

# THE Highline Community College Thunderword

## Mayoral reform ahead in Federal Way

By THUNDERWORD STAFF

Voters have chosen to reject Tim Eyman's latest initiative while narrowly approving the expansion of rights to domestic partners.

Voters in Federal Way and SeaTac, meanwhile, may have

changed their form of government to one with a separately elected mayor. City council incumbents generally fared well in city elections.

Des Moines voters appear to have approved creation of a park district to keep the Mt. Rainier Pool open, but a broader measure that also would have sup-

ported the pool was turned back in Normandy Park.

Results of all the elections are incomplete, however, as 98 percent of voting in the state was conducted by mail. As of 4:19 p.m. Wednesday, King County elections officials had counted only 35 percent of the 1,084,589 ballots issued.

Final results are not expected before Nov. 24, with results to be updated every weekday at noon until that date.

Among local races in Southwest King County:

•In Kent, Mayor Suzette

Please see Election, page 14

## Taking the bus brings new experiences

By PAUL PARK  
Staff Reporters

Susanne Fisch was riding on the 174 bus from Highline to Federal Way when she heard a loud bang.

Fisch, an international student from Germany, saw a large crack on the window across her aisle from someone who shot a BB gun at the bus from a passing car.

"Riding on the bus in the U.S. makes me feel uneasy. The public bus system in Germany has a different structure to it and the buses are very clean. On the other hand, like everything in Europe, the taxes are more expensive, but it is definitely worth it," Fisch said.

Fisch is one of the more than a 1,000 students that ride the bus every day.

The two main buses that pass Highline are the 166 which comes and goes from Des Moines and Kent and the 174/175 that comes and goes from Federal Way and Tukwila. Other buses are 121/122 and 131/132 that go and come from Burien and Downtown Seattle.

Bus passes can be purchased on the King County Metro website, <http://transit.metrokc.gov/>.

Highline students can also buy monthly passes at the Book-



Chris Wells / THUNDERWORD

Highline students board the 132 bus toward Seattle outside of Building 26.

store at a 15 percent discount. Students need to simply show their student ID.

However, they don't sell the 75 cent passes for 18 and under said the Bookstore website.

Bus passes are available from the 15th of the current month to the 10th of the following month.

Anthea Kwan, a Highline student who used to ride the bus, said the comfort level of riding "depends on what bus

you take."

"I like the 166 because there are no creepy people. It doesn't smell weird and it's faster," said Kwan.

She had the opposite opinion about the 174. "The 174, yeah. That one is not fun," Kwan said.

"It's always late, always crowded and there are a lot of weirdos on the bus. Before, there would always be a specific corner of the bus that smells like

a Honey Bucket," she said.

Her friend, who only gave his name as Mitchell, had another opinion about the 174.

"It's great. Seriously, in the morning they've expanded how many times it comes. Now it comes every 15 minutes," Mitchell said.

"Also, they also have a bunch of new buses. The seats are su-

Please see Bus, page 15

## Poll shows Highline is best place to work

By THUNDERWORD STAFF

Highline employees say they are enthusiastic about the college winning the Northwest Jobs People's Picks Award.

Highline was voted the favorite education and training company industry last week in a contest sponsored by the Seattle Times. Employees from 10 different schools and training companies voted for their organizations in September and October.

Highline won by virtue of more Highline employees voting than the other nine employ-

ers, including the University of Washington and Bellevue College.

Lisa Skari, vice president for Institutional Advancement, said four themes emerged in Highline employees' comments in the contest: Highline's commitment to diversity; its commitment to educational excellence; the college's support of professional development; and the "Highline community," where people described a family atmosphere among their colleagues.

Employees interviewed this week agreed that the college is a good place to work.

"It's a great job," Jon Luie



Jim Glennon

said of his job at the Bookstore.

Bookstore manager Laura Nole smiled frequently while

she talked about her job.

"I have worked for 30 years and out of all the places Highline is the best place I have ever worked at," Nole said.

She said that there is a feeling that Highline has and that she loves coming to work because of the energy that it brings to her day.

"It's a very empowering place to work," Nole said.

Nole said that the workplace environment starts with the president and trickles down to employees.

Please see Work, page 15

## INSIDE

November 5, 2009  
Volume 49, No. 7



Highline student president has an important job/P3



Men's soccer fights to the end for NWAACC playoff birth/P8

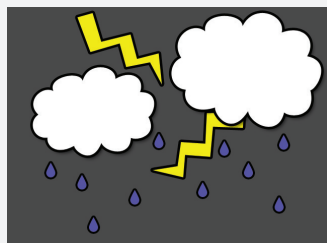


Los Cabos brings a family tradition to Des Moines/P11

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## Weekend Weather



Cloudy with rain and thunderstorms on Friday, chance of showers on Saturday, few showers on Sunday.





### Crime and Punishment

Grocery store stalker

A female student reported being followed onto the Highline campus on Monday, Nov. 2. The student told Security she was followed from a nearby grocery store to the Highline East Lot by an adult male. No contact was made between the two.

Visitors distract actual students

Security was asked to perform a student check in the computer area of the Library. The area was overcrowded and noisy. Security checked identification and removed visitors that were distracting to students and staff.

Audio hardware jacked

A computer box and stereo speakers were reported stolen from Building 10, room 103. The electronics had been left unattended and were missing when their owner returned.

Trash bin turns to ash

Someone smoking a cigarette failed to safely extinguish it and ignited the trash bin in the smoking section by Building 5. At 12:06 p.m. maintenance workers rushed to put out the flaming bin. The fire was quickly contained and no further damage was caused.

Parking Argument leads to separation

Security responded to a verbal altercation between two people in Building 22, room 102. The two were cursing at one another over a parking dispute. They were separated, and neither person wished to file a complaint against the other. They were asked to avoid each other for the remainder of the day.

Solicitor sent packing

Someone placing fliers on windshields in the East Lot was asked to leave on Wednesday, Nov. 3. The fliers were advertising a computer repair business. No one is allowed to sell students anything on campus without receiving permission from the Vice President first.  
--Compiled by Eric Moehrle



### News Briefs

Cougars on campus offer transfer advice

A Washington State University adviser will be on campus to talk to prospective transfer students on Nov. 12 and Dec. 2. The adviser will be able to answer questions about admissions requirements, majors, deadlines, financial aid and scholarships.

Students must reserve a half-hour appointment, which can be done by sending an e-mail to [transfer@highline.edu](mailto:transfer@highline.edu), or sign up in the Transfer Center in Building 6.

Times are available 9 a.m. to 2:30 p.m.

Chop logs with math

The Math Tutoring Center will host an upcoming workshop all about logarithms. Understanding Logarithms will take place Thursday, Nov. 16 at 2:45 p.m. in Building 26, room 319 unless otherwise specified. This workshop is designed to help students bring together some of the high points of logarithms. The Math Tutoring Center hosts weekly workshops, taught by Highline Faculty and Staff members, free to all students, and are typically an hour in duration.

Workshop shows how to cite correctly

The Highline Writing Center will host a workshop about how to give sources proper citations. Quoting and Citing Your Sources will take place on Tuesday, Nov. 17 from 9 to 9:50 a.m. and Wednesday, Nov. 18 from 1:30 to 2:20 p.m. and 4 to 4:50 p.m. The event will focus how to correctly use quotes and avoid plagiarism by citing them correctly. The Writing Center offers a different workshop every week and is free to all students.

Toiletry drive to support veterans

Student nurses will collect toiletry items for the VA Hospital through Monday, Nov. 9. The student nurses club will use the items for patients for veterans in the Seattle VA Hospital. Highline students can drop off their sample sized soap, shampoo bottles, mouthwash, shaving cream cans, disposable razors, toothpaste and toothbrushes in Building 26, room 219; the Library; Building 8, just inside the east doors; and upstairs in Building 6.

Seahawks and City U partner for scholarship

Students who are applying to City University of Seattle may also want to apply for the 2009

Seattle Seahawks Undergrad Scholarship. The scholarship is valued at \$15,000 toward tuition at City University of Seattle. City University of Seattle offers classes both on campus and online in 11 countries worldwide. Interested applicants are encouraged to apply at [www.cityu.edu/seahawks](http://www.cityu.edu/seahawks) by Nov. 30. The winner of the scholarship will be announced by the Seattle Seahawks Dec. 20 in their home game against the New York Jets. Students with questions can contact Melissa Hoyos, senior communications specialist at City University of Seattle at [mhoyos@CityU.edu](mailto:mhoyos@CityU.edu) or by phone at 425-709-7613.

highline.edu or by phone at 206-878-3710, ext. 4350. •This week’s Friday movie will be *Juno*. It will be shown Nov. 6 at 12:30 in Building 10, room 103. The film is co-sponsored by the ILSC and the HCC Film Studies Program. *Juno* won an Oscar for Best Writing, Screenplay Written Directly for the Screen and was nominated for numerous other awards. •The Highline Veterans Committee is holding a Veterans Day Recognition on Tuesday, Nov. 10. The event will take place at 12 p.m. at the MIA/POW Memorial Pond in front of Building 5. If the weather is rainy or cold, the event will be held in Building 7. All students are invited to attend.

Calendar

•The Men of Vision Discussion Group will host “Homophobia.” The discussion will begin in the Inter-Cultural Center, Building 6, room 164 and then will move to Building 9, room 109. The event will take place on Thursday Nov. 12 from 1:30 to 2:30 p.m. Students with questions can contact Ismail Yusuf, Student Leader at the Inter-Cultural Center at [Corrections](mailto:iyusuf@</a></p></div><div data-bbox=)

In the Oct. 28 edition of the Thunderword, Barry Holldorf’s name was misspelled. In the same issue, Jennifer Granger de Huerta’s name was incomplete. She should have been identified as the program manager for International Programs and Grants. It is the policy of the Thunderword to correct all errors.

# HOT JOBS

## NEED A JOB? WE GOT JOBS!

Do you have Work Study on your financial aid?  
Do you like working with kids? We want you!

Student Employment is currently looking for work study eligible students to apply to the America Reads program. We are looking for students to tutor elementary school students in the Highline School District in math, reading, etc. Anyone with work study can apply, does not need to relate to your studies.

Location: Highline School district  
Wage \$10 an hour  
Hours: Flexible around your classes, up to 19.5 per week

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



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## Students say that Angel is a heavenly alternative

By **HOANG NGUYEN**  
Staff Reporter

Most students at Highline feel comfortable using Angel.

In a non-scientific survey of 100 students, 74 percent said they “feel very comfortable or somewhat comfortable using Angel.”

Only 8 percent of respondents felt “somewhat uncomfortable or very uncomfortable.”

Finally, 18 percent of students were indifferent.

Angel is a web-based teaching and learning tool that allows educators to get perspective on student performance, take action to interact and intervene and see results of student achievement. Angel replaced Blackboard in fall of 2009.

Many students said Angel is a very good replacement for Blackboard.

Highline student Maryann Mohamed, said she liked Angel because it has nice and clear icons next to the home menu, which can help accessing the site faster.

“For instance, under the tool bar on the home menu, there is the path showing what you are working on Angel. I just need one click to go back at where I want to access,” Mohamed said.

Student Samuel Frisch said Angel’s how-to videos of the home page are great resources for students.

“Video clips, instructing students how to ‘master’ Angel. They reduce the burden of IT technicians or teachers, so that they don’t have to spend lots



Hoang Nguyen/THUNDERWORD

*One of the many students at Highline utilizing her Angel account to check grades and her weekly assignments.*

of time to instruct students on using the site properly,” Frisch said.

Some instructors also said Angel has advantages over Blackboard.

Moira M. Fulton, reading and study skills teacher, said Angel has a slightly steeper learning curve than Blackboard, but “it is worth it because Angel has some advantages over Blackboard,” Fulton said.

Fulton added she particularly liked that the assessment tools offer more variety, are easier to use and are more reliable than Blackboard.

Fulton also said comment

zones in the grade book category would be useful to students, because it helps them realize what they need to improve.

Other instructors agree with Fulton and said the gradebook in Angel is better than Blackboard, because it allows students to view their grades via categories, which is useful in many courses.

However, Angel is not perfect.

“Angel still needs to improve,” said Highline student Raul Gonzalez.

He said that he could not download audio files that were provided by his instructor.

Highline student Rio Ferdinand said he could download a MP3 file on Internet Explorer, but not on Mozilla Firefox, which required users to buy Quick Time 7 Pro software.

The survey also indicated that about 18 percent of respondents said they had problems with downloading files on Angel.

Highline student, Duy Tran, said the discussion board needs improvement.

“It has many functions that are not related to work or assignments and these cause some confusion. For instance, I don’t understand how my note is different from new post on the

same page,” Duy said.

Minh Tran, Duy’s classmate, said he couldn’t even delete or edit the response on the discussion board.

“After submitting my writing or response, I realized some wrong information or mistakes and wanted to fix them, but I had no authorization to access that,” he said.

“This is an open forum. In my opinion, students should be given an authorization to format or edit their writing after submitting, because with the usernames, we are responsible for what we post on there,” Minh added.

## Student body president has a passion for community

By **KATRINA JOHNSON**  
Staff Reporter



Brianna Holt/THUNDERWORD

*Chris Pennington has a strong interest in renewable energy development.*

Highline’s Student Government president has small goals – he wants to save the world.

Currently in his ninth quarter here, Chris Pennington is working on his associate of science degree.

As president, Pennington’s job includes serving as an advocate for the student body by acting as the bridge to the administration and the Board of Trustees. He also oversees student committee appointments.

The position suits him well because he has a “passion for the community,” he said. “I want people’s voices to be heard.”

“If you disagree with something, you have to work against it,” he said.

He is currently pushing for cameras in Highline’s parking lots. “The technology is there to identify and catch criminals,” he said.

He is also pressing for more sustainability at Highline.

Sustainability also is his intended career. His great-grandfather owned land in California which had a geothermal pocket of water underneath its surface. He tried to put a geothermal power plant up, but at the time authorities said it would be bad for the environment.

Pennington’s grandfather eventually said he could have it if he got a degree in the field. Pennington said he plans to make an “innovative combination of solar, wind and geothermal power plant” there.

Eventually he would like to change the way people consume globally. “Fish are going to be unable to lay eggs here soon; the damage will be irreversible if we continue what we’re doing,” Pennington said.

Pennington started the Renewable Energy Student Faculty Association last spring. He saw a need when he first asked what

classes he should take to get into green energy and nobody knew. The association is working on building awareness.

“No colleges in Washington offer bachelor’s of science in renewable energy systems,” said Pennington. “It’s disappointing because I’ve lived here my whole life and I have to move away to pursue my passion.”

Pennington’s biggest challenge is the lack of hours in a day. “My schedule is like bam, bam, bam,” he said.

Being a single father of a 3-year-old boy, taking 12 credits and working as Student Government president, he is constantly on the move.

“My schedule is locked from 8-5,” he said. After his day, he rushes home to spend as much time with his son as possible before putting him to bed.

His son helps fuel his passion for sustainability. “I don’t want to pass down more problems into my son’s generation.”



Editorial comment

Recycling bins need to be better

Since Highline officials began talking about expanding the existing recycling program last Spring Quarter, we have been covering it in anticipation of finally having a comprehensive solution to the worldwide problem of environmental conservation.

And so far, it's really too early to tell how well it has gone, but we do like the idea.

However, a couple of additions to the program still need to be made to make it more viable: add more recycling bins to make them more accessible and make them larger.

In addition, the bins need to have better signage.

Officials need look no further than airports for an example of how recycling bins should look – each one is large and labeled with what should go in the bin.

Nameless quarterlies are incomplete

The first thing students will notice about the printed Winter Quarter schedule is the lack of instructor names with each course.

The online version of the quarterly schedule has instructor names and is more up-to-date than the printed version that often comes out a month before registration even starts, but many students get their first idea of their schedule from looking at the printed quarterly.

Without instructor names, the schedule – and ultimately, students' planning – is inaccurate.

Students choosing their classes on the basis of who is teaching it is not unreasonable. Each instructor will teach his or her material differently and it may suit some students better than others.

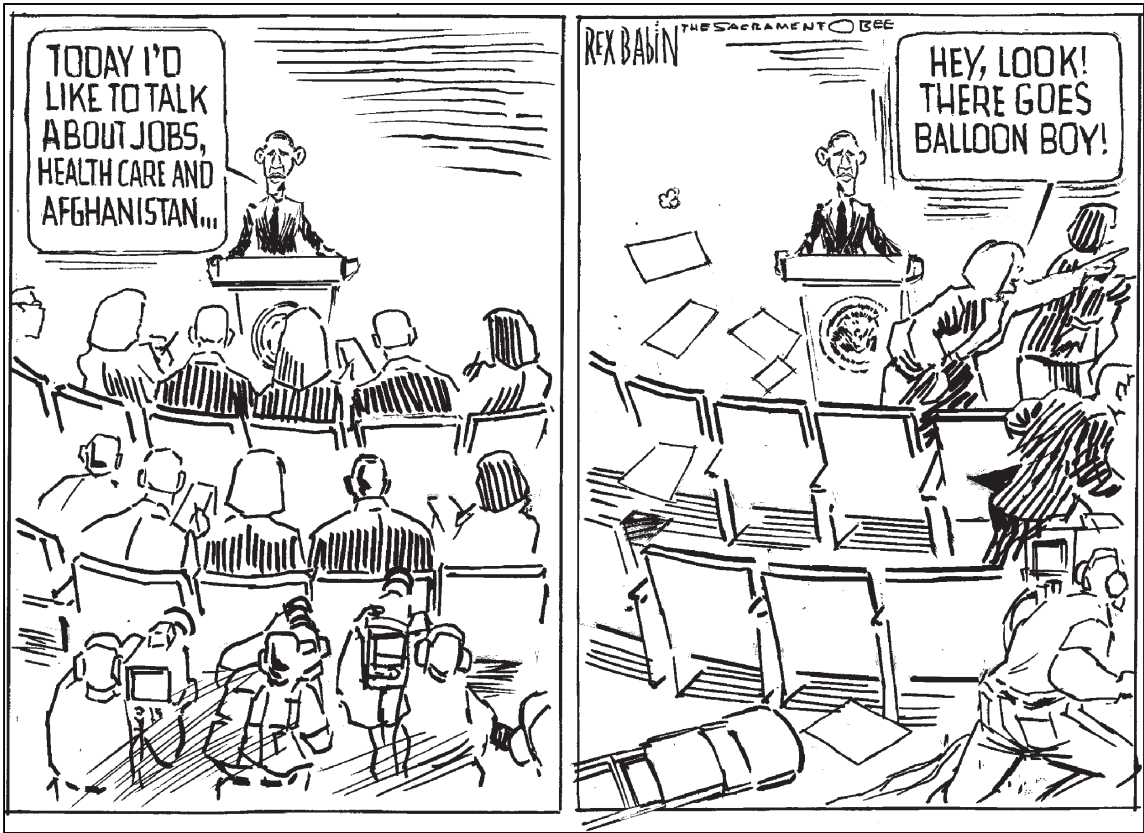
Another way students choose classes is word of mouth, and the people they talk to will talk up their classes based on how the instructor taught it. On the other hand, students will also advise other students not to take a class if an instructor teaches the material in a way that doesn't mesh well with their learning style.

Besides the student surveys we all fill out at the end of each quarter, the best way to evaluate an instructor is by the number of students in their classroom, so putting instructor names on the quarterly schedule needs to come back in the spring.

Staff

I love playing with my dreidel.

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Letters to the editor

Campus Crusade speaker willing to debate

**Dear Editor:**

In "Speaker tries to blend science, faith" [Thunderword, Oct. 29] David Steele wrote, "one person at the audience tried to challenge [Hugh] Ross to a debate. Ross decline due to time constraints."

This statement is simply incorrect and gives the wrong impression of the question and answer portion.

Ross continued the question and answer session for over an hour after leaving the turtle [Building 7].

The person who challenged him with the question you are referring to actually went and continued the discussion for a long time after.

You make it seem like Dr. Ross was unwilling to take a challenging question and just hid behind the veil of time.

In reality, he took all sorts of questions and answered every question very deeply.

– Alex Barylskiy, Highline student

Nobody should live in fear of domestic violence

**Dear Editor:**

[This letter] may be useful in some small way, if only as a reminder of the real concerns of domestic violence.

I have seen the T-shirts that hang, showing support against domestic violence from those that care.

Being a survivor, myself, of domestic violence, I know the real fear that is associated with it.

This is my story of how it affected me.

Fear can make us act hasty.

It can twist us until we go crazy or don't know what direction to go or don't care.

When you live in fear, it seems that's all you know.

The wounds of hate-filled words scar the very center of children's hearts, who don't understand why mom is always crying.

I am sending this in support of the fight against domestic violence.

Thank you for making me aware of the links at Highline.

– Belinda Springer, Highline student

Firearm commentary right on target

**Dear Editor:**

I just wanted to commend Jon Baker on his [Thunderword, Oct. 29] commentary, "No-firearm rule includes all."

Great piece.

– Jason Ramirez, mathematics professor

Alternate solution to library porn problem

**Dear Editor:**

I could not help feeling uneasy after reading the last week's opinion piece, "Free speech includes porn" by Dana Franks.

However, now it is not my purpose to engage in critique of that piece and talk about both ethical and legal limitations on our freedom of speech (as I tell my students, the absolute and unfettered freedom of expression may exist for a castaway on an uninhabited island, but not for the democratic citizens in a well-ordered society).

Instead, I would like to respectfully make a suggestion to the Highline library staff and administration that could possi-

bly satisfy both "anti-porn" and "pro-First-Amendment" sides.

Here it is: please contact your colleagues at the University of Washington libraries and inquire on what grounds they have instituted, in recent years, the policy of restricted computer access to all non-students.

The visitors can access .edu, .gov, .org, .mil, and .museum websites only (and it is specifically written on every public computer in the UW libraries).

No .com sites whatsoever are available to the general public.

The UW is a flagship state institution of higher learning in Washington and its highly professional librarians could not but foresee the potential issues with the First Amendment protections when they were designing such restrictive policies for the general public.

I do believe it would be educational for the Highline library to find out the grounds on which the UW instituted those restrictions, and if it turns out that the First Amendment is safe, to consider following their example.

– Artashes Boyajian, political science professor

Write to us

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

E-mail your submission to lbird@highline.edu.

Letters should be no more than 200 words.

Commentaries should be 600 words or less and arrive no later than Monday for publication that Thursday.

Submissions may be condensed and/or edited for spelling, grammar and length.

Provide contact information for confirmation purposes.

We strive to publish all submissions.



### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Apron is different. 2. Spoon is missing. 3. Left candlestick is taller. 4. Picture is moved. 5. Earring is different. 6. Man's nose is larger.

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1. LITERATURE: What is the literary device called alliteration?

2. MATH: What is the Arabic equivalent of the Roman numerals MMDLVII?

3. TELEVISION: What comic book superhero is either mentioned or represented in many episodes of the *Seinfeld* sitcom series?

4. INVENTIONS: Who is credited with inventing the electric razor?

5. MOVIES: What was Forrest Gump's home state?

6. MUSIC: What rock group performed the song *Pride (In the Name of Love)*?

7. CHEMISTRY: What is the symbol for the element magnesium?

8. GEOGRAPHY: What modern European country was called Lusitania in Roman times?

9. LANGUAGE: In Latin names for the days of the week, what planet is represented by Wednesday?

10. ANIMAL WORLD: Which insect can sting only once?

Answers

1. Use of a repeated consonant, usually at the beginning of a word

2. 2,557

3. Superman

4. Jacob Schick

5. Alabama

6. U2

7. Mg

8. Portugal

9. Mercury (Dies Mercurii)

10. Honeybee

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### Arts Calendar

•The Waterland Music Series returns to Des Moines with three concerts, beginning 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 Lecture Hall, Building 7. Tickets are \$30 for the entire series, \$15 per show and \$5 for students. Tickets are available at the Des Moines Field House, 1000 S. 220th St., and at the

Last week's  
Weekly SUDOKU

Answer

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

### Wedding Gift

Across

1. Exxon predecessor

5. Bowl over

10. F.D.R.'s mother

14. Carol

15. LA locale

16. Gator's kin

17. Baseball thriller

20. Be indebted

21. Religious drinking cup

22. Yankee's third baseman, for short

25. Mexican bread

26. Adjust

30. Baldwin and Steinway

33. Great composure

34. Pond dweller

35. Doctrine: Suffix

38. Classical group

42. Some M.I.T. grads

43. Wacko

44. Fields

45. Pakistani bread

47. Lab work

48. Attempts

51. Fast track?

53. Walters from The View

56. Took the exam again

60. Pugilist's buddy?

64. Party spread

65. Road divisions

66. Gillette brand

67. Brood

68. Musical composition

69. Item found within 17, 38 and 60 Across

Down

1. Hook shape

2. NYC neighborhood

3. TV problem

4. Curved molding

5. Role player

6. Blemish

7. Clay, now

8. Brass component

9. D-I connector

10. Climbs the wall

11. "Ars Gratia \_\_\_\_":MGM motto

12. Marciano's given name

13. Flu symptoms

18. New York Island

19. Syndicate boss

23. Unclear

24. Watered down

26. Basilica area

27. Lavish affection (on)

28. Televises

29. Chi follower

31. Two-time U.S. Open champ

32. GRF's veep

35. Suffix with social

36. RN's PDQ

37. Clutter

39. Econ. figure

40. Shred

41. Bard's "before"

45. Use over, as tea leaves

46. Weekend warriors' org.

48. Recipe amts

49. Knock on the door

50. Boiling

52. Clear the slate

54. Get to

55. Med school subj.

57. Have the lead

58. Against

59. Cousin of a gull

61. Bearded antelope

62. \_\_\_\_ Xing

63. Piano piece

### Crossword 101

By Ed Canty

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18					19				
	20							21						
				22		23	24		25					
26	27	28	29			30		31	32					
33						34					35	36	37	
38					39					40	41			
42					43					44				
				45	46					47				
48	49	50					51		52					
53					54	55		56		57	58	59		
60							61	62					63	
64					65					66				
67					68					69				

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

### Last week's crossword solution

#### WATER, WATER EVERYWHERE

C	A	L	S		P	O	M	P		U	S	D	A		
R	U	I	N		C	A	L	E	B		T	T	O	P	
A	R	L	O		A	D	I	O	S		O	R	N	E	
B	A	Y	W	I	N	D	O	W		E	P	E	E	S	
			T	R	E	Y	S			A	R	I	A		
B	A	B	I	E	D				A	F	R	A	M	E	
E	M	I	R	S		S	S	G	T	S		L	A	M	
T	A	L	E		R	E	Y	E	S		L	I	S	A	
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from the entire Music Department. The performance will showcase the Chorale, Vocal Jazz Ensemble and soloists, piano duets, and guitar soloists.

The concert will be held Thursday, Dec. 3 in Building 7 at 7:30 p.m.

This event is free and open to the public.

•Got arts news? Contact csankey@highline.edu or call the arts editor, Courtney Sankey, 206-878-3710, ext. 3317.

Campus events will get priority, but all non-campus items are welcome.

### Weekly SUDOKU

by Linda Thistle

6	3		9			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: ★★★**

★ Moderate    ★★ Challenging    ★★★ HOO BOY!

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# Print this: Graphics program scores more awards

## Award winners

•Best of Show, Process Color Lithography: Tiffany Lage, Josh Kolden, Leo Smith

•First Place, Traditional Electronic Prepress: Patty Tollifson

•First Place, Spot Color Lithography: Leo Smith

•First Place, Process Color Lithography: Josh Kolden

•First Place, Process Color Lithography Group: Stephanie Selymes, Josh Kolden

•Second Place, Process Color Lithography: Tiffany Lage

•Third Place, Process Color Lithography Group: Patty Tollifson, Tiffany Lage

•Fourth Place, Process Color Lithography: Tiffany Lage

•Fourth Place, Process Color Lithography Group: Stephanie Selymes, Josh Kolden

•Fifth Place, Process Color Lithography: Tiffany Lage

•Certificate of Merit, Process Color Lithography: Tiffany Lage

•Certificate of Merit, Process Color Lithography: Josh Kolden

By **ANDREW PHETSOMPHOU**  
Staff Reporter

Highline students have out designed other schools in printing at the national 2009 Gutenberg Awards.

The awards are presented by the International Association of Graphic Art Educators.

Judges look at the samples from various schools and choose the best printing to present awards to based on certain categories which include: color printing designs, screen printing, and other categories judged by your peers.

Highline won these awards competing against the top schools in the country including the University of Rhode Island, Arizona State University and Rochester Institute of Technology in New York.

Highline's Design Program also won awards for Best of Show Process Color Printing last year in the 2008 awards.

Highline has only been submitting works to the Gutenberg Awards for two years.

"I'm not even sure which works were turned in," said Josh Kolden, one of this year's winners.

Most of the works that they turned in were projects that



Graphic Design Program

*The winning works from the Gutenberg Awards. Several students in the Highline Design Program were honored.*

they did as part of their printing course.

The students, as well as the Design Program, received plaques for their winning works.

The benefit of winning the award is that students are able to show prospective employers proof that they can work at a professional level.

A good printing should have many different astounding qualities.

"The color is done properly, things look the way they should, clean and crisp looking, tight whether it's folded or put to-

gether properly," said Tony Sittner, the program manager.

In the class they teach a form of printing called lithography.

They also teach what they call prepress computer preparation; making files ready for printing and machine operation; running printing presses, folders and cutters; and bindery equipment, Sittner said.

Sittner said they teach printing at a professional level.

"That's our goal. To teach our students to be approximately the same level with somebody who has been doing it for a while," Sittner said.



Graphic Design Program

*Two covers of the Gluten Intolerance National Magazine. Both won two awards, one for Best Cover Design and the other a Best of Show for the publication itself.*

## Day of the Dead comes alive with celebrations for friends and family who have passed on

By **COURTNEY SANKEY**  
Staff Reporter

Dia de los Muertos, or the Day of the Dead, was revived over the weekend in Burien and throughout the week at Highline.

The Day of the Dead is a holiday celebrated in Mexico and Latin America. It observes the passing of loved ones in a fun and lively manner.

Friends and families will gather together at the grave site and offer food and drinks to the souls of those that have passed on.

The holiday dates back 3,000 years to Native Mexican traditional ceremonies. It was later adapted to include Catholic influences after the Spanish conquest of Mexico in the 16th century.

"It's to really celebrate and remember loved ones and friends who have past," said Heidi Zamora, a member of Highline's United Latino Association.

At Highline the festivities took place in the Mt. Townsend

room in Building 8, on Nov. 2, 3 and 4. An alter for loved ones of students and faculty members that have passed on was on display for the entirety of the event.

In Burien's Interim Art Space a festival lasted long into the evening of Nov. 1.

The Night of 1,000 Pumpkins, which was the space's farewell bash, was a great success.

"It was fabulous. We were blessed with great weather and had about 700 people throughout the evening," said Gina Kallman, cultural activities director for Burien Park and Recreation. "Everybody had a great time."

Though they didn't reach their goal of having 1,000 pumpkins in the square, they did light up the square with 250 carved pumpkins.

"We only had 250 carved pumpkins and a lot of un-carved ones," Kallman said.

"We had to pick them up on Monday and move them to the compost bins, [so we were] very happy that we only had 250."



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# Waterland Music Series to open with soul

By JOANNA WOODS  
Staff Reporter

Local Jazz musician Michael Powers began playing the guitar at the age of 15 after a severe skateboarding injury where he broke his wrist.

While his arm was in a cast he watched a documentary on Jimi Hendrix, featuring concert footage of guitar solos.

"I thought 'wow, I'd really like to play like that,'" Powers said.

Learning how to play the guitar was excellent therapy for his forearm muscle, he said. The muscle had atrophied during the long period of time he had to wear a cast.

Apparently the therapy is on going for Powers who has recently released his 12th studio album entitled *Soul School*.

"The idea of the *Soul School* CD is that I knew a lot about soul music, but I wanted to do a whole CD of soul music that was like a historical overview from modern soul all the way back to the very first soul song," he said.

Powers will have a solo performance at the Waterland Music Series here at Highline on Nov. 17 in Building 7 at 7:30 p.m.

This performance will be the first of a three part music series at Highline.

"I'm looking forward to it,"



Michael Powers

A publicity photograph of Michael Powers, opener for the Waterland Music Series, Nov. 17.

Powers said.

"I encourage all ages to come and I encourage people who are open to any kind of style to come."

Shortly after Powers began playing the guitar, he moved to Seattle and continued to develop his style and by frequenting local jam sessions.

"I started by playing in local bands that were [performing] in bars," he said.

While Powers got on-stage experience, he received his formal schooling at The Cornish Institute of the Arts in Seattle.

"I would consider myself a musical product of this area because I really learned how to play here," he said.

Powers said he wanted to learn to play in a style that featured the guitar as the solo voice.

His style is influenced by a

diverse group of musicians including Carlos Santana, Jimi Hendrix, Miles Davis and George Benson.

Powers said he is also influenced by modern studio guitar players such as L.A. based Larry Carlton and Lee Ritenour.

"They were very versatile and they could play almost any style of music," he said.

"I decided if I was going to make a living playing music and have it be [an] instrumental based, music without vocals, then I really better be versatile like they are and be able to play all kinds of styles."

Though the show at Highline will be a solo performance, Powers said his custom guitar is able to explore a variety of sounds. This will make it seem like he is on-stage with a full band.

"I have it running through a lot of different sound modifications so I can make it sound like a piano, horn or other percussive instruments," he said.

"You'll hear a real variety of sounds some traditional, some more experimental, but all very organic in the end," he said.

He keeps his performances eclectic, selecting songs from all kinds of music like blues, Latin, jazz, modern pop and even classical.

His set list is spontaneous and will choose songs on the spot depending on the crowd he said.

"I feel the room, feel the people, see how they react to certain songs and then maybe go more in that direction depending on that," he said.

He said he has a couple songs that he always plays because people know and like them.

Songs that he often plays include *Sara Smile* by Hal and Oates, *Bring it on Home* by Sam Cooke and *September* by Earth Wind and Fire.

"I have even done a Snoop Dog song as an arrangement called *Sensual Seduction*, which is on my new CD as well" he said.

Powers has the ability to transform songs old and new on to his guitar with his personal style and taste.

"My work is impressionist, I would say, I take the actual work and filter it through my psyche and my experience, and then I kind of put it out in my own vision when I take other artist's song," he said.

"I am a composer and I have a lot of songs that I've written, so I'll be performing those as well," he said.

For more information on the concert at Highline and other upcoming shows visit [www.michaelpowersmusic.com](http://www.michaelpowersmusic.com).

Tickets will be \$5 for students and \$15 for adults.

To purchase advance tickets please go to the Des Moines Field House or at the door.

# Former Highline student returns to share works of heart

By SARAH DUPRÉ  
Staff Reporter

Serrah Russell takes everyday items and photos then manipulates them into visual art.

Trained as a photographer at the University of Washington, Russell now uses her skills to make photographic collages influenced by found objects.

From thrift stores to antique shops, she uses objects that wouldn't normally be seen as significant and constructs it into visual art.

Russell, a Highline graduate and former Thunderword photographer, is showing her art on the fourth floor of the library in the month of November.

"By using found materials and appropriating others images, the history of what they once were is carried on to the present work," Russell said.

After a trip to Rome last year, she began experimenting with her photos, manipulating them instead of only letting them be pure photography.

"I liked the way that I could create new work by deconstructing and reconstructing other im-

ages," Russell said.

The exhibit in the library is entitled "As Bugs in Amber" and is centered on the idea of time and insignificant moments, Russell said.

The title; "As Bugs in Amber" is from a book by Kurt Vonnegut, "Slaughterhouse Five," which is a novel about dealing with the issues of time.

"I am interested in the way that photography is able to record moments that seem insignificant but matter simply by their existence in the span of time," said Russell, displaying her Polaroid images of domestic spaces and movements.

"My work is motivated more by my desire to create rather than any sort of desire to make something that I can look at lat-

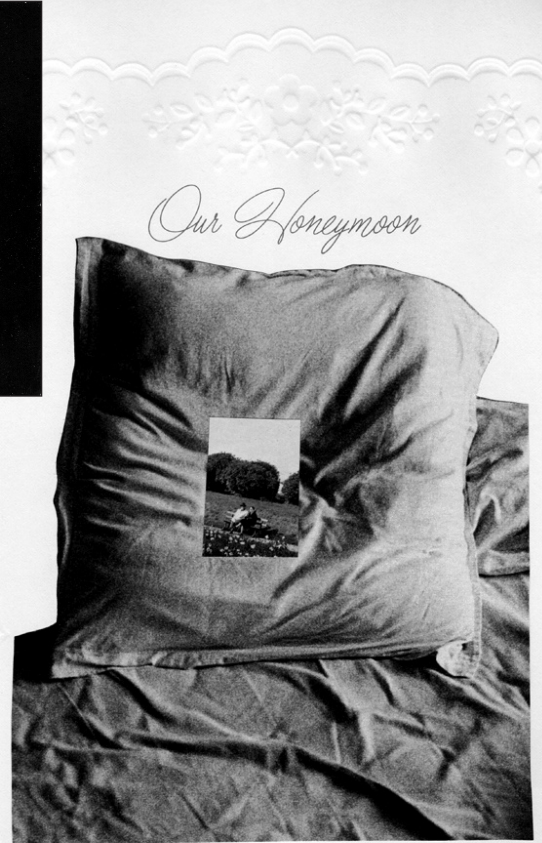
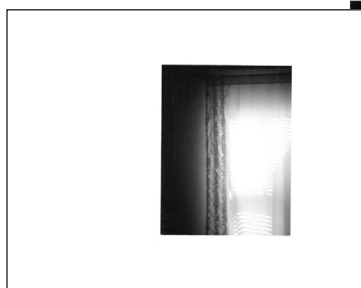
er," Russell said.

She has been working on collage art for over a year, but her interest in photography has been growing for eight years.

"Working in collage, as well as photography, becomes a way of understanding, a dialogue with the work and my surroundings" Russell said.

The point Russell is getting across with these images is that the viewer is to think critically about the images that she is presenting, as well as the images that they see throughout their lives.

If you would like to see more of her work, visit [www.serrahrussell.com](http://www.serrahrussell.com) and [www.serrahrussell.blogspot.com](http://www.serrahrussell.blogspot.com).



Serrah Russell/THUNDERWORD

Several works from Russell's collection. Left to right: Home, Storage Room and Our Honeymoon. All these works can be seen through November at the Library Exhibit and Art Gallery.



# Men's soccer clinches playoff berth over Tacoma

By KURTIS LOO  
Staff Reporter

The men's soccer team edged out Tacoma for the last playoff spot in their 1-0 win yesterday.

Jarret Thomas scored the only goal of the game in the middle of the second half.

Highline stepped up big in a must win situation. It was the final regular season game for the T-Birds.

They will have a bye on Sat., giving them time to rest for the playoffs when they start on Nov. 11.

Tacoma gave them an opportunity and the T-Birds took full advantage.

"Tacoma had the chance last weekend to close the door on us and they left it open," Head Coach Jason Prenovost said before the game.

"At this point, it kind of feels like we are playing on house money."

Tacoma is 3-8-1 in league and overall play and was knocked out of playoff contention.

Prenovost understood the importance of the Tacoma game and he knows that the T-Birds will play big when they need to.

"It's true that this is a big game; however, our players



Bill Schlepp/THUNDERWORD

Highline forward Jarret Thomas tries to stop a Peninsula player. Thomas' goal against Tacoma put Highline into the playoffs.

have been in big games before. Most of them are here because they want to play in big games. Here's their chance," he said going into the Tacoma game.

They got a much needed win to keep their playoff hopes alive when they won 3-1 over Olympic on Saturday, Oct. 31.

The T-Birds, 3-6-3 in league play and 8-8-3 overall, are in third place in the West Division.

Highline forward Jarret Thomas put the T-Birds up early in the game with a goal in the eighth minute. Highline's Ernan Roman and Bundu Koroma

chipped in with one goal each in the 33rd minute and 60th minute. Marco Heredia was awarded an assist on Thomas' goal.

Olympic scored in the 76th minute but it was too big of a lead for them to overcome.

Earlier in the week, the T-Birds fell 3-1 to Peninsula on Wednesday, Oct. 28.

Highline midfielder Lonnie Wells scored in the 10th minute. Andres Suazo recorded the assist. Peninsula tied it up late in the first half then followed it up with two late goals in the second half, 81st and 86th minute, to hand Highline its eighth loss of the season.

In the first half, Highline midfielder Alex Bresnan and Peninsula's Aaron Oppeltz clashed heads when they were both going for a ball. Bresnan suffered a giant lump on his head.

Oppeltz suffered a head injury that required 10 staples to patch up. He is back to playing and only needed a small amount of time off, said Peninsula Head Coach Andrew Chapman.

Peninsula and Bellevue have

both clinched playoff berths and are now fighting for West Division champs.

Peninsula is 6-2-3 in league play and 10-4-4 overall. Bellevue boasts a 6-2-3 record in league play and 10-4-3 overall. They played each other yesterday.

Highline Goalkeeper Liviu Bird, forward Jay Hardy, and midfielder Marco Heredia made the Fall 2009 All-Academic sports team.

Requirements for this award are: sophomore in eligibility; minimum of 36 credits earned; 3.25 cumulative GPA; recommended by the college.

"I'm happy for them. It's not a coincidence that they are all major contributors for us on the field as well," Prenovost said.

"Understanding how to apply focus and reach for excellence can be applied to many aspects of life. Some people come to that realization sooner than others. I've enjoyed coaching all three of them and look forward to following them throughout their lives."



Bill Schlepp/THUNDERWORD

Highline midfielder Marco Heredia fights for the ball in their 3-1 loss to Peninsula.

## Women's soccer season ends; hope to rebuild for next year

By DEREK HARTWIGSEN  
Staff Reporter

The women's soccer team finished their regular season on a five-game losing streak with their final loss to Tacoma, 2-0 yesterday.

The game was scoreless until the the second half when Tacoma scored in the 48th minute.

The Lady Thunderbirds were unable to score as Tacoma gave them no chance. Tacoma finished them off with a goal in the 81st minute.

They lost 3-2 this past Wednesday, Oct. 28 to Green River (3-8-1 overall) in the final home game of the year.

The Lady Thunderbirds started off the game strong with a goal by freshman midfielder Katie DeMan early in the first half.

"The goalie dropped the ball; I took advantage of that, received the ball, saw an opening, shot and scored," DeMan said of her goal.

Defender Devon King was credited with the assist on High-

line's first goal.

"I came from the sidelines when the ball was dropped, and assisted Katie by directing the ball," King said.

The second half of the game was completely different. Highline was outscored three to one by the Gators.

The lone second Highline goal was scored by midfielder Maddie Davila on a pass from Shelby Devol in the last five minutes of the game.

The loss to Green River leaves Highline in last place in

the Western Division.

The Thunderbirds were shut-out 6-0 on Halloween day by West Division leader Olympic College (7-6-3 overall).

"It was a much different game then when we beat Olympic last time," Head Coach Tom Moore said.

The loss to Olympic officially knocked the Lady Thunderbirds (2-13-2 overall) out of playoff contention.

Tacoma, Bellevue and Olympic will represent the West Division.

Highline was dominated from beginning to end, giving up three goals in both the first and second half of the game.

"It took us a while to get rolling, and by the end it was just too late," said Highline midfielder Alicia Adams.

Injuries continued to be the story of this game.

"We played missing five of our starters to injuries," Moore said.

With the end of the season, the Lady Thunderbirds will have to wait until next year.



# Women's volleyball in fight for first in division

By **BRIAN GROVE**  
Staff Reporter

The Highline women's volleyball team will have to play its best if they want to take first place in the Western Division and earn a top seed in the NWAACC Volleyball Championship.

The volleyball championships will take place Nov. 19 through 21 at Mt. Hood College in Gresham, Ore.

Last Wednesday, the Lady T-Birds defeated the West Division cellar team, Centralia. They burned the Trailblazers in three games, 25-15, 25-9 and 25-13. Centralia has yet to win a game in league, 0-9.

Freshman outside hitter Jennifer Mooth was the only Highline player to score double digit kills, with 12, while Paula Miles, Ashley Nguyen and Leticia Colon followed with eight, four, and four respectively.

Davina Fuiava had 25 assists and along with Colon also had six digs. Colon, Fuiava, Miles, and Whitney Hodge each blocked an attack from the Trailblazers.

Highline Head Coach Chris Littleman said the team played



Brian Grove/THUNDERWORD

*Coach John Littleman demonstrates how to bump a serve.*

as expected.

"We didn't make a lot of errors - worked on our hitters hitting different spots and won by a margin we probably should have."

Last weekend, The Lady T-Birds headed down to Mt. Hood College to take part in the Dorian Harris Halloween Classic. The tournament took place Oct. 30-31.

Highline split its series at the tournament, 3-3, winning

against Bellevue, 25-19, 14-25, 25-19, 20-25 and 15-11, Clackamas 17-25, 25-23 and 15-10, and the OSU Club Team 22-25, 25-12 and 15-9. They were defeated by Ole Diggers II 25-12, 25-16 and 25-11, Bellevue 25-19 and 25-13, and Lower Columbia 25-22, 25-23 and 26-24.

The Ole Diggers II are a club team comprised ex-Division I volleyball players.

Littleman said the Old Diggers II were probably the best

team in the tournament.

"Ole Diggers were legit, by far the best women they've played in their lives. It was a little overwhelming to see them hit the ball in warm-ups, but we sided out just as good as they did and the score was even at seven to seven at one point," he said.

"They made their share of errors. We just made more."

Littleman said he still thinks the team played well in the tournament overall.

"Whether we won the tourney or lost the tourney, it's just good experience to play and be injury free. It's also good to scout out teams we haven't seen in a while so we can be prepared," he said.

The Lady T-Birds are second in the Western Division, 7-2, one game behind the division leading Tacoma Titans, 8-1.

Highline was victorious in its first match against Tacoma, winning in four games.

The team had another chance to prove their worthiness for a top spot in the division on Wednesday, Nov. 4 with results unavailable at press time.

If Highline beat Tacoma and both teams win out, they will be

co-champions of the West Division.

Before the game, Littleman said his team had a good chance at another upset and broke down how the seeding would work if Highline were to tie with Tacoma.

"Tacoma's probably pissed because they think they should have beat us last time, but they are still ranked No. 1," he said.

"We would be co-champs, but we would get the higher seed because we beat them twice during the season."

In most cases, getting the top seed in a championship tournament would be pivotal, but Littleman said this year's NWAACCs could be anyone's game.

"This year especially, any team can beat anybody, whereas last year nobody wanted to play Chemeketa in their first, second or third game. But anybody can win and that's how it's been this year."

The team will next travel to Clark College to take on the Penguins Nov. 6 before returning home for their last regular season game against the Lower Columbia Red Devils on Nov. 11 at 7 p.m.

## Women's fastpitch returns to Highline

By **DYLAN FEELEY**  
Staff Reporter

After a season off Highline's softball team is making a fresh start.

Last year Highline did not have a softball team because there was a shortage of players. Head Coach Gary Graf spent last season trying to put a team together but there wasn't enough interest. This season the team seems to be shaping up well.

The team had fall ball, which began at the start of the Fall Quarter. During fall ball, they had no games but used the time for "learning where to put the pieces," said Graf.

Even though the Lady T-Birds are made up of young players, all freshmen except for two sophomores, improvement has already been made since the beginning of fall ball.

"I believe we will have a better season than most expect," Graf said.

Now that fall ball is over, the softball team has jumped straight into their off-season training.

Only four women at a time are allowed to be at practice during the off season, which allows for the players to receive personalized training, said Graf.

The training regimen consists mainly of drills and studying film of their practices to further develop each player's ability.

One challenge for the softball team is ensuring that all positions are filled. The team is still missing a solid catcher, Graf said.

Other than having a few open positions, the team is coming together well. The pitchers, Faith Baldwin and Lisa Anderson, are getting quite good, said Graf. Baldwin attended Seattle Christian High School and Anderson is from Evergreen High School. Both Baldwin and Anderson are freshmen.

The team has several stand-out athletes. One Graf singled-out is Ami Gran, a sophomore, who played for Dowling College in New York last year and recently returned home. Gran plays third base and went to Fife High School.

Since February marks the start of softball season the plan of action for the team is to work hard, have fun, and get the players ready for the next level, Graf said.

There will be a team goal and not a coach's goal. Whatever goals the women decide upon, the team will be striving to achieve it, said Graf.



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# Men's wrestling begins journey to Nationals

By KURTIS LOO  
Staff Reporter

Highline's wrestling team is back on the mats, opening the season against Yakima Valley and North Idaho on Saturday, Nov. 6 at Coeur d'Alene, Idaho. Highline, Yakima Valley, Clackamas and Southwestern Oregon are the only teams that are affiliated with the NWAACC. Highline is part of the National Junior College Athletic Association [NJCAA] Region 18, which includes the NWAACC teams plus North Idaho.

North Idaho looks to be the favorite in Region 18 as they tend to be loaded with talent every year.

North Idaho placed first in eight out of 10 weight classes at the Region 18 NJCAA qualifiers last season.

The T-Birds look promising, returning three All-Americans and some of the top recruits from Washington.

"Marshall [Giovannini] [157] and Aaron Smith [133] are two guys who are ranked at the top of their weight classes. They are extremely tough and come Nationals time, I don't think there is anyone that can beat them," Head Coach Scott Norton said.

Giovannini was the favorite to win Nationals in his weight class last year until he was plagued by injuries and had to take a medical redshirt.

Justin Purves (125) is the third returning All-American from last year.

Kyle Heath, third in state in the 125 pound weight class, has high hopes for Highline wrestling this year.



Kurtis Loo/THUNDERWORD

Head Coach Scott Norton takes on Highline freshmen wrestler Tyler Story in a one-on-one wrestling drill during practice.

"We hope to go to Nationals and have a lot of All-Americans," Heath said.

"We send a lot of wrestlers to Nationals," he said.

Norton's main expectation for this year is set high as Highline continues to be one of the only wrestling programs in Washington.

Norton said they hope to get as many National and All-American wrestlers that they can.

Norton has recruited some

of the top wrestlers in Washington.

"We have Jason Gray [149] who I think is the top kid out of Washington. He has two state championships. Sam Ottow [133] is another recruit who has won a state title. John Camp [heavyweight], who has a 40-0 record, all of them by pins, is someone to look out for," he said.

"We have a whole bunch of guys who are really good."

The T-Birds have seven state champions and eight wrestlers who are ranked in the top five in their weight class.

"We got some good kids and this season is going to be exciting. I wouldn't be surprised if we have three or four guys who could go and win Nationals," Norton said.

Norton wants his wrestlers to know that putting the time and effort in will go a long way into becoming the best.

"Work ethic and hard work will overcome everything and just keep thinking about Nationals every day," he said.

We have a solid team this year"

The Highline wrestling team will have their second meet in Forest Grove, Ore. where they will compete in the Pacific Open on Nov. 8.

The T-Birds will host their first dual against Yakima Valley on Tuesday, Dec. 1.

# X-country finishes second in NWAACC region championships

By AMANDA LeBEAU  
Staff Reporter

Highline's cross country team finished high in the standings at the Northern Region Championships last Saturday, Oct. 31.

As a team, Highline finished in second, trailing Everett in both the men's and women's races.

Green River did not have enough runners to make a team in either race and Skagit Valley could only compete as a team in the men's race.

There were 42 individuals running the men's race and 25 running the women's.

Coach Josh Baker said he was unsure about how the men would perform because many of them have had trouble being able to practice due to accidents, sickness and injuries.

Finishing first for Highline in the eight-kilometer run was Ryan Eidsmoe in 11th place

overall with a time of 27:44.

Eidsmoe was followed by Colby Peters, 20th in 28:37; Bryce Rainwater, 27th in 29:27; Paul Huynh, 29th in 29:30; Austin Allen, 33rd in 29:52; Bill MacDonald, 34th in 29:57; Aaron Mowery, 39th in 30:17; and Cory Richardson, 41st in 31:28.

Highline's leading runner for the women was Ashley Densmore, who finished the five-kilometer race in 12th place with a time of 21:30.

Following her was Kalee Cipra, 14th in 21:40; Ashley Hamman, 16th in 22:09; Amy Greenwood, 21st in 24:06; Cassie Barber, 22nd in 24:22; Maria Gonzalez, 24th in 26:36; and Catherine Nalley, 25th in 28:22.

Baker said the women performed just as he expected they would.

Winning the men's race was Emmanuel Contreras from Everett, who finished in 26:37.

The women's winner was Shawna Schooley, also from Everett, who finished in 18:49.

"It was nice to finish second, especially since we were unsure of how the men would do," Baker said of his team.

Everett finished the day with a total of 15 points in men's and women's.

Highline finished with 61 points in men's and 50 points in women's races. Skagit Valley

finished with 66 points in the men's race.

Clark edged out Lane by one point to take the South Region Championship and Lane won for the women.

Highline's next and final meet will be the NWAACC Championships on Friday and Saturday, Nov. 13-14 at Lewisville State Park in Battle Ground, in southwestern Washington.

"Were hoping for individual

personal records and all of the runners to do their best," Baker said.

He expects Everett or Spokane to win and hopes that the Thunderbirds compete well against other schools that are at the same athletic level.

The championship race will be the last race for Ryan Eidsmoe, Colby Peters, Bill MacDonald, and Amy Greenwood who are graduating.

## Scoreboard



Men's soccer standings				
West Division				
League/Pts/Season				
Bellevue	7-2-3	24	10-4-4	
Peninsula	7-2-3	24	10-4-5	
Highline	3-6-3	12	8-8-3	
Tacoma	3-8-1	10	3-8-1	

Olympic	0-12-0	0	0-13-0	
Men's Scores				
11/4				
Highline 2, Tacoma 0				
Bellevue 1, Peninsula 1				
Women's soccer standings				
West Division				
League/Pts/Season				
Tacoma	7-6-0	21	7-6-0	
Belevue	6-5-2	20	6-7-2	
Olympic	5-5-3	18	7-6-3	
Gr. River	3-9-1	10	3-9-1	
Highline	2-10-2	8	2-13-2	

Women's scores		
11/4		
Tacoma 2, Highline 0		
Bellevue 4, Gr. River 2		
Women's volleyball standings		
West Division		
League/Season		
Tacoma	8-1	35-4
Highline	7-2	28-11
Pierce	6-4	21-12
Clark	5-5	17-16
Lo. Columbia	7-2	18-20
Gr. River	3-7	6-23



# Los Cabos cooks up spicy delights

By **REBECCA BALL**  
Staff Reporter

Adriana Soltero finally has the chance to cook up some of her own ideas at Los Cabos.

Soltero manages Los Cabos, the previously owned Mexican restaurant in Kent.

Los Cabos is part of 15 other Mexican restaurants owned by Soltero's family in the Seattle area.

The newest addition, recently opened Aug. 18, on 23223 Pacific Highway in Kent; is open 11 a.m. to 9 p.m. on week days and 11 a.m. to 10 p.m. on week-ends.

Los Cabos was given to Soltero to co-manage with her older brother. Her older brother helps make sure everything is running smoothly, but mostly gives the responsibility to Soltero.

"Occasionally my brother checks in and he is really supportive of me and any ideas that I have," Soltero said.

Soltero, 27, was born in Guadalajara Mexico, but moved to the Seattle area when she was 10. She is the youngest of 13 children in her family.

She started working as a caterer when she was 15.



Sara Rosario/THUNDERWORD

*Adrianna Soltero, manager, is modeling just one of the many delicious dishes served at Los Cabos.*

"My parents wanted me to be more responsible," Soltero said.

Soltero hasn't had any previous management experience or

responsibility, but with her family being in the restaurant business, she was able to learn a lot from them, she said.

She did have opportunities to manage and run other business, but felt like she didn't have enough experience to take on something so big.

"Jonny Rockets in the Supermall asked me if I wanted to manage the place and my parents were standing right there, but I felt like I didn't have enough experience, so I decided not to," Soltero said.

Her family's knowledge and success in the restaurant business helped Soltero discover her own strengths in managing Los Cabos.

"At first it was scary, but very exciting for me to be able to put my own ideas into it," Soltero said.

Entering into Los Cabos people are welcomed with beautiful tiling that have a unique color pattern, built above the booths. The music adds to the cultural feel, the smell is tangibly present, and the food shows a true representation of what real Mexican food is about.

The food at Los Cabos is not Americanized, it's all authentic and the recipes have been passed down from her family. The employees don't even know what they are.

## Dollars and sense

by David Uffington

Don't wait until the end of December to do a year-end financial review.

This is a good time to begin developing new habits that will help you save money next year. Here are some ideas:

**Cell phones:** If you're on a monthly plan that gives you a certain number of minutes for a set price, chances are you use up those minutes because they're there. You can save money, however, by changing to an inexpensive phone with pre-paid minutes that you refill as needed. Your cell phone usage is likely to go down when you consider that each call is costing you a nickel or a dime per minute. The initial savings: no monthly bill. Additional savings: fewer minutes used.

**Think used:** Check thrift shops for merchandise in good condition. You can find clothing, furniture, tools, books, children's games, housewares and much more at very low prices.

Take some steps now, and you'll start the New Year with better money-saving habits.

# Hertz's equipment is rusting and Midas has lost its touch

By **LIZ PHILLIPS**  
Staff Reporter

The tough economy has claimed two more local businesses.

Last summer the local Hertz and Midas businesses closed due to the current economic status, representatives for both companies said.

"The equipment rental industry has been affected by the economic downturn, especially as non-residential construction has slowed," said Paula Rivera, public affairs manager for the Hertz Corporation.

"In right-sizing our business, we needed to take action and close some of the lower performing locations, HERC's (Hertz Equipment Rental Corporation) location in Seattle on Kent-Des Moines and Pacific Highway South unfortunately fell into that category."

This specific location rented an array of landscaping and construction equipment ranging from electrical tools, paving equipment, trucks and trailers.

"The industry as a whole is suffering from reduced demand and downward pressure on pricing, negatively impacting everyone's profits. While its unfortunate we had to close the Pacific Highway location, we are confident that the existing locations throughout the region can meet

with the current demand," Rivera said.

"Additionally, we feel positive that once stimulus funding begins to hit the local levels and construction projects are commenced, we'll begin to see improvement in our business," she said.

In terms of sales and profit volume the Des Moines branch had always been on the low end in comparison to all of the other Washington locations, Rivera said.

"The productivity of the facility was inhibited in part due to market demographics and construction demand. In evaluating our options with the location, we felt its business could be handled by HERC's larger facility located in Tukwila," she said.

Given the closure of three of the stores in the state, Rivera said that the 14 percent drop in retail sales appears to be a fairly accurate number.

"This is likely an accurate number and is reflected in the retail portions of our sales volume. It can differ regionally in pockets throughout the market," she said. "Again, we are attempting to re-market the properties."

There have been two other store closures in the state of Washington in 2009. Those locations were in Lake City and



Cody Warf/THUNDERWORD

*Your local Hertz and Midas has closed due to the dying economy.*

Bothell.

The combined inventory supply between Hertz and its competitors remains high. This has put downward pressure on pricing, and is negatively impacting everyone's profits, incremental to the impact of the volume decline, Rivera said.

Midas is also facing similar issues with their local locations, four have currently closed due to the economy, Bonnie Lake

Manager Lynne McDonald said.

Midas stores in Des Moines, Spanaway, Puyallup and Auburn all were closed due to the fact that the franchise holder ran out of money.

"The company tried its hardest to keep things up and running. It honestly should have closed the stores a few years ago but, the owner did not want people out on the streets look-

ing for work, which was a big mistake," she said.

McDonald said that the market has a lot to do with the closing of these stores.

"Taxes are so high, gas and food prices are going up as well. People are living paycheck to paycheck and not knowing where the extra money is coming from. The car comes last when someone is trying to put food on the table," she said.

The location nearest Highline, on the corner of Kent-Des Moines and Pacific Highway South, had been there since the early 1970s.

"This small shop has been struggling for years," McDonald said. "The company kept these locations open even with the knowledge that they were losing money to make sure that the employees would have a paycheck."

McDonald attributes the lack of sales to the suffering economy.

"The people that have cars have been putting off working on their cars due to the income issues," she said.

The nearest Hertz location is in Seattle at 12900, 48th Ave. S. The phone number there is (206) 241-9257.

The nearest Midas location is in Kent, at 24242 104th Ave. S. or you can call this location at (253) 850-3575.



# Sports injuries: Prevention is the best cure

First of two parts

By **CHRIS WELLS**  
Staff Reporter

Imagine yourself running on the track and in the final 100 meters you feel a sharp pain in your thigh and you have to pull up lame. This is probably a normal strained muscle that could have been prevented if the proper steps were taken.

Injuries can be broken down into two types said Keith Paton, a professor in Highline's Physical Education Department.

"One of the major types of injuries is called an overuse injury. It's just increasing your intensity over time rather than making large increases in your training," said Paton.

"The other major category of injuries is what is called acute injuries. If you roll your ankle, or if you fall and you put your arm out and injure your shoulder, those are types of acute injuries. To prevent those you want to make sure you have adequate strength and flexibility."

Experts say the key factors for injury prevention are:

- Stay in shape
- A good warm up
- Proper stretching
- Increasing flexibility
- Maintaining energy levels

As the head athletic trainer for the Seattle Mariners, Rick Griffin has seen his fair share of injuries. He said injury prevention really comes down to not letting your body get out of shape.

"Stay in shape. The biggest thing I tell the Mariners players is to stay in shape and try to not let your body get out of shape during the offseason. Most of these guys will take two to three weeks off and they will slowly start working themselves back into shape," said Griffin.

"The better shape they stay in for that two to three week period, the easier it will be to get back into shape. It will allow them to get stronger and work on their flexibility; it will also



Jessica Lovin/THUNDERWORD

slow down their injury rates as well."

Paton said another factor in preventing injuries is not to change your routine too much at once.

"I think probably the biggest thing is to not do too much too soon. Make sure that your training increases are within your current fitness level.

"If you're a runner for example, you shouldn't increase your weekly mileage more than about 10 percent per week," Paton said. "That's a common theme you will hear to prevent overuse injuries. It's a general rule that applies to most kinds of training, such as lifting weights or cardio endurance training."

Paton also said that having a good warm-up routine will help you to avoid the risk of injury.

"Athletes assume that stretching will help them avoid injuries. It can, but only if you do them at the proper time. In the old days, we used to tell people the first thing you should do is stretch. Nowadays, we encourage people to warm up first," said Paton. "To warm up, we mean literally warm up your muscles, such as getting blood flow to working muscles and the only way to do that is by increasing your heart rate.

"Always start with some light cardio activity, some easy jogging or getting on a bike, anything to get the heart rate going. Then I move into encouraging athletes to use what's called dynamic stretching instead of static stretching."

Static stretching is considered an old style compared to dynamic stretching, said Paton.

"The old type of stretching you would just lean forward and touch your toes for 30 seconds, which is static stretching," said Paton. "It can actually be detrimental to your warm up because there is a temporary period where your muscles are weaker, so if you do that and then go out and run around on the basketball court you're more prone to pull a muscle.

"What you see nowadays is most trainers encouraging athletes to stretch dynamically. A dynamic stretch would be a runner running along the

classes now and there are different kinds of yoga. Some kinds of yoga stress more of a strength component, but we want our guys to do more of the flexibility type of yoga. Stretching when the muscles are warm is good. Also holding the stretches for a good length of time helps," said Griffin.

"A lot of people only hold the stretch for eight to 10 seconds and if you can hold it for 20 seconds or 30 seconds that's even better. Stretching is like exercising or like a weight lifting component; you have to take 20 or 30 minutes on a daily basis to improve the flexibility. You have to think of it as an actual component of your total exercise program and use it like that."

Another important factor to avoiding injuries is maintaining your energy levels, Paton said.

"Maintaining proper nutrition and getting proper sleep are also important so that you're not fatigued. You're more prone to injuring yourself when you're fatigued or under nourished," said Paton. "Getting adequate calories and the right kind of calories to maintain your energy level is real important as well."

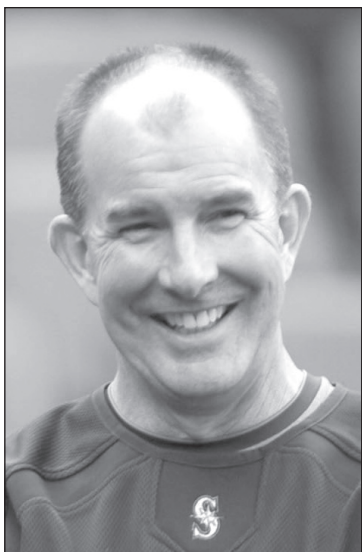
Griffin also said that a healthy diet will help keep you in shape.

"Staying in shape is easy to do as long as you stick to an exercise program, but also eating properly. Try to stay with the same eating habits that you had during the season," said Griffin. "Don't change your diet a lot and try not to put on a lot of extra weight. Make sure you drink lots of water and replace your electrolytes if you are doing a lot of sweating."

*Next: if despite your best efforts to avoid getting injured, there will be a injury recovery story coming.*

**"Stay in shape. The biggest thing that I tell the Mariners players is to stay in shape and try to not let your body get out of shape during the offseason."**

— Rick Griffin,  
Seattle Mariners



## Waterland Music Series

Sponsored by Des Moines Art Commission and the Highline Community College Music Department

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Des Moines, WA 98198  
(cash or check)





Kandi Carlson / THUNDERWORD

Make supper a relaxing and enjoyable feast with this hearty, comforting meal which can be a delightful end to a busy and blustery day.

# Cornish game hens can bring a cozy, satisfying end to your day

By KANDI CARLSON  
Staff Reporter

Comfort food can be good for you with the right ingredients. Exchanging those heavy stews or chowders for chicken and rice is a great alternative.

This week’s recipe is Cornish game hen, white rice and fresh

vegetables. All the ingredients can be made for under \$7.

You will need one Cornish game hen, white rice and a fresh vegetable of your choosing.

You can find Cornish game hens in the freezer section of your local grocery store. They are rarely fresh unless you go to the butcher. However, they taste

just as good previously frozen.

You will need to thaw your hen in the refrigerator overnight. Once it has completely defrosted, you can prepare it.

Begin by preparing your cooking dish. It is ideal to cook your hen in a pan with a rack. If you don’t happen to have one you can use a cookie sheet and

a wire rack.

Set the wire rack inside the cookie sheet. If you can, line the pan with foil, it will make clean up that much easier.

Start by pre-heating your oven to 350 degrees. By the time you have your hen ready, your oven will have had time to heat.

Over the sink, take the hen out of the plastic. It is important to do this over the sink because there is juice from the thawing process that can spill.

Next, rinse the Hen with cold water, inside and out.

Once the hen is clean, place it breast down on the rack. I recommend tying the legs together. You can use dental floss. It works very well. When tying the legs you need only to make them touch.

Melt a tablespoon of butter. Only heat the butter until it begins to melt. You don’t want it to be too hot. Add your seasonings to the butter. You can add whatever you like.

As you are looking at the hen, you can see there is a thin layer of skin on the breast. Using your fingers, gently separate the skin from the breast. Do not tear the skin off. You only want to separate it.

Brush your seasoned butter on the legs and along the top of the breast. Use the remainder of the seasoned butter in the area between the skin and the breast. You can simply pour it in.

Your oven should be ready

now.

Place your hen on the center rack. If you have one, set the timer for an hour and 15 minutes. If you don’t, watch the clock.

Once an hour and 15 minutes has gone by, check your hen. You can use a thermometer, if you have one. If your thermometer reads 180 degrees, your hen is done cooking.

If you don’t have a thermometer, the hen is done when the meat is pulling away from the bone. Specifically the meat on the leg will be pulling away.

If the hen is not quite done, put it back in the oven for another 15 minutes. Watch the color. Your first indicator will be that the skin is a golden brown.

At this point, you can start your rice and your vegetable.

Follow the cooking instruction on the bag of rice. Steaming your vegetable is healthy alternative that allows most the nutrients to remain in the vegetable.

To steam your vegetable you will need a sauce pan. Place about a ¼ inch of water in the pan. Turn the burner on medium heat. Once the water begins to boil, place your vegetable in the pan, cover and cook until tender.

Keep an eye on the water level; you don’t want the water to evaporate because the vegetables will burn.

Once all your ingredients are done cooking, serve and enjoy.

# Ask a personal trainer: fitness on a budget

By ROMAN MCCALED

Question: I don’t have much money or equipment. What do you recommend I do to stay fit?

Answer: With the economy in bad shape many people may assume that they won’t be able to stay fit if they don’t have enough money for a gym membership or personal trainer.

The good news is that there are numerous ways to get a good workout and stay physically fit without expensive gym memberships and equipment.

In following these tips, you’ll have the tools to make your body look great on a budget.

Work out at home: When you are watching TV, get off the couch during the commercials and do a few sets of push-ups.

Try other calisthenics exercises that use your body weight as a resistance such as jumping jacks, squats and sit-ups. Focus on stretching while you watch your favorite shows.

Look for free exercise classes: You can find plenty of free or low-cost fitness classes in your neighborhood at community centers, churches, schools or local clubs. Look online for some of these programs. Keep

an eye out for opportunities to join sports teams, dance groups, running clubs or even charity walks in your community.

Get outdoors: You can get in great shape by doing some light jogging or running multiple laps around your neighborhood before or after work. Play some basketball or tennis or go bike riding or hiking around some of the trails in the area.

Use what you have around the house: There are all kinds of workouts a person can do using materials found at home.

You can take a couple of heavy cans from the pantry and do some biceps curls. If you need more weight, try filling up some empty milk jugs with sand or water.

Use a sturdy chair or table to do some dips for your triceps. You can even tie some garbage bags filled with water to each side of a broom to use as a makeshift barbell.

If you do purchase equipment, make sure it is versatile. For example, a simple elastic resistance band, an exercise ball or a dumbbell with adjustable weights can be used for a variety of exercises that work almost every muscle in your body.

Find a workout partner:

Having someone to work out and train with is motivational, fun and free.

When you get lazy, your partner can provide encouragement and support to keep you

on track.

Use the internet: There are many fitness websites online. Many of these sites include detailed descriptions of exercises accompanied by videos of the correct form. Take the time

to learn how to put together a workout program and research how to do the exercises safely and effectively.

Roman McCalep is a student in the Personal Fitness Trainer (PFT) program at Highline.

ATTENTION! PHARMACY MAJORS!

A professor from the UW SCHOOL OF PHARMACY will be at Highline to give a presentation on applying to this major.

You will get a **step-by-step overview** of:  
required prerequisite courses, GPA, application timeline,  
required documents, the interview process, PCAT and other  
great tips for applying successfully to this  
competitive program.

Your questions will be answered! No need to sign up.

**Wednesday, November 18, 1:15 pm.**  
Location: Building 19, Room 202



## Local election results Election

	Votes	Percent
<b>Initiative 1033</b>		
Yes	460,213	43.95
No	586,881	56.05
<b>Referendum 71</b>		
Yes	559,940	51.83
No	520,402	48.17
<b>King County Executive</b>		
Susan Hutchison	125607	42.26
Dow Constantine	171006	57.53
<b>Port of Seattle</b>		
<b>Position 3</b>		
Rob Holland	139020	54.99
David Doud	113128	44.75
<b>Position 4</b>		
Tom Albro	138239	56.95
Max Vekich	102586	42.26
<b>Burien City Council</b>		
<b>Position 1</b>		
Sue Blazak	1981	44.83
Jack Block Jr.	2413	54.61
<b>Des Moines City Council</b>		
<b>Position 1</b>		
Anne Farmer	1588	44.43
Matt Pina	1975	55.26
<b>Position 3</b>		
Carmen Scott	1841	52.62
Melissa Ponder	1643	46.96
<b>Position 7</b>		
Dave Kaplan	2133	59.46
Susan White	1430	39.87
<b>Pool District</b>		
Yes	2309	62.3
No	1397	37.7
<b>Normandy Park Park District</b>		
Yes	680	47.16
No	762	52.84
<b>Federal Way City Council</b>		
<b>Position 2</b>		
Linda Kochmar	6842	77.56
Sonia Sciscente	1967	22.3
<b>Position 4</b>		
Mike Peterson	3160	35.13
Jeanne Burbidge	5849	64.8
<b>Position 6</b>		
Roger Freeman	4624	52.38
Diane Noble-Gulliford	4195	46.52

continued from page 1

Cooke won re-election with 70 percent of the vote. Cooke has held the position since 2005, and the results come after a campaign process which, she said, “has been awesome.”

“Of course I realize that many more votes will come in, but so far, I’m very pleased with the results,” Cooke said.

Cooke said that it is her community-based approach and her dedicated volunteers that won her the election. She has been seen sign-waving downtown amid campaign pedicabs and crowds of supporters.

“I’ve emphasized going out to the people rather than letting the people come to me. I know that many residents are pleased with the results,” Cooke said.

For Kent City Council, Dennis R. Higgins was elected to Position 4 over Dana Ralph, earning nearly 60 percent of the city’s vote.

Higgins said that he is pleasantly surprised.

“The bottom line is that I doorbelled over 9,000 houses and I believe that is what won the election for me. I met a lot of great people and listened to their concerns and followed up on them,” he said.

•In Federal Way, incumbents and Proposition No. 1 are expected to triumph in Federal Way’s local elections after preliminary results were released.

In council races this election, incumbent Linda Kochmar handily defeated opponent Sonia Sciscente for Position 2.

Kochmar got 77 percent of the vote, practically ensuring that she will remain on the council.

“I did not expect that high a margin. I’m really pleased to be re-elected,” said Kochmar.

The Federal Way Mirror endorsed Kochmar and she attributed some of the votes to the newspaper’s support.

“I’m going to write a letter to

[the Federal Way Mirror] to thank them for not throwing me out with the bath water,” she said.

Position 4 has been won by Jeanne Burbidge, with about 64 percent of the vote.

“It’s hard to anticipate because there is no polling. I’m certainly gratified and pleased,” she said.

“I would like to think we were responsibly effective at communicating to the voters,” she added.

Federal Way citizens could, however, see a change in the form of city government if Proposition No. 1 is approved.

The measure, which would create a separately elected mayor for the county’s third-largest city, had 52 percent approval as of Wednesday.

A similar measure was defeated by the voters two years ago, but backers were determined to try again.

“I’m not surprised. We sent out 28,000 pieces of mail, knocked on doors in 37 precincts, and stood out on the street corner Monday through Friday, plus Saturday for five weeks. I guess the hard work paid off,” said City Councilman Jim Farrell.

Farrell is spokesman for the campaign for the measure. He has said he would run for mayor if the measure passes.

He said for the proposition to pass, proponents had to change their campaign strategy to focus on how this affected citizens.

“Instead of focusing on the civic issues, we focused on the real issues for real people,” said Farrell.

City Councilman Jack Dovey, the current mayor, said that there are still a lot of votes to be counted.

“I think it’s probably too close to tell,” he said.

“No one is really going to know until at least Friday,” he said.

•In Des Moines, City Councilwoman Carmen Scott is leading Melissa Ponder by about 5 percent for Council Position 3.

“I believe a great many people have known me for a long time and I believe that I can count on that

lead,” she said.

Ponder also remained optimistic.

“I’m not hanging it up, or celebrating,” Ponder said. “I still feel optimistic, I don’t feel like I’ve lost yet.”

Despite her deficit in the polls, Ponder said she ran a solid race.

“As a first time candidate, I think I ran a pretty good campaign,” she said.

Matt Pina, a former school director, had a more than 10-point lead over Anne Farmer Position No. 1.

“In my experience running, they [the results] don’t change too much,” he said. “I had a strong and consistent message. I ran a positive campaign. I didn’t attack anyone.”

Dave Kaplan, who vacated Position 5 to run against Position 7 incumbent Susan White, had the biggest lead of any of the three contested positions in Des Moines.

“I think my strong suit was I trusted the voters and I said, ‘don’t just take my word for it,’ I said check out the minutes and the videos [of his work in the council]. I’m really proud of the campaign I ran,” he said.

•SeaTac’s Proposition No. 1 results are currently very tight, with the measure ahead by only 14 votes at the end of Wednesday.

“This campaign has brought out a lot of interest in SeaTac’s governance, which is a good thing,” said Oren Hadaller, the chair of the anti-strong mayor campaign, SeaTac Works Now.

“Should Prop 1 win we will be working to make the transition as smooth as possible and to elect a mayor who will continue implementing the vision for our city,” he said.

Hadaller said that the campaign was surprised by the early “yes” vote for Proposition 1, but they are still hoping for a reversal.

“We never thought it would be a nail bitter,” he said.

*Thunderword reporters Ambrosio Agustin, Nicholas McCoy, Caitlyn Starkey and Andrew Simpson contributed to this story.*

## Expert will explore diverse identities

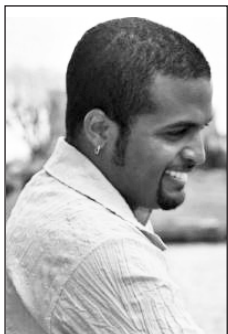
BY CHONA LORN  
Staff Reporter

Author, professor and activist Dr. Andrew Jolivet will discuss sexual, cultural, and racial identities Monday, Nov. 9 at Highline.

Dr. Jolivet will be giving a lecture on the intersection of different types of identities. The lecture will be held in Building 7 from 10 – 10:50 a.m. with a question and answer session from 11 – 11:50 a.m.

“We wanted to do more programming that focused around LGBTQ [lesbian, gay, bisexual, transgender, questioning/queer] issues to create an inclusive campus culture,” said Natasha Burrowes, assistant director for student programs and diversity.

“The point of the lecture is



Jolivet

to bring awareness to Highline,” said Joshua Magallanes, Running Start and student development coordinator.

Dr. Jolivet’s talk will include the new Hate Crime Bill that was recently passed by Congress.

“He’s going to be looking at the intersections of race, sexuality, and social justice through the lens of our current historical moment,” said Burrowes.

“The lecture will help us take an honest, conscious ap-

proach to what is going on,” Magallanes said.

Dr. Jolivet is an associate professor in the American Indian Studies Department, Educational Leadership, and Critical Race and Resistance Studies at San Francisco State University.

He is also president of Speak Out and current board member of the gay, lesbian, bisexual, transgender historical society. He is also a former president of iPride, an organization for mixed heritage and transracially adopted youths and their families.

Speak Out is part of the Institute for Democratic Education and Culture, a national organization that seeks to help young people become social justice advocates.

Dr. Jolivet has authored two

books, *Cultural Representation in Native America*, published in 2006 by the AltaMira Press, and *Louisiana Creoles: Cultural Recovery and Mixed Race Native American Identity*, published in 2007 by Lexington Books.

He is currently working on his third book, titled *Mixed Race Gay Men and HIV: A Community History*.

### Students to help

Students plan to help Auburn residents who are at risk of flooding this Saturday.

The Highline Student Caucus quarterly service project will be spent making sand bags which will be used as barriers around Auburn residents’ property to help protect against flooding. Anyone who is interested is welcome to meet at the Les Gove Community Campus, 910 9th Street SE, at 9:45 a.m. to 2 p.m.

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## Bus

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per nice. And the driver of bus 706 is super friendly," he said.

The good thing about riding the bus everyday is that he gets to see his friends, Mitchell said. Normally if they drove, they would just pass each other on the drive to school.

Many students say they have faced at least one uncomfortable situation while riding the bus to school.

"At the park and ride, an old toothless crazy guy started talking to me. Normally, I'm OK with random people talking to me," said a Highline student.

"But when I mentioned my birthday earlier that week, he started rubbing my back and singing happy birthday to me really loudly. So I ran away to the other side of the park and ride."

Some students ride the bus so much that they say they get used to situations which many students might find uncomfortable.

Tony Ha is a Highline student who buses his way from Beacon Hill in southeast Seattle every day.

"It's all right. Sometimes there are hella weird people that

bug you and ask you for money and stuff which gets annoying," Ha said.

The benefits of riding the bus are that you "don't have to pay for gas, don't have to find parking, which is a bitch I heard. Also you don't have to risk getting your car jacked," Ha said.

The only complaint he had about the bus system is that "the Tukwila station doesn't have a bus schedule posted, so you don't know when buses are coming which gets annoying," Ha said.

"And when it's raining, some bus stops don't have covers, so you get hella wet."

Although some people find it easy to get around with the bus, there are some students that find it confusing.

"I rode the bus to go to Federal Way and ended up in downtown Seattle. It sucked," said a Highline student who refused to give his name.

For students like this, sources are online that can help you find out what buses and routes to take and when the buses run throughout the week.

One place to find bus route and time information is trip-planner.kingcounty.gov, where you can plan out the whole trip to a destination from where you currently reside.

## Work

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She thinks that there is a respect for one another that isn't evident at other work places.

"They give people the benefit of the doubt," Nole said.

Other employees echoed Nole's sentiments.

Cheryl Cariño-Burr and Karen Steinbach of High School Programs were all smiles and laughs when talking about the college.

"I wouldn't be working here for 20 years if I didn't love it," Steinbach said.

Cariño-Burr chimed in to explain that she believed that winning the award had a lot to do with the culture of the college and the students who make the school so good.

"I think part of the reason why the school is so great is because of the students," Cariño-Burr said.

Others agreed.

"It's like I've died and gone to heaven, I enjoy all aspects of it," said professor Jim Glennon about his job.

"I like the people I work with, they are almost like family. I like the classes I teach. I like the academic freedom to teach controversial issues with-



Laura Nole

out parents calling you," said Glennon.

"It's a great place to work, no doubt about that. It's not perfect but it is a great place to be an instructor," said Allan Walton, a mathematics professor.

"I think it's a very good school. We serve a very wide population of students," said Walton.

Eliza Conger, a secretary senior in Building 29, said she likes her job and that she voted for Highline in the poll.

"I really love the diversity at Highline and the staff and faculty are really good as a whole," said Conger.

"It's a supportive work en-

vironment. I like the interface with students and faculty," said Lynda Quick, a secretary in Building 29.

Sabine Walter, the Health, PE, and Education Division secretary, said that she likes the "flexibility that they let me have. I have the freedom to go around campus when I need to."

Several people said that they are skeptical of any internet surveys while others said they think that the survey is accurate.

"I don't know if I would trust any online voting," said Walton.

Highline has many aspects to what makes it great, said Skari, the college vice president, adding that she believes that it's partly because the employees feel pride when they come to work.

"I started working at Highline Community College 17 years ago and have never wanted to work elsewhere. And I am not alone," Skari said.

"This pride in our institution motivated the faculty and staff to vote Highline as the best place to work, because they believe it and want the outside world to know it," she said.

*Thunderword reporters Rebecca Ball, William Schlepp and Katrina Johnson contributed to this report.*

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