



**T-Birds fight  
for win against  
Yaks/PA10**



**Cures for the  
holiday blues/  
Section B**

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Highline Community College

# The Thunderword

## From Highline to the big time College makes Scalabrine used to be plans for emergency a T-Bird

By **CHRIS WELLS**  
Staff Reporter

Brian Scalabrine would rather talk about what Highline did for him instead of his own successes.

"I wouldn't be where I'm today if it wasn't for Highline," said the current NBA player Scalabrine from his cell phone in Boston. "Everything I learned there prepared me to move on to USC. Highline put me on a track and kept me in line and taught me that anything that comes up I'll be able to deal with it."

Scalabrine, now 30 years old, is a former Highline basketball player, who is most notably known for being a power forward for the New Jersey Nets (2001-2005) and the Boston Celtics (2005-Present).

Standing at 6'9", Scalabrine was a force in the NWAACC as a freshman. In 1996-1997, he averaged 16.3 points, 9.6 rebounds, 2.9 assists and 1.2 steals per game as the team went on to win the NWAACC champion-



Before Brian Scalabrine was a Celtic, he was a Thunderbird.

ship.

The following year, he went on to redshirt before transferring to the University of Southern California (USC) for three years and receiving a bachelor's degree in social science. During his time at USC, he was named an honorable mention all-American and a first team all-Pacific Athletic Conference ten player.

After USC, Scalabrine was drafted 35th overall by the New Jersey Nets. Before attending Highline, Scalabrine was a student athlete at Enumclaw High School.

"The first time I saw him was before his ninth grade year on a playground basketball court. He kind of reminded me of a

big pumpkin," said Enumclaw Head Coach Bill Hawk.

Hawk uses Scalabrine as a motivational example to his students today to show what hard work can do and how important school is.

"I use Brian as an example to my teams even today. He made a success of himself by turning it on academically and getting to a good school and graduating with a degree," Hawk said.

Another one of Scalabrine's coaches was Joe Callero. He was the head coach at Highline when Scalabrine attended and also spent a year with him at USC as an assistant coach.

Please see Scalabrine, page A19

By **VIKTOR DEZHNYUK**  
Staff Reporter

Highline has a new Emergency Action Plan, and the campus will now be a much safer place for students, faculty, and staff in case of an emergency, college officials say.

The Emergency Action Plan provides guidelines and procedures for campus personnel during emergency situations.

The plan consists of emergency procedures for emergency situations such as bomb threats, earthquakes, tsunamis and flooding, fire, volcanic ash, bio-terrorism disaster, epidemic/outbreak, inclement weather, major communication outages, and much more.

These operating procedures will be put into action when an emergency affecting the college can't be controlled using daily emergency prevention techniques, college officials say.

Events such as the Virginia Tech shooting urged the National Incident Management System (NIMS) and leadership in places such as Highline to come up with plans in case of similar emergency situations, said Executive Assistant and Analyst to the Vice President for Administration Pelin Erel.

This Emergency Action



Plan is consistent with, and is required by, the National Incident Management System and is operated under the Incident Command System (ICS) which is used by emergency services nationwide.

Since the college Incident Command System is the same system as the one used by most fire departments and other agencies, "integration of the outside resources into a college emergency scene can occur smoothly," according to the plan.

"There will be drills for a variety of emergency situations," Erel said.

Highline had a huge active shooter drill in August, with the

Please see Emergency, page A20

## Korean TV reporter finds shelter from limelight

By **HANNA JAZZYCA**  
Staff Reporter

Back home in Korea, Young Jae Lee is famous.

He's on TV, doing news reports for the Korean Broadcasting System and people recognize him on the street.

But at Highline, he's just another student, and that's alright with him.

He has been working for Korean Broadcasting System, which is acclaimed as the most influential media organization in Korea for almost 20 years. Now, he is taking a sabbatical

for education.

He is 37, a father of two children, and currently studying Travel and Tourism.

Lee thinks pursuing education abroad is beneficial because he can get many good advantages at the same time.

"When it comes to broadcasting, traveling is important because your ability to broadcast will be better," said Lee, who is a graduate of Hankook University of Foreign Studies, Korea.

Lee has been here for seven months and he is in his first quarter at Highline. He came to the U.S for the first time about

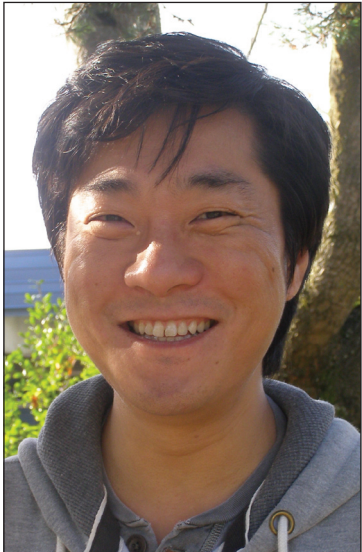
17 years ago, when he was a university student.

"A Korean-American who had a vacation in Korea said that Seattle is a great place to live. She used to stay in Tacoma before moving to Korea," he said.

"Since then, I got an idea to study in Seattle area, because she said that the weather and nature is good. Then my education agency recommended me to go to Highline," Lee said.

Lee doesn't find many difficulties in settling in, because he has some friends in a Korean

Please see Lee, page A20



"When I was in Korea, people watch everything I do. Sometimes I feel uncomfortable. Here, I can be what I want to be and do many things without worrying to be watched by somebody."

- Young Jae Lee





Tampon machines robbed

Sanitary napkin machines in women’s restrooms in Buildings 8, 10, and 13 have been broken into and robbed.

The sanitary napkin machine in Building 10 was broken into on Nov. 25 and Building 8 sanitary napkin machine was broken into on Sunday Nov. 23. An unknown person broke the lock and took the quarters.

The value of quarters taken is unknown. Women’s sanitary napkins were not taken.

Juvenile banned from campus for a year

A 13-year-old juvenile was barred from college campus for one year on Nov. 25. He is part of the group of juveniles who have been causing problems in the library and is responsible for gang graffiti on campus.

Security searches for upset person

Security searched Building 25 and 29 on Wednesday for a middle-aged male who appeared to be distraught or upset.

He had shoulder-length blond hair and was wearing a gray sweat suit. Central Washington University staff asked Security to conduct a building check. Security was not able to find the man.

Lost property

As usual, the lost and found has been filling up with cell phones, credit/debit cards, purses and many other things in the past few days.

An Alaska USA debit card was turned into the lost-and-found by a Highline student on Dec. 1. Security found a white phone at 7:45 on Tuesday. Another T-Mobile cell phone was added to the lost-and-found on Tuesday after someone turned it in.

Security found a gold pencil case with a pink wallet which contains \$21 cash, an electronic dictionary, and Highline ID and WA driver’s license on Tuesday. None of these items have been claimed.

On Dec. 1, security found a black purse which they immediately turned into the lost-and-found. Twenty minutes later the owner of the purse came to Security Office and picked up her belongings.

To turn in or reclaim lost belongings, report to the security office in lower level of Building 6.

-- Compiled by Viktor Dezhnyuk

Minimum wage to be raised; students excited

By LOGAN LEEDER  
Staff Reporter

The minimum wage of Washington state will be increased by 48 cents from \$8.07 to \$8.55 starting in 2009.

Washington state already has the highest minimum wage in the country, at \$8.07.

The Washington Department of Labor and Industries says the increase will be made to compensate for inflation and rising costs.

Minimum wage was one of the major topics of the gov-

ernor’s race, even though the number of people making minimum wage varies from only 1.8 percent to 2.8 percent throughout the year according to the Labor and Industries.

Out of about 2.9 million people working in Washington, about 66,000 are making minimum wage. Most of these people work in food services or agriculture.

The amount of people making minimum wage tends to fluctuate because of the sudden rise in holiday season jobs during the winter months, accord-

ing to Labor and Industries.

One Highline student said he feels the wage increase is well deserved.

“I do physical labor,” he said.

While some students seem to be inclined to spend all of their money on clothes and personal items, others such as Rica Roguel say they plan to save their extra money.

“I’ll start to save a little bit,” Roguel said.

She also said that she “wants every penny.”

This seems to be the con-

sensus among students making minimum wage.

“Who doesn’t want more money?” one student asked.

Many Highline students making minimum wage live with their parents, such as Lisa Andrews.

“I don’t think the extra 48 cents will have a big effect on me because I live with my parents,” Andrews said.

“I spend more than \$100 a week so it must be even harder for people that have bills to pay and don’t live with their parents,” said another student.



Learn about studying abroad in Belize

Highline faculty Woody Moses will be holding an information session near the beginning of Winter Quarter on his summer class studying abroad.

The session will be held on Jan. 12 at noon in the Mt. Olympus room of Building 8.

Moses began a new class last year, General Science 120, studying the tropical ecology of Belize. The class is actually spent in Belize, over two weeks from June 18 to 30.

One week is spent on land studying the jungle, and another is spent on the Belize Barrier Reef.

Moses also spoke about the experience of the class on Oct. 24 at a science seminar.

General Science 120 is a five-credit lab science course that is aimed at general education degrees, not science majors.

Des Moines tree lighting

The annual Des Moines Holiday Tree Lighting ceremony will be held this Friday, Dec. 5.

It will be held from 6 to 7 p.m. at the Big Catch Plaza.

Aside from the tree lighting, there will be caroler performances, snacks such as cocoa and cookies and a “visit from Santa” according to the event’s release.

There will also be two musical performances, one by the Des Moines Elementary School choir and another by the Grace Tenors, at 6 and 6:30 p.m. respectively.

The Big Catch Plaza is located on the southwest corner of South 216th Street and Marine View Drive.

MaST Center learns about green building

There will be a free presentation on sustainable building at the MaST Center this Saturday, Dec. 6.

The event will run from noon to 12:45 p.m.

According to the event’s release, “as we become increasingly aware oh the impact that our buildings are having ... more people are exploring alternatives

to the conventional methods and materials of construction.”

Elliott Ridgway, a “natural builder,” will be speaking.

The presentation will discuss technologies and building guidelines that promote “sustainable and integrative design.”

It will follow “a framework of natural laws and guiding principles”

This is the latest in a series of free presentations hosted by the MaST Center.

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

Last Movie Friday: Prepare for ‘Kung Fu Panda’

*Kung Fu Panda* will be shown for Fall Quarter’s final Movie Friday.

The film will be shown Friday, Dec. 5 at 12:30 p.m. in

Building 26, room 213.

*Kung Fu Panda* is a recent animated feature following a panda’s journey to becoming a kung fu master. The film features many high-profile stars, including Jack Black, Dustin Hoffman and Angelina Jolie.

The film has been both critically and commercially successful, opening at #1 in the box office with \$60.2 million in sales its opening weekend.

Review aggregator Rotten Tomatoes gives *Kung Fu Panda* an 89 percent “fresh” approval rating, based on 149 professional reviews. The film averaged a score of 73 out of 100 from score aggregator Metacritic.

The film was also warmly received in China, where its sincere treatment of Chinese culture and high production values have made it the most successful animated film in Chinese box office history.

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: 2nd floor of Building 6 (room 222)

STUDENT JOBS:

Valet ~ 4903 ~ Part/Fulltime ~ 3 openings

Drive manual & automatic transmission vehicles. Must have good communication skills, able to work outside and stand for periods of time. Must be well-groomed, physically fit, helpful, patient, enjoy working with people and have clean record. Location: Tacoma Wage: 9-10/hr Hours: 15-40

Workstudy ~ Part time ~ up to \$15+

Do you have work study but aren’t working? On and off campus work study jobs are still available. Contact Student Employment to see what’s open.

For more information about co-ops, these jobs and more, log on to [www.myinterfase.com/highline/student](http://www.myinterfase.com/highline/student)

Free Tutoring!!!

Feeling overwhelmed? Get help?

Visit the Tutoring Center in Building 26, Room 319

Tip of the week:

Go confidently in the direction of your dreams. Live the life you have imagined.

-Henry David Thoreau



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>

# Blackboard may be wiped from Highline

## School is considering Angel as a replacement

By **CHRISTINA BRADLEY**  
Staff Reporter

Highline may be shutting down Blackboard and rising up with Angel.

Blackboard is a program that is used for online courses or as a supplement to some classes. The system allows students to submit assignments online, talk in discussion boards and access their grades.

Angel is a system similar to Blackboard, but appears to be easier to use, said one college official.

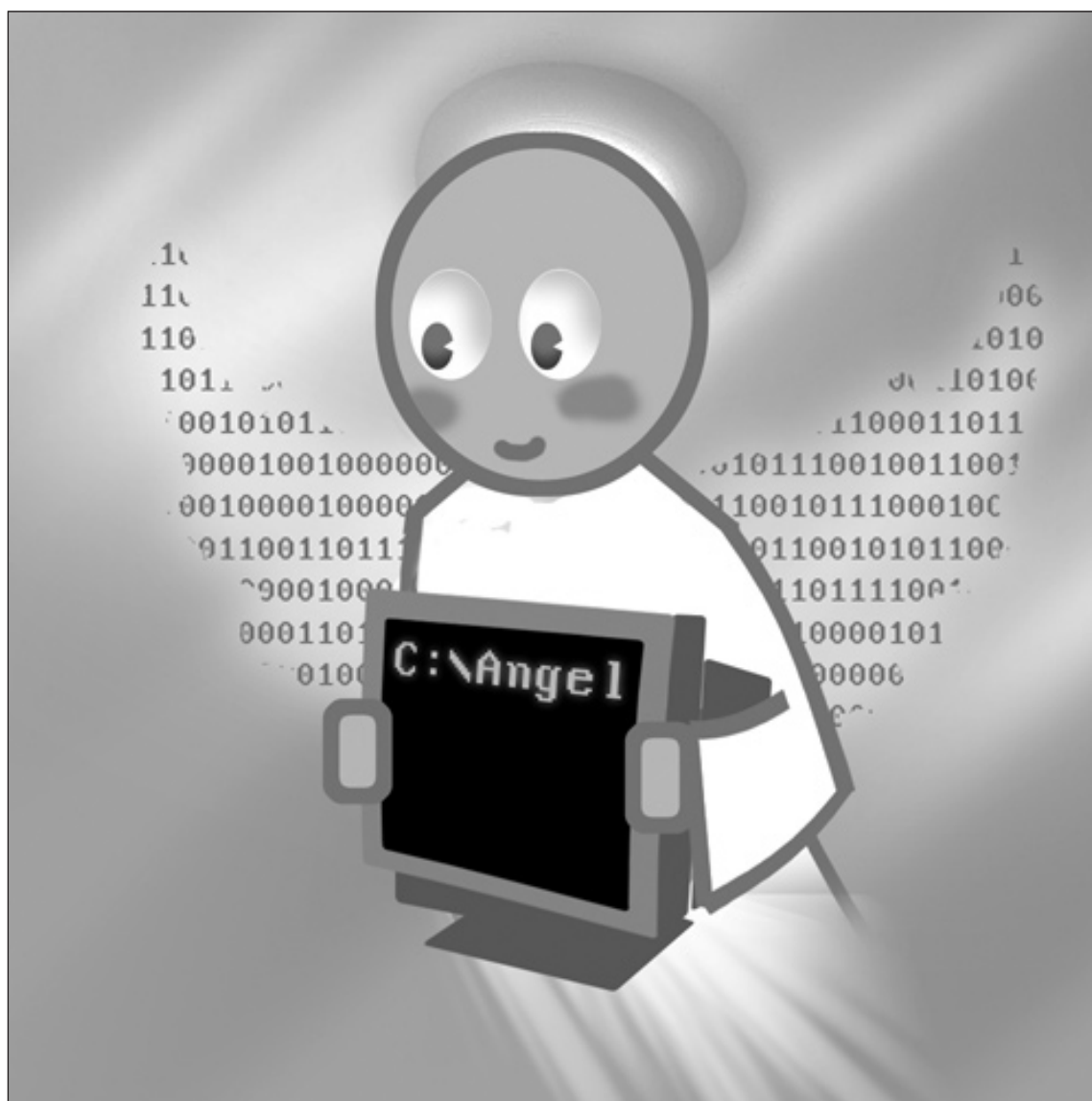
If Highline were to make the switch it would either be just before Summer Quarter or just before Fall Quarter of 2009, said Marc Lentini, Director of Instructional Design.

Highline has many reasons for possibly switching from Blackboard.

“Our contract with Blackboard ends in August, so we have both an opportunity to switch, and a duty to make sure that we’re using the best system for teaching and learning,” Lentini said.

“Blackboard has been very difficult to deal with as a vendor — both for business reasons and technical support,” he said.

Another reason that Highline would be switching from Blackboard is that many other



Charlie Dubbeldam/THUNDERWORD

colleges in Washington are using Angel.

“Lower Columbia College in Longview has been using Angel for three to four years, and Seattle University has been an Angel client for about that long too. Seattle Central Community College and Lake Washington Technical College signed on last year, and WAOL is transitioning to Angel,” Lentini said.

The transition from Blackboard to Angel shouldn’t be a

difficult one.

“We’d build in a lot of time for faculty to make the transition, and for us to develop training materials for faculty and students so that we can make the transition as smooth as possible,” Lentini said.

Although the switch should be relatively easy, there is one negative.

“The primary negative is that we’ll have to learn to use a new system. It’d be like a pilot who

knows how to fly a 737 having to learn how to fly an Airbus,” Lentini said.

The committee that makes the decision is composed of faculty from the Distance Learning Committee, staff from Instructional Design, Instructional Computing, and Administrative Technology.

“Should we switch, it’ll be because the committee feels that we’ll get a tool that has a better feature set for the price,

is easier to use, and because we think the vendor will provide better service and a better engineered system. So that’d be the positives we’ll be looking for,” Lentini said.

“We’ll make a recommendation to the Instruction Cabinet, which is the instructional leadership of the college,” Lentini said.

A total of 13 vendors participated in a state review of instructional platforms. Highline has only been looking at Blackboard and Angel because they have been using Blackboard for five years, but Angel was the winning vendor of the state review, he said.

Coming to a decision to make the switch has been a process.

“The Community and Technical College system conducted an in-depth review of Course Management Systems—that’s the category of software—starting two years ago, and concluding last spring,” Lentini said.

The process included surveying faculty, students, and IT staff about what features were important. There were also questionnaires sent to vendors, and then interviews were set up with the four finalist vendors.

“The responses were evaluated by a team of learning experts from a bunch of different colleges around the state. Angel was ranked the highest,” Lentini said.

Highline started their review at the beginning of Fall Quarter. They used the data from the state process.

“We’re hoping to conclude early in Winter Quarter, which gives us plenty of time to transition,” Lentini said.

# Crime rates at Highline not higher than usual

By **VIKTOR DEZHNYUK**  
Staff Reporter

Some campus crimes have increased since 2006 while others have taken a dramatic dive, according to Highline’s Campus Safety Crime Statistics.

Some people may think that there is a mistake in the statistics and that these are some unusual crime occurrence rates, but for Richard Noyer, supervisor of Safety and Security, it’s nothing new and unusual.

“After seeing it for over 20 years, I prepare myself as cycles come and go. I prepare my staff according to the crimes going on,” Noyer said.

Noyer also said that “certain crimes have certain cycles.” According to the safety and crime statistics, in 2006 there were no any vehicle prowling occur-

rences, in 2007 car prowling occurrences jumped up to two, and in 2008 there have been 36 occurrences so far.

The seasons of each year also make a difference in number of crime occurrences. In winter of ‘08 two vehicles were prowled, 10 more in the spring and 24 in the summer. Noyer said that the recession and the economy being worse than the previous years does not have a link with the amount of crime occurrences, for example, prowlers stealing more to make more money because of the economy. The same people do the crime and once the person gets caught the crime immediately stops happening until another person comes along, he said.

“When a certain crime makes a dramatic stop or decreases by a lot, it means that the person do-

ing the crime either got caught or moved on to another location or crime,” Noyer said.

“From 1990-1993 there had been 16 bomb threats. City of Des Moines set up a sting operation and tapped wires. Once they caught the person doing the bomb threats then the threats immediately stopped and there hasn’t been any for over three years,” Noyer said.

Hit-and-runs went down by 13 occurrences in the past two years. This is because enrollment is down this year and the amount of parking permits issued went from 12,324 in 2007 to 8,449 in 2008.

More people are carpooling now and taking buses so there are fewer cars on campus to get hit. The parking lots are not as packed and crammed as they were when hit-and-run incidents

were happening more often.

There are crimes that can’t always be easily explained, like assault, Noyer said. It’s not always the same person going around assaulting others so if you take a person who assaulted others away that will not stop the crime.

“It’s a more complicated issue because this is people’s personal life and problems,” Noyer said. “There was a period where frustration occurred to the point that can’t be explained.”

This year so far vandalism has occurred seven times but last year there were no occurrences. During Winter Quarter no vandalism happened; in spring there were six vandalism occurrences and summer had one vandalism occurrence.

In 2006 there were 257 reports of lost property. Last year

in 2007 the reports of lost property skyrocketed to 957. That’s a 372 percent increase. This year there have been 249 reports so far.

In 2006 there were 96 more belongings found than had been reported lost. In 2008 there are 168 more belongings found than there were reported lost so far. In 2007, 432 of the 957 reported lost items were not found.

These statistics show that there was just a very big reporting show-up difference or the so called reported lost items in 2007 were actually stolen and that’s why they were not found like the other years.

Noyer said that the first two weeks of every quarter tends to be the time with most crime occurs and each day most common crime time is 10 a.m.-noon and 4-6 p.m.



Editorial comment

Everyone will have to pitch in

Turn off the lights. Make sure your computers are all on a power strip, and turn it off when you leave.

The state is a few billion dollars short of what it needs to keep itself going, so the budget is getting a cut. They're doing the best they can with a bum situation, but Highline is still taking a hit.

The state is projected to be a good \$5 billion short, and the Office of Financial Management has asked state institutions to prepare and to consider what their plans will be if their budgets get cut by 20 percent.

The question is still informal, and a final decision hasn't been made, but the Office of Financial Management believes 20 percent to be a realistic figure to expect.

This potential cut comes on top of the 5 percent reduction of state funds going to Highline that starts in Winter Quarter.

The school has a lot to lose with these cuts.

Fewer students could be allowed to enroll, and some of the programs offered by the college could go away.

To stay steady this edgy winter, everyone needs to contribute. Everyone is going to have to bear the load on this one. Everything is going to have to be a lot more efficient. Stop wasting supplies. Take only the condiments you intend to use from the cafeteria and the café. Pay that pesky little bit of loose change when you print in the library. Don't leave the light on when you're the last to leave. Turn off your computer. Wherever possible keep electronics on a strip.

With a smaller budget, tuition is going to go up, fewer sections of degree-centric classes will be offered, and classes with low enrollment could be cut altogether.

More students are going to need those class-full overrides in order to stay on track for graduation. Students will need to pay more attention to academic planning because many of the classes that they'll need to graduate won't be offered as often. Students should try to pass the class the first time they take it. Study hard, and don't waste your tuition money taking the same classes over and over again.

If everybody bears the brunt of this equally, the school won't have to cut anything that does real damage. Everyone has to stick together on this. With care and attention, everything will be OK.

Highline will make it through.

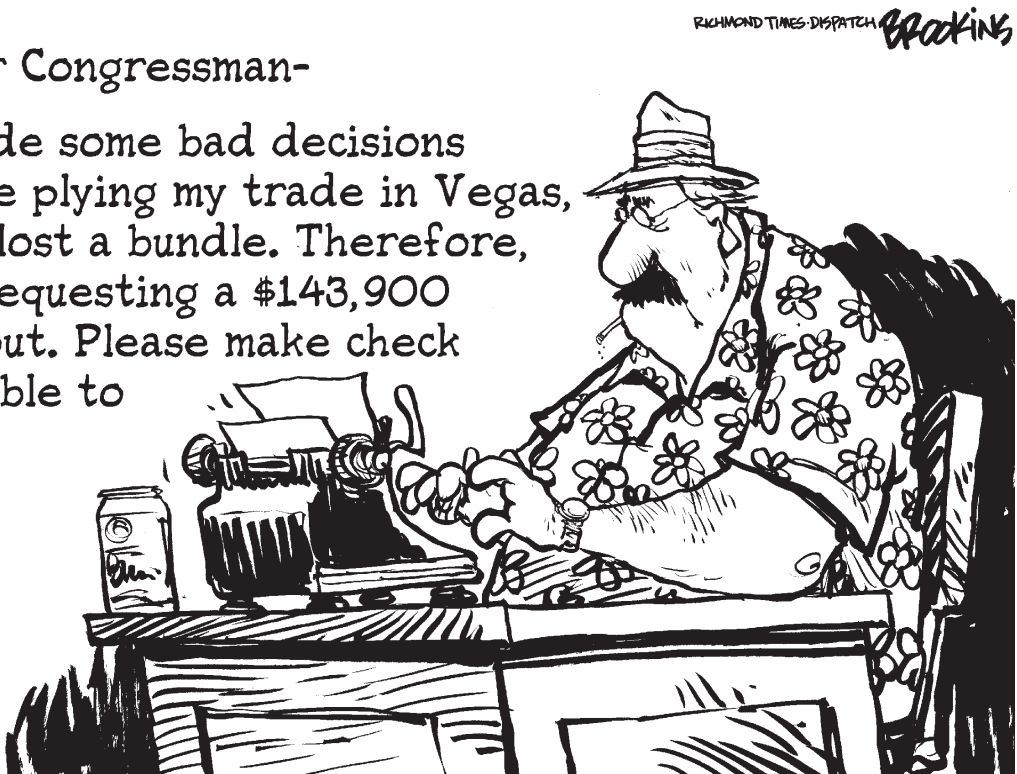
Staff

"What if a bum comes in and burns all our files?"

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Dear Congressman-

I made some bad decisions while plying my trade in Vegas, and lost a bundle. Therefore, I'm requesting a \$143,900 bailout. Please make check payable to



Senseless deaths hurt us all

When a child is killed, we all lose

The headlines said it all: "Eleven shot, one stabbed, three dead, no one arrested."

While stating the facts in black and white and sending shivers down the spines of readers, regardless of which community they live in, none of the stories have done justice to the three lives lost.

They didn't do justice to the hearts of parents, siblings, and loved ones that were shattered by the latest round of senseless violence. None explained what community or church plans were working or which ones were failing. These stories weren't even asterisks to the three young lives lost.

The violent weekends, months, and years we have experienced in the Greater Seattle area have seemingly gone on forever. For many young people, this type of living has gone on for the bulk of their lives. They have made friends, watched these friends begin to grow only to see them cut down in their most promising period of their lives and their hearts have become numbed.

These young people erect temporary, makeshift memorials to their fallen friends. They text each other the information regarding the murders, including the names of those involved before the police can even begin to cover the body. They know who and they know why this has been done.

Small groups of caring individuals have set up informal organizations in an attempt to address the root causes of this violence. They try talking to young people left behind in attempts to steer them away from the cycle of violence and retribution. Unfortunately, their actions were spurred by the death of one of their own loved ones.

They are, themselves, part

Commentary



Vaughn Profit-Breaux

of the cycle of violence. Oftentimes they are the mothers raising young boys alone, sometimes working so many hours away from home that these boys become strangers. To replace lost family, the boys, and some are girls, form close-knit groups for camaraderie, a sense of same, and security.

Our elected leaders are reactionary and shocked but it comes across as wanton callousness. Our church leaders are stuck, preaching a dry religion without apparent relevance to life in the inner cities of 2008. Community leaders propose interventions and other programs with a constant eye toward outcomes and the dollars that drive them.

Police and the courts are "Johnnys-come-lately" and can literally say "it was already on fire when I got here." Their interaction with either the perpetrators or the victims come much too late in the cycle to do any good. Jail is only the answer after the violence has been committed and the damage done.

It is incumbent upon all of us to stop this cycle. Kids have to be less ready to fight and more ready to argue. Parents have got to intercede so far in their

children's lives that they know each breath they take. Friends need to honor the lost lives of the fallen by throwing down the gauntlet, saying "no more," and naming the ones who have taken so much from them.

Community activists and elected leaders need to get their heads out of the sand and dedicate a commensurate amount of effort to programs that have been shown to divert young people from a life of violence. Communities have to accept these children back into the fold and wrap their arms around them so tightly they cannot escape again.

When a child is killed as a result of youth on youth violence we all lose. When we lose something as precious as the future of our community over words or colors or territory that belongs to someone else, we have lost our communities. Just as we are all losers in this vicious cycle, we are all responsible for preventing that from happening.

*Vaughn only dresses to kill.*

Write to us

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

Topics of campus interest take priority but material on all subjects are welcome. Submissions will be edited to conform to newspaper style.

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.

The Thunderword will be closed until Jan. 5, 2009. The next issue of the paper will be Jan. 15. Deadline for material for that issue will be Jan. 12.

Happy holidays from all the staff.





By SAMANTHA WEAVER

•It was Samuel Langhorne Clemens -- better known today as Mark Twain -- who made the following sage observation: "In certain trying circumstances, urgent circumstances, desperate circumstances, profanity furnishes a relief denied often to prayer."

•On the Pacific Island of Fiji, tattoos are considered to be beautiful enhancements to the body, and a traditional bride is expected to get tattooed before the wedding ceremony takes place.

•If you're like the average American, your Thanksgiving

meal contains a whopping 3,000 calories. If you were to try to walk that off, you'd have to trek a total of 30 miles before you were finished.

•You probably won't be surprised to learn that the word "surreptitious" comes from the Latin words meaning "snatch secretly."

•If you're a parent, you probably already know this: A recent poll shows that the favorite food of kids between the ages of 3 and 11, regardless of whether it's for lunch or dinner, is pizza.

•Thought for the Day: "Politics is not the art of the possible. It consists in choosing between the disastrous and the unpalatable." -- John Kenneth Galbraith

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1. FOOD & DRINK: What is the spice paprika made from?

2. FAMOUS QUOTATIONS: Who once said, "If you ask me anything I don't know, I'm not going to answer."

3. ANATOMY: How many bones is the average human born with?

4. U.S. PRESIDENTS: Which presidential candidate appeared on the 1968 TV comedy *Rowan and Martin's Laugh-In*?

5. MEASUREMENTS: What is the equivalent weight of a stone, a traditional British unit of measurement?

6. HISTORY: Who led the Boston Tea Party prior to the Revolutionary War?

7. TECHNOLOGY: When did the computer mouse make its first public appearance?

8. MUSIC: Where is the House of the Rising Sun, according to the 1960s song of the same name?

9. GAMES: Which board game features a thimble as a playing piece?

10. LITERATURE: Who lives at 221B Baker Street, London?

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

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## Arts Calendar

•The Highline Drama Department presents *The Trial*, by Franz Kafka, Nov. 20-22 and Dec. 4-6 at 8 a.m. in the Little Theater, Building 4, room 122. Tickets are \$7 for students and \$8 for general admission and are available at the door.

•Burien Little Theater presents *Jacob Marley's Christmas Carol*, Nov. 28-Dec. 21. Showtimes are 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays.

Tickets are \$18, and \$15 for students, seniors and matinee performances.

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

•Magical Strings 22nd

Annual Celtic Yuletide Concert returns to Kent on Sunday, Dec. 7 at 3 p.m. at the Kent-Meridian Performing Arts Center, 10020 SE 256th Street, Kent.

Tickets are \$20 general, \$16 senior, and \$16 youth.

Last week's  
Weekly SUDOKU  
Answer

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

## Signs Of The Times

### Across

- First mate?
- Man, for one
- Sports car feature
- Centers
- Mideast canal
- From the top
- Transgressions
- Lion King* villain
- Singer Patsy
- A sign that makes shopper's nervous
- Olympic blades
- It can be pale
- Gem units
- Barren
- Wombs
- Game name
- Dover is its cap.
- Highway worker's sign

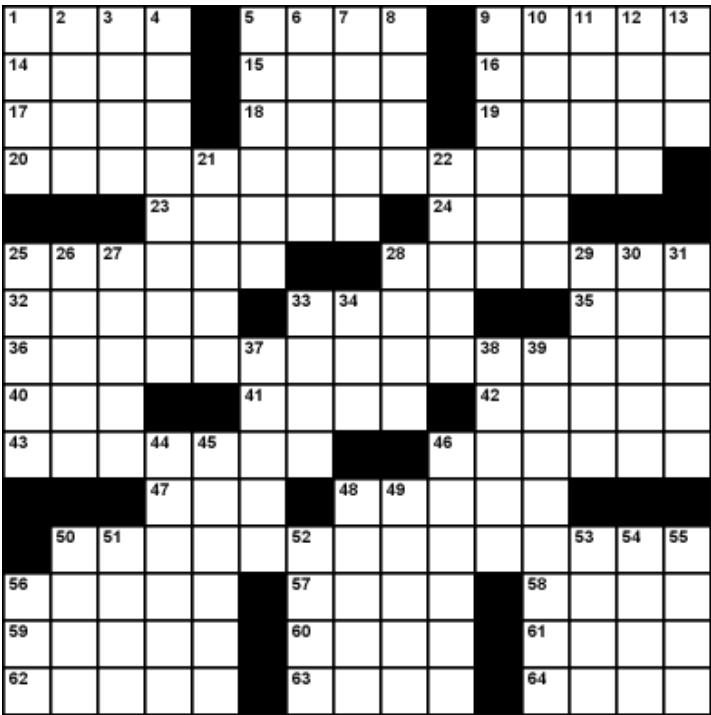
- Wrap up
- Vegas numbers
- Desist
- Paraphrase
- Queequeg, for one
- Army unit?
- Sounded content
- A sign for the kiddos
- Plaid alternative
- Continental capital
- Always
- Give a keynote
- On
- Hawaiian root
- Jerry or Jerry Lee
- Morning moistures
- Pre-cable woe

### Down

- Too
- Slay
- Teenager concern
- Got it wrong
- Forum topics
- Sweetener, in Paris
- Springs

## Crossword 101

By Bill Deasy



- Old Testament Book
- Fishing gear
- Harder on the eyes
- Picnic concern
- First name in crooning
- U2* hit
- Some nerve
- Like most movies
- Good doctor
- Make amends
- Analyzes
- Seeks damages
- Perfect
- Pad paper?
- Respected one
- Something cracked?
- If you drop it, you may trip
- Numbers game
- Feels sore
- Airline offerings
- Exotic vacation spot
- Some terminals
- Cousin of "uh-oh"
- Less than right?

- Turn signal
- Miffed
- Talon
- Headliner
- Netman Lendl
- Wolfe of fiction
- Sprout up
- Fifth scale note

### Quotable Quote

*The first sign of maturity is the discovery that the volume knob also turns to the left.*

• • • Jerry M. Wright

By GFR Associates ••• Visit our web site at [www.gfrpuzzles.com](http://www.gfrpuzzles.com)

Tickets are available by calling 253-856-5051.

•Tickets are on sale now for Breeders Theater's new production, *Prairie Heart*.

Show dates are Jan. 16, 17, 21, 23, 24, 28, 29, 30, 31 at 7 p.m.; Jan. 18 and 25 at 2 p.m.; and Feb. 1 at 1 p.m.

The show is at E.B. Foote Winery, 127B SW 153rd St., Burien.

Tickets are \$20, including wine tasting. Tickets are available at the winery, 206-242-3852,

and at Corky Cellars, 22511 Marine View Dr., Des Moines. 206-824-9462.

## Last week's crossword solution

### DIRECTORS' DEMANDS

P	A	P	A		P	L	E	A		P	A	N	G
A	X	E	S		T	O	A	S	T		A	L	E
L	I	G	H	T	S	U	P	T	H	E	R	O	O
E	S	S		R	A	T	S		L	I	K	E	N
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A	R	R	O	W	S		B	I	T	E		D	A
S	H	I	N	E		S	A	R	I		E	W	E
S	I	N	G	L	E	U	S	E	C	A	M	E	R
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O	L	L	A		C	E	L	T	S		E	C	R
S	E	E	S		E	L	S	E		A	S	K	S

## Weekly SUDOKU

by Linda Thistle

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

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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The Thunderword / Dec. 4, 2008

# Christmas Music around the Sound

By **DAVID MCINTOSH**  
Staff Reporter

A variety of holiday concerts will be happening around South King County in early December.

These holiday concerts vary from classical piano to Celtic harps and dancing.

- The Federal Way Symphony will have two holiday concerts, Dec. 6 at 7:30 p.m. and Dec. 7 at 2:00 p.m. The performances will be at St. Luke's Church in Federal Way, 515 S. 312th Street.

Tickets are \$20 for seniors and \$25 for adults, with students 18 and younger free. Tickets can be purchased over the phone at 253-529-9857.

The symphony will be having Povilas Stravinsky, a world-renowned pianist, play Mendelssohn's Piano Concerto No. 1.

This will be the first performance from Stravinsky for the Federal Way Symphony.

Executive director of the Federal Way Symphony Mary Gates said they are very excited to have Stravinsky play for them.

"We heard he is fabulous," Gates said.

The Federal Way Symphony will also be having a celebration for New Year's. This second annual pop concert will be at the Macy's parking lot at the Commons in Federal Way.

The Bite with a Beat will start at 9 p.m. and run through the night.



Director Laird Thornton will direct live music at the Federal Way Symphony's New Year's celebration.

Nineteen restaurants from around the area will be providing food for the New Year's event. There will also be a no-host bar and champagne for toasting at midnight.

There will be live music directed by Laird Thornton, a regular performer for the Federal Way Symphony. There is going to be a great mix of music for listening and dancing.

- The Auburn Symphony Orchestra will have the Tudor Choir with many soloists performing Christmas music from

Handel's *The Messiah*, *Green-sleeves* and more.

The concert will be held at the Auburn Performing Arts Center 700 E. Main St. The shows will be at 7:30 p.m. on Dec. 4.

Tickets will be \$20 for students and seniors and \$25 for adult. Tickets can be purchased online at [www.auburnsymphony.org](http://www.auburnsymphony.org).

- The Rainier Symphony and Northwest University Concert Choir will be performing Vivaldi Gloria.

On Dec. 13 at 7:30 p.m. the

Rainier Symphony will be at the Renton IKEA Performing Arts Center, 4242 S. 144th St.

The second show will be on Dec. 14 at 3p.m. at the Foster Performing Arts Center, 400 S. 2nd St.

Tickets will be \$12 for students and seniors \$17 for adults. Children under 12 are free.

Over the past seven years the Northwest University Concert Choir has been as far as England, Wales and Italy as well at local churches around the Pacific Northwest.

- If you want a more personal holiday experience, the Magical Strings 30th annual Celtic Yuletide Concert may appeal more.

Pam Boulding, producer and director of Magical Strings, says that this show always sells out. It has been a tradition for 30 years and it is a show that involves the audience.

The concert will be at the Kent-Meridian performing Arts Center, 10020 S.E. 256th St. on Dec. 7 at 3:00 p.m. The show will start off with Celtic harps, hammered dulcimers and percussion. Tickets will be \$16 for youth and senior and \$20 adults.

Tickets can be bought online at [www.brownpapertickets.com](http://www.brownpapertickets.com) or over the phone at 253-856-5051.

Pam and Philip Boulding and their five children, grandchildren and a special guest have a show full of Celtic holiday music. The Bouldings (who are spread out throughout the U.S.) comes back to Kent and perform as a part of their family tradition.

After intermission, the audience is invited to put on a costume and join in on the singing and dancing.

Pam Boulding said some usual attendees have their favorite costume and wear it every year.

This year, their special guest will bring Irish step dancing, drumming and story telling. Some of the Bouldings are Irish step dancers; one of them is 8 years old.

## Theaters holiday spirit to town in local productions

By **SIDNEY PACAMPARA**  
Staff Reporter

The holiday time can be used to catch a show if you are looking to enjoy theater.

There are over 100 theater companies in the Seattle area.

Charles Dickens's *A Christmas Carol* is being shown in multiple theaters as well. The Moore Theatre, located in downtown Seattle, is going to show a Bishop Blanchet High School musical adaption, and A Contemporary Theatre (ACT) is also doing their own, marking their 33rd annual production of the classic tale.

Taproot Theatre Company is performing *It's a Wonderful Improvised Life*, an improv adaption of the Frank Capra holiday film *It's a Wonderful Life*.

### • Already Opened

*A(n Improvised) Christmas Carol*. Ending Dec. 21. Unexpected Productions. 1428 Post Alley, Seattle, WA 98101.

\$12 – purchase tickets at Brown Paper Tickets or at the door. 206-325-6500. [www.unexpectedproductions.org](http://www.unexpectedproductions.org)

*A Christmas Carol*. Ending Dec. 27. A Contemporary Theatre. 700 Union Street, Seattle, WA 98101. \$32 to \$47 – purchase tickets from their box office by phone at 253-839-4204. [www.acttheatre.org](http://www.acttheatre.org)

*It's a Wonderful Life: A Live Radio Play*. Ending Dec. 13. Evergreen Family Theatre. 11500 Redmond-Woodinville Road, Redmond, WA 98052. \$12 to \$14 – purchase tickets Brown Paper Tickets or at the door. 425-885-2244. [www.evergreenfamilytheatre.org](http://www.evergreenfamilytheatre.org)

*Nutcracker*. Ending Dec. 30. Pacific Northwest Ballet at Marion Oliver McCaw Hall. 321 Mercer Street, Seattle, WA 98109. \$25 to \$155 – purchase tickets at their website or at their box office in person or by phone at 206-441-2424. [www.pnb.org](http://www.pnb.org)

*The Christmas Foundling*.



ACT will put on their annual production of *A Christmas Carol*.

Ending Dec. 27. Taproot Theatre Company. 204 North 85th Street, Seattle, WA 98103. \$26 to \$33 – purchase tickets at Ticketmaster or at their box office in person or by phone at 206-781-9707. [www.taproottheatre.org](http://www.taproottheatre.org)

### • Opening Soon

*A Child's Christmas in Wales*. Dec. 5 to Dec. 21. Stone

Soup Theatre. 4035 Stone Way North, Seattle, WA 98103. \$12 to \$14 – purchase tickets at Brown Paper Tickets or at their box office in person or by phone at 206-633-1883. [www.stone-souptheatre.com](http://www.stone-souptheatre.com)

*A Christmas Carol* – The Musical. Dec. 18 to Dec. 21. Moore Theatre. 1932 Second Avenue, Seattle, WA 98101.

\$20 to \$25.50 – purchase tickets at Ticketmaster. 206-467-5510. [www.themoore.com](http://www.themoore.com)

*It's a Wonderful Improvised Life*. Dec. 5, 12, and 19. Taproot Theatre Company. 204 North 85th Street, WA 98103. \$8 to \$10 – purchase tickets at Ticketmaster or at their box office in person or by phone at 206-781-9707. [www.taproottheatre.org](http://www.taproottheatre.org)

*The Nutcracker*. Dec. 12 to Dec. 23. International Ballet Theatre at Meydenbauer Theatre. 11100 NE 6th Street, Bellevue, WA 98004. \$25 to \$95 – purchase tickets at Brown Paper Tickets or by phone at 425-284-0444. [www.interballettheatre.org](http://www.interballettheatre.org)

*Yes Virginia, There is a Santa Claus*. Dec. 5 to Dec. 20. Renton Civic Theater. 507 South Third Street, Renton, WA 98057. \$22 – purchase tickets from their website or at the box office at 425-226-5529. [www.rentoncivictheater.org](http://www.rentoncivictheater.org)



# Poetry Lounge lets students’ words fly like bullets

By **DAVID MCINTOSH**  
Staff Reporter

Many people can’t stand public speaking or performing for a crowd of people. However, a small group of poetry enthusiasts likes to share personal and meaningful work with other students at Highline.

The Poetry Lounge has been running at Highline for three years. Throughout those years, students have gathered to showcase their own personal ideas and thoughts.

Fall Quarter meetings took place every other Tuesday at the Inter-cultural Center from 11 a.m. to noon.

Deon Brown is a student at Highline and has been the coordinator for the lounge for the past year. Brown says that the main purpose of the Poetry Lounge is to celebrate diversity and help others through words.

“About 20-30 people come to meetings every quarter, different people come in all the time... Some people come in just to listen and some bring other people’s work that is meaningful to them,” Brown said.



Ami Nguyen/THUNDERWORD

*Deon Brown studies poetry in the lounge.*

Brown said he likes to plan the next meeting by how the last one went. When a student brings in a personal poem, Brown likes to follow up with them the next week.

“If someone brings in work about a struggle at home, we will help them the next meeting by having a theme of support and closure,” Brown said.

He says the last couple meetings of the quarter are for reflection and helping people with meaningful words.

The Poetry Lounge has guest speakers come in and share work.

Jeffon Seely, a former student at Highline, came into the Poetry Lounge in October to show his new book of poems called Essence.

The Poetry Lounge bought 15 copies of Seely’s books and passed them out at an earlier

meeting. When Seely came to the next meeting, some of the students recited his work as a tribute. Seely’s book of poems can be purchased through contacting Jeffon Seely at [www.myspace.com/essenceftd](http://www.myspace.com/essenceftd).

Some speakers will come in and show the students how to improve their poetry and show them different writing styles.

Susan Rich, a teacher at Highline, held a small seminar on how to write haiku poems. Rich also brought Brian Turner, a veteran from the Iraq war, to Highline to the Poetry Lounge.

Turner wrote a book of poems called Here, Bullet. Turner’s book is about his experience in Iraq and what his outlook was on the war. Turner came to the Poetry Lounge to help students improve on their imagery and language.

Brown enjoys bringing guest speakers to the lounge and is still deciding on speakers for the winter.

Brown tries to keep the meetings fresh by making each week a different theme. Some weeks will also have a challenge of having to use specific words or

phrases, but there is no contest involved in these any of these meetings.

“We are not competitive, if someone wants to share, they will,” said Brown.

When Winter Quarter ends, Brown will be leaving the position of the Poetry Lounge coordinator. Brown is hoping to find a new person to lead the lounge Spring Quarter.

Brown wants an open-minded person who is willing to help out others.

“Some people might share things that you might not understand or agree with, but you have to be cool with it,” Brown said.

Brown wants a potential spring coordinator to be involved in Winter Quarter so they can see first-hand how the Poetry Lounge operates.

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Start by cutting the ends off the unpeeled onion, then halving it. Next, use the knife edge to peel the onion halves.

# Onions without tears

## A sharp knife and the right approach can make cutting more pleasant

By **SPENCER CHAMBERS**  
Staff Reporter

Cutting an onion can be a tearful experience, but it doesn't have to be. The reason that you start to cry is because when you cut open an onion you are cutting through the cells that have enzymes. In those enzymes, there are amino acid sulfoxides, which form sulfenic acids. This mixture then produces propanethiol S-oxide, a volatile sulfur compound. This compound is what irritates the nerve endings in your

eyes, which are extremely sensitive. The brain sends a message to your tear duct telling your eyes to start watering to try to dilute the potent sulfuric acid. Thus, you start crying. The best way to avoid these irritating gases interrupting your wonderful cooking experiences is by first storing your onions in the refrigerator. This will minimize the release of gases. The speed at which you cut the onion will also help. This then depends on type and sharpness of the knife you are using. Start out with an extremely sharp chef's knife; this is usually the big one in the knife block.

If the knife is not sharp, use a honing steel. This is the long steel rod in the knife block most people never use. The way you sharpen your knife is to hold the knife in your dominant hand and the sharpener in the other. Put the knife on the steel at a 20-degree angle and firmly slide the blade in a downward motion. Repeat this motion on each side until the knife is adequately sharp. With the sharp knife, cut the top and bottom of the onion off and discard the ends. Put the onion on one of the now flat ends of the onion and

cut it in half. Now place the blade of your knife between the outer brown skin and the white part of the onion and peel the brown part off. Place one of the halved onions, flat part down, on your cutting board, and slice it along the grain, but not all the way through because you want it to stay together so a minimal amount of the previously mentioned gases can escape. Slide your knife horizontally through the side of the onion, again not slicing all the way through. You do this step to make the

onion pieces that will be cut smaller. You can ignore this step if you want chunkier pieces. The last step is the most fun part. This is the step that will make you look and feel like a pro. Take your knife in a pinch grab position, meaning your thumb and index finger, and pinch the top of the knife right past the handle. Use your knife in a vertical motion to chop the onion in the thickness desired. To avoid cutting your fingertips, curl your fingers so that the flat parts of your knuckles are the parts closest to the knife.

Next, cut the onion face down from the top and the side. This will give you a nicely diced onion with a minimum of tears.



# Library Gallery exhibits 'sustainable' photography by Tomberlin

By **ROCHELLE ADAMS**  
Staff Reporter

Photographer Eric Tomberlin will display his work in the Library Gallery's December exhibit. The art went up Dec. 2 and will exhibit until Dec. 19. Tomberlin has been doing photography for 20 years. "I wasn't good at anything else," he said. Though most of his work has been in photography he has also done some work in video and sculpture art. This will be Tomberlin's first time exhibiting his work at

Highline but he has had other showings elsewhere. "I have exhibited all across the U.S., including New York City, Dallas, Austin, Santa Barbara, North Carolina and China," he said. The purpose behind Tomberlin's work is displaying sustainability. "With an interest in sustainability, I photograph the [place] where man and nature cross paths," he said. At the Library Gallery's website (<http://flightline.highline.edu/exhibits/>) Tomberlin said, "This body of work is an attempt to describe that which

refuses to be addressed. The exact cause may elude us, but the effect is evident in how we shape and reshape our world. Modernity critiques itself, as it trickles down from its source in the arts and sciences to the strip malls and parking lots of mainstream American culture." To view Tomberlin's exhibit, check it out at the Library Gallery on the fourth floor of the library. The exhibit will be up from now until Dec. 19. The gallery is open 7 a.m. to 10 p.m. Monday through Friday, 9 a.m. to 5 p.m. on Saturday, and 2 p.m. to 5 p.m. on Sunday.



Eric Tomberlin's photograph Archer is part of the gallery.



# Soccer player makes the trip

## Bundu Koroma left Sierra Leone to move to America

By **SARA LENTZ**  
Staff Reporter

Bundu Koroma has led a life many of us couldn't even imagine.

Koroma, 19, is now a regular Highline student, focused on academics and soccer. It wasn't always that way.

Koroma was born in Sierra Leone, and lived through a civil war that took the lives of tens of thousands, and displaced over one third of the population.

"Life was rough. While living there, I couldn't go into the city because you would most likely be shot," Koroma said.

The Sierra Leone civil war broke out in March of 1991 when former army corporal Foday Sankoh and his Revolutionary United Front clashed with President Joseph Saidu Momoh.

Koroma was only around 3 years old when the war broke out.

"Children were dying every day," Koroma said.

Koroma was one of the lucky children, though. He remained strong and did what he could to help out his family in any way possible.

"There was no education or way for people to do what they wanted to," Koroma said.

Because of all of the violence that the war had caused, many families couldn't even leave their houses, in fear that the soldiers would mistake them for rebels and torture and eventually kill them.

Another issue that the war brought out was families being displaced.

"Some of my family, even today I don't even know where they are," Koroma said.

Koroma's father was killed in the war, and during that time, he didn't know where his mother had gone.

"After my father's death, my brother and I lived with my mother's sister and family in Nigeria, but they wouldn't put us into any school, they would take any money they got and use it to put their children in school," Koroma said.

"My aunt didn't like my father's family, so they treated us differently," Koroma said.

Because of his aunt's treatment of Koroma and his brother,

they decided to go to a refugee camp in Nigeria instead.

"At the refugee camp, we found my mother and my four sisters," Koroma said.

This is when Koroma's life began to change for the better. In 2004, he came to the United States with his brother, mother and four sisters.

"When I came here I felt very safe, even though I couldn't speak any English," Koroma said.

Koroma went to Kent-Meridian High School and played soccer there for all four years he was enrolled.

"I never played soccer in Sierra Leone. I would watch them play, but I would never play because I was scared I would break my leg," Koroma said.

After high school, Koroma made the switch over to Highline.

"My friends and I heard really good things about the soccer coach," Koroma said.

Koroma has enjoyed playing for Highline.

"Highline's the greatest team I have ever played on," Koroma said.

Koroma's favorite part of the season was when they won division and took first place.

"I've never played on a school team that has done as well as we did this season," Koroma said.

The Highline men's soccer team had a record of 14-3-3 this season. Koroma contributed to much of their success.

This season, Koroma scored eight goals for the T-Birds and recieved two yellow cards. His coaches say he was a great scorer and teammate.

"He did a great job at putting

"Life was rough. While living there, I couldn't go into the city because you would most likely be shot."

— **Bundu Koroma, Highline student**



Max Dubbeldam/THUNDERWORD  
*Bundu Koroma had a hazardous childhood in Sierra Leone.*

the ball in the back of the net," Head Coach Jason Prenovost said.

Teammates say Koroma has a lot of fun at practice and always has a smile on his face.

Koroma's coaches also enjoyed his presence on the field.

"He brought a really good energy to the field. He played really hard. We had a lot of forwards this season, a lot of guys who could play that position, and he fit into that mold really well," Prenovost said.

"You can really tell he enjoys soccer and enjoys being part of this team," he said.

Since the season ended, Koroma is focused on his schooling and is looking toward the future.

He plans on returning to the

team next year and has high hopes for next season.

After Highline, Koroma would like to transfer to Seattle University and play soccer for them as well.

"They've already talked to me about playing for them," Koroma said.

As a major, Koroma is looking at sports medicine with the most interest, but he is still undecided overall.

The Sierra Leone civil war lasted nine years, and Koroma said he will never forget what he witnessed while living in Africa, but he looks on to his future and shares his story with those who ask him.

"Don't ever give up hope, no matter where you come from," Koroma said.

# Winter sports prepare for league play

By **BRIAN GROVE**  
Staff Reporter

As many of us prepare take a break from school for the holidays, Highline's winter season athletics will be doing the exact opposite.

Both the men's and women's basketball teams are turning up the heat in order to prepare for league play, which begins Jan. 3, 2009.

The wrestling team will also be busy with matches.

However, they will still be participating in matches over the holidays.

The men's basketball team will begin their stint with a game against Peninsula on Thursday, Dec. 4 at 8 p.m. at home.

They will also face North Idaho Friday, Dec. 5 at 8 p.m. at home.

Then, the team will hit the road and play Olympic on their court Tuesday, Dec. 9 at 7 p.m.

Next, the T-Birds are scheduled to take part in the Dale Bates Classic in Eugene, Ore which takes place on Dec. 12.

After a weeklong break from games, Highline will play in the Highline Crossover on Friday, Dec. 19 to 21.

Then, following a short break for Christmas, the team will resume play against North Idaho on Dec. 28 and Spokane, Dec. 29 on the road.

The T-Birds will kick off league play Jan. 3, against Grays Harbor on the road, with the game time yet to be determined.

Over the course of this time, team will be gathering pre-season experience to prepare for all-important league play.

"We simply need to get better every time we step on the court. We have to come mentally prepared, and we have to play harder and be tougher than our opponent. Those things are completely within our control," Head Coach Che Dawson said.

Highline coaches and players believe that every game is just as important as the last.

"We talk a lot about the biggest game of the season is the next one. It doesn't matter who we are playing, we have to prepare to play harder, smarter and tougher than our opponent every time," Dawson said.

The team will have two week-long breaks over course of remaining preseason play, but are

See Winter Sports, page A10



# T-Birds wrestle victory away from Yaks

By **MAX DUBBELDAM**  
Staff Reporter

The Highline wrestling team had to forfeit two matches but they out-fought Yakima to win 27-21 on Tuesday night.

It was the third time Highline has faced Yakima this season. They lost the first meet, but they've now beat them twice in a row.

"We did really good; we had a couple of guys missing and started behind with two forfeits," Team Captain Marshall Giovaninni said.

Highline Head Coach Scott Norton said that the meet was closer than he would've liked it to be.

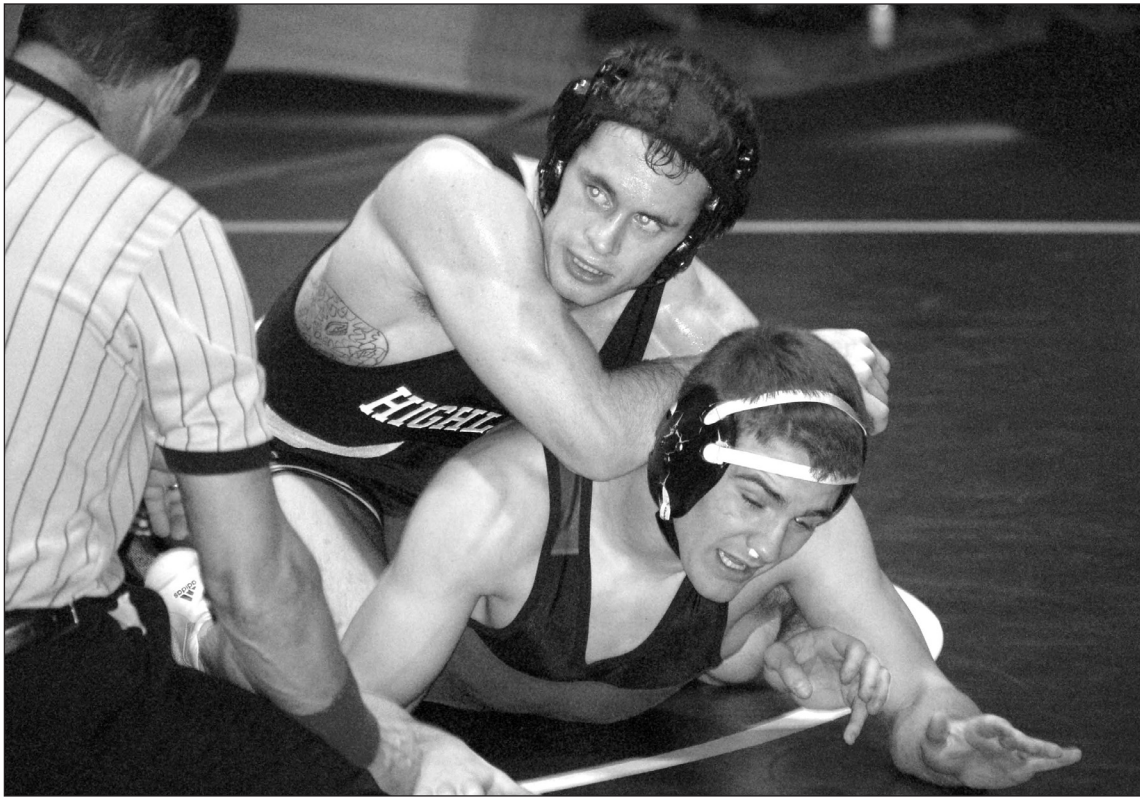
The meet, however, was only really close on points. In most of the matches the Highline wrestlers dominated.

The Highline wrestlers seemed to be in better shape than their opponents and they were more aggressive as well.

"We're all [well] conditioned. All of them were backing up," said Highline 197-pounder Mike Morales.

"They're known [to be] out of shape," added 184-pounder Casey Park.

Norton added that fitness is "extremely important at this level, because everyone's good."



Charlie Dubbeldam/THUNDERWORD

*Highline 165-pounder Zach Burnett rode Yakima's John Mathis for five and a half minutes.*

He added that people that aren't in shape have a tendency to get run over.

"They [the Highline wrestlers] are ready to go 7-10 minutes. We preach intensity and keeping pressure on the opponents," Norton said.

Highline had to forfeit at 125 pounds which gave Gustavo Lopez of Yakima the win. Yakima forfeited at 133 pounds which gave Aaron Smith of Highline

the win.

Highline also had to forfeit at 149 pounds because Derek Driscoll is out injured. Norton said that Driscoll should be back after the winter break and that he has enough talent to challenge for the national title.

At 141 pounds Highline wrestler Jared Sterling wrestled against Philip Ontiveros and beat him on points, 17-7.

At 157 pounds, Highline

Captain Giovaninni faced Adam McNaghten. Giovaninni outclassed his opponent and controlled him for most of the match.

He allowed McNaghten to stand up multiple times just so that he could take him down again. However, Giovaninni was unable to get the pin and won with a point score of 16-4.

At 165 pounds Zach Burnett was set up against Josh Mathis.

Burnett slipped behind Mathis early in the first round and lifted him up and threw him on the mat.

Mathis was unable to really challenge Burnett on the ground and was dominated for most of the match. Burnett won the match 5-2 but what was most remarkable is that he got five and a half minutes of riding time on the mat.

At 174 pounds Highline wrestler Colt Amborn had to face Yakima Captain Sam McNaghten. The two wrestlers seemed close in skill levels but it was McNaghten who came out on top, 6-2.

At 184 pounds Casey Park faced Brock Saxen. Park took Saxen down at the beginning of the first round. Saxen tried to stand up but Park squeezed him tight and pushed him back down to the mat. Park controlled his opponent on the ground and got a three-point near fall.

In the second and third round, Park controlled the action on the ground. Saxen seemed unable to fight Park off and spent most of the match face down on the mat. Park won the match 5-0.

"I was in better shape, [I was] more explosive, and I out-wrestled him," Park said after

Please see Wrestling, page A11

## Winter sports

continued from page A9

not sure how these brakes affect their play.

"We don't know yet, but we think the break will help us. We added some things, were able to take a couple of days off around Thanksgiving to refresh ourselves. The more opportunities we have to do that the better off we will be in the long run," he said.

With regards to league play, the basketball team is looking forward to a lot of good matchups.

"Our league is always pretty competitive. Our goal every year is to win the division championship. I'm confident that if we do the things that are within our control consistently we will have a good chance to compete at that level," Dawson said.

The Highline wrestling squad has been hard at work ever since their season began on Nov. 7, when Highline took on Yakima Valley and North Idaho on the road.

The team will match up against wrestlers for Pacific University on Dec. 5, in Forest Grove, Ore at 7:00 p.m. Highline will stay in Oregon and wrestle Clackamas on Dec. 6, at 5 p.m.

Next, Highline will take on



Amber Rowe-Mosley

SW Oregon at home on Dec. 14, at noon and will not have another match until they square up against Clackamas, Jan. 2, at 7 p.m.

Highline's Head Coach, Scott Norton, is eager to get power wrestler Marshall Giovaninni back in the rotation and is looking forward to nationals.

"I'm looking forward to getting Marshall in the line-up. His presence alone ignites a lot of enthusiasm up and down our team. Our team is really banged up right now. We have three starters out, and that is what will make the meet so close," Norton said.

"As a coach, I can wrestle my wrestlers that are recovering from injuries, but it's not in their best interest. Dual meets are re-

ally just practice. All coaches know the nationals are what is most important. We are a tournament team, and lucky for us that what the nationals are," Norton said.

The team sees the upcoming breaks in the schedule as more of a blessing than a burden.

"We have been wrestling so much, that I really don't see missing a weekend hurting us. It actually helped because it gives our kids time to heal and get better, Norton said.

Women's basketball will also be hard at work over the holidays.

Highline will play Lane on Thursday, Dec. 4, at 6:05 p.m. at home.

Next, the Lady T-Birds will go against North Idaho on Dec. 5, at 6 p.m. at home.

Then, after 10 days without games, Highline will play Clackamas away, Dec. 15, at 6 p.m.

Highline will continue playing teams from Oregon as they face off with Chemeketa on Dec. 16, at 7 p.m.

On Dec. 27, Highline will take place in the Victoria, B.C. Tournament with game times yet to be determined.

Highline will start league play on Jan. 3, against Centralia at home at 1 p.m.

Highline's coaches believe that every game in preseason is

a learning experience.

"We have such a young team that every day is more learning. We have gotten better with each game and we are going to be a good team come January. We are just having some growing pains right now. We have really been putting focus on our defense pressure and help side," Head Coach Amber Rowe said.

Aside from a learning experience, Highline's preseason will also be a challenge.

"Our entire pre-season schedule is a challenge. Our next four games are against perennial powerhouses. There is no better

way to prepare for our league schedule and we won't face any harder teams in league. I don't like to schedule cupcakes, I always schedule the best teams possible even if it means our win/loss record suffers," Rowe said.

Although preseason may be important for the team, league play is where the games really matter.

"The intensity always goes up in January, every game counts. We should also have all our players suited up and playing. I am looking forward to a complete team," she said.

### Try Something Different Next Quarter Take a class at the Beach



**Need a Science Credit?**  
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6069 Mon/Wed 12:00pm-2:20pm 5 credits  
6071 Wednesday 5:30pm-7:50pm 5 credits (hybrid)

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The Thunderword Magazine  
December 4, 2008



# Christmas traditions go way back in history

Midwinter festivals date back to Romans, Scandinavians

By David Olerich  
staff reporter

The Christmas holiday is celebrated all over the world today, carrying a collective history from ancient times with it.

Christmas has been a tradition that dates back farther than its original institution in 350 A.D. on Dec. 25 by Pope Julius I, a bishop in Rome.

Many folks in America may only carry an understanding of the all-too-familiar birth of Jesus as the sole origin of Christmas.

However, history reveals more depth to this midwinter event that developed from other world cultures with their existing celebrations.

In Scandinavian history, the Norse celebrated Yuletide on Dec. 21, continuing through January. Both fathers and sons would bring home large logs, lighting them on fire to begin their feast.

When these logs burned out, the feast would be over, which has been known to last up to 12 days. The purpose of this celebration was to look for the returning of the sun.

In a similar fashion, the Advent



The modern view of St. Nicholas as a round, jolly, bearded fellow is a relatively recent invention.

Log is celebrated in some Christian sects with the lighting of candles set within separate holes on a decorative piece of wood in the form of a cross. This log represents all of the days before the coming of Christ.

Advent can start no earlier than Nov. 27 and no later than Dec. 3. This event ends on the day of Christmas. Most churches focus on the events out of the Scriptures leading up to Christ's coming during these weeks.

In Germany, the pagan god Oden was honored by the people during the mid-winter holiday.

Most of the people chose to stay indoors, because of their

fearful belief of Oden's nighttime visitation observing them from the sky.

In Roman history, Saturnalia was celebrated in honor of Saturn, god of agriculture, for the mid-winter solstice.

Saturnalia was observed for a month with the Roman social order turned upside down as slaves would become masters and peasants would control the city. Businesses and schools would close so that all could join in the fun.

A feast honoring the children of Rome called Juvenalia was also celebrated during the winter solstice period.

In the Roman Church's appointment of the Christmas holiday, first known as the Feast of the Nativity, their effort was to adopt and absorb the traditions of the Saturnalia festival.

Some scholars speculate that Jesus was actually born in spring. However, having a flood of pilgrims coming to Rome or Jerusalem in spring meant there usually wasn't enough food. Moving the observance to mid-winter meant the pilgrims were coming at the end of the harvest.

Moving the holiday to mid-winter also helped push out the old, pagan midwinter festivals. Church leaders sought to increase the chances of Christmas becoming popularly accepted. But they gave up on how it was to be celebrated.

Nonetheless, the celebration of Christmas spread to Egypt and then to England by the sixth century, reaching Scandinavia by the eighth century.

Christmas' proximity to another religious festival also put a spotlight on it. In Jewish tradition, Hanukkah is celebrated

in the Hebrew month of Kislev starting on the 25th of December and ending eight days later on Jan. 1.

This tradition comes from an event in Jewish history, where a revolt was led by members of the Jewish Maccabee family against Greek Syrians. This occurred because of the policies set by the Syrian King, Antiochus IV, in an attempt to nullify the Jewish faith.

After the Jewish victory in this event, they cleansed the temple and prepared for its rededication. There was an insufficient amount of oil to light the N'er Tamid Jewish lamp that represented eternal light. And once lit, it should never be extinguished.

A thorough search of the temple was made and a small vial of undefiled oil was found, which was enough for one day. Miraculously, the temple lights burned for eight days until a new supply of oil was brought.

Other traditions have also become a part of Christmas such as the origin of Santa Claus, going as far back as the fourth century.

A bishop of Myra named Saint Nicholas was a generous man devoted to children. His kindness and generosity gave rise to claims that he could per-

form miracles, which increased his popularity. Saint Nicholas became the patron saint of Russia, where he was known by his red cape, flowing white beard, and bishop's mitre. He died around 340 A.D.

In Greece, he is the patron saint of sailors and in France he was the patron of lawyers.

Today, both Greek and Roman orthodox churches celebrate Christmas 13 days after the 25th of December, referring to it as the Epiphany or Three Kings Day.

Another tradition found in the Christmas season has been the Christmas stocking that closely ties into Saint Nicholas' generosity.

A legend surrounded the Christmas stocking that said a kindly nobleman lost his wife and squandered his wealth, leaving his three young daughters without money to take care of them.

St. Nicholas heard of this situation and anonymously came by the home on a white horse. He climbed upon the roof and threw three small pouches of gold coins down the chimney, which were captured by stockings of the young women that hung by the fireplace.

This has become a major part of the Christmas theme throughout most homes in America during this time of year, especially for those who have children.

Many other traditions have been woven into the fabric of Christmas that came by historical means, of which some observe and others do not.

Today, Christmas has become very commercialized and an economic stimulus for businesses and the marketing industry in America as a whole.

Gift giving has become the center of this celebration along with family gathering and the holiday tree.

A majority of society decorates their homes with Christmas lights as a decorative gesture to reflect a spirit of the holiday and the mid-winter season.

As the past gives way to the future, the Christmas holiday continues to be a festive celebration in the world today as a season of joy.



An early, iconic view of St. Nicholas.

## Inside Scoop

The Thunderword magazine

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# Holiday shopping doesn't have to bust budget

By Jessica Lovin  
Staff Reporter

Times are tough as the holiday season gets closer, and many students are worrying what gifts they can give without going broke.

“Christmas is all about giving,” said shopper Diana Phillips. “I want to give something meaningful to my friends, but not a worthless piece of garbage.”

It may seem hard to find something at an affordable price, but there are several tricks to get around it.

Before you start shopping, go over the basics — you must go to the right kinds of stores. You can't expect to find a \$5 brand-name watch at a high-end store like Nordstrom.

Also, make sure you know who you are shopping for. Create a list of names, and their interests, before you go out looking for the perfect gifts.

If you don't know the person you're shopping for well, jot down their likes, dislikes, hobbies, and everyday activities, to the best of your knowledge.

If this doesn't help your brainstorming ideas, give them a casual call, asking them how their day was, what their plans are for the weekend and if they did anything fun recently. Hopefully this can give you a few ideas of what they like to do.

Before you head out the door, set rules for yourself. Make a budget for each person — it's OK to spend more on the people you love than on your co-workers.

To save money, try going to a liquidation or discount store, such as Ross or Marshalls.

Here, you will be able to find items that were once sold at a department store, for usually half the price or less. These stores are particularly good for

2008 HOLIDAY SHIPPING DEADLINES				
	Coast to Coast	Cutting It Close	Where To Take It	Contact
U.S. Postal Service	Cards and letters by Dec. 20	Priority Mail by Dec. 20; Express Mail by Dec. 22	Your local post office accepts all mail and packages; cards can be picked up by your carrier	www.usps.com
UPS	Dec. 17	Second-Day Air by Dec. 22 or Next-Day Air as late as Dec. 23 for delivery Dec. 24	There are more than 5,900 UPS Stores and Mail Boxes Etc. nationwide or ship online	www.ups.com; 1-800-PICK-UPS
Fed Ex	Dec. 22 for FedEx 2 Day but earlier is better	Priority Overnight pickup on Dec. 23 for delivery on Dec. 24	1,300 FedEx Kinko's locations or ship online	www.fedex.com; 1-800-GO-FEDEX

finding clothing and accessory items.

You can also try going to the Goodwill or Salvation Army depending on what you're looking for. For example, if it's someone who loves to read, you could put together a basket of books for a really cheap price by going to either of these stores.

The dollar store may also have some good items — if it's a mother you're shopping for, you could get her some candles, a nice frame and put her favorite picture of both of you in it.

Keep an eye on the ads as well. If you know JCPenny is having a weekend sale, then try to go during that weekend so you can save extra money.

If you are artistic, there are many creative crafts you can look up online.

If shopping for your best girlfriends, maybe go to a craft store and have them cut a yard of material into six-inch strips to create scarves. If you decide to do this, try to pick a type of material that won't shred, like fleece.

Another budget-saving place that has a large variety of items is a bazaar. Many sell various things from jewelry and makeup to potholders and dog collars,

all for a great price.

Lots of bazaars have two-for-one deals, so maybe you could find your aunt a matching bracelet and necklace?

Even if money isn't spent, people appreciate anything involving your effort.

You could create a gift certificate for your time. Decorate a piece of paper saying you will cook dinner for your mom, polish your dad's shoes, or mow the lawn.

Sometimes, gifts of time are worth a whole lot more than an object.

If you haven't seen your dad in a while, it would probably mean more to him if you took him out to dinner at his favorite restaurant than buying him something he may not need.

If you are good on the computer, you could create a calendar for year 2009 with pictures of your summer vacation, the receiver's favorite animal, your artwork, or anything that they would enjoy looking at or which fits their personality.

Gag gifts may be funny to look at, but keep in mind once they are laughed at they may not come in handy - so try not to spend too much on them unless it fits the receiver's personality

very well.

If you have a bunch of friends, co-workers, or even family, a cheap and good idea is to make gift baskets.

You can purchase bulk items from Costco - Hershey bars, truffles, gourmet hot chocolate packets and marshmallows; and find cheap holiday mugs at Target or a dollar store.

This is a very good idea, even if you aren't creative. Just take colored saran wrap, and make individual packets of the marshmallows, and then cover the basket with decorations.

Maybe a set of six candles can be divided into different baskets with lighter wands from the dollar store, or if you are good at baking, you could easily make a basket with holiday cookies.

Half of the present is presentation, so if you wrap it up nicely, it will look more appealing and be greatly appreciated.

You can buy novelty material or tissue paper from a craft store to line the inside of the basket for a cheap price, and put a bow or ribbons on top to give it a special touch.

If you have a big family and would rather get one nice gift than a bunch of small things, an

idea to try is to draw names.

Have your family set a limit (maybe \$40) and this way you can give and get something in return that is nicer.

If your family or group of friends wants to try something different, you could try a traditional white elephant game.

In this game, everyone brings a present and puts it in the center of the room - it is more fun if you don't know whose is whose.Count the people who are participating, write numbers for each person and have everyone draw a number.

No. 1 goes first, and picks out a present and unwraps it. No. 2 can either steal No. 1's present, or pick a different unwrapped present.

If No. 2 was to steal No. 1's gift, then No. 1 can pick a new present.

No. 3 then goes and either picks a new gift, or No. 1 or No. 2's unwrapped present. And so on.

You can decide to do this game with usable gifts, or you can even regift things you have gotten in the past. Plus it is a good way to anonymously get rid of things you do not wish to have lying around your house anymore.

# Avoid holiday arguments by planning your words

A woman threw a cookbook at her sister-in-law and screamed, “Maybe now you can cook a holiday dinner for us sometime.”

“People become stressed during the holidays, so they're more likely to be bothered or blow up at another person's behavior,” says business etiquette expert Barbara Pachter. “Plus, we tend to have the same conflicts year after year that don't get resolved.”

Pachter, author of *The Power of Positive Confrontation*, suggests using her 10 “polite and powerful” suggestions for handling holiday conflict:



1. Accept What You Can and Can't Influence: If your father has remarried, he will bring his wife to the New Year's brunch.

2. Ask Yourself, “Does It Really Matter?”: If you see your uncle only once a year, can you tolerate his behavior?

3. Learn to Confront Posi-

tively: If you have avoided confrontation or have confronted aggressively in the past, don't feel bad about yourself. Most people were never taught how to be “polite and powerful.” Make it your New Year's resolution to learn how to confront in a more positive fashion.

4. Identify the Real Issue: Is the issue that your brother isn't hosting the holiday dinner, or that he doesn't visit your mother in her retirement home?

5. Prepare What You Will Say: Practice saying the words out loud. Listen to how they sound. Be polite, not harsh. Don't attack the other person with state-

ments such as “You're selfish” or “You're such a cheap-skate.” These types of accusations are counterproductive and can lead to more conflict.

6. Be Clear About What You Want From the Person: If you would like your sister-in-law to contribute to the holiday dinner, be specific. “Joan, will you bring a vegetable dish on Sunday?”

7. Confront in Private: If others hear the conversation, it can be embarrassing to the other person.

8. Provide Enough Information: If you want your mother to limit the number of computer games she gives your son, tell

her why. When you tell others the reason for your request, it may influence their behavior.

9. Listen to the Other Person's Response: He or she may offer an alternative or provide an explanation for the behavior. Your sister may not be planning to fly home for the holidays because of financial difficulties she is too embarrassed to discuss.

10. And If You Don't Get What You Want, Can You Live With the Behavior? Is it worth ending the relationship? Do the benefits of the relationship outweigh its drawbacks? (c) 2008 King Features Synd., Inc.



# Lights, camera, dancing!

Holiday events near and far offer a little something for everyone

**By Christina Bradley**  
staff reporter

The holiday season in the Seattle area features a sleighful of activities for everyone.

•Seattle Center Winterfest is offering the most activities for all ages.

The ice rink at Seattle Center will be running until Jan. 4. The ice rink is open Sunday-Thursday from 11 a.m. - 8 p.m. and Friday-Saturday from 11 a.m. -10 p.m. The cost of ice skating ranges from \$3 to \$5, depending if you need to rent skates.

Along with the ice rink, there will be carousel rides. The rides cost \$1 and the carousel will be open until Jan. 1. Rides are available Sunday - Thursday from 11 a.m. - 8 p.m.

The bonfires take place outside Fisher Pavilion from 5 p.m. - 7 p.m. The bonfire will include music and storytelling. Bonfires are free and will be available on Dec. 6, 13, and 27.

•The Point Defiance Zoo and Aquarium opened Zoolights on Nov. 28., lit daily from 5-9 p.m. until Jan. 4.

Tickets are available at Bartell Drugs for \$5.50 and for \$7 at pdza.org or at the zoo gates. Concession stands will be open and ready to warm you with hot cocoa. The 2008/2009 display will consist of more than a half-million lights.

The Pacific Northwest Ballet is celebrating the Nutcracker's 25th anniversary with performances that run through Dec. 30.

Performances are at the Marion and Oliver McCaw Hall at the Seattle Center. Tickets are now on sale and range from \$30 up to \$130, depending on the section you are seated in. Shows are available throughout the day from 1 p.m. until 7 p.m.

•The annual Des Moines Holiday Tree Lighting Ceremony is Friday, Dec. 5, from 6-7 p.m. at Big Catch Plaza at the southwest corner of South 216th and Marine View Drive South.

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



*The Pacific Northwest Ballet's Nutcracker is an annual feature of the local holiday entertainment scene.*

The Des Moines Elementary School band will perform from 6 to 6:20 p.m. and the Grace Tenors will perform from 6:30 to 6:45 p.m.

The event is free, including

parking.

•A Victorian Christmas Concert will be held Saturday, Dec. 6, from 1-3 p.m. at the Des Moines Cinema, 22333 Marine View Drive in downtown Des Moines.

The concert features John Doan in a live performance of his Emmy-nominated PBS television special, using antique instruments.

Tickets are \$10 for adults and \$8 for seniors. Tickets are available at the Des Moines Field House, 1000 S. 220th St., 206-870-6527. Children 12 and under are admitted free.

•Breakfast with Santa on

Saturday, Dec. 13 from 8:30-11 a.m. at the Des Moines Activity Center, 2045 S. 216th St.

Parents, grandparents and children can enjoy a pancake breakfast for only \$4/advance or \$5/door. Children will have a chance to visit with Santa to discuss whether they've been naughty or nice. A coloring contest for prizes will be drawn at 10:15 a.m.

•The Argosy Christmas Ship will visit Redondo Beach on Sunday, Dec. 7, 6:30-6:50 p.m. and the Des Moines Beach Park on Monday, Dec. 15, 7:10-7:30 p.m.

If you have a boat, you are

invited to decorate it and follow the Argosy ship in the boat parade.

Community members are invited to an on-shore bonfire, 6:30-8:30 p.m. at Des Moines Beach Park & and just prior to the ship's arrive at Redondo.

On Dec. 15, the Des Moines Youth Council will provide refreshments, with donations funding their annual Toy Drive.

Dec. 7 performers will be Northwest Boychoir—Advanced Choir. Dec. 15 performance will be by Rainier Youth Choirs – Concert Choir. Bonfires are scheduled weather permitting, and are subject to cancellation.



*The Argosy Christmas ship will make two local stops.*



# Ho, ho, ho: Seasonal fare is more than fair

By David Olerich  
staff reporter

One of the many things that people enjoy around the holiday season is great-tasting food. Staff and faculty at Highline have volunteered some of their favorite recipes so that you can have the opportunity to try them out. Here are some of those recipes that may just interest you during your holiday gathering.

**Almond Roca Cookies**  
Jennifer Hawkins, the Thunderword librarian, has offered her favorite recipe of Almond Roca Cookies, which is as follows:

- 1 cup butter
- 1 cup white sugar
- 1/2 cup brown sugar
- 1 egg yolk
- 1 cup flour

- 1 teaspoon vanilla or 1 teas almond extract and 1/2 teas vanilla

Spread with spatula on greased jelly roll pan  
Bake at 325 deg for 25 minutes

**Icing**  
About 10 oz milk or semi-sweet chocolate, melted  
Spread on while cookies are cooling.  
Sprinkle with chopped walnuts or toasted almonds  
Cut in squares while warm  
Putting cookies in tightly covered tin keeps them crisp

**Bacon-Tomato Frittata**  
Nancy Warren, Program Manager of Instruction, has volunteered her well-noted recipe that was featured on *KCTS Cooks*



Warren

in May of 2007. She says it's a great recipe for Christmas or New Year's morning. Here is her recipe for Bacon and Tomato Frittata:

- 8 eggs
- 1/4 teaspoon garlic-and-herb seasoning
- 1/4 teaspoon salt
- 1 tablespoon oil
- 4 medium green onions, sliced (1/4 cup)
- 2 tomatoes, sliced
- 1/2 cup shredded Cheddar cheese or whatever other similar cheese you have in the fridge
- 2 slices lightly cooked bacon, cut into small pieces. (Not the fatty kind; I enjoy the pepper bacon from our local butcher
- Sour cream

In medium bowl, mix egg, seasoning and salt; set aside.  
In your cast iron skillet, heat oil over medium heat. Add onions; cook and stir 1 minute.

Reduce heat to medium-low. Pour in egg mixture. Cook 6 to 9 minutes, gently lifting edges of cooked portions with spatula so that uncooked egg mixture can flow to bottom of skillet, until set.  
Set oven control to broil. Top frittata with tomatoes, cheese and bacon. Broil with top 4 inches from heat 1 to 2 minutes or until cheese is melted. Top each servings with sour cream. Serves four.

**Peanut Blossom Cookies**  
Rochelle Adams, the Thunderword arts editor, has offered her favorite cookie recipe she loves to make around the holiday season. Here is her cookie recipe for Peanut Blossom Cookies:

- 1/2 Cup Butter
- 1/3 Cup Peanut butter
- 1/2 cup Sugar
- 1/2 cup brown sugar
- 1 unbeaten egg
- 1 tsp. vanilla
- 1 3/4 cups flour

1 tsp. soda  
1/2 tsp salt  
36 chocolate kisses  
  
Cream butters, add sugars until light and fluffy. Beat in egg and vanilla. Sift dry ingredients; add to creamed mixture; mix to blend.  
Shape dough into 1-inch balls. Roll balls in sugar and place on greased cookie sheet.  
Bake in oven of 350 degrees to 375 degrees for 8 minutes or less.  
Remove from oven. Top each cookie with a solid chocolate kiss, pressing down firmly so cookie cracks around edge. It makes about 32 cookies.

**Confetti Cookies**  
Sharon Adams of the Admissions and Entry Services has volunteered her favorite Christmas cookies recipe from childhood. Here is her cookie recipe for  
Please see Recipes, page B6

# Holiday spice cake easy to make and well worth it

By Spencer Chambers  
staff reporter

This is a great holiday dessert that is pretty simple to make and is an award winning spice cake with a burnt butter frosting. This is a very rich yet delicate cake at the same time. You have the lightness of the cake but the richness of the frosting. It has been compared to penuche fudge. Many people these days buy spice cakes in a box. These spice cake recipes will trump any boxed spice cake do to the extremely flavorful tastes of the holiday spices. It will impress anyone that tastes your wonderful creation.

- For the cake, you will need:
- 1/2 cup of butter softened
  - 2 eggs
  - 1/2 cups of sugar
  - 1/2 teaspoon of vanilla
  - 2 cups of all purpose flour
  - 1 1/2 teaspoons baking powder
  - 1/2 teaspoon baking soda
  - 2 teaspoons of cinnamon
  - 1/4 teaspoon of ground nutmeg
  - 1/4 teaspoon of ground cloves
  - 1/4 teaspoon of ground ginger
  - 1 1/4 cup of milk
  - 4 teaspoons of vinegar
- Frosting**
- 1 cup of butter
  - 4 cups of powdered sugar



The spice is nice in every slice.

- 1 1/2 teaspoon of vanilla
  - A pinch of salt
  - Milk for thinning
- Preheat your oven to 350 degrees. Always preheat your oven so that by the time that you are done mixing all your ingredients your oven will be ready and up to temperature.  
First, take 1/2 cup of butter softened and beat until light and creamy. Add 2 eggs, one at a time until the butter and eggs have combined.  
It helps to allow the eggs to

warm to room temperature before adding. They will combine with the butter much easier that way.  
Once the butter and eggs are combined, add 1 1/2 cups of sugar and 1/2 teaspoon of vanilla. Mix this all together. It is best to use an electric mixer so that you don't get any lumps from uncombined ingredients.  
Next you are going to put into a bowl 2 cups of all purpose flour, 1 1/2 teaspoons baking powder, 1/2 teaspoon baking soda, 2 teaspoons of cinnamon,

1/4 teaspoon of ground nutmeg, 1/4 teaspoon of ground cloves, and 1/4 teaspoon of ground ginger into a bowl. Mix well.  
In a separate bowl, pour 1 1/4 cup of milk and 4 teaspoons of vinegar. This is a buttermilk substitute which can be used in any recipe calling for buttermilk.  
Now over the butter mixture, pour your dry ingredients into a sifter. By sifting your flour you are aerating it so that your batter is light and airy. Begin adding dry ingredients and milk mixture to the butter mixture, al-

ternating and mixing well after each addition.  
Prepare two eight -or nine-inch round cake pans, greasing and flouring well , and pour batter evenly in to the two pans and place in the oven. Bake these for 35 minutes. To check to make sure your baked goods are done, take a skewer and poke the center. If the skewer comes out clean you know your cake is done.  
Once you take the pans out of the oven, let cool for at least two hours. Otherwise, if you try to take them out right a way they will fall apart, and you cannot frost while cake is warm.  
For the frosting you take 1 cup of butter and put it in a pan over medium heat to let it get a golden brown. There is a fine line between golden brown burnt butter and burnt butter, so be extremely careful. If you have an iron skillet use that it will give the butter more depth in the flavor.  
Once the butter is done, take 4 cups of powdered sugar, a pinch of salt and 1 1/2 teaspoon of vanilla and mix all ingredients, again using an electric mixer so you don't get lumps. Now add milk to the mixture to thin to frosting consistency.  
A little trick to frosting any cake is dipping your spatula in a cup of water before you start to frost. This will help the frosting not to stick to the spatula and will also give the frosting little bit of extra shine.



# Need is great, and you can help give

By Danielle Warf  
staff reporter

You can help spread a little holiday cheer by giving back to others in your community.

“It feels rewarding to give back to people especially during the holidays because you know you’re bringing smiles to people during a time when people should be joyous,” said Amanda Henry, a Highline student who has donated in the past and is donating toys this season.

There are many ways to give back during the holiday season; any donation makes a difference to someone.

•One way you can help is to donate food at local food banks.

Des Moines: 22225 9th Ave. S., 206-878-2660

Burien: 18300 4th Ave. S., 206-433-9900

Tukwila Pantry: 3118 So. 140th St., 206-431-8293

Northwest Harvest: 22220 West Valley Highway. (68th Ave. S.) Kent, 800-722-6924.

Heather Millward, the food drive coordinator at Northwest Harvest, said they need basic food: Oatmeal, whole grain pasta, brown rice, tomato products, canned peas, canned fruit with low sugar, canned tuna, canned chicken and turkey, shelf-stable milk, beef stew, chili and similar meals with little to no sugar and trans fat.

“Baby food and formula is also something we are in need of. Jars of baby food, formula milk and infant cereals are in high demand around the holiday,” Millward said.

King County fire departments in Kent, Federal Way, SeaTac, Burien and Des Moines are accepting food donations.

Also if you donate canned food before buying tickets to the Nutcracker you will receive 15 percent off of your ticket.

•Another way you can make this holiday season special for others is to donate toys.

Donation sites include the Burien Bartells, 14901 4th Ave. SW, 8 a.m. - 4 p.m. on Dec. 10. They are accepting any new and unwrapped toy.

The Salvation Army’s Toy ‘N’ Joy program is now accepting gifts for all ages including seniors, adults, teens, kids, toddlers and babies, now through Dec. 19 at 26401 Pacific Highway. S, Kent or 26419 16th Ave. S., in Federal Way.

Linda Parker, the volunteer coordinator for the Toy ‘N’ Joy program, said that the idea behind it is to bring holiday spirit to people who would otherwise not have a great holiday experi-

ence.

“Not only do we need generous donations but we also need volunteers to take the gifts to Qwest Exhibition Hall where they will be separated for parents and families to choose holiday gifts. It is a very rewarding experience,” Parker said.

Parker said they are looking for volunteers Dec. 16 and 17 to set up for the festivities and on Dec. 18 and 19, where volunteers will help locate items for people.

Toys For Tots is asking for any toy donations at any Toys ‘R’ Us or Babies ‘R’ Us.

Sleep Country USA’s Foster Kids Secret Santa specifically helps with donating to foster kids and their families.

All King County fire stations are accepting toy donations.

•A fun way to combine both food and toy donations is to adopt-a-family through your community centers. They can give you a family that needs some help this holiday, and you can make the difference.

“I haven’t ever donated during the holidays, but this year my work has adopted a family through the community,” said Richard, another student.

Richard and his co-workers first went through the community center in SeaTac to find a family. The family then sent a wish list of things they needed many things on the list were not extravagant items.

“Everyone went through the list and started picking what to get for each of the family members like it was their own. It really just showed how fun the holiday season should be, that it’s about giving,” he said.

•Other ideas for giving back: The Red Cross is trying to send a holiday card to all service men and women, veterans and their families. You can go to redcross.org and print off a free holiday card or buy your own.

Send all cards to: Holiday Mail For Heroes, PO Box 5456, Capitol Heights, MD 20791-5456.

The Red Cross also wants to keep service men and women in touch this holiday season; you can donate a calling card for them this season by going on to Red Cross website (redcross.org) and click on the amount you would like to donate.

“Anything you can donate, even if it’s something small, will make a huge difference in someone’s holiday and impact your outlook on the holiday season,” said Alan Martinez, a local firefighter at the Port of Seattle helping with the toy drop offs.



Shorts in electrical lights are a leading cause of Christmas tree fires.

## Water that Christmas tree to avoid fire

If you’re one of the 33 million Americans with a natural Christmas tree in your home this holiday season, remember to “keep the tree well-watered.”

Christmas trees account for 200 fires annually, resulting in 6 deaths, 25 injuries and millions of dollars in property damage. Typically, shorts in electrical lights or open flames from candles, lighters or matches start tree fires.

Well-watered trees are not a problem. Dry and neglected trees can be, according to the U.S. Fire Administration.

Tests conducted by the National Institute of Standards and Technology show what happens when fire touches a dry tree: Within three seconds of ignition, the dry Scotch pine is completely ablaze.

At five seconds, the fire extends up the tree and black smoke with searing gases streaks across the ceiling.

Fresh air near the floor feeds the fire. The sofa, coffee table and the carpet ignite prior to any flame contact. Within 40 seconds, “flash-over” occurs.

Wet trees tell a different

story. A single match could not ignite a green Scotch pine that was placed in a stand with its water level maintained. Neither could a second attempt with an entire matchbook.

Finally, a propane torch managed to ignite the branches briefly, but the fire self-extinguished when researchers removed the torch from the branches.

As NIST fire-safety engineers say: “Remember, a wet tree is a safe tree!”

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## Recipes

continued from page B5

Confetti Cookies:

1 cup sugar  
1/2 cup brown sugar  
1 cup shortening  
2 eggs  
1 tsp vanilla  
2 1/3 cups flour  
1 tsp salt  
1 tsp soda  
1 cup cut up gum drops

Cream: sugars, shortening, eggs and vanilla together.

Spoon: flour into dry measuring cup.

Pour: measured flour onto a square of wax paper

Add: salt and soda to flour (not sifted) and stir to blend.

Add: blended dry ingredients to creamed mixture and mix well.

Stir in gum drops. Mix well.

Drop by teaspoons onto greased baking sheet.

Bake at 350 degrees for 15

minutes.

### Pumpkin Spice Cake

Toni Baker of the Physical Education Department offered her recipe she had pulled out of a magazine and had longed to try. “I finally did and it turned out great,” Baker said.

*Baker* Here is her favorite cake recipe for Pumpkin Spice Cake:

1 pkg (18-1/4 oz) spice cake mix  
3 eggs  
1 cup cooked or canned pumpkin  
1/2 cup water  
1/2 cup vegetable oil  
1 pkg (3 1/4 oz) instant vanilla pudding mix  
1 teaspoon ground cinnamon  
1/2 cup chopped pecans (optional)  
Favorite cream cheese frosting or whipped cream

In a mixing bowl, combine cake mix, eggs, pumpkin, water, oil, pudding mix and cinnamon. Beat at medium speed for 5 minutes. Stir in pecans.

Pour into a greased and floured 10” fluted tube pan. Bake at 350 degrees for 45 – 55 minutes or until cake tests done.

“I always under-bake a little bit,” Baker said.

Let cool in pan 10 minutes before removing to a wire rack. Frost cake with soften cream cheese or serve with whipped cream.

Best wishes  
for the  
holidays  
from the  
Thunderword  
staff



# Diverse midwinter festivals span the globe

By Hanna Jazzyca  
staff reporter

Many holidays are celebrated in midwinter, not far from Christmas. These holidays are Lunar New Year, which is celebrated by Vietnamese and Koreans, Japanese New Year, Hanukkah, Kwanzaa and Three Kings Day.

Lunar New Year is based on the cycle of moon phases. The Lunar calendar is used as the main calendar in some countries, such as China, Korea, Vietnam, Japan, Israel, and Saudi Arabia and is the base of important events.

Lunar New Year has several names. In Vietnam, people call it Tet. Tet is celebrated in the beginning of January, and subject to change, based on the lunar calendar.

"Before Tet, people usually clean up the house, because it symbolizes a good luck," said Hoan Tran, a Vietnamese student who studies business at Highline.

"The family members usually stay together and enjoy a big meal. They serve a cake stuffed with bean named Banh Chung," said Giang Pham. Pham is a Vietnamese student of Hotel Management.

"It's the time for family members to pray for the good luck and happiness, regardless their religion and belief," he said.

"There are usually fireworks, but you can't operate it individually, because it's illegal. People from several villages usually assemble in one place to see the fireworks from the government," he said.

Pham also said that people in Vietnam are supposed to stay at home during the New Year.

"Every year determines a lunar zodiac. If you go to visit someone's house and your lunar zodiac doesn't match the sign for that year, you could give a bad luck to the host."

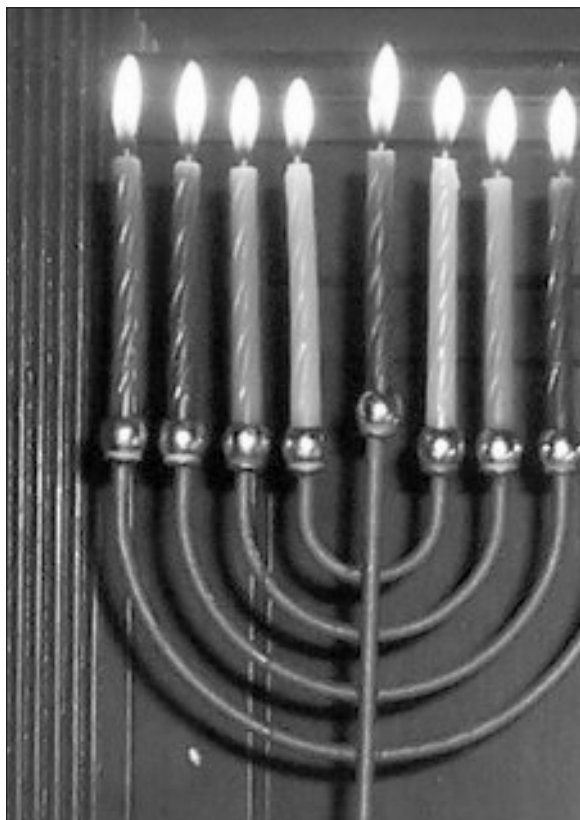
Tet is considered fun, because normally the older members of the family give Hung Bao, or lucky money to the younger members.

Some people still wear traditional costumes on that day when they go to the temple. However, he said that the lunar New Year is not as fantastic as the Christian New Year.

Japan has its own Lunar New Year. The celebration is divided into two parts; Omisuka and Shugatsu.

Omisuka is celebrated on Dec. 31 as the ending of the

*The symbols of Kwanzaa, top right, Channukah and Tet have important meaning to people around the world.*



ones and we call it otoshidama," he said.

Channukah, a holiday of the Jewish people, is celebrated on Dec. 21 – Dec. 29. It consists of eight days of celebration and goes by the lunar calendar.

"It's not a really important holiday. It commemorates when ancient Hebrews, a little over 2,000 years ago were able to fight over pressure that took over the area that was called Syria, which is now called Israel. They were able to drive them out successfully," said Lonnie Somer. Somer is a member of Highline's Anthropology faculty.



Somer

When the ancient Hebrews sought to light the temple's menorah, they found that only a day's worth of olive oil escaped from contamination by the Greeks.

"It's a miracle that the tiny olive oil could burn the candles for eight days," he said.

"There is a candle holder called Menorah. Menorah has eight places for candles. Each one of these stands for one of the eight days of the holiday, so on the first day, you light one candle. As you are doing it, you make a prayer," he said.

"You should light the candle at sundown, because the Jewish day starts at sundown, and ends at sunrise," Somer said.

Somer said the Channukah celebration might vary according to where you are.

"In the U.S, children often get presents. I think it's influenced by Christmas," he said.

For Channukah, Somer said that people usually eat latkes. Latke is a cake made of potatoes.

While on Dec. 26 – Jan. 1, Kwanzaa is celebrated.

"In east Africa, such as in Kenya, Uganda, Tanzania and Zanzibar, people celebrate Kwanzaa," said Abdi Ahmed. Ahmed is a Highline student who currently is studying paralegal.

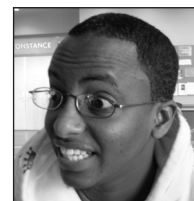
Kwanzaa is a non-religious holiday. It is celebrated for commemoration of heritage and togetherness. The word Kwanzaa means first fruits of the harvest in Swahili.

Kwanzaa is built on seven principles that are commonly known as Nguza Saba. It is focused on the values of family, community, commerce and self-improvement.

"In Kwanzaa, there is a lot of food served and people get together, having big meals and talking about ancient stories, and how the New Year is going to look like, something like

prediction but they do it just for fun," Ahmed said.

A h m e d said Kwanzaa is about gathering and sharing among people, young and old.



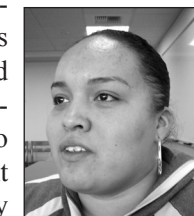
Ahmed

"Old people usually talk about the things they used to do. They also talk about stories in the ancient time, for example about clothing people used to wear."

He also said, Kwanzaa is the time to express the gratitude to God and pray for a blessed new year.

Mexican Americans celebrate Three Kings day on Jan. 6. In Spanish, this holiday is called Los Reyes Magos. It celebrates the biblical story of the three kings named Melchior, Caspar and Balthazar, who brought gifts to Jesus Christ.

"This is a day when Jesus Christ was born. The three kings gave presents to Jesus Christ," said Judith J. Carrillo. Carrillo is a student of hospitality management.



Carrillo

"People usually serve Rosca. Rosca is a big and round bread that looks like a doughnut. They put three baby dolls inside," she said.

"And anyone who eats it and gets the baby doll should throw a party on Feb. 2," she said.

"On that day, people have Mexican food and have an all-day party," she said.

She also said that for this holiday, children get some gifts, just like at Christmas. The Three Kings Day is also known as the Epiphany.



Pham

year, and Shugatsu is celebrated on Jan. 1-5, as a beginning of the New Year.

"In the end of the year, people usually go to the temple. Some people stay in the temple until 12 o'clock," said Ryotarou Inoue, a student of hospitality management.

"On that day, family members get together and talk about the good and the bad events of the previous year," Inoue said.

"People usually eat a special noodle named Toshikoshisoba. Toshikoshi means the interval of the previous and the new year," he said.

"On the New Year, people go to the temple and make a prayer, hoping to get the better luck in the New Year," he said.

On that day, the Japanese families usually serve a traditional full set of food called Osechi. Osechi dishes vary from rice, fish, black beans, and vegetable. Osechi literally means good luck.

Another traditional food that is also served is mochi.

"Mochi is a round-shaped rice cake and has two flavors,

sweet and salty," Inoue said.

Japanese people also play some traditional games to have fun with family and friends.

"We usually play hagoita, which is similar to badminton. So there are rackets and shuttle cocks," he said.

"There are other games like karuta, a card game, and takoage. Takoage means kite, and young children usually play the kites with their father," he said.

Inoue said some people still keep the traditional way of celebrating Omisuka and Shugatsu by having the traditional food and activities. Some of them also still wear traditional costumes.

However, some don't completely celebrate the New Year in a traditional way.

"Shugatsu is quieter. In Omisuka, some people, usually younger generations, like to hang out and have fun like going to restaurants," said Takuya Kawano. Kawano is a Japanese student who is learning English at Highline.

"Older people also give some lucky money to the younger



# Holiday spirit means kindness, family for many

By Sidney Pacampara  
staff reporter

Huan Nguyen doesn't need a calendar to tell him that the holiday spirit is here. He leaves it to the feeling he gets from this time of year.

"It's a fuzzy feeling that brings you back to a youthful state," Nguyen said. "It's like nuzzling with kittens."

You can see it at the mall, hear it on the radio and even taste it in your food.

Highline students say they know when it occurs, and share a general idea of what they believe holiday spirit really is.

Nguyen says the holiday spirit is about caring for people that are close to you but also people you don't usually care about.

"Even people who do not deserve to be cared for should be cared about during the holidays," Nguyen said.

Another student sharing a similar outlook is Eddie Welch. It doesn't matter who it is but you should give at least this time of year to see past any animosity, he said.

"The holiday spirit is a time for people to come together and put aside their differences," Welch said.

Many students say it is an opportunity to spend time with family and friends.

"It is a time for getting together with the family and enjoying the night; celebrating whatever the holiday is," Joe Ramos said.

"It's a time with family and a time to gossip whatever the latest news is," Jackie Delarosa said.

Some students believe in the fact of just getting together as part of the holiday spirit, even if it's not with family or friends.

Other students find the holiday spirit as a time of expression, either caring or physically giving.

"It's about getting together to show how much they care," Malama Cady said.

"It's a time for giving, not receiving," Jimmy Bui said.

There are still those that look forward to what the holidays entail as well.

"Holiday spirit is just all about excitement—seeing family, eating food, no school, and getting presents," Julian Poythress said.

Some of the presents in students' wish lists this year range from electronics, such as iPods

and cameras, to money and gift cards to their favorite stores. There are also students that say graduating with their degrees and getting into universities are important things on their wish list. Some students look forward to simply having a good time as something they include in their wish list. Then there are students that enjoy the holiday spirit so much, they wish for more.

"It's all about time together with family," Joon Suh said. "If there was one thing I would put on my wish list, I wish we would have more holidays. I always get excited."

Excitement is one of the many emotions that students attribute to the holiday spirit.

Others say it is merely the feeling of joy and happiness, and also, the opportunity to look forward to just having time to relax.

"It is time for joy, happiness, getting excited for gathering with family and a special day with no worries," Jewel Santiago said.

There are also students that look forward to just one thing.

"Two words—food coma," Marvin Buenaventura said.

Even students who don't necessarily celebrate the holidays this time of year recognize what the holiday spirit is to society.

"It is something that people still want to believe. It is a reason for people to celebrate, whether be made up or not," JR Cambronero said.

Hui Huo, a sociology professor, is originally from China and understands how important the holiday spirit is to people in America.

"We don't have it where I'm from. The original meaning is somewhat lost though," Huo said.

He says the holidays have lost their religious aspect and notices that even people who don't celebrate still take time off.

The holidays are more utilized as a commercial tool for the younger generation in China, Huo says. He finds it more secularized now and says China's take on the holidays mainly stems from an American influence.

"The influence goes beyond military and economically; it is culturally," Huo said.

Even with America's influence, many cultures have different traditions that are exclusive



## Dickens liked holiday spirit and spirits

Overindulging in food, drink and celebration during the Christmas season would make Charles Dickens proud, says a Purdue University English professor.

"Not only did Charles Dickens jam his novels, such as *A Christmas Carol*, with food and drink, but he also made the most of the holiday season himself," says William J. Palmer, an English professor who studies Dickens.

"His home was always decorated with greenery and mistletoe before Thanksgiving, and his Christmas parties were legendary. Many relatives traveled to spend the holiday season with him and his 10 children."

Dickens (1812-70) published *A Christmas Carol* in 1843. The story is about a wealthy London miser, Ebenezer Scrooge, who is visited on Christmas Eve by three spirits who warn him that his lack of charity and kindness will lead to an eternity of suffering.

Even though Dickens is known as the father of the modern Christmas; his 18 novels were about poverty and people who couldn't afford such lavish celebrations. Dickens' poor characters often reflected his own lifestyle of growing up poor and even working the streets at age 9 when his father was put in debtors' prison.

"He loved the season because he didn't have Christmas growing up," Palmer says. "This is why his novels are rich with details about food, such as the sweetbreads, delicacies and fruits that shape the cornucopia of the second ghost in *A Christmas Carol*. Also, think about the very first thing Ebenezer Scrooge did in the story to make everything right Christmas morning. He ordered the biggest turkey in town to send to his poor employee Bob Cratchit."

"Dickens really meant it when he had Tiny Tim say, 'Every day should be Christmas.'"

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to their own, but still have the same importance as the holiday times here.

Huo says Chinese New Year's is the equivalent to the holiday time in America. He says that is the time of year where families get together, and Christmas is mostly geared towards younger people.

Mayumi Rinai, a student from Japan, says the holiday

spirit is about celebrating with parties but also the cultural part of it.

"Money is a big part of the culture," Rinai said. "For example, elders give children money during New Years."

Despite the difference between the many outlooks on holiday spirit made by students and faculty, there is still a core theme that some students be-

lieve is the important thing of the holiday spirit.

Students say they know this time of year isn't directed at everyone, but still should be thought about despite any cultural differences.

As Highline student Michael Potter said, "No matter what the religion or holiday celebrated, it is a time to give, share, and care."



T-Bird basketball pinpointing problems

Wrestling

BY BRIAN GROVE  
Staff Reporter

The Highline women’s basketball team is now 0-4 in non-league play, but is looking to get the ball rolling.

Last weekend, the Lady T-Birds basketball team headed down to Oregon City, Ore. to play in the Clackamas Thanksgiving Invitational.

The tournament took place from Nov. 28 to Nov. 30.

In the first game, Highline went up against Southwestern Oregon Community College.

Although the Lady T-Birds played hard, they fell to the Southwestern Lakers by a final score of 68-63.

Highline’s top scorers were Ariassa Wilson, Patrice McKinnon, and Cassie Fontenot with 15, 10 and 8 points respectively.

In their second game, the Lady T-Birds faced off against Blue Mountain Community College.

The game was also close, but Highline fell 5 points short in an 85-81 loss to the Timberwolves.

Forward Tera McCann-Soushek scored 20 points, while the next top scorers were Lauren Hill and Randi Olson with 15 and 14 points, respectively.

Highline’s coaches considered the tournament as a learning experience for both the coaches and players.

“Last weekend’s tournament was a learning experience. We did improve since our last games, but not enough. We have pinpointed the problem areas and now we have to fix them,” Highline Head Coach Amber Rowe said.

With that said, Coach Rowe was proud of the team’s play.

“I was very proud that there was no quit in the team. We came back from 20 points down



Brian Grove/ THUNDERWORD

Highline women working on offensive screens for their upcoming game against the Lane Titans.

both games and had a chance to win. You can’t be a bad team and come back from 20 points down. We just have to get over the bumps,” she said.

A major aspect of play the Lady T-Birds were looking to improve on was their “helpside”.

Helpside is intended to stop easy shots and help players who get beat on the ball when the team is playing defense. If one player gets beat by their matchup, another player will jump from their mark to aid the player and hopefully stop ball movement toward the hoop.

“It has improved but is still

not perfect; we are helping better, we just aren’t helping the helper now,” Rowe said.

With regards to other aspects of play, Coach Rowe thinks the team needs to work on patience and shot selection, along with using screens in their offense. Defensively, it’s better ball control, and again, their helpside.

While Highline’s record may not be where they want it to be, the team still has a good vibe.

“Team chemistry is really good, they all seem to get along pretty well. This is one of my favorite teams so far,” Rowe said.

In their next game, the Lady T-Birds will take on the Lane

Titans, a known NWAACC powerhouse.

In their last encounter, Lane defeated Highline with a final score of 71-57.

“Lane has won two of the last five NWAACC championships. They are always very good and we like to measure ourselves against them. I am happy to be playing them again to see how much we have improved,” Rowe said.

This time, however, they are hoping the outcome will be different.

Highline will play Lane Thursday, Dec. 4 at 6:05 p.m. at home.

continued from page A10

the match.

Highline’s Mike Morales, who was a national qualifier last season, wrestled Barry Wise at 197 pounds. Morales came out aggressively and took control of the match. Wise kept backing up in fear of Morales’ takedown. Morales did take him down a few times and controlled him on the ground.

He won the match 10-2. Morales said that he doesn’t like wrestling people like Wise.

“It’s tough. I’m a reaction wrestler. It’s hard to shoot on someone who’s backing up,” he said.

Morales added that he adapted to his opponent’s wrestling style, and then capitalized.

Highline was leading going into the last match, but the points were set up in a way that if Yakima won the final match, they would win the meet.

Highline heavyweight David Lopez faced Daniel Escamilla in the last match of the meet.

At first, the two heavyweights grappled for a while, vying for position. Then Lopez made some room and shot in (a feat that many heavyweights don’t attempt) and he took Escamilla down.

Escamilla got a reversal, but Lopez got out of it and escaped. Lopez then took his opponent down for a second time, but Escamilla got another reversal.

At the end of the round, Lopez escaped again to put the point total in his favor. During the second round, the action was mostly on the mat and Lopez controlled Escamilla.

In the third round, Escamilla chose top position and tried to control Lopez. Lopez, however, did a sit and roll to escape and when both wrestlers were standing, Lopez got a powerful takedown and controlled his opponent for most of the third round to win 9-6.

Lopez said after the match that he doesn’t like to be a stereotypical sluggish heavyweight.

“I love to shoot, it’s fun. I like to be quicker,” he said.

Head Coach Scott Norton said that he is happy with the progress his wrestlers are making.

“Basically, we’re ironing out the wrinkles,” he added. “Nationals has always been our goal. We’re working to that.”

“We have a lot of talent on the team,” Norton said. “We’ve had some unfortunate breaks, but every team has those.”

Team Captain Giovaninni added that the entire team should be fit and injury free after the winter break.

“When we’re back from the break, we’ll have a full team,” he said. “After the break we’ll definitely dominate.”

Scoreboard

Men’s basketball standings				
BlueMt. 0-0 .000 1-1				
Tr.Valley 0-0 .000 0-2				
North Division				
League/Pts/Season				
Bellevue	0-0	.000	6-0	
Whatcom	0-0	.000	3-1	
Olympic	0-0	.000	2-0	
Sk.Valley	0-0	.000	2-0	
Shoreline	0-0	.000	2-2	
Peninsula	0-0	.000	1-2	
Everett	0-0	.000	1-4	
Seattle	0-0	.000	0-0	
Edmonds	0-0	.000	0-1	
West Division				
League/Pts/Season				
Low.Col.	0-0	.000	3-1	
Tacoma	0-0	.000	2-0	
Highline	0-0	.000	2-1	
Gr.River	0-0	.000	2-2	
Pierce	0-0	.000	2-2	
S.P.Sound	0-0	.000	2-3	
Centralia	0-0	.000	1-2	
Clark	0-0	.000	1-3	
GraysHar.	0-0	.000	0-4	
East Division				
League/Pts/Season				
Yak.Valley	0-0	.000	5-1	
Spokane	0-0	.000	3-1	
Walla.	0-0	.000	2-0	
Col.Basin	0-0	.000	2-2	
Wen.Valley	0-0	.000	2-3	
BigBend	0-0	.000	1-1	

Women’s basketball standings				
Lane 0-0 .000 1-5				
Chem. 0-0 .000 0-3				
North Division				
League/Pts/Season				
Shoreline	0-0	.000	3-1	
Sk.Valley	0-0	.000	2-0	
Peninsula	0-0	.000	2-1	
Whatcom	0-0	.000	2-1	
Olympic	0-0	.000	1-1	
Bellevue	0-0	.000	1-2	
Edmonds	0-0	.000	0-1	
Everett	0-0	.000	0-2	
Seattle	0-0	.000	0-3	
East Division				
League/Pts/Season				
Spokane	0-0	.000	3-0	
Yak.Valley	0-0	.000	3-3	
Col.Basin	0-0	.000	2-1	
Tr.Valley	0-0	.000	2-2	
BigBend	0-0	.000	1-1	
Walla.	0-0	.000	1-1	

West Division				
League/Pts/Season				
S.P.Sound	0-0	.000	3-1	
Centralia	0-0	.000	1-0	
Tacoma	0-0	.000	1-0	
Lo.Col.	0-0	.000	1-2	
Pierce	0-0	.000	1-2	
Grn.River	0-0	.000	0-1	
Clark	0-0	.000	0-2	
Grays.	0-0	.000	0-4	
Highline	0-0	.000	0-4	
South Division				
League/Pts/Season				
Umpqua	0-0	.000	5-1	
Clack.	0-0	.000	4-1	
Mt.Hood	0-0	.000	4-2	
Lane	0-0	.000	2-2	
Linn-Ben.	0-0	.000	1-0	
Chem.	0-0	.000	1-1	
Portland	0-0	.000	1-1	
SW Ore.	0-0	.000	1-2	





Steve Matera/Summit at Snoqualmie

A snowboarder enjoying the snow at the Summit at Snoqualmie Ski Resort last season. The Summit has yet to open this year due to lack of snow.

## Skiing and snowboarding season approaching

### Get in shape for winter sports now

By **GRACE DEWITT**  
Staff Reporter

Before putting on your boots and zipping into your parka for the upcoming snowboarding season, make sure your body is up to the challenge.

"The more athletic the better," said Holly Lippert, the communications manager at the Summit at Snoqualmie.

People of all ages and sizes can snowboard, even if they aren't in great shape, but Lippert recommends they take some lessons. She explained that lessons can teach beginning snowboarders the right way to fall and reduce the risk of injury.

"Know your body is ready before you try it," Lippert said of snowboarding.

At the Mt. Baker Ski Area, Amy Trowbridge is the marketing co-director and also an avid snowboarder with 25 years of experience.

"Lessons aren't necessary but they sure are extremely helpful," said Trowbridge.

"Training is really important in making sure you're flexible," she explained.

Even if you know what you're doing, if you are out of shape your body won't respond the way it's supposed to, Trowbridge said.



Amanda Grove

Experts say you should get in shape before trying this.

If you're out of shape and fall while snowboarding, you might not have the upper body strength to pull yourself back up. Trowbridge warned that people really need to be conscious of their skill level and strength.

In order to be at the correct skill level to snowboard, Trowbridge recommends working out your pectoral muscles, and developing core strength, because so much is balanced with your core.

Pilates and yoga develop all the core muscles, such as the abdomen, pelvic area, back, and diaphragm.

"Think core. Really pay attention to your core, the more flexible you are, the less likely you are to get injuries," advised Kathleen Goyette, the director of public relations for the White Pass Ski Resort.

Also, if you have any kind of

back injury, Trowbridge advised against snowboarding.

Experts tell beginning snowboarders not to give up after the first day, no matter how many times you fall.

"Give it three days," Trowbridge says to beginners. "Don't give up after the first day, or the second, after the third day you can give up. The first day of snowboarding is far more difficult than skiing and then it suddenly clicks."

She says that the first day you will be very frustrated, the second still a little frustrated, but usually after the third day most beginning snowboarders get it.

However you get in shape for snowboarding this season, Trowbridge promises it will be well worth the time and effort.

"In one year of snowboarding you can learn what it takes four years of skiing," she said.

### Resorts still waiting for cold weather

By **GRACE DEWITT**  
Staff Reporter

The start of the snowboarding and skiing season has been delayed due to warm weather.

Local snowboarding and ski resorts often open in early November and December, depending on snowfall. In order to open they usually need 26 to 30 inches of snow.

"All our snow melted Thanksgiving weekend," said Holly Lippert, communications manager at Summit at Snoqualmie.

Amy Trowbridge, the marketing co-director at Mt. Baker Ski Area in Bellingham, is optimistic about the melted snow. Since Mt. Baker was left with some snow after the warm weekend, she is confident the snow will become packed and make for much better snowboarding.

Before the slopes open for business, customers can get ready by purchasing their lift tickets and season passes.

Although Crystal Mountain does not have season pass or lift tickets available yet for the winter season, most of the popular snowboarding and skiing resorts have already posted their ticket prices on their websites.

The Summit at Snoqualmie offers a college category for buying season passes or as they call

them, Big S Passes. The Big S Unlimited Pass is recommended for hardcore snowboarders and skiers, because it offers access to all the Summit's base areas for \$319, said Communications Manager Holly Lippert.

Beginners will have a lot more fun if they know what they are doing, Lippert said.

For beginners, she said that the EZ Ski/Ride 1, 2, 3 is the most popular deal.

The EZ Ski/Ride 1, 2, 3 is \$119 and includes three lessons, three days of beginner lift tickets and equipment rentals, and a choice of any three days.

At White Pass Ski Resort, Kathleen Goyette claims to have "the best deal on season passes." The White Pass Ski Resort is 12 miles southeast of Mt. Rainier National Park on Highway 12.

If snowboarder and skiers start early, they will be able to take advantage of a season pass only available during the spring season for purchase. This season pass is good for 13 ½ months, Goyette said.

The Mission Ridge Ski and Board Resort in Wenatchee offers a college season pass deal. The College Pass includes access to Mission Ridge any day for skiing and snowboarding, five free lift tickets at Silver Mountain in Kellogg, Idaho, five free lift tickets at White Pass Ski Resort, and 25 percent off lift tickets at four Canadian ski resorts in British Columbia.

At Stevens Pass, located east of Everett, college students can gain unlimited access for the 2008-2009 year for \$439.





Photo Illustration: Max Dubbeldam/THUNDERWORD

# WRONG AND RIGHT

## How you dress can be the difference in getting that job

By **SPENCER CHAMBERS**  
Staff Reporter

The way that you carry and present yourself in a first interview is the way the person interviewing you will perceive you.

“You never get a second chance to make a first impression,” said Nancy Warren, a programs manager for instruction at Highline.

If you dress like a slob, then the interviewer will think you are a slob. They want someone who looks respectable to represent their company.

There are some normal personal hygiene rules you should follow when going to a job interview. Always have clean fingernails. That is the simplest indication to the interviewer that you are truly a clean person.

The next thing is to make sure that you bathe before you go to the interview. You shouldn’t wear cologne or perfume, because it could smell great to you, but if interviewer doesn’t like it, you don’t want them thinking about how bad your fragrance smells to them. You want all attention on you.

“If you think that you need perfume or cologne, you need to bathe,” Warren said.



Nancy Warren

“Dress for the job that you want, not the job you have,” she said.

A woman should wear a suit with a skirt at knee length or pants, one set of small earrings, and no short skirts. A man should wear a suit and tie if he has one. If not, make sure you wear a blazer. Both men and woman should make sure to cover all tattoos.

There is no reason that you should “break the bank” to be able to dress for success. Warren has a few tips on where to shop. She said some great inexpensive places to go are Ross, TJ Maxx, Fred Meyer clearance racks and secondhand stores.

“You never get a second chance to make a first impression.”

**Nancy Warren,  
Highline program  
manager for  
instruction**

“Everyone should have at least one set of nice clothes,” Warren said.

You can dress trendy, but you have to be conservative. Remember you can never overdress.

Warren said to never be fooled if they tell you that Fridays are casual days and your interview falls on a Friday. Still dress for success, just the same as if your interview was on a Monday.

“Look like management at all times,” Warren said.

You don’t want to wear anything bright or flashy because you want the interviewer’s focus to be on you, your brain and what you bring to the job.

The interview should never be about you. It is about what

you can do for them and the company.

Don’t try to butter them up either.

“They can see right though that,” Warren said.

Just before the interview, be sure you don’t smoke. If you are a smoker, make sure that you have your clothes laundered so that you don’t smell like cigarette smoke.

During the interview, don’t chew gum. You don’t want the interviewer to be distracted from you and your incredible answers because you are smacking your gum.

“Never act like you already have got the job; you don’t have it until you get your first check,” Warren said.

During the interview be polite and assertive.

When you first get to your prospective job, treat the person at the front desk just as you treat the interviewer. When you are escorted back, always extend your hand and look the interviewer in the eye, and introduce yourself with your full name. Don’t sit down until you are offered a seat.

Come to the interview prepared. Do some research on the company beforehand and come

with questions for your interviewer. This is how you show the interviewer your interest in the company and the position.

Know how much you get paid for the position that you are being interviewed for. Never talk about money or compensation in the first interview.

When you are finished with your interview, let them know that you are looking forward to the opportunity of this job.

On the way out, get a business card, and on the way home get a thank you card and thank them for their time. It should only be three to five lines. Make sure it is extremely professional.

Call after five to seven days if you have not heard from the company. If they tell you they have already filled the position, ask them what improvements you can make to help you in the future. Use the corrective criticism as a tool and apply it to your next interview.

Warren said if you get turned down after 10 to 20 interviews, seek the Workforce Development Services on campus in Building 6. They don’t guarantee that they will get you a job, but they will help you.

“Don’t give up. You don’t fail until you quit,” Warren said.



# Professors say math, science add up for women

By **AARON RAJ**  
Staff Reporter

Some Highline professors hope to break the trend of women being underrepresented in math and science.

Dr. Helen Burn, chairwoman of the Pure and Applied Science Division and Judy Mannard, Engineering Project Manager, put together events such as the Women in Science and Engineering Dinner to help increase the numbers of women in the science and engineering programs.

"The purposes of these events are to take women and put them with women in industry. It gives them a chance to connect with role models and begin networking; it also helps them with vision to help pursue their goals," Mannard said.

"To get help and mentorship it's important for women to sign up for scholar programs and get in touch with faculty members," Burn said.

"It's important to get women involved in these fields because diversity is important. These subjects aren't known for their

diversity, so if we get a more diverse group we can identify more problems and get more solutions," Burn said.

Burn said she knows the struggles of being a woman in the fields of science and math.

"Being a strong woman is hard and can be a challenge. As women, we always have the stereotype of being only nurturers and caretakers," Burn said.

"I never had that problem because I was always at the top of my class. My intelligence got me a long way. If people don't think you're smart then good luck," Burn said.

Burn said she enjoys the world of science and math and likes to understand the world through science.

"Science and engineering have an underrepresented population by women. For men networking is easier, it's a pretty male world," Mannard said.

Highline is getting more women involved in science and engineering with help from the Northwest Engineering Talent Expansion Program.

"The program provides funding for women and others. It



Ami Nguyen/THUNDERWORD

*Dr. Helen Burn says diversity in science and engineering will help identify and solve problems.*



Aaron Raj/THUNDERWORD

*Suchina Parmar, left, and Idil Said attend the women in science dinner*

helps with things like academic planning and helping with field trips," Burn said.

Getting more women involved in the fields of science and engineering is all a numbers game, Burn said.

"To motivate a more diverse crowd you have to promote and promote. You have to make it interesting and hire more people of color and more women," Burn said.

"Jobs involving science are plentiful and well paying. It's important for women to explore the avenues that are open to them," Burn said.

"What's important is to realize the strength and momentum behind the program. We have one of the strongest in [the] state and if you go to school here you're at the right place at the right time," Burn said.

Judy Mannard said that the numbers of women in science and engineering programs will increase in time, and that they have to start young.

"Programs should be started as early as elementary school to increase numbers in the science and engineering fields," Mannard said.

Jessherrie Turner, a student at Highline, said she also likes to understand the world through science.

"Computers and science have been my love since I was little. I used to take apart my radio and explore the parts," Turner said.

"There haven't been enough women in these classes. Events like the Women in Science and Engineering Dinner helps us to show the opportunities women can have in science and engineering. These events help us

increase the population of women in these fields," Turner said.

"This is something everyone can do. Events like this help to encourage us and keep moving," said Laurie Barajas, a student at Highline.

Students at Highline said that these fields have great programs that can get them into jobs that make more money.

"I have a full house with three kids. I've tried several different things and I found out that working in computer engineering can help me make money to take care of my children," Turner said.

Turner said she noticed there haven't been a lot of women in her science classes, but the numbers are growing with help from events such as the Women in Science and Engineering Dinner.

## Rat nest fossils show that desert was once flush with foliage

By **S. RUSSELL GREGORY**  
Staff Reporter

Scientists discover environmental changes and clues to the past by studying the middens of pack rats, a writing instructor said during Science Seminar Friday, Nov. 28.

Science seminar is a one-credit science course open to the entire community. The seminar is held on Fridays in Building 3, Room 102 from 2:20 – 3:10 p.m.

Tarisa Matsumoto-Maxfield, a humanities and literature instructor at Highline, talked about pack rats and their middens.

A midden is the habitat of a pack rat. It is generally built

next to large rocks, or in a hole of a cliff.

The midden is covered with sticks, brush or other vegetation to hide its location. Underneath the vegetation is a network of tunnels and an actual nest in the center of the midden, which looks similar to a bird's nest, Matsumoto-Maxfield said.

Middens are used for storage of food, water and other various items pack rats enjoy collecting.

The middens are also used as protection from predators and the weather, Matsumoto-Maxfield said.

Pack rats will reuse their midden for generations.

"Usually, the offspring of the

mother will take it over," Matsumoto-Maxfield said.

Each generation adds a new pile of collections and they never throw anything away.

Although there is a designated spot for the bathroom, pack rats will sometimes go to the bathroom anywhere in the nest.

"Sometimes pack rats are like that dog that you train to go outside. They know they should go outside, but for whatever reason, they don't," Matsumoto-Maxfield said.

The pack rats will go to the bathroom on their collections. The dry heat will encase the rat urine and droppings to harden into a molasses colored material called amberat. Over millions

of years the amberat fossilizes, Matsumoto-Maxfield said.

Scientists will study the fossilized midden collections and compare it to the fresh midden collections in hopes of mapping and predicting climate change.

There are five different species of pack rats located in the western region of North America, but the one species of pack rats most studied is the neotoma albigula, or the white-throated pack rat, which generally lives in the desert, Matsumoto-Maxfield said.

"This is the one that a lot of scientists study in the southwest to find out how the environment has changed over the last two million years," Matsumoto-

Maxfield said.

While looking at the fossilized middens in the desert lands, scientists found lots of pine needles and vegetation from a variety of trees, Matsumoto-Maxfield said.

"What they find today is much different, lots of grasses and cactus," Matsumoto-Maxfield said.

The scientists concluded that what is now a desert was once a land with lots of trees and water, Matsumoto-Maxfield said.

The final Science Seminar of fall quarter will be this Friday Dec. 5, from 2:20 – 3:10 p.m. in Building 6, room 3. Kyle Evans and Kurt Giessel will talk about cryptophagy.



# Oak Harbor Freight employees on strike

## Teamsters feeling a lack of appreciation

By LIZ PHILLIPS  
Staff Reporter

AUBURN – The holidays may be a little colder for some Oak Harbor Freight Lines employees.

Oak Harbor Freight Lines dock workers and truck drivers have been on strike since Sept. 22, claiming unfair labor practices and demanding better retiree benefits and better health care.

The company prides itself on being appreciative of its employees, but some aren't feeling the love and appreciation.

On several corners in downtown Auburn, you can find picketers with signs protesting against Oak Harbor Freight Lines. Gary Bolen, a trustee for Local 174 of the International Brotherhood of Teamsters, says that Oak Harbor Freight Lines is "refusing to bargain in good faith."

Negotiations are at a dead stop, Bolen said. Since the contract expired back in October of 2007, 22 different meetings have been set up for the discussion of issuing a new contract but nothing yet has satisfied both parties. Bolen said that they are just waiting on them.



Liz Phillips/THUNDERWORD

*Members of the Teamsters Local 174 picketing in Auburn.*

Oak Harbor spokesman Mike Hobby said that they are currently reviewing the proposal and working out things that will please both parties. Hobby said that there have been two scheduled meetings in which the strikers have presented 36 different propositions.

"We are absolutely looking to negotiate," Hobby said.

No new meetings between the two sides are currently scheduled.

Because the drivers hired as replacements have little to no qualifications, or are "scabs," Bolen said, "(Oak Harbor is) putting the public at risk."

According to the Teamsters, many customers have stopped using Oak Harbor for transport-

ing their products, including Washington State Liquor Control Board, Urban Outfitters, United Warehouse, Maytag, REI, Sally Beauty and Northwest Textbook.

Bolen claims to have a lot of positive community support. He said that machinists from Boeing, individuals from religious groups, and community leaders have been donating firewood, food and showing support.

Hobby maintains that Oak Harbor is doing better than ever, reaching on-time delivery rates of 98.5 percent and dropping its safety stat report, scored by the department of transportation, from 23 percent to a record low of 22 percent.

He said that they are still providing exceptional service, with safety at the top of their priorities, continuing the 92-year-old company's high expectations.

Oak Harbor Freight Lines was founded in 1916 by Ben Koetje. The company was originally Oak Harbor Transfer, until brothers John and Gus Vander Pol purchased it in 1936.

Eventually the brothers purchased another trucking company, combining both to create Oak Harbor Freight Lines.

Edward and David Vander Pol, sons of Edward Vander Pol, are currently running the corporation.

Over time, the company expanded into the major service carrier it is today. Serving points are located in California, Idaho, Nevada, Oregon and Washington.

The day of the strike, Hobby said, there were was an estimated 578 workers who left the job site, including 200 from locations in Oregon. He said that 129 have crossed over the picket line since the strike started on Sept. 22.

The picketers are on strike 24 hours a day. There are three

shifts that picketers get assigned. You can find an average of 40 people picketing per shift.

The National Labor Relations Board has become involved in the case. The NLRB is a federal agency that deals with unfair labor practices and helps to establish whether companies are fairly treating their employees.

The process first starts when a charge is filed. The allegation is then assigned to an agent who collects evidence about the case. The agent then passes the collection of evidence to the regional director who then in turn determines whether or not there is enough evidence showing a violation.

In the case against Oak Harbor Freight Lines, Region 9 Director Richard Ahearn did find a violation.

According to the Teamsters, the following charges will be filed in absence of a settlement: improperly establishing and controlling a drivers committee and directly dealing with employees through that committee; soliciting grievances through the drivers committee; promising benefits and granting benefits to employees; making unilateral changes to the dock workers' bid system; and unilaterally revoking the policy of allowing time off weekend work to attend union meetings at the Auburn terminal.

The NLRB is currently trying to settle the case between the parties. If there is no settlement, then they will go to court.

**Got news?**

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3317

## Science Seminar restarts Jan. 9

By S. RUSSELL GREGORY  
Staff Reporter

Winter Quarter's Science Seminar will take people from the distant past to the near future.

Science Seminar is a one-credit science course open to the entire community. The seminars are held on Fridays in Building 3, room 102.

"There are going to be many great talks to look forward to during winter quarter," said Dr. Eric Baer, geology instructor and head of Science Seminar.

"One seminar I wanted to highlight is on Jan. 16. Lonnie Somer is going to be talking about Lucy," he said.

Lucy is a hominid skeleton found in Africa. She is pre-human and thought to be an ancestor to all mankind. Her bones are currently on display at The Pacific Science Center at the Se-

attle Center, Baer said.

"Another one I'm looking forward to is Ruth Frickle's 'What is Love,'" he said.

Frickle talked about what love is in 2003, when Science Seminar fell on Valentine's Day.

"It was a hoot of a Science Seminar and I definitely recommend it," Baer said.

Students interested in taking Science Seminar for credit should register for General Science 190, item No. 6061.

"We welcome everybody, but it's always lovely when someone can get credit for it, and it does count towards graduation. You can add it on top of your 15 credits and move that much quicker towards graduation," Baer said.

The schedule for Winter Science Seminar is:

•Jan. 9, Elsie Muller-Lindgren, "Advance Directives

and the Death With Dignity Act"

•Jan. 16, Lonnie Somer, "Lucy – Her World and Life"

•Jan. 23, Eric Baer, "Geologic Disasters and Human History"

•Jan. 30, Tina Ostrander et al, "Demystifying Computer Science"

•Feb. 6, Ruth Frickle, "What is Love?"

•Feb. 13, Angi Caster, Darwin Week Presentation

•Feb. 20, Kurt Geissel and Mike Bradley, "Virtual Computing"

•Feb. 27, Marie Esch-Radtke, "Got Milk? A Fresh Look at Breast Feeding in the 21st Century"

•March 6, Tim McMannon, "Galileo Shatters the Universe"

•March 13, To Be Determined



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# Bookstore advises students to buy used books

By **SPENCER CHAMBERS**  
Staff Reporter

The Highline bookstore hears the cry for lower prices.

Laura Nole, the bookstore manager, said that she and her staff are doing all that they can to keep the prices for students down, despite spiking market prices.

"Book prices have risen 15 to 30 percent," Nole said.

She said the book prices are so bad that some students are unable to take the classes they need or want because they can't afford the books the classes require.

The bookstore is trying to alleviate some of the financial pressure on students by selling more used books. The bookstore joined the Used Textbook Association, which works with college bookstores and wholesalers to get as many used textbooks to the schools as possible.

Nole said the bookstore will start to give students 60 percent back on the books they buy back instead of the 50 percent they used to give. Many of the used books cost 75 percent of the new price.

Another way students can save money is by encouraging instructors to stay with the same book from quarter to quarter. Nole said this will significantly help because if the faculty uses the same book, the bookstore will have more used books.

In addition, the bookstore has applied for a corporate account at Amazon.



Liviu Bird/THUNDERWORD

*The Highline bookstore is looking for ways to help students save money, despite prices being high for them as well.*

"The same way students get on Amazon to find used books, we're going to be doing that," Nole said.

The bookstore will start using Amazon to buy books Spring Quarter.

The bookstore is facing economic problems, along with many students, but is still looking to the future of the bookstore business optimistically.

Nole said she embraces the idea that technology is coming to where the textbooks will not be used as much as in the past, with digital textbooks becoming a popular new fad.

"I think eventually, [digital textbooks are] going to be a good thing," Nole said. "We're moving toward digital, but for now, buy used books."

She said one of the biggest

drawbacks of digital textbooks is the inability to sell them back. Some of them even have expiration dates, after which the student can no longer access it.

Nole's advice comes without any view toward increasing the store's earnings. They are not-for-profit, which means they make no money from any sales. However, to help cover the cost of doing business, such as elec-

tricity, rent, and salaries, they mark up the new books they sell 10 percent from cost.

This past year, the bookstore contributed \$100,000 to the college general fund, which caused them to break even.

"We are not in it for the money – service is No. 1," Nole said.

*Reporter Liviu Bird contributed to this story.*

## Professor calculates value of alternative math class

By **S. RUSSELL GREGORY**  
Staff Reporter

Next quarter, Highline students have the option of taking an alternative shortcut to college level math.

The regular math curriculum requires a student to have achieved a successful completion of Math 97 or a compass algebra score of 71 to get into a college level math class.

If a student scores 29 or below on the compass test then they must take a series of math classes which are: Math 81 or Math 85, Math 91 and Math 97 before they can take a college-level math course.

"Math 95 allows a pre-algebra student to fulfill their math requirements in one year," said Dr. Helen Burn, a math instructor and the Pure and Applied Science Division chairwoman.

A student could start out by taking Math 81 or 85. The following quarter they could take Math 95 and finish with Math 107 in the third quarter.

"A lot of algebra courses are only meant to prepare people for the next course, so there is no gratification," Burn said.

The math faculty had the desire to create an alternative algebra curriculum that did more than prepare the student for the next class, Burn said.

"We ended up having to compromise and designed the Math 95 course for people going into 107. I personally believe that this class would adequately prepare students for Statistics Math 210, but for now it only flows into 107," Burn said.

The students who require Math 107 for gradation are a small population, and for that reason, Math 95 is generally offered once a year, during winter quarter, Burn said.

The first two weeks of Math 95, students review ratios, percentages and proportions. Throughout the quarter, students learn about graphing linear functions and linear growth, Burn said.

Students learn to use Micro-

soft Excel to aid in calculations in the same way they would use a graphing calculator. Excel is also used for two class projects. The class projects give students a chance to use what they've learned in the class and study something they are interested in, Burn said.

"In the past I've had students compare the price of gas in the United States, Canada and Mexico," Burn said.

They had to convert gallons to liters and pay attention to the exchange rates for each country. They also had to set up charts to record the data, Burn said.

Burn said students who know Math 107 will fulfill their math requirements are encouraged to take Math 95. If students are undecided about their major, it is safer for them to go through the usual math series; however, students fail their math at a high rates. For this reason the undecided students should consider taking 95 and 107 to satisfy the college requirements, Burn said.

"In the future you may end up needing more math because you've changed your major, but the fact of the matter is you now have a success with significant math. If you need to go back and take more math, I guarantee

your probability of succeeding is higher," Burn said.

Math 95 will be taught by Dr. Helen Burn next quarter in Building 30, room 102, Monday-Thursday, 11 am-12:03 p.m. The item number is 6287.

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Contact info: Tarisa Matsumoto-Maxfield  
tmatsumo@highline.edu or 206-878-3710, ext. 6405



# Family grateful for help

By **QUILINA DORSEY**  
Staff Reporter

Andrena Wilson wants to get her son a birthday gift, but due to his birthday being so close to Christmas, it puts a strain a single mother’s budget. “My son’s birthday is right after Christmas, so I want to get him a gift for both his birthday and Christmas,” she said. “In the past, I have never bought him a gift for his birthday.”

Wilson is blessed to be sponsored in the Giving Tree Program.

The Giving Tree Program is a program that is put together by Women’s Programs and Student Programs that helps families in need during the holiday season.

Wilson, who has been at Highline since the spring of 2006, has been working in the Women’s Programs since June and is working on getting her associates degree in accounting.

Wilson is a single mom who has a 2-year-old son and a child on the way.

Wilson’s son came early which led her in a direction that got her off track.



“I had to drop out of school for a little bit last year due to my son’s premature birth,” said Andrena Wilson. “I landed in a situation that was out of my control and that wasn’t my choice, which forced me to be a single parent.”

Wilson was born and raised in Seattle.

“My family was well off,” said Wilson. “They shielded me from all the troubles and taught me the value of hard work.”

Wilson grew up fast and matured real quick so she could be the best she could be.

“When I was 14 years old, my grandmother died and I was forced to become a responsible young lady,” said Wilson. “I became my own mother and my mom’s mom.”

Wilson has a brother and a

sister on her father’s side that she talks to on a regular basis.

“I always try and stay close with my brother and sister because I realize that I have to cherish the family that I have,” Wilson said. “I try to be optimistic.”

Wilson has never been married.

“Marriage is a really serious thing to me, so I’m taking my time with that,” she said.

For the holidays, Wilson just wants to have a fun and cheerful time with her family.

“I just want to be filled with Christmas spirit and not worry about bills,” she said.

Wilson is thankful to be part of the Giving Tree Program.

“It’s a blessing what this program does for people,” Wilson said. “Times are hard and the littlest things go the furthest.”

“I personally love to give because you get it back in return and I’m thankful for it.”

Students who want to contribute to the Giving Tree Program or have questions, should contact Naomi Etienne at [netienne@highline.edu](mailto:netienne@highline.edu) or call 206-870-3710, ext. 3537.

# Program attempts to help unemployed

By **JESSICA MALFITANA**  
Staff Reporter

With high economic troubles, displaced workers have an option of enrolling in the Worker Retraining Program here at Highline.

The Worker Retraining Program serves some 500 students on campus who are “laid off and collecting unemployment insurance,” said Dr. John Huber, director of the Worker Retraining program. The program trains people who are unemployed to learn new professional skills to get back into work - “we have money and helpful services,” said Huber.

Students continue to receive unemployment benefits while attending school. Worker Retraining will help pay for the first quarter of college.

As for the following quarters, “we refer students to possible funding partners,” said Huber, including scholarships and financial aid.

To receive Worker Retraining funds, students must attend an orientation session, complete an application process and apply for financial aid. Students are asked to bring an unemployment check stub, Washington state driver’s license and academic test scores or an unofficial transcript to the orientation. While in the program it is expected that you earn a 2.0 GPA or higher in each class.



Dr. John Huber

More than 200,000 people were out of work in October in Washington and the state’s unemployment rate hit 6.3 percent, according to the state Employment Security Department.

Highline offers many professional-technical programs that train students for careers that are expected to be the nation’s fastest growing professions, college officials say. Some of these include medical assistant, paralegal, respiratory care, customer service specialist, personal fitness trainer and medical transcriptionist.

Highline also offers certificates that can be earned in as little as a quarter; a complete list can be found at [www.highline.edu](http://www.highline.edu).

The Worker Retraining Program office is located in Building 6, room 214, and is open 8 a.m. to 5 p.m. Monday through Thursday and 9 a.m. to 5 p.m. on Friday.

# Giving Tree reaches goal, still taking donations

By **QUILINA DORSEY**  
Staff Reporter

The Giving Tree Program still needs your help.

The Giving Tree is a program that is put together by Women’s Programs and Student Programs that helps families in need during the holiday season.

The Giving Tree program is still accepting donations until this Friday, Dec. 5

Donations can be money or gifts.

Students can drop off donations at the front desk of Student Programs which is located

in Building 8 on the third floor or they can donate money at any location where there is a money jar labeled Giving Tree Program.

All the children in the Giving Tree program have been sponsored, but the Giving Tree staff says the more the better.

“This is the last week to help the Giving Tree Program,” said Naomi Etienne who is the programs events consultant at Highline. “We encourage students to help in any way they can.”

“The Giving Tree program has been going on for about four years now and each year it has

been very successful with helping those who are in need,” said Etienne.

Students who have any questions or concerns should contact Naomi Etienne at [netienne@highline.edu](mailto:netienne@highline.edu) or call 206-870-3710, ext. 3537.

# Highline Chorale performs Bach

The Highline Chorale will be performing today, Dec. 4 at 7 p.m. in Building 7.

The concert is part of the Chorale’s “Sing We and Chant It” series.

The concert will feature both vocal and string performances

of Renaissance and Baroque period music, including a Bach suite. All events in the series are free and open to the public.

“The music is a gift to the campus and community,” said chorale director Dr. Sandra Glover.

# New program to help with tuition costs


The Basic Food Employment and Training program can help prospective students with assistance for college.

The program is designed to help students in need to afford college expenses such as tuition, fees and

The name of the program refers to the program being available for students who qualify for

the Basic Food program from the state Department of Social and Health Services.

For more information or to apply for BFET funds, call 206-878-3710, ext. 3804, or visit <http://flightline.highline.edu/workforce/>. The BFET office is open 8 a.m. to 5 p.m. Mondays through Fridays in Building 6, room 214.



**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](http://www.highline.edu/mast)



The Thunderword / Dec. 4, 2008

# Japanese students are happy at Highline

Largest population of international students share their stories

By **HANNA JAZZYCA**  
Staff Reporter

Nana Yoshida feels Highline is like a home to her.

"I feel like I'm in Japan. I think it's good to know that many Japanese study here. Japanese people value studying, so we take every opportunity we can take," said Yoshida, an exchange student who is studying tourism.

Yoshida has been here for eight months. She is one of more than a hundred Japanese students who are attending Highline.

Japanese students break the record for the biggest population of the international students at Highline.

From 421 international students enrolled in fall quarter, about 115 of them are Japanese.

From the far east of Pacific they flew here to get different learning experience in the U.S.

In spite of their individual goals, they came here with various objectives. Some of them come here for learning English, some are exchange students and some are looking for diverse education.

Takaya Ishizaki is a Japanese student who arrived here eight months ago after getting his bachelor degree from Tokai University in Kanagawa, Japan.

He has been learning English in Australia and wanted to learn in the U.S.

In addition, he found Seattle appealing.

"A lot of big business takes place in Seattle, such as Microsoft and Starbucks. I also want to meet people from other countries, experience life overseas and improve my English," Ishizaki said.

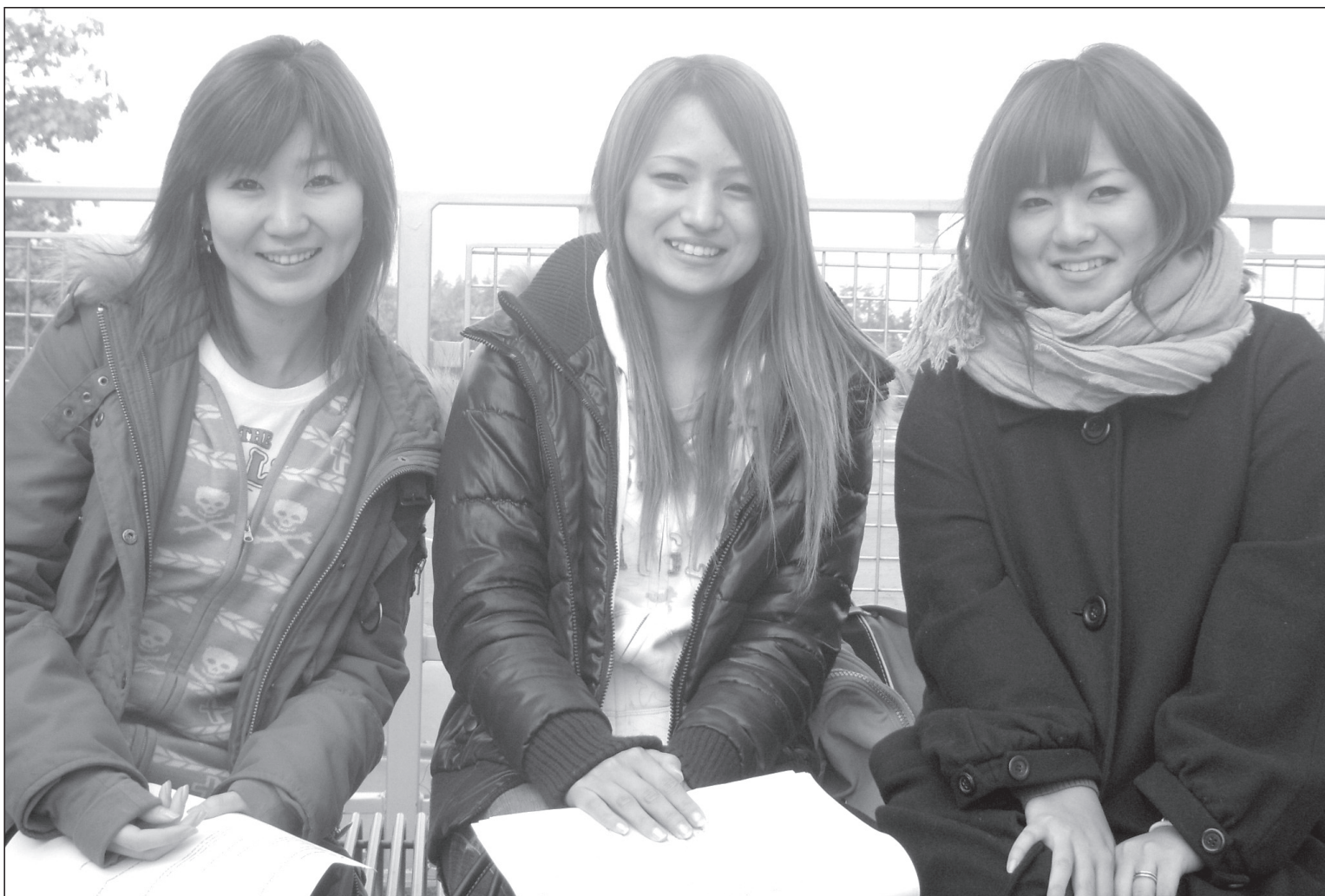
"My education agent offered me some colleges, but then I chose Highline because it has accounting program and it's close to Seattle," he said.

Ishizaki is currently studying accounting at Highline.

He believes that diversity is an important issue, especially if it is related to human-related studies.

"I learn business in my country. Understanding different culture is really important," he said.

Knowing that Highline is a home of many international students, he knew it would fulfill



Hanna Jazzyca/THUNDERWORD

Highline students Maiko Ikeda, Yuki Kuroda and Saori Ogawa, left to right, are three of 115 Japanese students at the school.

his expectation.

Ryosuke Hayashi arrived here three months ago after graduating from Seijo University of Tokyo last March. He comes here with hopes to find unique experience and improvement in English.

"I'm a Kaplan student. I want to improve my English and learn to see things from different perspective," he said.

"I came here to study English and American culture," Takashi Togawa said. In his home country, Togawa is an undergraduate student of investment science at Tokyo University of Science.

"I came here as an exchange student from Kinjo Gakuin University in Nagoya," Mayuka Oya said.

Oya is now studying English culture and literature at Highline.

They used to learn English in Japan, but students get more advantages when learning English here.

"We all studied English in junior high school and high school in Japan, but it didn't help. We studied only grammar and no opportunity to improve speaking," Ishizaki said.

"I really want to know [about] American culture. I think it's important because Americans have different perspectives and personality that are different from Japan," Oya said.

"Also, the class styles are totally different from Japan. It's interesting," she said.

Many of them said they didn't face any difficulty in adjusting. Some of the students live with

American families.

"I love my American family. They cook for me, and invited my friends for my birthday. They helped me feel comfortable to live here," Oya said.

"I live with an American family. They help me improve my English," Yoshida said.

Students also shared their challenges.

"I like living here but the weather is not really good. It's really cold and rains a lot. It makes me depressed," said Ishizaki.

"I share an apartment with students from Taiwan, Vietnam and Japan. We study the same field, so we can have discussion of what we've done at school," Ishizaki said.

They have different opinions about the fact that Japanese students are the biggest population of international students. Some students said it is another challenge for them.

"It will risk them. They need to make themselves strong, because if they speak Japanese and stick to Japanese students, they will miss the chance to learn English and other culture," Ishizaki said.

"We tend to talk with people from our country. It's not good if we want to improve English conversation skill," Oya said.

However, this fact has some advantages for them.

"If I get home sick, I can talk to them. Some of them have been here for longer, so they can tell me where to go to buy Japanese cooking ingredients," Ishizaki said.

"Sometimes I think it's not good for my English skill to have many Japanese students, but they always help me so I appreciate them," said Saori Ogawa, who is studying tourism.

"When I miss my family, I make Japanese food with my Japanese friends," Oya said.

"There are many Japanese restaurants, but food doesn't taste authentic," she said.

These students have different plans after completing their program at Highline. Some will transfer to a four-year university, some will graduate from their home universities, and

some will go to work.

"I'm going to transfer to a university in California," Tsubasa Dobashi said.

Dobashi is studying Business.

"I plan to transfer to a Japanese university. I really want to be an English teacher," said Kota Yamaguchi. Yamaguchi is now studying English literature.

"I want to work with foreign people where I have to communicate in English," Oya said.

"I think I can help people in my country by being a tutor," Yoshida said.

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## Scalabrine

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Callero, now the head coach at Seattle University, has coached for 22 years and hasn't seen many players like Scalabrine.

"The No. 1 thing I remember most about him is that he was the hardest worker I've had in 22 years of coaching. He would show up at seven in the morning to lift weights. His dedication was extraordinary to what he wanted to do," Callero said.

Scalabrine credits not only Highline, but Callero for putting him in the situation he's in today and never allowing him to let up.

"Besides my mom and dad, who have been there since day one, I know for sure I wouldn't be here today without Joe Callero. I would have never have made it. He put me in a situation where it made it impossible to fail. He is one of the only people who I can talk about anything with," Scalabrine said respectfully.

Family life is very important to Scalabrine. He said that although he takes many road trips with the Celtics, he is able to



make it work out with his wife, Kristen, who is a Highline alum and his baby daughter. He also has another child on the way.

"You just have to commit. You take your own personal things out of the equation. I

take my personal time on the road where I'll read or do things for me. When I'm at home, my life is committed to my family. Everything I do, I do for them," said Scalabrine.

Last year the Celtics went on to win the NBA championship, a moment that Scalabrine won't forget is when the finals seconds were ticking away of game 6 vs. the Los Angeles Lakers.

"More than anything, it was all the preparation that we went through. It was the incredible amount of work that went in to doing that. It was the sacrifices that were made from everyone," he said.

Although Scalabrine's role is primarily off the bench as a replacement for Kevin Garnett and Kendrick Perkins, it's a role that he embraces.

"I really struggle coming off the bench. I take it as a challenge. Right now with this team, I don't try to force the issue. If it doesn't come my way I don't need to start pressing or forcing the issue," Scalabrine said.

Scalabrine has big plans for retirement, but he hopes that won't be for a few years at least.

## College avoids extra audits

By **NICHOLAS MCCOY**  
Staff Reporter

Highline will have one less hoop to jump through as a result of a decision by the governor's office last month.

The governor's office decided that state community colleges do not have to apply to the Washington State Quality Awards, a state-mandated program to increase the efficiency of state agencies. The accreditation process, which Highline already applies to regularly, has been ruled equivalent.

The accreditation process, which is performed by the Northwest Commission on Colleges and Universities, assess educational quality and institutional effectiveness.

A law passed in 2005 mandates that all state institutions submit either to the quality awards or an equivalent process by 2008. The process, according to the law, must be repeated every three years.

It was under debate by the governor's office, the Government Management and Accountability Office, and the State Board of Community and Technical Colleges as to whether the accreditation process would be considered equivalent.

The process to make the decision "began last spring and lasted about six months," said Bruce Botka, who works as an analyst at the accountability office.

A consulting firm compared the processes for the group, showing that the short version of

the quality award, the current accreditation process, and the new version of the accreditation that is going to be implemented in 2011 are equivalent.

In an interview with the Thunderword in October, State Rep. Mark Miloscia, D-Federal Way, said Highline could be breaking the law by not applying for the quality awards. Miloscia, who was on the committee that worked on the original quality award bill, said he was concerned by the fact that none of the community or technical colleges had yet applied to the quality awards.

College officials said they had been waiting for a decision from the governor's office. Although they had done some preparation for the quality awards, they had hoped that they would not have to complete two parallel processes.

The Government Management and Accountability Office subsequently decided that the processes were parallel, and told the governor's office that the schools' request should be granted. The Governor's Office agreed, with a few conditions.

The results of the accreditation process must be made public, Cindy Zehnder, Gov. Chris Gregoire's Chief of Staff, said.

"In addition, colleges are expected to provide a brief list of "commendations and recommendations" from the accreditation reports to the State Board of Community and Technical Colleges for posting on its website," she said.

Zehnder said that the accreditation process is a rigorous, independent performance analysis that follows both the letter and intent of the law.

"The colleges should not be required to incur the additional time and expense of the Washington State Quality Awards process, especially during a time of severely constrained resources," she said in a letter to the State Board for Community and Technical Colleges on Nov. 10.

"We are confident that this decision represents a sound and cost-effective strategy to strengthen the public account ability of Washington's excellent system of community and technical colleges. By streamlining our approach in this way, I am confident we will increase even further the public's well-placed confidence in the effectiveness of the college system," Zehnder said.

The law requires that the assessment be completed every three years. College officials say they aren't sure what an accreditation every three years would mean.

"This is new information, and I imagine this will be the topic of discussion among the College's leadership," said Highline Vice President for Administration Larry Yok.

"Having just undergone our mid-term accreditation process, it would appear we have a couple of years to figure this out," Yok said.

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For information email Woody Moses: [wmoses@highline.edu](mailto:wmoses@highline.edu)

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## Lee

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broadcasting company in Federal Way.

"I met them in Korea several times. They gave me so much information about getting apartment and car," Lee said.

He has some reasons why he chose Highline.

"Highline is affordable. I came here with my family. To go to graduate school costs a lot and I got my bachelor degree already," Lee said.

Lee also chose Highline because of the diversity of the students. He believes that diversity is an important factor in learning.

"When I found out that it has many international students, I knew it's a good place to study," said Lee.

Lee loves traveling and learning foreign languages. He has been to more than 20 countries, including Australia, China, Japan, Indonesia, Singapore, Malaysia, England, Germany, France, Switzerland and Denmark.

"There are just so many kinds of people from different nationality, ethnicity and languages. They have different culture too," said Lee. "I can learn different languages here. This is important, because learning their languages helps us understand their culture."

"I am working in the broadcasting world, so knowing many ways to approach different people is very important," said Lee.

Lee believes that the United States is a great country for pursuing higher education.

"The U.S is the true melting pot, and good for learning English, as the people speak English here," Lee said.

"I know there are many Korean students here. Sometimes it's good. But not so good when they speak and hang out only with Korean students," he added.

"But if we have the intention to learn English and American culture, we should be able to handle it," he said.

Lee is from Jeju Island, Korea, where he meets many tourists from Japan, China, Taiwan, Canada and the U.S.

"When I make a report outside, I have to meet many foreigners and interview them. Of course we have interpreters, but I want to interview them by myself," he said.

When asked about the tourism prospect in Korea, he showed his optimism about gaining more development in tourism.

"Usually, people who travel to Asia forget about Korea. They tend to go to China, Japan or Thailand. But in fact we are located a bit close to each other," he said.

"I am sure that Korea will be the next tourist destination because we have a great culture, art and food. I am sure that Jeju Island has much potential," he said.

Lee said he doesn't have any difficulty about being an older student in his class. He calls it a challenge.

"I see that there are students in my class who are also married and have family, so I feel fine," he said.

However, when it came to hanging out, he found it a bit tricky.

"I gave my mobile phone number to my friends, hoping that we can hang out, but they never give me a call," he said.

"In addition, I can't take them for drink, because many of them are under 21. In Korea, drinking is a characteristic of men to socialize. I also don't have the time to hang out," he said.

Another challenge he faces is about studying at home.

"I have to study late in the evening after my children fall asleep. On weekend, I usually take them out," Lee said.

Some Korean students recognize him as a famous Korean announcer. However, he thinks that being famous is not important when you are studying. He finds it better to be a normal student.

"When I was in Korea, people watch everything I do. Sometimes I feel uncomfortable," he said. "Here, I can be what I want to be and do many things without worrying to be watched by somebody."

## Emergency

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Fire Department and police involved. Highline is one of the first colleges to do an active shooter drill, but other colleges are updating, said Erel, who is at Highline in order to develop drills and update the plan according to NIMS.

Erel said that to make this plan possible, the college had to buy a generator in case of power outages. The college also had to buy special satellite phones to maintain communication in case of outages.

The Emergency Action Plan has brought

big changes to Highline. People on campus will not be seeing and noticing these changes daily, but when an emergency hits and procedures and techniques are used according to the plan then everyone will notice big changes, she said. There are now banners everywhere at Highline with tips and procedures for emergency situations.

"The main goals of the Emergency Action Plan are for everyone at Highline to be ready for response, recovery, mitigation, and preparation in any emergency situation," said Erel.

"There will absolutely be advancements to the plan in the future," said Erel.



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