The Highline Community College

Parking spaces are hard to come by

By PAUL PARK Staff Reporter

Students who continue to park at Lowe's and Church's Chicken near Highline could get their cars towed beginning today.

Due to the lack of parking space at Highline, students have been targeting Lowe's and Church's for parking space in order to get to class on time. But managers of both businesses say they are determined to tow students' cars that are parked in their lots.

Last year, then-Lowe's Manager Brian Russell vowed to start towing the cars of Highline students parked in their parking lot.

Lowe's employees found Highline students' cars by looking for cars that have been parked there throughout the day. Cars not registered to their employees were towed. Another way they looked for the students' cars was by looking for Highline parking passes that students leave on their rear view mirrors.

The new Lowe's manager, Dave Lockheart, said he has no tolerance of students parking in the Lowe's lot. As an "overwhelming amount" of students continue parking there, Lockheart has decided to take more drastic steps to stop the students from parking at Lowe's.

Lockheart said they will "have some of our own people, instead of attending to customers, surveying the parking lot



Highline students line up to leave campus recently, perhaps to find parking elsewhere.

and tell students that they will be towed."

Students parking at Lowe's causes inconvenience for both customers and employees he said. "It is a hardship to the store because employees have to monitor parking lots instead of helping the customers," Lockheart said.

Lowe's uses Airport Towing located in Burien. They charge \$225 for the initial impound and \$50 per day for storage space. They are open Monday through Friday. If the car is to be re-

Please see Parking, page 15

NO PARKING

Crowds come to class

By DAVID STEELE Staff Reporter

With Fall Quarter's enrollment numbers at a record high, students are feeling the impact.

Students say they notice when they go to register for classes, not only are waitlists longer, the student surge has affected lines at the bookstore, cafeteria and in the parking lot.

According to information from Highline registration, 5,072 FTE (full-time equivalent) students were on campus on the first day of classes. This is up from 4,256 FTEs at the beginning of Fall Quarter last year.

The number of FTEs is not the same as the number of actual students on campus. FTEs are calculated by dividing the total number of credits being taken by all students as if they were all full-time students. The increase in number of students could be attributed to the poor economy, Manber speculated. More and more people are trying to improve their resume by finishing up college or getting their associates degree.

"I'm definitely meeting more and more people," said Justin Smith. "Mostly in the cafeteria, because so many people are there, you are forced to sit in groups with people you haven't met before."

Smith went on to explain about how he has to retake a class he took in the fall of last year and now. "There is a sixperson waitlist. Last year, the class wasn't even 75 percent full."

It is obvious to the library staff that the student body is much larger compared to last

October 1, 2009 Volume 49, No. 2



Bio lab enrolls new pets/P3



New drama director finding her way/P6



Lady T-Birds aim to rebound from tough loss/P8

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Weekend Weather





William Schlepp/THUNDERWORD

Students are forced to park in no parking zones at Highline.

Something that almost all students have noticed is the longer waitlists. Professor Michele Manber said, "Some of the waitlists for my classes have even doubled from the usual numbers." tall.

"Mornings are always busy, but with higher enrollment, the library, especially the computer section, is busier throughout the day," Jack Horton, Highline reference librarian said. "They seem like the typical student, it's just that there are more of them."

Chance of showers Friday and Saturday. Partially sunny on Sunday.

Retraining program struggles to meet demand

By KANDI CARLSON Staff Reporter

Highline's Worker Retraining program is trying to stretch its dollars throughout the whole year.

Enrollment into the program was closed Sept. 4 to ensure

funding for winter and spring quarters.

The program helps individuals who are unemployed or are facing imminent layoff.

Worker Retraining is a start up funding source to help with the first quarter of enrollment in an occupational program. The startup costs include tuition, fees and books.

"There are currently 700 dislocated workers on campus," said John Huber, program manager.

One of the reasons for closing enrollment into the program was to ensure enough time could be dedicated to the individuals in the program, Huber said.

"We wanted to make sure we could dedicate the necessary time per student to help them meet their educational goals, answer questions and complete paperwork," Huber said.

The program was flooded

with students after the Employment Security department sent out a letter indicating special consideration may be given to those receiving benefits, he said.

"This letter made it seem like

Please see Retraining, page 15

Campus Life



Stalker won't leave students alone

A flasher has been on the prowl this week at Highline and is focusing his attention on young females.

A Highline instructor reported to Security that while teaching a tennis class on lower campus a student reported a male in his 50s, slender build and gray hair watching the female players. After class he approached the instructor and asked if it was a class she had been teaching. She answered him then reported the incident to security.

Shortly after, another Highline student reported being followed by a male in his 50s with a slender build, gray hair and wearing a gray sweater on the lower campus trail by the tennis courts.

When he caught up to the victim he asked if he could show her his "private parts". She said no and ran towards campus.

The incident was reported to campus security and Des Moines Police. Area neighborhoods and the Highline campus were checked by both. Security has increased patrols in the area.

Hit and run makes for an unwelcome find

A 2003 Dodge Neon was damaged this week in a hit and run incident.

On Sept. 23, a victim returned to her car after being parked for approximately an hour to find scratches and dents on the rear quarter panel and bumper. No suspects have been named in the incident.



New program manager offers experience

Jorja Gunderson will be the new Program Manager in the **Community Education Program** at Highline. Gunderson has a Masters Degree in Education as well as the experience of the coordination of programs through Continuing Education at Bellevue College.

She will be available in Community Education in Building

Minimum wage will see no rise this year

There will be no increase in minimum wage in 2010 for the state of Washington.

According to the Washington State Department of Labor and Industries, the minimum wage will remain at \$8.55 an hour due to a non increase in the consumer price index over the past 12 months. Initiative 688, which was passed in 1998 by Washington voters, requires the Department of Labor and Industries to recalculate the state's minimum wage annually. The cycle ends Aug. 31.

Since the initiative has passed, this is the first time there has been no increase in minimum wage.

Washington is one out of 10 states where the minimum wage is adjusted based on inflation. The other states include Oregon, Vermont, Ohio, Nevada, Montana, Missouri, Florida, Colorado and Arizona.

Job fair is coming soon to Highline

Career Services will be hosting a Fall Job Fair at Highline.

The fair will take place on Oct. 15 from 9 a.m. to 1 p.m. in



Ekk Sisavatady passes out planners to students outside of the Library on the first day of class.

Building 8. There will be employers present who are looking to hire full time, part time and temporary employees.

Students who have questions about the job fair can contact Diana Baker at 206-878-3710 ex: 6026 or can log onto https:// www.myinterfase.com/highline/student.

First Fridays are back at Highline this fall

The Center for Leadership and Service will host Servant Leadership: Why the World Needs Leaders? on Friday Oct. 2 from 2 p.m. to 4 p.m. in the Mt. Constance Room of the Student Union Building.

This will be the first of many First Fridays events, which are a leadership development and training program for students on the first Friday of every month.

Students who attend a minimum of five workshops will be receiving a certificate of completion.

The next event, Intercultural Communication, will take place on Friday, Nov. 6, and will be presented by Rolitia Ezenou, the interim dean for Transfer and Pre-College Education.

Movie Friday about Big Cuddly Neighbors

Movie Fridays are back at Highline. This week on Friday Oct. 2, My Neighbor Totoro will be shown in Building 7 at 12:30 p.m. The Film is directed by Hayao Miyazaki, who also directed the 2001 oscar-winning film, Spirited Away. The event is free and sponsored by the ILSC, the HCC Film Studies Program, the letter Y and the number 12.

Supply giveaway for low income students

Highline Community College Women's programs will host their second Annual Community First Supplies giveaway Wednesday, Oct. 7. The event helped 100 low income students

get paper, pencils, notebooks, binders and backpacks last year.

Cody Warf/THUNDERWORD

Corrections

•Teri Trillo's name was misspelled in the September 21, 2009 edition.

•Ticket prices for the Waterland Music Series were incorrect.

You can also get three tickets for any show or shows in the Waterland Music series for \$30 by coming to the Des Moines Parks Department in the Fieldhouse in advance or at the door the night of a show.

All three tickets do not have to be for different shows, you could, for example, get two for Michael Powers show and one ticket the Sirens-Chamber Music show all for \$30.



Vehicle blind-sides unaware pedestrian

A pedestrian jogging across South 240th Street catch the bus was hit by a passing car when he didn't look both ways before crossing the street.

The victim suffered minor scrapes and a cut to the top of his head after he landed on the hood of a car and smashed his head into the windshield.

He was then transported to an area hospital by ambulance to be treated for his injuries. Des Moines Police deemed the incident an "accident" and neither party was cited.

> --Compiled by Eric Moehrle

LEGAL NOTICE

Highline Community College provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).

WE GOT JOBS!

Math and reading tutors needed to help young students in the Highline School District. Anyone with work study on their financial aid award can apply to be a tutor.

Hours are flexible around your class schedule; most students work 10 -15 hours per week. Does not need to relate to your studies. Must be dependable, patient and able to work with elementary age students.

Wage: \$10 per hr Location: a school in the Highline School District

For an application packet or questions, please stop by Student Employment in Building 6

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

Campus Life

New life evolves in biolab after summer losses

By NICHOLAS MCCOY Staff Reporter

Two new four-legged residents are taking over the biology lab after a number of animal deaths over the summer. Four lizards and four fish, as well the cat Stubby, died over the quarter.

"This is a biology lab, which involves the study of life. Over the summer, that study just happened to involve the study of death," said Donn Walter, the supervisor of the lab.

One of the animals to die over the summer was Stubby, a tabby cat that had been with the college for almost 20 years.

"Stubby, who was at least 19 years old, had developed a large tumor in his chest, and was slowly going downhill over the year, finally passed," Walter said.

"It was quite sad to see the empty nest he used to lord over," he said.

It did not remain empty for long, however.



Victoria Saddler/THUNDERWORD Donn Walter and Malachite

actly what to expect," said Tim People are adjusting to the new Wrye, the director of Instructional Computing.

A new cat named Jericho is

Jericho, who was previously

already in residence at the bio-

lab. He is a healthy 15-year-old

an outdoor cat, is being kept in-

side temporarily until he can ad-

just to his new home and status

Another new resident, a

"We won't be able to tell

1-year-old juvenile iguana

named Malachite, also joined

gender for a while, we suspect male. He is developing a big

flap which is characteristic of a

male iguana, but it can develop

per-ball material, and bounces

around the cage. Since the cage

is designed for a full adult, he

"He thinks he's made of su-

in females," Walter said.

as an indoor-outdoor cat

orange tabby.

the lab.

"The first day alone we acti-

is definitely dwarfed in his environment. Think. 'Where's Waldo?" Walter said.

The cage that the iguana lives in was sterilized and altered prior to the animal moving in. It now features a window so that passers-by can see Malachite from outside.

"He was sick when we received him, but he should live a long healthy life and become emperor of the lab," he said.

Walter said that one of the problems that people encounter when they purchase iguanas is that they start out very small and are sold at very low cost, and end up very large once they reach sexual maturity.

"And size is the least of the problems of owning an iguana; although they are quite passive in general, they become more temperamental with age and also dangerously unpredictable," he said.

"My word of advice to anyone that's considering any kind of pet should research needs and understand what the future will bring this animal," Walter said.

A lot of iguanas end up in need of homes able to deal with their size, which there just aren't enough of, he said.

Malachite inhabits the cage that Nigel, the lab's old Iguana, once lived in.

Nigel, who was several feet long and close to 15 years old, also died over the summer.

"During his morning wanderings he swallowed a metal buckle early in the quarter. It had to be surgically removed

code and gave it to me, and

"Building 30 was a big help

when I tried to log in it froze

several times," Aguiniga said.

Malachite but he was showing signs of

toxicity from the metal and refused to eat," he said.

"He passed on within a couple of weeks after symptoms started showing," he said.

A number of other lizards died over the summer as well.

An uromastyx mali [a type of lizard] died due to old age at the beginning of the summer. Then two curly tailed lizards, which are native to Haiti, also died.

"We weren't quite sure why they died," he said, "They should not have. They were young."

Four of the labs large fish died off next.

"It may have been a coincidence, but City of Des Moines was working on a water main next to the college," he said.

"The faucet water in the lab had developed an earthy, plastic smell, and all of the other animals stopped eating," Walter said.

"We started using bottled water to take care of the smaller animals needs, and cleaned out the fish tank," he said.

"The Highline Facilities folks were nice enough to flush out the college's water system which seemed to resolve the issue, and everything pretty much returned to normal for most of the animals," he said.

The animals in the biology lab are open to visitation throughout the school day. The lab is located in Building 12.

Transition to myHCC progresses with occasional glitches

system, but there haven't been

"There was a brief downtime

any major issues," he said.



The Thunderword / October 1, 2009



CC computer logins and course management system Angel had some glitches as the quarter began, but issues are being resolved and many students have completed activating their accounts.

The launch of the new myH-

Highline started a complete transition to the new myHCC logins on the campus computer network this quarter. The myH-CC login system is designed to give the different student login services across campus a single user account so that students aren't trying to remember multiple user names and passwords. which Angel, replaces Blackboard as the school's on-

line couse management system, is accessed using the myHCC login.

"I'm not sure we knew ex-

vated over 1,100 students, and over 850 on the second day," he said.

"We had multiple lines of students waiting for help at several activation stations in the open lab of Building 30, as well as numerous calls and emails asking for assistance," he said.

Close to 5,950 students had activated their myHCC logins by Monday, which he said was close to 59 percent of all possible users.

"Non-credit classes will start activating this week, so that number will likely climb further," he said.

About 400 classes use the new Angel course management system, which required the my-HCC logins, Wrye said.

"Angel has been doing fine.

on Wednesday [last week] after the network crashed briefly, but it was back within a few minutes," Wrye said.

Students had a variety of experiences when trying to activate their new accounts.

"I got the letter, and didn't realize it was as important as it was," Mili Mulic said.

"I had the front desk e-mail me a new one and I used that one. I think it would have been easier to just email it to everyone," Mulic said.

"I realize not everyone has an e-mail, but it would have been better to have both options," he said.

Daniel Aguiniga, another student, received the letter but his mother threw it away.

"My mom wrote down the

though, they helped me start my account step by step," he said. "Most of my classes use Angel. It works great and looks better than Blackboard," Aguiniga said.

Darrel Belvin received his letter as expected.

"I logged in immediately so I could remember my password," he said.

Donny McConnaughey received his letter successfully, and activated his account without any problems.

"It was pretty easy," McConnaughev said.

McConnaughey was less enthused about Angel, however.

"If you're used to Blackboard, it is kind of complicated," he said.

Some students also reported

Noemi Mendoza received the myHCC letter, but still had difficulty activating the account.

having difficulty sending e-mail

in Angel when using the Google

Chrome and Apple Safari inter-

net browsers.

"Password activation didn't work for awhile, and it took the desk forever to get an activation code," said Mendoza.

Help Desk responses to requests for assistance were slow last week due to the number of requests that were received, but responses should be faster now, said Tim Wrye.

Any students still needing assistance with their accounts can email the Help Desk at helpdesk@highline.edu, or receive help in person at the front desk in Building 30.

Reporters Chona Lorn, Brianna Holt, Taylor Garfield and Michael Sapa-Afoa contributed to this story.

Editorial comment

Highline needs more money

Walking into class for the first time last Monday was indicative of the enrollment boom this fall in community colleges across the state

Some students walked up to instructors after class was over with the intention of enrolling in their class, only to be met with shrugs and upturned hands that said what every faculty member on campus has been thinking for the past week: "What am I supposed to do?"

The fact is, the instructors can't do anything. Nobody at Highline can really do anything.

In K-12 schools, the state government appropriates funds that will cover the cost of students enrolling that year. However, for higher education, the state will only pay for a projected enrollment. In years like this one, with the economy in recession and college enrollments rising, even projected increases are often wrong.

Workers need retraining and citizens are realizing the value of a good education more than ever in these times. To help colleges cope, they need more money to hire new faculty and have more classrooms available for instruction. Unfortunately, there isn't anywhere to get money from for these kinds of changes, so the problem is unresolved for now.

Until it is resolved, things will look similar to how they do early this quarter at Highline. The waiting lists in some classes right now are long enough to fill a whole separate classroom, and even more than that, in some cases.

According to a study by the Office of Planning Services and Professional Development at the University of Rhode Island in 2004, colleges are experiencing a "drastic decline in state funding across the board," with most schools only receiving 10 to 20 percent of their budgets from state government appropriations.

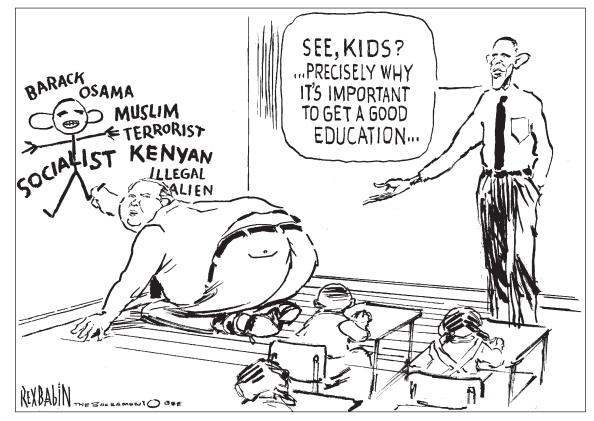
When the Legislature reconvenes in January, one of the first things on the agenda should be to take a look at how much money they are giving colleges and how that number can be increased.

Until then, enjoy the crowds in the parking lot, Student Union and classrooms.

Staff

I tend to look like people.

	poopio.	than the alternative. In the past	I was relactant to think of	experience better.
Editor-in-Chief	Chris Wells	year, I've come to find it also	four more years of school af-	In college, students are the
Managing Editor	Brian Grove	has social benefits. But I didn't always used to	ter the way my K-12 education ended.	because they want to be, not b cause they are forced to be.
News Editors	Nicholas McCoy, Kandi Carlson, Shannon Severeid	think this way.	Being a student-athlete, and a	There is a lot less stigma a
Arts Editor	Courtney Sankey	As my junior year of high	soccer player at that, I knew if I	tached to being smart (or nerd
		school was winding down, my	was going to continue learning,	in college than there was in his
Sports Editor	Kurtis Loo	handful of friends were out of school about a week earlier than	it would have to be far away from my hometown of Fair-	school. Intelligence is not on accepted, it's encouraged.
Business Editor	Liz Phillips	I was because they were seniors,	banks, Alaska.	Being at home has its conv
Opinion Editor	Liviu Bird	and I was stuck inside the four	Highline is close to home for	niences, but to get a true colle
Graphics Editors	Jessica Lovin, Marcus Daniels	walls of doom I had known as	many students. That's the dif-	experience, students should liv
Photo Editor	Cody Warf	reality for the past three years.	ference between me and many	away from home.
Reporters	Ambrosio Agustin, Sarah Dupre, Rachelle Eckert, Dylan	In that final week, I really got to focus on and learn to dis-	of the students here, a lot of whom are local.	For me, I get to do it twic because I already left hon
	Feeley, Taylor Garfield, Jordan Hale, Derek Hartwigsen,	like my educational environ-	But being a three-hour flight	to come here, and I will lea again when I transfer. Now I understand why so
		ment, which could no longer be	from home has turned the last	
	Amanda LeBeau, Chona Lorn, Eric Moehrle, Alex	masked by my social environ-	year into a true college experi-	
	Mulyarchuk, Paul Park, Michael Sapa-Afoa, Andrew	ment between classes and dur-	ence for me.	people make a career out of g
	Phetsomphou, Andrew Simpson, Caitlyn Starkey, David	ing lunch.	The first, and most glaring	ing to school.
	Steele, Cole Veeder, Joanna Woods,	At the beginning of my senior year, I realized the last thing I	difference between college and high school is the people stand-	If I could get away with it and I was guaranteed to new
	Kumiko Yokota	wanted to go through was nine more months of high school, even though everybody around me seemed to be oblivious be-	ing in front of the class.	grow old or go broke beyo the point of no return in the pr cess – I could see it. Realistically, I will probab
Photographers	Lisa Anderson, Ryan Heath, Hoang Nguyen, Sara		They call themselves teach- ers, but here, I don't get the sense of authoritarian (or dic-	
····· 5····	Rosario, Victoria Saddler, Harpreet Singh, William			
	Schlepp	cause senior year is supposed to be the best.	tatorial, in many cases) control I got from the people that gave	have to settle for four years of The one thing I can promise
Advertising Mana	ager Jonathan Baker	I dropped out after a day and	themselves the same label at my	that I will make the most of t
Advertising Rep	Now hiring	a half. I just couldn't make my-	high school.	time I have at this stage of life
Business Manage	r Tyler Keiser	self stay.	In college, I have been en-	When Liviu left high school
Librarian				
	Razia Sultana	I enrolled in Guided Inde-	couraged to call my professors	there was a party.
Adviser	Razia Sultana Dr. T.M. Sell			
Adviser Pho		Write to us	campus, locally, or even some-	your thoughts with the who
	Dr. T.M. Sell Gene Achziger			your thoughts with the who campus.
Pho Newsline	Dr. T.M. Sell Gene Achziger 206-878-3710, ext.3317	Write to us The Thunderword invites let- ters and guest commentary from	campus, locally, or even some- thing happening nationally. Tell us your name and in- clude your relationship with the	your thoughts with the who campus. E-mail your submission thunderword@highline.ed
Pho Newsline Fax	Dr. T.M. Sell Gene Achziger 206-878-3710, ext.3317 206-870-3771	Write to us The Thunderword invites let- ters and guest commentary from members of the campus com-	campus, locally, or even some- thing happening nationally. Tell us your name and in- clude your relationship with the college.	your thoughts with the who campus. E-mail your submission thunderword@highline.ed Please limit your submission
Pho Newsline Fax Address	Dr. T.M. Sell Gene Achziger 206-878-3710, ext.3317 206-870-3771 P.O. Box 98000, Des Moines, WA 98198, Building 10-106	Write to us The Thunderword invites let- ters and guest commentary from members of the campus com- munity.	campus, locally, or even some- thing happening nationally. Tell us your name and in- clude your relationship with the college. Include whether you are a	your thoughts with the who campus. E-mail your submission thunderword@highline.ec Please limit your submission no more than 400 words.
Pho Newsline Fax	Dr. T.M. Sell Gene Achziger 206-878-3710, ext.3317 206-870-3771	Write to us The Thunderword invites let- ters and guest commentary from members of the campus com-	campus, locally, or even some- thing happening nationally. Tell us your name and in- clude your relationship with the college.	your thoughts with the who campus. E-mail your submission thunderword@highline.ed Please limit your submission



College is better than high school

Before I came to Highline, I never understood people who liked being in college.

"Four more years of school?" I would say. "I would rather shower with a bear."

Especially since the global economy has been heading steadily toward the Death Valley, I have realized the value of an education and the lack of value in performing a mindless task I don't enjoy for a living.

Simply put, college is better than the alternative. In the past



Liviu Bird

pendent Study, a self-paced, almost home school program, and finished my senior year in less than three months.

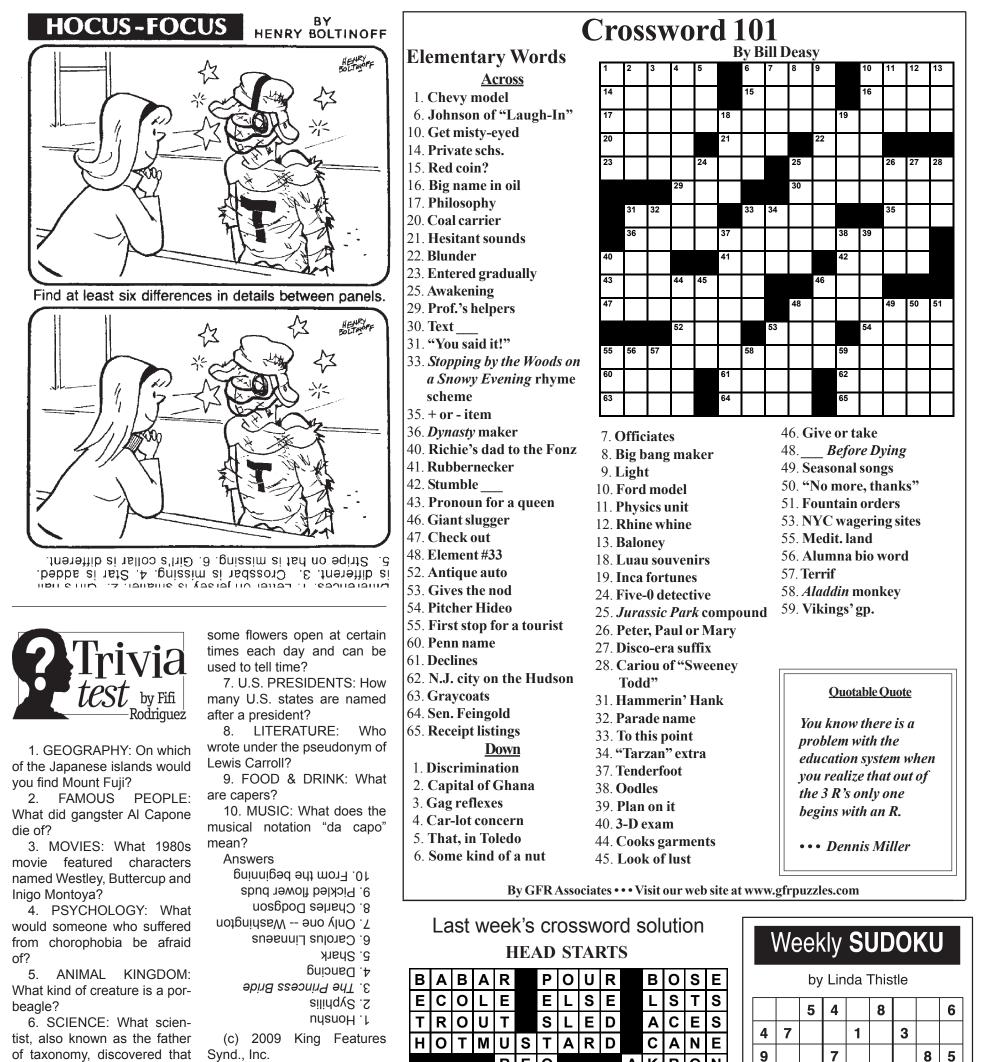
I was reluctant to think of

by their first names.

In each of them, there is mostly instructor and only a small amount of disciplinarian.

Because they are not dictated the terms of their own class, the curriculum is always more genuine and injects an ounce of personality in each subject that was designed to be a cookie-cutter experience in high school.

Aside from the instructors, the students in each class are also more willing to make the experience better.



Arts Calendar

•Live comedy returns to Des Moines with a familyfriendly performance by Susan Rice on Friday, Oct. 9 at 7:30 p.m. at the Des Moines Field House.

The second annual comedy event features Rice, who has performed on ABC, on Evening at the Improv, Showtime's Comedy on the Road, and the Reunion Show & Comedy Express on Fox. Comedian Debbie Wooten will open.

Tickets are \$10 in advance, and \$15 at the door

Last week's Weekly SUDOKU ____

Answer								
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7	9	3	2	6	1	5	4	8
5	2	1	8	4	3	9	6	7
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or \$10 if you present your ticket from the Des Moines Senior Center's Spaghetti Night. Tickets are available at the Field House, 1000 S. 220th St.

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more information, For contact Nic Lind at Des Moines Park and Recreation, 206-870-6527, www.desmoineswa.gov

•The Waterland Music Series returns to Des Moines with three concerts, begin-

ning Tuesday, Nov. 17 with jazz guitarist Michael Powers.

Presented by the Des Moines Arts Commission, Powers plays at 7:30 p.m. at the Highline College Lecture Hall, Building 7.

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	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: \star								
★ Moderate ★★ Challenging ★★★ HOO BOY!								
				HOC Feature				

Tickets are \$30 for the entire series \$15 per show, and \$5 for students.

•Arts news? Send items to csankey@highline.edu

BY COURTNEY SANKEY Staff Reporter

ebra Pralle was sitting at her desk, which had papers scattered about with just a computer to keep them company.

This resembles the way that her first week of teaching at Highline had gone. A little confusing and disorganized but just needing a little work to get things under way.

Pralle is the new drama instructor at Highline and was hired over the summer to replace Dr. Christiana Taylor. Dr. Taylor was the head of the Drama Department, and retired after Spring Quarter 2009.

Pralle is originally from Oklahoma, which is where her family still resides.

She credits her start in acting to her competitiveness.

After failing to get a role in her ninth grade play in high school, she was determined to prove the director wrong.

"I didn't even want to be an actor. It just made me mad because I was competitive, that I was like 'I should have gotten that part,' " Pralle said. "So I ended up doing some community theater plays. This is something I can really do, this is something that is really interesting to me."

Pralle took a year off of her psychology degree at Oklahoma State University, to do the drama program there.

She found out a short time into the drama program that she could get her master's degree in theater in a year and a half. Pralle decided to do both.

"I was a clinical psychol-

jor

was



Pralle



Lisa Anderson/THUNDERWORD

Pralle and her actors reading through Six Degrees of Separation by John Guare at rehearsal. Pralle, who will be directing this show for the fall production, also played Ouisa at Oklahoma State as part of her master's thesis. She credits the role as her breakthrough performance.

OPENING ACT

After years of acting, Debra Pralle moves behind the curtain to direct students in Highline's drama program

"Then I thought 'I am going to take a year off and study theater, just because I have always wanted to,' and I got completely hooked."

Pralle admits that one of her favorite characters was Ouisa, from Six Degrees of Separation by John Guare. She had done her master's thesis on playing Ouisa and really figured out what it was to be an actor during the process.

"A lot of actors will talk about their breakthrough performance where they felt that they went from here to here in some sort of miraculous way," Pralle said extending one arm above the other. "And for me I had that breakthrough moment where I was like 'oh this is what acting really is' during this show.

"I had done six or seven

plays before that, but I didn't really understand the scope of what you really could do till then. From there I was ready to go and do this."

Shortly after graduating Pralle moved to Texas, and then decided to move to Seattle in 1993.

While in Seattle Pralle had appeared in many shows and theaters, including the Seattle

Repertory Theater, the Village Theater, and the Annex Theater.

The Thunderword / October 1, 2009

One of her favorite roles in her professional career is Lydia from Morticians in Love, which she performed at the Annex Theater.

"I really debated on whether I should do it or not," Pralle said. "It had to deal with morticians and necrophilia and all this crazy stuff."

"But it turned out to be this big comedic breakthrough role for me, which got me to try all this stuff that I hadn't tried before."

She worked and lived in Seattle for about 10 years, until she and her husband moved to Montreal.

After working in Montreal for three years she and her young family - she has two children, one who is now 6 and one who is now 2 years old - moved back to Washington.

Pralle took two years off of acting to raise her two young children. She was hired at Highline over the summer to replace Dr. Christiana Taylor who had retired after Spring quarter 2009.

"Everyone has been really sweet and helpful," said Pralle. "I am just completely floored and happy that Rick [Lorig] hired me. I am having a blast so far it has been really fun."

The only thing that has been a bad point since starting at Highline is the lack of parking she has been experiencing.

"I come in and start my morning at 11, and it's not pleasant." Pralle said. "Other than that everything is going along just fine."

She said she is excited and is waiting for the day, hopefully in the not too distant future, where she is not scrambling and has gotten into a routine. Her main goal for her time at Highline is to prepare her students for their next acting class, or life in general and to just have fun.

Drama auditions get the sixth degree

BY COURTNEY SANKEY Staff Reporter

Highline's Drama Department held auditions for their fall production last week, Sept. 21 - 24.

Director Debra Pralle and technical director Rick Lorig spent more than two hours conversing on the cast list and which of the two shows they were thinking of doing.

"I would like to do Six Degrees of Separation by John Guare, or an updated version of Antigone by Sophocles," Pralle said.

The reason for picking two shows and narrowing it down after the auditions was because they were not sure how many people would show up.

"In the past they have had barely enough students to fill the show," Pralle said. "Usually 12-15 students are needed and sometimes it is hard to get that many people. We had 20 people the first day and probably nine or 10 the second."

Because the turnout for the auditions went so well, they went with their first choice Six Degrees of Separation.

"I am really excited, I think it is going to be really challenging," Pralle said. "It's funny, dramatic and it tackles a lot of social issues, and class structure issues, racism and homophobia. But it does it all without beating vou over the head."

Though a prepared monologue was not required, students were more than welcome to perform them.

Every student had a chance to read a monologue from Six Degrees of Separation and later during the auditions process Pralle got several actors on stage so that they could act out a small scene from the show.

"I kept them there for the full three hours." Pralle said. "None of them fell asleep, they were engaged, and we all had a good time. We would do a scene and then trade some people out, do

another scene and trade people out."

This will be Pralle's first real directing experience, only having touched on it in college.

She took stage craft, costuming and lighting while attending Oklahoma State University, but was too focused on acting to really give it a chance.

"I have never really ventured into the tech side of drama." Pralle added laughing. "Rick is going to have to be extremely patient with me as we go through the tech side of things. Actors are notorious for just learning enough to know what they can get from lighting, costuming and sets."

Pralle is excited for the challenge that lies ahead.

"I am looking forward to producing a well acted, well designed show that makes some sort of impact on the audience members," Pralle said. "Something that forces them to ask questions and laugh, maybe be a little shocked and really gives them a great theater experience."

Six Degrees of Separation will be previewing Thursday, Nov. 18. The run of the show will be Nov. 19-21 with the curtain rising at 8 p.m. and Dec. 3-5 also at 8 p.m.

The show can be seen at the Little Theater, in Building 4.

Comedy night returns to Des Moines



Susan Rice

By ANDREW PHETSOMPHOU Staff Reporter

Comedian Susan Rice and her partner in crime Debbie Wooten are coming to Des Moines Friday, Oct. 9.

The pair will be performing at Des Moines Comedy Night at the Des Moines Fieldhouse. Rice is the main attraction with Wooten as the opening the act.

Rice, who is from Portland, has more than 26 years of professional comedic experience.

She started doing stand-up in Portland in the early '80s. Years later she moved to Los Angeles to begin working with renowned comedians Jerry Seinfeld, Paula Poundstone, and Bob Saget.

She also appeared on several shows starting on ABC, which led to other gigs on PBS, CBS and Comedy Central.

When performing she wants to make sure that the audience has a great time with her.

In her act, she said, "nobody gets hurt, no bloodshed, no weapons," Rice said. "[My show is] like watching your aunt drink but she can't drink anymore."

Tickets will be selling fast so get them quick. They start at \$10 if you buy them in advance at the Des Moines Fieldhouse and \$15 the night of the performance.

The show will be on Friday, Oct. 9 at 7:30 p.m. at the Des Moines Field House, 1000 S. 220th St., Des Moines. Visit www.desmoineswa.gov/ artscommission for information.

Poetry lounge returns with diverse approach

BY SARAH DUPRE Staff Reporter

Bringing linguistic diversity and a chance to express yourself, Diversity of Poetry begins Monday, Oct. 5 as a bi-weekly event from 11 a.m. until noon.

The purpose of this event is to get students involved and help them to hear, enjoy, and network with each other.

Highline student and organizer of this bi-weekly event, Ismail Yusuf said that it will be shedding light on poetry, both classics and local, will help bring out the artist in every student who attends.

Diversity of Poetry is open to anyone who wants to hear or recite poetry for one solid hour every other week.

"Our goal is to bring as many students as we can to express their own views," Yusuf said.

Starting the second week of their meeting, the poets will be challenged with a new theme each week. Your poetry can be 30 seconds or 3 minutes, a haiku or a limerick.

The whole point of Diversity of Poetry is to open the door to a new world of opportunity for each and every student who wants to learn, hear, or recite poetry, Yusuf said.

Last year, at a similar program put on by the Inter-Cultural Center, Gabriel Teodros (who shared the stage with Somalian Rap/Hip-Hop artist, K'naan) performed, and is coming back on Oct. 5 to recite more of his original poetry.

The Inter-Cultural Center is in room 164 in the lower section of Building 6.

For further information, contact the Inter-Cultural Center at 206-878-3710, ext. 4350.

Choir, jazz ensemble holding tryouts

The Choir and the Vocal Jazz Ensemble are holding auditions this week, Sept. 28 - Oct. 2.

The auditions are being held in Building 4, room 104. Everyone on campus is encourage to try out.

The choir will be meeting Monday through Thursday at 12:10 to 1 p.m. The Vocal Jazz Ensemble will meet at 1:20 to 2:10 p.m.

Any and all singers are invited to attend the auditions.



One of the chorale's concerts Spring Quarter 2009. They held the concert with Thomas Jefferson High School Choir. The Chorale is lead by Dr. Sandra Glover, who is not pictured.

The chorale will be beginning its year with a concert featuring renaissance, baroque and modern music.

mix of Latin-based music and music from all over the world.

Spring Quarter will feature the Chorale performing an avant The winter concert will be a garde work by Dr. Sydney Stegall, who is the head of Highline's Music Department.

Dates, times and the place where the concerts will be held has yet to be decided.

Strings come alive for Federal Way Symphony

BY JOANNA WOODS Staff Reporter

The Federal Way Symphony Orchestra open its 2009-2010 season with Sweet N' Savory Strings on Sunday, Oct. 4 at 2 p.m.

The performance will be at St. Luke's in Federal Way, 515

sionals over the summer.

Highlights of the performance include two pieces by Mozart, Symphony No. 29 in A major as well as his Violin Concerto No. 5.

Gates said the choice of performing Mozart is perfect.

"Mozart wrote for what we

call a smaller-sized orchestra," she said.

The symphony is relatively small in size, and can include numbers of anywhere between 32-55 members at any given performance.

The concert will also feature Bach's Concerto for Two Violins in D minor. Handel's Violin Overture, Solomon will also be played at the premier.

For more information on the premier and upcoming concerts from the Federal Way Symphony, visit the symphony's website at www.federalwaysymphony. org, or call 253-529-9857.

S. 312th St.

The premier marks the start of the symphony's 29th season in Federal Way.

The ticket price for adults (18 and over) is \$25 and for seniors is \$20. Admission for students 18 and younger is free.

"As far as I know we are the only arts organization that offers this in the area," Mary Gates, the executive director of the symphony, said of the free tickets.

The symphony is committed to reaching out to youth, Gates said. They hope to win some grants to continue the program.

"We also have a summer music program for the kids," she said. This program gives music students in grades 5-12 an opportunity to train with profes-



This 2nd Annual Event will feature a family friendly performance by comedienne:

Susan Rice

Opening act: Debbie Wooten

FRIDAY, OCTOBER 9, 2009 7:30 pm at the Des Moines Field House 1000 S. 220TH ST., Des Moines

www.susanricecomedy.com

Tickets are available now \$ 10.00/ Advance at Des Moines Field House \$15.00/ at the door

Sponsored by the Des Moines Arts Commission. For more information call: (206) 870-6527 www.desmoineswa.gov/artscommission

COLLEGE TRANSFER FAIR

Tuesday, October 8, 9 AM-12:30 PM

Highline Student Union Cafeteria, Building 8, first floor **START YOUR TRANSFER PLANNING NOW!**

The Transfer Fair is YOUR opportunity to meet admissions representatives from approximately 20 Washington state four-year colleges and universities.

Come by and meet the admissions reps, pick up application materials & have your questions answered! This is a GREAT place to explore your transfer options!

> For a list of schools in attendance go to: http://www.highline.edu/stuserv/transfer/calendar.htm

The T-Birds struggle from inconsistent play

By Kurtis Loo Staff Reporter

The men's soccer team got mixed results as they went 1-1-1 in their last three games.

The T-Birds tied Columbia Basin 1-1 on Sept. 19 when Andres Suazo scored in the 73rd minute.

The T-Birds poured on seven goals in a 7-0 shutout against South Puget Sound Tuesday, Sept. 9. Daniel Nam and Lonnie Wells each scored two goals to lead the T-Birds in the blowout. Other contributors were Bundu Koroma, Alex Bresnan and Andres Suazo with one goal each.

The T-Birds slid into 3rd place in the West Division with a 0-2-2 record in league play and 5-4-2 season record after their loss to the defending NWAACC champs Walla Walla 4-0 on Saturday.

Head Coach Jason Prenovost stressed the need for consistency and accountability.

"At times we played well and at other times poor... we were inconsistent in both our play and effort," Prenovost said.

"We need to be more accountable to ourselves and our teammates in the effort we give."

"It was really disappointing. We were pumped and we had a big talk before the game but we couldn't back it up," T-Birds midfielder Lonnie Wells said.

Prenovost believes that the T-Birds will use the Walla Walla game as a reality check that will



Head Coach Jason Prenovost



Highline keeper Liviu Bird deflects the ball to the right. The T-Birds tied Columbia Basin 1-1 on Sept. 19.

improve their play and keep them focused.

"This game should be a wake-up call to our team. Winning is hard work and we need to do a better job being accountable to that principle. We have some good young men on this team who are competitors and I know they will step up to this challenge," Prenovost said.

The T-Birds have their sights set on making the playoffs and want to develop new players and help returners.

Prenovost said they made three goals to work towards: "Make the Playoffs and be competitive.

"Create and sustain a competitive environment where players can learn and grow.

"Create and sustain a competitive environment that pre-Highline next season."

One part of the team that is a division game Wednesday, can't let it go in," Lemar said. are looking to get their first win separated last year's Division Oct. 7 at Peninsula. Lemar also gave credit to of the season.

Championship team is their defense. Prenovost is certain that the T-Bird's defense will improve as the season goes on.

"We've given up twice as many goals this season as the last two seasons combined. This has been due to a lack of discipline in team defending and accountability of individual's roles," Prenovost said.

Both players and coaches need to take pride in their performance and know they did everything in their power to achieve the outcomes they desire. I'm confident this will happen."

The Thunderbirds played Bellevue, first in the West Division and third-ranked in the NWAACC, yesterday. Results from that game were unavailable at press time.

The men's soccer team has a a crucial save in the last two pares second year players to move on and freshman to lead bye week on Saturday. The next minutes to help seal the tie. "I have to stop this ball. I game for the men's soccer team

Lady T-Birds tie division leader Bellevue, 1-1

By DEREK HARTWIGSEN Staff Reporter

The Highline women's soccer team tied Bellevue 1-1 yesterday.

Bellevue is first in the West Division with a 2-4-2 overall record.

"I was excited that we were keeping up with them. I really felt like we were dominating the game," Lady T-Birds forward Andrea Erdhal said.

Erdhal scored the tying goal in the second half improving their record to 0-6-3 overall.

Keeper Brianna Lemar made

Highline's defense for passing well and communicating with one another.

Erdhal has scored the only two goals of the season. The first goal came against Columbia Basin in their 6-1 loss on Sept. 19.

"The team is showing a lot potential," Erdhal said.

The tie against Bellevue was a big improvement after being shutout against Walla Walla 8-0 on Saturday.

The next game will be Saturday against Yakima Valley. The game will begin at noon here at Highline.

Yakima Valley is currently last in the East Division with a 0-3-1 overall record. Both teams

X-country runners improve on individual times

By Amanda LeBeau Staff Reporter

The Thunderbirds cross country team's men improved each one of their times at their second meet, the Sundodger, held Saturday Sept. 19 at Lincoln Park in Seattle.

"We focus on making each runner the best they can be," said Josh Baker, co-coach of the team. He said that the most important thing for his runners is not always coming in first, but continuously improving their personal records.

The men of the cross country team did just that at the Sundodger, as many of them improved their times over the first invitational by more than one minute.

Shaving the most time off his record was Austin Allen. He completed the eight kilometer run in 175th place with a time of 29:17, respectively, which was 1:34 better than his first run.

Also improving by more than one minute were Bill Macdonald, Ryan Eidsmoe, and Colby Peters who finished with differences of 1:31, 1:14, and 1:10, respectively.

Colby Peters' time of 27:03, put him in 85th place out of 211 runners. Ryan Eidsmoe, 96th at 27:13; Aaron Mowery, 110th at 28:25: Corv Richardson, 118th at 29:08; Bill Macdonald, 169 at 29:05; Paul Huynh, 179th at 29:23; Bruce Rainwater, 188th at 29:50; and Nathan Tustison, 209th at 33:45.

There were a total of 202 individual women who ran the five kilometer run at the Sundodger. The results include Ashley Hamman, 125th at 25:09; Ashley Densmore, 140th at 25:30; Kalee Cipra, 161st at 26:14; Maria Gonzalez, 197th at 29:39; Amy Greenwood, 198th at 29:40; Cassie Barber, 200th at 30:33; and Catherine Nalley, 202nd at 36:15.

The men and women both finished in 18th place as a team. There were 20 teams total running for men and 18 running the women's race. Coming out on top was British Columbia for the men and Alaska Anchorage

for the women.

The coaches' goals for Highline's team include continuing to beat their personal records. In an effort to reach that goal, the runners train five days a week, going on long runs, doing hill work, and strength training core work.

"They stay motivated by working hard against themselves as well as others," said Baker.

The team's next opportunity will be Oct. 2-3 at the Willamette Invitational in Salem, Ore.

Highline women's volleyball crushes rival Gators

By BRIAN GROVE Staff Reporter

The Highline women's volleyball team is tied for second place with Clark in the West Division after the first week of league play with a 1-1 record.

Highline defeated Green River in its league opener, but was not able to follow suit against Pierce.

On Wednesday, Sept. 23, the Lady T-Birds took on the Green River Gators at home in their first game of league play.

The Lady T-Birds gutted the Gators in three games, 25-17, 25-18 and 25-18.

From an offensive standpoint, two freshmen, outside hitter Ashley Nguyen and middle blocker Jennifer Mooth dominated the net for Highline with 10 kills a piece.

Freshman setter Davina Fuiava led the team in assists with 34.

On the defensive side, sophomores Paula Miles and Alessa Johnson along with Fuiava had seven digs each. Sophomore Shannyn Fisher had 3 blocks.

When Green River and Highline squared off, the Gators sported a record of 3-8, while Highline was 15-5. Regardless, the Lady T-Birds had to stay on their toes in order to avoid a possible upset.

Highline Head Coach Chris Littleman mentally prepared his team before the game, telling them the outcome of the match was dependant on how they played, not what the opposition did.

"I told them before the game it's always about what we do on our side of the net. Whether it's a bad team or a top team, it's always about what we do," he said.

Littleman said getting a win against Green River early in the season was important to the team.



Outside hitter Shannyn Fisher spikes the ball past two Green River defenders. Highline won in three sets, 25-17, 25-18 and 25-18.

"It was good. Green River is going to be one of the top four teams and it was good to get an early victory against them," he said.

Although the Lady T-Birds dominated the match from a look at the box score, they were not always in control of the ball.

During the second game of the match, Green River came back from a deficit, went up 9-8 on Highline and the Lady T-Birds couldn't get a break on the ball.

At this point, Littleman called a time out to get his team back in order.

"I just told them we'd made seven straight errors, two missed serves and five shanked passes. From being up four, we were down two and we had to refocus," he said.

Along with Littleman motivating his team to play better, the Lady T-Birds took it on themselves to finish out the game strong.

"I just tell myself to stay focused and if I make a mistake not to worry about it and just focus on the next play," Alessa Johnson said.

Littleman also said the first half of the season is all about figuring out the opposition.

"The first half of playing teams for the first time it's all about what we do on our side of the court, but the second time around, we know what we like to do, some of their weaknesses and what we can do to them," he said.

For Highline's next game, the Lady T-Birds hit the road and played Pierce in Lakewood.

The Pioneers handily defeated the Lady T-Birds in three games, 25-16, 25-23 and 25-21.

Nguyen and Mooth were again at the top of Highline's

offense with nine and eight kills said. respectively.

Defensively, Nguyen and Johanson had eight and seven digs respectively, while Miles, Fuiava and Mooth each had five.

Littleman said the main reason for the loss was the amount of errors the Lady T-Birds had.

"We lost because we made way to many errors. Very uncharacteristic. We made 53 errors and the other team only needed 75 points to win (25 points per game times three games). We didn't play to win," he said.

Although he doesn't think the loss will endanger the team's chances of making the NWAACC Tournament, he didn't like what he saw.

"We just found a new way to lose, and a new way not to play. Luckily, it still early in league play. We have been playing good ball as of late," Littleman "We have the most wins against the top 10 teams, and have had the strongest schedule. We want to play the best teams so we can get better. But all those games don't mean anything. They are just scrimmage games. The only games that matter are league and NWAACCs, unfortunately we still have to play the average teams. No team is going to roll over and lose. I hope that this loss will be a reality check and motivate them," he said.

The Lady T-Birds had a break from the action this week with a bye Wednesday, Sept. 30.

They will resume play when they travel to Centralia, to take on the Trailblazers, 0-1, on Friday, Oct. 2, at 7 p.m.

Next Wednesday, Oct. 7, the Lady T-birds will take on division leaders Tacoma Titans at Tacoma.



Men's soccer standings North Division League/Pts/Season Edmonds 1-2-1 4 1-4-1 Whatcom 1-2-1 1-4-1 4 2-5-0 Everett 1-2-0 3 Shoreline 1-2-0 3 2-3-0 Sk. Valley 0-2-0 0 0-3-0 East Division League/Pts/Season Tr. Valley 3-1-0 9 3-1-0 Walla Walla 3-0-0 9 5-0-0 Spokane 2-1-0 6 2-6-0 Col. Basin 1-0-2 5 3-1-3 W. Valley 1-1-1 4 3-1-1

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Blue Mountain	1-0	7-1
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Green River	0-0	3-3
Centralia	0-0	3-7
South	Division	
Chemeketa	0-0	12-2
Mt. Hood	0-0	9-1
SW Oregon	0-0	5-7
Clackamas	0-0	5-10

Flu shots can help prevent univited illness

By SHANNON SEVEREID Staff Reporter

Health care officials say get a flu shot this year – maybe even two.

A flu vaccine may help you avoid contracting seasonal and swine flus, officials say.

Health officials at the King County Health Department are working to spread information to the community about preventing illness.

Although symptoms of seasonal and swine flus are very similar – including: fever, cough, sore throat, stuffy nose, body aches, headache, chill, fatigue, and occasionally diarrhea and vomiting – they come from two different viruses.

"Flu shots are open to anyone who wants to help avoid an illness that could keep them out of work for several days," said James Apa, communications manager at Seattle-King County Public Health Department.

Seasonal flu shots are available now at many doctor's offices, drug stores, pharmacies, grocery stores, or even your work, Apa said.

The Center for Disease Control anticipates the swine flu vaccination will be available around the middle of October.

"This flu season is unique in that there is the seasonal flu and the H1N1 virus," said Apa.

"Each of these viruses will have their own vaccine, so there will be two flu shots."



Highline nursing alumna Olga Sidorenko gives a seasonal flu shot to fellow alumna Tanya Selyuk.

Despite the fact that the symptoms for the seasonal and swine flus are similar, the health department recommends different groups receive each of these different vaccines.

The health department encourages the following to vaccinate against the seasonal flu: children six months to 18 years; women who are pregnant; people aged 50 and over; adults and children with chronic medical conditions, such as heart disease, asthma and diabetes; people with weakened immune systems; caregivers of children; and health care workers.

Those who should vaccinate against the swine flu include: children and young adults ages six months to 24; people ages 25 to 64 years with chronic health conditions, such as asthma or heart disease; care givers of children less than six months old; women who are pregnant; and health care workers, the health department said.

The flu vaccine is made from

a dead virus and helps produce antibodies against the flu virus in order to prevent you from developing an illness, said Anne Grimes, an employee health nurse and wellness manager at Valley Medical Center.

Reactions from the flu shot may include achy muscles or fatigue, Grimes said.

But that doesn't mean you're getting the flu. The flu cannot be contracted from the vaccine, Grimes said; people who get the flu shortly after being vaccinated probably contracted the virus before they got the shot.

Meanwhile, syringes and needles aren't necessarily the only way to absorb the vaccine.

"There is a nasal mist that deposits a weakened, but live flu virus into your nose; however, it is not for children or women who are pregnant," said Dr. Linda Petter, Highline alumna and family practitioner.

"People who are at risk for both viruses should get both vaccines," Petter said.

The process of building up immunity against a flu virus takes two weeks, but the incubation period for the flu is one to two days, Petter said.

"This is why the key to good health is hand washing," Petter said.

Flu vaccines will be available at various local pharmacies and drug stores. Walgreens will be taking appointments for flu shots. The cost is \$24.99.

Bartell Drugs will have flu shots available Monday through Friday, 9 a.m. – 9 p.m. No appointment is necessary; the cost is \$28.

Safeway pharmacy will have flu shots available Monday through Friday, 9 a.m. – 9 p.m. There is no appointment necessary. The cost is \$30.

Wal-mart will have flu shots available for walk-ins on Oct. 5, 6, 23 and 24. The cost is \$28.

Ask the pharmacy to bill your insurance becasue flu shots may be covered, Petter said.

Spaghetti dinner can be delicious, nutritious and easy on your wallet

By KANDI CARLSON Staff Reporter

Fresh ingredients can turn the ordinary spaghetti dinner into a healthy choice for lunch or dinner.

A spaghetti dinner can be made with fresh ingredients for under \$2 a serving. All you need to make this fresh and healthy meal is spaghetti noodles, a large can of plain spaghetti sauce, one can of chopped black olives, two fresh roma tomatoes, one fresh red onion, green peppers and fresh cilantro. First, add your sauce and olives to the pan.

If you add a small amount of water to the can you can get the rest of the sauce out easily

rest of the sauce out easily. As you chop, add all your fresh ingredients directly to the pan with your sauce and olives.

Take your onion and dice it. Dice as much onion as you like. Keep in mind the more onion you add, the stronger the flavor. Now cut the ends off the green pepper and cut it into quarters length wise. Throw away the seeds and cut out the white fleshy part inside the pepper and throw away. Chop the pepper into bite-size pieces. large pieces.

Lastly, you will need five or six pieces of cilantro. Cilantro is a strong herb that adds a lot of flavor. You will have lots left over to use at another time. Rinse thoroughly and chop very fine.

Once you have all you fresh ingredients added to the pot with your sauce and black olives, place the pot over medium high heat. Cooking time depends on your stove. What you are looking for is the sauce and the tomatoes to be heated all the way through. That should take approximately 10-15 minutes. Your pasta should be done cooking. The easiest way to find out if your noodles are done cooking is to take a noodle out using a fork, cut it in half and if it is the same color all the way through then it is done. You will want to drain right away because the pasta will continue to absorb water and get chewy. Once you have drained your pasta, using a strainer, put it back in the pot and add a tablespoon of oil. This will keep



Feel free to add any other fresh vegetable you like. Mushroom, celery and carrots are great too.

Once you have all the ingredients together you can start cooking.

Cook the spaghetti noodles according to the directions on the package. While the pasta is cooking you can make your sauce.

Make sure you use a clean surface to get started. You will need a sharp knife, cutting board and a medium size sauce pan. Don't forget about your pasta. You want to check on it. Pasta sticks together if you let it sit without checking on it.

Take a fork and separate the pieces of pasta. This will help prevent the pasta from sticking together.

Next, cut the end piece from the tomato. It is the larger end of the tomato. Cut the tomato in half and then cut those halves in thirds. You will have somewhat Kandi Carlson /THUNDERWORD An inexpensive dinner can be made with fresh ingredients.

the pasta from sticking.

Now that your pasta and sauce is done cooking you can serve it. If you serve in a bowl there is less mess. Place the pasta in the bowl and add as much sauce as you like.

If you want to dress the meal up a little more you can make garlic toast. Mix soft butter together with one clove of finely chopped garlic and pepper. Toast whatever bread you have and serve with the garlic mixture.

The total cost to buy all these ingredients will average under \$10. This meal provides a healthy upgrade and is great for your budget.

Business

The Thunderword / October 1, 2009

All-Star Bar is determined to hit a home run

BY LIZ PHILLIPS Staff Reporter

the first of November, Fullerton said Des Moine's newest sports bar

is kicking off its first season Nov. 1, said owner James Fullerton. The All-Star is taking over the space formally occupied by nally thought, he said. China Sea, 22303 Marine View Dr. S.

The new bar will take advantage of a 180 degree view of the Des Moines harbor.

"The visual appeal would be that there are no walls," said General Manager Justin Edwards.

The bar is being designed as open as possible, with many windows. The service area for patrons will be about 3,200 square feet. Maximum occupancy will be between 200 to 300 people. Being too crowded will never be an issue, Fullerton said

Originally All-Star was trying to open at the start of football season, Sept. 1, but in all

He attributed some unforeseen building issues to the late opening. The structure needed more reinforcement than origi-

actuality a more realistic date is

OnceAll-StarisopenEdwards said you won't want to leave. A major draw to All-Star, Fullerton said, will be the fact that they are really focusing on pleasing all sports fans. Within the bar will be 20 large televisions, large enough to see from the street, playing all of the ma-

open if there is a big match or game on, said Business Operations Manager Jo Potts.

None of the neighboring bars or restaurants need to sweat over the opening of the All-Star. They plan on all thriving together. "We have talked to Mike (Colello) from Butler's and Rich from the Lighthouse. We are a very different venue from theirs and we would like to see everyone do better business as the result

Left to right, Jo Potts, Jim Fullerton and Justin Edwards, are opening the All-Star in Des Moines.

"We are hoping for a capacity above 250. Butlers and the Lighthouse are both in the 80s (for capacity.) If we can get between 200 to 300 people to come to Des Moines on a Saturday night that would be ideal. People will always move around and visit the other places, which should be good for all business-

ing. This way they can obtain a general flow and general understanding of how they want to run their bar.

"Service will be the main draw," said Potts, who has been in working as a manager/consultant for the past 10 years. "Once we get you there you won't want to leave." Consistency is one of the key factors which they feel will make them succeed. No matter what you order and who makes your drink it will be exactly the

theme of the bar and felt that Des Moines was really lacking a bar like that

Liz Phillips/THUNDERWORD

Dr. Scott Andrews, who is the landlord of All-Star, wanted to make that corner more up-scale. Andrews paid the then-owner of China Sea to vacate early. Initially Andrews was debating between turning the space into dental offices or a high-end bar. Then Andrews was introduced to Fullerton and company.

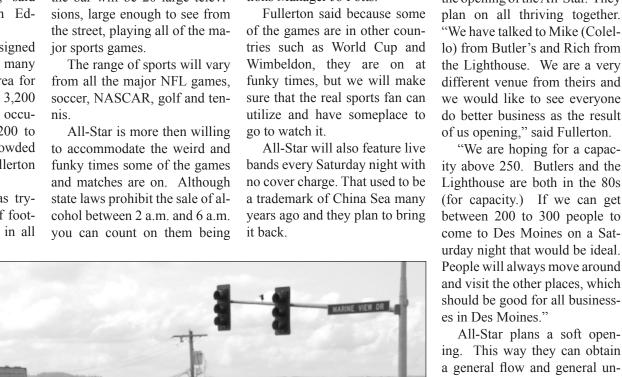
"One of my good friends already knew Scott and that made the connection a lot easier," Fullerton said. Both parties, Fullerton and Andrews, are trying to bring more people to Des Moines and help grow in a positive direction, not put any one out of business.

"We wanted to work with the other businesses and try to do things the other business were not already doing so we could grow the business district and the city, not take away from it. There was a lot of discussion about what we thought others did well and decided to try to be different," Fullerton said.

"We said we will not serve hot dogs because of the hot dog stand across the street. We said other than nachos, no Mexican dishes due to Lago Azul. I think when Scott saw our concern for

Liz Phillips/THUNDERWORD

Above, the first stages of the Des Moines project last spring, tearing down what was China Sea. Below, the current progress of the future home of the All-Star Sports Bar. All-Star will be opening its







door on Nov. 1. The new building will feature a 180 degree view of the Des Moines harbor.



same, Edwards said.

Edwards being a bar tender going on 12 years, knows what people in that department are looking for.

Hate waiting on drinks when you go out? All-Star will feature bar assistants so that the bar tender will have all their focus on you, the customer, Edwards said. Another feature in the works is having a drink wheel which will promote the bar's weekly specials.

The idea for All-Star came out of left field with the closure of Rooty's, another local bar Fullerton and friends used to hang out at.

The owner of Rooty's, Jim Routus, was a friend of Fullerton's from high school. Fullerton was really keen on the sports

the other businesses and how we wanted to work with them, it made good business sense."

After several meetings the project was set.

This will be the first time Fullerton has ever opened a business of his own. Fullerton currently works for Paccar doing software development. He graduated high school from Kennedy and went on to play baseball for WSU. Fullerton got his degree in math from the UW and is continuing currently, working on his master's degree in software engineering from Seattle University.

Currently Edwards is working at a local bar and Pott's main focus is all aspects of the bar. As of yet there is no set menu for All-Star.

Transfer events fall into autumn

The Highline Transfer Center will be hosting a Fall Transfer Fair for any student who is planning to transfer to a college or university.

The transfer fair will take place on Thursday, Oct. 18, from 9 a.m. to 4 p.m. in Building 8 on the first floor.

Admissions representatives from as many as 20 colleges and universities will be present.

Siew Lai Lilley, director of the Transfer Center, said it will be a great place for students to stop by and ask questions about their transfers and how deadlines for financial situations are handled. Students can come to explore options and potentially pick up applications.

Lilley said she has always believed "early planning is the key to a successful transfer."

She suggested students ask questions such as "Is my major available at your school?" or "What are the admissions requirements for applying to your school?"

Also, a writing workshop is being offered to Highline students on Nov. 4, 12:15 p.m. to 1:05 p.m. in Building 10, room 202. Gwen Spencer, the director of Educational Planning & Advising, will be presenting.

Printing program wins more awards



SaraRosario/THUNDERWORD Paul Gaudreau works on the printing press in Building 16.

By MICHAEL SAPA-AFOA Staff Reporter

The Graphic Production Program won three awards at the 2009 Premier Print Awards, one of the most prestigious printing competitions in the world.

"There were more than 3,600 entries in the USA and 196 awards," said Tony Sittner, the head of the Graphic Production Program. The Highline entries were awarded three of those 196 awards, all of which were Certificates of Merit.

Certificates of Merit are awarded to works the judges deem as having achieved the highest quality of printing. These are awards put out by the Printing Industries of America, attracting entries from around the world.

"This is our first year entering the competition," Sittner said.

The entries were compiled by the combined efforts of all staff and students in the Program. The entries were judged along with entries from commercial printers as well as rival schools.

The entries were Lincton Springs Review, the literary publication for North Seattle



Tony Sitner

Community College; Crosscurrents, the literary publication for the Humanities Instructors of Washington; and Espial, the literary publication for Green River Community College.

The printing program offers students a one-year certificate, a two-year AAS degree and numerous other smaller certificates. This program also aims to train their students to become press people and to become familiar with the numerous processes within the printing field; such processes include preflight, prepress, and press and bindery.

Got news? tword@highline.edu



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All responses are confidential.

Go to: <u>http://www.interactresearch.org/mp81/</u> User ID: highline Password: pacific

The survey will only be available for a short period of time. Please take it as soon as you can.



Highline is making strides

By JORDAN HALE Staff Reporter

A group of people from Highline are gearing up to participate in the American Cancer Society's eighth annual walk against Breast Cancer in Downtown Bellevue Park this Sunday, Oct. 4.

The drive behind this walk is to reach out to the community to spread awareness for the early detection of breast cancer.

The group calls itself Team Highline and consists of faculty, staff and students who will be attending this upcoming walk.

Here on campus you can join team Highline for free, and help raise and donate money for this event.

Each year Team Highline sets a goal to raise \$1,000 in donations for this event, and regularly meet this goal.

Furthermore, Women's Programs here at Highline have been actively supporting the fight against Breast Cancer for close to 30 years now, said Jean Munro of Women's Programs and Work First Services.

This will be Munro's eighth year walking in this event.



"I would like to encourage

and promote everyone, men

and women alike, to advocate

for themselves and get regular

check-ups for this disease," Mu-

"Use the agencies and pro-

grams that have paired up with

the school; they are there to help

and assist you with any ques-

event will be survivors and fam-

stories about their battle with

breast cancer. Family members

will also come to support those

in battle and celebrate the lives

to get involved in this event

whether it is through Highline

There are multiple ways

of those who have died.

Among those attending the

Survivors will be telling

tions you may have."

ilv members.

nro said.

Donations are always welcomed at any amount from those who wish to contribute. If you wish to walk but can-

If you wish to walk but cannot donate, you can do so by signing up online at http://main. acsevents.org/goto/highlinecollege.

or another organization.

five-kilometer walk.

Participants of all ages are encouraged to come and par-

ticipate in this non-competitive,

Proceeds from this event will benefit the American Cancer Society.

These funds will be used to help women gain access to mammograms, fund research, and connect newly diagnosed people with survivors, said the American Cancer Society.

The ACS said this research is helping death rates decline.

Registration for the event begins at 8 a.m. and the breast cancer walk begins at 9 a.m.

Participants can sign up to walk at the registration table in Downtown Bellevue Park at 8 a.m. on Sunday.

You can also sign up prior to the walk online at http://main. acsevents.org/goto/highlinecollege.

College surveying students on media habits

By DYLAN FEELEY Staff Reporter

Highline wants to learn about how students spend their time and how they use media.

College officials hope to get more information on where to best market the college to prospective students.

The survey began Monday, Sept. 28, and will run until Friday, Oct. 2.

Questions on the survey may include, how you spend your leisure time, and what type of music you like, says a college official.

The survey takes between 25 and 30 minutes and is completed on the computer.

The survey is voluntary and completely anonymous.

Students interested in taking the survey can access it in two ways:

You can log onto your Instructional Computing login where the survey should pop up, or by going to http://www. interactresearch.org/mp81/. If you use the website you will need to submit "highline" as the User ID and "pacific" for the password.

As an incentive, students who complete the survey will be guided to another website where they have the option to enter for a chance to win an iPod or an iTunes gift certificate.

Interact Communications, a private company, will be conducting the survey, that includes 70 colleges from 23 states.

Highline took part in the survey two years ago and had an above-average participation of 761 students, said Jason Prenovost, Highline director of marketing and communications.

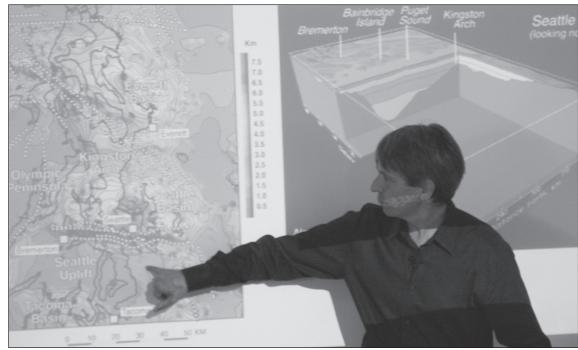
The goal of this survey is to learn more about the habits and interests of Highline students.

The survey results will help Highline to send "the right message, in front of the right people, at the right time," Prenovost said, and allow better marketing decisions to be made that will attract new students to the Highline community.



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Hoang Nguyyen/THUNDERWORD Professor Eric Baer shows maps of the areas at risk during a megathrust earthquake.

Quake may crumble Seattle

BY TAYLOR GARFIELD Staff Reporter

An extremely strong earthquake, called a megathrust earthquake, with the power to reach 9.0 on the Richter Scale will occur near Seattle, geologists agree on this.

The first Science Seminar of Fall Quarter was based on the findings of Dr. Jing Yang's Ph.D. paper from the California Institute of Technology. The seminar was presented by Professor Eric Baer, the geology department head at Highline.

The study estimated that if a 9.0 megathrust earthquake were to hit somewhere on the Cascadia fault the majority of steel skyscrapers built before 1997 would be knocked over like dominos by seismic waves in a lateral motion.

An earthquake on the Cascadia Subduction Zone, a subduction zone fault that extends from the northern tip of California all the way north to Vancouver, B.C, and effects a majority of the West Coast, could produce extreme seismic waves.

In 1997 the building code for

combination occurs, and all the accumulated pressure is released, massive seismic waves will hit around us. The seismic waves will travel through the ground and cause shaking that will bounce around in the sediment underneath Seattle for five to seven minutes.

The sediment underneath Seattle is unique, because the type of soil beneath Seattle makes the shaking last longer then it normally would.

In order to grasp how long the shaking will last, Dr. Baer compared the Kingdome implosion to the inevitable megathrust earthquake.

The seismic waves from when the Kingdome was imploded in 2000 lasted one minute after the implosion. According to Dr. Jing Yang's study, the seismic waves of the earthquake will last five to seven times more longer than that explosion.

The Cascadia Subduction Zone includes 900 skyscrapers above 20 stories, 450 of those built before 1997.

"It will cost billions to fix the errors, "Baer added near the end of his seminar.

Dr. Yang and Dr. Baer agree that something needs to be done.

members of our own genus Homo dating back to around 13,000 to 94,000 years ago.

The find has generated both excitement and controversy within the archeological community.

Science Seminar meets Fridays from 2:20-3:10 p.m. in Building 3, room 103.

The series is free and open to all

Future seminar topics will be announced at a later date.

Pirates don't look the same

BY KUMIKO YOKOTA Staff Reporter

The pirates you may have imagined might not have existed. They might have looked very different.

Highline geography professor Dr. Jennifer Jones spoke at Wednesday's History Seminar.

The seminar was on the fact and fiction in pirate studies.

One of the symbols of pirates, eye patches, may have been only in your imagination. Pirates may have never worn such things.

"There is an argument if they really wore eye patches. They could wear and switch eye patches when entering a cabin from outside so their eyes could get used to the darkness, "Jones said.

Researchers have not yet found any pictures of pirates wearing one, she said.

A metal hook for an arm like Captain Hook in "Peter Pan" and a wooden peg-leg also are stereotypes.

"Those were made up for stories. An average pirate was just a regular person," Jones said.

The pirate society was democratic. Jones said every crew had an equal vote on all important decisions and even the captain was elected by crews.

At a time when slavery was rampant, piratical society had already established democracy.

Pirates are a big business now. The box office of the movie series "The Pirates of the Caribbean" has made \$ 2.6 billion so far.

Cruises with pirate costumes or paraphernalia printed in pirate themed patterns are popular today.

Piracy is becoming a big business today. Modern pirates earned \$80 million in 2008.

Jones said the real winner was not the pirates but an insurance company in London, Lloyd's of London. The company earned \$ 400 million just from piracy insurance in 2008.

"They are young guys without good opportunities. They can get shot, but they can come out with \$ 2,000. That's a lot of money for the young guys," she said.

"But, the risk of getting caught or killed is really high. When they get caught, they get 20 years in jail, " Jones said.

Next week's History Seminar will be on the "Wizard of Oz." It will be presented by Highline history professor Tim McMannon. History Seminar meets Wednesdays from 1:30-2:20 p.m. in Building 3, room 102. Everyone is welcome to attend.

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skyscrapers changed, following the 1994 Northridge Earthquake, which had a magnitude of 6.7.

"The aftermath of the Northridge Earthquake revealed cracks in the structures of skyscrapers," Dr. Baer said.

This led to fears of skyscrapers totally collapsing. As a result, they added welds to the steel structures of the skyscrapers to make them stronger.

There were many questions that had to be answered in the study: How will the earthquake happen? How will the seismic waves move through the ground? How much will the ground shake? How will the buildings fall?

Seattle is only 70 kilometers from the fault, so when the right

Dr. Baer is also the professor in charge of oragnizing the Science Seminar.

"People really want to learn about science and there is nothing better than having the best teachers at Highline teach what they're most excited about," he said of the success of the longrunning series.

This week's Science Seminar will be a presentation on "Homo Floresiensis 'The Hobbit' an update on the most exciting archeological find of the 21st century.

It will be presented by Highline's Anthropology Professor Lonnie Somer. He will talk about remains found of tiny

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The Thunderword / October 1, 2009

Parking

continued from page 1

leased over the weekend, there is a \$112 after-hour release fee.

The general manager of Church's Chicken, who gave his name only as Ash, seemed to have a different approach.

"I've given them a oneweek notice. The only reason why I'm not towing is because they're students. They can park at our parking lot before business hours, but when business starts, then they need to move," Ash said.

Ash said they will start towing beginning today, Oct. 1.

Church's Chicken uses A.B.T. located in Federal Way.

They charge \$210 for the initial impound and \$50 per day for storage space. They are open Monday through Friday. If the car is to be released over the weekend, there is a \$105 afterhour release fee.

As students focus on trying to find parking so they can get to class, they say they are willing to risk the consequences of parking at Lowe's or Church's Chicken.

"This is my future and you're telling me I can't go to class because of parking? Yeah, right," said Dan Aguiniga, a Highline student.

Other students say that buying a parking permit isn't even worth it.

"It's bad, it's really bad. It's

getting even worse. And what good is a parking permit if you don't get a spot?

"I think if you buy a permit you should be guaranteed a spot," said Wassan Singh, a student at Highline.

Jennessa Stewart, who is also a student at Highline, said she comes to school an hour earlier than her first class just to find a parking spot.

"I don't think it's fair to be forced to buy a permit when you're not guaranteed a spot," said Stewart.

Many of the returning students said they were aggravated by the sudden jump of the price of parking permits. A parking permit last year was \$25 per quarter. They are now \$46 per quarter.

"Are you serious? I didn't even know that. Crap \$46? That's just bullshit. You should slap whoever came up with it, doubling the price of parking passes," said an anonymous Highline student.

On the other hand, some students that think that purchasing a parking permit is worth it.

"Yeah, I mean I think it's worth it because it does pay for maintenance of the parking lot and it encourages people to take the bus or to carpool. It sucks we have to pay that much though," said Chris Pennington, the president of Highline's Student Government.

Many students, such as Pennington, who arrive at school around 7:30 a.m. to 8 a.m. seemed to have no problem with parking.

Other students, like Athena Wayman, who arrive at school around 9 a.m. to 10 a.m., are not as lucky.

"Ten o'clock is worst. I've waited over 30 minutes to find a parking spot between 9:30 to 10," said Wayman.

As of now, there are roughly 2,140 parking spaces total for both students and faculty members of Highline and Central Washington University.

During Spring Quarter of 2009, 4,448 total parking permits were sold. Since last year, there has been a expected 10 percent increase in the enrollment at Highline.

Retraining continued from page 1

anyone could receive money for school," Huber said.

The letter states that "President Obama recently announced that people who receive unemployment insurance benefits may be able to receive special consideration for financial aid to pay for job training or education."

This letter goes on to mention

that federal Pell grants "help cover up to \$5,350 in education and training."

Although both of the statements are true, there are a variety of requirements that go into getting all these benefits, Huber said.

"The \$5,350 is the best-case scenario," Huber said. Many students were under the impression they would be receiving that amount after reading the letter.

This special consideration is

based on financial need and all of a student's income is counted in calculating that need, including unemployment benefits, he said.

Students must complete the necessary forms and submit them to the financial aid office.

Once a decision has been made by the financial aid office

"There is no guarantee for funding unless they [students] get the highest level of financial aid," he said.

Huber said another reason for stopping enrollment in fall was to ensure there would be some funds for winter and spring quarters.

They expect to accept 100

to be completed by prospective students.

The form explains that the program is experiencing a high level of interest and expects to be making appointments for Winter Quarter in early October.

Money for this program comes from the Washington general fund and is subject to yearly approval, Huber said.

"Sometimes we don't even know if we will be in existence," Huber said.

students must complete a form new students in winter and 50 in that allows financial aid to take spring, he said. The program isn't just turninto consideration the current income of the student, Huber ing away people, he said. The program is handing out a form said









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