

THE Highline Community College Thunderword

Mayoral candidates lining up in Fed. Way

By CAITLYN STARKEY
Staff Reporter

Citizens of Federal Way could be voting for a mayor as soon as this spring.

Federal Way voters appear to have narrowly approved a change in the form of city government, moving from a council-manager arrangement to a separately elected strong mayor plus the seven-member city council.

As of Tuesday night, Nov. 10, 51.27 percent of the ballots cast were in favor of passing Federal Way Proposition 1.

With 48.73 percent of the vote going to the opposition, Proposition 1 will pass and Federal Way's city government structure will change.

The result was a change from February 2008, when city voters rejected a similar proposal.

At least two current City Council members have said they will run for mayor, and other names are being mentioned as possible candidates.

City Councilman Jim Ferrell, one of the key supporters of the proposition, has said he will run for mayor.

Jack Dovey, current mayor and councilman, also intends to run.

"I will probably run if it

Please see Mayor, page 13



Seattle Police Department

A homemade bomb found in the apartment of Christopher Monfort on Nov. 6 in Tukwila.

Shooting out of character

Former Highline student suspected of Seattle Police officer shooting

By AMBROSIO AGUSTIN
Staff Reporter

Charges will likely be brought today against Christopher J. Monfort, a former Highline student suspected of killing a Seattle Police officer.

Monfort, who will be charged with aggravated murder and first-degree attempted murder, attended Highline from 2002 to 2004.

During those years, Highline Professor Garry Wegner said that Monfort flourished in his Administration of Justice program, and that the news about his former student was "very shocking and disturbing on a variety of levels."

"This isn't the Chris that I know," Wegner said. "If [the allegations] turn out to be true,

then he's become a different person."

On Oct. 31, Officer Timothy Brenton and Officer Britt Sweeney were parked after a routine traffic stop in Seattle's Leschi neighborhood, when police say that Monfort pulled up in a light-colored Datsun 210. Sweeney, sensing danger, called out to her partner and ducked as several shots were fired into the police vehicle.

Brenton died instantly having been struck several times. Sweeney received minor inju-

ries and was able to return fire and call for support.

On Nov. 6, Detectives recovered a number of items from Monfort's apartment, including a modified .223 caliber rifle which has been confirmed as the weapon used in the murder of Officer Brenton, along with improvised explosive devices and other bomb materials.

Also recovered was Monfort's Datsun 210, which was

Please see Suspect, page 3



Seattle Police Department

Christopher Monfort's car found at his apartment.

Trash becomes treasure at recycling plant

By ALEX MULYARCHUK
Staff Reporter

It may sound, look and feel like a scene out of Transformers, but it smells like garbage.

Huge iron giants effortlessly crush thousands of pop-cans into large aluminum cubes; monolithic machinery produces waterfalls of shredded paper and broken glass.

The place where recyclables from all over the county (including Highline) begin their journey to become something else is not a sci-fi movie, its Allied Waste's Seattle Material Recovery Facility.

On a recent facility tour, Allied Waste's representative for Highline, Byron Roth, and

other staff members explained what happens to recyclables after they leave Highline.

"The first step is sorting the materials. We process 1.4 million pounds of material every day. This includes cardboard, newspaper, mixed paper, magazines, aluminum, glass, and plastics No. 1-7," Roth said.

He had a staff member lead the group into the actual warehouse, which was reminiscent of a picture of Santa's workshop from a children's book, except much grayer and without the elves.

In the 125,000 square foot warehouse, everything happens at once. Trucks dump loads; dozens of large metal machines produce a deafening roar; ma-



Alex Mulyarchuk / THUNDERWORD

Inside of the Allied Waste Seattle Material Recovery Facility.

chines run a series of river-like conveyor belts carrying plastic bags, milk containers and pieces of random plastic shards.

While large overhead magnets pick up the tin cans and fer-

rous metals off of the conveyor belts, employees sorted plastics by hand. Machine air separators

Please see Recycling, page 16

INSIDE

November 12, 2009
Volume 49, No. 8



Six degrees to connect with everyone/P6



Highline men's basketball team is just about to tip off/P8



John Huber finds a purpose at Highline/P15

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Weekend Weather



Cloudy with rain on Friday, few showers on Saturday, showers on Sunday.



Unconscious woman leads to security call

Security responded to a call about a woman fainting. When they arrived the woman was conscious and felt "light-headed." South King Fire Department arrived and checked out her vital signs. Her grandmother was then called and asked to pick her up.

Ex-lover turns robber

A man came in the Building 8 cafeteria in search of his ex-girlfriend, on Thursday, Nov. 5. After finding her he took her purse and dumped its contents out onto the table. He then grabbed some items and ran out of the building. The victim said she planned to call the police when she got home.

Suicidal man scares students at bus stop

Two female students reported to Security that they were harassed by a man at the bus stop outside of Building 26. On Friday, Nov. 6 an adult male approximately 22 years old, 5'8", 200 pounds, with dirty blond hair was described as the aggressor. He reportedly told the women he was going to take pills or get a gun and shoot himself if they didn't talk to him. Security asked the women to ignore the man and immediately report any other incidents.

Car side-swept by careless driver

A Honda Accord was damaged this week in a hit and run. On Nov. 5, the victim returned to his car and found the passenger side door, tire and bumper scraped and dented. No suspects have been named in the incident.

Computer Stolen

Someone studying in the library became the victim of a laptop theft. The victim was studying on the third floor and left his Hewlett Packard DV 2715 at a desk while he went to print copies of an assignment. When he returned approximately 10 minutes later his laptop was missing.

--Compiled by Eric Moehrle

More scholarships available to students

U.S. Bank will award up to 40 college internet scholarships for the '09-'10 academic year.

In the years past, U.S. Bank offered only 30 internet scholarships and they were limited to high school seniors. Previous scholarships awarded by U.S. Bank have totaled in over \$350,000. Each scholarship offered by the U.S. Bank Internet Scholarship program is valued at \$1,000 and is only available through the internet between Nov. 4 and March 31, 2010. The scholarships are offered through a random drawing process.

Students can access www.usbank.com/studentloans to access the source of college scholarship dollars.

Students applying for these scholarships must be participating in the U.S. Bank No Fee Education Loan Program, be a U.S. Citizen or permanent resident alien and be enrolled by September 2010.

Writers who write can write away at Write-In

The Highline Writing Center is holding its first-ever campus Write-In to bring together everyone who enjoys writing.

Everyone with something to write about is encouraged to come out and participate. It is an open invitation to anyone who wishes to participate.

Write-Ins have been going on in the greater Seattle region for years now.

The campus Write-In takes place on Nov. 3 from 1 p.m. to 4 p.m. in the Writing Center, located in Building 26, room 319.

All students have to do to



Cody Warf/THUNDERWORD

A soldier explains the importance of Veterans Day to a crowd outside of Building 5.

participate is show up and bring whatever writing supplies they will need.

Class includes tropical adventure

Welcome to the jungle, where you can earn college credit. Biology instructor Woody Moses is inviting students to join him in Belize to study five days in the jungle and five days on the reef.

The trip will take place from June 15-25, 2010 and is in collaboration with Troika Study Abroad Programs.

The class counts as a lab science and is worth five credits. The course number is GeSc 120.

For more information, students can contact Moses at Wmoses@highline.edu or by accessing the course web page at http://www.ccidinc.org/programs/?program_id_number=11.

Calendar

•Next week's movie Friday will Feature *The Godfather Part II*. It will be shown Nov. 13 at 12:30 in Building 10, room 103. The film is co-sponsored by the

ILSC and the HCC Film Studies Program.

The Godfather Part II won six Oscars for Best Actor in a Supporting Role, Best Art Direction-Set Decoration, Best Director, Best Music, Original Dramatic Score, Best Picture, Best Writing, Screenplay Adapted From Other Material and was nominated for numerous other awards.

• An adviser from the University of Washington School of Pharmacy will be on campus Wednesday, Nov. 18 to give a presentation on successfully planning and applying to the major. The presentation will take place at 1:15 p.m. in Building 19, room 202. The advisor will cover pre-requisite courses for admission and grade point average, an application timeline, the interview process/Pharmacy College Admission Test, docu-

ments needed for applying and tips for applying successfully.

•International Education Week is coming to Highline next week. It will be presented by the Summit students and the students of the HCC Cultural Exchange Club. Events will take place from Monday, Nov. 16 - Thursday, Nov. 19. On Monday, the events will take place in Building 7, on Tuesday, Building 8, on Wednesday Building 7 and Thursday in the Mt. Constance room of Building 8 at various times.

Correction

In the Nov. 5 edition of the Thunderword the story about election results should have said the previous vote about changing to a strong mayor in Federal Way was in February 2008.

HOT JOBS

NEED A JOB? WE GOT JOBS!

**Medical Asst/Health Educator
Part to Fulltime ~ 5700**

Help women who come to our clinic take an active part in their own health care by sharing information with them about women's health. Work closely with medical providers including physicians and advanced practice clinicians, the clinic manager and staff from all three clinic sites. Take vital signs, perform simple laboratory tests, and prepare specimens to be sent to laboratory. Give injections and draw blood if certified to do so.

*Location: S. King County Wage: DOE Hours:
Tu-Sat 32-40/wk*

**Right now is the time to get your resume updated!
Stop by to learn more or create a new one!**

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

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Song for a jazz man

Highline honored the late Bo Yingling, a founder of the Jazz Band, with a ceremony and unveiling of a sculpture of a trombone, right, in Building 8. Dr. Ben Thomas, center, above, plays a tribute, along with saxophonist J.C. Hedburg and singer Michelle Searle. Yingling's father and brother, Rico and Brett, below, talk to the large crowd that gathered for the memorial. Bo Yingling drowned in Lake Fenwick in Kent in June 2003. Highline alum and R&B singer Choklate, lower right, sings during the memorial, Wednesday in the Student Union.



Bill Schlepp/THUNDERWORD

'Sex in the Dark'

Question and answer session will be confidential, GSA promises

By **AMBROSIO AGUSTIN**
Staff Reporter

GSA will be hosting Sex in the Dark, a forum to answer all those burning questions that you've been too scared to ask.

The event will be held Nov. 18 at 5 p.m. in the Mt. Skohomish meeting room, located on the first floor of the Student Union.

It is open to everyone.

Roman Delgado, the president of Highline Gay-Straight Alliance, said that the goal of Sex in the Dark is to create a safe and anonymous environment for everyone on campus — gay, lesbian, bi-sexual and transgendered students in particular — to ask questions related to the GLBT community.

"We make the room pitch black," Delgado said, "and unless you know someone well enough to identify them by their voice, everyone remains anonymous."

Delgado said that remaining anonymous is key to this discussion, which will last one hour and will be guided by a moderator.

"Lots of students are unaware of just how inclusive Highline is," Delgado said.

"Some students are from other countries or other parts of the country and are scared to ask [questions about the GLBT community]. They are afraid that their families or friends will reject them," he said.

Despite the event's name, which Delgado himself said is rather risqué, he said that he has encountered little friction in getting the event up and running.

"I would like to create an environment where people don't need to be mad about people asking taboo questions," Delgado said.

"People have been pretty positive about the event."

He said he also wants to reach out to those students who are apprehensive about the GLBT community and dispel hurtful rumors and stereotypes that are circulated.

"It's for anyone," Delgado said.

"Instead of stereotypes, we hope to replace that with mutual respect," he said.

Suspect

continued from page 1

struck by at least one bullet as Brenton's partner, Britt Sweeney, returned fire.

Police said on Monday that DNA evidence collected from an Oct. 22 arson at a police facility and from the scene of Officer Brenton's murder match that of Monfort, who is being treated at Harborview Medical Center.

Police said that after being approached at his apartment by detectives, Monfort pointed a gun at one detective's head and pulled the trigger, but the gun failed to fire. Monfort ran up the stairs, pointed his weapon once more, and was shot by the detectives.

Wegner said that during Monfort's time at Highline, he never showed any anti-law enforcement sentiment.

"He was the student that teachers always hope for. He

indicated high potential, and showed lots of interest in the subject matter," Wegner said.

In his time at Highline, Monfort earned an associate of applied sciences and an associate of arts degree.

He then transferred to the University of Washington, where he majored in society and justice.

In what many consider to be a confusing twist, Monfort didn't fit the picture of the killer that was expected.

Wegner said that Monfort was charismatic and that he was bright. The last time Wegner spoke to Monfort, he was applying to graduate school.

It was in that direction, Wegner said, that he wanted to guide Monfort.

Wegner said that he is very disturbed and saddened that events had taken this turn.

"[Monfort] was friendly, stable and got along well with his classmates," Wegner said. "He was a natural leader. I don't

know what turned him."

That leadership was at one point channeled into Student Government, where Monfort was elected student senator in 2003.

Monfort had considered a career as a lawyer, volunteering with the American Civil Liberties Union.

He told Wegner, "I want to make a change."

But Wegner said that Monfort had decided that he would make a bigger impact as a college history professor with an emphasis on constitutional law.

Associate dean of Student Services, Jonathan Brown, worked with Student Government during the time in which Monfort served as a senator.

"[Monfort] was elected during our biggest voting scandal," Brown said.

"That was kind of memorable because I think we had three different elections before he was actually elected. I think he was with us for maybe three or four months before he

left the student council during an executive meeting when he quit."

Brown said Monfort was politically active and was passionate about informing students about the loss of civil liberties.

"That was what spurred him into Student Government. It was even part of his campaign to get into office and what he talked about at the candidates forum," Brown said.

Former Highline student Amber Trillo was Monfort's classmate.

"I had a speech class with him and he was pretty intense," Trillo said. "He was a talented speaker though. It was obvious he was very passionate when he spoke about conspiracy and corruption within the Bush administration."

"There are great rewards in teaching," Wegner said, "but I never thought that in teaching there would be great tragedy."

Staff reporter Chris Wells contributed to this story.

Editorial comment

Highline is a great place to work

Last week, we reported that Highline won the 2009 Northwest People’s Picks Award as the best education and training company. We won over schools with a much higher enrollment, such as the University of Washington and Bellevue Community College.

The most obvious proof of this is the instructors in the classrooms. Many of them have community college educations – some from Highline – and because of that, understand the needs of the students at a community college.

The staff at the school is also friendly and competent, from the bookstore to the administration to the security officers.

As Laura Nole, the bookstore manager, said in the story in last week’s Thunderword, the environment starts with the administration in Building 1 and carries through the college hierarchy to the students and other employees.

Another reason the Highline community is harmonious is the fact that everybody seems to get along.

Instructors are frequently socializing with one another outside of classtime and administrators are always trading banter between taking care of their duties to the college.

Board of Trustees meetings are filled with smiles and laughs as opposed to the stiff, over-professional demeanor of meetings at many companies.

While nobody will ever look forward to meetings that last hours, a loose atmosphere makes them easier to handle.

That sums up the general atmosphere of the college: laid back but effective. Many times, people don’t even realize they are at work or at school because they are having fun.

In the current economic times, it’s nice having a place to go to work where people are friendly and not afraid to help each other out.

At the Thunderword, we report on a lot of on-campus issues which requires us to talk to a lot of different people in a lot of different positions on campus. The people are always willing to talk and help with any story.

It’s that kind of enthusiasm that makes Highline a great place.

Staff

It would be nice having a small bus to take me everywhere.

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Life is better after Communism

A revolutionary wave swept across Eastern Europe in 1989. After the fall of the Berlin Wall on Nov. 9, the remaining countries ousted their regimes in the following months.

Growing up, I always heard stories from my parents about living in Communist Romania and the quality of life that it precipitated.

It’s difficult to imagine the culture shock that my father went through when he accepted his Fulbright Fellowship to Romania in 1986.

A Fulbright Fellowship is a program that awards grants to scholars, educators, graduate students and professionals to go overseas and ply their trade in a foreign country.

So my dad spent a summer at University of California, Los Angeles learning Romanian, then he left for a country that would become one of his favorite places in the world, but not before he overcame his shock.

Besides the language barrier, he had to get used to life in a Communist country where nothing was private and nobody knew who to trust.

It wasn’t that bad until he met my mother, a student at a local university in Cluj-Napoca. Foreign diplomats were treated much better than locals – for appearance’s sake – but the citizens were treated like cattle.

People would stand in line for hours on end for toilet paper. Food was rationed – people were given coupons, which didn’t even guarantee they would see any of the food they were supposed to get for them.

A common joke of the time went something like this: “Have you seen the new freezers at the appliance store? They’re the size of a matchbox, so at least you can do something with your coupons now.”

People were limited, per



Commentary
Liviu Bird

month, to: one kilogram of meat (which could be all bone or fat, at the butcher’s discretion), one chicken, five eggs in the winter, seven eggs in the summer, one liter of cooking oil, one kilogram of flour and one kilogram of sugar.

Other than that, food was hard to come by. Grocery stores were empty. Kent cigarettes and Coca-Cola were often given as bribes to Securitate (Romanian secret police agents).

These police agents were everywhere, and they exist even to this day.

I remember being stopped when I walked down the street toward my grandparents’ apartment building at 8 or 9 years old by two men who showed me some sort of badge and claimed they were police.

They interrogated me briefly about my family and left me alone when I showed them my American passport.

Back in the prime time of Communism, everything was under surveillance. People always complain about the Patriot Act, but this was much worse.

My parents would often spend time with a British professor in Cluj named Lyo, who was obsessed with the Securitate and their habits.

He would speak to the chandelier in the living room, convinced there was a microphone hidden inside.

One time, when the three of them were looking for a taxi and the phone was constantly ringing busy, Lyo picked up the

receiver, and without dialing a number said, “I need a taxi right now,” but in much more colorful language I can’t print here.

Ten seconds later, the phone rang and a voice told him, “Your taxi is waiting outside.”

In December 1989, the Romanian people finally revolted, beginning with the students. As the revolution took off, my parents were living back in the U.S. and following it with the rest of the American populace on CNN and through phone calls back to my grandparents.

On Christmas Day of that year, dictator Nicolae Ceausescu and his wife Elena were finally silenced forever.

As the television cameras showed the firing squad and the Ceausescus’ lifeless bodies on the pavement – so the people knew it was real and not just another Communist ploy – the country rejoiced.

Some 20 years later, loyalists still exist. Some people, mostly of the older generations, still claim it was better under the Communists.

And for some people, it was a better time. The problem with Communism is it elevated people from the ditch onto the throne.

Elena Ceausescu was given many honorary degrees from universities and Nicolae was hailed as a great hunter and brilliant mind. Most people don’t know they didn’t earn any of their accolades, but rather demanded recognition and status.

The fall of the Berlin Wall has come to symbolize the changes of the time for many people living “behind the Iron Curtain.”

Every year on Christmas, Romanians celebrate not only the holidays, but the end of the worst nightmare our people have ever known.

Liviu lives behind his own Berlin Wall.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Letter on pillow is different. 2. Man's shirt is black. 3. Mouse design is different. 4. Lamp is missing. 5. Picture on wall is missing. 6. Curtain is longer.

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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What is the only Central American country that doesn't have a coastline on the Pacific?

2. MOVIES: Who played the role of Boo Radley in the movie *To Kill a Mockingbird*?

3. MYTHOLOGY: In Norse mythology, what is the name of the goddess of the past?

4. SCIENCE: What is the only known metal that turns to liquid at room temperature?

5. TELEVISION: Which long-running variety show featured a fictitious radio station named KORN?

6. LANGUAGE: What is the American equivalent of the British term "braces"?

7. RELIGION: Who served as the first pope of the Catholic Church?

8. GENERAL KNOWLEDGE: Who was the founder of the online auction service eBay?

9. ENTERTAINERS: What actor uttered the movie line, "The point is, ladies and gentleman, that greed -- for lack of a better word -- is good"?

10. LITERATURE: What is the subject matter of the book *Ten Days That Shook the World*?

Answers

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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 door.

•Highline's fall Chorale concert will feature vocal and instrumental performances

Last week's Weekly SUDOKU

Answer

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

Crossword 101

By Ed Canty

In A Stable Condition

Across

1. Feudal workers

6. Prefix with culture

10. It may leave its mark

14. Blue shade

15. Meadow sounds

16. ____ avail (useless)

17. Neighborhoods

18. Canal of song

19. Big name in oil

20. Cape Cod town or county

22. Stock market pessimist

23. Sam ____ (Suess character)

24. King and others

25. MTV's owner

29. TV hostess O'Donnell

32. Bankrupt energy giant

33. Rita, in a Beatles song

37. Burnett of CNBC

38. Golf green gimme

39. ____-ran

40. What she sells

42. Compartment found within 20A, 50A, 10D and 28D

43. Add up

44. Gas station choice

45. 1978 Peace Nobel

48. Decay

49. Chicago daily with "the"

50. Like some mortgage rates

57. Like some traditions

58. Authentic

59. Internet messages

60. Isolated

61. Toll booth approach

62. Nonconformist

63. Baa maids?

64. Wallet stuffers

65. Capture

Down

1. Audi rival

2. Cornell of Cornell U.

3. Sorry sort

4. QB Tarkenton

5. Meeting of Congress

6. Crosswise, on deck

7. Dress

8. Commuting option

9. "Amazing Grace" ending

10. Level-headed husband?

11. 1988 Olympics locale

12. Peru native

13. Saloon swingers?

21. Glasgow cap

24. Found in tires

25. Flying geese formations

26. Memorandum starter

27. Diva's song

28. Police officers

29. E-mail option

30. R&B artist Redding

31. Clinton's former job:Abbr.

33. Food court site

34. "Oh, woe!"

35. Bermuda, e.g.

36. Raggedy Ann, e.g.

38. ____ Aviv

41. Millinery purchase

42. Baby caretakers

44. Windows forerunner

45. Mink, for one

46. Bow partner

47. "Cheers" barmaid

48. Contest regulations

50. A Guthrie

51. College bigwig

52. Dick's partner

53. End of grace

54. Cake with a kick

55. Reclining one

56. Fashion monthly

By GFR Associates ••• Visit our web site at www.gfrpuzzles.com

Last week's crossword solution

WEDDING GIFT

E	S	S	O		A	M	A	Z	E		S	A	R	A
S	O	N	G		C	A	L	I	F		C	R	O	C
S	H	O	E	S	T	R	I	N	G	C	A	T	C	H
	O	W	E	T	O		C	H	A	L	I	C	E	
				A	R	O	D			P	E	S	O	S
A	D	A	P	T		P	I	A	N	O	S			
P	O	I	S	E		A	L	G	A			I	S	M
S	T	R	I	N	G	Q	U	A	R	T	E	T	T	E
E	E	S			N	U	T	S		A	R	E	A	S
			R	U	P	E	E	S		T	E	S	T	S
T	R	I	E	S			D	I	E	T				
B	A	R	B	A	R	A			R	E	S	A	T	
S	P	A	R	R	I	N	G	P	A	R	T	N	E	R
P	A	T	E		L	A	N	E	S		A	T	R	A
S	T	E	W		E	T	U	D	E		R	I	N	G

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 the arts editor, Courtney Sankey by calling 206-878-3710, ext. 3317, or by e-mail at csankey@highline.edu.

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

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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The Thunderword / November 12, 2009

Opening night is fast approaching for Pralle

By **COURTNEY SANKEY**
Staff Reporter

The curtain rises for Highline Drama Department's fall production of *Six Degrees of Separation* next weekend.

Six Degrees of Separation is based on an actual event, where a young African-American man gains access and cons several upper class New York households. The man claims that he is the son of famous actor Sidney Poitier (*Guess Who's Coming to Dinner* and *A Raisin in the Sun*).

In the play, the young man comes to the house of Flan and Ouisa Kittredge. The young man, Paul, arrives during dinner, beaten, saying that he is a friend of their children.

Paul has been mugged in Central Park and says that he won't get any money until he meets his father, Poitier, the next day. He asks the Kittredges for money to get him by until he meets his "dad." The family takes him in, clean him up and in return he cooks a dinner for them.

He charms them into letting him stay the night and when Ouisa goes to wake him in the morning, she finds another man in the bed with Paul.

A tangled web of deceit, tragedy and sexual identification begins to spin and becomes stickier as the play progresses.

Debra Pralle, director of the show and acting professor at Highline, is excited about how rehearsals for the show have been going.

"Rehearsals are going quite



Victoria Saddler/THUNDERWORD

Left to right: Ryan Russell as a hustler, Brandon Mitchell as Paul, Deena Chapman as Ouisa Kittredge and Jared Stratton as Flan Kittredge, rehearsing a scene for the Drama Department's upcoming fall production of *Six Degrees of Separation* by John Guare.

well," Pralle said. "The actors are gaining a strong sense of the material and what it can do. I anticipate that their performances will only become more complex and invigorating as the days go on." *Debra Pralle*



Although the show is shap-

ing up nicely, there was a thread that came loose as they lost one of their fellow actors last Friday.

"We lost the actor who was playing the doorman/police officer roles due to class credit issues," Pralle said. "So rather than bringing in someone new, I am using two other actors who are already in the show to take on those roles. I suspect we will have to add spirit gum and fake mustaches to the budget."

Six Degrees deals with issues of homosexuality and class status which Pralle compares to

her own performance of it in the early '90s.

"The 'controversy' has actually been quite tame. The homosexual issues are barely considered challenging, which is great! As far as the class issues and the seemingly non-chalant way that Paul insinuates his way into people's [lives], that too has been very easy to tackle and explore."

Once dress rehearsals are in full swing Pralle expects the excitement and anticipation of the show to grow for her actors.

"Once tech is set, they have

the rockin' experience of doing a full dress rehearsal. That always amps up the excitement as all the elements finally come together to propel the story and the characterization," she said.

With opening night fast approaching, Pralle is feeling the pressure and is making sure that all the details of the story, both on and off the stage, are taken care of.

"I'm feeling the crunch, but it's actually sharpening my focus. Like I tell the cast, 'I am not worried, I am not having nightmares.' I am genuinely thrilled with their progress and dedication to make this the best show we can.

"We have been struggling with blocking at the climactic last scene, and that is priority No. 1. [Also] I am in charge of finding all the music for the show, so I will be combing through all my CDs after my kids go to bed."

Putting pressure aside, Pralle is looking forward to opening night. She is also hoping that it will take her actors to the next level in their character comprehension.

"[The] adrenaline and the interaction with the audience can take them to new heights that are within the realm of the show, not [themselves]. I am very excited."

Curtain rises for *Six Degrees of Separation* on Thursday, Nov. 19, at 8 p.m. in Building 4 in the Little Theater. The show runs Nov. 19-21 and Dec. 3-5 at 8 p.m. Ticket cans be purchased at the door but prices are undetermined at this time.

Fire damage won't dampen the holiday spirit at Taproot

By **KANDI CARLSON**
and **COURTNEY SANKEY**
Staff Reporters

The show will go on for the Taproot Theater Company.

On Oct. 23 an arsonist set fire to businesses in the Greenwood area of North Seattle.

The fire damaged four businesses next to the theater, most of which was centered in the Chinese restaurant next to the theater.

The theater itself did not suffer any fire damage but succumbed to massive water damage, brought on by the firefighters who put out the fire of the businesses next door.

The water damage destroyed the venue, which had to move into another location in order to finish out their run of *Enchanted April* by Matthew Barber.

Smoke damage also played a major part in the relocation of the theater company.

Unable to find a venue for the

world premiere of John Logenbaugh's *Sherlock Holmes and the Case of the Christmas Carol*, the theater had to revisit an old friend, *It's a Wonderful Life: A Live Radio Play*.

It's a Wonderful Life: A Live Radio Play was first produced in 2006. It was one of the most successful holiday productions that Taproot has put on.

It is the classic tale of George Bailey, made famous in the Frank Capra film of the same name, set in 1947 as a radio broadcast.

Bailey is president of a small-town savings and loan, who runs on a string of bad luck and thinks that it would have been better if he hadn't existed in the first place.

His wish is granted by an angel, Clarence, who is working to earn his wings.

It is Clarence's job to try to make Bailey see just how much his life has affected everyone around him.



Paul Morrell/Taproot Theater

Taproot Producing Artistic Director Scott Nolte surveys the water and smoke damage in the upstairs lobby of the theater on the morning of Friday, Oct. 23.

Clarence takes him to the past and shows him the lives of everyone that Bailey knows, yet they do not know him.

Their lives have completely changed, and not necessarily for

the better.

Bailey has to learn his lesson before time runs out and his life is stuck this way forever.

It's a Wonderful Life: A Live Radio Play will run from Nov.

25 through Dec. 30.

The show is being held at the Stage One Theater at North Seattle Community College, 9600 College Way N. in Seattle.

There is a "pay-what-you-can" performance Nov. 25. These tickets can be purchased at the box office the day of the show only after 6 p.m.

The show runs on Tuesdays, Wednesdays and Thursdays at 7:30 p.m.; and Fridays and Saturdays at 8 p.m. There is also a Saturday matinee at 2 p.m.

Ticket prices vary and are as follows: Tuesday, Wednesday and Thursday evenings and Saturday matinees are \$26-\$28, Friday and Saturday evenings, \$30-\$33.

There is a senior matinee on Dec. 2, 8 and 15.

To purchase tickets contact the Taproot Theatre's box office at 206-781-9707.

Group rates are available. Call 206-781-9708 for information on group rates.

Lighthouse Bar in Des Moines rocks the marina Sundays

By **JOANNA WOODS**
Staff Reporter

The lights are dim, there's a small corner near the back reserved for the stage, and the audience is seated on black leather couches that remind you of something from last spring's yard sale.

Yet the musicians don't seem to notice that this isn't Carnegie Hall.

It all kind of brings you back to your old band rehearsal that was in your best friend's garage.

On stage the guitarist and drummer are discussing what will follow their opening rendition of Steppenwolf's Monster while the bassist orders a shot of tequila and jokes around with the crowd.

The scene above is of the Lighthouse Lounge in Des Moines, where every Sunday local musicians gather for a weekly open mike night from 8 p.m. to midnight.

The bar is located on 22239 Marine View Dr S.

The weekly event has been going on since the opening of the Lighthouse Lounge about two years ago.

Open mike night is held on the first Sunday of every month at night and is hosted by Tim Turner of the Tim Turner Band.

He has hosted the event at the Lighthouse since it all started with the opening of the bar.

The Lighthouse's open mike



Above Left: Drummer Doug McGrew, one of the many musicians that frequent the bar for open mike nights. Above right: Two performers rocking it out on the stage at the Lighthouse Bar last Sunday, Nov. 8.

night is a chance to meet new people, socially and musically.

"You can tell a lot about people by their music," said Turner.

The weekly event is usually a success and several bands have been formed over the years from it, said Turner.

He added that you never know what musicians are going to show up until the night of.

"It's interesting because some nights you'll have six drummers, some nights they'll be just bass players, and some nights an even amount of everybody," he said.

It's not just rock bands that get a chance to perform at open mike night, said Turner.

He has had people with just their guitars come up and play as well as a lady who frequently comes up and sings acapella.

This range of performances is what drives open mike night at the Lighthouse.

"There's never two nights that are the same," Turner said.

A variety of songs are played, some you may know, and some you may not be too familiar with.

"Basically rock n' roll, there's blues guys, and there's some guys who play nothing but rock, and once in while you get some country guys in there, and then a little jazz from time to time. I think the variety is what makes it fun and interesting too," said Turner.

At open mike night, the covers that are played range from anything from the Beatles, the Who, Alice in Chains, the Doors, and AC/DC.

"A little bit of everything and I try to encourage that," he



Courtesy of Doug McGrew and Openmike.com

said. "I like to call it a rainbow of music."

On some nights it can be difficult to give everyone who wants to a chance to play.

"If somebody one week didn't get there early and I don't get them up there until late, next time I'll try to make a point to get them up early," he said.

Turner said that the open mike night is a good learning experience for musicians.

"A lot of the musicians, they always want to get up there with the best people but the idea is maybe to put some people who aren't so experienced and put them with good people."

There is a wide range of talent at open mike night, take for example bassist Lynn Sorensen who plays for the band Bad Company.

Yet he somehow finds the time to come down to the Lighthouse and rock out for open mike night.

Sorensen combines his talents with drummer Doug McGrew and guitarist Lloyd Debarr on most Sundays at the Lighthouse. Debarr and Sorensen are part of Magic Bus, a popular northwest band.

McGrew is an accomplished northwest drummer who has done work with Roger Fisher

from Heart, Mike Wilton from Queensryche and several other artists.

They are not an official band but at open mike night they come together and have their weekly jam session.

The jam session is the only time they get together to play music.

"We've never even had a rehearsal," said Debarr.

McGrew said that the three of them are planning to release some music together.

They said what they like most about playing at the Lighthouse is the bar's low ceilings. It kind of make you feel like you're playing in a basement all over again.

The covers they play aren't just verbatim performance of the original song. They take the song with a little improving make it sound like a song you've never heard before.

On Sunday Nov. 8, they did their take on songs such as Whole Lotta Love by Led Zepelin, Man in the Box by Alice in Chains, and I'm Going Hungry by Pearl Jam.

For more information about when you can see them in action at the Lighthouse visit McGrew's website at www.dougmcgrew.com.

Art work to turn your head

By **SARAH DUPRÉ**
Staff Reporter

A local organization hopes you can see your way to support Burien Arts.

Burien Arts is back with its second annual "20/20 Vision" art show and sale on Nov. 21.

Executive Director Erin Williamson, who manages Burien Arts, asked 20 artists to create 20 works of art to sell at the "20/20 Vision" art event.

Donated by the artists, the art being sold are all two dimensional 8- by 8-inch paintings, photographs or drawings.

The 400 works of art will be sold for \$40 each. Proceeds will go to support Burien Arts.

There will also be food, wine and music provided by a local DJ, Michael Olson, who also teaches special education at Highline High School.

Out of the 20 artists featured at this event, about a third of them are local. Some artists are coming in from Oregon and one is even flying in from California. But overall, they are from



Courtesy of the Burien Arts website

A picture of the poster art for the upcoming 20/20 Vision Artwork sale, taking place in Burien on Nov. 21.

the Puget Sound area.

A few of the local artists featured are John Unbehend, Gina Kallman, Rachel Loy, Judy Dore, and two Highline High School graduates, Ellen Van Wyk and Andrea Williamson.

Shariana Mundi's class at Moshier Arts Center is featuring 20 art pieces too. Mundi was also featured in the Highline library in the month of October.

Burien Arts is an independent non-profit organization that is incorporated with the City of Burien.

The "20/20 Vision" art sale is on Nov. 21 from 7-10 p.m with the doors opening at 6:45 p.m. A \$5 donation at the door is suggested to support Burien Arts. This event is located at the Karuna Arts Yoga Studio on 819 SW 152nd St. in Burien.

Waterland Music Series

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Ask about our special Adult ticket package: any 3 tickets for \$30

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Des Moines Florist
721 S. 219th St.
Des Moines, WA 98198
(cash or check)

This coupon/ad is good for \$5.00 off a single individual adult ticket the night of the show.

Men’s soccer scorches Shoreline in first round

By **KURTIS LOO**
Staff Reporter

The men’s soccer team advanced to the second round of the playoffs, defeating Shoreline 4-2 yesterday. Highline scored all four of their goals in the first 24 minutes of the game. “We wanted to do all the work early so we wouldn’t be

struggling later on in the game and I feel like we accomplished that. We just tried to keep the lead after that,” Highline forward Lonnie Wells said. “I thought the guys [Highline] came out, played hard and got out to a fast start,” Head Coach Jason Prenovost said. “In order to win big games, players have to step up and Liviu [Bird] had a couple big saves.

You don’t have to save everything but he made key saves for us to win,” he said. “Our forwards stepped up as well. They played great together and scored some big goals.” When it comes to the playoffs, winning is winning, no matter how big or small it’s by, said Prenovost. “I’ll take a win in a playoff game no matter what the score

is but I’m very happy with the result,” he said. Highline’s next match will be against Walla Walla on Saturday who defeated the T-Birds 4-0 on Sept. 26. Players are making sure that they are fully prepared for the task at hand. “Considering the first game, we’re expecting them to bring it. We studied tapes and we

talked about it so we’re going to do everything we can to get the win,” Wells said. Prenovost believes that being the underdogs will be an advantage for Highline. “We’re having a good time, we had to fight our way into the playoffs, we had to win two games to keep going and we’re just enjoying ourselves, making a run,” he said.

Men’s basketball won’t rely on past accomplishments

By **CHRIS WELLS**
Staff Reporter

The Highline men’s basketball team will be trying to defend their NWAACC West Division title this year. Although the team won the West last year, Head Coach Ché Dawson said that the team can’t rest on its accolades. “We have to prepare for and live for what is going on now this game, this season, this assignment, this test,” said Dawson. “We talk a lot about our society doing too much dwelling on the past and the future, rather than maximizing performance in the present. That applies to what we do as well.”

Dawson also said that the goals for the season are about the same from years past. “As usual, we want to maximize our potential on and off the court. We want our guys to graduate and be academically able to go to a four-year school,” Dawson said. “It is also always our goal to win the division title and compete at the NWAACC tournament.” One of the talented freshmen for the T-Birds, Wade Moyer, a 6’1” freshman guard out of Sunset High School in Portland, said he has high hopes for the season. “I expect us to have a really successful season,” Moyer said.



Bill Schlepp/THUNDERWORD

Head Coach Ché Dawson prepares the T-Birds for preseason play.

“We are a confident team and we are looking forward to the challenge of proving ourselves this year.” Kelly Edwards, a starter at Highline last year and currently playing at Lewis and Clark College, said he too thinks it will be a successful season for his teammates that he left behind. “I think they will do very well this year,” Edwards said. “Highline is always one of the best programs in the West.” On the current roster, Highline features five forwards and 10 guards. Dan Young, a returning starter, said that the

team will depend on the guards hitting their shots from the outside. “Our team will rely a lot on our perimeter players to shoot from the outside, but because there is such a threat from our guards, we will be able to go inside and isolate the big’s so they can go to work,” Young said. “Opponents will not be able to stop us in both these aspects; we have too many skilled players at every position which will cause teams to have to make a decision, play tight defense on the perimeter or help down in the post.”

Adding a total of nine newcomers, including two transfers in Maury Selvin, from Centralia Community College, and Justin Taylor, from Moorpark College in California, Highline will be looking to replace four starters from the year before. Bringing in two talented transfers is something that Young said will make a big impact. “I think the two transfers we have will bring a lot of maturity and experience to the team that we will need to help carry us through the season,” Young said. Kyle Perry, a 6’10” sophomore center, picks two freshmen as potential early contributors. “Two freshmen that really

will make a serious impact are Wade Moyer and Stephen Reinhart,” Perry said. “They both can shoot the ball lights out and that will hurt the defense of the other team.” Under the tutelage of Todd Sherwood at Sunset, Moyer earned second team all-Portland Metro League while averaging 12 points a game last year. Sherwood said Moyer will bring more to the court than can be seen on the stat sheet. “Wade is the type of person you would want your son to model himself after. He is hard-working, caring and puts the team first, always. He works to make others better and sacrifices for others,” Sherwood said proudly. “He also leads; he is not afraid to say the difficult thing and is the first person to congratulate a teammate when they make a positive play.” On the court, Sherwood said Moyer has the ability to be a game changer. “He is a shooter, a big-time shooter. He hit a 35-foot, 3-point shot to beat our arch rival last year. Wade can score, defend and [he] plays with toughness,” Sherwood said. “Recently, he has been working hard on creating his own shot off of the dribble. He is the type of weapon coaches

love to have and hate to coach against.” Moyer said Coach Dawson is making it easier to adapt to his first year of college. “Coach Dawson is all you can ask for in a coach. He makes sure we are getting things done on and off the court,” Moyer said. “He has helped me adjust to the college game and lifestyle more than anyone could have asked.” Coming out of Bishop Blanchet High School in Seattle, Reinhart is a 6’3” guard who was selected as a first-team performer in the Seattle Metro League this past year. In high school, Reinhart was coached by Brett Hecko, who said that Reinhart will bring another skilled guard to the T-Birds backcourt. “Stephen is a wonderful kid and a great teammate. He is a combo guard with virtually unlimited range. He is long, lanky and pretty athletic, which should allow him to develop into a good defender,” Hecko said. “Offensively, he is pretty polished. He is a good ball handler and a tremendous shooter who can knock down shots off the dribble as well as coming off screens. He has a great attitude and thinks he is going to make every shot he takes.” Another player in the star-studded recruiting class brought in by Coach Dawson is Mitch Hagerty, a 6’2” guard out of Auburn Riverside High School. Hagerty was another all-conference performer as he received second team all-South Puget Sound League honors last year. His head coach in high school was Tom Adams. Adams said Hagerty is a very good kid to have around a program. “He is a kid who really enjoys himself and his friends in terms of laughing and telling stories and jokes,” Adams said. “Mitch was really a good kid to have in our program because he kept things loose and relaxed with his teammates.” Redshirting this year will be Evan Berndt, who tore his ACL over the summer and underwent surgery in August.

2009-2010 Men’s basketball team				
Name	Pos.	Height	Grade	H.S.
Mitch Hagerty	G	6’2	Fr	Auburn Riverside
Jerome Bland	G	6’2	Fr	Auburn Mt.view
Stephen Reinhart	G	6’3	Fr	Blanchet
Darnell Williams	G	5’10	Fr	Curtis
Stevie Downs	G	6’6	Fr	Auburn Adventist
Justin Taylor	G	6’3	So	Canyon Springs
Antonio Gonzalez	F	6’4	Fr	Kennedy
Kyle Perry	F	6’10	So	King, CA
Garin Peyton	G	6’3	Fr	Rogers
Julian Fernandez	G	6’3	So	Enumclaw
Jon Morine	F	6’6	So	Mount Rainier
Wade Moyer	G	6’1	Fr	Sunset, Ore.
Muary Selvin	F	6’5	So	Clover Park
Dan Young	F	6-10	So	Federal Way
Evan Berndt	G	5’11	So	West Valley

Lady T-Birds better, smarter, faster, stronger

The women’s basketball team is ready to rebound after a disappointing 2008-2009 season

By **BRIAN GROVE**
Staff Reporter

The Highline women’s basketball team just may be the team to beat in the upcoming ’09-’10 season. Last season, the team made the trip to the Toyota Center in Kennewick to compete in the NWAACC women’s basketball championships. They placed third in the West Division with an 11-5 record but were eliminated from the tournament after two games. Highline hasn’t won an NWAACC title since 1982, when Head Coach Dale Bolinger was at the helm. Highline coaches said being eliminated so quickly last season had a lasting impression on this year’s sophomores and will influence the level of intensity

the team has this season. “The sophomores want it so bad they can smell it. I believe they will take each game like it’s their last and that will rub off on the freshmen,” said Highline Assistant Coach Karen Nadeau. “It will definitely impact the whole season. The sophomores were crushed last season losing in two at NWAACCs. They talk about it every day and how this year will be different,” said Highline Head Coach Amber Rowe. The Lady T-Birds boast a big flock this year, with seven returning sophomores as well as seven freshmen. Ariassa Wilson and Lauren Hill were the leading scorers out of the freshman batch last season, scoring 209 and 206 total



Brian Grove/THUNDERWORD
Sophomore guard Ariassa Wilson shakes past Lauren Hill during a defensive drill.

points, respectively. Point guard Dani Carlman spent the most time on the court, with 739 minutes of playing time. She also spreads the wealth to her shooters with 92 assists. Tera McCann-Soushek averaged nearly one block per game, and had 22 on the season. Soushek was also a beast on the boards with 180 rebounds. Highline coaches said the sheer size of the team is a strength, and coupled with the skill of the players, has potential to be a winning combination. “Right now we have 14 legit players,” Rowe said. “They are competing with each other for playing time and that competition within the team only makes us stronger.” Nadeau said this is the most players they’ve had while she has been coaching at Highline. “In the five years that I’ve been coaching here, this is the biggest we have ever been. We are not only big, but we are fast. We also have quite a few sophomores back who have improved since last season,” she said. Freshman forward Heather Hitch said the coaches are working both the size and speed of their team into their offense.

“Our main offense is our fast break, so we’re going run the ball a lot, but we do have some plays where we get the ball to the post,” she said. With regards to the freshman class, Coach Rowe said they are selfless players who are willing to learn and play as a team. “They are all about the team first, none of them are ‘me first’ kind of players. They have meshed very well with our returners. They also compliment the players we already have. We are bigger than years past and most of that height comes from the freshman class,” she said. The two tallest players on the team, Shalece Butler-Woods and Leini Tutakua, the team’s two centers, are freshman. Both measure in at 6’1”. Rowe also said the freshman group as a whole is intent on reaching a new level of play at Highline. “The new players are working really hard and picking up our system well. However, they still are having some trouble adjusting to the speed of the college game. I know they will get it however, once we start playing games,” she said. Hitch said everyone integrat-

ing their own styles of play can be difficult at times. “You have to work in your own game with everyone else’s on the court and find the chemistry that works.” The coaching staff said winning the West Division is a goal the team is capable of achieving and playing solid defense will be the biggest component to winning games. “With seven returning players, we are expecting to win our league this season. It is a very attainable goal for this team,” Rowe said. “Playing as a unit and mastering our defense. Since offense will come with playing with each other, our defense is going to play a key part in our season,” Nadeau said. Highline’s coaches have high expectations for their team and say they still have some things to work on. “We still need to work on our timing and familiarity with each other and getting the frosh up to speed on the Highline way of basketball,” Rowe said. The Lady T-Birds preseason will start when they take on Spokane, Lane and Shoreline in the Shoreline Shootout Tournament on Saturday, Nov. 21.

2009-2010 Women’s basketball team				
Name	Pos.	Height	Grade	H.S.
Jordan Beale	G	5’4	So	Pomeroy
Dani Carlman	G	5’4	So	Eatonville
Ariassa Wilson	G	5’7	So	Foss
Lauren Hill	G	5’8	So	Eatonville
Jaki Fairfield	G	5’7	So	Auburn Riverside
Partice Mckinnon	G	6’0	So	Newport
Tera McCann-Soushek	F	6’0	So	Auburn
Keanna Blackwell	G	5’8	Fr	Federal Way
Shalece Butler	C	6’1	Fr	Bellarmine Prep
-Woods				
Heather Hitch	F	5’11	Fr	Enumclaw
Bree Morket	G	5’7	Fr	Capital
-Burling				
Jessica Morgan	F	5’11	Fr	Auburn
Leini Tutakua	C	6’1	Fr	Lincoln
Nicoletta Tsosie	G	5’5	Fr	Chinle, AZ

Wrestling takes home two championships at Mike Clock Open

By **JONATHAN BAKER**
Staff Reporter

Highline Thunderbirds wrestling began their season last Friday with a trip to Northern Idaho. Highline had a good showing from the lighter weights as Aaron Smith, Jason Gray and Marshall Giovaninni all recorded wins. Aaron Smith (133) won via

an injury default at the 4:30 mark, over Tracey Huffman North Idaho College (NIC). Jason Gray (149) narrowly won a decision by a margin of 2-1 over Eric Luna (NIC). Marshall Giovaninni (157) earned a 4-3 decision over Joey Pierotti (NIC) to round out the Thunderbirds victories. Overall, Highline wound up losing the dual to North Idaho College by a score of 26-12.

After their dual at North Idaho, the Thunderbirds made a detour to Pacific University in Oregon to compete in the Mike Clock Open. Highline split the championship round with Southern Oregon, and Clackamas, all winning two weight class championships. Aaron Smith won the championship round by default over Prescott Garner (Clackamas,

unattached). Jason Gray (149) was able to beat Scott Sakaguchi (Oregon State, unattached) with a 4-0 decision. Highline was represented in the finals by a third wrestler, Marshall Giovaninni; however he suffered defeat at the hands of Tommy Hooper (Southern Oregon). The loss came via an 8-4 decision. In a third-place match, Justin

Purves (125) represented Highline well with a fall over Andy Yu (Cerritos JC). Tyler Story (165) rounded out the tournament placers with a 12-3 major decision over Nathan Shay (Pacific) for fifth place. The wrestling team will travel to Ashland, Ore. on Friday to compete in the Best of the West open at Southern Oregon University.

Volleyball seeks health for tournament run

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 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,



Brian Grove/THUNDERWORD

Sophomore Paula Miles is going for the kill against the Tacoma Titans in their game Wednesday November 4.

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 of 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 tournament or lost the tournament, 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 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 soccer ends with hope

By DEREK HARTWIGSEN
Staff Reporter

The Highline women's soccer team concluded the 2009 campaign last Wednesday with high expectations and excitement for next year.

"The team is really excited. The players are helping with the recruiting process: going to the high school games and looking for potential prospects," said Head Coach Tom Moore.

This offseason the focus will primarily be on the offense.

"Seizing opportunities and scoring more goals is what we need to see the most improvement," said Moore.

The women's soccer team finished 2-13-2 overall and only scored 10 goals the entire season.

The Thunderbirds will be graduating two sophomore for-

wards this offseason.

Scrimmages beginning the first week of April will give the opportunity for the new players to join the Thunderbird team.

The new recruits will be pushed by a higher number of experienced players compared to this past season.

"It's exciting, we have 15 returning freshman," Coach Moore said.

This past season, the Highline women's soccer team had only three sophomores: Alicia Adams, Andrea Erdahl, and Bree Lemar.

"Our team was really young. Next year having a lot of returning players should make us a lot better," said freshman forward/outside midfielder Arielle King.

Highline has shown that at their best they can compete with anyone, beating playoff contender Olympic and tying with

Bellevue earlier this year.

"We showed a lot of improvement throughout the year, especially on defense," Moore said.

Highline was in the playoff hunt until a midseason series of injuries.

"We lost five starters to injuries; the rotation changed, plans change," he said.

Despite everything, the Lady Thunderbirds have become more than teammates. Some have become teachers, spreading words of wisdom.

"Composure is important, play with heart, and leave everything on the field," Alicia Adams said. departing sophomore midfielder

"It was fun, the bonds and friendships we've created," Adams said.

"I am proud of the girls," Moore, said.

Scoreboard



Women's volleyball standings

West Division		
	League	Season
Tacoma	10-1	37-4
Highline	8-3	29-12
Pierce	7-4	22-12
Lo Columbia	5-6	19-21
Clark	5-6	17-17
Green River	4-8	7-24

Women's scores 11/06

Highline def Clark (25-23, 20-25, 22-25, 25-17, 15-13)
Green River def Centralia (25-23, 25-15, 21-25, 25-15)

Men's soccer standings

West Division				
League/Pts/Season				
Bellevue	7-2-4	25	11-4-4	
Peninsula	7-2-4	25	11-4-5	
Highline	4-6-3	15	9-8-3	
North Division				
Whatcom	6-2-5	23	6-4-5	
Shoreline	6-6-1	19	7-8-1	
Edmunds	4-5-4	16	4-7-4	

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Dani Carlman won't pass up shot at basketball

By DYLAN FEELEY
Staff Reporter

Despite being the shortest member on Highline's women's basketball team, Dani Carlman fills the room with her energetic personality and warm smile.

However, when on the court, this 5'4" sophomore leaves her friendly mannerisms behind, using her competitive drive to fuel her passion for the game.

"I am really competitive. It keeps me going," said Carlman.

Playing at point guard, defense is Carlman's first love on the court. It is "one of my favorite things to do," she said.

Carlman was turned onto basketball by her father and began playing in the second grade. She has played for both school and AAU team's and is now in her 12th year of basketball.

This is Carlman's second year playing for Highline.

To mentally prepare, Carlman said she shuts out everything else that may be going on and simply focuses on the game. While playing she likes to "use it as an outlet," allowing her to relieve the stress of life.

"I'm worry free out there doing something I love," Carlman said.

Off of the court education has been a big factor in Carl-



Bill Schlepp/THUNDERWORD

Dani Carlman, right, averaged 7.42 points, 3.54 assist and 2.35 steals per game last season.

man's athletic career. Her parents have always pushed her to go beyond the minimum grade

requirement, expecting Carlman to exceed.

The coaches here at Highline

are also academically minded. They enforce consequences for

the entire team if an individual

does not maintain acceptable grades or skips class, Carlman said.

The opportunity to continue her basketball career made Carlman choose Highline.

In her senior year at Eatonville High School, Carlman was approached and recruited by Head Coach Amber Rowe who really sold her on attending Highline, Carlman said.

A personal goal Carlman has for this season is to make first or second team all-league.

The team goal is to make it to the NWAACC playoffs and place at least fourth so they can bring home a trophy. Last year, the team made it to the NWAACC playoffs, but went two and out.

A life beyond basketball does exist for Carlman. She is working on a major in nutrition and aspires to be a registered dietitian for a hospital. As of now Carlman is unsure of where she will transfer to after this year. Where she decides to go will depend upon any offers she receives.

Ideally she would like to attend Western Washington University. However, her first reason for going to college is to play basketball, so she is waiting to hear from schools, Carlman said.

X-country near finish line of season with NWAACC championship remaining

By AMANDA LeBEAU
Staff reporter

Highline's cross country team will compete this weekend in the NWAACC championship meet at Lewisville State Park in Battle Ground.

Both teams finished in second place at the Northern Region Championships, Oct.31, competing against Everett, Green River and Skagit Valley.

The Thunderbirds will race against Clackamas, Clark, Everett, Green River, Lane, Mt. Hood, Skagit Valley, Southwest Oregon, Spokane and Treasure Valley in their final meet of the season.

The men will run an eight-kilometer race and the women will run five kilometers.

The two favorites are Spokane and Everett.

Over the last two years, Spokane has taken first and Everett has taken second in the NWAACC championships. Highline took sixth in the men's and ninth in the women's at the 2008 championships.

Everett Head Coach Matt

Koenigs said his team is prepared to fight for first place.

"Our team will give them a challenge and I expect it to be a close race, but Spokane will be very tough to beat," Koenigs said.

As for the Thunderbirds, coaches from around the league are expecting them to have to fight for a spot somewhere in the middle of the pack.

"If Highline has a good race they could finish as high as fourth," said Koenigs.

Other coaches such as Koeni McHone of Clackamas predict a lower result.

"I think Highline will be somewhere around sixth for the men's competition and eighth for the women's," said McHone.

Highline Head Coach Josh Baker has said all season that his team is focused on individual performance and continually improving their times. They go into the championship with the same attitude.

Baker wants personal records for all the runners and said he hopes that they finish the season strong.

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The road to recovery is long but achievable

Second of two parts
By **CHRIS WELLS**
Staff Reporter

Now that you’ve injured yourself, it’s time to find out what you did and how to fix it.

Seattle Mariners trainer Rick Griffin said that once you feel you’re injured, the first thing you need to do is find out what happened.

“The best way is to first get a proper diagnosis so you know exactly what is wrong,” Griffin said.

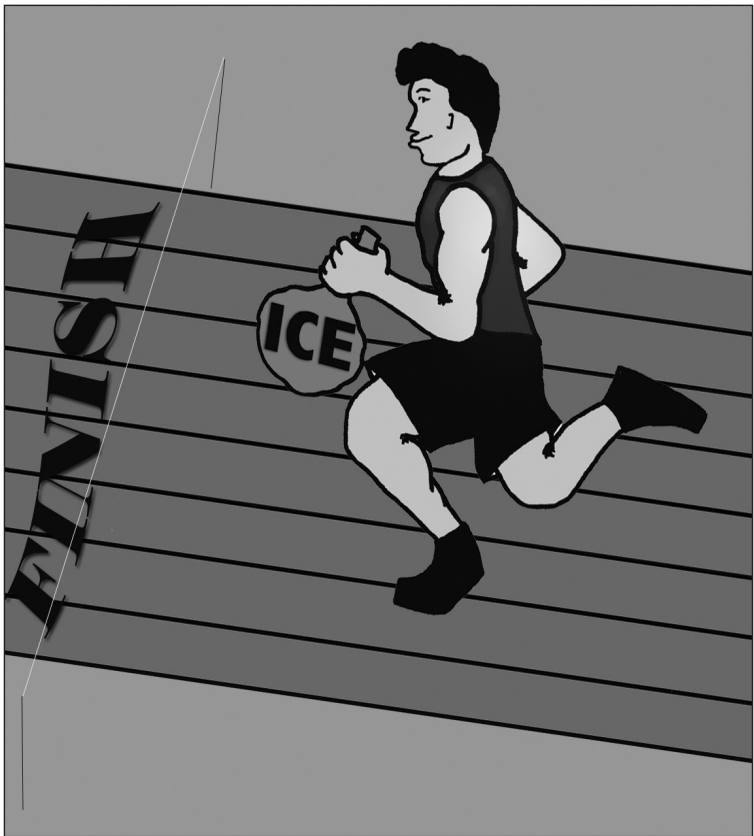
“A lot of people hurt themselves and they don’t know exactly what is wrong. They might think they have a pulled hamstring, when they actually have a strained muscle or something going on with their hips,” Griffin said.

“If you know what you are dealing with, that will give you the best idea to know how long it may take to recover.”

Another part to recovering is to know what you can physically handle in the rehab process, Griffin said.

“You must also understand your body and you have to know what you are capable of doing,” he said.

“If you are doing a certain level of activity and are hurt, it’s



Marcus Daniels/THUNDERWORD

Never fear, if you are injured you can recover through rest, ice or heat, and maintaining your range of motion.

going to take a while to get back; you just need to make sure you take your time [to] strengthen and give your muscle a chance to heal,” Griffin said.

For Keith Paton, a Highline professor in the Physical Education Department, injuries can be broken down into overuse and

acute.

Overuse and acute injuries are completely different, he said.

“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,” Paton said.

“The other major category of injuries is what is called acute injuries. If you roll your ankle, or if you fall and put your arm out and injure your shoulder, those are types of acute injuries.”

Paton said that the best way to recover from acute injuries is to treat it right after it occurs.

“For most acute injuries you want to get ice on the injury as soon as possible. What will happen almost immediately when you tear muscle or connective tissue, you cause internal bleeding. That will lead to swelling which will slow down recovery time. So whatever you can do to limit the swelling will get you back to your activity faster,” Paton said.

When it comes to icing, Paton said he suggests a standard routine.

“As for the ice, a good rule of thumb is 20 minutes on 20 minutes off while elevating your injury, if you can,” he said.

“You want to keep doing that for as long as the swelling is there and once the swelling is [gone] you can start alternating between cold and heat.”

Besides just icing, Paton said that it was important to not completely stop moving.

“The other part is trying to maintain [your] range of motion. During that recovery period, you don’t want to just totally immobilize yourself,” he said.

“You want to still try to work on keeping the range of motion. It’s something you need to do when you’re not icing.”

Griffin said that he tells his players that coming back too soon can do more harm than good.

“If guys I work with try to push through an injury and miss a long period of time it can be very detrimental to the team and also to the players themselves,” he said.

“If you have a pulled muscle, a lot of people will just rest for two or three days and then will try to go out and do what they were doing again.”

The last step Griffin said is to make sure you take time to build strength up in the surrounding tissue around the injury and to not get impatient.

“If you have a pulled or strained muscle you need to try to strengthen the area around it and also the muscle itself before you start trying to do your regular activities again,” he said.

Although this process could take several weeks, it is beneficial for your body, he said.

Italy comes to your kitchen through nutrition

By **KANDI CARLSON**
Staff Reporter

The rain and cold has finally come to stay. Comfort foods that warm the body and make you feel good are here to stay.

At least until the sun starts shining again.

This week the recipe is a variation of chicken parmesan. The entire meal costs under \$7. It will serve two people or one with leftovers.

You will need: one chicken breast, two fresh tomatoes, a six-ounce can of tomato paste, a bag of shredded Italian blend cheese, garlic and seasonings.

Depending on the brand of cheese you choose, I always by the one on sale, there will be between three and six different kinds of cheese in the mix.

Open your tomato paste, empty into a medium bowl and add a 1/4 cup of water. Grab a whisk and mix the paste and the water together. Adding the water helps in mixing the additional ingredients.

Slice your tomatoes. Add them to the paste mixture and lightly toss.

Finely chop the garlic and add it to the mixture.

Next, add your seasonings. I

use fresh cilantro, parsley, salt and pepper. Feel free to add any seasonings you have on hand.

Once you have mixed everything together, set your bowl aside.

In a non-stick skillet add one tablespoon of oil. Heat the oil over medium heat.

Rinse the chicken breast under cold water, pat dry with a paper towel, and place in the pan. You want to sear both sides of the chicken breast for two minutes.

Once the second side is done searing add your tomato mixture to the pan.

Add the mixture slowly and carefully as oil reacts to the water in the mixture and may splatter. Adding it slowly and at the side of the chicken breast helps prevent splatter.

Turn the heat down to medium-low, cover with a lid and simmer for twenty minutes. If your pan doesn’t have a lid, you can use a piece of foil.

After twenty minutes you need to check the chicken breast to see if it is done. Using a knife cut the chicken breast to see if the juices are clear. It can sometimes be difficult to tell when you are cooking with tomatoes.

If you can’t tell go ahead and



Kandi Carlson/THUNDERWORD

Chicken Parmesan is an Italian-inspired meal that is a nutritious alternative to heavy sauces.

cut the chicken breast in half. If it is white all the way through it is done.

If the chicken is pink inside, it needs to cook a little longer. The chicken breast shouldn’t need more than five more min-

utes if it isn’t ready.

Once the chicken is cooked through, take the pan off the stove and top with a handful of the shredded cheese mixture.

Recover the pan with the foil for five minutes to allow the

cheese to melt.

Once your cheese is melted, serve with your favorite vegetable and dig in.

This dish is a fresh and delicious substitute for those heavier “comfort foods” that are high

Pool likely to stay afloat

By **NICHOLAS McCOY**
Staff Reporter

A measure to establish a separate park district to maintain the Mt. Rainier Pool in Des Moines, Proposition 1, is likely to pass.

In Normandy Park, however, a similar measure to help fund the district is extremely close, with the two vote counts varying by single digits.

As of Tuesday night, the Normandy Park vote was running in favor of Proposition 1 by 10 votes.

Gene Achziger, who is a student at Highline and will be taking up commissioner position 1 after the election is certified, said that he was pleased by the margin by which Proposition 1 was passing in Des Moines. As of Tuesday night, it was passing with 64.34 percent for to 35.66 percent against in Des Moines.

“We’re set up under state law as a metropolitan park district; however, our specific charge is to operate a pool for which tax payers will be levied 20 cents per \$1,000 [property value] assessed by the county,” he said.

At an average of \$280,000 property assessment, it would work out to about \$56 a year for most people, or “about a buck a week,” Achziger said.

“[The margin] is amazing because we’re a tax [measure] in a down economy. It’s really a credit to the community,” he said.

However Normandy Park’s results are more difficult to predict. In the first count of votes, the majority of votes were against the measure; now there’s a margin of 10 votes in favor of Proposition 1. The difference is too small to be able to call the election.

“They certify the election on Nov. 24. They’ll have to wait as ballots continue to trickle in,” Achziger said.

The results of the Normandy Park election will affect the long term finances of the park district, although even if it passes, the funds will not be immediately available to the district.

“There’s some question when any of the money that the citizens of the district agreed to levy will become available. It’s possible we might not have any money for 18 months,” he said.

This is a challenge, Achziger said, because the pool must be operational on Jan. 1, 2010.

“We’re going to have to get some kind of bridge loan, and at this point, we’re not sure if it will come from the county or if we’ll have to go out to a private bank,” he said.

“Paying interest on the loan is going to detract on our ability to make repairs. The pool is estimated to need \$2.5 million for repairs in the next 10 years.

“We’ve really got our work cut out for us,” he said.

One of the things the board will have to do is put together a business plan to use when applying for the loan, he said.

The pool earns revenue on its own, through the cost of classes, offering rentals and other assorted services, but the revenue is not expected to be enough to completely cover the costs of repairs and operation.

“We do want to reduce the need for the subsidy as much as possible,” Achziger said.

The top two vote-getters for the commissioner positions will hold the office for six years, the next two for four years, and the lowest vote-getter will hold the office for two years, he said.

“Right now, I’ve got the most votes, but I also find it humbling that I have the most write-ins against,” he said.

Mayor

continued from page 1

passes. I will run. It’s time to be involved in it,” Dovey said.

Other members of the council are not being so quick to discuss their intentions for the future.

Councilman Mike Park, who has been mentioned as a candidate in the past, said, “As far as my candidacy, it’s still premature at this moment.”

Bob Roegner, former Auburn mayor and current resident of Federal Way, has also been mentioned as a possible candidate.

“I have had several people encourage me, but I’m not sold on the idea yet,” Roegner said.

Other people suggested for the position of Federal Way mayor include: Tom Murphy, superintendent of the Federal Way school district; State Rep. Skip Priest, R-Federal Way; Tom Pierson, chief executive officer of the Federal Way Chamber of Commerce; and State Sen. Tracey Eide, D-Federal Way.

None of these people could be reached to discuss their possible candidacies as of Tuesday.

Whoever runs will have only a few months to convince voters to make her or him Federal Way’s first strong mayor.

A mayor election could take place in the spring, Ferrell said.

“At our next City Council meeting, we would determine the time frame,” Councilman Jim Ferrell said.

At the next City Council meeting, Nov. 17, City Attorney Pat Richardson will present an election plan to the City Council, said Amy Jo Pearsall from the City of Federal Way.

However, King County will ultimately decide when voting will take place, Pearsall said, as the county Elections Office will conduct the election.

A filing period will come first, perhaps as early as December, followed by a primary and a general election if there are more than two candidates.

Federal Way already has one candidate for the position of mayor. Before becoming spokesman for ACT, the proponents for Proposition 1, Councilman Ferrell said that he would run for mayor if the measure passed.

SeaTac mayor election results too close to call

By **NICHOLAS McCOY**
Staff Reporter

SeaTac voters may not know for some time if the form of government in the city will change, with the margin between the sides close and a number of ballots in contention.

SeaTac Proposition 1 asked voters in if they would approve a change in the structure of city government from a city-manager form to a strong mayor and council organization.

As of Tuesday night, Nov. 10, 50.37 percent of the ballots counted voted against restructuring the city’s leadership and 49.63 percent – 28 votes less – are in favor.

Also as of Tuesday night, King County was reporting that at least 24,000 ballots county-wide had yet to be tallied.

The election results are further complicated by the vandalism of a ballot drop box in Tukwila, said Earl Gipson, from the SeaTac Citizens for Elected Mayor.

A drive-up ballot drop-box attached to the King County Elections headquarters in Tukwila was broken into last week.

The 860 ballots contained in the drop-box are now in contention. They have been set aside, and the county is currently working to verify signatures on the ballots. It has not been decided if the ballots will be counted in the election.

“We have a lot to do,” Gipson said.

Gipson said that a significant challenge in this election was the lack of knowledge people had about the mayoral system. A lot of the people he talked to, he said, did not realize the city did not have an elected mayor.

“I did the best I could in the time I had,” he said. “Everyone I talked to about the system signed the petition [to get Proposition 1 on the ballot] as soon as I explained.”

Oren Hadaller, from the opposition campaign SeaTac Works Now, doesn’t think Proposition 1 will pass.

“It is very unlikely that Prop. 1 will pass. The voters who voted near the end were against the measure, as seen by the results which came in over time,” Hadaller said.

With the election so close, a recount is likely, he said.



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The Thunderword / November 12, 2009

Transgendered women share their stories

By **DAVID STEELE**
Staff Reporter

Alyssa is a person who lives two different lives. One as a man, with friends that don't know that he dresses like a woman, and another life as a woman with friends that don't know she has a life as a man.

Four transgender women — Karen, Shelly, Audrey, and Alyssa — spoke about the challenges and their life experiences before and after their choice to “cross-over” from living as a man to becoming a woman. They came and talked Dr Michelle Manber's human sexuality class this quarter.

All four of them looked like women you'd see walking around downtown Seattle, the only hint to their different histories some of their deep voices or defined muscles.

A cross-dresser is a person who adopts the dress and behavior of the opposite sex, particularly for emotional or sexual gratification, but who usually still identifies as the gender they were assigned at birth.

A transsexual is typically a person who wishes to or may actively live as the sex opposite to what they were assigned at birth. It is a process which may, but does not always, involve hormone therapy and extensive



Shelly is a post-operation transsexual woman who considers herself fortunate to have family support.

surgery to bring their physical bodies in line with how they see themselves mentally.

There are both male-to-female and female-to-male transsexuals.

Transgender is an umbrella term which includes both cross-dressers and transsexuals, and which is used to generally describe people who consider themselves to be outside of ordinary gender roles.

Karen, a tall, dark-haired woman spoke first. She grew up in Washington and went to college at the UW.

Karen graduated with two degrees in electrical engineering and has been married three times, all to women.

She came out as a woman when she was about 30. Although she identifies herself as a woman, she goes to work as a man.

Karen is a non-operation transsexual, which means that for various reasons she has chosen not to undergo a surgical sex transition.

“Why do you have to go so far to act out?” one student asked.

“Dressing up as a guy doesn't work for me. For me gender identity comes about when I'm talking and interacting with other people,” Karen said.

Shelly was second to speak.

She was born and raised in California; she worked for Microsoft until her work moved to the Northwest. She has a 25-year-old daughter.

She explained how fortunate she felt she that she was very well accepted within her family. From her young childhood, she has always been out of the closet.

“I didn't like being called a ‘guy’; it would be crushing to me. The word ‘guy’ would hurt. It felt uncomfortable,” she said.

Shelly is a post-operation transsexual and has had numer-

ous expensive operations to fulfill her dream.

“It's not cheap, doing this type of stuff,” she said. “And there isn't any insurance plan that covers these types of operations, so you have to pay all the costs out of pocket.”

She said that being a woman in the workplace was different, in that “going to meetings with fellow workers, my ideas were just shoved to the side.”

“I've always felt female,” she said. “I feel blessed living life as a male, but now I also feel blessed living life as a female for 10 years.”

Audrey shared her story next. She is a pre-operation transsexual. She used to consider herself a cross-dresser until she went to therapy, and discovered that the issue went deeper.

She is currently working as a social worker in an Emergency Room.

Prior to her full-time transition, Audrey spent 26 years in the military and described herself as a “complete asshole.”

She has been married for 35 years. She said that when she first started wearing women's clothes, “The clothes started to just feel right.”

She began taking hormones to help with her transition three years ago.

“When I started hormones,

my sexual attraction started to shift towards men. I felt normal, I felt right, I felt congruent,” she said.

“I was happy living with one foot in each world, but I was two completely different people at the same time. I couldn't express myself as a guy as I do now.”

Born in Seattle, Alyssa works for the federal government as a man. When she wants to go out, party and have fun, she goes out as a woman.

She identifies as a cross-dresser.

Only one of her friends knows her secret. She describes her ‘male side’ as just a normal guy that likes to play video games, hang out with the guys, and watch football.

“For me this is who I am, but I don't have that inkling to take hormones. You need to find that balance and be happy in the middle. I'm not ready to give up my male life; I'm not ready to give it up.”

“I play paintball on the weekends, I do male things, I enjoy gaming with my buddies,” she said.

“It's all about the clothes, I enjoy it. A lot of it has to do with the image,” she said. “Being referred to as a woman has a different psyche and it's kind of a rush.”

Poet reflects on effects of Hanford plutonium

By **KUMIKO YOKOTA**
Staff Reporter

Atomic bombs dropped on Hiroshima and Nagasaki damaged the lives of people here too, Kathleen Flenniken said.

“I believe we should be truthful about the environmental exposure. It's more costly even than we know,” Flenniken said. She is a Seattle area poet.

Flenniken read a poem at the History Seminar about the history of Hanford.

Hanford produced plutonium for atomic bombs without being known to people in the 1940s.

Flannigan expressed in her poem how this changed people's lives. She understands this first hand since she and her friends grew up in Richland, Wash., which is near Hanford.

One evening, when she was in her late 20s, Flenniken got a phone call from her friend Carolyn. She told Flenniken that her father had been diagnosed with a rare blood disease attributable to chromosomal mutation, and he died the following month. He had

worked in the manufacturing of plutonium.

Carolyn's father often took them camping. Flenniken put a lot of memories of Carolyn and her friend's father into the poem.

After his death, Flenniken became the face of the history of Hanford. She has since told that story and shared her feelings through her poetry.

Flenniken said her poem was not about the atomic bombs themselves, because she did not want to argue about them. She hopes people will learn the true cost of nuclear defense, she said.

“Poetry changed my life completely in a good way. It made me listen to myself more. I became aware of a place in the world. I became aware of work to do in my life,” Flannigan said.

She is currently working on a stageplay about Hanford..

The next History Seminar will be held on Nov. 18, from 1:30-2:20 p.m. in Building 3, room 102, on “China's Failure to Modernize: A Classic Tale of Failed Autocracy.”



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The Highline job seeker’s aide

John Huber is in command of Workforce Development

By ALEX MULYARCHUK
Staff Reporter

After starting at Highline 41 years ago, John Huber just keeps coming back.

To Huber, the words “problem,” “obstacle” and “no” lack meaning, and when he’s not climbing mountains, sailing his boat or skiing, you will most likely find him in his office, behind a desk with the title of “Interim Director of Workforce Development Services.”

At Highline, Huber works with grants that help students. He is currently working with four: WorkFirst, Basic Food Employment and Training, Worker Retraining, and the Opportunity Grant.

He explained a little about each of the grants.

“WorkFirst is for students who are receiving temporary assistance for needy families from DSHS [the State Department of Social and Health Services] and are enrolled in professional technical programs. These students are usually single mothers or fathers,” Huber said.

“Opportunity Grants are for

students whose income is below 200 percent of poverty and who are enrolled in business, health, human services or para-education programs.

“Basic Food Employment and Training Grants are for students who are who are enrolled in a professional technical program and are receiving basic food help for DSHS and Worker Retraining is for students who are on unemployment insurance who are in professional technical programs.”

His job is to maximize the opportunities for the success of grant-funded students while meeting the grant requirements.

“All the grants have very different and very specific limits on how and when funding can be utilized. The combined value of the four grants is about \$3 million per year,” Huber said.

“I came to Highline as a freshman in 1968 because of

“I was born with an incurable optimism, curiosity and with the confidence to try anything.”

– John Huber

the military draft and because of my opposition to the war in Vietnam.

“I wasn’t a serious student in high school and was a bit nervous about the academic rigor at Highline.

“I had such a great experience and learned so much in three quarters at Highline that I decided to continue my education and eventually became a chiropractor,” he said.

After practicing 20 years in Kent, he came to Highline to manage the chiropractic technician program in 1995.

When the program was cancelled in 2002 due to state budget cuts, Huber made the transition to the Worker Retaining Program.

“I seem to be able to visual-

ize the outcomes of complex scenarios and choose appropriate pathways most of the time. I think I was born with an incurable optimism, inexhaustible curiosity and with the confidence to try anything,” Huber said.

At Highline, Huber has learned that there is always more to learn and more to do in his quest to help students be successful.

In his spare time, Huber serves as the Medicare lead for Washington chiropractors, providing expert witness services for health care fraud and malpractice cases. He also edits and writes for a quarterly chiropractic magazine.

Entering his seventh decade of life, there is something about Huber that makes him seem much younger than his age.

“I know I won’t be here forever, although the last meeting I attended seemed to go on forever. I want to enjoy every minute of my life. I want to learn,

teach, help others when I can and have fun,” Huber said.

Huber demonstrates his love for life through his hobbies. He enjoys traveling, sailing his boat, hiking, climbing mountains, fixing “stuff,” remodeling and spending time with family and friends.

“My main avenues of facilitation have been in health care and education because of the tremendous positive impacts these professions have on the lives of the patients and students I interact with every day,” Huber said.

Huber lives in northeast Kent with his wife Robin and dog Mojo. His son Jeremiah is a Highline and Western Washington University graduate.

“I keep moving in what seems like positive directions. Sometimes I make a mistake, backtrack and start again. My life is about facilitating positive adaptations to our constantly changing lives.”



Alex Mulyarchuk/THUNDERWORD

John Huber, interim director of Workforce Development Services, in his office in Building 6.

Green energy expo brings solutions closer to people

By TAYLOR GARFIELD
Staff Reporter

Renewable and alternative energy technologies are becoming widely introduced to the public.

The 2009 Energy Expo will be hosted by U.S. Rep. Adam Smith (D-9th District), at Highline’s Marine Science and Technology Center, on Monday, Nov. 16 from 10 a.m. to 2 p.m.

“The congressman wants to bring attention to the great work that is happening in our state in the green energy sector,” said Michael Amato, director of communications for Rep. Smith.

This expo hopes to spread the word to the public about new renewable and alternative energy advances being done throughout Washington.

Some of the companies who will be set up at the Expo are: Forest Concepts, NuElement, MicroPlanet, Plas2Fuels, Infinia, Stellar Photonics and Cli-

mate Solutions. The attending companies are making great strides to provide alternative and renewable energy technology, Amato said.

The companies are thinking outside of the box to provide more efficient energy solutions to the future inhabitants of Washington, Amato said.

The expo is also aimed at teaching the attendees the connections between energy solutions and the preservation of the environment, Amato said.

This connection is why the energy expo is being hosted at the MaST Center.

“We chose MaST to highlight that connection,” Amato said. “MaST is located literally on a pier over the Puget Sound.”

Amato said attendees will be able to make the connection that non-renewable sources of energy, such as gasoline, have affected the sound, and that renewable and alternative energy sources are better for the environment.

ATTENTION! PHARMACY MAJORS!

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

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

The Thunderword / November 12, 2009

Recycling

continued from page 1

sorted the non-ferrous metals such as aluminum.

Highline has made an emphasis on its new environmentally friendly recycling program, but outside the college perimeter, Allied Waste does the dirty work to turn trash into treasure.

Allied Waste is the second largest non-hazardous solid waste management company in the United States. It has collection subsidiaries in Seattle, Bellevue, Lynnwood, Kent and Goldendale and has been providing Washington residents and businesses with disposal and recycling services since the 1980s. As of now, Allied Waste is active in 37 states and has more than 10 million commercial and residential customers.

A local branch of Allied Waste is currently responsible for all collection, disposal, and processing services of recycling and solid waste for Highline.

Allied Waste trucks make scheduled pickups from Highline several times a week.

"Even though recycling is a relatively new concept for Highline, Allied has been providing Highline its services for over almost three decades," said



Alex Mulyarchuk / THUNDERWORD

The final destination of Highline's recycling is here in Seattle.

Barry Holldorf, Highline's Facility Service Manager.

"For commingled recycling, we started the current campus program back in October 08 with the program going active in March of 09 but only actually operating starting in September. For garbage service, we started with Allied in 1980 under city contract," Holldorf said.

Depending on composition, Highline's recyclable material is sent to Allied Waste's Material Recovery Facility in Seattle or to Black River Transfer Station to be sorted, cleaned, and processed.

Back at the Allied Waste recycling plant, paper, cardboard and glass also moves along conveyor belts toward large blue machines where it is sorted into containers.

"After everything is sorted, it is sent into computer-operated balers that compact materials into densely compressed cubes and then bind them together with metal wires, ready to be put into shipping containers and transported to recycling mills," said Roth of Allied Waste.

In a certain corner of the facility, dozens of bales of aluminum cans were stacked along

the wall, ready for transport to shipping mills.

The recycling mills process and compact that material even further and sell it on the market to manufacturers who use the raw material to create new products.

"Plastic bottles become new fleece clothing and carpeting; plastic bags are made into decking and building products; and plastic containers are made into shot inserts, recycling containers, bin and buckets," Roth said.

Allied Waste's residual level is under 5 percent, meaning that only around 4 percent of the material coming into the facility is unusable and has to go to the landfill.

Like Highline's solid waste, unrecyclable material is from the facility is taken to Bow River Transfer Center. From there it is transferred by rail to Roosevelt Regional Landfill in Klickitat County, where the waste is disposed.

"Garbage delivered at the landfill is dumped and covered by topsoil within nine minutes of off loading," said Roth.

A state-of-the-art, on-site power plant collects and converts methane gas produced by the landfill to generate electrical power.

"Landfill methane extraction is actually a simpler process than it sounds," Roth said. A large perforated tube is placed inside the landfill and methane seeps into it. Its not exactly high-tech, but it is very effective."

Roth explained that the plant is currently able to generate enough electricity to power 10,000 homes. But by 2030, it will be able to provide power for 75,000 homes.

Allied Waste's motto is "recycle, reduce, & divert. Originally, the landfill was designed to provide service for 50 years, and now that time frame has expanded to nearly 80 years due to the diversion of recyclable products away from the landfill.

"Roth and Allied Waste have been great to work with. They seem to be responsive to our desires to be more sustainable," Holldorf said.

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