

Here's the verdict on 'The Trial'/P6



Lady T-Birds finish in 7th place/P9

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Highline Community College The Thunderword

Highline budget to be cut by 20 percent

By LIVIU BIRD Staff Reporter

\$2

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.



said Glenn Dr. Bermingham Kuper, Of-

fice of Financial Management spokesman.

The shortfall projected by the State is due to a recent drastic

income reduction, thanks to the 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.

Arts

Opinion

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 re-

ceived from OFM was informal in nature, we don't know yet what this will really mean for our system," said SBCTC Director of Communications Janelle Runyon.

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, Runyon said.

Highline is already facing a

Please see Budget, page 16

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.



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.

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.

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

The purpose of Mobility International USA is an exchange program that gives

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

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 In-

ternational USA.

The group had people with very different disabilities, such as a nervous system disorder, muscular dystrophy, mobility issues, and verbal disabilities.

When the group arrived in Costa Rica they had a group meeting to explain the cultural customs of Costa Rica. One of the cultural norms in Costa Rica is not to shake hands when you meet some-

Please see Vasquez, page 16

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-

Please see CCN, page 15



New recycling vendor to discourage waste

Former student assaulted over weekend

A woman was assaulted, raped and robbed on Highline campus over the weekend.

The woman, a former Highline student, was followed on to campus after 1:30 p.m. on Sunday, Nov. 23.

She had left a bus at the stop near Baskin Robbins and was walking to her home north of the campus.

The Des Moines Police Department say they believe this to be an "isolated incident."

Police officers admonish juveniles in library

Des Moines Police Officers issued admonishments to three juveniles in the library computer area on Nov. 24 for being disruptive and refusing to leave.

One of them, approximately 17, is known by police to have gang affiliations.

It is not known for sure if he is a member of the south end gang. This juvenile has a slim build, hair in corn rolls and often refuses to leave campus.

Another of the juveniles is also known by police to have gang affiliations. He is about 15. He lives in the Woodhaven Apartments and has a heavy build with short hair.

Troublemakers with red bandanas try to start fight

Security received a call on Thursday from the Building 25 circulation desk from a female who told Highline Security that two boys with red bandanas around their necks were outside trying to start a fight with her brother.

When security arrived, the two boys with red bandanas were already gone.

The woman who called seurity and her brother waited in the building until they felt safe to leave.

By LOGAN LEEDER not only paper, but also certain Staff Reporter plastics, metals and glass.

The materials can also be Highline will employ Allied comingled, meaning the recyclables don't need to be separat-Waste as its new recycling vendor sometime in the next few ed 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

lowing 20 students who won

an opportunity to visit "Africa's

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

\$500 already, which they plan to donate to the Giving Tree.

MaST holds open house for **Argosy Christmas Ship**

The MaST center will be holding an open house for the holiday on Sunday, Dec. 7.

The open house will run from 5:30 to 8 p.m.

This event will coincide with the arrival of the Argosy Christmas Ship festival at Redondo beach from 6:30 to 6:50 p.m.

The Argosy Christmas Ship festival features "a flotilla of decorated ships," according to the promotional poster.

The Center's aquarium will be open, and hot drinks and snacks will be provided.

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

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 would hope that 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.

Inter-Cultural Center 'reflects on what's next'

A "Diversity Poetry Lounge" will be presented by the Inter-Cultural Center on Tuesday, Dec. 2.

The event will be held in room 164 of Building 6 from 11 a.m. until noon.

The lounge asks that all poems include the line "Support the progress of who I am, reflect on what's next 'cause my sounds of air secure who you see."

Correction

There was an error in the Nov. 20 issue in the article "Internationals come to the Summit." The State Department is not paid for student work in any way.

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)



"Allied Waste recycles a big-

ger variety of materials," said

Pete Babington, director of Fa-

Allied Waste offers more op-

tions than Highline's previous

recycling vendor, West Seattle

Recycling Inc. With West Seat-

tle Recycling as Highline's ven-

dor, Highline could only recycle

Students may now recycle

cilities and Operations.

paper and cardboard.

months.

Health fair teaches about international issues

There will be a global health fair on Tuesday, Dec. 2, from 10 a.m. to 1 p.m., hosted by Highline instructor Tracy Brigham's Global Issues class.

The event will present a variety of information - tables will be hosted on subjects including sustainability, genocide, HIV/ AIDS and modern-day slavery.

Reusable aluminum water bottles will also be on sale for \$5, a significant discount from retail prices.

Two 45-minute films, Invisible Children and Go!, will also be shown hourly from 10 a.m. to 12:10 p.m.

Invisible Children follows three Americans to Africa where they discover the stories of warwrought families in Uganda.

Go! is a related project fol-

longest-running war," according to the film's summary. Brigham is still deciding which film to show at each hour, based on instructor feedback and convenience.

Secret Santas set up shop for almost the last time

The Secret Santas' next event is coming up: a toy drive on Monday, Dec. 1.

The drive will be held in Building 8, and will run from 9 a.m. to 1 p.m.

The student group will be collecting toys to donate to Highline's Giving Tree holiday charity.

This is the third of the charity events planned by a group of students from a business technology class taught by Sherri Chun.

The first two took place in November: a bake sale and a "pictures with Santa" event. The final event will be a giftwrapping on Dec. 5.

The Secret Santas comprise Simon Nesterov, Shaun Owens, Karen Spaulding and Kevin Mar.

Their efforts have raised over

Sexual harassment

An adult male, 5'7" and 130 pounds, came up behind a female student and touched her hips. The female student complained to Security but did not want to file a report. Security was able to identify the subject and admonished him.

Vehicle stolen

A male student returned to his car at 3:10 p.m. on the east lot on Thursday and found it missing. A Des Moines Police Officer arrived and took a report.

Free Tutoring!!! Feeling overwhelmed? Get help?

Visit the Tutoring Center in Building 26, Room 319

Tip of the week:

Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. -Johann Wolfgang von Goethe



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

STUDENT JOBS:

AVID Tutor ~ 4893 ~ Part time

Meet with small groups of students to support and encourage them as they do the work for their math, science, and writing classes and help students come up with their own answers.

Location: Mt. Rainier HS Wage: 10/hr Hours: Tue/ Thrs am Other locations/hrs also available.

Bookkeeper ~ 4897 ~ Part time

Accounting and bookkeeping with the possibility of some customer service. Need to know Quick Books and be able to help with taxes. Speaking English is required but multi-lingual a plus. Location: Des Moines Wage: DOE Hours: 20-40

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

Students put a twist on turkey day

By JESSICA LOVIN and SARA LENTZ Staff Reporters

The pilgrims may have celebrated Thanksgiving by eating turkey, but many Highline students have established their own traditions and ways to celebrate

To avoid the hassle of cooking, many families go out to eat. One student even says that he buys dinner from KFC.

From macaroni and cheese to tamales and rice, Highline students look forward to spending their meals with friends and family this Thanksgiving. "This year for Thanksgiving, I'm just going to eat dinner with my parents and two brothers," said Highline student Britney Thompson.

"No one in my family really likes white meat, so it's kind of a tradition that we eat steak instead... but we still like to have the normal side dishes like mashed potatoes, yams and cranberries."

"For Thanksgiving, it's kind of a joke for me and my two daughters," said student Dick Pederson.

"I am an extremely bad cook and so I always end up making mac n' cheese with hot dogs instead of some gourmet meal.

"My daughters think it's funny, and they don't really mind, because mac n' cheese is their favorite food... they are more excited about shopping on Black Friday any-



ways, so they don't really care too much about Thanksgiving Day," Pederson said.

"I will be spending Thanksgiving this year with my parents and younger brother," said student Consuela Lopez. "My two grandparents are going to come up and visit us for the week [of Thanksgiving]."

Lopez said that she hasn't seen her grandparents for about seven years, so it will be really exciting. "We usually just eat turkey, mashed potatoes, and cranberry sauce... [and as] part of my culture we like to also have tamales and rice," said Lopez.

"My dad is a fisherman in Seattle, and so on Thanksgiving, we like to eat fresh fish instead of turkey," said Adam Williams. "We usually have a cranberry chutney sauce over the fish and eat it with all the fixins. After we eat, me and my dad always end the night by watching football."

"This year, I am going to celebrate Thanksgiving with my roommate's girlfriend's family," said Aaron Loffelmacher.

"I've always celebrated Thanksgiving back in Colorado with my own family, but I recently moved to Washington and am now living with my best friend and his girlfriend. Since me and [my roommate] are originally from Colorado, his girlfriend's family has taken us in and we are basically treated as we are their family."

But Loffelmacher said that he will more than likely be spending half of the day on the phone with his family back in Colorado.

"My family has always had a very simple Thanksgiving," said student Becca Kabler. "It's nothing too crazy - my grandma has usually cooked everything, but she actually passed away about a month ago from diabetes."

Kabler said that her family is going to try stringing everything together as her grandma would have, in order to revive their traditions and remember her in spirit.

No matter what food is on the table, students appreciate spending the day with family.

However, not being able to cook a turkey isn't the problem for everyone. Ericka Gilbert doesn't mind that at all.

"I'm a vegan, so that means I don't eat any animal product, so turkey is clearly out of the question for dinner," Gilbert said.

Gilbert has been a vegan since she was little, so this won't be her first holiday without a turkey.

"For Thanksgiving, I'm going to a vegan potluck at AFA," Gilbert said. AFA stands for Action for Animal, an animal rights organization, and its headquarters are located in the University District in Seattle.

"We're going to have typical Thanksgiving dishes - only vegan," Gilbert said. "Tofurky, organic sweet potatoes and salads are all expected to be there."

This is Gilbert's second year involved with AFA, and she plans to continue her new Thanksgiving tradition in the years to come.

It's also Nateh Kamara's second year celebrating since she moved to the U.S. from Sierra Leone. For Thanksgiving, she plans on celebrating similar to the year before.

"I will have to work until 2 p.m., and then I will go to a traditional family dinner with my husband and others."

Kamara is excited to continue her new Thanksgiving tradition.

Thanksgiving can be celebrated in many different ways, and here at Highline that is very much evident.

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 reach their full potential through education. The foundation focuses in particular on students with financial need.

Cooke was an athlete and successful businessman As a young man, he 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, succeeding in a number of fields, and decided to use his wealth to help others. Cooke died in 1997, leaving a big portion of his fortune to the foundation

Some 650 students are chosen for the scholarship each year.

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 nomination by Highline. In order to be selected as one of our two nominees, students must fill out the online application which includes essay questions. Applications must be submitted by Jan. 6, 2009 to Clinton. The Jack Kent Cooke Foundation "knows us. We can do it again - with your commitment," Clinton said.

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.



"I felt like this year was one of those years that I really wanted my family to have 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 Givday," Hicks said.

Hicks is really grateful for the Giving Tree program.

"I really appreciate everything the Giving Tree staff and volunteers have done," Hicks said. "I'm grateful to God for them blessing us and others who are in need."

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'm glad I switched to human services, because it is broader and I get to work and meet with a lot 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.

ing Tree was a blessing."

In the past, Hicks said that her 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 holi-

Hicks has goals and plans for herself, as well as the rest of her family.

"Five years from now, I see myself in a management position for family service of some sort.

"I see my 17-year-old daughter in the service and being successful in nursing, I see my 16-year-old son in college at a D1 school, playing basketball on a full-ride scholarship, and I see my 14-year-old daughter attending a D1 college playing volleyball on a full-ride scholarship," Hicks said.

If you wish to contribute to the Giving Tree program, contact Naomi Etienne at nettiene@highline.edu, or call 206-878-3710, ext. 3537.

<u>Opinion</u>

The Thunderword / Nov. 26, 2008

Editorial comment

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 Spaniards 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 Thanks giving 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 seemly endless rainfall.

Cynicism has not yet become terminal.

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

The library policies are forgiving. Transit to the school is pretty decent, and thanks to the election earlier this month, it is going to get better. The quarter is only 11 weeks long, as opposed to the 15 some sad students at other schools are forced to endure.

We have excellent teachers, a friendly administration and a diverse population.

Highline charges much less tuition than private colleges.

Students at Highline come from all across the globe. On any given day in the Student Union, you have an opportunity for exposure to any number of different languages and cultures.

The Inter-Cultural Center provides a central hub to campus diversity. Clubs such as the Gay-Straight Alliance and the United Latino Association provide minority students with support, and other groups such as the Anime Club, the Yamato Taiko drum club and the Hip-Hop Club explore facets of culture and expression.

The ESL program gives many of Highline's foreign students the linguistic tools to communicate and succeed in the course work offered.

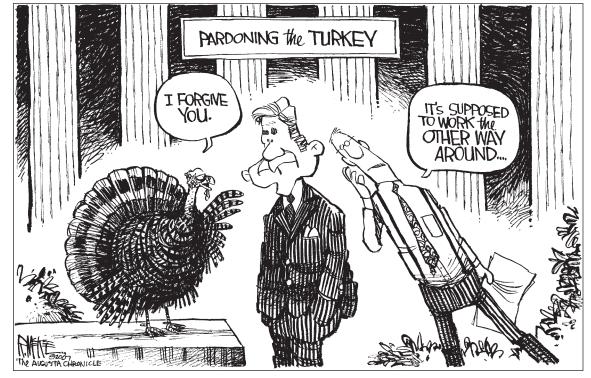
It is something to be thankful for.

Anyone can feel welcome and able to succeed at Highline.

Staff

"I'll slap you with my ring hand."

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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 with "the one," the culmination of that love is to marry the person.

Commentary



Nicholas McCoy

grounds.

It can't be that marriage is historically only 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 342, 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,

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.

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.

Arkansas passed a law this November titled Act 1 that prohibits anyone besides heterosexual married couples from fostering or adopting children.

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.

You aren't going to tell a sterile heterosexual couple that, because they cannot have kids, they cannot get married. They're in love!

It's ridiculous to think that a heterosexual couple would be forbidden to marry on those grounds. Not everyone has to have kids. They could choose to remain childless. The couple could foster a child. They could adopt a child.

It doesn't make sense to deny a loving couple marriage, no matter its constituents, on such with only one religion, then this argument might make a modicum of sense.

The website that advocates the ban, protectmarriage.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 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.

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•It was Andrew Jackson Young, American civil-rights activist, former U.N. ambassador, congressman and mayor of Atlanta, who made the following sage -- and disturbingly accurate -- observation: "Nothing is illegal if 100 businessmen decide to do it."

•Those who study such things claim that by the time the average American reaches the age of 20, he or she has been exposed to more than a million advertisements.

•The United States has more dogs than any other country in the world, followed



1. SCIENCE: Who named the aurora borealis, or northern lights?

2. FAMOUS QUOTES: Who once said, "Humor is just another defense against the universe."

3. MOVIES: Which Charlton Heston movie used more than 1 million props?

4. MUSIC: Which folk-music group recorded the original theme song to *Gilligan's Island*?

5. LANGUAGE: What English word is pronounced exactly like its first letter, even though it's five letters long?

6. ANATOMY: Of 206 bones in the adult body, about one-fourth are located where?

7. LITERATURE: Who

by Brazil in second place and China in third.

•Just to see what would happen, a group of scientists gave various drugs to spiders. The arachnids that were given caffeine created webs with random tangles, making them useless for catching insects. Interestingly, the ones that were given LSD created extremely neat webs.

•Moscow has more billionaires than any other city in the world. And, except for one -- the mayor's wife -they're all men.

•Have you ever experienced xerophthalmia? If you're like most people, you probably have, but it's not usually a condition to be terribly concerned about. Xerophthalmia is simply a fancy way of describing an abnormal dryness of the eyes.

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 liqueur made from?

Answers 1. Galileo (1616). The name means "northern dawn." 2. Mel Brooks 3. Ben-Hur 4. The Wellingtons 5. Queue 6. In the feet 7. H.G. Wells 9. Two to three months 9. Two to three months 10. Black currant berries

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Arts Calendar

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6. Swimming units

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17. Gardener's need

14. Rulers of yore

18. The Old Sod

22. Patio hangers

23. Police warning

26. Outer layers

29. Mountain home

30. Face on a fifty

33. Arab leaders

32. Jacket material

36. Kind of number

35. Exhibit A, for example

27. Foundation

28. Nerd

25. German wine valley

24. Appraise

10. Burn balm

8. Fit

Crossword 101

By Bill Deasv

- 5. Type of bargain
- 9. Twinge
- 13. Cuts from the staff
- 14. "Slanche," for one
- 15. Sheltered, at sea
- 16. Charismatic person, perhaps
- 19. Capital of Sweden?
- 20. **"Darn!"**
- 21. Compares
- 22. Revolution-era loyalist
- 23. Doris Day's "will be"
- 24. Tell ammo
- 27. Snack
- 28. Hammarskjold of the U.N.
- 31. Perform well
- 32. Delhi wrap
- 33. Good pitcher?
- 34. Wedding reception party favor, perhaps?
- 37. &&&&
- 38. Blood line
- 39. Link (with)
- 40. '70s Rock band
- 41. Pot covers
- 42. Alternative to gelato
- 43. Fashion
- 44. Hoover and others
- 45. Each
- 48. Wise guys?
- 49. A wee hour
- 52. Chuck Norris 1984 film
- 55. Cooking pot
- 56. 2008 NBA finals team
- 57. Sock color
- 58. Dates
- 59. Ultimatum word 60. Poses

Down

- 1. Like some ales
- 2. WWII side
- 3. Cribbage markers
- 4. Camel's end?
- 5. Like a brooding child
 - By GFR Associates ••• Visit our web site at www.gfrpuzzles.com

41. Centers

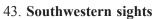
42. Epics

•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,

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,



57

60

- 44. The Inferno author
- 45. "Famous" cookie
- maker

56

- 46. Heap
- 47. Cruise stop
- 48. Wire measures
- 49. Some blinks
- 50. Type of horse
- 51. Burden
- 53. Goo in a do
- 54. Leaves at 4:00?

Quotable Quote

My movies were the kind they show in prisons and airplanes, because nobody can leave.

••• Burt Reynolds

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

Weekly SUDOKU

•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 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,* by Tom Mula, Nov. 28-Dec. 21. Showtimes are 8 p.m. on Fridays and Saturdays and 2 p.m. on

e- 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

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

\$16 senior, and \$16 youth. ext. 3317.

Last week's crossword solution

	PULLING RANK													
D	R	Α	F	Т		J	Е	Т	Ε	R		Ρ	Ε	Т
Ν	Ι	Т	R	0		Е	L	Ι	D	Е		R	R	R
А	D	М	Ι	R	Α	L	S	С	U	Ρ		-	R	Α
			Α	Ν	G	L	Е		С	0	Ν	v	0	Υ
L	Ι	в	R	Α	R	Y		С	Α	S	U	Α	L	S
0	Ν	Ε	Ι	D	Α		Ρ	0	Т	Е	Ν	Т		
S	т	L	Е	0		s	Т	D	Ε	s		Е	S	Р
Е	Е	L	s		Ρ	0	L	Е	s		в	Е	Е	s
R	Ν	С		С	Α	R	Ε	D		н	Α	Y	Е	S
		Α	Ν	Ι	S	Ε	S		Т	Α	κ	Е	Ι	Т
R	Ε	Ρ	Ε	Ν	Т	S		F	0	R	Ε	S	Т	S
н	Α	Т	Т	Е	R		R	Α	Ι	Ν	S			
Е	R	Α		м	Α	J	0	R	L	Е	Α	G	υ	E
А	L	Ι		А	М	Α	Т	0		S	L	Α	Т	Е
S	s	Ν		s	Ι	Ν	С	Ε		S	Ε	L	Ε	S

by Linda Thistie

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: **

★ Moderate ★★ Challenging ★★★ HOO BOY!

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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 production and contributed perfectly to the telling of the story.

The blocks were continuously shifted around to create new settings.

Inside the trunks were the occasional extra prop as well: the costumes the cast occasionally changed into right on stage. The painted Pilates ball was used to reinforce sexual themes



Hopkins as Josef K pulling Calvo as Titorelli out of his "painting." Also pictured Villanueva (bottom), Grant (left), and Keane (right).

throughout the play.

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

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

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 costumes and the makeup also enhanced the story and give the audience details about the characters.

All the characters, except for Josef K, wore clown makeup and dressed in elaborate costumes, carrying the circus theme.

The Laundress had clothing clothes-pinned to her, the Assistant Manageress (Ashlee Owen) had diamonds painted on her cheeks to illustrate her greed, and the Student (Brenan Grant) wore suspenders and a propeller beanie.

It was Hopkins' costume that

stood out the most, just because of its normalcy. He wore just a plain suit which made him look like a man who would normally blend in with the crowd. This effect worked to show that Josef K is an average man caught in the circus that was the court system.

Hopkins was one of the only actors who played only one role.

All 11 actors were always on stage at once, which was handled perfectly, without confusing the audience. Many actors also portrayed more than one Rochelle Adams/THUNDERWORD *Grant (left), and Keane (right).*

character.

The cast members who shifted roles did so incredibly well. The standouts were Carlos Calvo, who portrayed Smart Man and Titorelli, and Jared Stratton, who played a guard, Josef K's father, and Huld the attorney. They transitioned between each character seamlessly.

To see *The Trial* for yourself, check it out in Building 4, room 122 at 8 p.m. from Dec. 4 to 6.

Tickets can be bought at 7:30 p.m. each night of the showing, \$7 for students and \$8 for general admission.



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 an 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.

E 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' ability to enthrall 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.

Ami Nguyen/THUNDERWORD The Chorale 'chanting' in preparation for their Dec. 4 concert.

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 mama" 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 You Tube and On Demand?

First of all, to go to 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 Rick Lorig 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 wellwritten 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,

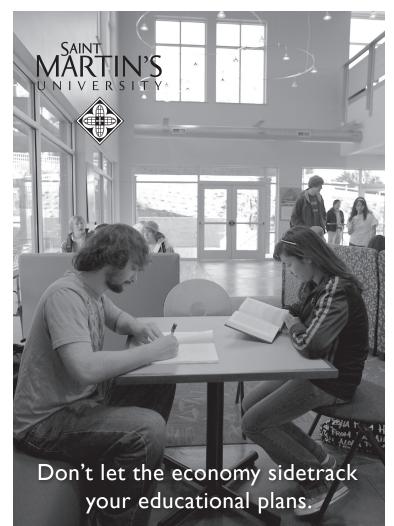
saying that most theaters charge people under the age of 25 a reduced fee in order to attract a younger audience. So you should take advantage of that while you're still young.

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 yet 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

day spirit. By now the water should be at a rolling boil. You don't need

salad the more color and holi-

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 not bland and it brings the water to a higher boiling point.

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.

¹/₄ cup Parmesan cheese One bottle cheese and garlic vinaigrette salad dressing

Tsp 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 taking 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 $\frac{1}{2}$ red and $\frac{1}{2}$ green, if available, to give the

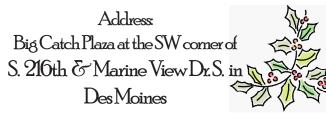
Des Moines Holiday Tree Lighting

Sponsored by Destination Des Moines and the Des Moines Arts Comission

This annual family friendly event will be on:

Friday, December 5, 2008 Time: 6-7pm Big Catch Plaza, Des Moines, WA.

Activities include: tree lighting, carolers, cocoa, cookies and a visit from Santa.

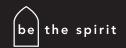


Saint Martin's is more affordable than you think and to help you get started we're waiving the \$35 application fee for students who apply by December 15.

If you don't apply, you'll never know what's possible.

Apply online at www.stmartin.edu/apply or contact the Admissions Office at 360-438-4596.

5300 Pacific Avenue SE, Lacey, WA 98503 toll-free 800.368.8803 | www.stmartin.edu



Hrypha for Crypha

Hip-hop event brings students to the union

Four of Highline's clubs, Hip-Hop Club, Verse club, the Evolution of Art club and the ACE crew, hosted a hip-hop event on Monday, Nov. 24.

The event comprised rap performances, breakdancing, painting and more, ending with an emceeing battle between students.

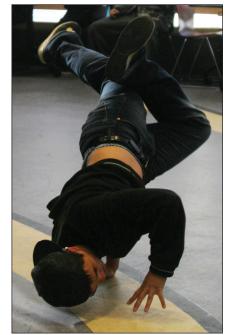
James (top) moved as far as the second round before being eliminated by eventual first-place winner Sav.

Sav won a \$50 gift card, while runner-up Audacity received \$25.

A variety of artists including student Sean Clemens (bottom right) painted during the live performances.

Each event was punctuated by breakdancing performances including a demonstration by the ACE crew (bottom left).

Local group Kazutakas and members of the Verse club performed, as well as local rappers Nam and Khingz.



Lewis/THUNDERWORD

laren I

Ami Nguyen/THUNDERWORD



Marley gets to tell 'Christmas Carol' story at BLT

By ERIC NOBLE Staff Reporter

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

BLE funny. Forter "It's a no

"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 Marlev'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 everchanging. The group had to "keep odd hours in odd places," Eller said.

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 performing the piece is a strong ensemble. Six actors are playing 15-16 different characters. This technique requires the actors to be aware

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.

Scrooge (John Mallory) meets Marley (Eric Hamlin).

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 Western 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 firstteam 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. RESTROOMS

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 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.

The Lady T-Birds emerged victoriously, beating the Cardinals in three games, 21-25, 25-13, and 15-13.

"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,

sure they were on the same page at such a critical point in the match.

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

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.

Brian Grove/THUNDERWORD

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 firstteam 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 was far as we did," he said.

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

This match also ended with a little controversy.

Though 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. Highline split its series with Tacoma at 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.

Highline did just that, defeating Tacoma in three games, 25-23, 21-25, and 15-13.

Although Highline was able to execute and pull out a win, the game was close as Tacoma played hard, also facing elimination.

Multiple time-outs were called in the final minutes of the third game as the players and coaches wanted to make 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 underrated team," Littleman said. "We were never in the top 10 for the coaches poll, and going 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 Adrian Aukusitino.

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

T-Bird men start basketball season 2-1

Highline shows hustle in early games; three players suspended for academic troubles

By CHRIS WELLS Staff Reporter

The 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 Gibler led the team in scoring over the weekend, averaging 15 points per game. Gibler 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 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 to-



Ronald Meriales/THUNDERWORD Highline's Vaughn Gaines goes up for a rebound against Yakima.

gether as a team."

over the weekend was to the defending The one loss that the men picked up NWAACC champions, Yakima Valley. They are returning seven players and they have that strut of a champion, Dawson said.

<u>Sports</u>

"Yakima was very quick, played extremely hard and shot the ball well. They also had a swagger from being the champions last season," he said.

Over the three-game stretch, Highline took a total of 34 three-point attempts. On the other hand, their opponents accounted for a total of 93 attempts. Coach Dawson said he had an offensive strategy going over the weekend where they were attempting to use their size to score down low.

"We're trying to establish our presence down low so we can open up opportunities on the outside," said Coach Dawson.

All of the players received significant playing time over the weekend and Coach Dawson said everyone had good moments throughout the tournament.

"Everyone had some shining moments over the weekend. It was a very good collective team effort," said Coach Dawson.

Highline's next game will be on Dec. 4, 8 p.m. at home vs. Peninsula, which is currently 1-0 as they held off Big Bend last Friday for a 79-72 victory.

They will also play a game the next day on Dec. 5, 8 p.m. at home vs. North Idaho College, which currently has a 2-0 record after beating Green River 76-60 on Friday and Grays Harbor 85-49 on Saturday.

North Idaho has two seven-foot players on their roster: Guy-Marc Michel at 7'1" and Michel Swita at 7'0".

Also playing for North Idaho is the Washington high school 4A state player of the year from last year, Renado Parker. He is a 6'6" power forward from Kentridge High School.

Highline plays five more games over the break, and hosts one of the annual NWAACC crossover tournaments on Dec. 19-21 at the Pavilion. League play starts Jan. 3.

Thunderbird women are using the preseason to fine tune

By LIZ PHILLIPS Staff Reporter

Highline's women's basketball opened its season by going 0-2 in the Shoreline Shootout tournament. Highline played this past Saturday and Sunday, Nov. 21 and Nov. 22, at Shoreline Community College.



out both games running a fullcourt 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.

Defensively, Highline started bird women is the Clackamas tournament taking place in Portland, Friday, Nov. 28. Depending on wins and loses, the wom-

en may be there until Sunday.

Highline's first game of the tournament will start at 5 p.m. Friday, Nov. 28.

On Saturday, the T-Birds fell to Lane, 71-57.

Lane went 1-1 in the tournament, just barely losing to Spokane 84-80.

On Sunday, Highline lost to Whatcom, 82-70. Whatcom went 1-1 overall, also losing to Spokane.

"Preseason games are a learning experience," Assistant Coach Taryn Plypick said.

These two games, Plypick said, helped the team to see what they needed to work on. Highline has 10 non-league games

Taryn Plypick

before they begin league games on Jan. 3.

Offensively, Highline did well against Lane's full-court press: the women executed their press break very well and showed resilience against the pressure, said Plypik.

Stats for the games were unavailable at presstime.

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 Thunder-

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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

Giovaninni injured but wrestlers soldier on

By JOSHUA K. HAUCK Staff Reporter

Highline wrestling is off to a dim start without their shining star.

Marshall Giovaninni, 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 Giovaninni 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 were the Auburn Duals



Ami Nguyen/THUNDERWORD

Highline Coaches Scott Norton and Brad Luvaas show the team some new techniques as Brad Rabbenstein and Caleb Padgett look on.

on Friday, Nov. 15. Attending the duals were Douglas, Simon Frasier University and Yakima.

Highline defeated Douglas 22-18, but lost to Simon Frasier 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.

Giovaninni, 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 going in the right direction after the Yakima win.

"It's still early in the year and we have a long trek to complete it," 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 come from the same guy who was undefeated going into 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, Colt 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.

"I'm 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.

Bellevue 99, Wenatchee 60 Yakima 86, Mt. Hood 61 Walla Walla 116, Clark 93 Green River 81, Blue Mt 75 C. Basin. 93, NW Indian 62 Lane 49, Linn Benton 45 SW Oregon 74, Centralia 71 Deep 3 All Stars 116, Chemeketa 112 Whatcom 69, Pierce 63 L. Columbia 88, Linfield JV 75 Women's basketball results Nov. 22 Shoreline Shoot out Shoreline 71, Blue Mt. 62 Spokane 77, Whatcom 55 Lane 71, Highline 57 South Puget 85, 2DAHOOP 50

Clackamas 87, Walla Walla

Olympic vs Highline Dec. 9 at 7 p.m. Bellevue vs Highline Dec. 12 at 7 p.m. Women's Basketball SW Oregon vs Highline Dec. 3 at 5 p.m. North Idaho JC vs Highline Dec. 5 at 6 p.m. Clackamas vs Highline Dec. 15 at 6 p.m. Chemeketa vs Highline Dec. 16 at 7 p.m. Centrailia vs Highline Jan. 3 at 1 p.m. S. Puget sound vs Highline Jan. 14 at 6 p.m. Westling Yakama Valley at Highline at 7 p.m. Highline at Pacific University at 7 p.m. Highline at Clackamas at 5

Scoreboard

Women's volleyball **NWAACC** results

> 1. Chemeketa 2. Walla Walla

3. Edmonds

4. Clackamas

Men's soccer NWAACC results 1. Walla Walla

2. Chemeketa 3. Spokane 4. Peninsula

Women's soccer **NWAACC** results

Columbia Basin 1 Walla Walla 2

Shoreline 3 Clackamas 4

Men's Basketball results Nov. 21 Bulldog Classic at Bellevue CC Highline 107, Portland 81 Mt. Hood 60, Wenathcee 51 Bellevue 77, Yakima 61 Spokane 87, Grays Harbor 52 Olympic 84, NW Indian 64 Centralia 75, Lane 73 Nov. 22

Highline 75, Everett 61 Portland 79, South Puget 77

N.Idaho 87, Wenatchee 52

69

Tr.Valley 51, Chemeketa 39 Portland 60, Pierce 56 Nov. 21 Shoreline shoot out 2DAHOOP 70, Blue Mt 64 Spokane 84, Lane 80 Whatcom 82, Highline 70 Shoreline 66, South Puget 57 Centralia 68, Everett 57 **Olympic tied Pierce** Clackamas 83, Tr. Valley 67 Walla 78, Portland 44 Sk.Valley 81, Grays Harbor 63 **Upcoming Highline games** Men's Basketball Peninsula vs Highline Dec. 4 at 7 p.m. North Idaho vs Highline Dec. 5 at 7 p.m p.m.

Stay healthy at Thanksgiving Fair helps Darfur victims

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 enticement, 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 calories 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 you can year 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 run/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.

Health

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 Thanksgiving 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.

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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.

structure to pain - abuse is an

"Writing is also a way to give

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 rheto-ric, 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 clear-

ly, carefully and well - both to define themselves and get what they want from the receiver of their communication."

"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 two 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.

Angi Caster

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

Drott, 21, was murdered Friday, Nov. 14, in Pacific, Wash., allegedly by shooter Sopheatheara 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."



Gerald Jackson

"His family obviously weren't expecting this," Jackson said. "We want the community to help support them."

Jackson said he hoped the musical would offer "not just community support, but financial." All donations to the play will be forwarded directly to the family to address costs such as the funeral.

"Why does it take someone dying for us to do something?" Jackson said, pointing out that Drott's murderer had a history of shootings. "What about the last three places he shot up?

"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.

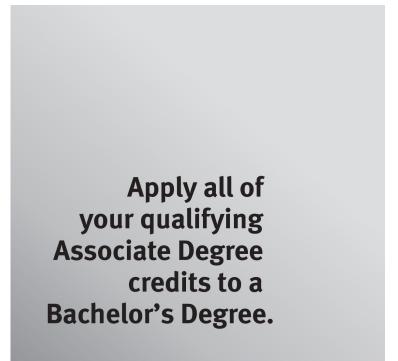
The show was written and co-directed by Jackson's wife, Tanny Jackson.

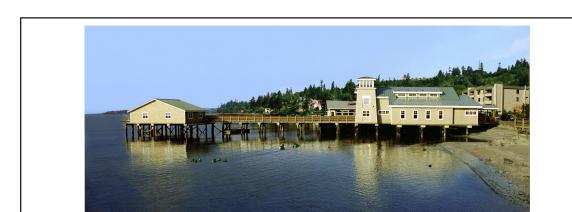
One cast member, Antonio Wynn, was a close friend of Brott.

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 honor and 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."





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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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 slim.

"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 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 shutting 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

continued from page 1

cidentally taking courses twice

or not understanding prerequi-

CCN



Charlie Dubbeldam/THUNDERWORD material that you

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

neering 142, so that the student takes the new Engineering 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 Another concern with Comlearning all of the information, you try to learn it all in a short amount of time.

"Studying the night before should be a review, not learning new material," Gibson said. "But if you're going to cram, at

If you do happen to wait until help to optimize the short time you have:

there.

might have missed and quickly

tables every year, based on the current catalogs of the community colleges. When we publish our next catalog with the Common Course Numbering numbers, the universities will do the rest," Wagnitz said.

through skim 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 chances are that you'll 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

have learned. Don't trick 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.

and time of having to redo everything is huge, said Baer.

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

Wagnitz believes that there

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

On the morning of the exam, try to eat a full breakfast. In doing so, you'll 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."

is a benefit from the Common Course Numbering.

"The idea behind Common Course Numbering is that it'll be easier to identify course equivalencies in a transfer. Period," Wagnitz said.

sites. They will have no idea 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. mon Course Numbering is 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.

least be a good crammer."

the last moments to study there are some quick tips that might

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

•Focus on the chapters you

if they have met graduation requirements," 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 worry is valid. Common Course Numbering does not change anything about the content sequence, or difficulty of our courses," 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 Engi-

Wagnitz said the contracts will be taken care of automatically.

"The state's four-year schools update their course equivalency

A student being underprepared 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 include 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

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Students not surprised about shootings

By QUILINA DORSEY and JESSICA LOVIN 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-yearold man was found dead in his SUV on Pacific Highway South near Kent-Des Moines Road. He was fatally shot. Highline student Justin Williams said he knows one 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 is 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 Sablin said.

Students did not feel surprised about the shootings. "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 hard," James Landerfield 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 without 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 scared of returning 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

"Could you imagine five beds squished together in each

to live.

Vasquez

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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 Español 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 welcoming. Every person 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



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

like.

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. Costa Ricans have some misconceptions about people with disabilities.

Some of them believe that having a disability is a punishment from God for sinning, he said.

As a result, the native people were very surprised to see a group of people who flew all the way from the United States to learn about them and teach them about what the United States is

from America. I hope that my going there and educating them made a difference," Vasquez said.

In an orphanage called Laforunta, Vasquez and his group visited children, taught them some American Sign Language, worked with them on their English, and played games with them. room?" Vasquez asked. 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 greet-

ed him with a wave back. To the boy this meant that Vasquez could hear him and he didn't believe that Vasquez was

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 eye 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 teamwork, 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.

the street. In

The purpose of this group's trip to Costa Rica was "to increase awareness for the people with disabilities so they would

e in currier tins 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.

"I feel like it is so different

Budget

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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 biennium, Bermingham said.

"There's no way we could do that without having a significant impact on our capacity as an institution," Bermingham said. 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," SBCTC 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 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, chairwoman of the House Committee on Higher Education. Vasquez was shocked by the fact that this orphanage receives no support from the government, and while they have food

Wallace said she plans to critically examine the current higher education system in 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. Wallace listed off some changes the committee will attempt to make, including better support for the financial aid system in place, encouraging more businesses to participate in work-study programs and making sure students spend little time taking classes they don't need.

Reducing the number of irrelevant classes students take will reduce their tuition costs.

"College is becoming less affordable and more students are going into debt afterwards," Wallace said.