m. and 1 p.m. to raise money for the estimated 2.5 million internally displaced people and refugees of Darfur.

Darfur is a large region in western Sudan which has been in conflict since April 2003. According to the Genocide Intervention Network, the government-sponsored militia called the Janjaweed has murdered approximately 400,000 people and driven millions of others from their homes.

Brigham’s students will have tables set up in the Student Union where people can buy Save Darfur bracelets or reusable aluminum water bottles to support sustainability.

Information will be available on how to take action and get involved with organizations and groups to help Darfur and with other human rights violations.

In addition, the fair will also feature displays with information about other serious issues such as hunger, famine and modern day slavery.

**Trainers to run boot camp**

Work off your Thanksgivng guilt with personal trainers Piper McFarland and Rene Bonville at their booth camp from 8 a.m. to 9 a.m. Tuesday, Dec. 2, in Building 28.

“You can go at your own pace,” Bonville said.

The boot camp will consist of cardio and weight training workouts.

For the lower body, the trainers will use exercises such as split squats, which are stationary lunges that work out the hamstrings, quads and glutes.

For the upper body, the trainers will use exercises such as the kettlebell swings. Kettlebell swings use a weight shaped like a kettle, which a person swings up from their legs and out.

“It’s a full-body workout,” Bonville said.

The gym will be set up in a circuit style with different stations so that each person spends one minute at each station.

**Stay healthy at Thanksgiving**

**Fair helps Darfur victims**

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Writing can help us in many ways, professor says

By JESSICA MALFITANA
Staff Reporter

Writing is something that we do every day, and we may not be using it to our full potential, a Highline professor says.

Angi Caster has been teaching writing here at Highline for 15 years, and she says writing should be important to everyone.

“Every time we put pen to paper, we define ourselves, and the record is there for us to return to,” Caster said.

“Writing is also a way to give structure to pain — abuse is an example of how writing something out reduces its power to cause you pain and, incidentally, empowers you to cause change instead,” she said.

Caster received her bachelor’s degree from the University of California at Santa Barbara in English, with a minor in the sciences.

She also earned a master’s degree from California State University Stanislaus in rhetoric, specifically the teaching of Writing.

Writing is very important for not only a student, but for that student’s future, Caster said.

“Students need to write clearly, carefully and well — both to define themselves and get what they want from the receiver of their communication,” Caster said.

“My son is an engineer and told me that even though he majored in engineering so he could do math, he spends 80 percent of his time writing reports. No more secretaries since computers do word processing, so you are on your own,” she said.

This quarter, Caster is teaching sections of Writing 105 (Research and Persuasive Writing) and one section of Writing 101 (freshman composition).

If writing is not your favorite subject, Caster suggests taking Writing 101 with her to receive a more positive outlook on writing.

“You will abandon the straitjacket of the five-paragraph essay and stop censoring yourself,” she said.

“Seriously, all of our Writing 101 instructors will encourage you to express yourself vividly and to revise your work as a process where what you say is important enough that you actually want to fix it so it sounds great,” Caster said.

“Critical thinking constitutes exercise for the brain; like your muscles, your neurons actually like to fire.”

Musical drama in Pacific to benefit family of homicide victim

By JAREN LEWIS
Staff Reporter

There will be a musical benefit this Friday, Nov. 28, for a victim of a gang shooting.

What I Do, a poetic musical drama, is being shown in memory of Shiloh Drott. Admission will be free, but donations will be accepted.

Drott, 21, was murdered Friday, Nov. 14, in Pacific, Wash., allegedly by shooter Sopheat Kim. Kim, 22, is scheduled to be arraigned Dec. 2 on a charge of first-degree murder.

“He [Drott] wasn’t in a gang, he was just at this youth center, said Highline Administrative Technology staff Gerald Jackson. “He gave his life to protect the other youths.”

Drott’s murderer had a history of shootings. “What about the last three places he shot up?” Jackson said, pointing out that Drott’s murderer had a history of shootings.

“When he was dying for us to do something?” Jackson asked, pointing out that Drott’s murderer had a history of shootings.

“We need to address the plague of violence in our youth today,” he said. “We need to talk about it.”

“It’s not about being angry and turning to violence,” Jackson said.

The musical follows this theme: What I Do comprises six scenes “dealing with everyday life from the classroom to the war zone,” according to promotional materials.

The show was written and co-directed by Jackson’s wife, Tanny Jackson.

One cast member, Antonio Wynn, was a close friend of Drott.

What I Do will be performed at 7 p.m. at the Aggressive Ministries church, located at 206 Frontage Road, suite A-1 in Pacific, Wash.

Richard Hildreth, mayor of Pacific, will attend the show in support of Drott’s family, who will also be in attendance.

“We should just look toward what we can do to prevent,” Jackson said. “It’s going to impact all of us sooner or later.”

Applying to school can help you in many ways, professor says

By JESSICA MALFITANA
Staff Reporter

Applying to school can help us in many ways, a DeVry University professor says.

Applying for a degree at DeVry University makes you a better communicator, a better writer, and a better researcher.

DeVry University is a leader in occupational and career education and is committed to providing students with effective learning environments and real-world experiences, said DeVry professor Jerome Schenkel.

“Being able to synthesize and to communicate clearly about your thinking is a skill that will serve you well in your career, and it’s a skill that you can develop while you’re in college,” Schenkel said.

Students who have completed their associate degree can earn their bachelor’s degree in as few as 1 1/2 years. So think about completing your education in an accelerated degree program that’s just right for you.

To get started, visit DeVryUniversity.com/HCC or call 866.215.3847

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Plan ahead, avoid distractions for finals

By SARA LENTZ
Staff Reporter

You’re sitting at home the week before finals. You have your book out in front of you. Meanwhile, the television is blaring, your cell phone is overflowing with text messages from your friends and you’re daydreaming about the upcoming sale at your favorite store.

The chances of you getting enough studying done in this environment are small. “Usually the problem is not the inability to learn, it’s the inability to time manage,” said Lance Gibson, a counselor here at Highline.

Gibson has given many seminars on campus about Educational Wellness and Test Preparation.

One of the biggest problems when trying to study is how students manage their time. Gibson offers a number of tips for mapping out your study time:

• Make sure that when you study, you are free of distractions. Little noises or other people talking to you can lead your mind to wander away from notes and materials.

• Try not getting off the television, radio and even your cell phone when studying.

• Study for about 45-60 minutes, then try taking a 10-minute break. This way your brain will get a short rest so it can retain the information you have just learned.

• If you are procrastinating or if you have trouble focusing or getting started on an assignment, try the 10-minute plan. This is where you work for 10 minutes without stopping and then you decide whether to work on it for another 10 minutes.

• Try to study in the daylight. Research indicates that each hour used for studying while it’s light out is equivalent to 1.5 hours in the dark.

• Also try to get an adequate amount of sleep each night. Research also shows that people ages 14-20 need about nine or more hours of sleep. Make sure to account for this time when setting a time schedule.

• Cramming has been used to study since the dark ages. This is when, instead of gradually learning all of the information, you try to learn it all in a short amount of time.

• Studying the night before should be avoided if possible, not just for the amount of time, but for the quality of material. Gibson said. “If you’re going to cram, at least be a good crammer.”

• If you do happen to wait until the last moments to study, there are some quick tips that might help to optimize the short time you have:

  • Decide on what you need to work on the most and start there.

  • Focus on the chapters you have missed and quickly skim through and jot down key ideas.

  • Be as positive as you can. If you panic or spend too much time being negative, your mind will have a much harder time retaining information, and the better the mood the better the chance that you will remember.

  • If you have the time, make note cards with key words or try to make creative ways for you to remember key phrases.

  • Remember, though, that cramming often results in forgetting most of the material that you have learned.

Don’t try yourself into thinking that the final will be simple and that you don’t need to study as much as you do.

• The chances of getting lucky on a final are slim,” Gibson said.

It is not only studying that many students have a hard time managing. Another factor for test taking is the anxiety and stress that comes along with it.

“As stress and anxiety go up, concentration and performance goes down,” Gibson said.

Ways to manage your stress are just as easy to find and access as study habits are. “The state’s four-year schools be easier to identify course numbers, but then that class will become confused by the change of numbers.” Baer said.

Jeff Wagnitz, the interim Vice President for Academic Affairs, is not worried that the students will be unprepared or confused at all.

“I don’t think that this particular change in the numbering system will cause anything about the content sequence, or difficulty of our courses will change,” Wagnitz said.

As well as student confusion, Baer is worried that the students will become confused by the change of numbers.

“A student could take Engineering 142 under our current system, but then that class is redesignated as Engineering 141 under the Common Course Numbering, and the next class Engineering 143 becomes Engineering 142, so the student takes the new course 142, but it looks like they just took the same class twice on a transcript and never took Engineering 143 or 141,” Baer said.

“You may be interested to know that that’s precisely the sort of problem that Common Course numbering is supposed to fix. The Common Course Numbering system includes notion of a numbering plan that, while imperfect, should help ensure that more advanced courses would, in most cases, have higher numbers,” Wagnitz said.

Another concern with Common Course Numbering is that the transfers of associate of arts degrees.

Common Course Numbering may violate the agreements that are currently set up with four-year schools and will make it more difficult to transfer, says Baer.

Wagnitz said the contracts will be taken care of automatically.

“The state’s four-year schools update their course equivalency tables every year, based on the current catalog of the community colleges. When we publish our next catalog with the Common Course Numbering numbers, the universities will do the rest,” Wagnitz said.

A student being unprepared for classes at Highline is also a concern, Baer said.

“An excellent example of this would be in Chemistry, where some Chemistry 151 courses offered at other institutions do not incude basic laboratory skills. If a student then comes to Highline and takes Chemistry 152, they will not have the skills needed to be successful, even though they have taken the prerequisite,” Baer said.

As well as the education of the students, the cost of the Common Course Numbering will be a major inconvenience. Highline will have to redo everything as far as advising materials, publication, web pages and anything that provides a course number on it. The cost of doing so will kick-start your body and mind so that you’ll have a better chance of remembering information.

“When the day of the finals approaches, students should feel that they’ve prepared, prepared, prepared.” Gibson said.

When all is said and done, know that you have done all that you can do for that test. Once you’ve turned in your exam, nothing that you do thereafter can affect your score, so make sure that you can leave knowing that you spent your time wisely and that you have no regrets.

Gibson has one last piece of important advice. “Good luck.”

For instance, try some deep breathing if you find your studying to be too much; breathe in to a count of three - hold for two - breathe back out to three. “A simple rule is if you can identify your stressors and manage them, the better chance you’ll have,” Gibson said.

Try to clear your mind of other things that might be on your mind. Focus on what’s at hand so that you can continue to progress. Visualize yourself after the test and how good you’ll feel knowing that you’ve done all that you could’ve done.

Exercising regularly will also help to manage anxiety and any depression you might be feeling.

Don’t stress too much over any stress you already have. “A little bit of anxiety is a good thing: it keeps us in focus,” Gibson said.

As far as any positive outcome to come from Highline that will come from the Common Course Numbering Baer does not see any.

Wagnitz believes that there is a benefit from the Common Course Numbering.

“The idea behind Common Course Numbering is that it’ll be easier to identify course equivalences in a transfer. Period,” Wagnitz said.

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CCN continued from page 1...
Students not surprised about shootings

By QUILINA DORSEY and JESSICA LOVINS
Staff Reporters

Highline students have mixed feelings about the recent rash of shootings in South King County.

On Saturday, Nov. 22, two teenagers were shot – one was killed and the other wounded – at Southcenter Mall. A day later, two more teenagers were shot in the parking lot of an apartment complex on Rainier Avenue South.

Closer to Highline, a 32-year-old man was found dead in his SUV on Pacific Highway South near Kent-Des Moines Road. He was fatally shot.

### Vasquez continued from page 1

One.

"We were warned if we met someone, do not shake hands, but hug them or even give them a kiss on the cheek because that is a cultural norm there," Vasquez said.

Vasquez and the other four deaf people had to learn a new sign language called Latin Spanish Sign Language Cost Rica (LESCO) to communicate with the deaf Costa Ricans.

The other members in his group had to learn basic Spanish to be able to communicate with the people of Costa Rica.

Vasquez's parents are from El Salvador, so he used the Spanish he remembered to communicate on paper with people who didn't know sign language.

During their trip, Vasquez and his group learned that the people of Costa Rica are very welcome to foreigners, Vasquez said that they said, "Hi," to replied.

This open and friendly experience is unlike the way it is in America where people are a little more cautious and guarded. Vasquez said that he even saw a cop dancing with someone in the streets.

The purpose of this group's trip to Costa Rica was "to increase awareness for the people with disabilities so they would know what happens in other places," Vasquez said.

Costa Rica is very isolated technologically and access to the internet is not widespread. "...[T]he education system is very behind compared to America," explained Vasquez in a disability rights presentation earlier this quarter.

In their K-12 schools "they have no computers, overheads and they use chalkboards and old wooden desks in very small rooms," Vasquez said.

George Christian Vasquez signing the sign for "Native American".

"I think people shouldn't be so surprised about all these shootings because it happens," Chris Ramel said. "There has been school shootings, mall shootings and countless other shootings in this area, so people should not be surprised."

"Don't get me wrong, it was a terrible thing that happened, but shootings happen all the time," Linda Baker said.

Although not in the majority, some students feel unsafe returning to Southcenter after the shooting.

"I never really thought of Southcenter like that. I have always gone there and had a great time, but now it's like if I go back, I know someone has died there, which will make it kind of weird," James LaMarche said. Other students prefer to be more positive.

"Everything is still normal as far as my life goes," Bikram Birk said.

"I'm not in a gang and I don't associate or know anyone who is in one, so I feel like these shootings are irrelevant to my life," Leonia Coleman said.

Most students were still optimistic about the state of the world in general.

"I feel safe because I know that shootings can happen anywhere and there are crazy people out there who really don't care about others," Vin Cavral said.

"You can't say that you are never going to go to college because there were shootings at several campuses," Dominique Austin said. "I think people need to just live their life the best way they know how with out living in fear."

"You can't predict what people are going to do all the time, so things like this happen everywhere and anywhere," Oscar Baron said.

Most students said they are not going to return to Southcenter for future shopping expeditions.

"It's nothing new... it happens quite a bit. Honestly, I'd bitch more about the parking," Rick Morris said.

They have little space in which to live.

"Could you imagine five beds squashed together in each room?" Vasquez said.

In some of the bedrooms in the orphanage 10 children shared one room. The first day Vasquez visited the orphanage a boy waved as he said "Hi," and Vasquez greeted him with a wave back.

To the boy, this meant that Vasquez could hear him and he didn't believe that Vasquez was deaf.

Vasquez explained that the children didn't have enough knowledge of deaf people to understand that when they waved as they said "Hi," he was able to see their wave out of the corner of his eyes and greet them back.

The innocence of the children surprised and touched Vasquez.

"They were so unaware of our disabilities. They thought the wheelchair was a big toy," Vasquez said.

The experiences with team work, learning a different sign language, and the exposure to a different culture really opened his eyes.

Now, Vasquez is even more confident that whether you have a disability, there are no limits that can keep you from changing the world and he hopes to take a trip to Taiwan for the Deaf Olympics 2009.

### Budget continued from page 1

2.5 percent reduction in money given to colleges by the state government, increasing to 5 percent by the start of Winter Quarter, said Highline President Dr. Jack Bermingham.

"This amount will likely increase for the 2009-2011 bennium," Bermingham said.

"There's no way we could do that without having a significant impact on our capacity as an institution," Bermingham said.

Highline student Justin Williams said he knew of the victims of the Southcenter shooting. Jermaine McGowen, 15, is in serious condition, but his injuries are not life-threatening.

Williams said it is sad that his friend was shot, but he just glad he didn't die.

Students also commented on Daiquin L. Jones, 16, who died in the shooting. "It's so sad. The boy could have lived his life many more years if this wasn't to have happened," Cynthia Kim said.

"He was too young," Jesus Sabin said.

Students did not feel surprised about the shootings.

"I was surprised by the shooting. I don't think it was an important event. I don't think they should have an effect on the community," said Ben Butler.

Williams continued, "I think it is sad that this person killed two people, but I don't think it is going to affect our community."

Birch, a 16-year-old student said, "I think we should all work harder to make people feel safe in our community."

Bermingham also mentioned the negative effect an enrollment cap would have on workforce development, which is why many students come to a community college.

"At the peak of the state's last economic downturn, community and technical colleges helped 17,000 laid-off workers train for a new career," SBTC Director of Communications Runyon said.

Those having the toughest time will feel the hole in their pockets the most if Highline has to raise tuition and restrict enrollment, Bermingham said.

The poor will be disproportionately affected because of access will be affected," he said.

The state Legislature mandates how much tuition will go up.

They will begin discussions when the legislative session begins on Jan. 6.

"My preference is to not raise it any higher than inflation – 3 or 4 percent – although there will be great pressure," said Rep. Deb Wallace, D-Vancouver, chairman of the House Committee on Higher Education.

Wallace said she plans to critically examine the current higher education system light of the recent budget deficit.

"There are a number of significant policy changes we can look at to get more from the system," Wallace said. "There are opportunities for streamlining educational programs."

One possible new piece of legislation Wallace mentioned was a "loan buyback program," which gives employers a chance to buy back their employees' student loans after they are hired.

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